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A TIME AND A PLACE

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Gretchen Balcom
PUBLISHER



Titan Drilling 2026

by Gretchen Balcom

I am not a writer, but I have a story to tell...

Titan Drilling is a family-owned business that has been in business for over 60 years. I have known the Johnson family for at least 40 years, since I needed a well when the home I live in became my permanent residence. Before that, my house was spring-fed.

When I say family-owned, I mean three generations of Johnsons. Each generation has been brought up in the business. Not only did they learn and work in the business from an early age, but they also learned respect, honesty, a strong work ethic, and how to listen to their customers and solve their problems.

I remember Titan Drilling as a well-drilling business. If you needed a well, you called Titan. Over the years, they grew beyond just drilling wells. Soon, they were offering water conditioning and water systems, complimentary water, mineral, and bacteria testing, emergency services, plus fair and transparent pricing.

Their next step in growth was septic systems. Titan offers a comprehensive range of services, from routine maintenance to emergency repairs. Because of our cold and snowy winters, they also provide winterization services to protect your system year-round.

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continued...

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I recently learned that Titan provides plumbing and heating services—just in time for me to have my propane heater cleaned before winter, when I will be using it. They also offer same-day emergency service. There is nothing worse than having your heating system fail when it is 20 degrees outside—or having your pipes burst because you forgot to leave the water dripping.

Their newest business is Brookside Hardware and Auto Sales. The Johnson family—children and grandchildren—grew up here. They know their community, their customers, and the needs of both. They went to school here, and Stacey even worked at the local school. So what does that mean for the business? You can expect to see new products on the shelves of the hardware store and vehicles suited to our type of driving. They want to hear from you. What would you like to see added to the business?

They have already made changes to the parking area, added lots of vehicles to the lot, and put new items on display in the hardware store, but the friendly faces behind the counter have not changed. I can still



*The Johnson family. Local titans of business.
See what I did there... ??*

walk in and ask, “What is the brand I usually buy?”

There are two locations to serve you:

Arkville: 264 County Road 38

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www.titanwelldrilling.com



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 Monday September 21st - 9:00AM
 Yiskor - 11:30AM
 Mincha - 5:00PM
 Ne'ilah - 6:30PM

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We look forward to seeing you at High Holiday
 Services at CBI
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PHOTO CREDIT: SUZANNE M WALSH

Two beaming staff members, Jessica (left) and Charlotte (right), extend an ice cream cone serving known as the "baby" size at Charlie's.

by Suzanne M Walsh ©2026

"But—" (gulp) "I asked for the 'Baby' size!"

"M'am this IS the 'Baby' size..."

The mound of ice cream being handed to me through the window at Charlie's Ice Cream—Schoharie's new, and only, roadside ice cream stand—caught me off guard.

I had been hard at work thinking up a justification for stopping by Charlie's for just a little, tiny taste of *continued...*



some ice cream, despite non-sensibly having skipped lunch hours ago, and since had been running pretty much on empty toward the end of yet another workday. But in all honesty, the real reason tugging at me to stop at this new roadside stand on Main Street was pure, unadulterated curiosity.

I had heard about this place, and having passed by so many times without stopping, this time I finally found the justification of the extra, extra hot day as the perfect heaven-sent moment to find out what the new place was all about. This reasoning also doubled for justifying that stopping by and ordering just a little teeny “baby” size bit of refreshing ice cream on an empty stomach before dinnertime couldn’t possibly count for anything like a transgression of common sense in the grand scheme of things.

Boy, was I wrong...but very happy to be.

It was Jessica, one of the two friendly young women working inside the ice cream stand who had scooped up the smallest size ice cream cone available at Charlie’s. The resulting creation was piled so much higher than I had mentally bargained for, it left me in temporary shock at the sight perched on the end of Charlotte’s outstretched arm through the counter window. I did manage to vocalize some form of weak protest, which, if translated, might’ve

sounded like “YIKES!”, or something, but I merely said “There’s been some mistake—I ordered just the little, itty-bitty baby size!”

That’s when Jessica popped her head out alongside Charlotte’s, who was attempting face-to-face encouragement for the hand-off of the about-to-melt-at-any-minute, seemingly mountain of ice cream now being directed at me. Both women grinned, with Charlotte patiently explaining that no mistake had been made, as the arm holding my ice cream order began pivoting in my direction, due to the fact that I was still backing away in disbelief. Ultimately Charlotte won over my hesitant state by assuring me that the huge portion being extended was indeed what all customers, both great and small, get when ordering the smallest sized cone available at Charlie’s Ice Cream.

Finally convinced, I surrendered to the reality of how things “just are” at Charlie’s, and gave up trying to stick to my former self-promise of no desserts before dinner. After all, who was I to argue about such unexpected generosity, straight from ice cream heaven, no matter what time dinner was going to be that evening. And with that all settled I started the big task ahead and began to chow down and

continued...



Jennie Flagler, owner of Charlie's Ice Cream in Schoharie, is seen here serving up special ice cream flavors from her portable ice cream stand during Schoharie's end of summer town celebration last Friday. Jennie is also owner, chief chef and menu, concept designer of The Farmer's Beef and Brew restaurant on Main Street in the heart of town.

PHOTO CREDIT: SUZANNE M WALSH

found the ice cream absolutely delicious!

While I licked away, Jessica and Charlotte were explaining that the large ice cream portion I was enjoying grew out of the imaginative mind of Charlie's owner, Jennie Flagler. Jennie, they told me, had just left the premises a short while ago headed down to Schoharie's town square, where she would be setting up Charlie's ice cream for sale at the town's end-of-summer celebration for the public. All this was told to me while the two women watched me, now in the race to lick up all the yummy ice cream already melting and about to run down my hand. Jessica handed me a cup without a word.

Jennie, I learned, was not only the creative energy behind the interesting menu posted on the outside wall of Charlie's Ice Cream stand, but she's also the owner, chief chef and menu-concept designer of The Farmer's Beef and Brew, the restaurant in town recognized as "Schoharie's Newest Woman-Owned Restaurant". The Farmer's Beef and Brew is a top-rated farm to table restaurant "Where Fresh Meets Delicious!" and where the very talented Jennie, a graduate of culinary school, is also a patissiere whose artisanal cakes, cookies and brownies make their appearance in some of the interesting-sounding confections offered at Charlie's. In addition, Charlie's also serves up Spencerelli's delicious wood-fired pizza slices, all on a first-come, first-served basis until there's none left.

On (finally) finishing my ice cream—I must've been visibly glowing by then—and heaving a great big sigh of genuine contentment, I thanked my new friends for what had been such a revelatory and truly enjoyable experience. Then, following the music in the air, I drove down to the town square where the evening's celebration was already in full swing. Folks from all around were gathered in lawn chairs or on the benches in front of the court house listening to the rock band playing their hearts out. I spotted a young woman scooping out heaps of ice cream for sale from a cute little portable ice cream stand on wheels with "Charlie's" written on it.

This is how I got to know one of the most amazing women in our area. Jennie Flagler is the energetic and generous, born-and-raised-in-Schoharie, woman owner of both Charlie's Ice Cream roadside stand and

the town's prestigious The Farmer's Beef and Brew on Main Street. The reason behind the restaurant's region-wide impeccable dining reputation is due to Jennie, the very likeable, energetic artist who has personally designed both her businesses from start to finish, supported by her husband, family and an appreciative community. Jennie proudly makes a point of serving our rich agricultural region's fresh, locally produced foods whenever possible, which then materializes in the tantalizing menu offerings backed by this woman's 30 years of professional culinary experience.

After having to refuse yet even more generously offered mounds of ice cream (what a tough day!), I thanked this frank and endearing woman for being the unique person she is before leaving the square that night.

Before going, though, I just had to ask two more questions. One was where the name "Charlie's" came from. "Oh, Charlie!—that's the name of my yellow Lab retriever!" she said, smiling, with a twinkle in her eyes. (Of course!—that's the outline of the cute doggie logo on the side of her ice cream stand.) And question two: HOW in the world did she ever come up with the idea that a "baby-size" ice cream cone should be such a gigantic experience?

"That—" she said, still twinkling as her smile grew even broader, "is in honor of Amy, the wonderful woman who opened up the only ice cream stand Schoharie ever had. When she had to close, the town was left bereft. But she is, and always will be, remembered fondly for the huge portions she would generously scoop up for everybody—and so, the large portions at Charlie's Ice Cream is in memory of her unstinting generosity, keeping our town happy and feeling loved...a legacy that's my own personal mission to continue."

Charlie's Ice Cream

445 N. Main Street, Schoharie



The Farmer's Beef and Brew

305 Main Street, Schoharie

518-702-4270

www.thefarmersbeefandbrew.com





It's Food Truck Time!

by Iris Mead

We all know the saying "everything old is new again" and it is holding true for the new "Lil" Goatie Whites food trailer.

Norika and Bobby Zellner have set up a can't-miss food trailer at 179 Old Highway 28 on property also occupied by their son Derek's business, Zellner Landscaping and Excavation. With an inviting Caribbean island scene wrap, the food trailer offers the same delicious food that was served at their local-favorite restaurant in Fleischmanns called Goatie Whites.

For the past 12 years, Norika and Bobby have kept the community fed. Old favorites like chicken ala vodka, chicken and meatball parm subs, sausage with peppers and onions, and fish and chips are just some of the food offerings still available at the new Lil Goatie Whites food truck, as are Perry's Ice Cream, ice cold drinks and some new beverages are fresh squeezed lemonade (classic or flavored), frozen mocktails, and new dirty sodas. They're still serving up their famous cider donuts, which can also be found at Cody's Sugar Shack and Perry's Farm Stand.

When asked why they sold their restaurant, they answered that it just seemed to be the right time.

After the sale of the restaurant and a short break, they jumped back into the food business with the



Owner Norika Zellner is ready to take your order at her new, bright and inviting food truck.

food trailer which they found online. I had to ask Norika... "Why?" Her answer was, "This is what we do."

Stop by, grab a bute, and have a seat. There are picnic tables in front of the truck for customers to relax and enjoy a pleasant evening and a delicious meal, and possibly catch a beautiful sunset. Old friends and customers of their restaurant are showing up, happy to find the same good food

continued...

and friendly service.

Presently, they're open Wednesday-Monday, from 4 to 9pm at the 179 Old Route 28, Fleischmanns location. They will be on the road attending the Margaretville Cauliflower festival and the Olde Tme Baseball Scramble in Bovina. Follow them on Facebook for alternate times, schedules and locations.

In addition to Lil Goatie Whites, more food trucks are popping up along local highways. The always popular Catskill Mountain Embers is found at Union Grove Distillery on Friday and Saturdays evenings and Samford Auto Parts on Tuesdays. Curbside Street Kitchen parks their food truck Thursdays nights at Freshtown parking lot, Antojitos

Pariente is serving traditional Mexican food at Union Grove on Thursdays and Sundays and at Sanford's parking lot on Friday nights. The Stop & Go truck on Route 28 in Arkville is open most days and two trucks are at Belleayre Mountain's free summer concerts. This growing and popular trend has now reached the Catskills, bringing variety and convenience to the local food scene. Let's enjoy the variety.

Goatie Whites

179 Old Highway 2
Fleischmanns

914-715-7303

norikazellner@yahoo.com



HYGIENE & BABY ITEM DRIVE

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MOST NEEDED BABY ITEMS

- Diapers - All Sizes
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"From Log to Spoon"

Spoon Carving Workshop with Michael McCarthy

Saturday, September 12 from 10am-3pm

Headwaters Arts Center
66 Main Street, Stamford



[www.roxburyartsgroup.org/
workshops/spoon-carving](http://www.roxburyartsgroup.org/workshops/spoon-carving)

Discover the ancient art of green woodworking in this hands-on workshop. In this immersive, beginner-friendly workshop, participants will transform a simple basswood blank into a functional wooden spoon using traditional hand tools such as: carving axes, knives, and curved hook knives. Along the way, students will explore the fundamentals of spoon design, layout, and grain direction, while learning how sharp tools and careful technique make woodworking both safer and more rewarding.

The spoon serves as a gateway into the broader tradition of green woodworking. As time allows, McCarthy will lead demonstrations and discussions touching on sharpening, decorative carving, advanced spoon forms, shrink pots, kuksas (hand-carved wooden drinking cups), pole-lathe turning, and other related crafts, connecting participants to generations of craftspeople who have shaped useful "treenware" from the forest.

No prior experience is necessary. All tools and materials will be provided, and students will leave with a finished spoon and the foundational knowledge to continue carving on their own. Additional tools, materials, and basswood spoon blanks will be available for purchase for those eager to keep exploring the craft.

Visit the Roxbury Arts Group website for more



information about these and other creative events this fall, or contact Kristin Stevenson at (607) 214-6040 or email headwaters@roxburyartsgroup.org.

Our exhibition programs are generously supported by the Roxbury Bottle Shop and our workshops are sponsored by Dubben Gas Service. 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, The Delaware National Bank of Delhi, and individual supporters.

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SEPTEMBER 13, 2026

Grandparents' Day

We love
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Grandpa!



The important role of grandparents!

Celebrated around the world, Grandparents' Day serves as a reminder of the vital role that grandmothers and grandfathers play in the lives of their grandchildren and the rest of the family. This day is also an opportunity to express your respect and gratitude to these special people in your life.

Show your appreciation to your grandparents or those of your children. You might even be a grandparent yourself. There are plenty of ways to join in the fun.

- Book a table at a restaurant for a brunch or a cozy dinner.
- Invite your loved ones to enjoy a meal, play board games or share stories, the activity

doesn't matter as long as you're spending quality time together.

- A bouquet of flowers, a house plant, chocolates, jewelry, a spa package or tickets to a show — there are so many tangible ways you can express your love and appreciation.
- Create beautiful memories by planning a professional photo shoot, either in a studio or outdoors.
- Organize an intergenerational activity, such as reading, crafts or cooking, at school or in your workplace.

On September 13, let's all say a well-deserved THANK YOU to grandparents everywhere!

Traveling exhibit brings slavery “Out of the Shadows”

A traveling exhibition that illuminates the untold story of chattel slavery in rural Delaware County will visit libraries in Bovina, Treadwell and Walton this fall.

Out of the Shadows: Slavery and Freedom in Delaware County, NY 1790-1870

Bovina Public Library
September 15 - October 15

Bright Hill Press Gallery in Treadwell
October 24 - November 15

William B. Ogden Free Library
November 16 - December 14

The exhibition is a collaborative project that combines art, history and design. It features stunning imagined portraits of enslaved and free Blacks by artist Robin Kappy. Using sparse descriptions found in period accounts, and her own imagination, the artist makes visible those who have been virtually ignored in the historical record.

What we know of their experience is conveyed through narrative text based on personal documents, official records, memoirs, newspaper accounts and other sources researched by Diane Galusha, historian for the Town of Middletown and president of the Historical Society of Middletown.

Designer Drew Harty deftly combined portraits and text to create a compelling exhibit that commands attention: Viewers are invited to leave their responses and reflections.

Galusha will give an illustrated talk Wednesday, Sept. 23 at 5:30pm at Bovina Library; again on October 24 at 3pm at Bright Hill Press Gallery, and on November 19 at 6pm at Walton Library. She will spotlight some of the primary sources used



in her research, including runaway slave and ‘for sale’ advertisements in local newspapers, such as ones for Sime, who ran away twice from his owner, Gurden Edgerton of Delhi.

Explained Galusha, “The wills of enslavers in which they bequeathed human beings to their spouses or children provided valuable information, as did census records identifying free Blacks and the formerly enslaved, such as Dion, who spent her life on the Hardenburgh estate in Roxbury, where the 1870 census taker noted the 95-year-old was ‘formerly a slave.’

Enslavement in this rural locale largely developed following the Revolutionary War. Some emigrants from the Hudson Valley and New England headed west with enslaved servants, including children like Trace, a girl brought to Walton by Charles Stockton, to help clear homesites and fields, care for youngsters, and assist in mills and shops.

Forfeiting their freedom, their families, their futures, the enslaved yet maintained a degree of dignity and agency over their own lives, some choosing self-emancipation well before the abolition

continued...

of slavery in New York State in 1827.

The exhibit also considers the lives of free Blacks in Delaware County, who established farms and families and started businesses, some serving in the Civil War. Timothy Bennett (pictured), wife Lill and their family were the first free blacks to live in the County. The Belcher family of Hamden, descended from a manumitted slave, is another example of long-time Black residents who lived freely in Delaware County.

A team of advisors offered critical guidance on the project: Diane Ciccone, writer, filmmaker and attorney, Christina Hunt Wood, artist and organizer of participatory art, history and public programming projects; and Jennifer J. Burns, PhD, an historian who specializes in Black history in New York State and the Atlantic world.

"Out of the Shadows" project manager is Linda Norris, founder of the international museum consulting firm Creative Futures LLC. and former director of the Delaware County Historical Association.



U-PICK Pumpkins & Apples

WEEKENDS 10AM - 4PM
Sept 12th - Oct 12th

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Western Fun Games, Gem Mining, Petting Animals, Hay Wagon Rides, & Farm Store
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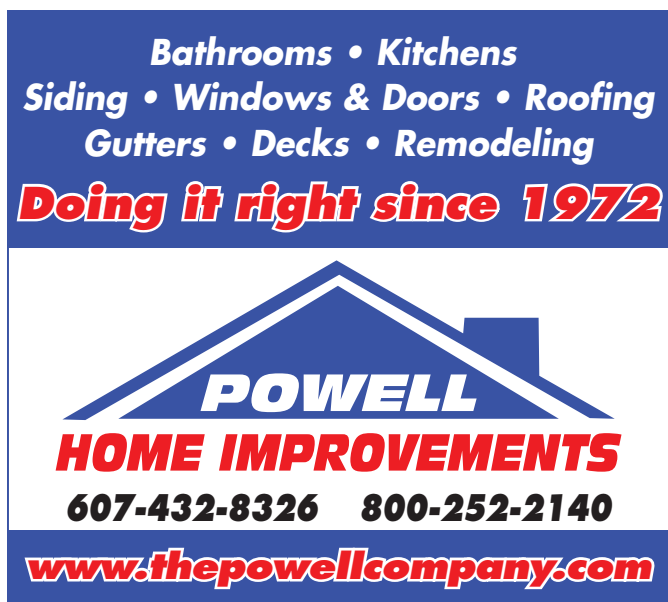
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This project is made possible with funds from the Delaware County Arts Grants, a regrant program of the New York State Council on the Arts with the support of the Office of the Governor and the New York State Legislature and administered in Delaware County by the Roxbury Arts Group. Matching funds came from the A. Lindsay and Olive B. O'Connor Foundation. The Bovina Public Library serves as fiscal sponsor for both grants.



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Professional Development for Artists Free Workshop Series

The Roxbury Arts Group is proud to announce a Professional Development for Artists workshop series to help area artists reach new levels of success. A total of five in-person and virtual workshops will span September through November, and will cover the ins and outs of arts grant writing and sourcing, artist biography and statement writing, time management, artist promotion, and portfolio management. For more information and to register visit www.roxburyartsgroup.org/workshops. Email community@roxburyartsgroup.org or call 607.326.7908 with any questions.

Arts Grant Writing and Sourcing Workshop

Friday, September 18 - 5:30-7pm
Bushel Collective, Delhi NY

Grants can be a critical funding source for artists, but knowing where to look for grant opportunities and how to navigate the application process can be overwhelming. This workshop will help artists identify the types of grant funding available and explain the “research” mindset needed to target the opportunities that best match their needs and capabilities. We will also outline the main elements of an application and how to write a strong proposal that emphasizes your unique voice.

Artist Bio and Statement Writing Workshop

Saturday, October 3rd 4-6pm
The Headwaters Arts Center
66 Main Street, Stamford

An artist bio and statement are some of the



most important narrative tools artists work with to communicate in applications and to the public in general about their background and their work. That being said, but for many artists it's a complicated task to boil it down to an elevator pitch and get it just right. In this workshop we will help artists gain a solid understanding of their work, grow confidence discussing their own work, and break down the steps to draft a unique, readable, and understandable artist statement and bio.

Time Management for Artists Workshop

Saturday, October 24 3-5pm
The Headwaters Arts Center
66 Main Street, Stamford

It is common amongst artists, even those who have an established practice, to struggle to manage their time and meet deadlines. Come make time with this workshop where artists will learn how to prioritize tasks, identify what times of day are best for work, and make actionable plans to meet deadlines that will actually stick.

Artist Promo 101

Friday, November 13 5:30-7
Zoom

As entrepreneurs, artists need to effectively promote their work, whether it be in their local communities or online. In this workshop, artists will learn how to develop a media list, write a press release, and consider how and when to use traditional media and social media to share their practice with others. Participants will gain the tools to cultivate a
continued...

promotional mindset that makes their messaging more effective and engaging.

Manage Your Art Portfolio Workshop

Thursday, November 19 5-6pm

Zoom

When managing an artist's website, submitting works for an exhibition proposal, or applying for grants, it can be hard to pick and choose which pieces to include and which to not. In this workshop, weCreative Opportunities Coordinator Ursula Hudak will discuss how to photograph your work, how to pick your strongest pieces and order them in a submission, and how best to represent a variety of mediums.

To apply, visit www.roxburyartsgroup.org/workshops, or contact Ursula Hudak, Creative Opportunities Coordinator at (607) 326.7908 or email community@roxburyartsgroup.org

This series is supported by NYSCA Statewide Community Regrant Program. The Delaware County Arts Grant is a regrant program of the New York State Council on the Arts with the support of the Office of the Governor and the New York State Legislature and administered in Delaware County by the Roxbury Arts Group.

HERE'S A TIP

When Christmas rolls around and you need to protect the bow for a present, place it in a zip-top sandwich bag, close partway, fill with air and seal. The bow will make it to your destination uncrushed, and you can stick it on at the last minute.

"One part warm water and three parts baking soda makes a great paste for removing rust spots. Simply use an old toothbrush in a circular motion to smear in the paste and wipe away rust." -- C.B. in Alaska

Recycling one glass bottle saves enough electricity to light a 100-watt bulb for four hours.

"My pup loves to ride in the car, and my car seats love his hair, too. Seems like it's impossible to get out! A vacuum didn't work, so my neighbor suggested I use dish gloves. Just put a latex rubber glove on your hand and wipe over seats. A very lightly damp sponge can work as well." -- P.I. in Washington

Soaking window decals with baby wipes will soften the adhesive, allowing you to remove a decal from glass easier.

Having trouble starting that backyard charcoal grill? Maybe you just need to head for the snack table. Potato chips and nacho tortilla chips (like Doritos) will burn bright and hot enough to cook your dinner, and certainly well enough to give your charcoal a great start.

"Small lids from plastic margarine containers can be used as a burger-patty size guide. And if you have more than a few around, you can use them to separate patties for the freezer. They make it easy to grab one or two patties for the grill right from the freezer. Otherwise, I find that I must defrost several that are stuck together." -- P.W. in Indiana



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SATURDAY, SEPTEMBER 19

11 A.M. — 3 P.M.

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BBQ • LIVE MUSIC • FAMILY FUN

Featuring:

- Dos Amigos • 11:30am – 3pm
- Canine Demonstrations
- Art, Pottery & Jewelry Sale
- Basket & Adirondack Chair Raffles
- Ask the Vet: Pet Emergency Tips
- Pet Portraits • Cornhole
- Kids' Activities & Scavenger Hunt
- Shelter Cats & Kittens
- Wildlife Education Displays

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Sundays - 1–2:30pm
September 20, 27; October 4, 11,
18, 25; and November 1, 8, 2026

Headwaters Arts Center
66 Main Street, Stamford
www.roxburyartsgroup.org



Studies show that there are wide-ranging benefits to children who take part in theater arts. According to the American Alliance for Theater & Education (AATE), children who participate in drama experience:

- Better performance on the SAT.
- Improved reading comprehension and verbal and non-verbal communication skills.
- Greater engagement with school, including better attendance.
- High academic achievement.

Led by local actor and comedian Marisa Caruso, the Kids' Theater Workshop is an eight week workshop designed for children ages 8–16. Activities include voice, movement, improv, and script interpretation.

Over eight weeks, students will learn a series of vocal and physical warm-ups and theater games, practice a variety of acting and writing exercises, and perform short scenes for their families and peers.

Marisa Caruso is an interdisciplinary theater maker whose collaborations span a wide range of theater styles from classic works to comedy to abstract performance. As a performer, producer, manager, director, teacher or writer, a passion for

original storytelling drives her work.

Marisa has served as the managing director of the avant-garde theater company, Torn Space Theater since 2016 producing reimagined classics and large-scale site-specific works designed for an industrial complex of grain silos in Buffalo, NY. While managing Torn Space, Marisa has also worked with award-winning companies in residence, including 600 HIGHWAYMEN and Temporary Distortion.

Now based in the Catskills region, Marisa continues to provide administrative support to Torn Space while branching out into the development of original works and new project collaborations. She has developed educational and artistic programming for the mountaintop community, building connections through live performance opportunities for artists and audiences alike.

This workshop is being offered at no cost to participants thanks to a generous grant from the A. Lindsay and Olive B. O'Connor Foundation. All materials are provided and registration is required to participate.

To register, visit www.givebutter.com/kids-theater-workshop-a7ub83 or email headwaters@roxburyartsgroup.org



Mdou Moctar

September 25, 2026, at 7:00pm

West Kortright Center

49 West Kortright Church Road
East Meredith

(607) 278-5454 • info@westkc.org
www.westkc.org

Mdou Moctar is a self-taught Tuareg guitarist, singer, and songwriter from Niger who has risen to international prominence by redefining contemporary Saharan music.

Often referred to as the “Jimi Hendrix of the Desert,” Moctar is known for his virtuosic guitar playing and the thunderous energy of his full-band performances. In a solo setting, his music takes on a more intimate and raw quality, bringing his guitar playing, voice, and songwriting to the forefront of desert blues.

Moctar’s music draws deeply from his Tuareg heritage while reflecting the political and social realities of life in Niger and the broader Saharan region. His songs have become a powerful form of Tuareg protest music, combining tradition with an unmistakably contemporary sound.

Rolling Stone ranked Mdou Moctar #90 on its list of the 250 Greatest Guitarists of All Time, praising the way his “sharp but unerringly tuneful lines evoke vast expanses both spiritual and terrestrial.”

Grounds open at 5:30pm. Dinner is available starting at 5:30pm. Tara’s Pizza will be on-site serving fresh wood-fired pizzas. Drinks will be available at the concession stand. This is an indoor concert with general admission seating.

Tickets are \$30. Members receive a 10% discount, kids 12 and under are 50% off. Visit www.westkc.org to purchase tickets. Event schedules and guidelines are subject to change. Call (607) 278 - 5454 or contact info@westkc.org with any questions.



2026 West Kortright Center arts and community programs are funded in part by our members, by contributors to the 2025 Program Fund Drive, by the Bert Santora Trust, the Tianaderrah Foundation, and by grants from the National Endowment for the Arts, the New York State Council on the Arts with the support of Governor Kathy Hochul and the New York State Legislature, from the A. Lindsay & Olive B. O’Connor Foundation and the Robinson-Broadhurst Foundation. Special thanks to our season sponsor, Catskill Country Living, Good Cheap Foods, Nathan Love, Magpies, Green Treen Home Candle, Argosy Designs and Shepherd’s Meadows.

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Pet Me Please!

Heart of the Catskills
Humane Society

by Laura Wright



The Comfort of Companionship

September is Suicide Prevention Month, and that got me thinking about the correlation between pets and mental health. A pet isn't a cure for depression, anxiety, or a substitute for treatment. But it has been proven that interacting with animals can reduce stress and cortisol, lower blood pressure, increase dopamine, and calm the nervous system.

There are ways caring for a pet can help keep someone with mental health challenges on track. People are willing to get out of bed, go for a walk, or go to work to care for a pet even when they aren't likely to do it for themselves. We know our pets rely on us, and the unconditional love they give us means we are loath to drop the ball.

Exercise helps to release tension and increase endorphins, which can help us to feel more positive, so having a dog to walk, a cat to play with, or a horse to ride can be very healing. Any pet (bird, turtle, snake) can help us get outside of ourselves. Taking care of a pet's needs leads to a feeling of pride and accomplishment that can boost feelings of well-being and self-esteem.

A pet can also combat loneliness for people who live alone or tend to feel isolated. All we need to help us through a hard day is another warm being to hug or to simply sit beside us while we cry and work through feelings. Animals can be the most patient, loving, non-judgmental company. The emotional support they provide is so valuable.

Some people may need support and help to care for a pet. One pitfall some folks can fall into is getting in over their heads. We often see folks with more serious mental health issues take on too much or not have the support to make sure animals are spayed and neutered, and instead of being a healing benefit, pets become an overwhelming burden. This scenario is not good for the person or the animals.

This is where family and friends can provide help and guidance when needed. Encouraging a pet (or perhaps a pair of bonded cats) for emotional support while making sure the person has the necessary support system in place (perhaps to check on them and their pet) can make a difference.

Lastly, if someone needs interactions with animal beings but is not allowed to have a pet, there are ways we can help them fulfill this need. Animal shelters often need volunteers to walk dogs or socialize with cats and kittens. You can find petting zoos or farms to visit if someone prefers farm animals. And many facilities have therapy animals come in to interact with residents and patients to brighten their day.

We all know how important our pets are to us. Their care provides a stable routine. Their presence provides laughter, joy, love, and work that feels meaningful. Anyone who is willing and able to care for a pet with kindness and love should be able to benefit from this relationship.

A vibrant advertisement for the Stamford Farmers Co-Op. The top half features a dense field of yellow and pink flowers. Overlaid on the top left is the text "Mums THE WORD!" in a stylized, blue and white font. At the bottom left is the SFC logo, which includes the text "STAMFORD FARMERS CO-OP" and "Farm & Home". To the right of the logo, the text "STAMFORD FARMERS CO-OP" is written in a large, bold, blue font. Below this, in a smaller blue font, is "6 South St., Stamford 607-652-7225" and "Mon-Fri 7:30-5 & Sat 8-3". A small Facebook icon is located in the bottom right corner of the advertisement.

Why is buying local a responsible choice?

In these times of profound political, climatic and economic turmoil, buying local is the way to go. Here's an overview of the key factors illustrating why this approach to consumption is a responsible one.

For consumers, buying local is a concrete step toward protecting the environment because products travel less and greenhouse gas emissions are reduced. Additionally, locally produced items generally create less packaging waste. Economically speaking, buying from local suppliers supports these businesses in their mission while promoting the creation and retention of well-paying jobs that comply with domestic human rights standards.

For business leaders, sourcing from local suppliers brings numerous benefits. These close business relationships foster stable partnerships and encourage collaborative engagement. This isn't always the case with suppliers located on the other side of the world and operating in vastly different time zones. Plus, when local businesses support one another, the economic benefits extend to the entire community.

Small and medium-sized businesses that prioritize buying locally and promote it in their advertising often see their reputation improve among consumers with similar values. Job seekers are also drawn to businesses known for taking such an ethical approach to their community. Given the labor challenges currently affecting many industries, this is a factor that shouldn't be overlooked.

Want to take a responsible step for the good of your community and the planet as a whole? Start buying local today.



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SEPTEMBER IS Prostate Cancer Awareness Month

FIGHTING PROSTATE CANCER: Essential information

September marks Prostate Cancer Awareness Month. Prostate cancer remains one of the leading causes of cancer deaths among men in the U.S. But did you know that this disease can be entirely curable under certain circumstances, especially when it's detected early enough? With that in mind, it's crucial for men to be informed and take a preventive approach.

DOCUMENTED RISKS

Starting at the age of 50, the risk of developing prostate cancer begins to increase. Research shows that certain factors can contribute significantly to this risk. Your chances are higher if you:

- Have a family history of prostate cancer
- Are overweight or obese
- Are taller than average
- Have African or Caribbean ethnicity

Certain lifestyle habits, such as smoking, can increase your risk, as can inherited genetic mutations. Men, do any of these factors apply to you? Have you noticed any symptoms, such as blood in the urine or changes in your bladder habits? If so, consult your doctor right away.

HELPFUL RESOURCES

Across the country, organizations offer resources like screening information, webinars and support groups, many of which are free of charge. Your local health-care facilities can typically provide access to these tools, too. Simply gaining a better understanding of this disease, its symptoms and prevention guidelines could spare you a lot of trouble and worry. It may even save your life.

During Prostate Cancer Awareness Month, get informed and spread the word. To learn more online, visit the American Cancer Society (www.cancer.org) and the Prostate Cancer Foundation (www.pcf.org).



New clinical trials at the VA

The VA has started two important trials.

The first trial, titled “Psilocybin Intervention for Veterans Overcoming Treatment-Resistant Depression,” is to determine the effectiveness as well as the safety of a compound that’s used to treat depression and post-traumatic stress disorder: psilocybin.

Psilocybin is a mushroom, more commonly known as “magic mushrooms,” that converts to psilocin in the body, altering brain activity. Its use as a solution to mental health conditions that haven’t responded to previous treatment is hoped to bring relief to sufferers.

The trial will compare two different dosages and study how they affect depression levels, PTSD and side effects. They will be held at five different VA locations: Birmingham VA Health Care System, Tuscaloosa VA Medical Center, VA Portland (Oregon) Health Care System, Corporal Michael J. Crescenz VA Medical Center and VA Puget Sound Health Care System.

The other new trial will take a diabetes drug, semaglutide, a GLP-1 receptor agonist, and explore

its use as treatment for alcohol use disorder. Semaglutide appears to affect the rewards part of the brain. Researchers took their clues from a prior study that concluded that GLP-1 helped with alcohol, cannabis, cocaine, nicotine and opioid use disorders, following study participants for up to three years.

There are over 400,000 veterans who’ve been diagnosed with alcohol use disorder, and GLP-1 has been shown to reduce the rate of emergency hospital visits, hospitalizations and other adverse outcomes. The goal of the trial is to determine whether it can reduce alcohol use disorder in veterans.

The study (“Cessation or Reduction of Alcohol Consumption in Veterans”) will be held at 18 VA medical centers starting with an initial enrollment of 600 veterans. Participants will either receive a placebo or semaglutide shot every week for 24 weeks while researchers track the outcomes.

To learn about participating in either trial, contact your nearest VA medical center or look for the trial by name at ClinicalTrials.gov.



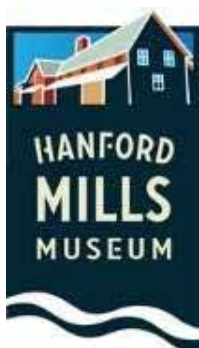


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Hanford Mills Museum wraps up 2026 season with Trees and Timber Festival October 10

Join Hanford Mills Museum on Saturday, October 10 from 10 am to 4 pm for our Trees and Timber Festival. Celebrating forestry and woodworking, this event will bring together artisans, vendors and exhibitors who work with wood and forest products. Come learn about stewardship and the natural resources that forests provide.

The event will feature a variety of demonstrations and learning opportunities for visitors of all ages. Browse the vendor tables for unique, locally crafted products including handmade wood crafts, jewelry, maple syrup, and more. Exhibitor demonstrations, such as fruit tree pruning with the Catskill Forest Association, as well as demonstrations of our waterwheel, steam plant, and water-powered machines will be ongoing throughout the day. Helen's Little Kitchen will be on-site, selling breakfast and lunch.

Hanford Mills Museum is open for guided tours from 10 am-5 pm, Wednesday-Sunday. We will be closing for the season on October 15.

About Hanford Mills Museum

Experience a story of innovation, ingenuity and entrepreneurship at a historic working mill site. Sheltered in a valley in the northwestern Catskills of New York, Hanford Mills Museum offers insights into the past and lessons about the relationships between people, the things they make, and the places they live. As one of only a handful of operating water-powered mills, the museum has earned a place on both the National and NYS Registers of Historic Places.

Hanford Mills is located at 51 County Highway 12 in East Meredith, at the intersection of Delaware County Routes 10 & 12, just 10 miles from Oneonta, and 15 miles from Delhi. For more information, visit www.hanfordmills.org or call 607-278-5744.

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by CJ Karcher

Owner & Systems Administrator

Level Up Tech Support

Party Hard or Hardly a Party

I may sound like a broken record when it comes to scam attacks, but one thing is for sure: they always evolve, and some unfortunate soul gets the short straw. This article will discuss how a 30-year-old e-card service may land unwanted guests in your computer.

First things first, it's not actually the e-card service (Blue Mountain) that's the issue. The recent scam—or I suppose you could call this a hack—mimics the very popular e-card service. If you've been a member of the technological era for any length of time, you've probably received an e-card at some point, particularly around the holidays.

How the hack works: You'll receive an email from someone you know or have emailed in the past. The subject line will likely read, "You're invited." The email will include an animated card. Somewhere, it will say "View card" or "Details," or something to entice you to click.

What happens: Legitimate e-cards play the animated card when you click them. This, however, downloads and automatically executes an installation file containing a program called ScreenConnect. This program is legitimate, but it is used for evil purposes. The scammers now have remote access to your system, and you don't even know it. They will then use your email to send invitations to your contacts to gain access to their computers.

What to do: If you receive an e-card email, first check with the sender and confirm its authenticity. Legitimate Blue Mountain e-cards come from ecards@bluemountain.com. The fakes come directly from the

person's email address, and you will most likely see other email addresses copied. If you determine it's a fake, delete it and inform the person from whom you received the email. If you have clicked it, check your system for the ScreenConnect program or call for IT support.

You may be asking yourself: What is ScreenConnect? What is remote access software? How do I find and remove it, and what can I do to protect myself from it in the future? ScreenConnect is one of many remote access programs on the market. Remote access programs allow another user to access your computer remotely via the internet. In many cases, technicians such as myself use this software to address issues on a computer, server, or
continued...

The advertisement for Klinger Power Sports features a photograph of a person riding a snowmobile through deep snow, with mountains in the background. Below the photo is the company logo, which includes the name 'KLINGER' in large, bold, black letters with a blue and green swoosh underneath, followed by 'Power Sports' in a smaller, italicized font. To the right of the logo, a list of brands is provided: KAWASAKI, KYMCO, CAN AM, and SKI DOO. Below this list, a line of text reads 'Motorcycles • Dirt Bikes • ATVs / RUVs • Utility Vehicles • Snowmobiles'. At the bottom, the address '33 West Street | Walton, NY | (607) 865-6326' is listed, along with the website 'www.KLINGERPOWERSPORTS.com' and the operating hours 'Mon-Thurs 9am-5:30pm | Fri 9am-5pm | Sat 9am-4pm'.

network without having to go on-site. Unfortunately, it is also a great way for bad people to access your system, gain personal information, or use your computer or email to acquire access to more systems.

Generally, you can go to Add or Remove Programs on your Windows computer and uninstall ScreenConnect or any other remote access software. However, I've encountered a few systems where this did not fully remove the program, and a more aggressive removal tactic had to be performed. So far, I have seen ScreenConnect self-execute only on Windows systems, not on Apple computers or Apple or Android mobile devices.

You can also right-click your taskbar, open Task Manager, and look for ScreenConnect under Processes. You can also navigate to This PC, the C: drive, and Program Files (x86). There will be two folders with ScreenConnect in the name. If you find these folders or a task running and you can't—or don't know how to—remove them, shut down your system and contact IT support.

Lastly, if you notice your cursor and programs randomly doing things on your computer, or if e-cards have been sent from your email account, this would also be a strong indication that the software is installed. Unfortunately, since these are legitimate programs being used, antivirus software may not find them. However, running a manual scan may identify the software as potentially unwanted.

The internet can be a scary place, and unfortunately, today's technology is only making it more dangerous. Users really need to pay attention to what they are clicking on. Below are the ScreenConnect icon and the AnyDesk icon; AnyDesk is another remote access tool commonly used by scammers. Here's a list of remote access tools. If you find any installed on your computer, I strongly recommend having the system looked at. Level Up Tech Support LLC can do this for you.



TeamViewer

RemotePC

HelpWire

Zoho Assist

RustDesk

Parsec

Chrome Remote Desktop

Quick Assist (this is built into Windows and can be removed)

Again, this is just a handful of the different options out there.

STRANGE BUT TRUE

by Lucie Winborne

On average, it takes between 12 to 14 dates before couples will trade house keys.

In 1915, the Kansas legislature introduced a bill that would make it a misdemeanor for a woman under age 44 to wear lipstick because it would "create a false impression."

The rocket frog can jump more than six feet by releasing energy it stores in its tendons.

While several companies claim to be America's oldest soft drink brand, including Moxie, Dr Pepper, Vernors Ginger Soda and Hires Root Beer, all of which were created in the late 19th century, the inventor of carbonated water was Swedish chemist Joseph Priestley, in 1767.

The Grand Canyon is so large that it can be seen from space.

When language barriers caused confusion during international soccer tournaments, English referee Ken Aston was inspired to create the yellow and red card system while sitting at a traffic light. The cards were introduced at the 1970 World Cup.

Ancient Romans sent slaves into the mountains to collect snow that they flavored with fruits and juices to create their own version of ice cream.

Sunlight hitting Earth for one hour contains more energy than the world uses in a year.

In 2013, the Chicago Sun-Times laid off 28 of its full-time photographers and trained its reporters to take their own iPhone photos.

Bees contribute to more than \$15 billion worth of crops every year through pollination.

Wagyu beef, generally held to be some of the world's best, usually comes from cows raised in Japan with such luxuries as massages, a better diet and longer lifespans.

Studies have shown that mice have dropped dead after breathing some new carpet fumes.



FAIRVIEW PUBLIC LIBRARY MONTHLY NEWS & UPDATES

New in SEPTEMBER

It's Not What You Think by Clare Mackintosh

Mother Daughter Sister Stranger by Hank Ryan

No Song for the Dead by Jussi Adler-Olsen

Murder at the Grand Alpine Hotel by Lucy Foley

Double Tap by Vince Flynn

Buried in the Big Woods by Daniel G Miller

The Dying Light by Ann Cleeves

Our Noble Selves by Kate Atkinson

The Munich Affair by James Patterson

We Chase Shadows by Richard Osman

The Pirate Queen by Ariel Lawhon

Hollywood Ending by John Green

The French Illusion by John Grisham

Threshing Day by Rebecca Yarros

Hollow Bones by Jodi Picoult

Exit Party by Emily St John Mandel

The Witches of Cambridge by Alice Hoffman

NON-FICTION

Neurodivergent Learner by Emily King

Witchland by Marion Gibson

LARGE PRINT

Murder at the Grand Alpine Hotel by Lucy Foley

The Munich Hotel by James Patterson

Exit Party by Emily St John Mandel

French Illusion by John Grisham

Under the Falls by Richard Russo

SEPTEMBER Events

POKEMON BATTLE!

September 25, 2026 from 3:15-4:30pm Bring your battle decks, playing mats, and any cards you might like to show to other Pokemon lovers, **Registration is required.** 845-586-3791 or email director@fairviewlibrary.org.

MIXED MEDIA WITH ROSHAN HOUSHMAND

September 12 and 19

A two-part series on Tibetan art. Sign up at 845-586-3791

FIBER ARTS CLUB

Saturday September 26 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

September 17 *Frances Perkins Champion of American Workers* by Ruth Cashin Monsell.

Contact the library director at 845-586- 3791 or email director@fairviewlibrary.org for the Zoom link.

MAH JONGG every Friday 1 to 4pm

FPL SEPTEMBER WORD SEARCH

Stop by the desk to pick up the new Word Search and return the completed search to the library to be entered into the monthly prize drawing.

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 September 1 - Hedgehog Magnet

Simple crafts will always be 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

Sept 11 - Stamp Art

Sept 25 - Astronaut Magnets



Remarkably Bright Creatures

In 2022, Shelby Van Pelt achieved the unlikely dream that many authors only fantasize about. Her debut book, *Remarkably Bright Creatures*, became an instant New York Times Bestseller, spending more than sixty-four weeks on the list with currently over four million copies sold worldwide.

The book's popularity has not waned. It's been blessed with staying power thanks to book clubs and word of mouth recommendations from its many readers. It was both of these situations that prompted me to seek out this book. A fellow member of my library book club pulled it out and said, "You gotta read this book!"

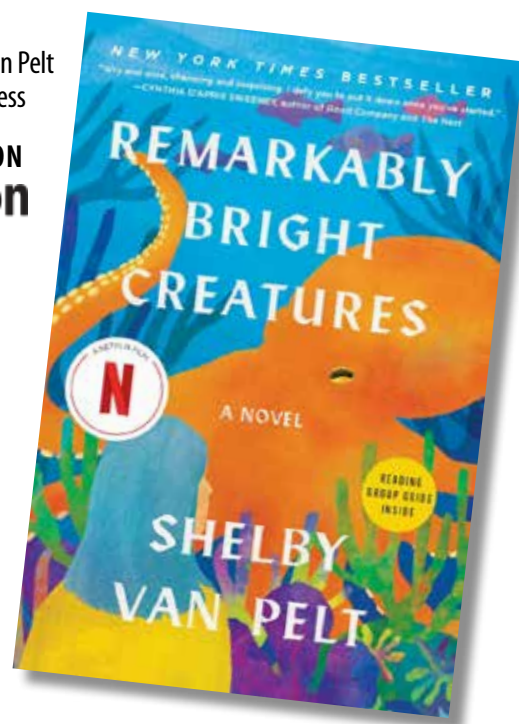
Interesting, because I had recently started hearing buzz about this book even though it was published four years ago. This prompted a discussion in my book club where I learned that the resurgence of intense interest in this book is due to the fact that a movie based upon the book was released on Netflix in May of this year. And it stars Sally Fields! Many book people, myself included, prefer to read the books before they watch the films.

The book follows the life of Tova Sullivan, an elderly widow whose job it is to clean the public aquarium after hours. For a job that seems like it would be relatively uneventful, it becomes eventful. The lonely Sullivan befriends an also lonely Giant Pacific octopus, who is a captive resident at the aquarium.

Together, they encounter a young, also lonely, man searching for his birth father. This trio becomes an unlikely cohesive unit, demonstrating how the value of companionship and community can overcome loss and grief, and yes, even loneliness.

Author: Shelby Van Pelt
Publisher: Ecco Press

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amazon



This bond reminds me of the proverb in Ecclesiastes..."a threefold cord is not quickly broken."

The main character, Tova, feels so well fleshed-out, because Van Pelt based her character loosely upon her keen observations of her own real-life grandmother. But the truth is, the real star and stand-out character is Marcellus the octopus himself. He actually becomes one of the narrators. Hey, it's a novel, not non-fiction, so the writer can take fantastical liberties. Give me more Marcellus in my life!

continued...

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This is a serendipitously quirky and uplifting story. The author deftly mixes humor with sadness to keep it light. Despite the book's runaway success, Van Pelt has not yet released any other books. Maybe, it's a one-hit wonder and she left it all out on the table, but I hope to see how the author would mold other stories and characters. The aforementioned book club member summed it up perfectly, "You gotta read this book!" And now that I have, I gotta watch this movie.

The Fairview Public Library is partnering with the National Kidney Foundation for

The Great Giveback!

FPL has participated in the Great Giveback for several years. This year, the New York State Library has asked that we help dialysis patients by creating 'comfort bags'.

And we are asking for your help!

These items can be included in comfort bags and are helpful to patients who spend long hours in dialysis clinics. If you can help, we are looking for new, unopened, and individual sizes of the following:

Lip Balm

Travel Sized Tissues

Travel Size - Unscented - Hand Or Body Lotion

Adult Coloring Books

Adult Puzzle Books Such As Word Find, Trivia, Mazes, Or Sudoku

Colored Pencils

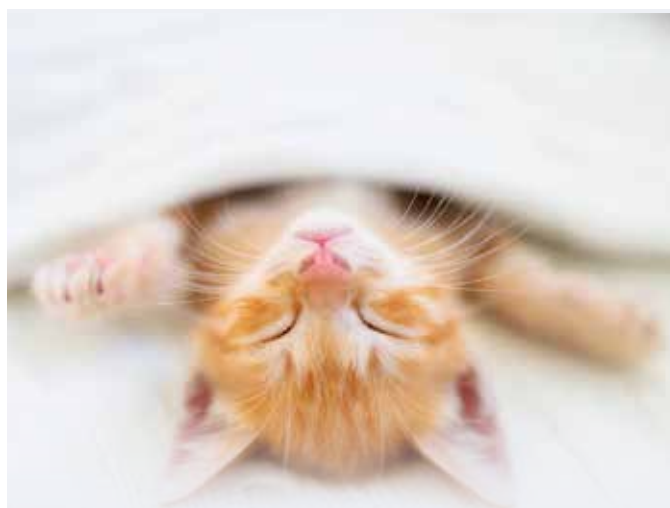
Standard Pencils

The library will also have note cards available.

Stop by and write a supportive note to a patient that needs a little *encouragement!*

We hope you will join FPL in supporting patients in dialysis centers in Upstate NY.

Thank You!



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Watermelon & Corn Salad

INGREDIENTS

SERVINGS: 4

- 1 pound cubed watermelon (approximately 8 cups)
- 1 cup fresh cooked corn kernels
- ¼ cup diced red onion
- ¼ cup chopped cilantro
- ¼ cup feta cheese crumbles
- 1 jalapeno, diced (if desired)
- 1 lime, juiced
- Salt, to taste
- Ground black pepper, to taste

DIRECTIONS

In a large bowl, gently combine all ingredients. Serve immediately.
Leftovers can be stored in an airtight container in the refrigerator up to 3 days.



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History of Our Hamlets

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

Early hospitals

Margaretville has been in the vanguard of community medicine for more than a century.

Doctor Gordon B. Maurer arrived in town in 1925 and set up Margaretville's first 'hospital,' a suite of beds in the house at the center of this postcard (right), on Orchard Street. The doctor's mother was his assistant. The house still stands.



In August, 1928, Dr. Maurer established the Pocantico Hospital in the Walnut Street wing of the Pocantico Inn (left). It had an operating room, obstetrical room, six private rooms and a ward. In December 1928, it was destroyed in a fire that consumed the hotel.

The community rallied to find a site for a new hospital (bottom), purchasing the Academy Street farmhouse of James Gladstone, a dentist who had purchased what had been known as the Allaben farm in 1927. The 12-bed hospital was expanded in 1942, 1944 and 1949, accommodating 52 patients. It was vacated when the new hospital on Route 28 was completed in 1969.





Green living

Make smart use of a mini compost bin

Sorting food scraps is a simple, eco-friendly habit that anyone can do. It's even easier if you have a mini compost bin in your kitchen. A mini compost bin is used to collect kitchen scraps indoors or break down small amounts of organic waste in tight spaces like balconies and patios. Here's how to use yours for maximum effectiveness.

PLACE IT IN A STRATEGIC SPOT

To ensure it's used often, keep it on the countertop and in plain sight where everyone in the household can see it. You can also put it under the sink or near the trash bin, where it fits seamlessly into your cleaning routine.

EFFECTIVELY PREVENT ODORS

A little baking soda at the bottom of the bin, and you're all set. Clean it with water and white vinegar every time you empty it. Finally, keep a small container in the freezer for stronger-smelling compost materials: it's practical and effective.



Every gesture counts toward reducing your environmental footprint.

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