

# A

# TIME AND A PLACE

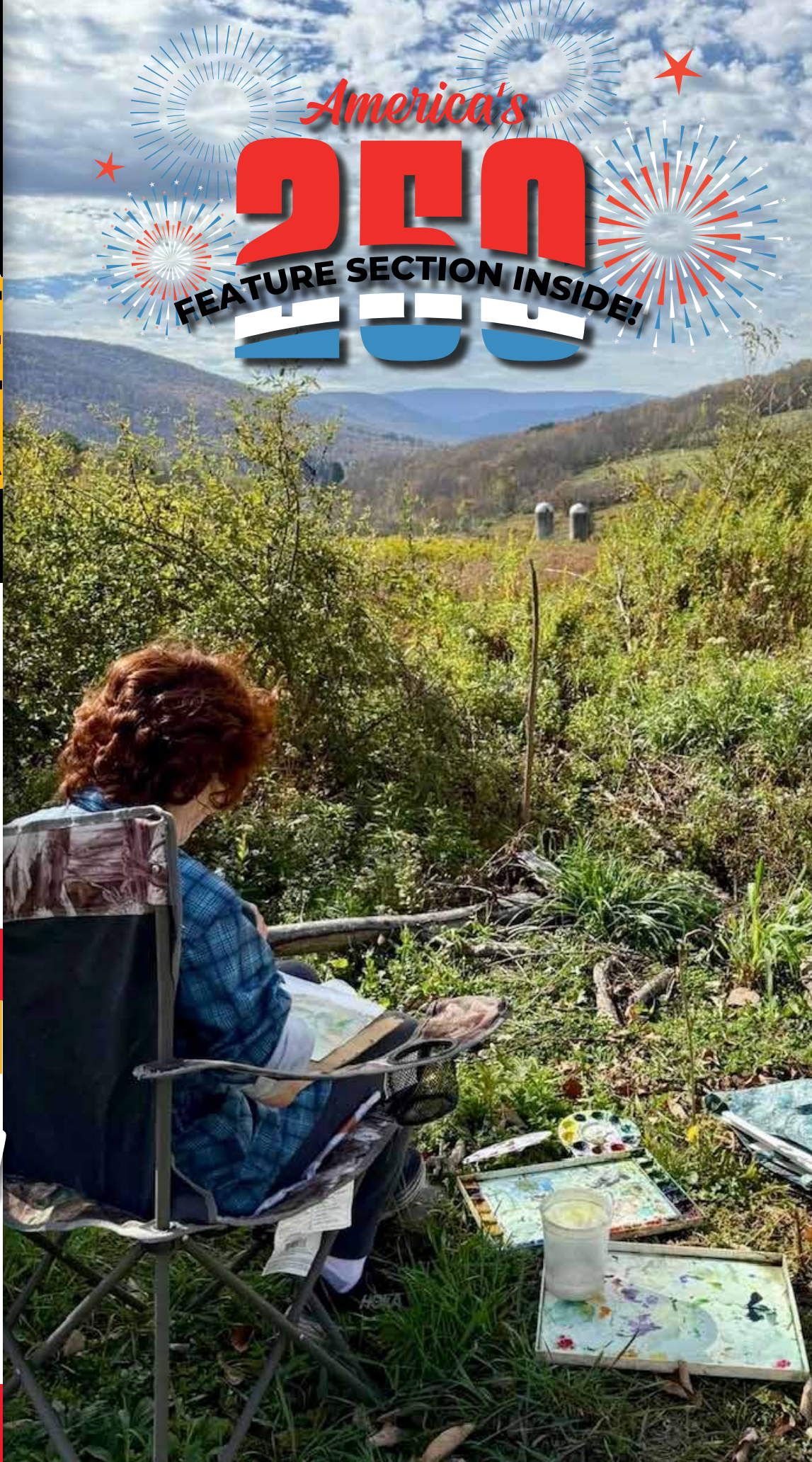
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# Create a slideshow to honor your dad: STEP-BY-STEP INSTRUCTIONS

Does your dad already seem to have every possible barbecue tool, gadget and accessory imaginable? This year, give him something far more meaningful by creating a slideshow that celebrates his life. Here's how to do it.

## 1. Gather photos

Look through all your old photo albums, including those on your smartphone, to find the best photos featuring your dad. Ask your friends and family to do the same.

Tip: If you find old, faded or damaged prints, visit a local photo center to get a digitized and enhanced version of the original photo.

## 2. Put it all together

Several free, easy-to-use software programs are available online. Use one to create a colorful and dynamic slideshow presentation. To give the slideshow even more emotional impact, add a song your dad loves.

## 3. Plan the big reveal

Consult with other family members to decide on a time when everyone can gather to watch the finished slideshow with the guest of honor. Take the opportunity to say a few kind words to your beloved dad, then sit back and celebrate in style.



***Happy Father's Day!***

## ON THE COVER...

Painting "plein air". What happens when twenty artists bring the outdoors in. See Page XX for details.

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## FROM WATERWAYS TO WORKS OF ART: Youth Explore Creativity, Community and Conservation at Camp Feathers in a Notebook: Creative Waves

What if a drop of water could inspire a work of art, spark a conversation, or bring a community together?

This summer, young people throughout the Catskills can explore that idea through Creative Waves, an arts and environmental day camp presented by Roxbury Arts Group in partnership with multimedia artist Dennis RedMoon Darkeem and the Catskill Water Discovery Center.

Designed for youth ages 10–17, the camp runs August 3–8 and combines artistic expression, environmental exploration, and community engagement in a hands-on experience focused on one of our most valuable natural resources: water.

Throughout the week, participants will take part in water-themed scavenger hunts, wearable art projects, fabric dyeing, sound experiments, and collaborative banner-making. Along the way, they will explore the cultural, ecological, and personal connections people share through water.

The experience extends beyond artmaking. Working alongside Darkeem, campers will help organize and lead the Gathering Waters Community Celebration on August 8 at the Catskill Water Discovery Center. The event will showcase student artwork while encouraging community members to reflect on local watersheds and environmental stewardship.

Each participant will create a symbolic artwork or vessel representing a personal connection to water. These pieces will be displayed during the celebration, giving campers an opportunity to share their ideas and creative journeys with family, friends, and neighbors.

“Creative Waves is an opportunity for youth to discover the power of art to inspire action,” says Program Director Rachel Condry. “There’s something truly inspiring about young people realizing they can use their creativity to bring people together and start



meaningful conversations in their communities.”

The camp is part of a larger community arts initiative led by Darkeem that explores how water connects people across generations, cultures, and communities.

Creative Waves will be held August 3–5 at Kirkside Park in Roxbury and August 6–7 at the Catskill Water Discovery Center in Arkville. The week concludes with the Gathering Waters Community Celebration on August 8 from 11 a.m. to 2 p.m.

Tiered registration is available at \$25, \$75, and \$150. For information or registration, visit [www.roxburyartsgroup.org](http://www.roxburyartsgroup.org) or call 607-326-7908.

# CAMPING



## Six good reasons to love the great outdoors

Of course, camping comes with a few challenges, like pesky mosquitoes and the whims of Mother Nature. However, the advantages of this kind of adventure far outweigh the potential inconveniences. Here are six reasons that might just convince you to go camping. Who knows?

### 1. It's budget-friendly

Basic tent-camping gear is generally quite affordable. Once you own the basics, you can travel with your family for a fraction of the cost of traditional accommodations. It's the perfect way to enjoy a spontaneous weekend escape without breaking the bank.

### 2. It's relaxing

Although camping requires some planning and organization, you can really slow down and relax once you get settled in at your campsite. Simply go with the flow of nature and decompress from the

stress and hassles of everyday life. Far from the noise and light pollution of the city, you can soak in the beauty of your surroundings and the soothing sounds of birdsong and flowing water. All this naturally encourages mindfulness and relaxation.

### 3. It keeps you active

Most campgrounds offer a variety of sports facilities, such as tennis or volleyball courts. Several also have direct access to a lake or river with boat rentals, as well as hiking or biking trails. Not to mention, you'll keep active setting up camp and walking to the restroom or laundry area.

### 4. It encourages you to unplug

Cell service is often spotty at campgrounds. Therefore, you can easily swap screen time for board games, reading and outdoor fun. The payoff? Lower stress, better sleep, improved mood and more energy overall.

*continued...*

## 5. It helps you reconnect with nature

In addition to sleeping in enchanting settings beneath magnificent starry skies, camping immerses you in nature for extended periods of time. Spending long stretches of time outdoors is great for your mental and physical health. You enjoy more natural light, boost your vitamin D and oxygen and naturally begin to shift your daily routines to match the sunlight. Living by the rhythm of the sun naturally regulates your internal clock and leads to deeper, more restful sleep.

## 6. It's ideal for creating beautiful memories

There's nothing quite like visiting a campground with your partner, family or friends. Camping makes it easy to spend real quality time with those who matter most. Campfires, for example, are a must-have for enjoying the moment, chatting without distraction, strengthening bonds and, of course, enjoying delicious food.



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## The Comfortable Camper

by Lauree Griffis



If you were to ask some of my fellow campers, it's possible they may tell you that I tend to over pack. Listen... I'm in my 60's, and darn it, I like to be comfortable. Just because I'm roughing it, the experience doesn't have to be... well... rough. Especially if you're tent camping.

To maintain a standard of outdoor comfort, start by choosing a campground with amenities such as nearby restrooms — preferably with showers, level campsites, and easy access to parking. A quality sleeping pad or elevated cot can make a world of difference when it comes to getting a good night's sleep. I use an inflatable twin mattress with a foot pump. Pack layers of clothing, as mountain temperatures can change quickly, even during summer, and always include some rain gear. I take a sleeping bag, but usually I prefer to make a nest of comfy blankets.

A comfortable chair is a must. I have finally found the perfect lightweight Adirondike chair with a phone and drink holder. It can be cumbersome to transport, so I also have a comfy bag chair and folding foot rest. Nappability is paramount. Include a hammock if necessary.

And don't skimp on your kitchen setup. No canned beans for me. I pack a small folding table for prep, milk crates for shelving and organization, and plan my menus in advance.

Pinterest has vastly improved my camping adventures. I've found great ideas for camp organization, kitchen setup, packing the cooler, and some really fun and tasty recipes.

Feel free to check out my Camping board ([www.pinterest.com/lauree0525/camping-ideas/](http://www.pinterest.com/lauree0525/camping-ideas/)) and get out the woods!

# Don't let ticks ruin your summer!

Outdoor activities like golfing, camping, hiking, gardening and wildlife watching often come with mosquitoes and, increasingly, ticks. Follow these practical tips to protect yourself from these insects and know what to do if you encounter one.

## How to prevent bites

Ticks are eight-legged insects that cannot jump or fly. Instead, they wait patiently with their legs outstretched on plants or tall grass. When a person or animal brushes past, the tick latches on.

Follow these tips to reduce your likelihood of getting bitten:

- Wear a long-sleeved shirt, light-colored pants and closed-toe shoes.
- Tuck your shirt into your pants and your pants into your socks.
- Apply a mosquito repellent containing DEET or icaridin to exposed skin.
- Stay on the marked trails. Keep your pets on them, too.

Good to know: special protective products are available for your four-legged friends. Ask your veterinarian for more information.

## Tips on limiting your risk

A tick usually needs to stay attached for at least 24 hours to transmit pathogens. Adopt these good habits to lower your risk of infection:

- To avoid “inviting” ticks into your home, inspect all equipment before bringing it indoors.
- Make sure everyone takes a bath or shower within two hours of outdoor activity. Carefully examine the entire body, including your back, neck, hair and ears—especially any children.



- Put clothes in the dryer on high heat for 10 minutes.
- Carefully check your pet with a brush.

Found a tick? Remove it with tweezers or a tick remover immediately. Grasp it as close to the skin as possible, then pull slowly and firmly upward. Above all, don't grab or squeeze the tick's body, as this can cause it to break off and increase the risk of infection.

Was the tick engorged with blood? You may be able to get a prescription for preventive antibiotics. Ask your pharmacist or call your local health phone line for guidance.

Finally, if you notice rapidly spreading redness at the bite site within 30 days or experience symptoms such as fever, fatigue, headache or muscle and joint pain, consult a healthcare professional.

Ticks often thrive in areas populated by deer, as they reproduce in the fur.

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# Pet Me Please!

Heart of the Catskills  
Humane Society

by Laura Wright



## A Kinder Approach to Animal Care

If you have heard the phrase “fear-free” recently regarding animals, veterinary hospitals or animal shelters, you may be wondering what it means. Fear-free principles can be put into practice anywhere, including in your own home.

Fear-free principles include training and environmental modifications put in place to reduce fear, anxiety, stress, and frustration for animals. Animals entering a shelter setting experience a sudden change in environment, exposure to other new animals, new smells and sounds, anxiety from being handled by unfamiliar humans, and nervousness from being placed in a cage or kennel. Anything we can do to minimize the sensory overload helps animals to stay mentally and physically healthy. It also reduces behavioral deterioration, which can often happen after even short stays in a shelter, especially for some dogs.

One fear-free principle is low-stress handling. This is handling that encourages minimal restraint when possible. This can involve things like avoiding eye contact and gently approaching from the side when picking an animal up, gently petting and talking to a scared animal before picking them up or administering a medication, using a laser toy, peanut butter, or treats to get a shy or fearful animal into a cat carrier or back into their cage, and not giving physical contact until an animal is ready. Being able to choose when to interact with humans helps build trust and confidence. For some animals, physical contact can cause fear, anxiety, and even unnecessary aggression.

Minimizing sensory overload is another area fear-free practices focus on. We put this into practice in several ways: avoiding bright or flashing lights and loud noises (even using a decibel reader to be certain noise is kept to a safe level), using calming pheromones, and

making sure animals have quiet, safe places to hide or retreat to when they feel overwhelmed.

Along with this comes daily enrichment and stimulation and this ties into the fear-free principles. In shelters, each animal receives socialization and time out of their cage daily for exercise. In our shelter, staff and shelter volunteers work together to make this happen for all the animals. Examples of dog socialization and exercise include dog walking (which can also incorporate training/treats, fetch and play, scent work etc), having dogs hang out in common public areas with staff for decompression and extra attention and doggy days out with our approved foster caregivers. For cats, exercise and socialization includes time out of their cages spent in one of our meet and greet rooms to play, giving treats, playing with puzzle feeders, playing music or bird sounds, playing cat games on a tablet or just brushing and

*continued...*

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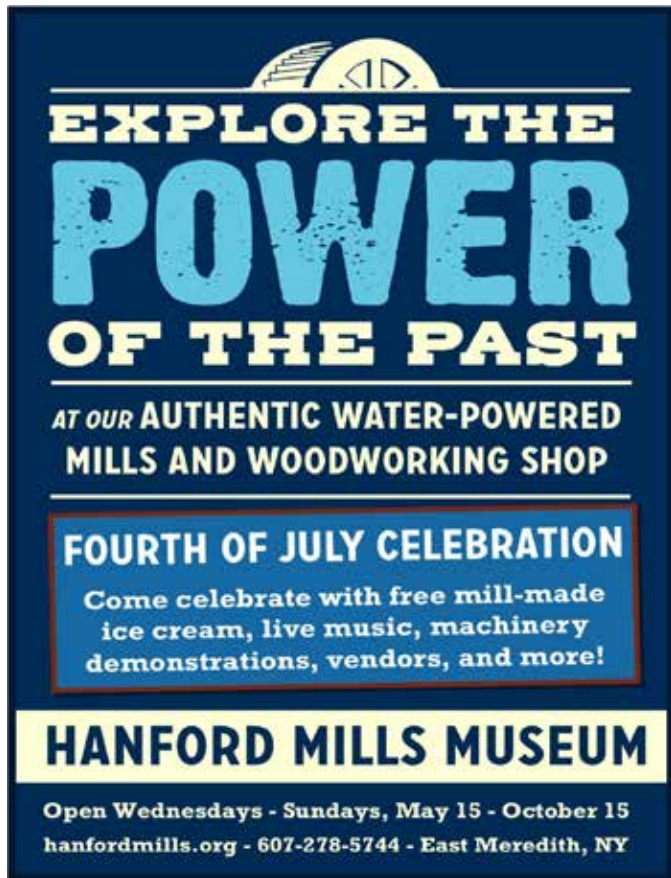
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cuddling. Our community room cats enjoy an outside fenced in cat porch and we also have a big window with a bird feeder outside so the cats can safely watch the birds for enrichment entertainment.

For some of our shy cats the process is a bit different, but we come up with creative ways to get them more comfortable (usually involving all cats' favorite treat... Churu!) being touched and petted. We have amazing "shy cat" volunteers who are invaluable in this process. Letting the shy cats come around at their own pace is important in their comfortability until they are adopted.

We feel that fear-free principles should be put into play daily when caring for any animals. Animals have emotions, fears, likes, dislikes, and needs like any other being. When we try to understand and meet those needs, we foster a trusting bond that allows us to better care for an animal's health and well-being until they find their perfect forever home! If you would like to be part of this process as a volunteer, please call (607)-746-3080 or email [info@heartofthecatsskills.org](mailto:info@heartofthecatsskills.org) to sign up – we would love to have your help!



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## Can summer bathing make you sick?



Splashing in lakes, rivers, pools or spas is a highlight of summer, but water can hide microscopic surprises. Unclean bathing waters could cause swimmer's itch, gastroenteritis and infections of the ear, nose or throat. In rare cases, swimmers exposed to contaminated water may even contract Legionnaires' disease. Knowing what contaminants exist and where they thrive will help you stay healthy.

### SPOT THE RISKS

Natural bodies of water, such as lakes and rivers, may contain bacteria, viruses or algae. If the water looks cloudy, smells odd or has visible blooms, you're safe to stay on shore.

Treated pools collect organic matter that, when mixed with chlorine, can create irritants that affect your eyes and airways. Bacteria thrive in poorly maintained pools, potentially causing serious illness.

### KEEP SAFE

Environmental advisories provide essential water safety information. Authorities often close beaches when bacteria levels rise. To be sure you're in safe waters, pay attention to posted signs and swim only where lifeguards are on duty. When you do go swimming, always avoid swallowing bathing water.

*Have a*  
**HEALTHY**  
*summer!*

The Catskills are known for their pristine recreational waters are safe for swimming, conditions can change after heavy rains, flooding, or periods of unusually warm weather, which may increase bacteria levels or contribute to harmful algal blooms in some areas. Before heading out, consider checking local advisories and posted notices, especially if you're visiting a new location. As a general rule, avoid swimming in water that appears unusually murky, has a strong odor, or shows signs of algae accumulation. A little awareness can help ensure a fun, healthy day on the water for everyone.

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For current information, visit the New York State Department of Health ([www.health.ny.gov/](http://www.health.ny.gov/)) and the New York State Department of Environmental Conservation (<https://dec.ny.gov/>) websites, which provide updates on beach closures, water quality, and harmful algal bloom advisories.

Life can be expensive!



## Transform your vehicle into a "hotel on wheels"!

Planning your next road trip and trying not to spend a fortune on accommodations? There's traditional camping, or you could try another solution gaining in popularity: turn your car into a mobile hotel!

### THE SLEEPING AREA

Undoubtedly, a good night's sleep is a must. One of the most important considerations is that your sleeping space must be tailored to the size and shape of your vehicle. Depending on the model you're driving, you could:

- Place an air mattress in the back of your SUV or van.
- Get a rooftop tent or popup cabin for extra space.
- If you have a hatchback, remove a section of seats to create a platform for a mattress.

Don't forget to keep the vehicle well-ventilated while you're sleeping. Open two windows at least an inch to prevent fogging the window. For maximum comfort, install mosquito nets on the windows, which you can open as needed.

### ACCESSORIES

These valuable items will enhance your stay in your newly created campervan:

- Twelve-volt electric cooler
- Car lighter plug adapter or solar chargers for your devices
- Camping lamp
- Propane stove
- Sleeping bag and pillow

Cars are great for getting around, but aren't so good at blocking out light and sound. Create privacy and keep the morning sun out of your face by using cordage or bungees to hang curtains. Earplugs help reduce nearby noise.

Never park illegally. Use apps like iOverlander or the FreeRoam App to find legal camping spots on Bureau of Land Management (BLM) or National Forest land. You can use dedicated highway rest areas that explicitly allow overnight parking.

Also, remember that sleeping in a vehicle while intoxicated is punishable by law, even if you don't intend to drive.

*Life can be expensive!*

## **Vacation at home and explore your surroundings**

Airfare, accommodation and restaurant meals can quickly add up when you're on vacation. If your budget doesn't allow you to travel this year, discover the advantages of vacationing close to home.

### **RELAX AT HOME**

Vacations are all about slowing down, enjoying life and recharging your batteries. However, between booking flights, organizing activities and managing schedules, planning a trip takes time and energy and can create stress. When you stay home, you remove that pressure and give yourself more time to truly relax.

### **SAVE MONEY BY EXPLORING OUR REGION**

Our local area is full of enjoyable and affordable activities. Festivals, swimming holes, hiking trails and access to lakes and rivers—you have so many sources of entertainment here in your own backyard, many of them free of charge. Enjoy a budget-friendly vacation outing, and then finish your day with a stop for ice cream.

### **DO WHAT YOU REALLY WANT TO DO**

Social pressure can make you feel that a "real" vacation means venturing to a faraway destination. But deep down, you may simply want to read a book in your backyard or go to the park with your kids. Choose activities that match your needs and interests. You'll feel lighter and more refreshed.

In short, you don't have to spend hundreds or thousands of dollars on a summer vacation. Staying home and rediscovering the local area gives you rest and relaxation while saving you money.



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## **Celebration to Support Democracy**

**June 13, 2026, 3:00-6:00 PM**

**Union Grove Distillery, Arkville**

If you are a fan of music and art, the upcoming art auction and concert for the Delaware County Democratic Committee is a can't miss opportunity to support local candidates.!

On Saturday, June 13, from 3-6 PM, meet 2026 candidates Glen Faulkner, Janet Tweed, Vickie Davis and Michelle Frazier. Also enjoy the music of renowned local musicians Adam Ippolito, Loren Daniels and Andy Cahill, as you peruse the latest works of renowned area artists.

The Catskills and Delaware County, known as a hub for artists, include gifted painters, photographers, sculptors, and crafters. On June 13, the work of twenty talented area artists and artisans will offer their work for this one-time art auction event at the Union Grove Distillery, on Rt. 28, in Arkville, NY. There will be light snacks, and the cash bar will be open.

While admission is free, all proceeds from the art auction will go to the Delaware County Democratic Committee.

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# Have a **HEALTHY** summer!

## How to stop bedbugs before they spread

Bed bugs are significantly more active in the summer. While they survive indoors year-round, warmer temperatures accelerate their metabolism and life cycle. Additionally, increased summer travel provides more opportunities for these pests to hitchhike into homes in luggage and clothing. Be aware of the signs to watch for and protect yourself.

### What to Look For

Contrary to popular belief, bed bugs are not a sanitation issue; they don't discriminate and can be found in any hotel—luxury to inexpensive—and any home—big, small, clean or dirty as well as dormitories and cruise ships. Before settling in, give your room a thorough inspection.

- **Live Insects:** Look for bugs the size of an apple seed, which are flat, oval, and reddish-brown.
- **Fecal Spots:** Small black or dark brown smudges that look like pepper on the mattress seams or headboard.
- **Blood Stains:** Tiny, rusty-colored dots on your sheets or mattress pad caused by crushed bugs.
- **Shed Skins & Eggs:** Pale yellow, translucent shells or tiny white eggs often found in fabric crevices.



### Hotspots to Inspect

- **The Mattress & Box Spring:** Peel back the sheets and check the piping, seams, and tufts. Lift the mattress to inspect the box spring, especially along the wooden frame.
- **The Headboard:** Bed bugs love dark, undisturbed crevices. Shine your light behind and under the headboard where it meets the wall.
- **Furniture & Baseboards:** Check upholstered chairs, nightstands (especially inside drawers), and along baseboards near the bed.

### Returning Home Safely

- **Unpack Outside:** Bring your luggage into the garage or utility room, rather than your bedroom, to unpack.
- **Heat Treatment:** Put travel clothing directly into the dryer on a high-heat setting for 30–45 minutes, as high temperatures kill all stages of bed bugs.
- **Check the Suitcase:** Vacuum out your empty suitcase, especially along the zippers and folds.

Keep an eye out for the following signs of the presence of bedbugs in your home:

- **Physical symptoms.** Look for small, red, swollen welts that appear in clusters or a loose line on exposed skin. They may not appear immediately. Itching is the most common symptom, but some people may experience intense swelling or blister-like bumps.
- **Secondary infections.** Although most bites heal naturally within a week or two, seek medical attention if you have more severe or widespread symptoms. Any sign of warmth, spreading redness or pus should be taken seriously.

*continued...*

- **Environmental clues.** Bedbugs travel easily on clothing and furniture, so inspect mattresses, bed frames and upholstered items for dark specks, shed skins or tiny eggs. Avoid used furniture unless it's been checked by a professional.

### **Prevention and management steps**

Careful hygiene and packing habits can minimize spread and ease symptoms. Washing the bite area with soap and water reduces irritation. Over-the-

counter corticosteroid creams or antihistamines can ease itching. If you're relocating, pack your clothing and linens in sealed bags, then wash and dry them on high heat immediately after the move.

Bedbugs are highly resistant to standard consumer bug sprays. Successful eradication relies on combining deep physical cleaning, extreme heat, and targeted barriers. If you find evidence of bedbugs in your home, contact a local pest control professional for service and advice.



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## Plein Air Painters Exhibition Celebrates 15 Years of Outdoor Painting Tradition

Through July 3, 2026

Walter Meade Gallery  
Roxbury Arts Center  
5025 Vega Mountain Road, Roxbury  
community@roxburyartsgroup.org  
www.roxburyartsgroup.org

For fifteen years, a dedicated group of artists has been doing something that requires equal parts skill and stubbornness: painting outdoors in all weather and all seasons to capture the beauty and character of the Catskills landscape.

That tradition lives on through the East Branch Delaware River Plein Air Painters (EBDRPAP), who gather throughout Delaware County to paint the region's rivers, fields, forests, and ever-changing skies using oils, watercolors, pastels, and other media.

The term plein air—French for "open air"—was popularized by the Impressionist painters of the late 1800s, who revolutionized art by taking their easels outdoors. Closer to home, the artists of the Hudson River School embraced a similar approach in the early 19th century, finding inspiration in the dramatic landscapes of the Hudson Valley. Today, EBDRPAP carries that artistic legacy forward, celebrating the natural beauty of the region one painting at a time.

Roxbury Arts Center presents the East Branch Delaware River Plein Air Painters Show, a group exhibition featuring works by twenty members of the EBDRPAP. The exhibition honors local plein air legends Lisbeth Firmin and Richard Kathmann and remains on view through July 3 at the Walter Meade Gallery.



This show honors Lisbeth Firmin and Richard Kathmann, local plein air painters whose dedication to the practice and the landscape inspired a generation of artists to venture outdoors with paint and canvas. Their legacy lives on in the work of the twenty artists featured in this exhibition.

Come see what happens when twenty artists bring the outdoors in.

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## RICHARD BALL

### *Keep Your Friends Close, and Your Farmers Closer*

by Suzanne M Walsh © 2026

If you have the imagination to envision a productive, balanced, and humane economy sustained through the soil beneath our feet, there's a good chance you would be coming close to experiencing the vision embodied in the life experience of Richard Ball, New York State's Commissioner of Agriculture and Markets and farmer-owner of Schoharie Valley Farms—home of the much-loved Carrot Barn.

"I always knew I wanted to be a farmer since I was seven years old," says Mr. Ball—or "RB," as he's often known by the people around him. His statement shines some light on the generative source of his devotion to a vision that farming is the underlying root system capable of interconnecting and sustaining all of us in one form or another.

Referring to how such an all-inclusive idea developed in his mind, RB says simply that, "Childhood summers spent on my grandparents' farm had a very deep influence that's always remained in me."

The farm RB is referring to is his family's ancestral land in Halcott, NY (sometimes referred to as Halcottville, NY), the smallest and most westerly town in Greene County. His family's ownership is intimately connected with the town's founding more than two hundred years ago, a legacy that was carried on through generations until relatively recently, when the property was sold.

Despite no longer being family-owned, the land of that singular—sometimes almost mythical-feeling—mountaintop hamlet is still bound up inseparably with the formation of RB's perspective on life.

"That's where I learned a deeply felt respect for how incredibly giving nature is," he says. In return, that experience seems to have implanted in his formative years the unshakable realization that thoughtful respect for and mindful caretaking of the land is an effortless, naturally felt working model of how all of life can be sustained.



PHOTO CREDIT SUZANNE M WALSH © 2026

*Richard Ball, New York state's Commissiner of Agriculture and Markets, and farmer-owner of schoharie Valley Farms, is seen here behind the counter of his much-loved Carrot Barn Cafe.*

RB's youthful understanding pulls back the curtain on the simplicity of the fundamental (and often counterintuitive-feeling) law that seems to be at work, enabling all living relationships to flourish with natural grace: the passive energy (or good "mojo") inherent in the very nature of giving is capable of generating within itself a living momentum that materializes a kind of self-sustaining feedback loop which, by its very nature (even more good "mojo"), benefits all involved along the way.

Those formative summers of RB's youth were filled with something else, too—the embodiment of  
*continued...*

one of the very important early histories of European settlement in this region of the Catskills. The farm of RB's childhood was the same one cultivated by his family not long after the American Revolution, when the town was founded. RB's great-great-great-grandfather was John P. Van Valkenburgh, later becoming the Reverend John Van Valkenburgh, the ordained Methodist Episcopal minister who served the people of Halcott for most of his long, productive life. This ancestor was the son of Capt. Peter Van Valkenburgh, commander of a company of patriots during the Revolution. In turn, Capt. Peter was the son of John Van Valkenburgh, the first of his family line to settle in Albany County long before the Revolution, arriving as an immigrant at the time when those with names like Rensselaer, Roosevelt, and Livingston were bequeathing so many Dutch place names in New York and were responsible for some of the earliest instrumental influences on European settlement here, as well as on the nation.

RB has funneled the largess of such a rich heritage

and intuitively acquired understanding of the land into becoming a farmer. His choice could easily serve as a metaphor for embracing the connectivity flowing through the land when we choose to work together.

Since 1993, RB has been the farmer-owner of the thriving, and still growing, 200-acre Schoharie Valley Farms and Carrot Barn. Under his direction, along with the management skills of his son Ethan, an impressively diversified selection of vegetables has been growing in the rarefied, mineral-rich soil of the Devonian deposits in the Schoharie Valley, whose remarkable fertility caused Washington to call it the "breadbasket of the American Revolution." Among the produce sustaining that reputation are two specialty crops for which RB's farm is known: the famous, fascinating multicolored carrots and delicious blue potatoes.

The farm also features a popular café, offering farm-to-table menu items and an abundance of New York State-produced foods and crafts as part of the Taste NY marketplace network.

*continued...*



PHOTO COURTESY OF SCHOHARIE VALLEY FARMS AND CARROT BARN

*Richard Ball stands alongside a trailer bed full of happy, healthy family, friends and workers at his Schoharie Valley Farms.*

In 2014, Richard Ball was asked to take on another job—that of New York State’s Commissioner of Agriculture and Markets, a role he has served in ever since and one for which his whole life seems specially designed. Among many other responsibilities, Commissioner Ball oversees the 7 million acres of agricultural land in New York State.

Commenting on the potential represented by such an eye-opening statistic, RB says, “There are more than 30,000 New York farms, large and small, working together and capable of growing more than enough food to feed our entire state’s population, with enough produce left over to support other states’ food deficiencies and export to other countries.”

Because he can personally vouch for the truth of such startling facts, the excitement generated as he talks about these capabilities becomes contagious.

“We, the food growers in New York State,” he continues, “have demonstrated that we’re responsible and resilient—COVID taught us that. And because this is a provable fact, we should never become food-dependent on another country ever again.”

The unadorned definitiveness with which RB delivers this statement radiates a hopefulness that I had been unexpected and, frankly, reluctant to imagine, while fervently wishing otherwise.

“It’s all about ‘connecting the dots,’ and each of us becomes one of those dots through awareness,” RB says, summing up just a fragment of his many insights concerning the interconnected impact fresh, farm-grown food has on all of us. “Every child in New York State has the potential right now to grow up healthy and free from malnutrition. I’m very excited about the evolving future, with more and more New Yorkers becoming healthy. When our own people buy, consume, and support New York-grown food, they strengthen our state’s economy, making the lives of all of us healthier, stronger, and more resilient.”

---

## Thought for the Day

“Work eight hours and sleep eight hours, and make sure that they are not the same eight hours.”

-- T. Boone Pickens

## HERE'S A TIP

*When you need to grill something that needs covering alongside something that does not (like hot dogs), simply invert an aluminum roaster/cake pan over the needs-covering item. You can purchase smaller size pans that can be reused.*

*“When I swallow a pill, I always feel as if it is stuck in my throat. I have started to have a chunk of banana after taking a pill. I don't get that stuck feeling anymore.” -- T.B. in New Hampshire*

*Sprinkle baby powder in dish gloves to help them slide on in an instant.*

*Use baking soda to scrub away stuck-on food on your grill. Sprinkle it on the metal brush, and scrub away. If your grate is beyond the power of fire and baking soda, remove it and lay it on the ground on some newspaper. Spray with oven cleaner and let sit (keep pets and kids away from it). Rinse with a garden hose and replace on the grill.*

*Need a patch for old woodwork? Try mixing whatever paint you are using and flour. Make a paste, fill in the holes and let dry. It's hard like cement, and can be sanded.*

*When you get near the end of a roll of paper towels, save it to put in your car. Put together a kit to keep in the car with the following items: a small bottle of Windex or other cleaner, a squeeze bottle of water, some wet wipes and the short roll of paper towels. You will always be ready for a quick on-the-road cleanup.*

*“To remove muffins or rolls from a pan, set it on an old, damp towel for a minute. The steam must loosen the bottoms, because they just slide right out. I thank my mom for this tip.” -- Janey R. via email*

*“Painting stairs? This tip will save your life! Paint every other step to start with. When they are dry, go back and paint the others. This way, you can use the staircase anytime during your project. This is particularly important if the stairs are the only way to get to bed after a long day of painting!” -- I.L. in Nevada*

*\* Mix a quarter cup of salt in with 2 tablespoons of bath wash for a sudsy, refreshing, skin-soothing salt scrub.*



by CJ Karcher

Owner & Systems Administrator

**Level Up Tech Support**

## ***Tips to Avoid a Summer Bummer***

You're on that long-awaited fishing trip with the boys this summer. You grab your phone to snap a picture of the monster fish Billy just landed, and plop—your phone is making its way to the bottom of the lake. Little Susie left your tablet on the plane ride to Disney, and now it's gone, along with pictures of her favorite cat, Truffles, and your financial spreadsheets. Newlyweds Phil and Brandy enjoyed breakfast at the cutest little café in Paris this morning, only to receive a fraud alert shortly afterward.

Here are some quick tips to help you avoid getting bummed out this summer when it comes to your data and technology.

### **BACK UP. BACK UP. BACK UP.**

It's surprisingly easy to lose phones, tablets, and even computers while traveling. That's why backing up your data is so important. I know cloud storage can seem scary, but it can be a lifesaver when a device is lost or stolen. Most Android and Apple devices offer cloud backup right out of the box. With a proper backup in place, you can restore your photos, texts, emails, and even payment information to a replacement device simply by signing into your account.

Make sure your device is backing up properly and that you have enough storage available. Google provides 15 GB of free storage, while Apple provides 5 GB. In many cases, that won't be enough, and you may need to purchase additional storage. Fortunately, cloud storage is relatively inexpensive

from both providers.

If you're traveling with a computer, there are several cloud backup services available. If cloud storage isn't your thing, you can always back up your data to a physical device, such as a USB flash drive. Many drives, including those from SanDisk, come with backup software preloaded. You can also find USB-C and Lightning flash drives online that allow you to back up your phone directly to the drive.

### **ADOPT CONTACTLESS PAYMENT**

I'm not the biggest fan of using Apple Pay or Google Pay on my phone. However, one of the

*continued...*

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most common credit card scam involves devices called skimmers, which are attached to card readers at gas pumps, ATMs, and even retail checkout counters. Using your mobile device for contactless payments can help reduce the risk of having your card information stolen.

### **AVOID PUBLIC WI-FI**

While traveling, avoid using public Wi-Fi whenever possible and use your cellular network instead. If cellular service isn't available, consider using a VPN on your phone, tablet, or laptop. A VPN helps protect your information on public networks and makes it more difficult for bad actors to intercept your data.

We rely heavily on technology in our daily lives, and most of us wouldn't dream of traveling without it. These simple precautions can help keep your data safe this summer—and all year long. Google offers many additional travel tips, both tech-related and otherwise, that are worth exploring.

And, of course, Level Up Tech Support is always available to help with your technology needs.

***Happy summer, everyone.  
It's short—enjoy it!***



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## **STRANGE BUT TRUE**

by Lucie Winborne

*In 1960, the average life expectancy of a person with Down syndrome was 10 years. By 2007, the average had risen to 47 years.*

*The world's oldest emergency phone number is the U.K.'s 999 number, introduced on June 30, 1937.*

*If the U.S. Army were a city, it would be the 10th largest in the country, having more people than popular cities such as San Francisco; Jacksonville, Florida; and Austin, Texas.*

*Jupiter contracts by about 2 centimeters per year as it radiates internal heat into space.*

*The Zimbabwean dollar bank note holds the record for the greatest number of zeros shown (100,000,000,000,000).*

*During the Middle Ages, people tried a number of ways to cure the black plague, including avoiding bad thoughts, eating and drinking in moderation, and not abusing the poor.*

*The five-second rule is, sadly, a myth, since bacteria can live after four weeks on carpet.*

*In 1946, two partners in a leading pest control company were tried by a British military court, convicted and hanged on genocide charges, the argument being that they must have realized the amount of Zyklon B they provided to concentration camps far exceeded that needed for delousing.*

*Warm Dr Pepper was once a popular Christmas drink and even thought to aid colds and other ailments.*

*The Statue of Liberty is made of more than 300 layers of copper.*

*A year on Neptune lasts approximately 165 Earth years.*

*Polar bear mamas gain around 400 pounds during pregnancy. If the mother doesn't double her weight, her body will simply reabsorb the fetus.*

*Research has suggested that when a twin engages in criminal activity, it increases the likelihood that the other twin will do the same.*

*The orbicularis oris muscle allows lips to pucker for a kiss.*



# Book

Reviews by  
Jessica Reed

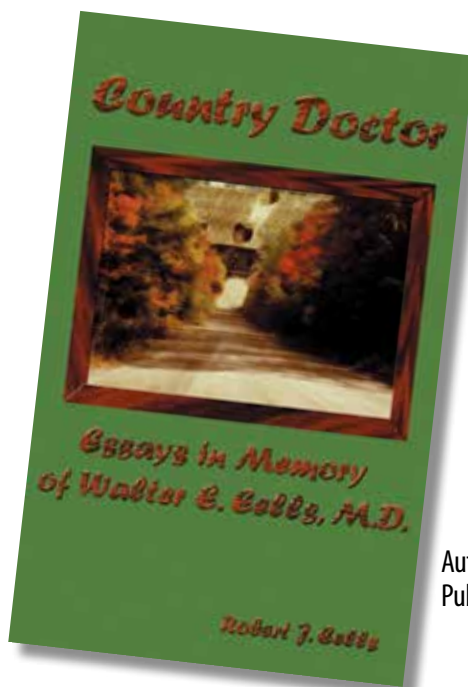
## Country Doctor

I was sitting in my car in a parking lot in my small town of Walton, New York, when a woman browsing the Little Free Library caught my eye. As she inspected and replaced several books, I became invested. So I was disappointed when she shut the tiny door, without having chosen a book. I approached the box, curious to see what she had passed up and quickly pulled out a slim volume and read the title, *Country Doctor—Essays in Memory of Walter E. Eells*. I opened the front cover and gasped, a signed author copy! This is a book about a doctor in Walton whose career spanned sixty years (1930- early 1990's), written by his son, Robert, one who knew him best. I had heard of this book, it always sells out quickly at the local Historical Society. I held in my hands the Holy Grail for local history buffs like myself.

Doc Eells, (1902-2000) as he was affectionately called by the townspeople, lived and worked at 35 Townsend Street. As was often the case at that time, his house doubled as an office, in addition he had the unique setup of owning a small hospital right across the street. One can imagine the grooves he wore in the road crossing back and forth for decades. On top of all of that, the industrious doctor made house calls to Waltonians and surrounding towns.

As a general doctor, he stitched up wounds, pinned broken bones, performed surgeries and welcomed over 2000 babies from three generations into the world. Perhaps most notably, he was the first doctor in Walton to perform operations and the first in Delaware County authorized to use penicillin. Lucky for area residents, penicillin became a lifesaving turning point in medical history.

Doctor Eells lived a full and storied life, successfully balancing a career where extreme overtime was the



Author: Robert J Eells  
Publisher: 1st Books Library

norm with raising a family of three precocious children. One thing is certain, without his loyal wife and office helpmate, Katherine, he would not have been able to accomplish half of what he did.

Doctor Eell's legacy unfolds in poignant, astonishing and oftentimes hilarious recollections from his son, who was also his medical assistant as a teen, affording him a front row seat to a country doctor's chaotic practice. Many of the events, due to modern medical oversight, would be unheard of now. But back then they just worked. The author laments, "It's hard to imagine anything like that happening today. Quite *continued...*



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understandable. At the same time, hasn't something valuable been lost? Perhaps forever?"

Though the doctor would have preferred his son follow in his footsteps and take over the family business, the younger Eells, made his own way in the world becoming a Professor of History and Political Science, also earning his Ph.D. in American Studies and becoming an author. Towards the end, the author writes, "I hope that I made him proud of the Eells name." Yes, Robert Eells, you did make him proud, a thousand times, yes.

Since this book may not be available in your local Little Free Library, the local Historical Societies could probably procure a copy and I have seen several second-hand copies online. This is one of a trio of books Eells has published about his parents.



*Tell a Friend About*

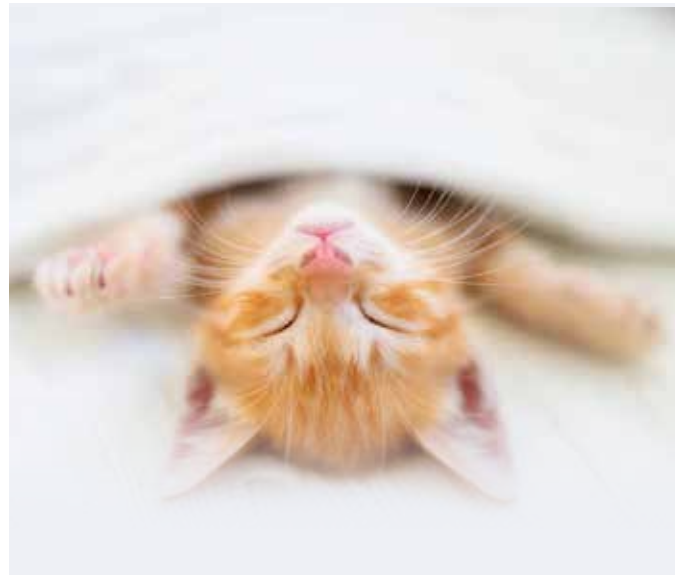
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# FAIRVIEW PUBLIC LIBRARY MONTHLY NEWS & UPDATES

## New in APRIL

*Too Close to Home* by Seraphina Nova Glass

*Rockets Red Glare* by James Patterson

*Storm Tide* by Paul Doiron

*Murder by Design* by Lee Goldberg

*Beach Thriller* by Jamie Day

*Not What it Seems* by Lisa Jackson

*When You Loved Me* by Beatriz Williams

*Road Trip* by Mary Kay Andrews

*Wait and See* by Iris Johansen

*Choke Point* by Brad Thor

*A Pair of Aces* by Marie Benedict

*Stuart Woods Deep Water* by Brett Battles

*Weddings* by Danielle Steel

*Daughters of the Sea and Moon* by Lisa See

*It Could Have Been Her* by Lisa Jewel

*Whistler* by Ann Patchett

## NON-FICTION

*Dig Me a Grave* by Richard Harpootlian

*Tree Lore* by Dawn Nelson

*Birth Charts* by Mari Silva

*10-Minute Chair Yoga Exercises for Seniors*  
by April Hattori

## LARGE PRINT

*Cold Fire* by Clive Cussler

*Down with the Shipmans* by Meg Mitchell Moore

## JUNE Events

### SPOOKY SUMMERWEEN!

**KIDS MOVIE HOUR** - *The Canterville Ghost* (PG) on Friday June 19 from 3-5 pm. Serving popcorn and juice. Kids can come in comfy clothes and bring a blanket and plushie. Please sign up: 845- 586- 3791 or email [director@fairviewlibrary.org](mailto:director@fairviewlibrary.org).

**FAIRY TAXIDERMY** - Create fairy skeletons, nestle in a jar, and decorate them on June 26 from 3:30-4:30pm. Suggested for teens and adults. Please sign up: 845- 586- 3791 or email [director@fairviewlibrary.org](mailto:director@fairviewlibrary.org).

### FIBER ARTS CLUB

**Saturday June 27 from 10 to 12pm**

Work on your own fiber arts (knit, crochet, embroider, sew, etc) and meet other makers. All are welcome - beginner to expert. No formal instruction but we will help if we can.

### FPL BOOK CLUB Next meeting

**Thursday June 18 at 2pm via Zoom**

The book will be *Excellent Women* by Barbara Pym. Contact the library director at 845-586- 3791 or email [director@fairviewlibrary.org](mailto:director@fairviewlibrary.org) for the Zoom link.

**MAH JONGG every Friday 1 to 4pm**

### Crafts with Miss Cherie

Video instructions will be posted on Facebook on the dates indicated below. Craft components available in the library at least 48 hours before the demo.

#### TO GO CRAFT:

**Available June 4 - Design your own picture frame**

Simple crafts will always available in the children's room. These can be done any time during open hours using the directions and sample provided. Adult supervision is required.

#### SELF-GUIDED CHILDREN'S CRAFT

**June 5 - Seashell Painting**

**June 19 - Jewelry Making**

## Butterflied Roast Chicken

*Butterflying — or spatchcocking — a chicken ensures it cooks more evenly, resulting in juicier, more flavorful meat. A guaranteed treat!*

### INGREDIENTS

- 1 whole chicken, approximately 4 ½ pounds
- 2 tablespoons olive oil
- 1 tablespoon paprika
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon dried thyme
- ½ teaspoon ground black pepper
- 1 ½ teaspoons salt



### DIRECTIONS

1. Preheat the oven to 425 F.
2. Place the chicken on a cutting board, breast-side down. Using sturdy kitchen shears, cut along each side of the backbone and remove the bone. Turn the chicken over and press down firmly on the breast to flatten it completely. Pat the chicken dry with paper towels.
3. Combine the olive oil, paprika, garlic powder, onion powder, dried thyme, pepper and salt in a small bowl. Rub the mixture all over the chicken, both inside and out.
4. Place the chicken on a baking sheet. Bake for 45 to 55 minutes, until the skin is golden brown and the internal temperature reaches 180 F in the thickest part of the thigh. Baste the chicken once or twice with the pan juices during cooking, if desired.
5. Remove from the oven and let rest for 10 minutes before serving with vegetables.

*Have you tried one of the recipes published in A Time and A Place?  
We'd love to hear about it! Why not post a photo on our Facebook page?*



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# History of Our Hamlets

History of Our Hamlets is sponsored by



Photos and recollections courtesy of Diane Galusha,  
Historical Society of the Town of Middletown



## Remembering Kelly Corners

Midway between Margaretville and Roxbury on NYS Route 30, Kelly Corners was once a bustling community with several businesses and homes.

Many structures here were among 28 claimed when the state reconstructed the road between Margaretville and the Round Barn in 1963-64. Keator's garage (right) was one of them. Owned by F. Lee Keator, it had been in business since 1926. Keator was well known as a conservationist and founder of the Catskill Mountain Chapter of the Izaak Walton League, whose clubhouse also had to move when the road just north of Margaretville was widened.

This milk depot (bottom right) with long trestle across the East Branch allowed farmers on the other side to wheel their milk cans to the side of the Ulster & Delaware Railroad tracks for transport to market.

The top photo is Irving Trowbridge's blacksmith shop, which was located at the corner of the Denver-Vega Road. That's the old Kelly Corners post office on the right. It was lost to Tropical Storm Irene in 2011.

*"Progress is easy to measure in new roads and new buildings. Its true cost is measured in the familiar places we no longer pass on our way home."*



# Green living

## GRASSCYCLING AND LEAFCYCLING: *Simple, eco-friendly practices to try now*

Do you want to adopt eco-friendly habits without adding extra work to your routine? Start grasscycling and leafcycling! Learn more about these practices.

### The principle

Grasscycling involves leaving grass clippings on your lawn after mowing. Skip the raking and yard waste bags. Just mow as usual and let the clippings decompose naturally. As they break down, they return valuable nutrients to the soil and feed your lawn.

Leafcycling follows the same principle, but with dead leaves. As summer gradually gives way to fall, run your mower over the fallen leaves to shred them into small pieces. Leave the fragments on your lawn. This will allow the soil to absorb useful nutrients.

### The benefits

In addition to creating natural fertilizer, these two practices offer several clear advantages:

- In summer, grasscycling helps the soil retain moisture, significantly reducing the need for watering
- In winter, leafcycling creates a protective layer that shelters insects and beneficial microorganisms
- You reduce the amount of green waste sent to landfills, cutting down on polluting emissions associated with transportation and land-fill disposal
- Soil fertilized with its own organic matter resists disease better than soil treated with commercial synthetic products

### Tips

These habits can simplify your life by saving you the chore of collection. Additionally, you can use green waste around shrubs and flower beds to help them grow better. Collect some of the grass clippings and use them to nourish your hydrangeas, rhododendrons and other plants.

Do you want to take your grasscycling and leafcycling practices to the next level? When mowing your lawn, leave small patches of dandelions or clover unmowed to support pollinators that use these plants as a food source. These simple steps can transform your lawn into a true ecological haven.

In short, you can take several steps to help maintain your soil in an eco-friendly way. Ultimately, you'll save money, reduce your water consumption and help the planet. Considering that many municipalities ban grass clippings from regular trash, now is the perfect time to start this new habit.

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# Let's celebrate our everyday **HEROES**

Dear Readers,

Our communities are filled with everyday heroes—people who go above and beyond to help, support, encourage, and uplift those around them. Some save lives. Others make a difference through compassion, service, leadership, or simply showing up when it matters most.

Do you know someone who inspires others with their courage or commitment? Nominate them and share a short testimonial so we can recognize the impact they make and celebrate their story!

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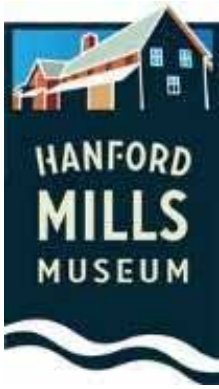
*America*

2020

Let's celebrate **250 YEARS** of independence!

USA

Because our July edition reaches inboxes after Independence Day, we've included this special patriotic feature section in June so you won't miss a moment of the celebration. We hope it inspires reflection, gratitude, and pride in the freedoms we share.



## Hanford Mills Fourth of July Celebration

Join Hanford Mills Museum on Saturday, July 4 from 10am to 4pm for a Fourth of July Celebration! Bring the whole family and enjoy vanilla ice cream (while supplies last), churned at the mill and chilled with ice cut from the pond at the 2026 ice harvest.

The Learning Lab will be open with toys, games, and books for children and their families, plus vendors and exhibitors, including the Dragon Wagon Book Bus, Blue Merle Apiaries, Union Grove Distillery, and Hartwick College's Baking Innovation Lab. Bring a picnic lunch or purchase food from Helen's Little Kitchen food truck. Enjoy old time folk music provided by the Catskill Gamblers from 1 to 3pm.

Throughout the day there will be demonstrations of the sawmill and gristmill, as well as mill tours featuring the 100-year-old Fitz overshot waterwheel. The steam boiler and steam engine will also be operating.

For updates and information about Hanford Mills' Fourth of July Celebration and other 2026 events at Hanford Mills Museum visit [www.hanfordmills.org](http://www.hanfordmills.org) or Facebook and Instagram or call 607-278-5744.

Hanford Mills is located at 51 County Highway 12 in East Meredith, at the intersection of Delaware County Routes 10 & 12, just 10 miles from Oneonta, and 15 miles from Delhi.



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# New York at 250: A Semiquincentennial Look at the Empire State— Upstate and the Catskills



In 2026, the United States marks 250 years since independence, and New York stands at the center of that story. From decisive Revolutionary War battles to the rise of canals, railroads, and resort culture, New York's past—and future—are written as much in its upstate towns and mountain valleys as in its global city.

## **Revolution, Roots, and the Hudson Corridor**

Upstate New York was a primary theater of the American Revolutionary War. The turning point came at the Battles of Saratoga, near present-day Schuylerville—often called the war's "tipping point" because it secured French support for the American cause.

The Hudson River corridor, linking the Atlantic to the interior, made towns like Albany strategically vital. Today, that same corridor anchors heritage tourism, with battlefields, museums, and preserved villages drawing visitors for the 250th commemorations.

## **The Erie Canal and the Making of Upstate**

If the Revolution established New York's

importance, the Erie Canal completion transformed it. The canal connected the Hudson River to the Great Lakes, accelerating trade, immigration, and industry across cities like Buffalo, Rochester, and Utica.

For upstate communities, the canal wasn't just an engineering feat—it was an economic lifeline. Today, revitalized canal towns feature bike paths, waterfront dining, and heritage sites that celebrate this 19th-century innovation. During the 250th, many of these towns are hosting reenactments, boat parades, and exhibits linking early American expansion to modern regional identity.

## **The Catskills: America's First Wilderness Playground**

The Catskill Mountains hold a special place in American culture. In the 19th century, artists of the Hudson River School—including Thomas Cole—turned Catskill landscapes into icons of natural beauty and national identity. Their paintings helped inspire early conservation efforts and tourism.

By the early 20th century, the region evolved

*continued...*

**SPECIAL TO ATAAP**

## Revolutionary characters on stage



The Historical Society of the Town of Middletown will observe the 250th anniversary of the Declaration of Independence with a living history presentation featuring eight local characters whose lives were forever changed by the Revolutionary War.

“Middletown and the Revolution: Voices from the Frontier” will be held at The Open Eye Theater, Margaretville July 11 and 12. Tickets are available here: <https://www.zeffy.com/en-US/ticketing/middletown-and-the-revolution-voices-from-the-frontier>

“Voices” players include Bill Birns as Valley Forge veteran Elijah Parker; Burr Hubbell as Issachar Robinson who survived six months in the infamous Sugar House prison in New York City; Michael Fairbairn as Jacob VanBenschoten who first saw this area as a militia scout and returned after the war as a settler; and Amy Taylor as tavern keeper Catherine VanWaggonen who comforted the dying Harmonus Dumond, shot in a case of mistaken identity.

John Bernhardt and Steven Hitt will portray wealthy Patriot George Sands and his Tory son Abel Sands debating the worth of their opposing positions. Rebecca Newman will appear as Mary “Polly” Yapple Avery recounting her teenage tryst with the Native known as Teunis.

The youngest member of the cast, Casey Eminowicz, 15, a freshman at Kingston High School, will describe the trials of Benjamin Burgher who was kidnapped and taken on a 300-mile journey by foot and canoe to Fort Niagara.

The narrator is Arnie Schwartz. Directors of this living history presentation are Joyce St. George and Frank Canavan. Stage Manager is Carol Schwartz. Script writers include Terry Bradshaw, David Hill, Mary Barile, Marge Helenchild, Diane Galusha, Joyce St. George and Frank Canavan.

into a vacation hub known as the “Borscht Belt,” famous for resorts, comedy, and family getaways. Later, the nearby site of the Woodstock Festival in Bethel cemented the Catskills’ role in shaping American culture.

Today, the Catskills are experiencing a renaissance. Boutique hotels, farm-to-table dining, and outdoor recreation—from hiking to fly fishing—are drawing new generations. As part of the 250th celebrations, the region is highlighting its dual identity: both a cradle of American art and a modern escape rooted in sustainability and heritage.

### Looking Forward While Honoring the Past

New York’s semiquincentennial isn’t just about looking back—it’s about reintroducing upstate and the Catskills to a wider audience. Investments in infrastructure, tourism, and small-town revitalization are positioning the region as a destination for culture, history, and outdoor living.

For visitors, the 250th offers a chance to experience the full story of New York: walk Revolutionary battlefields, bike along canal paths, and stand on a Catskill overlook that once inspired America’s first great landscape painters.

For residents, it’s a reminder that the Empire State’s legacy isn’t confined to one skyline. It lives in its rivers, mountains, and communities—especially across upstate New York and the Catskills—where the past and future continue to meet.

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# The Declaration of Independence at 250

## What Does Independence Mean at 250?

As the United States celebrates the 250th anniversary of the Declaration of Independence, it's worth asking: What does independence mean today?

Back in 1776, it meant standing up to a king and boldly declaring that a new nation could chart its own course. The document that launched that experiment in self-government now rests behind glass, while visitors quietly file past and wonder, "Is that the real one?"

## Independence in Modern American Life

Two and a half centuries later, independence still means freedom—just with a modern twist. It's the right to express our opinions, pursue our dreams, and debate important questions, such as whether a hot dog qualifies as a sandwich. It's living in a nation of fifty states that may never agree on the best pizza style, yet consistently find ways to work together when it matters most.

## A Big, Diverse Nation

Independence also means embracing innovation, opportunity, and a remarkable diversity of people, cultures, and ideas. The United States is a large and sometimes complicated family, but one connected by shared values and a belief that tomorrow can be better than today.

## A Moment to Celebrate

At 250, America has much to celebrate: groundbreaking inventions, unforgettable music and movies, breathtaking national parks, and generations of people who have contributed to its story. This anniversary offers an opportunity to reflect on the enduring ideals of liberty, self-determination, and democracy while appreciating the everyday freedoms that many of us take for granted.

After all, independence is not just a historical event. It is a continuing promise—one that each generation is entrusted to preserve, strengthen, and pass along.



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Complete Schedule at [www.macvintagebaseball.org](http://www.macvintagebaseball.org)  
Follow "MACVB1895" on Facebook or Instagram for schedule updates.  

# The Best Independence Day Celebration Just Might Be in Your Backyard

Many folks love to participate in large national celebrations for Independence Day, but you can have an equally fun and festive experience right in your own backyard. Here are some activities you can plan with your family and neighbors.

## A “Two Lights for Tomorrow” event

At dusk, light two lamps in your window to commemorate Paul Revere’s famous 1775 ride, when he warned that the British were coming. One lamp will honor the past; the other will symbolize the future.

## Plant your own Liberty Tree

Plant a Liberty Tree on Independence Day in your yard, or join with your neighbors to plant one in a common area. Whether you choose a maple, oak or another favorite native species, it will become a shared symbol of resilience, growth and hope in your community for generations.

## A neighborhood potluck

Organize an Independence Day party, but you don’t have to do all the cooking. Instead, invite each of your neighbors to contribute their favorite dish. It could be a cherished family recipe or a regional specialty. Something for everyone, guaranteed!



## Create a time capsule

Your family or neighborhood group can collect artifacts of your daily life and store them in a safe or a cedar chest, not to be opened for 50 years. It could include letters to descendants, grocery receipts, the front page of your local newspaper or any other items that represent this moment in time for you.

No matter where or how you celebrate this milestone anniversary on July 4th, here’s to an Independence Day filled with good company, small traditions and big smiles

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# Patriotic Trifle

**INGREDIENTS**

- 1/4 cup plus 2/3 cup sugar
- 1/4 cup fresh lemon juice
- 1/4 teaspoon almond extract
- 1 angel food cake, cut into 1-inch slices
- 1 pound cream cheese, at room temperature
- 2 cups heavy cream, at room temperature
- 2 pints blueberries
- 2 pints strawberries, hulled and sliced

**DIRECTIONS**

Heat 1/4 cup sugar, the lemon juice and 1/4 cup water in a saucepan over medium-high heat, stirring until the sugar dissolves. Remove from heat and stir in almond extract.

Brush both sides of each slice of cake with the syrup and cut the slices into 1-inch cubes.

Beat the remaining 2/3 cup sugar and cream cheese with mixer on medium speed until smooth and light. Add the cream and beat on medium-high speed until smooth and the consistency of whipped cream.

Arrange half of the cake cubes in the bottom of a 13-cup trifle dish. Sprinkle evenly with a layer of blueberries. Dollop half of the cream mixture over the blueberries and spread gently. Top with a layer of strawberries. Layer the remaining cake cubes on top of strawberries, then sprinkle with more blueberries and top with the remaining cream mixture.

Finish with the remaining strawberries and blueberries, arranging them in a decorative pattern. Cover and refrigerate 1 hour.



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## DELAWARE COUNTY NEW YORK

# HISTORIC TALKS

Fridays in July  
4-5 p.m.

Join local historians for historic talks about significant events that have molded Delaware County over the past 250 years. In-person and live streamed on Delaware County NY YouTube.

**JUL 03**

Ray LaFever will talk about the anti-rent wars and how they played a significant role in Delaware County history.

**JUL 10**

Diane Galusha will talk about the NYC water supply, the reservoirs and the way they changed Delaware County families.

**JUL 17**

Collin Miller will talk about the role of baseball in Delaware County, from "Honest Eddy" to Louisville sluggers.

**JUL 24**

Cornell Cooperative Extension will speak about the role of agriculture and natural resources in Delaware County.

**JUL 31**

Colchester Historical Society will talk about Delaware County's role in the Revolutionary War.



All Events

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