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MAR 2026



A TIME AND A PLACE

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Unless you're one of us, New York State may not be the first place you think of when you picture maple syrup production, but we consistently rank among the top maple-producing regions in North America. In fact, New York is the second-largest producer of maple syrup in the United States, trailing only Vermont. With more than two thousand maple producers and millions of tappable sugar maple trees, our state produces millions of gallons of pure maple syrup each year.



Okay, Canada—particularly the province of Quebec—dominates the global maple syrup market, producing roughly 70 percent of the world's supply. Quebec's vast forests and large commercial operations allow for enormous production volumes. But, many Canadian operations are highly industrialized, with extensive tubing systems connecting thousands of trees to centralized sugarhouses.

In contrast, much of New York's maple syrup industry remains rooted in our family farms and small-to-mid-size operations. While modern technology such as vacuum tubing and reverse-osmosis systems are widely used, many producers still maintain traditional sugarhouses and wood-fired evaporators. This blend of old and new methods gives our New York maple syrup a reputation for craftsmanship and authenticity.

Climate also plays an important role. Ideal maple syrup production requires cold nights and warm days during late winter and early spring. New York's varied terrain—from the Adirondacks and Catskills to the Tug Hill Plateau—provides excellent conditions for sap flow. These conditions often produce syrups with rich, complex flavors that reflect the local forests where the trees grow.

Compared with other American maple-producing states such as Maine, Wisconsin, and Michigan, New York stands out not only for production volume but also for our strong network of local producers, festivals, and maple weekends that invite the public to visit sugarhouses and learn about the process.

Maple syrup made in the Catskills just feels more personal. Many of our local producers welcome visitors during maple weekends or sell syrup directly from their farms and roadside stands. It's not unusual to meet the very people who tapped the trees, gathered the sap, and boiled it down to the golden syrup on your pancakes. That connection—to the forest, the land, and the people who produce it—makes New York maple syrup made in the Catskills maple something truly special.

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MAPLE SEASON

HOW *Sweet* IT IS!



MAPLE WEEKENDS 2026

March 21–22 and March 28–29 - From 10am to 4pm, participating sugarhouses statewide offer free tours, sap-to-syrup demonstrations, and tastings. Visitors can enjoy family-friendly activities, pancake breakfasts, and purchase fresh local products at various locations.

Buck Hill Farm

185 Fuller Road, Jefferson, NY
Full Farm-to-table Country Breakfast featuring pancakes and farm-raised bacon.
Sat & Sun 8am-1pm.

Dar-View Maple

2813 Fall Clove Road, Delancey, NY
Experience six generations of Pure Maple Syrup Production.

Kenneth Burger Farm

3437 Mill Brook Road, Margaretville, NY
52nd year of making Maple Syrup.
Maple House Tours.

Maple Hill Syrup Farms, LLC

107 County Crapser Road, Cobleskill, NY
Boiling Sap into Maple syrup. Tractor Hayrides (weather permitting). Free Maple Samples!!!

Maplewood Farm & Orchard

596 Miller Avenue, Bovina, NY
Come see and learn how we make maple syrup from tap to table.

New Beginnings Farm LLC

2585 Rt 209, Kingston, NY
Tour of the sugarbush. Kids activities: cookie decorating & tree identification.

Reed's Maple Products

1071 Reed Rd, Hamden, NY
Tree tapping and equipment demonstrations.
Hayride and product samples.

Roxbury Mountain Maple, LLC

750 Roxbury Mountain Road, Hobart, NY
Come join us and bring the kids as we love the exuberance of discovery. Tour our sugar house.
Participating Dates: March 28 & 29

Shaver-Hill Maple

450 Shaver Road, Harpersfield, NY
All you-can-eat pancake breakfast every day from 9am to 3pm. Horse-drawn wagon rides.

Tree Juice Maple Syrup LLC

59 Rider Hollow Road, Arkville, NY
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Sweet Tradition:

Maple Syrup Season at Hubbell Family Farms

DO

As winter slowly loosens its grip on the Catskills and the days grow just a little warmer, a familiar seasonal ritual begins in the woods surrounding Margaretville. At Hubbell Family Farms, maple syrup production is more than just a farm product—it's a tradition that stretches back generations.

Family owned and operated since 1848, the Hubbell family has spent over a century cultivating the land and producing local foods for the community. Today the farm continues that legacy, producing a range of products including grass-fed beef, pastured pork, eggs, honey, apple cider, and of course, pure New York State maple syrup.

Maple season in the Catskills is a brief but magical time of year. When nighttime temperatures fall below freezing and daytime temperatures climb above it, the sap begins to flow inside maple trees. Farmers tap the trees and collect the sap, which is then boiled down in an evaporator to concentrate its natural sugars. It takes roughly 40 gallons of sap to produce just one gallon of maple syrup, making every bottle a true labor of patience and care.

At Hubbell Family Farms, the process connects visitors to one of the oldest agricultural traditions in the Northeast. The farm has produced maple syrup every year since its early days, maintaining a sweet link between the land and the community it serves. From the steaming sugarhouse to the rich amber syrup that results, the transformation of sap into syrup is both science and craft.

The finished product is available in a variety of forms—from classic bottles of pure maple syrup to maple cream, maple candy, and even specialty varieties such as rye whiskey barrel-aged maple syrup. These products are sold online and locally through the Hubbell Family Farm store located at Catskill Rentals in Kelly Corners, making it easy for residents and visitors alike to bring home a taste of the Catskills.



For many locals, a bottle of Hubbell maple syrup represents more than a breakfast staple. It reflects generations of stewardship, sustainable farming, and the enduring connection between Catskills families and their land.

Sweet News!

**Hubbell Family Farms is hosting a
Maple Weekend Open House
March 21st**

Everyone is welcome to come and watch the syrup-making process and try free samples of Hubbell syrup and farm-raised beef and pork.

FREE TO THE PUBLIC



Each spring, as the sap begins to run once again, the tradition of harvesting sap to make maple syrup continues at Hubbell Family Farms—one tree, one kettle, and one sweet harvest at a time.



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Pet Me Please!



Heart of the Catskills
Humane Society

by Laura Wright

The Five Freedoms



I recently read an article in an online bird welfare magazine that mentioned the Five Freedoms of Animal Welfare. I had certainly heard of the five freedoms, but I realized I had not recently read about them in-depth, so I did some more research. Though these concepts are common sense to anyone working in the animal welfare field, it is helpful to be reminded with concise descriptions of these basic guidelines. These are in my own words after reading a few different versions of what territory each freedom covers.

For some background, these guidelines originated in the 1960's in the UK, put in place by Britain's Farm Animal Welfare Council in response to concerns over the welfare of farm animals, but these concepts should apply to all animals, including humans!

The Five Freedoms are as follows:

Freedom from Hunger and Thirst. This includes having access to fresh water and an appropriate daily diet to foster health and well-being. We should be aware of what constitutes a healthy diet for an animal species as well as taking into consideration a specific animal's sensitivities, allergies, likes, and dislikes. We should also be aware of foods that are harmful due to health conditions or generally toxic to a certain type of animal.

Freedom from Discomfort. This freedom covers providing a habitat or environment appropriate for the animal, including shelter, a comfortable resting area, and enough space to move and stretch. It also covers keeping their environment clean and free from dangers.

Freedom from Pain, Injury, and Disease. This includes preventative measures as well as prompt care and treatment by a caregiver and/or a veterinarian for early signs of illness or injury to avoid suffering.

Freedom to Express Normal Behavior. This freedom is so important for the overall health and well-being of the animals in our care, whatever their

species. This includes providing enough space, a proper environment and enrichment activities for that animal's natural instincts, and normal interaction with other animals of their kind.

I will add my two cents on this one to include the freedom for our companion animals to express their fears, joys, likes, and dislikes appropriately without undue repercussions, to express their unique personalities, and to be accepted as individuals.

Freedom from Fear and Distress. This freedom includes treatment and an environment that avoids excessive mental and emotional distress for the animal in our care. They have a right to be free from things such as overcrowding and flooding (purposely exposing them to stimuli that causes fear and stress in the hopes they will "get used to it"), and they have a right to regular, proper enrichment and to be able to escape perceived danger to avoid mental suffering.

Let's make sure the animals in our care have the best life possible. They deserve it!

A circular logo with a black tree silhouette in the center. The words 'HOME FOAM INSULATION' are written in a red, curved font around the top of the circle. Below the tree, the text 'COMMERCIAL & RESIDENTIAL SPRAY FOAM' is written in red. At the bottom, the phone number '845-594-7413' is displayed in a large, bold, red font. Below the phone number, the contact information 'Kane DiBenedetto HomeFoamInsulation.net' and '10+ YEARS EXPERIENCE | FULLY INSURED | FREE ESTIMATES' is written in white.

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JUST A DOG

by Lloyd Barnhart

"But, she was just a dog", he said;
Made my blood boil!

Neighbor's pet had died,
12+ years after they had "rescued" her.

Family was distraught;
Kids had missed a couple of days of school.

"But, she was just a dog", he said;
I wanted to smack him for saying that!

Dogs, all dogs, are more than just dogs;
They are part of the family.

They are friend...protector...comforter;
With their presence, they make us whole!

Sure, some of them are rascals,
But so are our children and grandchildren.

Some are hard-headed,
And slow to obey,

But we love our rascal relatives,
And hard-headedness can be good at times.

My old black Lab, Pepper...
Best hunting dog and pet ever,
Was both a rascal and hard-headed.

I loved her, as I love my kids/grandkids...
Unconditionally... As she loved me!

So, believe me
When I tell you:

Never was there a dog,
That was Just a Dog!

HERE'S A TIP

Do you have a screw loose (in your eyeglasses)? Paint the screw with a dab of clear nail polish and quickly re-screw. It works like glue. Dab the top of the screw for a little extra insurance.

"Snow will better slide off a shovel that has been sprayed with furniture polish." -- T.L. in Minnesota

Cut your kitchen sponge in half or even thirds. You can clean just as well with a smaller sponge, and you will extend its life, saving you money. A smaller sponge dries out more quickly.

"I purchased a roll of reflective tape to mark our basement stairs. It reflects the light from the open doorway at the top of the stairs, and I can turn the downstairs lights off before heading up. I had some leftover, so I put a strip on my dog's collar. When I let him out at night, I can shine a flashlight and spot him instantly, since the tape is more visible in the night." -- V.R. in Pennsylvania

"I am an avid craft sewer. One trick I have used that was passed down from my mother is to save the bar soap when it gets to a sliver. Then I use it to trace patterns on cloth. I like it better than chalk. It makes a clear mark that 'sticks.' But it will wash right out when you are done." -- I.W. in Kansas

Use an old vegetable peeler in the shop to sharpen pencils.

Wrap the metal end of your paintbrush with masking tape before painting. Then you can peel it off and there's no stuck-on paint.

Store plastic wrap in the refrigerator or even freezer to keep it from sticking to itself.

To distinguish all the cords plugged into a power strip, write the appliance name (TV, game console, etc.) on a plastic bread tab, and attach it to the cord at the plug. A quick look at the power strip and you can unplug any appliance without having to follow the cord through the jungle behind your entertainment center!

Send your tips to Now Here's a Tip, 1800 Pembroke Dr., Suite 300, Orlando, FL 32810

Drawing Strangers

a workshop with Maeve McCool

Saturday, March 14, 2026, 12–2pm

Headwaters Arts Center

66 Main Street, Stamford

607-214-6040

headwaters@roxburyartsgroup.org

www.roxburyartsgroup.org

Join exhibiting artist Maeve McCool to learn how to draw portraits from old photographs.

Maeve's work in the current Headwaters exhibition *To Build a Home* displays ephemera and drawings sourced from her lifelong collection of lost photos, letters, notes, and objects from strangers. Found in dumpsters, junk stores, sidewalks, and old books, Maeve's collection is full of one-of-a-kind treasures.

In the Drawing Strangers workshop, participants will explore Maeve's collection and use it for inspiration to make their own drawing of a stranger. This workshop will cover the basics of drawing portraits, including proportions and using graphite/charcoal, and participants will discuss various methods the artist uses to create a drawing.

Maeve McCool is a visual artist based in Catskill, NY. Her work aims to consider memory, decay, and regrowth through detailed drawings, prints, and mixed media techniques. McCool studies how capitalist production rises and falls and how rural American communities emotionally connect to industry versus nature, and ideas of home, femininity, and loss.

McCool received her BA in Fine Art and Art History from the Corcoran College of Art and Design at the George Washington University in 2018. McCool has been a resident at The Tides Institute, Eastport, ME; The Sable Project, Stockbridge, VT;



In Cahoots, Petaluma, CA; Pyramid Atlantic Arts Center in Hyattsville, MD; Prattsville Art Center in Prattsville, NY, and Future Prairie, Portland, OR. McCool has had numerous solo exhibitions including at Athens Cultural Center, Lexington Arts + Science, Monolight Gallery and Prattsville Art Center, and participated in numerous group exhibitions in New York, Pennsylvania, Delaware, and Washington, DC.

This workshop is offered with tiered equity pricing at \$15 | \$20 | \$35. All materials are provided.

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Two Stone Farm artisan cheeses are not only delicious, they are beautiful as well. These Catskill Gold beauties — Two Stones' version of Harvarti — are aged in their cheese cave to fully develop their signature flavors.

Catskills Gold at Two Stones Farm and Store

by Iris Mead

In 2003 a neglected farm with 35 acres of land became available in the Halcott Center Valley, just across the Green County line with Delaware County. Alan and Robin White found their happy place. This land is now a thriving farm producing dairy cheeses popular with locals and visitors who now make it a point to stop into their charming shop on Main Street in Fleischmanns.

The Whites are the owners of this mostly solar energy farm, a certified Ag and Markets producer of fine cheeses. Their cheese is made from the milk of their own cows, sheep and goats. Alan is the cheesemaker using whatever milk is currently being “produced” by their herd. There are seven varieties of cheeses, some are seasonal depending on which animals are producing at the time. (Correct?) The Halcott Sunrise, (cheddar style), Mountain Medley (Gouda style), AnnabelBlue (a mild blue), Three Amigos (Moochego style) and Fromage Blanc/Highlander (soft and spreadable) are usually available. Seasonally, Alan will make a Feta Style and an all-goat

or all sheep/goat milk style called Harvest Moon. All the cheeses are then aged in a “cave” two or more months in a separate partially-buried building on the farm before being moved to a climate-controlled room in the store. Their blue cheese is aged on white oak boards in the cooling room at the store and kept at a constant 54 degree temp.

Neither Alan nor Robin are strangers to the area having lived here for over 35 years raising their three children who helped grow the farm until they moved away. During this time, Robin taught fourth, fifth and sixth grades for 21 years at Andes Central School. After Alan retired as the director of the Catskill Center in Arkville, he became a full-time farmer. He has continued to add to the animals on the farm with the help of many guard dogs through the years, the latest one named Honey, a Great Pyrenees mix.

Robin has recently retired from teaching and is busy with weaving scarves, hats and mittens using alpaca yarn, making goat milk soaps, baking delicious

continued...

goods to sell and running the Two Stones Farm store that they opened in 2018.

All products for sale in this cozy shop come from within a 30-mile radius of the store and are mostly from small local vendors. Selections include honey, maple syrup, jams, chicken and duck eggs, fresh baked goods, beef, veal and lamb and, of course, a selection of cheeses. Robin is already planning her garden at the farm, which will provide the store with fresh produce this spring and summer. Two Stone Farm cheeses can also be found at Dirty Girl Farm in Andes, Phoenicia Farmers Market, Tremper Hill Farms store and Windham Farmers Market. The Two Stones Farm Store is a popular place for end-of-day skiers to drop by.



Visit Robin at the Two Stones Farm Store, Fridays, Saturdays and Sundays, and peruse the selection of woven scarves, hats and soaps.

Two Stones Farm and Store
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 2stonesfarminfo@gmail.com
 www.2stonesfarm.com
 Fri & Sat 1-4:30pm
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Here's The Scoop



That Time of Year

by Brian Sweeney

March, as we all know, is a boring month. That's because there are plenty of folks who bore into maple trees in pursuit of sweet sap.

Being an amateur maple syrup producer, I like to think I learn a bit more about the process each year. For instance, this season I realized my pre-season firewood gathering to help provide heat for our home and to supply heat for boiling sap fell short of projections. As you might expect, buying firewood is considerably easier than knocking down trees, cutting to size, hauling chunks to the woodshed, and splitting the pieces. My back agrees with this assessment.

On the other hand, I find it painful to write a check for wood when, sadly, our five acres is dominated by dying ash trees. On the bright side, my back much prefers this option, even though my check-writing hand tends to cramp in this situation. And I didn't even mention the drudgery of cleaning the buckets and taps at the end of each season and the start of the next.

Fired up

The good news is we now have ample wood for the house and the maple operation. When I call it an "operation," it makes the process sound more substantial. It's not. Although, last year, we set a personal production record of a gallon plus a pint. That's not a typo. I'm guessing the amount of labor that went into the firewood utilized for

the maple process, plus the many hours of boiling would qualify the situation as: it's way cheaper to buy the stuff. No doubt.

As any home syrup-maker is aware, you must ignore the Return On Investment in terms of time and money. The real reward comes from the opportunity to sit outdoors spending large chunks of time amidst whipping March winds and chilly temperatures waiting for significant amounts of sap to get boiled down to a piddling return of maple syrup. Talk about sweet contentment!

You may be thinking that all this effort with the reward of just a bit more than a gallon of syrup is kind of insane. You'd be right! But not totally.

Brighter days ahead

While the weather during the February and March maple season is often less than ideal, it's the fact that winter is (hopefully) in retreat during this period that results in an optimistic atmosphere during this pursuit of liquid amber gold. Even if temperatures don't always reflect this transition, there's no mistaking the lengthening of daylight that always brightens my mood.

I guess what it "boils" down to is the maple season has multiple benefits. If you're hearty and skilled at fighting off hours of boredom — and are very precise in making sure your syrup is finished at the exact recommended temperature — you

continued...

STRANGE BUT TRUE

by Lucie Winborne

In ancient Greece, lipstick was seen as scandalous by most women and worn predominantly by sex workers.

The record for the longest tire skid was set in 1964 at the Bonneville Salt Flats in Utah.

Ornithologists often use Cheetos to study behavior in crows. Along with being easy to spot because of their bright orange color, they're also one of a crow's favorite treats.

Apollo 17 astronaut Harrison Schmitt is allergic to moon dust.

Michigan still has a 1931 law on the books stating that "any man who shall seduce and debauch any unmarried woman shall be guilty of a felony." If convicted, the man can be punished with up to five years in state prison or a fine of up to \$2,500.

Pentheraphobia is the intense and disproportionate fear of your mother-in-law.

Thumbs have their own pulse.

A 2015 study of black garden ants found that the insects might occasionally feel self-doubt.

Some throat singers are able to produce four tones simultaneously.

The first Hershey's chocolate bars with almonds were produced in 1908 because they were cheap to make. The nuts took the place of some of the more expensive milk chocolate, which meant Hershey's could keep the price of the candy at a nickel.

Eggplants are berries.

William Hogarth had a pug called Trump, who famously features in several of his paintings. Louis-Francois Roubiliac created a sculpture of Trump in terracotta to accompany a bust of Hogarth in 1741.

In the U.S. alone, up to 500 million drinking straws are used every day.

Venus rotates backward and has days longer than its years.

can taste your personal success every time you're in the mood for pancakes. Or oatmeal. Or on toast. The possibilities are endless — or however long you can stretch out a gallon or so of syrup, in our case.

Oddly, I was speaking to someone over the weekend who said her partner was on his annual trek to assist a local producer with a good-sized maple venture. She noted they sell at local farm stands and a few other places. The remaining syrup is placed in large barrels and shipped to Vermont! Wondering how that's labeled?

No such conflicts here. Ours is accurately billed as Pure New York Maple Syrup. Small Batch — Big Satisfaction!

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LEAVENED— *“Bread To Restore”*

by Suzanne M Walsh (©2026)

Photo courtesy of
Brian Weiss/Leavened



Having a bread talk with Brian Weiss, baker-owner of “LEAVENED”, the sourdough bread bakery in Conesville, is like bending an ear to the ground and listening in to an animated resurrection of the millennia-old story of bread from a fresh, colorful, up-to-the-present perspective. His storytelling has a way of embodying the living thing itself.

“This story goes back about 15,000 years—we know this because archeological sites show our ancestors were already grinding wild einkorn wheat around then...” is how Brian begins a spell that transmogrifies the humble thing we all know as bread, the food presence taken so much for granted in our daily lives, into the realization of the remarkable living gift it is.

“They mixed water into the ground grain, spread the paste on hot stones, and baked it right there—that’s your first bread. Flatbread. You can still find it all over the Middle East today, basically unchanged.”

Brian explains all this with a mesmerizing fluency hinting of his unique former life as a trained Shakespearean actor.

“Then around 6,000 years ago...” he continues, “something out of the ordinary happens.” Although sharing a history lesson, the meta-messaging rippling through his storytelling reveals the vast reservoir of love and respect this man has for his ancient, artisanal craft.

“Nobody knows for sure exactly how it happened,” he says, “but a change occurred that shifted everything known about breadmaking up to that point...” meaning, the change was a big one. This monumental shift began the shape-forming transformation of bread from a flat product into the light and airy natural yeast-risen sourdough loaves with the characteristically agreeable aroma coming out of the ovens of “Leavened” bakery today.

The original, most likely happenstance, process

is described by Brian as happening “Somewhere in ancient Egypt—or it could’ve been what we now call Turkey—but at some point, somebody forgot to bake part of their grain and water mix. Left sitting out on a hot day and, whatever was floating around in the air just... moved in.”

Among the things floating around in the air was very tiny wild sugar fungi, that today we call the “wild yeast” found feeding on fruit skins like grapes, and other plants and grains present naturally in our environment. The carbon dioxide by-product cast off as a result of this natural yeast feeding on the wet mixture created bubbles expanding throughout the dough.

At the same time, another chemical activity was taking place. The presence of the water in the flour was interacting with the crushed grains and beginning the breakdown process causing the release of lactic acid—the by-product of this chemical reaction—being introduced into the already bubbly floury mix.

These same lactic acids working on breaking down the proteins in the grains are responsible for sourdough’s signature taste and characteristic heady aroma. It’s also what makes sourdough bread so easily digestible, even sometimes for those with gluten, diabetic and other food issues.

“So you’ve got two things happening at once,” says Brian. “The wild yeast is releasing CO₂, blowing bubbles through the whole thing, and the lactic acid bacteria are breaking down those carbohydrates into simple sugars. Together, they created the gamechanger, the world’s first naturally leavened loaf. What we now call sourdough.”

And sourdough bread is what “Leavened” bakery is all about.

Made by hand in small batches in Conesville, Brian uses only natural leavening, exclusively. This is living yeast he’s grown and cultured himself. He named his “mother” culture “Maja” --in India this translates as “The Mother”—in tribute to his wife Erica’s Indian heritage. “Every baker names their own mother culture,” says Brian. “Some of them are said to be 400 years old!”

In preserving the purity of this heritage, years ago Brian made the decision to work only with genetically unmodified organic ancient grains. Varieties like

continued...

his flagship Country Rye bread, his earthy, rich-tasting Einkorn loaf, and the differing textural and flavor experiences from his mixing of spelt grains, khorasan (Kamut) and emmer grains, among others, are sourced regionally here in New York State.

Although this choice involves more costs than those of standard and industrial bakeries utilizing the modern conveniences of rapid-rise yeast and commercially processed flour choices, the superiority of the outcome is unquestionable. Sourdough breads from the ovens of “Leavened” are peerless on every level, including the deliciously distinctive taste, texture, feel and nutrient-rich qualities. They also uniquely produce a calming effect.

This trickle-down centering effect that “Leavened” sourdough bread bestows on the consumer is due not only to the activity of the traditional slow, almost magical, workings of the natural fermentation processes on such wonderful-tasting organic heritage grains, but is due also to the focused “intention” with which Brian crafts his loaves.

There’s yet another reason for how consuming “Leavened” bread confers this feeling of peace and wholeness—it’s a personal one. Brian recently gave a sourdough bread demonstration at the Schoharie Library (if you missed it, he’s scheduled for another one at the Gilboa Museum on July 12). After this fascinating and information-generous demonstration, he made available small jars of “Maja”, from his own mother culture, the heart of all his bakery’s sourdough loaves.

Waiting for my portion of “Maja” after class, I watched Brian spoon the small, soon-to-grow-large, bit of culture into my jar. As he placed it in my hand, he said in a quiet voice, “Remember, that although you’re receiving a living piece of my mother culture, once I place it in your hands, it becomes YOUR mother culture, breathing in and growing from everything in the environment that supports you—the light, the air you breathe, the water you drink, the sighs you make—everything that characterizes you individually. Give it your own name and take care of it as you would yourself.”

I haven’t forgotten, and on recalling his words I’ve since been remembering to feed myself more conscientiously, intentionally and healthily just as



Photo Credit: Suzanne M Walsh (©2026)

Brian Weiss, owner operator of “Leavened” bakery in Gilboa, demonstrates the different stages to making his outstanding sourdough bread from scratch using his own naturally grown “Mother” culture and organic ancient grains.

I am doing for my mother culture, making me feel calm and centered as if I myself have received a living blessing through this individualized retelling of the ancient legacy of bread.

Weekend deliveries are currently made to The Carrot Barn in Schoharie, Stamford Coffee, and Heather Ridge Farm in Preston Hollow. When dining out, find Leavened sourdough breads on the menus of Delaware Supply, Albany; Rae’s, Margaretville; Matilda, Hensonville; Dandelion, Big Indian; and Lev & Ida’s, Hudson. Leavened sourdough is also sold at Windham Farmers Market, Windham; Phoenicia Farmers Market, Pine Hill; and Wayward Lane Summer Market, Schoharie.

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FOR SOUTH CENTRAL NEW YORK

Justin Kolb's Music Scholarship Fund

International Concert Pianist Launches Scholarship Fund for Aspiring Music Majors in Delaware County and Beyond

Internationally acclaimed concert pianist Justin Kolb has partnered with the Community Foundation for South Central New York to establish the Justin Kolb Music Scholarship Fund, supporting high school seniors accepted as undergraduate music majors at accredited schools of music.



"This scholarship will serve as a note of appreciation to Catskill/Hudson Valley parents, patrons, and students for supporting my efforts to acknowledge the merit and value of performing and fine art as the cultural DNA in everyone," said Kolb.

Once fully funded, the scholarship will be available to students across more than 25 schools in Delaware County and the surrounding region. You can support this scholarship today by donating to Justin Kolb's Music Scholarship using this link: <https://tinyurl.com/JKolbMusic>.



Kolb's international career has taken him from Budapest to Santa Barbara. In addition to performing, he has presented master classes and motivational clinics to hundreds of students, from pre-k through university level, and founded musical festivals and camps. This piano virtuoso also continues to perform for seniors, and underserved students on a pro bono basis.

The Community Foundation for South Central New York is a nonprofit organization founded in 1997 and headquartered in Binghamton. The Foundation encourages and facilitates personal and institutional philanthropy throughout the region by working with local donors and organizations. From their \$51 million assets under management, the Foundation has awarded over \$30 million in grants to the area's nonprofits to help address community concerns and improve the quality of life in the region through their 170 plus funds. The Community Foundation serves donors and nonprofits in five New York counties: Broome, Chenango, Delaware, Otsego and Tioga. More information about the Foundation can be found on its website at www.donorswhocare.org.

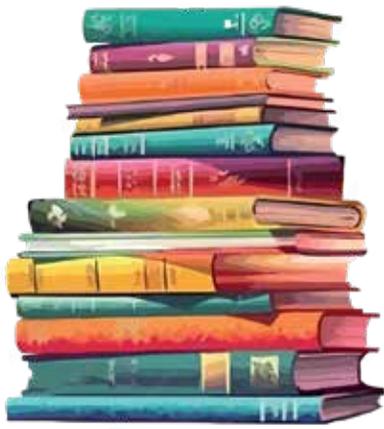
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FAIRVIEW PUBLIC LIBRARY MONTHLY NEWS & UPDATES

New in MARCH

Daughter of Egypt by Marie Benedict
This Story Might Save Your Life by Tiffany Crum
The Bookstore Diaries by Susan Mallery
The Secret Life of Murderers' Wives
by Elizabeth Arnot
A Far-Flung Life by M L Stedman
Served Him Right by Lisa Unger
The Dark Time by Nick Petrie
Nothing Tastes As Good by Luke Dumas
Everyone in the Bank is a Thief
by Benjamin Stevenson
It Girl by Allison Pataki
Death at a Firefly Tea by Laura Childs
Vanished in the Crowd by Rhys Bowen
Want to Know a Secret by Frieda McFadden
Life by Elizabeth Berg
The Keeper by Tana French

NON-FICTION

The Typewriter and the Guillotine
by Mark Braude
The Best Dog in the World by Alice Hoffman

LARGE PRINT

Felicia's Favorites by Danielle Steel
Cold Zero by Brad Thor

MARCH Events

BAG SALE - BUY BOOKS!

March 14-21: All week during regular hours
Fill a bag with any items for sale - hardcover books, paperbacks, DVDs, audiobooks - for \$5. Choose from books in the lobby and filling three tables in the conference room.

FREE PAINT & SIP

March 27 from 5:00–7:00 PM
All skill levels are encouraged to attend—no prior painting experience is necessary. A library staff member will guide attendees step-by-step through creating a beautiful floral painting. Call 845-586-3791 or email director@fairviewlibrary.org to register by 3/20.

FIBER ARTS CLUB

Wednesday March 11 from 6 to 8pm
Saturday March 28 from 10 to 12pm
Work on your own fiber arts (knit, crochet, embroider, sew, etc) and meet other makers. All are welcome - beginner to expert. No formal instruction but we will help if we can.

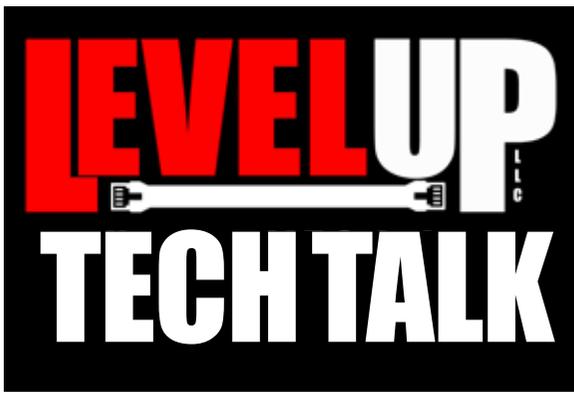
FPL BOOK CLUB Next meeting

Thursday March 19 at 2pm via Zoom
Contact the library director at 845-586- 3791 or email director@fairviewlibrary.org for the Zoom link.

MAH JONGG every Friday 1 to 4pm

SEEKING FINANCIAL STABILITY

The Boards of Trustees of Fairview Public Library and Skene Memorial Library have petitioned to place a referendum on the May 2026 Margaretville Central School District ballot. The measure would allow voters to approve sustainable funding for both libraries through a dedicated school tax line, as permitted under New York State Education Law. The libraries will hold several community meetings prior to the May 2026 vote to provide additional details. Please contact the libraries for more information.



by CJ Karcher

Owner & Systems Administrator

Level Up Tech Support

Spring Cleaning

I hope everyone is enjoying the warmer weather—I know I am. Phew, what a winter! This has been a true Northeast winter, much like they were when I was a kid: snow and cold! Before you know it, it will be that time of year when the heat is on in the morning and the AC is on in the afternoon. And mud—lots of mud everywhere. Lots of cleaning!

This is also a good time to get your computers, phones, and tablets cleaned up and tuned up. Computers and even mobile devices get a buildup of cookies—and not the yummy kind. This is also known as cache, and there are little files left behind from the sites you visit and the apps you use. Over time, they start to add up, take up space, and sometimes bog down a system's performance. It's a good idea to have systems cleaned up at least once a year. Your desktop and laptop computers are magnets for dust as well. Debris in a system can cause it to overheat, run poorly, and even lead to premature hardware failure.

This is also the time of year when you may be digging through that spare room that has been a catch-all for almost ten years (ask me how I know!) and find a stack of old laptops and a box of old cell phones. While some local transfer stations do offer free drop-off for old tech, make sure you destroy your computer's hard drive and wipe any phones or tablets beforehand. Otherwise, it can be an easy opportunity for someone to grab a

device and pull sensitive data from it.

Level Up Tech Support has you covered. If your tech is in need of a spring cleaning, we can help with that and more. We clean your system inside and out, make sure all hardware components are in good condition, and ensure everything is up to date and running at its best. We also take old tech, securely destroy the data on the drives, and properly dispose of the hardware.

We even offer data recovery services. So if that old computer still has photos from family trips saved on it but no longer turns on, we may be able to help with that too.

Happy Spring!

An advertisement for Erickson's Automotive, Inc. featuring a yellow truck. The company name 'Erickson's Automotive, Inc.' is written in a large, stylized blue font with a white outline. A red starburst graphic contains the text '30+ YEARS'. Below the truck, the services 'Auto Body Specialist', 'Air Conditioning Repairs', and 'Flat Bed Service' are listed. At the bottom, the phone number '(845) 586-2242' and the address '214 County Hwy 38 • Arkville' are provided.

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4 stimulating activities for a **HEALTHY BRAIN** after 50

We hope our readers lead long and fulfilling lives. Keep your minds sharp for as long as possible! Experts agree that you can slow cognitive decline by stimulating your brain every day. Simple, fun activities are sure to help. Here are four to explore.

1. GAMES

Sudoku, crosswords, brain teasers and chess all require strategy and concentration. They challenge your brain and keep it active. Board games give you the chance to play with your children, grandchildren or friends. The social aspect boosts your mood while you exercise your mind.

2. FOREIGN LANGUAGES

Are you looking for a challenge? Learning a new language will surely put your brain to the test. Mobile apps and online courses can make it easy for you to explore Spanish, Italian, German and more. Why not set yourself the goal of practicing to become more fluent before your next trip?

3. VOLUNTEERING

Giving your time to people in need or an organization that shares your values is also a great way to keep your brain active. Meeting new people with similar interests can help break the cycle of loneliness and reduce anxiety and depression. Contact your local community center to find out what options are available to you.

4. READING

Whether you prefer books, magazines (A Time and A Place!), comics or newspapers, reading stimulates the imagination, strengthens focus and sharpens visual processing. Most importantly, reading has a direct impact on memory. Visit your neighborhood library, join a book club or read your local newspaper.

Stay healthy with mental stimulation!

It's one of the best ways to enjoy all the wonderful things life has to offer for many years to come.



Did you know **SMILING** has many benefits?

Smiling isn't insignificant! This small gesture has a host of hidden superpowers that many people underestimate or ignore.

- **It boosts your charisma.** Many studies have shown that people perceive smiling individuals as more attractive and approachable. Your smile naturally draws others to you.
- **It puts you in a good mood.** Smiling activates facial muscles that send signals to your brain's limbic system and reward center. This response stimulates feelings of pleasure, joy and motivation.
- **It reduces stress.** Smiling triggers the release of feel-good hormones, such as endorphins and serotonin. These chemicals can lower your heart rate and blood pressure, helping reduce stress and promote a sense of overall well-being.
- **It strengthens your social connections.**

Smiling increases your self-confidence, giving you the courage to engage with others and initiate positive interactions that help build meaningful relationships.

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When a smile turns into laughter, the benefits multiply. Laughter has been shown to strengthen the immune system and increase pain tolerance.

Go ahead, smile!

Did you know?

There are two main types of smiles. The genuine smile, the Duchenne smile, involves both the mouth and the eyes. The social smile uses only the muscles around the mouth. That said, research shows that even a simulated or "forced" smile can have positive benefits. Why hold back?

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LIVING APART TOGETHER (LAT): gaining popularity among 50- to 60-year-olds



Meeting, falling in love and getting re-married or moving in together is the traditional path for many couples. However, relationships are changing, especially among people in their fifties and sixties. Proof of this is a growing trend of a different type of arrangement: living apart together, or LAT.

CONCEPT

LAT refers to a relationship in which the life partners are committed to one another but do not live together. Like partners who prefer separate bedrooms, LAT couples choose to live in separate homes. Many people who are separated or divorced and find love again opt for this arrangement.

ADVANTAGES

Living separately offers several benefits, especially for parents of teenagers or young adults who still live at home. Finding love again as LAT partners allows each person to enjoy a

committed relationship without forcing daily cohabitation on their children, which can help reduce friction.

Having their own home also lets each partner maintain their own privacy. They can decorate as they like, do their household chores when they want and more. This arrangement often allows for more freedom and fewer arguments.

Finally, many people who choose this lifestyle say that a bit of distance helps keep the relationship vital. Do you feel you've found your soul mate but don't want the challenges that come with living together? The LAT approach may offer the perfect balance.



Building **MUSCLE** after 50 is a win-win!

Once you're over 50, incorporating strength training into your routine offers real health benefits.

First, maintaining strong muscles helps you stay active, protects your bones and reduces your risk of falls while enabling you to move more comfortably. However, muscle mass naturally decreases with age. Regular weight training can significantly slow this process.

That's not all! Strength training also boosts your self-esteem. Feeling your body become stronger and more toned increases your confidence and contributes to your overall well-being. Week after week, each bit of progress is a source of pride and motivation.

You don't have to spend a fortune to build muscle. For example, you can easily train at home with a few dumbbells and resistance bands. Would you prefer



professional guidance? Join a gym that offers training programs designed for adults 50 and over, or sign up for group or individual classes.

In short, consistent strength training done at your own pace is a smart way to support both your physical and mental health.

Health concerns? Talk to your doctor before starting a new training program.

Find yourself a new **FRIEND GROUP**

Has retirement caused a void in your social life? Have your children grown up and moved out of the house, leaving your days a little too quiet? Do you find yourself newly single and facing long evenings alone? Joining a group of people who share your interests can change all that.

COUNTLESS POSSIBILITIES

Believe it or not, life after 50 offers many chances to forge new connections with people united around a cause or a hobby. You have many options, such as:

- Associations
- Committees
- Leagues
- Clubs
- Boards of directors
- Groups

Being part of a group is a great way to make new friends after 50. Regular meetups create a sense of belonging. Many people say their group feels like a second family. It can help you break isolation, stay mentally active, feel a sense of accomplishment and share your skills and knowledge. It's a win in every direction!

No matter your interests — walking, computers, caregiving, bird watching, bowling, photography, heritage, health, education, ecology, card games, fighting poverty, music and more — you're sure to find a lively group of like-minded people near you. Give it a go!

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Book

Reviews by
Jessica Reed

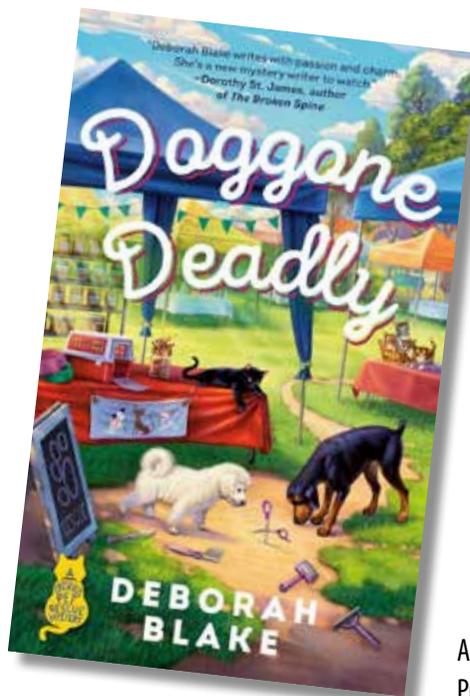
Doggone Deadly

This is the second book of three in the Catskill Pet Rescue Mystery series that I have read and reviewed. In order, they are, *Furbidden Fatality*, *Doggone Deadly*, and *Claws for Suspicion*, though author Deborah Blake, who does in fact reside in the Catskills, sets them up with the right amount of backstory so that they can be enjoyed out of order or as stand-alone books. Blake has a gift of creating believable, reliable characters who are perfectly imperfect and infuses them with dialogue that feels natural. Dialogue is not easy to get right and I always enjoy the banter Blake seems to effortlessly write.

To refresh, Kari Stuart was at loose ends in her life when she impulsively plunked down a few dollars for a lottery ticket, won a cool three million dollars and then just as impulsively bought a struggling animal shelter. Kari reconstructs her life and the careworn shelter turning it into a refuge for needy dogs and cats. Animal lovers rejoice!

In *Doggone Deadly*, Kari and her bestie Suz, are tasked with volunteering their time at an AKC dog show. As they say, no good deed goes unpunished and the volunteerism turns into taking care of all the thankless behind-the-scenes tasks at a fast-paced dog show where everything needs to go just right. But everything does not go just right. That is an understatement, everything that can go wrong, goes wrong. A couple of murders and misplaced suspicion threaten to ruin the show, but of course, it is this misfortunate turn of events that makes the book so good.

Blake's cleverly constructed cast of colorful characters including my personal favorite, a kitten named Queenie, who is more human than feline, had me laughing, sighing and muttering out loud to my own recently rescued shelter kitten. Yes, the kitten



AVAILABLE ON


Author: Deborah Blake
Publisher: Berkley

steals the show in a dog show book, as it should be. In my mind I misplaced my own suspicion on a few characters before eagerly reaching the truth at the end of the book. "Keep 'em guessing" is the mark of a good mystery book.

As a proofreader, I was very impressed with the impeccable editing. I didn't find any mistakes or typos and I usually do. As a reader, I was enchanted with this end of winter read that soothed my cabin fever. I will definitely finish the last book in the series to see what mishap Kari Stuart and Queenie find themselves in next.



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Sourdough French Toast with Maple Creme Fraiche

INGREDIENTS

4 slices stale Leavened sourdough bread
2 large eggs
1/3 cup whole milk
1/4 cup heavy cream
1/4 tsp cinnamon

1 tsp vanilla
3 tbsp butter, divided
1/2 cup creme fraiche
2 tbsp maple syrup
Berries, confectioners sugar
and cinnamon for dusting (optional)



DIRECTIONS

1. Whisk the eggs with whole milk, heavy cream, cinnamon and vanilla in a large, shallow bowl or baking dish.
2. Preheat a frying pan with 2 tbsp of butter. Meanwhile soak 2 slices of bread in egg mixture for 2-3 minutes. (One side for 1 minute, flip and continue until bread is saturated.) Fry in butter on both sides till golden. Repeat with remaining bread.
3. In a small bowl mix the creme fraiche and maple syrup with a whisk or a fork. Serve alongside the French toast. Drizzle French toast with our local maple syrup or any syrup. If desired, dust with sugar and cinnamon and/or top with berries.

*Nibble on this tasty Maple cheese
while your Maple Glazed Ham is baking.*



Maple-Marinated Cheese

INGREDIENTS

3 garlic cloves, peeled
1 shallot, chopped
1 cup canola oil
Hot pepper flakes, to taste
Peppercorns

1/4 cup apple cider vinegar
1/4 cup maple flavored whisky
1/4 cup maple syrup
1 tablespoon herbes de Provence
1 lb cheese (diced fresh mozzarella,
white cheddar, or Monterey Jack)

DIRECTIONS

In a saucepan, combine and gently heat first 5 ingredients for about 15 minutes or until lightly browned. Leave to cool. Add vinegar, whisky, maple syrup, herbs and cheese. Pour into sterilized jars and seal. Leave to marinate for 48 hours, turning jars occasionally.

Maple Glaze for Baked Ham

INGREDIENTS

- 1-1/2 cups maple syrup
- 1/4 cup spicy brown mustard
- (We recommend Inglehoffer brand.)
- 2 Tbsp unsalted butter, melted
- 1 tsp apple cider vinegar
- 1/2 tsp. cinnamon
- 1/2 tsp fresh ginger/ginger paste or 1/4 tsp ground ginger
- 1/8 tsp ground cloves

DIRECTIONS

Add all ingredients to a medium bowl and stir to combine.

To use: Recipe makes enough for a 5-7 lb ham. Score the ham, and before baking add about a half inch of water to the pan (add more water if it evaporates away). The sugary glaze will drip down into the pan and will burn if there's no water. Brush about a fifth of the glaze at a time all over the ham every 15 minutes during its last hour of baking. When the ham is done baking (safe internal temperature is 145°F), take it out of the oven and brush it with the last of the glaze. Do not put it back in the oven. Allow it to rest 10 minutes, carve and serve.



*Sap-tastic Recipes
just in time
for Easter!*



Brussel Sprouts with Maple Glaze

DIRECTIONS

Trim ends off Brussels sprouts and remove any dry leaves. Blanch for 2-5 minutes in a pan of boiling water. Dry thoroughly and slice in half.

Drizzle with olive oil and sea salt and massage into the sprouts.

Place Brussels sprouts cut side down, spaced out and placed in a single layer on a parchment-lined baking sheet for optimal crispiness and caramelization. Bake 20 minutes. Don't disturb them or flip them as they cook, and only cook one sheet at a time.

INGREDIENTS

- 1 pound Brussels sprouts
- 2.5 TBSP olive oil
- 3/4 tsp sea salt
- 3 TBSP maple syrup
- 2 TBSP balsamic vinegar

Combining maple syrup and balsamic vinegar in a small saucepan. Simmer on low-medium heat about 5 minutes, until the mixture thickens and will coat the back of a spoon.

When Brussels sprouts are ready, plate and drizzle the maple glaze on top. To avoid soggy sprouts, only glaze immediately before serving.

History of Our Hamlets

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

Crosby Emerson Kelly (1862-1925) was a carpenter whose many buildings in the Fleischmanns area attested to his construction and business skills. They included Skene Memorial Library, the massive Hotel Switzerland, the original Fleischmanns Union Free School, commercial structures and summer homes of the rich and famous. An 1899 article said he had 16 projects going at one time, employing dozens of local tradesmen.

History of Our Hamlets is sponsored by



Designed by Marshall Emory and built by Crosby Kelly, the Mandelbaum 'cottage' (above) had 19 rooms, contained 60,000 board feet of hemlock lumber and a princely \$10,000 price tag. Harris Mandelbaum was a Lithuanian immigrant who made millions buying and selling Manhattan real estate. His house, later renovated as a boarding house/inn, burned Dec. 29, 1971.



(Above) Crosby Kelly and crew built the Hotel Switzerland in 1906 overlooking the Fleischmanns lake of the same name. The 150-room hotel burned in 1929.

Crosby Kelly's big sawmill at the east end of Fleischmanns turned out hemlock lumber and kiln dried maple and oak flooring for his own projects and for other customers. It was heavily damaged by fire in 1911 but was back in business the following year, though it appears he may have moved the operation to Mapledale (Dry Brook) in 1914. This photo looks north and shows the Ulster & Delaware Railroad line running along the hillside.





Green living

Global Recycling Day

March 18, 2026

Better sorting for optimized recycling

Recycling is one of the most effective ways to conserve natural resources by giving materials a second life. However, despite its proven benefits, many people still question the value of recycling. Many are still in the bad habit of throwing everything in the trash without a second thought —far too often.

Global Recycling Day is the perfect time to highlight the importance of sorting waste at the source, a crucial step in the recycling process. Not sure where to recycle items like paint, Styrofoam or printer cartridges? Check with your local municipality. Many communities now provide websites or apps that clearly explain how and where to recycle different materials.



Remember the three Rs:

Reduce, Reuse and Recycle

By managing your waste thoughtfully each day, you can make your consumption habits far more eco-friendly. Whenever possible, try to reduce the amount of overpackaged products you buy. Find creative ways to reuse objects like food containers. Recycle only as a last resort.

Thought for the Day

“I love being married. It’s so great to find that one special person you want to annoy for the rest of your life.”

- Rita Rudner

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