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# TIME AND A PLACE

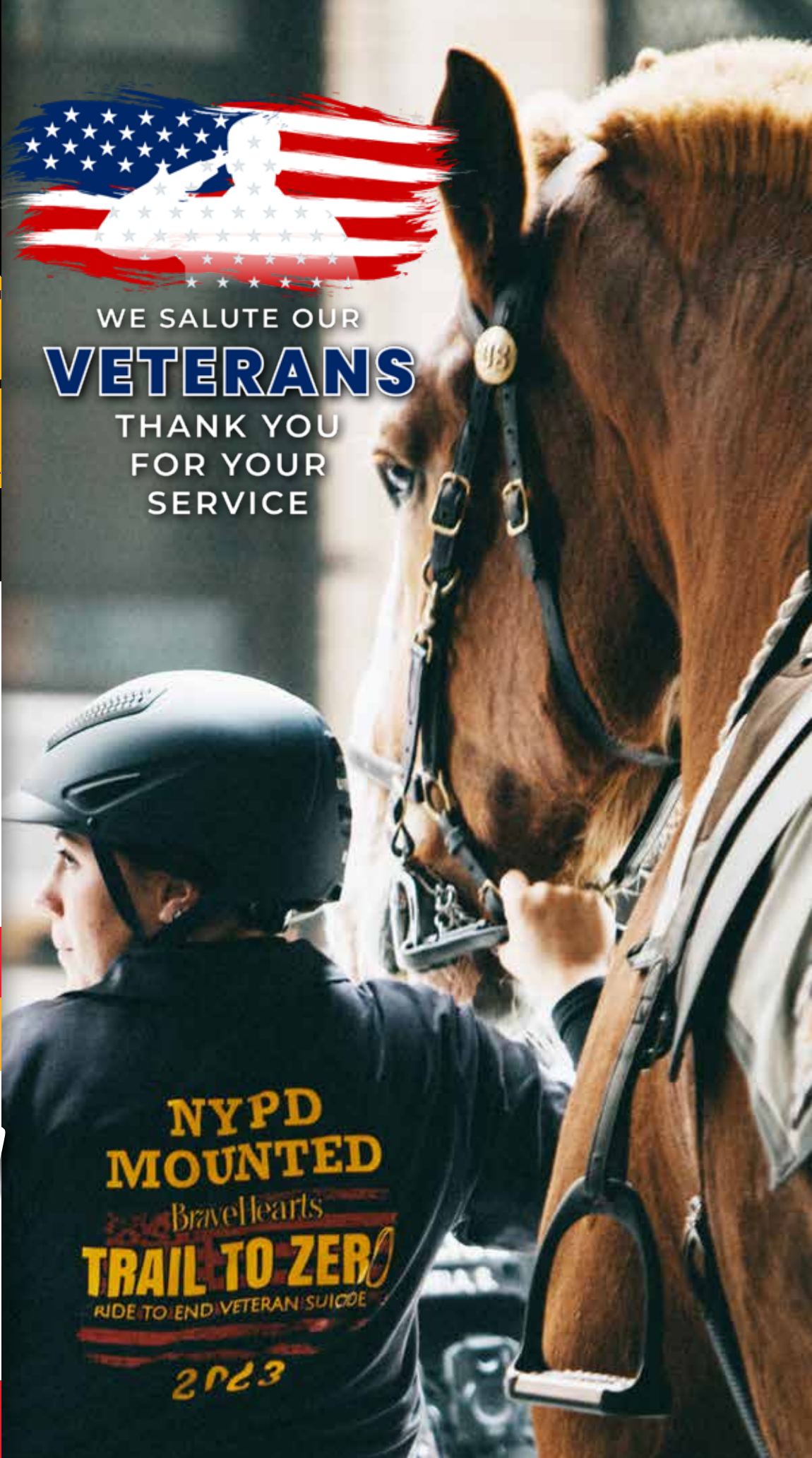
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# A TIME AND A PLACE

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Holiday shopping on Main Street is a delightful experience that offers a charming blend of local boutiques and quaint storefronts. You'll find a unique selection of products and friendly shop owners eager to assist you. Whether you're searching for handmade crafts, vintage treasures, or artisanal goods, Main Street has something for everyone.

Check out in-store festivities from 2 to 5pm: free cookies and toys for kids at the Happy Giraffe; eggnog, cider and jam tastings at Home Goods; a holiday pop-up market and visit with Santa from 2 to 4pm and after the parade at the American Legion —and much, much more! The Lighted Parade starts at 4:30pm.

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# VETERANS' TRAIL TO ZERO

by Suzanne M. Walsh



# “We will ride the 20 miles on the ‘Trail to Zero’ until there are no more veteran deaths by suicide.

These words come from U. S. Army veteran Adam Halloran, one of two local veterans from our region chosen by the director of SUNY Cobleskill’s Equine Center and associate professor Margaret (“Marny”) Mansfield, to accompany her as she was honored with the invitation to ride in this year’s Trail to Zero — the Ride to end Veteran Suicide. This is an event that, except for during the pandemic, takes place annually on the streets of Manhattan in addition to selected cities throughout the country, bringing much-needed awareness to the staggering daily toll of veteran suicide deaths.

Carolyn Nelson, a twenty-year U. S. Marine Corps veteran and today’s coordinator of SUNY Cobleskill’s veterans program was also asked by Mansfield to join her as a support person on this year’s 20-mile trail ride. Nelson became a veteran of Trail to Zero

during the pandemic when Manhattan was virtually closed and the riders took the trail to the outskirts of Chicago, riding one mile for each of the 20 Veteran suicide deaths reported each day.

The fourth member included in Mansfield’s party leaving for NYC was Kyle Fosse, SUNY Cobleskill’s award-winning video production lead who documented the event with videos and images.

This year the event began with invited veterans from across the nation and their civilian counterparts circling around Central Park on horseback, before riding down Broadway to the trail’s end at Ground Zero. Pausing along the way, the riders and support persons talked to onlookers while dispensing pamphlets on veteran suicide awareness. Streets were closed to traffic and viewers watched as the NYPD Mounted Unit Officers and National Parks Police



escorted the riders and veterans in solidarity.

"We ride each one of the 20 miles on the trail contemplating companionship for each one of our veterans who fell victim to being unable to find their way alone" says Nelson, reflecting on the significance of the event. "It's our way of conveying to them that they and their service are not forgotten. We ride symbolically alongside them on the difficult life trail they experienced, letting them know through our hearts that they're not alone."

Nelson graduated with a Bachelor of Technology in Therapeutic Horsemanship and helped initiate the equine-assisted veterans program at SUNY Cobleskill in partnership with the Stratton VA Medical Center in Albany. "This is the place where healing miracles happen" she says glowingly of the work being accomplished with the veterans at the college equine center, otherwise known as "the farm". And what she says is true; I've seen it with my own eyes, and many times, and never cease to be in awe of the quiet healing that takes place there. Nelson tells me with unembellished conviction, "We will ride 'the Trail' until that suicide death rate is down to zero."

The Equestrian Center at SUNY Cobleskill has been garnering more and more notoriety lately due to the notable successes being achieved through its equine-assisted services program, originally one of only two facilities in New York State to do so. Director Mansfield, a licensed occupational therapist, sometimes provides OT sessions utilizing the movement of the horse, while playing a very large and understated role in the center's mounting successes. Her unflinching sense of giving pervades the atmosphere within the center, a gift that is shared by her students, colleagues and protégé Adam Halloran, whose words are quoted at the top of this article.

Halloran is vocal and uninhibited about having been a troubled veteran who elected to go through the VA's equine-assisted partnering program with the college. The welcomed changes in his perspective brought about by working with and alongside the staff and service horses motivated him to enroll in the SUNY program for equine horsemanship, beginning as a freshman. Today he is nearing graduation with the goal in mind directed toward helping other veterans who have lost their way toward fulfillment in life that



*(Top) Adam Halloran (US Army veteran and student at SUNY Cobleskill) and (bottom) Carolyn Nelson (USMC veteran) two of the party of four from SUNY Cobleskill invited to ride alongside other veterans in the Trail to Zero event in downtown Manhattan, bringing veteran suicide awareness to the public.*

Photos courtesy of SUNY Cobleskill





lies beyond the crushing fallout resulting from so many invisible, nameless wounds. Riding the trail is a testament to his endurance and commitment to that goal.

The Trail to Zero was started by Bravehearts, the largest healing horsemanship program in the nation. Bravehearts' mission is two-fold but simple: to bring the overwhelming statistic of 20 veterans who die by suicide per day to the forefront of Americans' minds, while also educating the public about equine-assisted services and the benefits they can provide as an alternative approach to healing. This organization welcomes everyone to join its mission to spread awareness of the healing power of horses and ultimately put an end to veteran suicide.

It's a thing of solace to be privy to so many different streams of caring being devoted today to our veterans' state of mental health and the acknowledgement of what their service means to us. Realizing their gift unites us more and more in gratitude.

Thank you, all veterans, for your service.



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# **Pet Me Please!**

Heart of the Catskills  
Humane Society

by Laura Wright

## **So very thankful for our pets**

As we get closer to the season of Thanksgiving and things slow down just a bit, our thoughts turn toward the warmth and comforts of home. At work this morning, we were chatting about all the things we are thankful for, and our pets topped the list.

Nothing adds warmth, love, fun, and comfort to your home like a purring cat or dog cuddles. Or perhaps, in your home, you enjoy bird shenanigans, basking turtles, playful hamsters, or lounging lizards. And others might find great joy in their horses, goats, sheep, cows, or rabbits.

Whatever kind of animal companion has you, there are many things to be thankful for about our relationships with our pets: the unconditional love they show us, their soft, beautiful fur, the purrs and woofs that soothe us and make us laugh, the boo boo eyes when they are begging for treats, the silly ways they fall asleep (often while hogging our beds), and how good are zoomies?

What about other things we may not always think about, like the sounds of toenails clicking on a wood floor, puppy breath, tongue bleps (when your cat is cleaning themselves and their tongue stays stuck out), their intelligence, the way they seem to know when we are sad and stay close, and let's be honest... who hasn't used their pet as an excuse to get out of a social engagement now and again?

As a personal example, I truly appreciate watching my cat, who has severe Cerebral Hypoplasia, make her way across the floor to her treat station and sprawl out like a frog (a way she has learned to compensate for her poor balance and muscle control) and demand her daily treats. I think she is amazing, and I am impressed



and proud of all the ways she has learned to navigate her physical challenges. She makes me smile every day.

So as we start spending more time indoors and our lives slow down a little bit, take a deeper look at your animal companions and ponder the specific things about them that enrich your life every day. Then give them a few extra treats and cuddles!

***We wish you a peaceful  
and loving Thanksgiving season!***

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## 5 myths about Alzheimer's disease

Alzheimer's disease is poorly understood. To prevent stigmatizing those afflicted, here are five long-standing myths about it that need to be dispelled.

### 1. Alzheimer's disease only affects memory

While memory loss is the symptom that's most often associated with Alzheimer's disease, the condition can cause a host of other cognitive issues. For instance, it may manifest as a loss of interest in one's favorite pastimes, a loss of coordination such as difficulties with eating or getting dressed, word repetition, getting lost in familiar surroundings and becoming easily agitated.

### 2. Only seniors are affected

We tend to think of Alzheimer's disease as only affecting the elderly. However, while people over 65 years of age are more likely to be diagnosed, early-onset Alzheimer's can afflict people in their forties or fifties.

### 3. Life stops at diagnosis

A diagnosis of Alzheimer's disease doesn't mean the individual's life is over. With treatment and close monitoring, it's possible to pursue projects and live a fulfilling life for many years after the disease is detected.

### 4. People with Alzheimer's disease are violent

Alzheimer's disease manifests in varying ways

among different people. Some individuals diagnosed with it may express their frustration in aggressive ways, but this doesn't occur universally. Ensuring those with Alzheimer's have a calm and stable environment will reduce the likelihood of violent behavior.

### 5. It's possible to prevent Alzheimer's disease

There's no way to entirely prevent Alzheimer's. However, it's possible to significantly reduce your risk of developing it by maintaining a healthy lifestyle. Stay active, eat well, and above all, avoid smoking. Tobacco smoking increases your risk of developing cognitive disease by up to 45 percent. Maintaining a healthy social life is also important.

Close to 5 million American are living with Alzheimer's disease. To learn more, visit [www.alzheimers.net/resources](http://www.alzheimers.net/resources).

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## 5 tips to combat seasonal depression

Do the long winter months drain your morale and negatively impact your sense of well-being? Here are some tips to help you counter the symptoms of seasonal depression.

**1. Make the most of the sun.** Whenever possible, dress warmly and head outdoors to top up on vitamin D. When you're inside on sunny days, open the curtains and sit near the windows.

**2. Play sports.** In addition to keeping you healthy, physical activity triggers endorphins and serotonin. These "happy hormones" help regulate your mood and provide an antidepressant effect.

**3. Use light therapy.** Expose yourself to a lamp with light that mimics the sun's rays. Just 30 minutes a day can help you feel better.



**4. Eat well.** Despite your temptation to eat sugary food, make sure you prepare balanced meals rich in essential nutrients.

**5. Relax.** Engage in activities that you find soothing, such as knitting or listening to music. Meditation can help lower stress and reduce symptoms of depression, as well as also boost your energy levels. Reading at bedtime can promote better sleep.

Have you noticed a significant drop in energy, persistent sadness or drowsiness despite getting a good night's sleep? If your symptoms prevent you from managing your daily tasks, don't hesitate to consult a healthcare professional. A doctor, pharmacist or psychologist can recommend solutions according to your needs.



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## Kiss chapped lips goodbye!

During the winter, especially here in the Catskills, our skin takes more abuse than it deserves from the wind and cold outside to dry heat inside. Do your lips get chapped as soon as the temperature plummets? These tips may help.

- **Stay hydrated.** Drink plenty of water to prevent your lips from cracking. Don't wait until you feel thirsty before taking a sip.
- **Install a humidifier.** One of your lips' worst enemies is dry air. Run a humidifier in your home to maintain adequate moisture levels. This is especially helpful in the bedroom.
- **Invest in a high-quality lip balm.** Choosing the right lip balm is the key to preventing chapped lips. It's important to read the labels so you know what you're getting. For maximum effectiveness, choose a lip balm that contains moisturizing ingredients like shea butter or jojoba oil, plus a protective ingredient like beeswax to seal your lips against the elements. Mary Kay Satin Lips works wonders.



- **Use sun protection.** Ultraviolet (UV) rays are just as strong in winter as in summer, especially when reflected by the snow. Always carry a lip balm with SPF protection when you're outdoors.
- **Exfoliate your lips.** Once or twice a week, exfoliate your lips to remove dead skin cells. This will help your moisturizer penetrate more deeply. Avoid scrub products if your lips are already damaged, as the granules can worsen the problem.

One last tip: resist the urge to lick your lips. Although doing so may provide quick relief from that dry feeling, the enzymes in your saliva will aggravate chapping in the long run.

*Thought for the Day*

"It is never too late to be what you might have been." -- George Eliot

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## HERE'S A TIP by JoAnn Derson

Fill your salt and pepper shakers a fourth of the way with uncooked white rice. Dry rice will allow the salt or pepper to flow more freely from the shaker. If your shaker is opaque, you can tell when it's time to add more salt or pepper when the shaker starts to rattle.

"I love to can and pickle my garden bounty, but since I give most of them as gifts, supplies can get costly. I have found many jars at thrift stores. And I have seen seals and lids as well, on occasion!" -- *E.D. in Georgia*

Mark old toothbrushes you use for cleaning with masking tape. And... you can clean a toothbrush in the dishwasher. Just put it in with the silverware.

Because fabric softeners can leave residue on the dryer's lint trap, clean yours out at least every other month. Just scrub with plain old soap and water.

Use a turkey baster to "squirt" pancake batter into your frying pan. Mix the batter as normal and unscrew the top of the baster to load. You can use it to make letters for fun kids' breakfasts. No drips!

"If you have trouble opening the lid on glass jars, try using a pair of standard dishwashing gloves. They work to grip both the lid and the jar. They work especially well if your hands are the least bit moist." -- *D.Y. in Pennsylvania*

Heavy drapes can be a great investment to draft-proof your windows. Best are insulation-lined, but you can double hang some good quality curtains to get a similar effect.

One of the best investments I made was a water heater cover for my unit. It's in the garage, and it gets very cold in there. The blanket was easy to install, and it keeps my water heater from having to work to keep all that water heated. It wasn't very expensive. -- *R.A. in Washington*

Don't overlook your outlets when weatherproofing. They are really just a hole that is covered by a plastic plate. The hardware store sells fireproof insulated inserts that work very well to keep electrical boxes from stealing your house heat. -- *M.M. in Indiana*

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DON'T GET STRANDED IN THE COLD!

# Get your car ready for winter

DO

Our winter roads can be hazardous and unpredictable. Therefore, it's best to be prepared for the worst. Here are a few ways you can make sure your vehicle is ready for winter.

**Test Your Battery.** Save yourself the frustration of your battery not starting on a cold winter morning. Check the condition of your battery with a computerized battery tester, and clean the terminal posts and cable terminals using a battery cleaning tool or wire brush. Once the battery terminals are cleaned and re-installed, spray each terminal with a liberal coating of battery terminal protectant spray.

**Tires.** Worn tires are your worst enemy in winter. Check the tread depth in the center and outer edges of each tire. If your readings are less than 4/32-inch, head right down to one of our local tire retailers.

**Lubricate your car's rubber seals with a silicone spray.** Water can seep into window tracks, weather stripping and door locks, freeze and cause damage. Avoid problems by lubricating with spray silicone or dry teflon spray lubricant.

**Wiper Blades.** Ordinary wiper blades get packed with snow, causing the blade to streak or miss. Find winter wiper blades at Sanford Auto Parts.

**Headlights.** Before you hit the road this winter, make sure your headlights are working. If they seem dim, replace the bulbs. In addition, if your headlights look foggy, polish them to help improve visibility.

**Cabin Air Filter.** Over time, the air filter in your vehicle's cabin can become dirty and clogged with dust. If this happens, your heating



system is likely to become compromised. Therefore, you should replace the cabin air filter every one to two years.

**Repair chips in your windshield.** Even a minor dent can weaken your windshield, causing it to crack during the winter due to the drastic difference in temperature between the outside and inside of your car.

**Fix paint chips on the outside of your vehicle to prevent corrosion.** You can get an exact match of the paint shade used on your vehicle from our local mechanics or car dealers.

**Reduce the mess.** Install rubber mats to help prevent your interior carpeting from becoming caked with

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mud, dirt and snow. If your car's flooring becomes waterlogged with melted snow, it can fog up your windows. Remember to shake out your boots before getting in the car.

**Avoid rust.** Make an appointment for a rustproofing treatment to protect your vehicle from corrosion. This is especially important if you park your car in a heated garage.

**Stock your roadside emergency kit.** Nobody plans to get stranded. But if you do, you'll want these critical items to keep you warm and allow you to perform some basic repairs:

- Warm winter cap and work gloves
- Inexpensive tire inflator that plugs into your power port
- Fix a Flat
- Sand, salt, or non-clumping cat litter
- A fold-up shovel
- LED flashlight fitted with lithium batteries (alkaline batteries can freeze)
- Jumper cables
- Cell phone charger
- Notepad and pencil
- Extra motor oil.
- Lock de-icer (remember to keep on you instead of in the car)

Bring your car to one of our local professionals to have the spark plugs, brakes, fluid levels and block heater inspected before cold weather hits. This will ensure everything is in good working order and help keep you safe on the road. And you might consider investing in a roadside assistance membership for added peace of mind. Let's be safe out there.



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# Consult our local experts when choosing winter tires

DO



AccuWeather's extended winter forecast advises residents in the Northeast to "get your snow shovels ready." Are you in the market for a new set of winter tires? They could save your life.

Winter tires provide much more traction on snow, reducing your stopping distance by almost 30-ft. compared to all-season tires. Winter tires even perform better on ice, stopping you 48% faster and reducing side skids in turns.

To find the right tires for your vehicle, ask our local experts for advice. They'll be able to answer your questions and suggest products that are best suited to your needs.

## Wash your car in winter?

Do you regularly clean your car in winter? If not, here are three great reasons to start.

**1. Increase visibility.** If your headlights and taillights become caked with grime and slush, it makes it difficult to see and be seen. Additionally, it's important to regularly clean the outside of your vehicle to keep your rear and side windows from becoming streaky and limiting your visibility.

**2. Prevent rust.** Road salt is corrosive and, if not promptly washed off, can cause your car to rust. You need to be especially careful if you park your vehicle in a heated garage, as the increased humidity can mix with the road salt and quickly eat away at the metal body. Remember to clean the underside of your vehicle or look for a car wash that offers a high-pressure undercarriage wash.

**3. Enjoy a smooth ride.** It's important to check for any snow or debris left in your tire tread or wheel wells before hitting the road. This can throw your tires off balance and cause your car to vibrate uncontrollably.

To prevent your doors from freezing shut after going through the car wash, wipe down the seals around the door frames and trunk. Also make sure that no water has pooled around the locks.

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# Safe driving tips for winter weather

Driving in snow may be the most significant cold weather driving challenge. Preparing our vehicles and driving safely in snow and icy conditions can keep us and our families safe.

## How should we drive in snow and ice?

Before we hit the road, clear the windshield of ice, and brush any snow off the hood of the vehicle. Failing to adequately clear snow from the vehicle can cause problems once we're on the road, including blowing snow onto the windshield and interfering with the defroster.

Allow extra travel time. We can't move as fast when conditions are snowy or icy, so plan to avoid rushed driving. Once you're on the road, practice these defensive driving habits and avoid aggressive driving.

- Avoid sudden braking or acceleration. There is less traction in snow than on a warm, dry road surface, and sudden movements are more likely to cause the vehicle to lose its grip.
- Allow more following distance. Drive more cautiously around other drivers and take actions sooner. For instance, if you see brake lights ahead, start slowing down earlier and more gently than you normally would.
- Stay calm. If you lose control of the car, take your foot off the accelerator without aggressive braking and steer in the direction of the skid until you feel the vehicle regain traction. If the vehicle has anti-lock brakes (as most newer cars do), press hard on the brakes. The pedal will shake — an indication that the ABS system is working — but don't ease up. The car's braking system will adjust the brake force to help maximize traction and get things back under control. You can still steer while this is happening, so do your best to avoid hitting anything until the vehicle either stops or regains its grip on the road.

A skid or other loss of control can be scary when driving in snow and ice, but panicking doesn't help. If you're new to winter driving, consider practicing in an empty parking lot when snow and ice hit. Getting acquainted with the behavior of your car on snowy or icy roads can help you stay calm and avoid winter weather accidents.

---

Along with a heavy snowfall comes the snowplows that keep our roads clear. Cars, SUVs, school buses, trucks, and pedestrians are better off once they've cleared the roads. However, keep safety top of mind when sharing the road with snowplows, which weigh four times more than the average car.

Snowplows operate in conditions with limited visibility, particularly if they're driving in the snow or while it's snowing. Snowplow drivers can also be driving long shifts in hair-raising conditions. They may be distracted, cold, tired, or all the above.

## Can you pass a snowplow?

Passing a snowplow is a bad idea. They may be driving very slowly, but we are always better off following a snowplow than driving in front of one because the road in front of them hasn't been plowed yet. Even if you have four-wheel drive, just let the snowplow do its job before trying to pass.

## How far should you stay behind a snowplow?

Snowplows must go about 35 miles per hour to do a proper job. Yes, the slow speed is frustrating, but keep a safe distance behind them. Snowplows may need to stop or swerve abruptly to avoid obstacles, including stranded cars.

Snowplow Drivers are up against unpredictable conditions, and if we're driving behind them, we will be as well. Please keep a safe following distance in case they need to stop suddenly or back up.





### How to keep your parked car safe from passing snowplows

We don't necessarily need to be driving to get into a dangerous situation with a snowplow. If you have to park your vehicle on a roadway, passing snowplows could plow you in. If you're clearing snow from your car and stop to get inside the car to warm up and get plowed in, now your car is running. The snow could be blocking your tailpipe. Now, instead of being able to exhaust fumes to the outside, the carbon monoxide backs up into the car. It can only take a matter of minutes for carbon monoxide to reach lethal levels, at which point you would pass out from the lack of oxygen.

Avoid this situation by clearing away all the snow around the tailpipe before starting the vehicle. If there's a lot of snow on the road, avoid situations where you might be sitting in a running car when a snowplow goes by. And if you do get plowed in, stay calm and immediately turn off the engine. You may need to exit your vehicle from another door if the driver's side door is stuck or call for help if you're trapped.

Stay safe this winter. The snowplows are out on the roads to help you.

*Thought for the Day*

"To the world you may be just one person, but to one person you may be the world."

-- Brandi Snyder

# SMALL BUSINESS SATURDAY

NOVEMBER 25

## Think Big. Shop Small.

SHOP WHERE  
YOU LIVE.  
LOVE WHERE  
YOU SHOP.







# Book

Reviews by  
Jessica Reed

## **SECRET SYRACUSE**

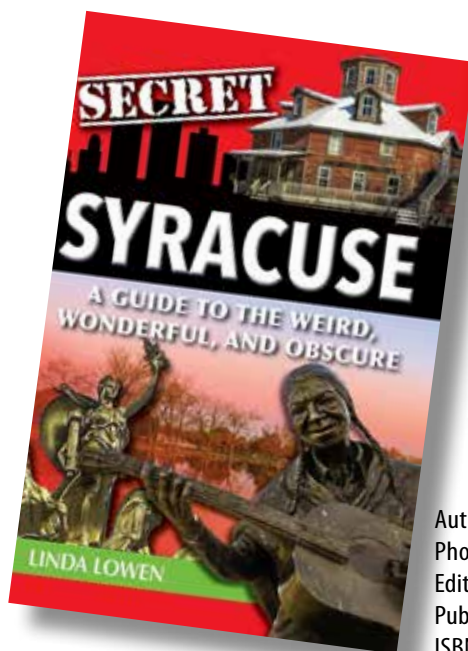
### **A GUIDE TO THE WEIRD, WONDERFUL, AND OBSCURE**

She's back! After a stellar debut book for Reedy Press, *100 THINGS TO DO IN SYRACUSE BEFORE YOU DIE*, Linda Lowen took only 17 months to deliver the next title, *SECRET SYRACUSE- A GUIDE TO THE WEIRD, WONDERFUL, AND OBSCURE*. But who's counting? OK, I am. I was taken by surprise by how much I loved the first volume of need-to-know things to do in Syracuse, so I had set the bar high in what I expected from Lowen. She delivered.

The format of this book is user friendly. Each subject, whether they are historical or current events, ghost stories, daring destinations or local lore, takes up two pages and the main story is told in approximately 300 words. Condensing words when each subject could be a stand alone book, is one of the hardest challenges in writing, but Lowen nails it. The titles are all a clever play on words, followed immediately by a question. Additionally, each subject has a highlighted section that briefly gives the information for, What, Where, Cost, and a Pro Tip. The Pro Tips make you feel like you've got a friend in high places.

When you are done reading each story, the accompanying photographs draw you right back in. Some of the photos provided were used by permission, while others were taken from the public domain. But the numerous photographs by Sandy Roe of Photos at 1020, are mesmerizing.

Some of the stories that I found to be weird, wonderful and obscure were about inventors and the roles some of their inventions had in World War II. Reading about the industrial heyday was a thrill. These



Author: Linda Lowen  
Photographer & Photo  
Editor: Sandy Roe  
Publisher: Reedy Press  
ISBN# 978-1-68106-492-5

are three things I'd like to see from each category, Weird: America's Tiniest Church, Wonderful: Darling Hill Observatory and Obscure: Skytop Quarry.

This book gave me the feeling of childhood, reading by flashlight under the blankets. Each time I thought I might stop for the night, curiosity made me turn to the next page where I would read Lowen's funny title and think, maybe just one more. Every entry makes the most of each word, but Lowen stops short of revealing it all. The implication is clear, get out there and fill in the blanks yourself. Pro Tip: Slip this sleek book into your loved one's holiday stocking.

Available on Amazon.



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# STRANGE BUT TRUE

by Lucie Winborne

- Chloroform was once used in the treatment of asthma, cholera and gonorrhea, not to mention as a sweetener in medicines.
- Folks around the world really do love their soda -- to the tune of about 6,700 cans per second, or enough to wrap around the earth every 17 hours. Be sure to recycle!
- International animal rights organization PETA asked musical duo the Pet Shop Boys to change their name to Rescue Shelter Boys. (Obviously, they refused.)
- Slave ants capture ants from other colonies to increase their workforce.
- If you measure it in terms of rainfall, a hurricane releases the force of 10,000 atomic bombs over an area about 413 miles wide.
- Thousands of years ago, keys were made from wood.
- There is cellphone reception at the summit of Mount Everest.
- The sport of badminton was originally called "Poona," which was played by British officers stationed in India in the 1860s.
- In the 1500s, when folks associated social class with the height of one's footwear, some shoes were so tall that the wearer required servants to help them walk. In response, many countries passed laws limiting the height of shoes, though the decrees were often ignored.
- Iguanas have two normal eyes and a third eye on their head that only detects brightness.
- If you traveled at the speed of light, you could reach Pluto in four hours.
- Humans and the galaxy share 97% of the same kind of atoms.
- In a survey of hundreds of Oreo cookie eaters, Kraft Foods came to the conclusion that biters were easygoing and self-confident; dunkers displayed a more energetic and adventurous side; and twisters leaned toward the sensitive and trendy.

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# Thanksgiving Day

## LIVING WITH GRATITUDE

Practicing gratitude is more than saying “Thank you.” It’s a mindset that can profoundly impact your well-being. Cultivating gratitude has numerous benefits for both your mental and physical health. Here are six reasons why living with gratitude can improve your overall health.

### ***Improved mental health.***

Gratitude reduces symptoms of depression, anxiety and stress. It shifts your focus from negativity to positivity, fostering optimism, self-esteem and resilience.

### ***Enhanced emotional well-being.***

Gratitude cultivates a sense of contentment. It boosts satisfaction with life while strengthening relationships through expressions of appreciation.

### ***Reduced pain.***

Research shows that people who intentionally practice gratitude experience fewer aches and pains than people who don’t.

### ***Better sleep.***

Practicing gratitude before bed improves sleep quality and duration. It calms the mind, reduces racing thoughts and promotes more restful sleep.



### ***Boosted physical health.***

Gratitude encourages healthier behaviors such as exercising, eating well and seeking medical care. This contributes to lower blood pressure, reduced inflammation and a stronger immune system.

### ***Increased resilience.***

Gratitude can help you navigate life’s challenges with resilience. It shifts your perspective to allow you to find opportunities for growth and meaning in difficult times.

Living with gratitude transforms your mental, emotional and physical well-being. This Thanksgiving, embrace gratitude to experience the profound benefits it can bring to your health and happiness.

GRATEFUL. THANKFUL. BLESSED.

# Thanksgiving Day

## Ways to make your table-scape pop

Are you hosting Thanksgiving dinner this year and looking for unique ways to dress up your table? If so, here are some centerpiece ideas that are sure to wow your guests.

### **Stalks of wheat**

Look for stalks gathered in bunches at local markets and farm stands. Wrap the whole bundle in ribbon, brightly colored yarn or embroidery thread., or arrange in a beautiful vase. A Thanksgiving centerpiece made of wispy stalks of wheat can be both charmingly rustic and easy to assemble.

### **Modern cornucopia**

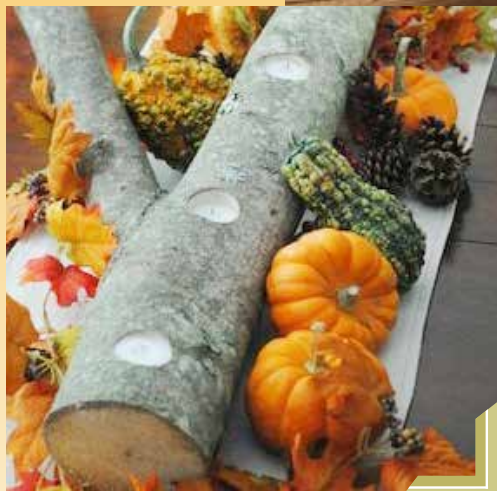
For a play on the traditional Thanksgiving horn of plenty pile a variety of fruits, berries and nuts on a large platter, or arrange down the center of the table. Add autumnal touches by including a few small gourds and colorful leaves. Place everything on a table runner or raised board for added impact.

### **Leaf-wrapped votives**

If you love the ambience of candlelight, this is the option for you. Gather some leaves from outside and adhere them to glass candle holders or vases using double sided tape. Make as many or as few as you want and arrange them in the middle of your table or tuck in among your buffet.. To enhance visual interest, use candle holders of different heights and sizes.

### **Elevate the humble pumpkin**

Carve out a circle in a pumpkin and scoop out



the guts. Insert a vase or bowl and fill with an assortment of flowers and greens. Add enhancements in the form of colorful leaves, branches, nuts and fruits.

### **Go out on a limb**

Find a thick, fallen tree limb and appropriate it for your holiday table. Use a keyhole saw to drill several holes along it's length, then add votive candles.

These centerpieces are easy to assemble and make use of materials that you likely already have at home. But don't stress. Gorgeous centerpieces are available from our local floral designers and markets.



# Thanksgiving Day

## Free up your stovetop and keep your spuds warm with these **Crockpot Mashed Potatoes**

### EQUIPMENT

6-quart oval slow cooker

### INGREDIENTS

5 pounds russet potatoes  
½ cup (1 stick) salted butter, cut into cubes  
32 ounce carton chicken broth  
salt and pepper, to taste  
½ cup (1 stick) salted butter, cut into cubes  
8 ounce package cream cheese, softened and cut into cubes  
¼ cup milk (or more, to taste)

### INSTRUCTIONS

Peel and cut 5 pounds of russet potatoes into 1-inch chunks. Place cut potatoes in the bottom of a 6-quart crock pot. Dot the potatoes with 1 stick of salted butter, cut into cubes. Pour a 32 ounce carton of chicken broth over the potatoes. Cover and cook on high for 4-5 hours. Potatoes are ready when fork tender.

Carefully drain the excess broth from the cooked potatoes. (Save the liquid!) Place potatoes back into the crock pot and mash with a potato masher until smooth (or leave a little lumpy if that's what your family likes).



Season with salt and pepper to taste. Add remaining stick of salted butter, cut into cubes. Cut the softened, 8 ounce package of cream cheese into cubes, then add the 1/4 cup of milk. Mash together until combined. Add more milk if needed until potatoes are the consistency you prefer.

Cover and keep potatoes on the warm setting until ready to serve.

*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?*



**CLICK HERE**  
to visit our  
**Facebook page**

# Thanksgiving Day

DO

## Repurpose your Thanksgiving leftovers

Thanksgiving is a time for indulging in a delicious feast with loved ones. However, the aftermath can leave you with an abundance of leftovers. Rather than letting those delectable dishes go to waste, try these creative ideas for repurposing your Thanksgiving leftovers.

### **Turkey and cranberry panini.**

Take those leftover slices of turkey and spread a generous amount of cranberry sauce on your favorite bread. Grill it to perfection for a delightful panini that combines savory and sweet flavors.



and barbecue sauce, form meatballs using leftover turkey or ham and bake them until juicy and glazed.

### **Pumpkin pie smoothie.**

Give your leftover pumpkin pie a refreshing twist by blending it into a creamy smoothie. Combine a slice of pie with milk, yogurt and a dash of cinnamon. Blend until smooth for a rich pumpkin spice beverage.

Try out these inventive ideas to enjoy the flavors of Thanksgiving long after the main event.

### **Stuffing-stuffed mushrooms.**

Transform your leftover stuffing into a mouthwatering, bite-sized appetizer. Remove the stems from button mushrooms and fill them with the stuffing mixture. Bake until the mushrooms are tender and the stuffing is golden brown.

### **Thanksgiving shepherd's pie.**

Combine leftover mashed potatoes, turkey, vegetables and gravy to create a comforting shepherd's pie. Layer the ingredients in a baking dish, top with mashed potatoes and bake until golden and bubbling.

### **Cranberry barbecue meatballs.**

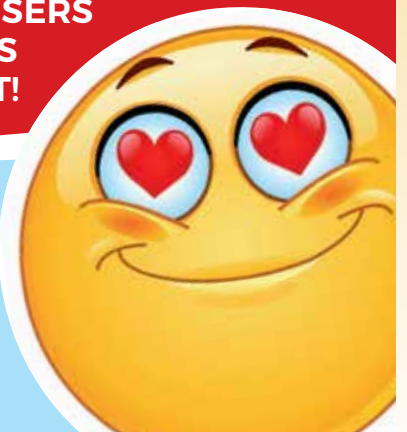
Revamp your cranberry sauce by transforming it into a tangy glaze for meatballs. Combine cranberry

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# How to have an eco-friendly Thanksgiving

The holiday season is upon us and good times and great food undoubtedly lie ahead. Unfortunately, there's an environmental toll to pay for our annual celebrations. Here's how to make your Thanksgiving more environmentally friendly.

**Make your meal from scratch.** Instead of buying pre-made stuffing, canned pumpkin and gravy from a jar, make these things yourself. This cuts down on the amount of packaging used and tends to be less expensive—and tastier!

**Don't toss your leftovers.** Ask your dinner guests to bring reusable containers with them so that they can take home a portion of the leftovers. To use up what gets left behind, find recipes that allow you to reinvent your Thanksgiving dishes. And don't toss the turkey carcass or vegetable trimmings either. Use them to make soup broth instead.

**Buy locally sourced food.** Head to your favorite farmers' market for locally grown fruits and vegetables. Purchase your turkey from a farm or butcher shop in the area.

**Skip the disposables.** Use regular plates, glassware, silverware and serving dishes. If you don't have enough service for all



your guests, borrow some or head to the Gifts from the Heart thrift store to find what you need.

**Use "green" decorations.** Repurpose things you already have around the house when creating your centerpiece and other decorations. Alternatively, head outside to gather leaves, acorns and pinecones to create something that's charmingly rustic and results in zero waste being created.

By taking these small but impactful steps, you'll reduce your carbon footprint and help make Thanksgiving a little more environmentally friendly.

**DID YOU KNOW?**  
Each year, Americans throw away close to \$300 million worth of food on Thanksgiving... enough to feed New York City for over 100 days.

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# Celebrate responsibly. Arrive safely.

## END IMPAIRED DRIVING



Every year, the festive season is sadly overshadowed by car accidents that could have been avoided. A large percentage of collisions involve drivers who have been drinking over the legal limit or taking drugs.

### Be prepared

It's widely known that drugs and alcohol impair your judgment. Despite this reality, some individuals who've consumed these substances may believe they're fit to drive when actually they're not. In short, if you've had any amount of alcohol or smoked or ingested cannabis, it's not safe to rely on your own judgment.

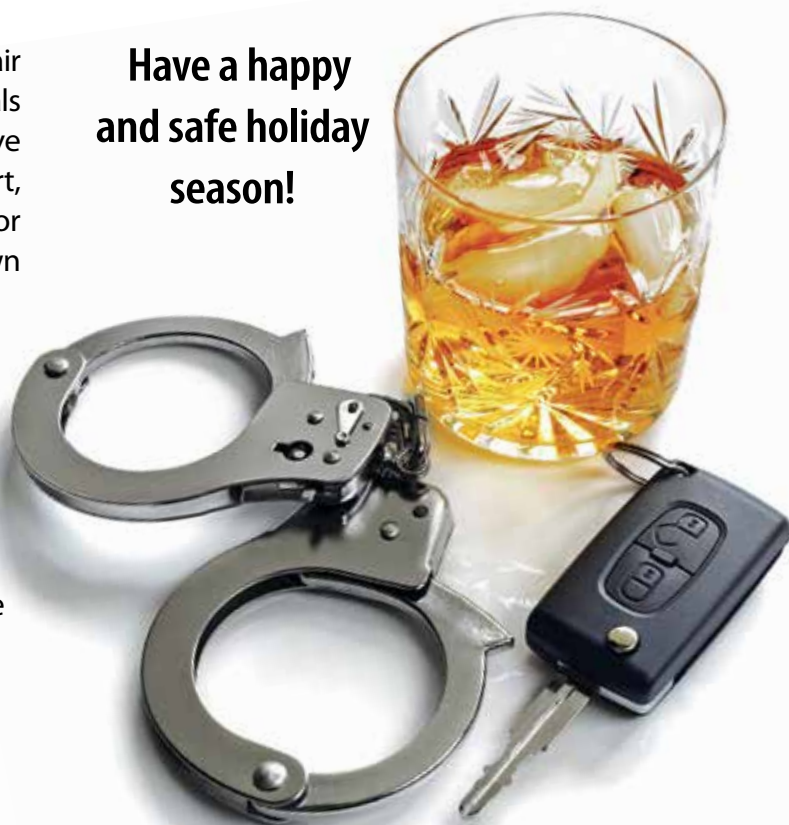
Plan ahead! No one wants to be part of another statistic or have someone's death on their conscience for the rest of their life. In 2023, there are no excuses for driving under the influence. You have plenty of choices to avoid putting your own safety and that of others at risk.

Here are a few options to consider for a safe holiday season and new year:

- Use public transportation
- Arrange to sleep at the party venue or stay somewhere within walking distance

- Call a taxi
- Use a designated driver service
- Designate a non-drinking person to drive you home

### Have a happy and safe holiday season!





## Catskill Mountain Shakespeare announces its 2024 Spring Tour with Shakespeare's iconic play *The Tempest*

"Imagine young people falling in love with Shakespeare and making connections to this larger-than-life story!" says CMS Education & Outreach Director Carolyn Marie Wright of the upcoming tour programming.

The Spring Tour of Shakespeare's iconic play *The Tempest* begins in April 2024. With the support of a prestigious \$25,000 grant from Shakespeare in American Communities, a program of the National Endowment for the Arts in partnership with Arts Midwest, CMS will travel with its production to local middle schools, high schools, libraries and other community venues throughout the region.

Founded in 2020, Catskill Mountain Shakespeare is a non-profit theater company that fosters initiatives in immersive and natural settings while encouraging diversity and equity for all. CMS is committed to bringing vibrant professional theater to the local community, weekenders, and visitors alike.

"Bringing professional theater to schools has been a goal of Catskill Mountain Shakespeare since its inception, and we are so grateful to the National Endowment for the Arts and Arts Midwest for making this dream a reality. The full experience of a live performance, within one's school community, makes a world of difference in how young people develop a relationship with theater. We hope to inspire the artists and audiences of the future."

*The Tempest* will use physicality, clowning, and cinematic theatricality to create magic, spectacle, and community dialogue. A performance day that includes a study guide, a Q&A session, and optional student workshops led by CMS Teaching Artists will be offered aiming to entertain, engage, and connect classical



Photo courtesy of CMS

Steele Whitney as Snout, Alec Seymour as Peter Quince, Uma Paranjpe as Cobweb, and Jordan Mann as Bottom perform *A Midsummer Night's Dream* in 2022.

language with modern-day social issues.

*The Tempest* begins with a sea storm and a shipwreck. The play follows the struggles and successes of Prospero and his teenage daughter Miranda who live on an isolated island with a sprite called Ariel and a creature called Caliban. Old foes and family rivals reunite and must face the truth of the past, young love blooms, and clowns run amok. Director Jay Dunn will bring his unique blend of dynamic ensemble movement and physical comedy to reinvent this timeless tale into an immersive, enchanting experience; where the actors themselves will not only play multiple characters, but embody the maelstrom of elements, becoming vessels for the spirits of the island.

For more information or to bring the tour to your school, please contact Carolyn Marie Wright at [c.wright@catskillmountainshakespeare.com](mailto:c.wright@catskillmountainshakespeare.com).



The West Kortright Center is announcing the opening of the participatory art installation *Waking Song*, a collaboration between artist Jesse Lee Wilson and the students from Kindergarten through 4th grade at South Kortright Central School. The sonic and visual artwork is installed at the site of the former train turntable a short distance from the trailhead of the Catskill Scenic Trail in Bloomville.

Keeping the historic significance of the site in mind, Wilson and the students discussed the tradition of using symbols to communicate with travelers along the railroad. The students each came up with a pictograph which has been engraved in the installation for passers by to see.

*Waking Song* will open November 25th with a reception to be announced at a later date. We invite everyone to stop by to experience the artwork.

This project was funded by a Challenge America award from the National Endowment for the Arts, as well as New York State Council of the Arts, The Robinson Broadhurst Foundation, The A. Lindsay and Olive B. O'Connor Foundation. The center would like

to thank Anne Gohorel, Doug Wyant and Jill Dorosky from South Kortright Central School; Todd Pascarella from Catskill Scenic Trail; as well as Jane Dewitt for their support throughout this project.

Call (607) 278-5454 or contact [info@westkc.org](mailto:info@westkc.org) with any questions.



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# History of Our Hamlets

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

One of the most prolific contractors in the region in the late 19th and early 20th centuries was A. J. Scott of Margaretville. He and skilled workmen built more than 100 houses, dozens of barns and at least one church.

Scott built the second Roxbury School (top right, 1913), and a number of commercial structures.



—Res. Frank Enderlin, Roxbury, N. Y.



Scott's crews built the middle two homes in this postcard (below) of Bridge Street, Roxbury, and the Enderlin house (left) on the same street, all in 1905-06.

Images courtesy Anthony Liberatore .



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