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NOV 2026



A TIME AND A PLACE

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Thanksgiving Around the World

Courtesy of the Fairview Public Library

Thanksgiving may bring to mind turkey dinners and family gatherings in November, but the United States is only one of several places that observe a holiday devoted to giving thanks. Around the world, Thanksgiving traditions reflect local history, religious beliefs and the rhythms of the harvest.

In Canada, Thanksgiving falls on the second Monday in October. The national holiday is traditionally associated with gratitude for the harvest and the blessings of the past year. Family gatherings and shared meals are familiar parts of the celebration.

Liberia celebrates Thanksgiving on the first Thursday in November. Established as a national holiday in 1883, it is a day of thanksgiving, prayer and gratitude that reflects the country's religious traditions.

Saint Lucia observes Thanksgiving on the first Monday in October. This national public holiday offers an opportunity to express appreciation for the year's blessings.

In Grenada, Thanksgiving carries a different historical meaning. Observed on October 25, it commemorates the anniversary of the 1983 military intervention.

On Norfolk Island, an Australian territory in the Pacific Ocean, Thanksgiving is celebrated on the last Wednesday in November. The tradition reflects the influence of American whaling ships and visitors who brought their customs to the island.

As we know, in the United States, Thanksgiving falls on the fourth Thursday in November. Family and friends gather for meals, share traditions and reflect on the people and experiences for which they are grateful.

Though their dates and origins differ, these observances share a place for gratitude. Whether expressed through prayer, a gathering around the table or remembrance of a historical event, giving thanks takes many forms.

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November is National

Alzheimer's Disease Awareness Month



TOGETHER, WE REMEMBER. TOGETHER, WE CARE.

Alzheimer's Disease:
RECOGNIZE THE SIGNS

Everyone's forgetful sometimes; but when is forgetfulness a cause for concern? Every November, National Alzheimer's Disease Awareness Month is an opportunity to get educated about a devastating disease that afflicts more than seven million Americans. Do you know how to recognize the symptoms? Here are some signs to be aware of.

- **Memory loss.** Forgetting a name or an appointment and remembering it later is normal. If you start forgetting things more often and can't recall the information later, you might want to pay attention.
- **Problem-solving challenges.** Difficulty balancing your budget from time to time isn't concerning. However, if you find you're forgetting what numbers are and how to use them, have a conversation with your doctor.
- **Difficulty with familiar tasks.** Have you been forgetting how to drive to a familiar place? Do you find a routine work task more complicated to complete? Have you forgotten how to play a favorite game? These may be signs of a more serious condition.
- **Extreme personality changes.** Have you been experiencing rapid mood swings, feeling suspicious of people or acting more aggressively than usual? Talk to a doctor. The same goes for the onset of other out-of-character behaviors, including withdrawal from social activities.
- **Misplacing things.** Have you been losing everyday items and then been unable to retrace your steps to find them? Do you suspect someone of stealing your belongings when they go missing? Do you sometimes find lost items in odd places—the iron showing up in the freezer, for example? These could be red flags.

Alzheimer's disease is progressive, sometimes starting as early as 15 to 20 years before diagnosis. If you've noticed these symptoms in yourself or a loved one, reach out to your doctor or visit alzfdn.org for more information.



MOVEMBER'S MISSION: Prevent Premature Death Among Men



Since its inception in 2003 in Melbourne, Australia, the Movember movement has raised awareness and funded initiatives related to men's health. Still today, too many men are poorly informed about risks to their physical and mental well-being. This November, learn more about this important charity.

A CRISIS LONG HIDDEN

Before Movember and the moustache-growing tradition it inspired, the topic of men's health was discussed less widely. Thanks to the ongoing support and commitment of the public and experts alike, light has been shed on the major issues Movember addresses:

- Testicular cancer
- Prostate cancer
- Mental health
- Suicide prevention



It ties back to the movement's core mission: preventing premature deaths among men. Movember made its first donation to the Prostate Cancer Foundation of Australia in 2004. Since that time, it has supported more than 1,320 projects aimed at improving men's health and has revolutionized research in this field. It has also transcended borders, partnering with a multitude of international organizations in areas such as oncology, mental health and more.

PRACTICAL WAYS TO GET INVOLVED

Far too many men are still dying too young. For that reason, Movember takes place every November, inviting the public to get involved in the cause. Here's what you can do:

- Grow a moustache in November to spark conversations about men's health with those around you
- Run or walk 60 kilometres during the month of November, a distance that symbolizes the 60 men who die by suicide every hour worldwide
- Plan a "Mo-ment", a get-together with friends or family to observe Movember
- Organize a fundraiser for a men's health organization

Don't forget to share your initiatives on social media! To learn more, visit ca.movember.com.

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Stay healthy over Christmas

The holiday season is a joyful—and indulgent—time of year. With jam-packed schedules and delicious spreads, you may find it easy to abandon your healthy routines. These tips can help you stay on track.

- **Keep moving.** Prioritize regular exercise, even if it's less intense than usual. Sneak in short walks or mini-workouts throughout your day. Tip: When you go shopping, get your steps by parking farther from stores.



- **Practise mindful indulgence.** Go ahead and have the cookie but remember that moderation is key. Monitor your portion sizes. Choose a piece of fruit instead of a second piece of pie. Buy or make healthier versions of holiday treats. Don't forget to drink enough water.
- **Monitor stress.** High stress levels can make you sick and may cause you to eat and drink to excess. When you feel overwhelmed, take a short break to collect yourself, relax with some music or escape into a bath.
- **Limit alcohol.** Sip sparkling water between your cocktails and glasses of wine. Better yet, try refreshing non-alcoholic beverages or mocktails instead.



Remember, the holiday season doesn't have to be perfect, and neither does your diet and workout routine. By balancing your festive pleasures with good habits, you can enjoy the holiday season to its fullest and still stay healthy!

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Pet Me Please!

Heart of the Catskills Humane Society

by Laura Wright

Autumn Enrichment for Your Pups



There are so many things going on this time of year, but I really wanted to write about something a bit different. When doing some research to find a good topic, I learned that November 13th is World Kindness Day. That sounds like a worthy topic!

World Kindness Day was formed at a conference in Tokyo in 1997 and introduced by the World Kindness Movement in 1998. It has become an internationally observed day, celebrated by 28 nations around the world.

Though there is no official color to wear for World Kindness Day, colors often worn are blue (peace, calm, emotional balance), yellow (happiness, bright outlook), and green (empathy, healing, growth).

World Kindness Day is celebrated in many ways in the community. Some great ideas that are easy to implement are simple and spontaneous acts of kindness: pay for a stranger's coffee or breakfast; hold the door for people all day; offer help if you see someone struggling to carry their groceries; pay for a load of laundry for someone else at the laundromat; do your sibling's chores for the day without complaining; give hugs out to anyone who feels comfortable and needs a hug.

Donate to a local food bank or homeless shelter, volunteer your time at a local soup kitchen or animal shelter. Give a stressed out friend a couple hours off by watching their kids or their pets. If you have friendly dogs, take them around to dog-friendly businesses and have them greet people and spread some furry love.

At school you can host a free meal or concert for the community, play games that teach empathy and kindness, and give out small and meaningful awards for kindness, empathy, and compassion to the students.

In the workplace you could have an Employee Appreciation Day. Throw a fun staff lunch, give out silly awards or little gifts, play relaxing music, have a game competition where the award is an extra day off or an hour-long massage at a local spa.

In addition, don't forget to be kind to yourself! Give yourself a self-care night. That means different things to different people, but maybe you are someone who would love a hot bath, a face mask, a glass of wine, and a good book. Maybe a long walk in the woods, a special dinner out (no cooking), or taking yourself to a movie would suit you. Perhaps sitting on your couch in your pjs with your dog and having a heart-to-heart talk with a friend is what you need. The better we care for ourselves, the better we can handle the stresses of life and take care of our families, pets, homes, and jobs.





DRIVE WITH CONFIDENCE THIS WINTER!

WINTER DRIVING: Is Synthetic Oil More Effective Than Conventional Oil?



The constant friction between the components in an auto engine gradually causes wear and tear. That's why your car needs motor oil. It lubricates the moving parts while dissipating the heat generated by their friction. However, depending on the product you choose for your vehicle, cold weather can directly affect its effectiveness. In fact, synthetic oil is better suited to the rigours of winter than its petroleum-based counterpart. Here's why.

A DIFFERENT RESPONSE TO COLD

Petroleum-based oil is produced through a process of refining crude oil. It's suitable for most engines, but a temperature drop can cause it to thicken considerably and circulate more slowly through the engine. When you're starting the engine, conventional oil can take several seconds to get to the moving parts, a lag that can lead to premature wear.

Synthetic oil, which is produced in a laboratory, functions better in extreme temperatures. When exposed to hot conditions, it degrades much more slowly than its traditional counterpart. It also retains its viscosity better in extremely cold weather, quickly lubricating the engine components when you start your car and ensuring optimal performance.

WORTH THE HIGHER PRICE

Although synthetic oil is more expensive than conventional oil, its effectiveness during the winter can significantly extend your car's lifespan. If you drive frequently and want to keep your vehicle for a long time, it's a highly beneficial choice.

Need help choosing a high-quality oil? Consult our local automotive professionals or discuss it with your mechanic during your seasonal maintenance visit.

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DRIVE WITH CONFIDENCE THIS WINTER!

Winter's Approaching— Time To Protect Your Car's Paint Job!

The colder weather can certainly be tough on your spirits, but it can also take a toll on your car's exterior. To keep your vehicle in good condition, protecting its paint job is one of the most important steps you can take. Take a look.



In addition to enhancing your car's appearance, a good paint job protects the bodywork from the elements, including slush, dirt and ice. Scratches and chips in the paint allow moisture and debris to seep in and cause rust. Salt and other road de-icing solutions are particularly harsh on the paint due to their corrosive properties. In addition, winter's frequent temperature fluctuations weaken the paint and can cause it to crack.

MAINTENANCE HABITS TO ADOPT

Although the snowy months increase your car's risk of paint damage, a few steps you take can spare you a lot of trouble. Turn these practices into regular habits:

- Wash your car's exterior more frequently to remove accumulated salt residue and debris. Head to your local car wash on days when the weather is mild.
- To prevent water from freezing and damaging the parts, make sure your car is completely dry after each wash.



- Apply a protective wax to your car's bodywork to improve its resistance to the elements.
- Place an automobile cover on your car if you're not using it for several days.

Don't wait until it's too late. Act now to preserve your car's paint job.





DRIVE WITH CONFIDENCE THIS WINTER!

How To Protect Your Car This Winter If You Don't Have a Garage



Snow, ice and slush can damage your car over time. Of course, a garage is the ideal place for you to protect your vehicle from the elements and inclement weather. But what if you don't have one? Here are some possible solutions.

Install a temporary carport

If you park your car in a private driveway at your home, a temporary carport can definitely help protect it. Before buying one, however, check the regulations in your municipality. What's the maximum size allowed? Does it have to be placed a minimum distance from neighboring properties? Criteria may vary from one region to another.

If you decide to go ahead, keep in mind that a temporary car shelter requires some maintenance. Among other things, you'll need to clear snow off it after every snowfall to prevent tearing. Also, you'll need to keep it closed during high winds so it stays securely in place. If it's properly installed, this type of shelter can protect your car from a variety of potential damages.

Get a protective auto cover

A cover can be useful for protecting a vehicle that most often stays outdoors. An ideal solution for preventing ice from building up on your car, it can help preserve the integrity of the vehicle components. To choose the right product, keep these considerations in mind:

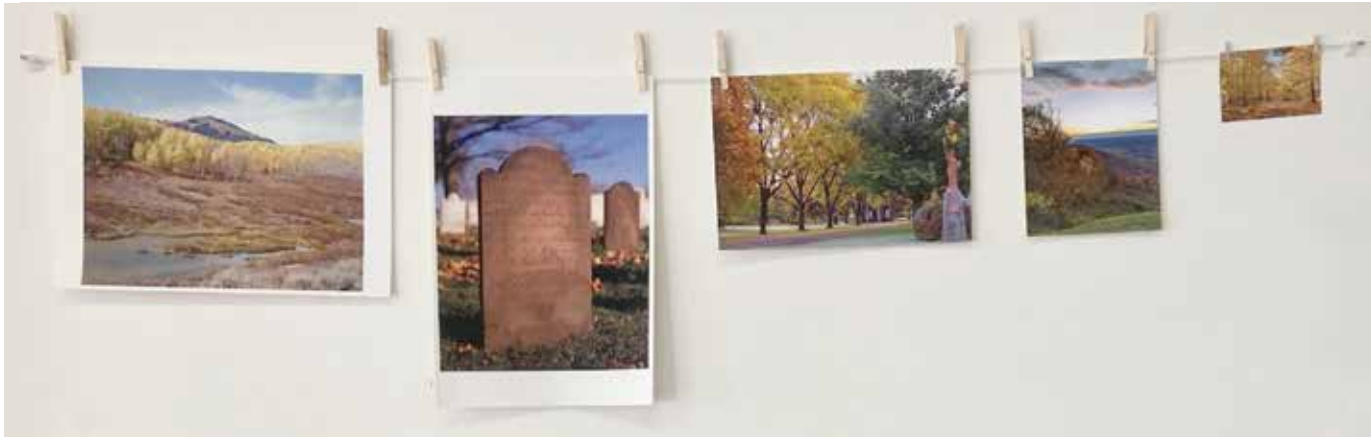
- The cover must be designed for outdoor use. This means it should be waterproof and durable.
- Some retailers offer generic models at a lower price. However, it's best to ensure the cover matches your vehicle's unique dimensions, even if you have to pay a little more. Contact your dealership for information specific to your model, if necessary. Some specialty manufacturers may also offer custom-made products.
- The cover is most effective when placed on a dry, clean vehicle. Also, keep in mind it isn't necessarily meant to be removed and put back on every day.

Want to learn more about protecting your vehicle this winter? Talk to an auto maintenance professional near you.



2026 Community Photo Show

On view November 14, 2026 - January 9, 2027
Headwaters Arts Center
66 Main Street, Stamford
(607) 214-6040
headwaters@roxburyartsgroup.org
www. roxburyartsgroup.org



The Roxbury Arts Group invites everyone to the opening reception for the annual Community Photo Show on Saturday, November 14, from 3 to 5pm at Headwaters Arts Center. It's the perfect chance to be among the first to see the exhibition and to meet the photographers behind the work, from first-time shutterbugs to lifelong professionals. The reception is free and all are welcome. Light refreshments will be served. The show will remain on view through January 9, 2027.

Each year the Headwaters Arts Center Community Photo Show brings together photographers of all ages and levels of experience in an exhibition that reflects the many ways our community sees the world. The reception is a great time to get inspired by our diversity, hear the stories behind the images and get to know the people who made them.

Photographs may be available for purchase, with prices set by the artists.

For complete details about this and all events offered at Headwaters Arts Center, visit www.roxburyartsgroup.org or call (607)214-6040. Exhibition programs of the Roxbury Arts Group are generously supported by the Margaretville Telephone Company. All programs offered by the Roxbury Arts Group are supported by the New York State Council on the Arts with the support of the Office of the Governor and the NYS Legislature, the A. Lindsay and Olive B. O'Connor Foundation, the Robinson Broadhurst Foundation, The Community Foundation for South Central New York, the Tianaderrah Foundation, an anonymous foundation, The Delaware National Bank of Delhi, and by the generosity of our business sponsors and individual supporters.



MORE THAN A HUNT
A Catskills Tradition Passed Down



In the woods and around the deer camp table, generations share lessons that last far beyond hunting season.

Before daylight breaks over a Catskills ridge, the traditions have already begun: coffee in the kitchen, an extra pair of gloves tucked into a pocket, a familiar reminder to keep quiet on the walk into the woods. For families who hunt together, these small rituals can become as memorable as any deer season.

Hunting connects generations through shared places and experiences. A stretch of stone wall, an old apple orchard or a favorite hillside can hold decades of family history. Stories return each autumn: the deer that slipped away, the unexpected snowfall, the grandparent who always knew where to sit.

For children, belonging to that tradition can begin with an autumn scouting walk, learning to recognize tracks or listening to stories around the kitchen table. Time together offers something increasingly difficult to find: hours without a crowded schedule, with room for conversation and comfortable silence.

The woods become an informal classroom. An experienced hunter points out a hoofprint pressed into soft ground, explains why the wind matters or notices how deer move between feeding areas and cover. Slowly, a younger companion learns to see a landscape that once looked like an unbroken wall of trees.

Patience is part of the lesson. So is accepting disappointment. Some days bring little more than cold fingers and a glimpse of a squirrel. Learning to appreciate those mornings helps establish a lasting understanding that time outdoors has value regardless of what comes home.

The most important lessons concern responsibility. Safe firearm handling, sound judgment and respect for wildlife must be demonstrated consistently. New York's hunter education program reinforces that foundation, teaching safety, ethics and conservation. A trusted mentor helps carry those principles from the classroom into everyday practice.

Respect extends beyond the hunt itself. Asking permission, honoring property boundaries, caring for harvested meat and leaving a place clean all show younger hunters what responsible participation

continued...

looks like. Sharing venison adds another connection, bringing the experience home to the family table.

Stewardship gives the tradition a future. Knowing a piece of land over many seasons encourages attention to its changes: a disappearing food source, a recovering woodland or a new house where an open field once stood. Protecting habitat and maintaining good relationships with landowners help preserve opportunities for those who follow.

Yet traditions need room to grow. As older hunters step back, families may find fewer relatives available to teach the next generation. Others discover hunting as adults, without a parent or grandparent to guide them.

New York's mentored hunting opportunities and hands-on outdoor programs offer ways to build those connections. A neighbor, volunteer instructor or experienced friend can provide the encouragement that once came almost exclusively through family. Women and newcomers can carry the tradition forward, too, bringing their own interests and experiences.

Here in the Catskills, passing hunting along means making time for someone else: answering questions, sharing knowledge and welcoming a beginner into the story.

Years later, the details of a particular hunt may fade. What remains is the person who walked beside you, the place you came to know and the feeling that you belonged.



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A TIME AND A PLACE

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Deer Season



He set his alarm clock right after dinner,
So he wouldn't forget to do it later on.

And then he checked it three times
Before he went to bed at 8:30.

He would sleep fitfully and dream much
On this most special of nights.

More than deer taken, he would dream of
His hunting companions: family and friends.

He would relive hunts
with the Old Man and his brothers,
And wake to recheck that alarm one more time.

He would remember his best friend's first deer
And those of his son and grandsons.

He would savor, again, sausage and gravy breakfasts
And tailgate snacks of his delectable hunter's biscuits.

He would review his plans for the morrow,
Making sure that he had properly readied his gear.

He would sleep little and check that alarm often;
He would get very little rest this night.

But, come morning, he will be up early,
Energized and raring to go.

For, tomorrow is…
OPENING DAY !!!

HERE'S A TIP

"Try this trick to keep casseroles and oven-cooked meats hot while waiting for other items to finish in the oven. Use a clean ice chest to store hot sides. Simply cover the bottom with a few trivets or a couple kitchen towels, and set dishes inside. Most people use a cooler to keep things cold, but the insulation works just as well to keep hot things hot -- at least a little while." -- ***M.E. in West Virginia***

"If you purchase sodas or other drinks that are linked together with plastic rings, cut open the loops so that there are no rings for animals or sea life to get caught in." -- ***A.A. in Florida***

Blood pressure can be affected by many things. Seeing the doctor is one of them. Request that your blood pressure be taken by a nurse or physician's assistant. Having a full bladder can also make your pressure reading higher, as can positioning your arm below heart level.

Remove sticky residue from price tags on hard surfaces with WD-40 or baby oil.

"To use the last of the peanut butter, simply add your morning oatmeal for a yummy flavored breakfast. Or add sliced bananas and a couple tablespoons of milk for a delicious dessert!" -- ***J.S. in Kansas***

When you are zesting or juicing oranges, lemons or limes, do several at a time. Freeze the citrus zest and juice in an ice-cube tray. Pop out the cubes and use them in recipes later on.

"An oldie but a goodie, and certainly considerate of dear old Mom: In my family, you come to Thanksgiving dinner with your own plastic containers for leftovers. If you don't bring your own, you don't go home with tomorrow's lunch. Mom instituted this rule after the first Thanksgiving when all the kids had moved out. We practically cleaned her out of Tupperware!" -- ***E.Y. in New Mexico.***

Send your tips to

Now Here's a Tip

1800 Pembrook Dr., Ste 300, Orlando, FL 32810



A Life of Service, a Home in Margaretville

by Iris Mead

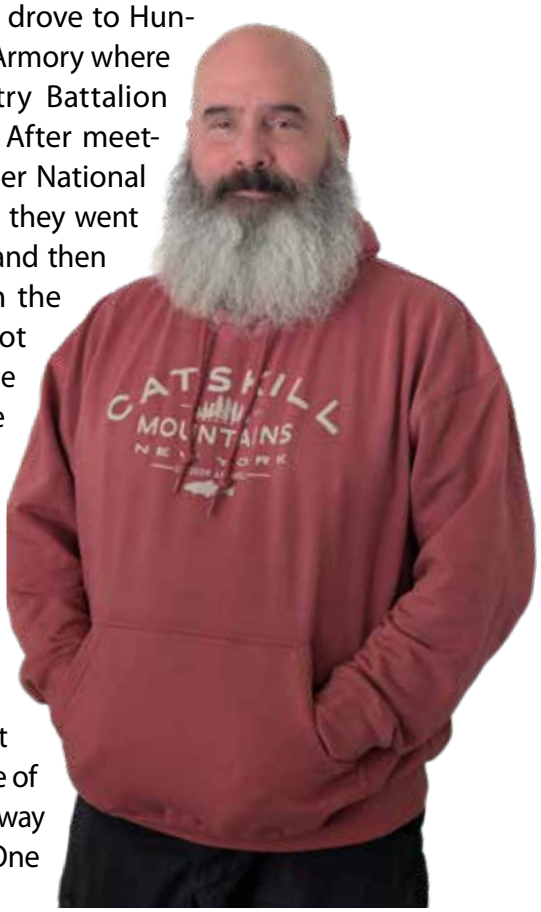
November is the month when we remember and recognize the men and women who have served our country. Veterans Day is November 11. As a nation, we honor the service of those men, women, brothers, sisters, neighbors and friends who have served our country to protect the freedoms we take for granted.

November is also known as National Military Family Appreciation Month. Not widely known, it was established in 1996 by presidential proclamation to honor the service and sacrifices of military spouses, children, parents and family members who support members and veterans.

Our local American Legion, located in Margaretville, houses the memories of many local veterans and provides a meeting place and support for veterans. It is also the location of many community dinners and Bingo game nights. Every year, the Margaretville Central School honors local veterans with a breakfast at the school. Organized by Carol Norwick since the inception, and helped by MCS students, she has always had a place in her heart for veterans since her dad is one.

Scattered throughout our community are a number of veterans who call this area home and who came back to the area after their service or have moved here. Talking with Pat Svoboda, local Post 216 Adjutant and County Commander, she noted that almost one-third of the Post's veterans have been members for over 50 years. Denny Bruno, 94, and and Donald Kearny, 92, are the oldest living veterans in Post 216, Middletown Township.

Retired Master Sergeant Robert Walsh, a Margaretville resident since 2017, joined the Army Reserves out of high school in 1986. After 11 years and trained as a medic, he was transferred as a part-time reservist to the New York National Guard hospital unit until 9/11. Watching both planes hit the Twin Towers from his office at JFK airport where he worked at the time, he immediately drove to Huntington Station Armory where the 69th Infantry Battalion was stationed. After meeting up with other National Guard members they went to Battery Park and then walked through the rubble and soot and flames to "the Pile". The eerie silence was broken only by the sound of the flames burning around them.



After working on the bucket brigade, his unit was put in charge of keeping people away from the area. One

continued...



particular story sticks in his mind from that time; a fancy Mercedes pulled up and said we have food for you. The trunk was filled with china plates, silverware and two chafing dishes with a hot Italian meal. McDonalds also helped to keep them fed.

Returning to his job at JFK for a few years, he became full-time in the National Guard in 2004. Trained as a heavy-equipment operator in the Infantry, his unit was deployed to Kuwait with the 69th Infantry then on to Baghdad with the 1st Cavalry Division where he spent a year experiencing action almost every day that required his medical skills. After 38 years in the military, he retired and grew a beard.

Visiting the Catskills throughout his childhood, he knew he wanted to live here. In 2017, he and his wife, Kristine, who has a degree in art and currently teaches art in Connecticut, moved to Margaretville. After she retires next year, they plan to open a pottery studio in another house in Margaretville that they are currently refurbishing.

We thank Robert and all the other veterans and active military personnel who have served and continue to serve. We are forever grateful.

Our Unsung Heroes: Retired veterans who continue to serve

For many veterans, their service continues even after retirement. Countless veterans give quietly, guided by the same sense of duty that guided them during their active careers. Their efforts strengthen communities, support families and enrich civic life, often without recognition.



MANY AVENUES OF SERVICE

You can find veterans in just about any aspect of your daily life. Here are some of the ways veterans continue to serve their country.

- Community leadership. Veterans serve on school boards, city councils and nonprofit boards, providing steady and mission-focused leadership.
- Mentorship and youth support. Many former members of the military volunteer as coaches, mentors and role models, helping young people build confidence and find their life's purpose.
- Emergency and disaster response. Retired military members often step up during crises, deploying their specialized skills to support wildfire response, hurricane relief and community recovery efforts.
- Advocacy and peer support. Through peer networks and veteran-led organizations, they help fellow veterans with transition, mental health challenges and reintegration into civilian society.
- Skilled workforce contributions. Veterans bring technical expertise, discipline and decision-making skills to industries across the country.
- Service through nonprofits. Thousands of community service and volunteer organizations founded by veterans focus on housing, education, disaster relief and community development.

After they return to civilian life, veterans exemplify leadership, resilience and compassion. It's not about recognition; it's about serving others, which is fundamental to their character.

CELEBRATING VETERANS

These unsung heroes continue to strengthen the nation and embody the spirit of service that defines America. This Veterans Day, you can honor them by supporting veteran led organizations, attending local ceremonies and offering simple acts of gratitude that acknowledge their continued contributions.



LEVEL UP TECH TALK

by CJ Karcher
Owner & Systems Administrator
Level Up Tech Support

The Good, the Bad and the Ugly of Sharing Your Location

If you have used any sort of tech device in the last decade, it has most definitely asked you to share your location or requested permission to access it. Why is this information collected, what is it used for, and should you allow it?

Right out of the box, your device will most likely ask you to share your location at some point during setup. For the most part, this provides basic information for features you will likely use daily. On a Windows computer, location services can use information such as your public IP address to estimate your approximate location. This helps provide local weather, news and the correct time. If you use a Microsoft account or other software, location services can even help you find a lost device. For the most part, mobile devices offer similar benefits.

Applications, especially mobile apps, are where location information is often requested or required. In our day-to-day lives, we use many apps that rely on it, including those for food ordering and delivery, finances, shopping, dating, maps and photos. These features can be useful, and location-sharing apps and services can also help families keep track of loved ones. Online betting services may require an app or program to confirm that you are in an eligible state.

However, many games and basic applications do not need your location, and I recommend declining to share it whenever possible. Some apps collect data they simply do not need—and that you may not want to give them. That's an article for another day. Does the flashlight or QR code reader app you installed need to know where you are or have access to your contacts? Absolutely not.

Websites generally fall into the same categories: maps, food, shopping and financial services. When searching for these things, you usually want results that pertain to your area, not somewhere 300 miles away.

Now for the ugly! Advertising agencies and advertising technology companies also collect location data. Why? Location helps them target ads.

continued...



STRANGE BUT TRUE

by Lucie Winborne

The origin of the phrase "to put someone on hold" was Alexander Graham Bell handing his telephone to his partner, Mr. Watson, and saying, "Here, hold."

There are 86 LEGO bricks for every person on earth.

Barbie was co-designed by engineer and professional missile designer Jack Ryan, who was also the sixth husband of Zsa Zsa Gabor.

The flute requires more air than any other instrument, including the tuba.

An ounce of gold can be stretched more than 50 miles.

The first prototype of cold cream was created around 150 C.E. by the Greek physician Galen.

A dashboard was initially a piece of wood attached to a horse-drawn carriage to prevent mud from splattering up from the horses and onto the driver.

Scientists believe that the nictitating membrane (the small pink tissue in the corner of a human eye) is the remnant of a third eyelid, similar to the semitransparent eyelid used by birds, reptiles, fish and other mammals.

Goslings begin communicating with their parents while they're still in their eggs.

Baseball's L.A. Dodgers, originally founded in Brooklyn, were named after the legendary skill local residents showed at "dodging" the city's trolley streetcar system.

On May 19, 1956, Kermit the Frog received an Honorary Doctorate of Amphibious Letters from Southampton College in New York. He also gave the commencement speech.

Only about 1% of people have feet that are the same size.

In a survey of 5,000 singles conducted by Match.com, 43% said fresh breath mattered the most before a date.

A species of bird called the maleo uses the heat from volcanic sand to incubate its eggs.

Many websites sell advertising space to support the content we access for free. If you own a company serving customers in New York, you probably don't want the ads you pay good money for reaching only people in California, do you? Your public IP address can reveal your approximate location, while mobile apps may request access to more precise location information.

Basically, it boils down to this: If you use devices online, you will likely be asked for location information at some point. If you don't feel comfortable sharing it, you can decline. Depending on the app or website, however, some features may not work without it.

You can go into the location settings on your computer and turn location services off. On your phone, you can disable location permissions for individual apps or turn location services off altogether. Keep in mind that even with location permissions disabled, websites and services may still be able to estimate your general location from your internet connection.



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This holiday season, shop local!

Ready to start your list of all the gifts you'll spoil your loved ones with this year? Your local businesses are poised to welcome you with their enticing products. Delightful gift possibilities abound, and supporting your local makers and sellers will deliver real benefits to your community. Here are the most important reasons to shop local.

SUPERIOR CUSTOMER EXPERIENCE

Multinational companies are always a tempting option for gift shopping, thanks to their holiday sales. But their goal is simply to boost sales and maximize revenue. Local entrepreneurs offer a more personalized experience that includes dedicated support and after-sales service.

These passionate individuals have in-depth knowledge of their products and can recommend items to suit your needs and fit your budget. If you need to resolve an issue, they're available to speak with you directly rather than forcing you to deal with an impersonal, possibly automated, customer service system.

STRONGER LOCAL ECONOMY

When you buy from a local business, your money makes a difference in multiple ways. It contributes to the company's sales and growth. It also goes toward paying employees, who are likely your neighbors, people who live and invest in our region, too. Additionally, small businesses often source their supplies from other vendors in the community, further contributing to the local economic cycle.

Ultimately, this system of supporting our hometown businesses strengthens our region's economy because more money stays close to home. It contributes to greater autonomy for our region and supports the people who truly have the interests of you and our fellow citizens at heart.

PRESENT FOR THE PLANET

Even the smallest act of environmental consciousness counts. In this sense, choosing local businesses over those that ship their goods long distances reduces the carbon footprint of your purchases.

Not only are transportation-related emissions lowered, but packaging requirements are signif-

continued...

icantly reduced as well, creating further positive impacts on the environmental footprint of your purchases. Your choice to buy local helps you move away from habits that pose long-term harm.

By doing your holiday shopping with local businesses in-store or online, you support your community and its economy while getting the best possible service. Choose this eco-friendly approach for a worry-free Christmas!

This year, you can be proud to promote immediate benefits for our region and a better future for the next generation. Dine at our local restaurants and shop at our local service providers and merchants!



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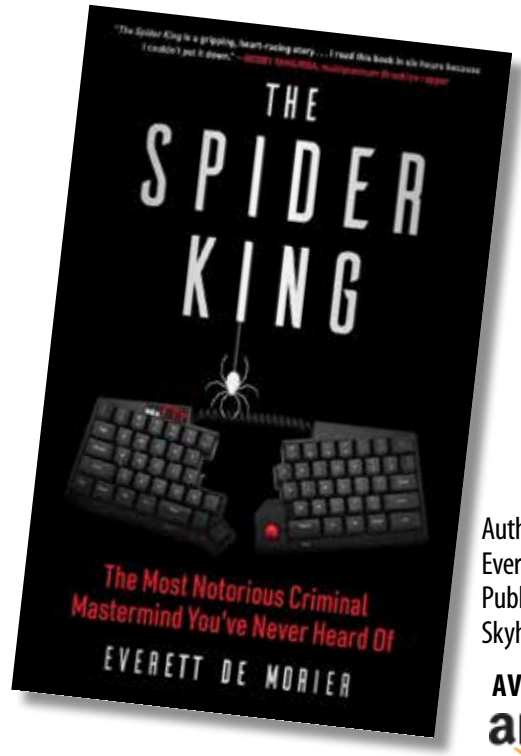
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Book ❤ Reviews by Jessica Reed

The Spider King



Author:
Everett De Morier
Publisher:
Skyhorse Publishing

AVAILABLE ON amazon

Perhaps there has never been a book looked forward to with as much anticipation as *The Spider King*. I'm a solid Everett De Morier fan, it's a given that I have and will read anything with his name on it. I can count on one hand those authors. He gets extra coolness points from having grown up in my hometown of Walton, New York.

My anticipation pales in comparison to the others who awaited the publication with bated breath. Number one, the subject this true crime book is about, Roman Ganzha, a one-man crime wave personified. This anticipation is rivaled closely by the Feds, cops, FBI, CIA, undercover operatives, hackers, the Russian mob, the Lucchese crime family and the Spiders. The third tier of anticipators may be the publishers who passed on the story, wowed by the premise but shrinking from the legal risks. In the words of Julia Roberts in *Pretty Woman*, "Big mistake, huge."

De Morier was seeking a new true crime book to write, to follow his hugely successful, *In the Ghost Shadows*. At the same time, Roman was looking for someone to tell his story, a child prodigy who had immigrated from Ukraine to Brooklyn at age seven with his inattentive parents, leaving behind the only secure bond that he had ever known with his tutor, Mr. Otto. Soon the gifted Roman was hacking sites and stealing huge funds to support his parents whose only role modeling was that of fraudulent criminals themselves.

This led him down the path to becoming one of the premiere criminal masterminds of our time. He was highly sought after by organized crime. De Morier fleshes out Roman's story so that the reader can understand how a child with so much potential can turn into, well…Roman Ganzha. The reader becomes attached to Roman and wants to parent, counsel, befriend, and shout "no" at him.

This is a darkly dangerous, yet redemptive story that may never have been told, if not for the unusual friendship and unbreakable bond between author and protagonist.



Radio Catskill and WIOX Introduce Integrated Schedule

WIOX listeners will hear NPR favorites, Radio Catskill's award-winning local election coverage, and more beginning October 26, followed by an integrated schedule featuring WIOX listener favorites starting November 9.

Radio Catskill and WIOX Community Radio are thrilled to announce their new schedule bringing together programming from both services.

Radio Catskill will begin simulcasting its programming on WIOX Community Radio on October 26, marking an important step toward building a unified regional public radio service for the Catskills and Northeast Pennsylvania. Simulcasting means both stations will broadcast the same programming at the same time.

WIOX listeners will now hear Radio Catskill's schedule, including national favorites such as *All Things Considered* and *Wait Wait… Don't Tell Me!*, along with Radio Catskill's award-winning local election coverage.

On November 9, the stations will introduce a fully integrated schedule that incorporates WIOX listener favorites alongside Radio Catskill programming. Shows joining the lineup will include *Pop Up, The Andy Cahill Show, Radio Truckstop, Something Old, Something Blues and All That Gumbo*, along with additional WIOX programming.

90.5FM | 91.3FM
RADIO CATSKILL
LOCAL NEWS | CULTURE | npr

The integrated schedule will add more than 18 hours of local programming, bringing together the distinctive voices, musical diversity, and community connections of both stations. Radio Catskill General Manager Tim Bruno, noted that "bringing together the program schedules of two services required making some tough decisions. We would have loved to integrate all of the programming from both stations, but with input from the WIOX team and our Programming Committee, we included WIOX favorites along with our award-winning local and national news programming on Radio Catskill."

The effort is part of Radio Catskill's plan to build a stronger regional public radio service, combining local news and information with national programming, music and cultural shows while continuing to serve communities across the Catskills, Northeast Pennsylvania, and surrounding region.

The planned license acquisition of WIOX by Radio Catskill remains subject to FCC regulatory approval.

Listeners can find the latest schedule and updates at www.RadioCatskill.org.

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MONTHLY NEWS & UPDATES

New in NOVEMBER

The Spirits by Bonnie Jo Campbell
All the Little Secrets by May Cobb
The Gift by Frieda McFadden
Peculiar Stars by Rebecca Yarros
Revenge Plot by Stephanie Wrobel
The Heights by Ian Rankin
Bad Company by Sara Paretsky
Conspiracy Theory by Phillip Margolin
Robert B. Parker's Framed by Mike Lupica
The Taken Ones by J A Jance
The Taper Man by Nick Harkaway
Destiny Rising by Heather Graham
Split Second by Janet Evanovich
The Collateral Heart by Jeffery Deaver
Riddle Maker by Bruce Borgos
Stuart Woods' Hostile Intent by Brett Battles
All In by David Baldacci
Whale Harbor by Mary Beth Keane

NON-FICTION

I Can't Go In by Bronagh Starrs
Tidal Wave by Adam Makos
America in 25 Revolutions by Garrett Graff

LARGE PRINT

The Collateral Heart by Jeffery Deaver
All In by David Baldacci
Tom Clancy The Coldest War by M P Woodward
Clive Cussler Obsidian Sky by Dirk Cussler

NOVEMBER Events

BASKET RAFFLE! - Drawing Noevember 20th
21 baskets to choose from! Everything from pets to kids to Christmas decor. Buy raffle tickets and place them in the jar that corresponds with your favorite basket! $1 for 1 ticket, $5 for 8 tickets, and $20 for 40 tickets. Stop by during open hours to get your tickets.

BOOK FAIRY WAS HERE! - through end of Nov
Gift books are hidden among the library's books. If you spot one with a strip of pale blue tape on the spine, show it to us at the front desk and you can take it home with you! Limit of one book per patron per visit.

ART EXPLORERS - Wednesday, Nov 18 at 3:15pm
This month's artist is Vincent Van Gogh. To sign up email: statenjrealtor@gmail.com

FIBER ARTS CLUB - Saturday Nov 21 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 - November 19
Anything is Possible by Elizabeth Strout.
Contact the library director at 845-586-3791 or email 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 November 5 - Dinosaurs!

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
11/6 - Beaded Ears of Corn
11/20 - Toilet Paper Roll Turkey Painting

BITES *We do love to eat!*

Harvest Quiche



INGREDIENTS

SERVINGS: 6

1 butternut squash
1/4 cup extra-virgin olive oil
4 ounces prosciutto, diced
1/2 cup onion, diced
2 cups baby spinach
1 cup shredded parmesan cheese
3 large eggs, lightly beaten
1 1/2 cups whole milk
1/2 teaspoon salt
1/4 teaspoon black pepper
pinch of nutmeg
1 refrigerated pie shell pressed into tart pan

DIRECTIONS

1. Preheat oven to 350°F. Peel butternut squash, scoop seeds and cut in half. Dice into 1" cubes. Toss with ¼ cup olive oil and place on baking sheet. Bake for 30 minutes, remove and cool. Lower oven temperature to 325°F.
2. Cook prosciutto in sauté pan until browned. Remove and drain on paper towels. Add onion to pan and sauté until translucent. Remove and allow to cool.
3. In a bowl, combine all filling ingredients together and pour in pie shell. Bake quiche for 1 hour or until center is set and toothpick inserted into center comes out clean (safe internal temperature 160°F). Serve, refrigerating any leftovers. ■

Sweet Potato Cranberry Bake



INGREDIENTS

3 cups sweet potatoes firm, unblemished potatoes with deep orange flesh
2 cups cranberries fresh or frozen
1/2 cup dark brown sugar
1/4 cup butter melted, unsalted
1/4 cup orange juice freshly squeezed

Topping

1 cup walnuts toasted and chopped
1/4 cup brown sugar
1 teaspoon cinnamon
1/4 cup cold butter cut into small cubes

DIRECTIONS

1. Preheat oven to 375°F (190°C). Pierce potatoes with a fork, place on a baking sheet, and roast for 45–50 minutes until tender. Let cool slightly, then peel and slice into 1/2-inch rounds.
2. In a bowl, mix cranberries, brown sugar, melted butter, and orange juice. The mixture will thicken as it bakes.
3. Arrange sweet potato slices in a greased 9x13-inch dish. Pour the cranberry mixture over the top, gently tossing to coat.
4. Combine walnuts, brown sugar, cinnamon, and cold butter in a small bowl. Pinch the butter into the dry ingredients until crumbly, then sprinkle over the sweet potatoes.
5. Return to the oven for 20–25 minutes until the topping is golden and the cranberries burst.
6. Let the dish sit for 5–10 minutes to help the glaze set. ■

History of Our Hamlets

History of Our Hamlets is sponsored by RHM LODGING

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

Just sittin'...

This charming portrait of the Rev. and Mrs. Alexander Braisland family of Arena is a study in knickers and wicker. The girls are wearing matching dresses, perhaps made by their mother; the little boy at left is clutching a bouquet of wildflowers for her.





It's had to know from this photo whether George Fairbairn of Dunraven was proudest of his kids (Georgia and Fred), his dog, or the string of fish he just caught.

"For fast-acting relief, try slowing down."

— Lily Tomlin



William H. Dean, an aging Kelly Corners farmer, earned the right to a few restful minutes on the porch.

7 types of kitchen waste that can be reused

In many households, the kitchen is a major source of waste. Fortunately, you can reuse plenty of items to extend their lifespan or keep them out of the garbage altogether. Here are a few suggestions.

1. Roots and stems. Green onions, bok choy and herbs, among other vegetables, can easily be replanted to grow fresh produce for future meals.



2. Vegetable scraps. Collect potato peels, celery leaves and other scraps in the freezer until you have enough to boil and strain to make broth for soups.

3. Hard bread. Turn stale bread and the end slices of a loaf into seasoned croutons, breadcrumbs or French toast.



4. Eggshells. When crushed up and added to soil, they provide calcium for your plants. Alternatively, place larger pieces at the bottom of a pot to improve drainage.

5. Apple peels. These scraps can be used to make everything from oven-baked chips and infused water to homemade apple vinegar, syrup, jelly and cider.

6. Butter wrappers. Save them so you can grease pots and pans with the remaining bits of butter that cling to the wrapper.

7. Plastic mesh. The net bags that hold onions and citrus fruit can be balled up and used to scrub dishes, or as frogs for flower arranging.



Keep in mind that most of the organic waste in your kitchen can be composted. Check to see if your municipality has a collection service.

Thought for the Day

"A rhinestone shines just as good as a diamond."

-- Dolly Parton

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