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# A TIME AND A PLACE

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**A Time and A Place**  
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Gretchen Balcom  
 PUBLISHER



## FROM THE PUBLISHER

I've been chatting with several friends, all of whom live in or near large metropolitan areas across the country. One thing they've all mentioned is everyone's heightened stress levels. Everyone seems to be overwhelmed and short tempered. Retailers, service businesses, restaurants, and medical offices are all struggling with staffing and supply issues, and have resorted to posting signs asking people to please be tolerant, and to stop being rude to their staff.

Seriously?!? Can't we all just get along?

Admittedly, I've been wrapped up with my own needs lately, and have possibly had my blinders on, but here in our tiny hamlets and communities we seem to be taking the challenges of this "new normal" in stride. Yes, unfortunately there are always a few grumpy people to be endured, but I don't recall any tales of extreme rudeness, and I certainly haven't seen any signs posted. Is it possible that we mountain folk are simply more patient, tolerant, and mannerly?

I think so.

So kudos to you, friends and neighbors, for taking the high road and displaying the courtesy and supportive community spirit that makes the Catskills such a great place to call home.

*Gretchen*

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# Margaretville Telephone Company Completes Transition to Employee Ownership



***MTC Board of Directors and Management Staff (Left to Right): Jacob Johnson, Customer Experience Manager (MTC) Walter Carman, Network Operations / IT Manager (MTC) Madie Decker, Senior Accountant (MTC) Donald Bramley, Chief Financial Officer (MTC) David Reilly, Board of Directors Jennifer Telesky, Board of Directors Larry Roadman, Founding Family Member, Board of Directors Karen Harris, Founding Family Member, Board of Directors Doug Hinkley, MTC General Manager 1971 – 2007, Board of Directors Cambria Tallman, Executive Assistant / Human Resources Manager (MTC) Glen Faulkner, General Manager (MTC) Matthew Steen, Business Development and Marketing Manager (MTC)***

The Margaretville Telephone Company (MTC) has completed its transition to 100% employee-ownership making it the first regulated utility in the State to achieve this status. The closing of the transaction on June 7th follows five generations of Birdsall / Roadman family ownership dating back to the founding of the company in 1916. The Employee Stock Ownership Plan (ESOP) has been the primary retirement vehicle for MTC employees since its inception in 1985. In 2018, the company completed a secondary phase of the ownership transition with the ESOP gaining a majority ownership share of the company at that time. The closing on June 7th culminates a long-term, multi-year plan to complete the transition to 100% employee ownership. Final regulatory approval was granted by

the NYS Department of Public Service in April.

Karen Harris, (Roadman Family Representative and Board Member) reflects, "I am so grateful to have the privilege of working with my family, the MTC board, and Glen Faulkner, to find a creative solution that keeps jobs and profits in the local economy. I know my parents and grandparents would be grateful and proud."

Larry Roadman, (Chairman of the Board) notes, "It is especially meaningful that we are completing this transfer of ownership at this particular time. Over much of the company's 107-year history, the Birdsall and Roadman families have depended on employee senior management to lead the company, in daily operations and in longer term strategic directions and partnerships. Over the last decade, management and

staff have guided MTC through an intensive period of growth, transitioning from a telephone company to a broadband company, and at the same time more than doubling its size and coverage area."

Doug Hinkley, (General Manager from 1976-2007 and Board Member) states "It has been my honor and privilege to work at MTC for my entire working career. The ESOP allows the company to live on and offers the family an opportunity move on to new initiatives. We could not have written a better script."

Glen Faulkner, President and CEO, notes "This has been a very exciting accomplishment for all of us at MTC! The employee-ownership model sets forth a structure which benefits all stakeholders, the company, employees, and community alike. It was

the desire of all parties to keep the management and ownership aspects of the Company local. The ESOP fosters greater employee engagement, career growth, and job satisfaction. The region benefits by retaining a growing company which offers employment opportunities and continued investment back into our local communities."

Over the upcoming months, MTC plans to introduce several new service offerings and technology enhancements which are already in their final testing phases. Continued investments in broadband expansion to unserved and underserved regions will remain a top priority for the Company.

### About Margaretville Telephone Company



The Margaretville Telephone Company has installed over 1500 miles of advanced Hybrid-Fiber-Coaxial (HFC) and Fiber-to-the-Home (FTTH) facilities in 17 municipalities encompassing segments of Delaware, Greene, Schoharie, and Ulster counties. MTC serves over 9000 residential and business customers in the region offering a suite of telecommunications services including voice, video, broadband, and high-capacity fiber optic-based circuits. In addition, the company's extensive fiber network provides essential interconnections for many of the regional telecommunications carriers. MTC currently employs a dedicated staff of 45 and along with numerous contractor personnel.



Founding family members Larry Roadman and Karen Harris pose with with Glen Faulkner, General Manager.

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# Beyond Ballet

A Walton Dance Studio Story

*by Mel Steinbrecher*



*Studio students Zoey K., Madison S. and Madelynn G. in uniform — Photo Credit Rebecca Hanley*



Over a decade ago, Rebecca Hanley sat in her dorm room on the receiving end of a phone call from her father, encouraging her to take on a project that would both showcase her passion for dance and create a unique outlet for the Walton community.

Inspiration then took over, directing Hanley to transfer from her community college

in Cortland to SUNY Oneonta, where she was able to continue her path in early childhood and family education but also have access to dance classes to finetune her skills. With her lifelong dance career backing her and a vacant building available, Hanley was able to transform 137 Delaware Street in Walton into Catskill Dance Moves in 2013.

The facility started off with one studio but has since grown into a total of three, allowing Hanley and

three other instructors to offer an array of dance classes including tap, ballet, jazz and hip-hop to students of all ages and genders. Catskill Dance Moves is comprised of a variety of groups, including a competitive team that travels around New York state to participate in competitions. Hanley explained that the competitions are never about bringing home the trophy, though. She feels dance is not only about self-expression, but self-awareness, self-criticism and pride.

"If my students can walk away from competitions thinking of ways to better themselves or how to work better as a team — that's what it's all about," Hanley said.

The studio's lessons allow the physical outlet of expression through dance and are accompanied by bouts of discipline, socialization, teamwork and confidence building.

Both the structure of the classes and the building itself have recently undergone several major upgrades and Hanley still has more up her sleeve. She announced the addition of a spring showcase to the upcoming semester that will launch a more personal level for her 150 plus students. Through her studio, Hanley has created a space to share her devotion to dance and help others reach for the stars.

**Top Left - Rebecca Hanley, owner and instructor at Catskill Dance Moves studio in Walton . Left - A spacious, equipped studio within Catskill Dance Moves.**

— Photo Credit Rebecca Hanley



## Catskill Dance Moves

137 Delaware St  
Walton, NY 13856  
(607) 865-7341  
[www.CatskillDanceMoves.com](http://www.CatskillDanceMoves.com)  
[catskilldancemoves@gmail.com](mailto:catskilldancemoves@gmail.com)

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# “Paint The Town”

## and support the Zadock Pratt Museum

DO

### Views of Prattsville Outdoor Event July 1 – August 13

The Zadock Pratt Museum invites artists working in all media to participate in VIEWS OF PRATTSVILLE outdoor event on the sidewalks and in the hills and valleys of Prattsville, NY every weekend from July 1 to August 13 (midweek participation can be accommodated). Artists are invited to grab their easels, sketchbooks, and cameras and head for Main Street during the months of July and August to create their artistic “Views” of Prattsville. All artworks will be auctioned off Saturday, August 26 to benefit the Zadock Pratt Museum. The sales price of each artwork will be shared 50/50 with the individual artist who contributed it.

A dozen artworks bearing the title “View of Prattsville” hang on the walls of the stately home of Zadock Pratt, Prattsville’s most prominent citizen. That home in the center of town is today’s Zadock Pratt Museum. It’s time to add to that collection!

The man behind the paintings is Zadock Pratt, 19th century tanner, entrepreneur, Congressman, art patron and early town planner. Beyond his financial support for local artists, Pratt employed artists and photographers to document his life and town. Rev. Levi L. Hill, inventor of color photography, expressed his gratitude with “View of Prattsville,” the world’s first color photograph.

Throughout his life, Zadock Pratt commissioned almost a dozen paintings, drawings, lithographs and photographs of his namesake town including works completed in 1828, 1835, 1844, and 1850 by artists Asher Durand and Amos Hamlin, among others.

The Zadock Pratt Museum, on Prattsville’s bucolic Main Street, invites artists and photographers to take up their pens, pencils, cameras, and brushes



to chronicle the Town with their own “Views of Prattsville” for the 21st century. The Museum also invites the public to visit Prattsville — and the Museum — walk its Main Street and stop in the Museum for a cool drink of water or iced tea and an energy snack. Participating artists will be provided with drinks and snacks as well.

Please call Carolyn Bennett at 201-388-5103 for your entry form and for more information. There is no fee to participate.

The mission of the Zadock Pratt Museum is to excavate, elevate, and share the rich histories and cultures of Prattsville and the greater tri-county Catskills region. With the life and legacy of Zadock Pratt at our core, we aim to be a critical beacon of local research and education, serve and preserve through community-minded programming, events, and encounters that tell expansive stories, and contextualize and cultivate ideas that matter. Located in Zadock Pratt’s 19th century Greek Revival home, built in 1828 and re-designed in 1856, the museum opened to the public in 1959. Since 1986 the building has been on the National Register of Historic Places.

To learn more, visit [zadockprattmuseum.org](http://zadockprattmuseum.org).





## Hanford Mills Museum Hosts Dairy Exploration Day Saturday, July 15

Exploration Days at Hanford Mills Museum continue with the goal of giving visitors a chance to explore the mill and experience engaging activities and demonstrations.

The Dairy Exploration Day will take place on Saturday, July 15. Visitors will be able to enjoy free samples (while supplies last) of vanilla ice cream churned at the mill and chilled with ice harvested during the 2023 Ice Harvest on-site at Hanford Mills.

At this Exploration Day, which comes just in time for National Ice Cream Day, visitors can also learn more about the history of Delaware County's dairy industry. Join in the fun... celebrate, play some historic games, and enjoy some ice cream! Byebrook Farm will be on site selling their Farmstead Gouda cheese.

Hanford Mills Museum is open Wednesdays through Sundays, 10am until 5pm through October 15. Guided tours of the water powered sawmill, gristmill, and woodworking machines are offered each day at 10:30am, 12pm, 1:30pm and 3pm. Reserve your tour ahead of time by visiting [hanfordmills.org](http://hanfordmills.org) or calling 607-278-5744.

Visit [hanfordmills.org](http://hanfordmills.org) and their social media channels for details about the Exploration Days and other events at Hanford Mills Museum in 2023.



### About Hanford Mills Museum

Hanford Mills Museum operates an authentic water- and steam-powered historic site, which includes a sawmill, gristmill, and woodworking shop. The mission of Hanford Mills Museum is to inspire audiences of all ages to explore connections among energy, technology, natural resources, and entrepreneurship in rural communities with a focus on sustainable choices. The museum is listed on the National and New York State 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](http://www.hanfordmills.org) or call 607-278-5744.



## Shakespeare's romantic comedy *As You Like It* performed outdoors and featuring a live folk rock soundtrack



Catskill Mountain Shakespeare presents their 2023 Outdoor Summer Season, in association with The Catskill Mountain Foundation, with Shakespeare's comedy *As You Like It* opening July 15, 2023. This year's production features a live folk rock soundtrack and is directed by Sydney Berk, a graduate of the London Academy of Music and Dramatic Arts. A diverse cast of 13 actors from the Hudson Valley and

NYC will play guitar, bass, banjo, mandolin, percussion, and sing songs by David Bowie, The Cure, Tom Petty, Johnny Cash, and more. Twelve performances, staged outdoors among the picturesque landscape of the Catskill mountains, run outdoors and under the tent at The Red Barn on Main Street in Hunter for 3 weekends, July 15 - 30, 2023. For tickets, visit [catskillmountainshakespeare.com](http://catskillmountainshakespeare.com).

# Weaving Weekend

## with Tabitha Gilmore Barnes

Headwaters Arts Center  
Saturday & Sunday, July 15 & 16

Weaving is a truly captivating art form that allows the weaver to immerse themselves in a world of creativity, rhythm, and tactile pleasure. As the loom takes shape and the threads intertwine, a symphony of colors, textures, and patterns emerges, bringing a sense of enchantment to the weaver's fingertips.

Join experienced weaver and teaching artist Tabitha Gilmore-Barnes for an introductory tapestry weaving workshop. Participants will learn about basic weaving techniques, weaving tools and materials. The workshop is suited for participants ages 10 and up.

"The joy of weaving lies in the infinite possibilities it offers," says Liza Oesterle, Program Manager of the Headwaters Arts Center. "From the selection of materials to the choice of patterns, every decision is an opportunity for self-expression and exploration."

Each workshop participant will receive a Harrisville Designs Lap Loom Kit to keep so they can continue their practice at home.

Teaching artist Tabitha Gilmore Barnes studied at the Fashion Institute of Technology and the Center for Tapestry Arts. Upon joining the American Tapestry Alliance in 2017, Tabitha expanded her tapestry weaving skills through a mentorship with Margaret Jones classes with Rebecca Mezoff. Tabitha has been creating and selling textiles for home and wardrobe since 1980, inspired by the Catskills and Scripture words and images. Color is an important component in her work, hence she hand dyes and spins locally accessed wool to provide variety in coloring and yarn thickness for her creations.



## Weaving Weekend

### Headwaters Arts Center

66 Main Street, Stamford  
Saturday & Sunday, July 15 & 16

The fee for this two-day workshop is \$125 which includes all materials. To maximize personal instruction, participation in 'Weaving Weekend' is limited. To register for this two-day workshop visit [roxburyartsgroup.org](http://roxburyartsgroup.org) or call 607.214.6040.



# 2023 **AMR** Open Studios Tour Expands to Three Days

DO

*July 28 - 30, 11am to 5pm - Delaware County*

More than 40 local artists, galleries, and art students will share their inspiration and process with visitors this July. Meet painters, sculptors, printmakers, photographers, and mixed-media artists where they make their art. Studios and galleries will be open in Andes, Arkville, Bovina, Denver - Vega, Fleischmanns, Halcottsville, Margaretville, and Roxbury. For a complete map and more information about the artists, visit the new AMR website at [www.amropenstudios.org](http://www.amropenstudios.org).

Several exciting new things are in store for this year's tour: Bovina has been added as the eighth and latest Delaware County town. A third day — Friday, July 28 — has been added to allow visitors extra time to make the rounds of this popular tour. A new Student Display featuring Margaretville Central School and Roxbury Central School art students is being hosted by Longyear Gallery in Margaretville. And there will be a Kick-Off Party hosted by Liberal Arts Roxbury and Brian Tolle Studio on July 27, from 5-7pm at Roxbury Abbey, 53266 NY-30 in Roxbury. Roxbury Abbey is also the location of artist Bonnie Levinson, who is new to the Open Studios Tour this year.

Instrumental in connecting local emerging artists with established pros, AMR Artists Inc. is a non-profit organization that creates a welcoming habitat for artists and art lovers alike. The goal is to bridge the gap between the Hudson Valley and the Western Catskills by presenting Delaware County as a vibrant regional hub celebrating the visual arts and fine crafts.

AMR programs also connect the plethora of talented area artists to main street businesses, the local community, galleries, and tourists. AMR encourages emerging artists, as well as artists new to the area, to join in and learn from the established Delaware County arts community.

“The amount of talent tucked away in these mountains is something I hope more New Yorkers can experience.”

“The amount of talent tucked away in these mountains is something I hope more New Yorkers can experience,” says Rebecca Andre, Tour Director.

This project is made possible through generous local business sponsors, with funds from the A. Lindsay and Olive B. O'Connor Foundation and from the Delaware County Arts Grants.

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# Farm Fresh Healthy Dog Treats Right In The Catskills

SHOP

by Mary A. Crisafulli

Back in 2012, Queny Villanueva started toward her long-time dream of keeping dogs happy and healthy. It was then that Villanueva - with the help of her husband Roger Sackett - started SavvyBeast, a company offering health-boosting dog treats made from farm fresh ingredients.

Right in the small farm-focused town of Kortright, Villanueva, and Sackett create all treats in their home kitchen. The two make large batches all at once which can often take over the whole house, said Villanueva with a smile.

For Villanueva, the goal of boosting dog health is deeply personal. At the young age of 21, Villanueva moved to the US from Columbia in 1990. With no family in the States, she became profoundly attached to her dog Kico. When he became ill, health was a priority. Villanueva found adjustments to Kico's diet are what yielded the best results. When her second pup Alexander suffered from disease, Villanueva said, "I'm going to do something about this," and her dream was born.

Villanueva later linked up with Cornell University to research the most health-conscious food choices for dogs. Dog DNA is still significantly linked to wolf DNA, she said. Wolves eat 50-80 percent protein, 26-30 percent fatty acid, and at most 14 percent carbs, but treats and foods on the shelf don't always provide this, she explained. "In the wild, a wolf will eat liver, heart, and organs first." Dogs require similar nutrients to remain healthy.



*Queny Villanueva (right) and her husband, Roger Sackett (left) with their pup Sophie and some of the most popular SavvyBeast treats. The two are pictured at their home in Kortright where all SavvyBeast treats are made.*



*Queny Villanueva's dog, Sophie, sits patiently with her tail wagging for a SavvyBeast treat.*



# Pet Me Please!

Heart of the Catskills  
Humane Society

by Guest Contributor Queny Villanueva  
Owner & Founder of Savvy Beast Treats



## Essential Steps to Keep Your Pet Healthy: A Guide for Pet Owners

As pet owners, our furry companions hold a special place in our hearts and deserve the very best care possible. Ensuring the health and well-being of our pets is a responsibility we must embrace wholeheartedly. While there's a wealth of information available on pet care, it's essential to focus on the fundamental steps that form the foundation of their overall health. In this column I want to share with you some tips from all my research and experience in the pet world. Here we will explore the very basics of pet care to help you keep your beloved animal healthy and thriving.

**Regular Veterinary Check-ups:** Just like humans, pets require routine medical check-ups. Schedule regular visits to a trusted veterinarian. These check-ups can help detect underlying health issues, preventing future problems. Early detection is key to maintaining your pet's well-being.

### Balanced Diet and Hydration

Proper nutrition plays a vital role in your pet's overall health. Consult your veterinarian to determine the appropriate diet for your furry friend's age, breed, and any specific health requirements. Ensure their diet consists of high-quality meats and other ingredients that meet their nutritional needs. Pets need 56% protein, 25-30% healthy fats and a 14% of carbohydrates. Additionally, a raw diet is one of the best for your pet; it is designed to mimic a pet's natural ancestral diet. The whole concept of raw feeding is based upon a dog's instinctive carnivorous

bias. Additionally, provide access to fresh, clean water at all times to keep your pet well-hydrated.

### Regular Exercise and Mental Stimulation

Physical activity is crucial for the physical and mental well-being of your pet. Dogs require regular walks or playtime in a secure environment, while cats benefit from interactive toys and scratching posts. Engaging your pet in stimulating activities not only helps maintain a healthy weight but also promotes mental agility, reducing the risk of behavior problems.

*continued...*

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I believe most of pet behavior has to do with diet and lack of regular exercise. Walks are great to keep your pet engaged with the environment.

### Grooming and Dental Care

Regular grooming is essential for maintaining your pet’s hygiene and overall well-being. Brush your pet’s coat to remove loose hair and prevent matting. Keeping your dog groomed can also help with ticks and fleas. Trim their nails regularly and clean their ears to prevent infections. Equally important is dental care, as dental diseases can lead to various health issues, like heart problems. Brush your pet’s teeth regularly using pet-friendly toothpaste and provide treats that are hard and crunchy, SavvyBeast makes delicious and very nutritious treats. You can also offer toys that promote oral health to your pet.

### Safe and Enriched Environment

Create a safe and enriching environment for your pet to thrive. Ensure they have a comfortable and clean-living space, with access to cozy bedding and appropriate shelter from extreme weather conditions. Remove any potential hazards or toxic substances from their surroundings. Provide them with suitable toys, scratching posts, and hiding places to keep them mentally stimulated and entertained. Animals like their space clean like humans do.

Caring for your pet’s health is an ongoing

commitment that requires attention to these fundamental steps. Regular veterinary care, providing a balanced diet, engaging in physical activity, practicing proper grooming and dental care, and creating a safe environment allows you to lay the groundwork for a healthy and happy pet. Remember, the love and care we invest in our pets’ well-being are returned to us in their unwavering companionship and boundless affection.



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# Horses for body, heart, and soul

by Suzanne M. Walsh



PHOTO CREDIT: SUNY COBLESKILL

**Adam Halloran, Veteran, student and volunteer, grooms "Justus", his therapy horse and friend. Adam's grandfather Al, 99 and also a Veteran and horse lover, lends his support.**

Rounding the corner at the back of the huge Equine Barn at the invitation of Margaret "Marny" Mansfield, Director of the Therapeutic Horsemanship Program at SUNY Cobleskill, the shift from sunlight into shaded interior is anticipated. What is not expected is the sudden aroma of sweet hay as escort,



PHOTO CREDIT: SUZANNE M. WALSH

**Jessica, mother of three boys and a client at the Equine Center spends some snuggle time with her therapy horse "Lilly".**

guiding you deeper into the heart of this place where the scent of well-oiled tack gear, snuffling noises and the palpable feeling of large-muscled animals moving around brings you face to face with what makes this place special: horses at work helping people heal.

Seven years ago, SUNY Cobleskill launched a really good idea. They introduced a bachelor's degree certification built on the foundation of the Therapeutic Horsemanship program that had been taught there for nearly 30 years. This innovative concept broke ground as the first of its kind in New York and one of less than 12 similar educational degrees in the country. The Bachelor of Technology Degree in Therapeutic Horsemanship readies students for graduate work in the industry, and certification with PATH International (Professional Association of Therapeutic Horsemanship International), the global governing body of the industry. Director

Marny Mansfield is a PATH Intl Master Instructor and guides students towards the future with meaningful careers with horses.

The Therapeutic Horsemanship Program has not only altered the lives of students, but also has had an awesome effect on the community. With ages ranging from 2 to 99, people come seeking Equine-Assisted Services--children with disabilities, at-risk adolescents, and adults with invisible wounds. "We really are one big family here." says Marny. This is one of the results that can happen when thousand-pound animals engage with people one-on-one under the supervision of dedicated two-legged colleagues and volunteers whose sole focus is healing.

While most all animals are therapeutic, horses are especially so. Why? Interacting with horses help people with special needs overcome physical, cognitive, and emotional challenges in a different way than with most animals. Among their gifts, equines have a special sensitivity in being able to "read" humans and, as one veteran put it, "Horses don't lie."

And then there's that uncanny commonality with humans: their natural walking movements match our own. Surrendering to the horse's rhythm and pelvic movements stirs an automatic response in the rider's muscle memory. Equine movement will passively exercise the rider's core pelvic muscles in sync with the animal's own. With consistent repetition, this dynamic movement builds up muscle strength and balance in the rider, bringing function to an individual who may have never had a normal walking gait, or whose muscles may have been lost to atrophy or trauma.

Eight months ago, Jessica, a remarkable person with multiple sclerosis, arrived at the equine center in a wheelchair feeling equine assisted services were her last hope. Marny, who is a licensed occupational therapist, evaluated her new client and specially designed a therapeutic program that began with Jessica being harnessed while seated in her wheelchair on a platform, then hoisted through the air by a mechanical lift before being lowered down onto the back of her therapy horse, Lilly.

At the time, it required three trained people to accompany Jessica as she was unable to uncurl enough to hold herself upright in the saddle while being guided around the arena. Today, her core



PHOTO CREDIT: SUZANNE M. WALSH

***Jessica (center) is hoisted airborne from wheelchair to saddle and settled on "Lilly" her therapy horse. Director Marny (left) and staff stand by.***

muscles have gained enough strength so that with assistance she is now able to mount directly from her wheelchair onto the saddle and is also able to sit astride independently upright with assistants on each side nearby. Her time mounted addressed her physical needs at its shining best.

The center also has equine-assisted services addressing mental health.

A few years ago, Lyndsey Rhodes, an RN BSN at the Albany Stratton Veterans Administration Medical Center and an Equine Specialist in Mental Health and Learning (ESMHL), began collaborating with SUNY Cobleskill for extending specially designed equine programming to include veterans. Carolyn Nelson, the coordinator for Veteran Affairs at SUNY Cobleskill, a veteran and a mother, now coordinates this program at SUNY Cobleskill for veterans enrolled in the Stratton VA Medical Center who arrive by bus from Albany.



Adam is one of the veterans to come through this program. "I was a real mess before," he shares uninhibitedly. "I felt nothing could help me." Then he smiles, "When I joined this program, everything changed."

Everything really did change. Today, Adam has begun life over, enrolled as a student at the college working toward his Bachelors Degree in Therapeutic Horsemanship. These days, you'll also find him assisting at the Equine Center where his grandfather Al, age 99, also a veteran and lover of horses, visited his grandson. Otherwise, Adam is on hand giving welcoming encouragement to new veterans stepping off the bus from Albany beginning a new path to healing. When asked what it's all about for him, he smiles and says, "There's nothing more important in life than helping each other toward mental health... nothing." He may know a thing or two about that.

I think Adam is right because I left the Equine Center feeling happy. Marny's parting words were on my mind when asked what she would like people to know about work here at the Equine Center. "No one is ever turned away from here. Everyone is welcome to visit, volunteer, and participate in the Equine Therapeutic Program at SUNY Cobleskill."

I knew I'd be returning soon to this place of healing.

For more information visit SUNY Cobleskill Equine Studies and SUNY Cobleskill Equestrian Center Facebook page.

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## Vaping: a habit with several health risks



E-cigarettes are gentle and safe, right? Wrong. Despite what many say, vaping isn't an ideal alternative to smoking. Since it's a relatively recent trend compared to traditional cigarettes, the long-term effects haven't been studied. If you're curious about this gadget or know someone who vapes, know the facts.

### Effects of nicotine

Although the nicotine contained in many vaping products isn't associated with cancer, e-liquids and e-juices are highly addictive. They've also been shown to:

- Impair concentration and memory
- Cause behavioural problems, especially in adolescents
- Predispose users to dependence on other addictive substances

### Various contaminants

Vaping products contain several ingredients that may seem safe, such as dietary glycerin, propylene glycol and artificial flavours. However, when heated, these substances can create cancer-causing chemicals, such as formaldehyde and acrolein. In addition, contaminants like toxic heavy metals can end up in inhaled vapour.

Additionally, studies indicate that vaping worsens lung disease and asthma, and inhaling harmful chemicals can cause irreversible lung damage and cardiovascular disease.

Do you vape and are struggling to quit? Consult a health professional for help.



# STRANGE BUT TRUE

by Lucie Winborne

- In a study to improve hospital design for children, researchers polled 250 kids about their opinions on clowns. The verdict was unanimous: Every single one reported disliking or fearing them. Well, so do some adults.
- Onions are the only commodity banned from futures trading in America.
- In 1987, a barge left New York for North Carolina with a whopping 3,168 tons of trash on board. North Carolina didn't want it either, so the barge traveled for seven long months trying (and failing) to find someone to take it, launching a national conversation on the subject of landfills and recycling.
- The town of Dull in Scotland has been twinned with the town of Boring, Oregon, since 2012.
- Because goats can eat poison ivy with no ill effects, some farmers rent out the animals to clear parks, golf courses and historical sites without having to use chemicals or herbicides.
- A nuclear bomb is stuck somewhere in the ice on the coast of Greenland.
- There are cases of identical twins in which only one is born with Down syndrome.
- In Mexico, the first slice of your birthday cake must be given to the person you love most.
- Florida mom Geraldine Gimblet spent her entire life savings on medical treatment for her daughter's breast cancer ... then won \$2 million in the lottery just days after making the final payment.
- The Battle of the Oranges is an annual festival held in Ivrea, Italy, in which participants pelt each other with the citrus fruit to commemorate the town's liberation from a cruel medieval ruler.
- When George Washington died, Napoleon Bonaparte gave a personal eulogy and ordered a 10-day mourning period for France.

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# Book

Reviews by  
Jessica Reed

## *Guided Hearts*

Guided Hearts by NY state author, C. Ellen Culverwell checks all the boxes for a beachy, toes in the sand summer book or a read in bed by flickering candlelight novel, as storms brew around you. It would be welcome in both scenarios because it is a hybrid blend of romance, mystery and crime with a dash of the supernatural. The plotline is fresh, not predictably stale. Trust me, this story has not been done before. The characters are likable and reliable with their flaws serving to humanize them. Except for one. Every story needs a villain and this book begins with a deep betrayal, serving up a character that you'll love to hate.

The main character, Laurel Tanner, despite being a Harvard educated bank president, is remarkably well balanced, due to her humble, small town upbringing and attentive parents. Her carefully crafted life soon goes sideways however, with rollercoaster-like twists and turns. The handsome pediatrician, David, guarding his heart from a different kind of betrayal, balances Laurel as tenderly as he does his beloved patients. With crisp sentences, natural dialogue and thriller-like pacing, Culverwell has crafted a story with heartfelt humans that will stay with you long after the last page. It answers questions of what is truly important in life if everything you know has been stripped away including the identity of your last name. Culverwell intuitively writes with what I call the three H's, humor, healing and hope. This is a book of how second chances and chance encounters can be threaded together to create fate.

The settings of the small town and community cemetery have a nostalgic, magnetic pull. Voicing the cemetery groundskeeper, Culverwell writes, "There



AUTHOR:  
C. Ellen Culverwell  
PUBLISHER:  
The Wild Rose Press  
ISBN#  
978-1-5092-4811-7

are a lot of stories here. People find themselves lost and are drawn to the cemetery where their loved ones rest. I see them praying, crying, and sometimes even cursing as they stand over a headstone. Everyone has a journey and a purpose, and this place is a serene reminder of that."

It's made me want to visit my beautiful, local cemetery more. Maybe I will find some magic there straight from the pages of this book. Or maybe, I'll watch this book come alive on The Hallmark Channel someday. I could definitely picture that fate.

Available on Amazon and Barnes and Noble.



**PSYCHIC FAIR**

Sunday - July 16  
11am to 3:30pm  
RAIN DATE JULY 23

**Gilboa Museum & Juried History Center**  
122 Stryker Road  
off Rt 990V, Gilboa

ADMISSION  
**\$5 Donation**

Museum will be open

**For questions, call Linda 518-827-5578**



## HERE'S A TIP by JoAnn Derson

- "Before traveling, I write down the numbers, expiration and contact information for any credit cards I plan to bring with me. I keep one copy hidden in my luggage, and another is left with a friend back home. This way, if anything happens to my wallet, I can easily call and cancel cards and arrange for replacements." -- *R.E. in New York*
- Natural peanut butter fan? Store your jar upside down. The oil will settle to the top, and when you flip it over, it will be less messy to stir. No peanut oil sloshing down the side of the jar!
- Purchase a large tub of cookie dough, and when you make the first batch, go ahead and portion out the remaining dough by teaspoons onto a cold cookie sheet. Freeze as balls, and then replace them in the container they came from. Refreeze. Now you can take out only as many cookies as you would like to make, and cook them straight from frozen.
- "This is a tip for painting stairs. Paint every other stair. Let them dry. Then paint the other stairs. This will make your staircase usable the whole way through your paint job." -- *R.L. in Michigan*
- Spray old artificial flowers with hair spray to make the look fresh and vibrant.
- Use plain household vinegar to kill grass that grows in the cracks of walkways and driveways.
- \* When putting woody-stem flowers, such as roses, in a vase, cut the stem diagonally and whack with a small mallet. It will absorb water much better this way. -- *A.R. in Mississippi*
- Save small milk cartons and wash well. Fill with water and freeze. You can use these in your picnic basket for an easy cold pack to keep foods chilled.
- To soothe minor burns in the kitchen, use the cut side of a raw potato pressed into the burn area for a minute or two.
- Grilling season is in full swing. A great way to clean the grill surface is by using a wad of aluminum foil. It can be pressed into the grate to get all the gunk off, before or after grilling.

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# Meredith Monk's music as it has never been experienced

DO

During Upstate Art Weekend, Meredith Monk and John Hollenbeck will perform *Duet Behavior 2023* at the West Kortright Center on Saturday July 22nd at 7pm.



Meredith Monk, who just returned from her tour in Europe is currently celebrating her 80th year. Recognized as one of the most unique and influential artists of our time, she is a pioneer in what is now called "extended vocal technique" and "interdisciplinary performance."

*Duet Behavior 2023* is an intimate evening of Meredith Monk's music as it has never been experienced. Through a conversational approach, long-time friends

and colleagues Monk and Hollenbeck expand and improvise on pieces from across Monk's 50+ year catalog, combining her pioneering vocal magic with his inventive and masterful percussion to generate new arrangements of Monk's iconic compositions.

This is an indoor concert with limited seating. General admission tickets are \$40, members receive 10% discount, and kids 12 and under are free. Visit [www.westkc.org](http://www.westkc.org) to purchase tickets.

Drinks and a light summer dinner of quiche, gazpacho and salad will be for sale at the concession stand starting at 5:30 pm.

Happening the same day between 4pm and 6pm is the opening reception for the show *An Unspoken Dialog* by wife and husband artists Kirsten Hassenfeld and Lee Borosen. The exhibition looks at the unspoken conversation that seemingly happens between close friends, couples, parent and child, etc. Kirsten and Lee split their time between studios in Brooklyn and Upstate. Both are well recognized and critically acclaimed artists who work in a variety of materials.

Event schedules and guidelines are subject to change. Questions? Call (607) 278-5454 or email [info@westkc.org](mailto:info@westkc.org).



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# El Horizonte Se Rebalsa

## *The Horizon Overflows*

DO

A solo exhibition of new works by  
Camila Rodrigo Lima-based contemporary artist

**Jul 22 – Oct 31**



The Zadock Pratt Museum is thrilled to announce *El Horizonte Se Rebalsa / The Horizon Overflows*. Camila Rodrigo's exhibition seeks to generate discussions on our future under climate crisis. Through photography, she creates an installation that juxtaposes huaca's (ancient Peruvian sacred sites) with mycelium—the organic network of the Fungi kingdom. Within this combination, Rodrigo highlights the diversity of knowledge and potential strategies needed to thrive in our ever-shifting world.

The centerpiece of this exhibition is a monumental mural print of Huaca El Salitre, an ancient monolithic structure built thousands of years ago by the Incas (the last of the Indigenous pre-Columbian civilizations of the Andes) along the Pacific coast of modern-day Peru. El Salitre is wheat-pasted directly onto the walls of the Prattsville Bank gallery of the Zadock Pratt Museum up to the height of flood damage caused by Hurricane Irene (2011). Through this symbolic gesture,

Rodrigo references the catastrophic damage the region experienced from the storm—highlighting both the destructive and sacred relationship we all share with the water that sustains us.

Interrupting the mural print of El Salitre are images of yet another enigmatic archeological site in Peru, Sayhuite. In the case of these monoliths, water becomes a focal point of our ancestors' worship and reverence. The Catskill Mountains are also home to sacred monoliths; although we know less about them, they demarcate a similar sacred relationship to water and the watershed region that transforms, shapes, and sustains a broad swath of our New York community. Water is life; this is a wisdom that remains with us from ancient times to the present—from the global south to the global north, water provides for all life on earth and must be protected and revered for the resiliency of our future.

Breaking the order of the black and white

documentation of these sacred huaca's are brightly colored images of abstract organic shapes and lines that display sections of mycelium, the underground mushroom networks of interconnecting organic matter and nutrients. Through mycelium, trees can communicate and find pathways to support one another, bridging an important gap and turning individual organisms into one collective sustaining body. Mycelium becomes an active subject of continuous transformation and adaptation—setting an example for the present to make way for communal growth and a thriving future.

## ABOUT THE PRATT CONTEMPORARY SERIES

Rodrigo's exhibit is the first in an ongoing exhibition series that seeks to bridge past, present, and futures through contemporary and international art lenses. The series continues Zadock Pratt's legacy as a champion of arts, education, community, and meaningful ideas.

El Horizonte Se Rebalsa / The Horizon Overflows is organized by artist and curator Joseph Imhauser.

## ABOUT THE ZADOCK PRATT MUSEUM

The Zadock Pratt Museum (Prattsville, NY) is located in the western Catskills mountaintop region—an area with a storied history of emerging times and ideas including the birthplace of color photography, the site of the world's oldest fossils, and (z). With the life and legacy of Zadock Pratt at its core, the museum is dedicated to excavating local history, community, and culture through special and permanent exhibits, conservation, education, archives, and public programming.

Built in 1828 and redesigned in 1856, the building is the 19th century Greek Revival home of Congressman, banker, soldier, tannery owner, and town founder Zadock Pratt. It has been listed on the National Register of Historic Places since 1986.

Support for the Zadock Pratt Museum has been provided by Bank of Greene County; public funds from the Green County Legislature through the Cultural Fund; the Nicholas J. Juried Foundation; the A. Lindsay & Olive B. O'Connor Foundation; the Town of Prattsville; and private donors.

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## **Grilled shrimp with cherry tomatoes and zucchini ribbons**

### **INGREDIENTS** (SERVES 4)

- 1 pound medium shrimp, peeled
- 5 tablespoons olive oil
- 1 tablespoon white wine vinegar
- 2 cloves garlic, finely chopped, divided
- 1 teaspoon paprika (or cayenne pepper or chili powder, to taste)
- 1 teaspoon Italian seasoning
- 1 pound cherry tomatoes, halved
- 2 small zucchinis
- 2 tablespoons butter
- Chopped herbs like rosemary, dill or parsley for garnish
- Salt and pepper to taste

### **DIRECTIONS**

1. Place the shrimp in a bowl and add 2 tablespoons of olive oil, the white wine vinegar, half of the chopped garlic, the paprika and the salt and pepper. Mix well to coat the shrimp and marinate in the refrigerator for an hour or two.
2. Preheat the oven to 400 F (use convection mode, if available). In a bowl, combine 2 tablespoons of olive oil, the other half of the minced garlic, the Italian seasoning and a dash of salt and pepper. Whisk lightly. Add the cherry tomatoes and coat them with the mixture. Place the tomatoes, cut side up, on a parchment-lined baking sheet. Bake in the oven for 15 to 20 minutes.



*Want to feel like you're on holiday by the sea? Prepare this tasty shrimp recipe.*

3. While the shrimp are marinating and the tomatoes are in the oven, use a potato peeler to make long, thin zucchini ribbons.
4. In a large non-stick skillet, melt the butter. Add the zucchini ribbons and cook gently for 4 to 5 minutes over medium heat until tender. Don't let them brown. Season the ribbons with salt and pepper and remove from the pan. Set aside.
5. In the same skillet, add 1 tablespoon of olive oil. Add the shrimp and cook for 2 minutes on each side.
6. Return the zucchini to the pan and pour in the hot tomatoes and their juices, if any.

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



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# Searching for Strykers

at The Gilboa Museum  
July 22 thru October 9

DO

The Gilboa Museum & Nicholas J. Juried History Center is proud to announce *“Searching for Strykers,” An Art Project* by Clover Archer to open at the museum on Saturday, July 22 with a talk by Archer at 1 p.m. The exhibit will on view to the public July 22 thru October 9, 12-4:30 pm, 122 Stryker Road, in Gilboa, or by appointment by calling 607-652-2665.

In her creative practice, Clover Archer explores the incomplete nature of historical records, the fragility of personal legacy, and the unique set of characteristics that define the individuality of each of us. Working in a variety of media (drawing, installation, video, text, performance, photography), Archer considers archival breadcrumbs that contribute to an understanding of ordinary lives lived.

At the invitation of the Gilboa Historical Society, Archer is creatively exploring the history of the Stryker family, who first settled in the area in the early 1800s. Working with family members Janine Stryker Laine Susz of Rochester and Susan Stryker Morkaut of Gilboa, Archer conducted genealogical research to discover evidence left behind by those on the branches of the Stryker family tree in the Gilboa, West Conesville (Strykersville), and Conesville regions.

The presentation at the Museum will include family tree charts, graphite drawings, a generational timeline, and ephemera from personal Stryker collections. This project is a reflection on the impossibility of creating a cohesive ancestral narrative, the fragmentary nature of personal histories, and the complexities inherent in attempting to understand the present through the past when so much of the past is lost to time.

Clover Archer is a mixed-media conceptual artist living and working in Lexington, VA. She holds her MFA from New York University. Archer is the Director of Staniar Gallery at Washington and Lee University where she also teaches in the art department. She is the



*W. Maxwell Stryker (ca. 1915) on the home farm in Gilboa. Photo courtesy of Janine Stryker Laine Susz.*

recipient of a Professional Fellowship from the Virginia Museum of Fine Arts and has twice been a residency fellow at the Virginia Center for Creative Arts. In 2019, Archer had an artist’s residency at the Prattsville Art Center, leading to her research into the region.

Archer’s creative practice involves taking on multiple roles beyond her studio, such as detective, archivist, writer, historian, graphic designer, and office manager. She established the Institute for Clew Studies (ICS) to bring together these various components of her artistic pursuits. The mission of ICS is to rescue, interrogate, and re-imagine microhistories and ordinary experiences — the small moments and specific minutia of everyday lives that occupy the vast amount of time and space between milestone moments.

Archer calls these granular histories “Clews”: the infinite everyday layers of our lives that are too numerous for documentation, thus lost to time. Our contemporary word “clue” is derived from the middle English word “clew,” meaning a ball of yarn. In Greek mythology, a “clue” leads out of a labyrinth, hence our contemporary meaning: something that leads to a solution. With the labyrinth as a metaphor for life, Archer considers granular histories to be what brings us through the maze of our lives.





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Thaddeus Rutkowski is a graduate of Cornell University and the Johns Hopkins University. He is the author of seven books, most recently *Tricks of Light*, a poetry collection. His novel *Haywire* won the Asian American Writers' Workshop's members' choice award, and his memoir *Guess and Check* won an Electronic Literature award for multicultural fiction. He teaches at Medgar Evers College and received a fiction writing fellowship from the New York Foundation for the Arts. He has been a resident writer at Yaddo, MacDowell and other colonies, and has been a sponsored reader in Berlin, Hong Kong and Singapore. He lives with his wife, Randi Hoffman, in Manhattan. His website is [www.thaddeusrutkowski.com](http://www.thaddeusrutkowski.com).

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- 3. ATTRACT NEW CUSTOMERS.** New consumers constantly pop up in our region, and they need to know that your business has what they want.
- 4. BUILD CUSTOMER LOYALTY.** Once-loyal customers may drift away as their options multiply. By advertising, not only do you instill a sense of belonging and trust, but you also encourage them to remain loyal to you.
- 5. IMPROVE YOUR COMPETITIVE EDGE.** The truth is that a limited number of consumers are willing to buy your product or service. Advertising is the best way to convince them that you are their best option, no matter what the competition says.
- 6. STAY TOP OF MIND.** When you advertise, you alert potential customers to your products or services. This increases the likelihood that they'll think of you when they need the products or services you offer.
- 7. INFORM THE PUBLIC.** When you launch a new product, for example, advertising allows potential customers to find out about it without having to do research.
- 8. INCREASE REVENUE.** Effective advertising attracts customers to your business and improves sales. In short, it increases your success!

*Trust our team to help you make the  
best advertising choices for your business.*

**A TIME AND A PLACE**



# *The Awesome* Catskill Sausage & Brew Festival **AUGUST 26**

The 2023 Hobart Sausage & Brew Festival sponsored by the Rotary Club of Hobart is back again this year on Saturday, August 26. Nestled between the 26-mile Catskill Scenic Trail in the northwestern Catskills and the lordly Delaware River, the annual event visitors have called an “awesome blast” and a “gift” takes place under the big tent at the Town Park, 101 Maple Ave in Hobart, RAIN OR SHINE.

This year’s knock-out music lineup features the 16-piece Leatherstocking Jazz Band, rock ‘n roll band The Fisher Cats, and award-winning blues singer Alana Wyld. The party continues all evening long with dancing and music by DJ KDC, creative vendors and assorted games.

The festival coincides with Cornell Cooperative Extension’s Family Farm Day and offers a perfect Catskill supper after a day of farm visits. Farm-to-table sausage plates include a heap of fresh

vegetables all grown within 30 miles of Hobart including Hanselman’s famous just-picked-this-morning-corn-on-the-cob — a mere 5 minutes down the road. Wash is all down with a choice selection of New Your State craft beers and ciders.

With so many family farms using sustainable methods to raise free range livestock and grow small-batch produce, Delaware County has long been known for its delicious food products. The Hobart Sausage & Brew Fest was founded in 2019 to share our story and celebrate our local farms.

Activities for children go on all afternoon and include the much-loved Chalk Bus, plus hayrides, face-painting, hula-hooping, jump-roping and cornhole. A 50-50 raffle will also be held.

The Sausage & Brew Fest attracts visitors from across New York State and beyond. One year, a group of tourists from mainland China exclaimed,



"This is our favorite place in all of America!"

Hobart is the home of the renowned Book Village of the Catskills. All seven bookshops will be open on Main Street on Saturday, August 26 from 11am to 5pm.

The Hobart Rotary is a non-profit organization and all proceeds from the festival benefit community service programs including food for hungry children.

The festival is made possible by generous funding from the Delco Economic Development Department, The A. Lindsay and Olive B. O'Connor Foundation, Hobart Community Foundation and the Robert and Addie Thomson Trust.

Dinner is served from 3 to 7pm. Enjoy music and drinks until 9pm. Admission is free.



For more information on volunteering or setting up a vendor table, visit [HobartRotary.com/festival](http://HobartRotary.com/festival).

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# History of Our Hamlets

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



## Summer on the farm

It's high summer, the to-do list is long and there's not a moment to waste when you live on a farm. That's Frank Russell taking a swig of switchell beneath a towering stack of hay in New Kingston; Harvey Sherwood milking the cows in Denver; and Carol Fredenburgh posing with the eggs she'd collected on the family's Margaretville chicken ranch.



"The farmer is the only man in our economy who buys everything at retail, sells everything at wholesale, and pays the freight both ways."

– John F. Kennedy





## Turning trash into treasures

An increasing number of environmentally conscious companies are using waste materials to create new consumer products and reducing the load in landfills. Here are some innovative ways these companies are recovering waste.

### Possibilities

In factories, workshops, laboratories and other industrial settings, unusable materials are separated, melted, crushed, shredded or chemically treated and given a second life. Here are a few examples:

- Outdoor furniture made from writing materials, like pens
- Sports turf made out of old tires
- Furniture upholstered with used clothes
- Organic waste, like table scraps, turned into biogas
- Old drywall made into fertilizer

*Used tires can be shredded to make sports turf for playgrounds and other athletic venues.*

### Research

Scientists worldwide are working hard to find new and inventive ways to use waste. For example, according to researchers at the École de technologie supérieure in Montreal and the University of Saskatchewan, it may be possible to use eggshells to increase the strength of the printing material used in 3D printers.

Do you care about the future of the planet? Look for businesses in your area that promote waste recovery. Support them whenever you can by purchasing their products and services.



“I only feel angry when I see waste. When I see people throwing away things we could use.”

—Mother Teresa

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