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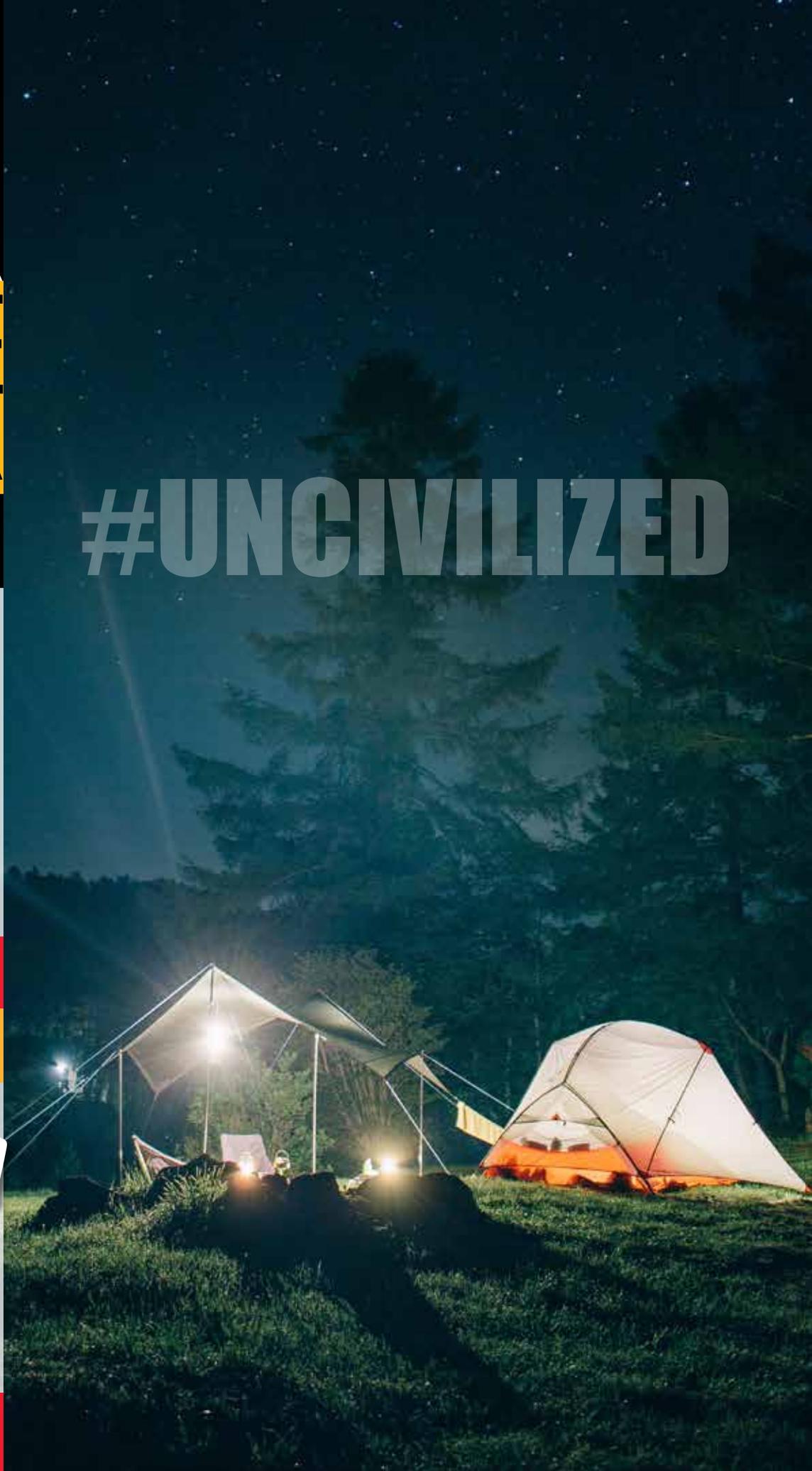
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AUG 2020

#UNCIVILIZED



A TIME AND A PLACE

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A Time and A Place
P.O. Box 65
Arkville, NY 12406
ataap16@gmail.com

Gretchen Balcom
PUBLISHER



Hanford Mills Museum Open for Tours August 12

Visitors can call ahead to reserve a guided tour of the water-powered sawmill, gristmill, and woodworking shop

Beginning August 12, Hanford Mills Museum will be open for guided tours Wednesdays through Sundays, featuring demonstrations of the 1926 Fitz overshoot waterwheel and water-powered machines operating just as they did a century ago. To promote social distancing, reservations are required and only one party will tour the Mill at a time. To schedule a tour, call 607-278-5744.

"We instituted a reservation system for tours to limit the number of people in the Mill at one time," says executive director Liz Callahan. "This system also means visitors get a custom tour. Interpreters can cater to visitors' interests even more than during a regular season tour. We are eager to welcome visitors back to Hanford Mills."

Callahan noted that topics covered in tours range from water power and sustainability to local history and the impact of the railroad, from entrepreneurship and rural life to technology and the inner workings of the mill and its machines.

"Many people are looking for something to do close by," said Callahan. "We're a short drive from Oneonta or Delhi, and with the reserved tours, you and your household will have the Mill to yourself. Kids love to see the Fitz overshoot waterwheel start up and see the Mill and its machines rumble to life. Touring Hanford Mills is a dynamic way to learn about simple machines, water power, and the historic role of mills in rural New York State." Children 12 and under receive free admission.



1913 water-powered Hermance 4-sided moulder

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Keep at least “half a waterwheel apart”

Social distancing as well as mask wearing will be practiced at Hanford Mills. “Since the waterwheel is 12 feet wide, we’re asking visitors to keep at least half a waterwheel apart from staff and others not in their household,” says Callahan.

After the guided tour, which lasts about an hour, visitors can tour the Feed Mill and view a video on the history of Hanford Mills and the exhibit “Today’s Schedule Did Not Go According to Plan,” which recounts the decades of preservation and maintenance work done at Hanford Mills. Other historic buildings on site, including the John Hanford Farmhouse, are closed, but visitors can explore the Museum site and view the buildings from the outside. The Learning Lab, which houses hands-on activities for children, and the Museum Store are closed.

Unfortunately, fall events including the Dan Rion Antique Engine Jamboree & Powerfest and the Woodsmen’s Festival, are cancelled for 2020, but Hanford Mills has added several online resources to its website, hanfordmills.org, including short videos for kids that include a mini lesson and a craft

and the “Milling About at Home” series that features how the Hanford Mills community is spending its time.

While Hanford Mills Museum was closed to the public, the staff have been working on several maintenance and restoration projects, including using the 1913 water-powered Hermance 4-sided moulder to make tongue and groove boards for the upcoming renovation of the second floor of the East Meredith Post Office porch, as well as other repairs around the site.

ADMISSION AND INFORMATION

All tours must be reserved in advance by calling 607-278-5744. Tours are offered Wednesdays through Sundays as well as Labor Day and Columbus Day through October 15. Children 12 and under receive free admission. Admission for adults and teens is \$9; seniors and AAA member admission is \$7. First responders and members of the military receive half-price admission. Museum members and residents who live in zip codes (13757, 13739, 13786, 13750, and 13806) neighboring Hanford Mills receive free admission.

Hanford Mills participates in the nationwide Museums for All program. Anyone with an EBT card receives free admission. See hanfordmills.org for additional discounts.

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Heart of the Catskills
Humane Society

by Laura Wright

It's Kitten Season!

Summer is in full swing and that means it's "kitten season". Shelters everywhere are full of stray and surrendered cats and kittens in the late spring, summer and early fall months, and they all need good homes. It is still the height of the feline breeding season, and according to SpayUSA, an un-spayed female, her mate, and their offspring can produce over 11,000 offspring in just 5 years! This is why it is so important to spay and neuter your cats and to support shelters and programs that work to make sure cats are spayed and neutered, so even more don't end up in shelters.



This fine fellow is Norris. He is currently residing at Heart of the Catskills while he waits for his forever family to take him home.

Most shelters offer special cat and kitten adoption fees during the summer, so it's a good time to adopt! If you are thinking about a kitten, why not adopt two together? Two kittens keep each other busy and entertained, and they are great company for one another when you are away from home. Or perhaps you are looking for a calm, middle age companion who loves a spot in the sun and a lap to sit on. With the variety of cats and kittens available this time of year, you are bound to find a great match for you and your family at your local animal shelter.

Now is the purr-fect time to think about adding a new feline family member (or two) to your household! To schedule an appointment to visit Heart of the Catskills Humane Society's wonderful cats and kittens available for adoption, call 607-746-3080 or email: info@heartofthecatskills.org.

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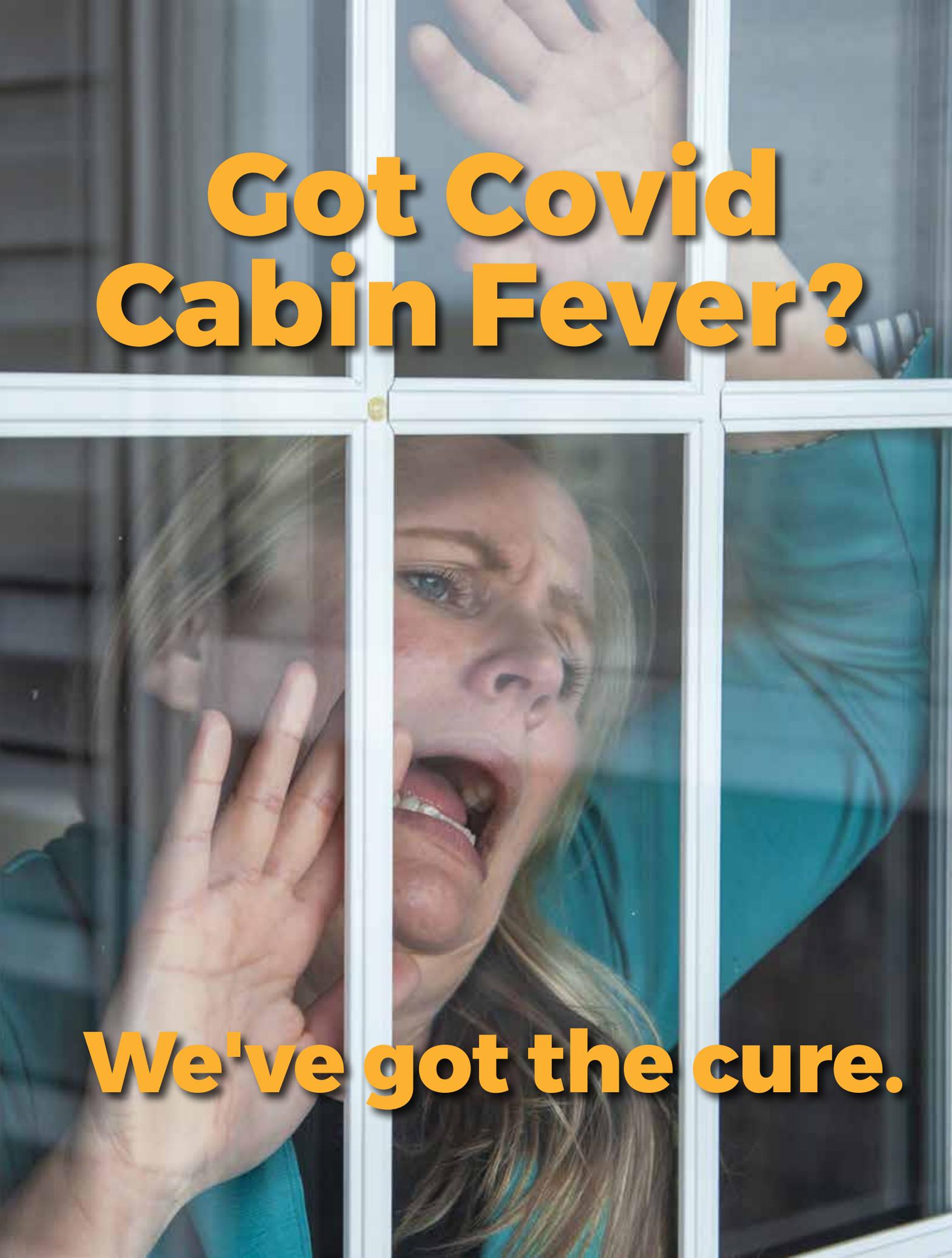
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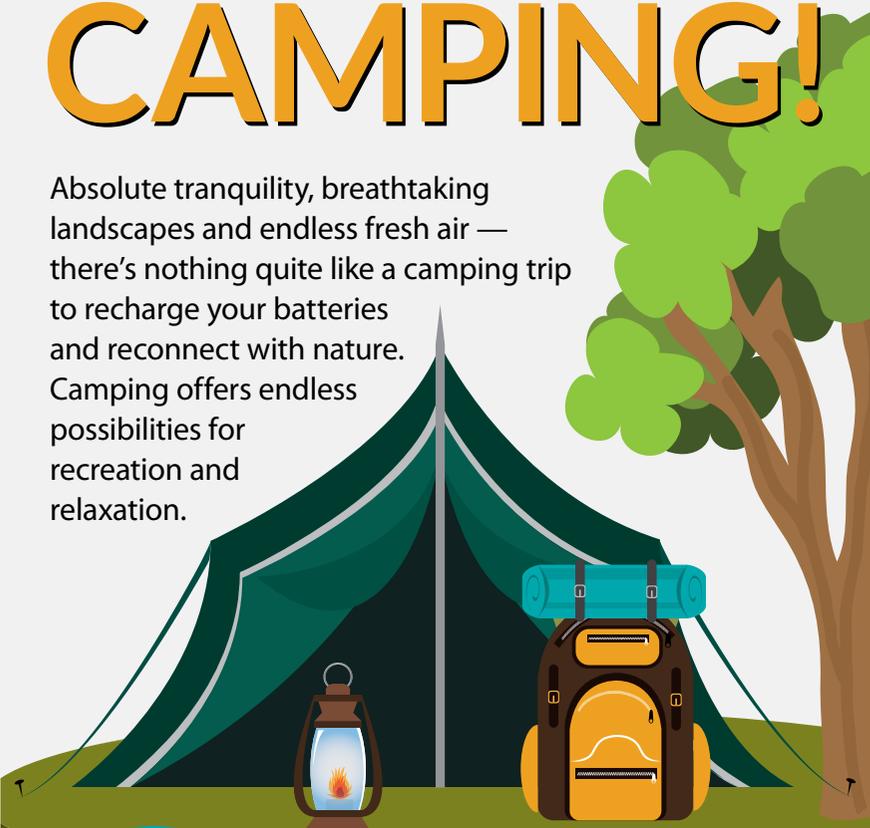
A woman with blonde hair, wearing a teal hospital gown, is shown from the chest up. She is looking through a window with white frames, her face pressed against the glass. Her mouth is wide open in a shout or cry, and her right hand is pressed against the window pane. The background is a blurred indoor setting.

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To protect the environment while you camp, wash yourself and your dishes with biodegradable soap that's formulated without phosphate.

Avoid keeping food or scented products (toothpaste, shampoo, etc.) in your tent. They tend to attract curious wildlife.

Research shows that sleeping in a tent without artificial light contributes to a healthier circadian rhythm (sleep/wake cycle). When nightfall naturally brings you to dreamland and the first morning light gently wakes you, you're getting a better night's sleep.



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During COVID-19 restrictions, be sure to call ahead for reservations and up to date information.

#UNCIVILIZED

Embrace the Wild

PLAY

by Lauree Griffis

I don't know about you, but I'm getting fed up with civilization. I'm weary with mask-wearing, breathing in my own exhaust and fogging up my glasses. I'd like to sit down and eat a meal in one of my favorite restaurants without having to prepare an environmental impact statement. And I'm tired of feeling like the rest of the world has its Sauron eye on us, counting cases, and judging.

Off to the wild, I say! Let's start a new movement... embrace the wildlands... let's be #UNCIVILIZED!

If you're feeling like me, I think camping is just the ticket — stepping into nature, filling our lungs with the fresh, pure, mountain air; soaking up the sunshine and cool breezes on our faces; getting a little grubby. Whether you'd rather battle the elements or preserve your comfort, there's a camping experience that's right for you. Here are some of the different ways you can get close to nature this summer.

Backpacking

Are you an experienced camper who wants to venture deep into the wilderness? Then backpacking may be right for you. This type of camping involves carrying all your gear on your back and hiking to one or more remote campsites. Sleep at the base of a mountain, at the edge of a stream, on the shore of a lake or anywhere else your feet may take you.

Tent camping

Tent camping can include all the comforts of home but if you're looking

to rough it, you can forgo the excess gear. How far away from civilization you go is also entirely up to you, with thousands of campgrounds across the country to choose from. The amenities available at each campground differ but many are equipped with showers, laundry facilities, potable water and electric outlets.

RV camping

RV camping is more comfortable than tent camping. It's especially practical if you want to live in the wilderness for an extended period or if you want to visit a number of different parks. There are RVs for every budget, from small folding camping trailers to luxury motorhomes. If buying isn't an option, it's also possible to rent RVs.

Cabin camping

Cabin camping is perfect if you're looking for a home away from home nestled in the wilderness. There are many types of cabins that can be rented, all the way from modest shacks to luxurious cottages. Undoubtedly, at a certain point a camper becomes a cottager, but you can decide for yourself where that line falls.

No matter what type of camper you are, remember to always let someone know where you're going and when they can expect you back.



5 Common Camping Mistakes To Avoid

If you're going camping this summer, be sure to plan ahead. It's easy to forget a key detail then suffer the consequences. To ensure you have a terrific time, here are some common mistakes to avoid.



1. Choosing the wrong campground

Do your research to find a campground that checks all your boxes. In particular, consider the amenities you want, like laundry facilities, a pool, a tennis court or lake access. You should also consider what type of camping spot you'd like, whether it's a secluded area in the forest or a shared campsite with a community feel.

2. Bringing gear that doesn't work

Inspect all your equipment to make sure it's in good condition. If you have any new gear, familiarize yourself with it in advance. For example, run through setting up a new tent in your backyard.

3. Being ill-prepared for the weather

While I'm not a fan of camping in a deluge, or being stuck inside a tent or camper for days and days of heavy downpour, the best camping *misadventures*, and the resulting tall tales, rarely happen when the weather is great. Don't let a little rain keep you from the

wilderness. Check the weather forecast and prepare for all eventualities. Even if there's only a small chance of rain, play it safe and bring rain gear such as poncho, waterproof boots and a couple tarps. Also keep in mind that the temperature can dip at night.

Additionally, it's a whole lot easier to arrive while the sun's still up. It can be difficult to find your campsite, put up your tent and locate the bathroom in the dark.

4. Leaving your first aid kit at home

Always bring a first aid kit with everything you need to handle cuts, abrasions, injuries and aches. I include pain relievers, some antacids, diarrhea meds and antihistamines, and I recommend you be prepared for serious injuries, with a tourniquet. Bug spray is a staple in my camping kit. It's a good idea to bring things you can use to repair your tent if need be such as duct tape, rope and a needle and thread.



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5. Taking local wildlife for granted

Be aware of animals that inhabit the area where you're camping and learn how to react if you encounter them (skunks, bears, coyotes, snakes and in rare instances, moose). Learn how to avoid attracting local wildlife to your campsite.



Bring along a box of fabric softener sheets and stash the sheets everywhere — in your tent, on your cooler handles, in backpacks and sleeping bags. Most animals are put off by the scent.

Store all your food in a locking cooler. Depending on your location, you might need to hang the cooler. Get it off the ground at least seven feet. If your car is close by, put it in the trunk. Never keep food inside your tent, and always bag your trash! Developed campgrounds typically

offer disposal sites for your trash, but if you are without the means to dispose of your trash, use the heaviest bags you can find, and double-bag for additional protection. Store them in the trunk of your vehicle or, if necessary, hang the bags high off the ground. Also, avoid burning trash in your campfire.

You can make your camping experience considerably more enjoyable, and delicious, by planning your meals in advance.

Organizing all your ingredients will ensure that you remembered to pack the buns for hamburger night. You can reduce wasted space by eliminating packaging materials and only taking what you need. No need to take five spice bottles, put what you need in a pill case, but don't forget to label it!

Pack your food in the order you'll be eating it. Prepare some foods in advance, and pack as much as you can in Ziploc bags instead of rigid containers. Freeze half gallon water jugs to keep things cold. You'll have fresh, cold drinking water when it melts. Once the ice in the cooler melts, the cold water will still keep food cold. Pack food on top of soda cans or a wire shelf to keep it dry.

Leave No Trace

Please, dispose of all trash and waste properly or take it home with you — **Pack In, Pack Out**. Whatever you bring into the wilderness with you, take back out, and leave no trace behind to spoil our wild and beautiful forests and wilderness.



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Campsite Kitchen Essentials

With a bit of preparation, you can eat as well as you do at home — maybe even better! While backpackers make do with the bare essentials, setting up a well-organized camp kitchen is an art, and part of the fun of camping. In addition to food, here's what you'll need:

- Matches, lighters or firestarters
- Plates and bowls
- Cups and mugs
- Cutlery
- Knives
- Kitchen utensils: spatula, tongs, metal spoon, can opener, scissors etc.
- Cutting board
- Dishpan, biodegradable soap, sponge and a few dish towels
- Leftover containers and Ziploc bags
- Heavy duty aluminum foil
- Paper towels
- Garbage bags



- Potable water
- Cooler and ice bags
- Coffee pot
- Camp stove and fuel
- Grill (for cooking on the fire)
- A telescoping fork or tongs
- Large pot or kettle
- Large skillet and/or Dutch oven (cast iron if you cook over a fire)



I like to bring a small folding table. Some folks opt for the convenience of foldable cutlery and cookware with detachable handles. I'll exert the extra energy to tote my cast iron. It's worth it.



BITES

We do love to eat!

by Lauree Griffis

DINE

Mountain Pies

The easiest, tastiest, most versatile camping food

If you don't already own one for each member of the family, get your gang one or two of these beauties.

You can find them at camping and outdoor stores and they come in a variety of shapes: square, rectangle (twofers) and round. My personal favorite is the old standby, the square—perfectly sized for the average slice of plain old white bread.

First, the fire

Some camp cooks like to place their pie irons right in the fire. I favor the "in the coals" approach. Depending on the menu and how many mountain pies we're making, I get a good fire going early, an hour or two before we plan to eat, so there are plenty of hot coals.



Create the perfect Pie

Spray both sides of the iron with cooking spray. Start with sandwich bread for your first attempts. Spread butter or margarine (*Fleischmann's!*) on one side, and lightly press butter side down into one side of the iron. Add your fillings, careful not to over fill. Butter a second slice and place butter side up on top of the fillings. Close the pie iron, carefully pushing everything inside. Anything sticking out will just burn off.

Secure the lock on the metal rods and push the pie iron into the bed of coals so it's covered evenly. When is it done? Go with your gut, anywhere from two to five minutes, but don't hesitate to open it up and check it. They

will burn fast. Practice makes perfect. A pair of welders gloves makes it easier to lock and unlock a hot iron.

Don't use raw meat. Cut up your fillings in small pieces. Sometimes pre-cooking veggies is a good idea.

Here's my #1 tip: Before opening, whack the edge of the iron on a flat sturdy rock once or twice. It helps loosen the bread so the pie holds together.

Endless Fillings

One of the greatest things about mountain pies is you can make them for breakfast, lunch, or dinner, dessert, or just a snack. They can be the main course or the only course.

If you're not an adventurous eater, or run short of ideas, there are numerous books about mountain pies, hobo pies, hand pies or pudgy pies, and an online search will yield hundreds of filling ideas. Here are some of my tasty favorites:

BREAKFAST

- Scrambled Eggs, ham or bacon and cheese
- French toast (use Texas Toast)
- Hash browns (who needs bread)
- Monte Cristo (don't skip the syrup or preserves)
- PB&J on banana bread
- Substitute waffles or sweet rolls for the bread and fill with fruit or spread with preserves.



LUNCH OR DINNER

- Pizza pies (sauce, cheese and your favorite toppings). Tomato bread makes wonderful pizza pies.
- Tacos! Substitute flour tortillas for the bread, add seasoned beef or chicken and cheese. When they're done, split them open and top with shredded lettuce, salsa, black olives, green chiles and sour cream.
- Coney Dogs. Slice your hot dogs in half and fit on the bread. Top with your favorite meat sauce.

DESSERT

- I sprinkle sandwich bread with sugar and cinnamon and fill with pie filling. Experiment with cinnamon raisin bread and other sweet favorites.
- Chocolate chips, marshmallow and cinnamon on brioche.
- Smores. I'm not a fan of smores on bread, or crumbling graham crackers in the mix. We've made smores with graham crackers instead of bread. Wrap the whole thing in foil.

I've yet to try refrigerated pie crust, but I hear it's an option. Claudia Mitchell at delishably.com has an amazing list of bread, cheese and filling combinations. How about lobster chunks, butter, and chopped celery on Italian bread? That's first class camping food.



Clean up & Storage

Pie irons really are the perfect camping food. To clean then, disconnect the two halves or open them up (mine come apart) and stick them in the coals to burn off any food residue. Scrape out any left overs and wipe with a damp cloth. Treat them like any cast iron and avoid soap. Salt is a good abrasive cleanser. I rub mine with coconut oil, tuck a paper towel inside and close and lock them. To store mine, I cut the leg off an old pair of jeans and sewed a hem on the bottom.

★ Pie Irons get very hot. Be extra cautious and watch for eager little hands. ★

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Happy Trails

DO

Trail traffic on the rise due to pandemic

by Brian Sweeney

The Palmer Hill Trail in the Town of Andes created by the Catskill Mountain Club presents some awe-inspiring views. Use of this trail, and many others in the region, has increased dramatically during the coronavirus pandemic. The club has completed five trails in Delaware and Ulster counties.

— CONTRIBUTED PHOTO

The Catskill Mountain Club (CMC) is a volunteer organization with a mission of creating hiking trails in the region. In the past seven years, the club has built five trails in Delaware County and recently completed another trail in Ulster County.

Club Executive Director Wendell George said the number of hikers on the club's first five trails totaled 9,200 last year, up 30 percent from 2018. This year, spurred in large part by the coronavirus pandemic, statistics through May showed that hiking activity is already nearly double from last year.

Although much of the increased usage can be attributed to a combination of people staying in the Catskills during the pandemic and many area residents who have been out of work, Wendell said this year's hiker numbers were also notably higher during the early months of the year prior to the mass shutdowns.

"There is no doubt that hiking has increased tremendously in popularity over the last several years," he noted.

The pandemic has amplified hiking's appeal. As an example, Wendell said he recently took a Wednesday hike on the club's Palmer Hill Trail in the Town of Andes. During the course of the 3.2-mile walk he encountered 23 others on the trail. He said that previously, he would likely be the only person on this terrain during a midweek trek.

"It's fairly safe to say, what we are seeing here has

been impacted by COVID," he noted.

In addition to the Palmer Hill Trail, the CMC built and maintains the Andes Rail Trail and the Shavertown Trail (both in the Town of Andes), the Delhi Trails and the Bramley Mountain Trail (in the Town of Delhi) and the new Ashokan Quarry Trail (in the Town of Olive). Later this year, the club hopes to complete work on the Morris Hill Trail, adjacent to the East Branch of the Delaware River near Arkville, in the Town of Middletown.

Wendell said when the new trail is finished, five of the club's seven trails will have been built on lands owned by the New York City Department of Environmental Protection (DEP), as part of a cooperative venture.

He noted that the Shavertown Trail marked the first time that an outside organization had built a trail on DEP land in the watershed. The success of that project has led to a continuation of this collaboration.

The CMC's trails average about three miles and generally span terrain, making them popular with hikers of all abilities. The Bramley Mountain Trail has an elevation gain of about 900 feet and two others climb about 700 feet. Wendell said the trails range from easy to moderately difficult. He said the easiest treks are the Andes Rail Trail, the Ashokan Quarry Trail and the Palmer Hill Trail, which all climb about 200-300 feet.

Because not all visitors are prone to signing log books at the start of trails, Wendell said the club has installed

electronic counters to improve the accuracy of calculating hiker visits.

Wendell feels that the growing popularity of hiking, combined with the number of people residing in the Catskills during the pandemic, and a limited amount of recreational opportunities has created a perfect storm that has record numbers of folks hitting the trails. In particular, he has witnessed the trend of many retirees becoming hiking enthusiasts.

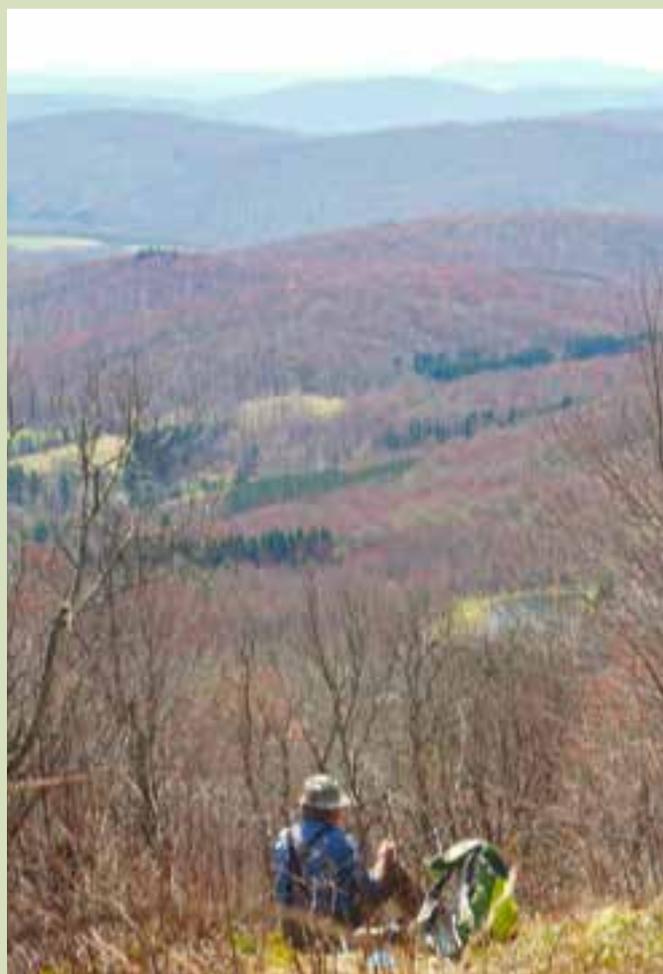
On the downside, Wendell said the increased trail activity has resulted in a corresponding rise in the amount of trash being left in some areas. He said the problem was quite bad during the start of the pandemic, with trash and bagged dog waste often being left on the trails. Fortunately, that trend has been reversed.

“This was true throughout the Catskills. We and other organizations like DEC, DEP, the Catskill 3500 Club and others, initiated online and email-based education about the issue and things seem to have improved substantially. I think we were seeing a lot of new hikers who were unaware of Leave No Trace principles and had not considered sustainability and stewardship issues,” Wendell commented.

Members of the Catskill Mountain Club are naturally enthusiastic about the heightened interest in regional hiking. To further enhance the organization’s goals, the club has initiated the All Trails Challenge — with successful hikers meeting the goal of logging all 347 miles of trails in the Catskill Park. Detailed information is available at catskillmountainclub.org

Top: The Ashokan Quarry Trail in Ulster County was recently completed by the Catskill Mountain Club.

Bottom: The views from Bramley Mountain in the Town of Delhi offer a nice panorama perspective.



O'CONNOR HOSPITAL***Community Fitness Trail*****DO**

Open to all community members, the O'Connor Hospital Community Fitness Trail is easily accessible from either the large main parking lot back from the main hospital entrance or from the small parking lot behind the Flint Building. Currently, the trail is open all four seasons and most hours of the day, seven days a week.

Just a half mile in length, the trail, features six fitness stations, two picnic tables, benches, and bird houses along it's length.

The fitness trail is the result of a multiple year collaborative project. Funding for the trail came from; O'Connor Hospital's capital as approved by the Board of Trustees, a grant from the Delaware County Rural Health Alliance facilitated by Cornell Cooperative Extension of Delaware County, and gifts from local businesses, employees and individuals.

The trail itself was constructed by Delaware Bulldozing and the O'Connor Hospital maintenance staff. Lastly, the fitness stations were designed by Bob Giambalvo, Physical Therapy Assistant in the rehabilitation department at O'Connor Hospital.

Scott Bonderoff, President O'Connor Hospital, invites the community to use the trail for physical activity, leisure, and wellness. "The fitness trail is an excellent example of O'Connor Hospital's commitment to improving the health of the community, employees, and patients."

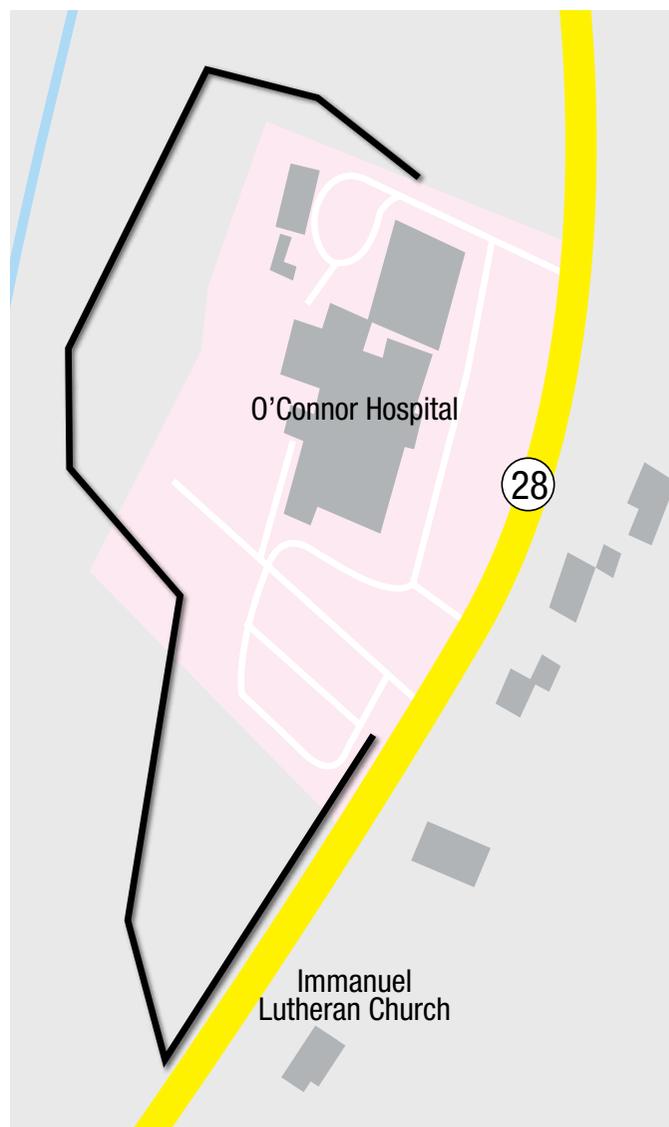
About O'Connor Hospital

O'Connor Hospital, an affiliate of Bassett Healthcare Network, is certified as a Critical Access Hospital. O'Connor Hospital provides acute inpatient medical care, emergency care, short-stay inpatient and outpatient rehabilitation, many specialty services and diagnostic testing. The mission of O'Connor Hospital is to provide quality health care which the community values in the pursuit of health.

About Bassett Healthcare Network

Bassett Healthcare Network is an integrated health system that provides care and services to

people living in a 5,600 square mile region in upstate New York. The organization includes six corporately affiliated hospitals, over two dozen community-based health centers, 19 school-based health centers, two skilled nursing facilities, and other health partners in related fields. Bassett Medical Center, the foundation of the network, is a 180-bed acute care inpatient teaching hospital located in Cooperstown, NY. To learn more about services available throughout the Bassett Healthcare Network, visit www.bassett.org. Follow Bassett on Facebook and Twitter at facebook.com/Bassett.Network and twitter.com/BassettNetwork.





Bicycling In The Catskills Grows In Popularity

by Brian Sweeney

Since the coronavirus pandemic struck, nothing is normal. For all of the negatives that have arisen from the situation, there have also been bright spots.

Locally, the Catskill Region has become a popular destination for city dwellers — either on a long-term basis or for a weekend escape and there's been a positive impact on the upstate economy. For those seeking a safer haven in the country, as well as for full-time residents, there's been a growing passion for outdoor activity. Bicycling has been a popular choice for many of these folks. In fact, nationally, purchasing bikes has become difficult as more people opt for this great outdoor experience.

In recent years, the Catskills have steadily gained a reputation as a perfect place for bicyclists to hit the open road. The beauty of biking in the region is that serious riders can choose to test their skills on mountain terrain featuring steep climbs and plenty of twists and turns. On the other hand, for the majority of biking enthusiasts who prefer their terrain on the more moderate level, the choices are plentiful.

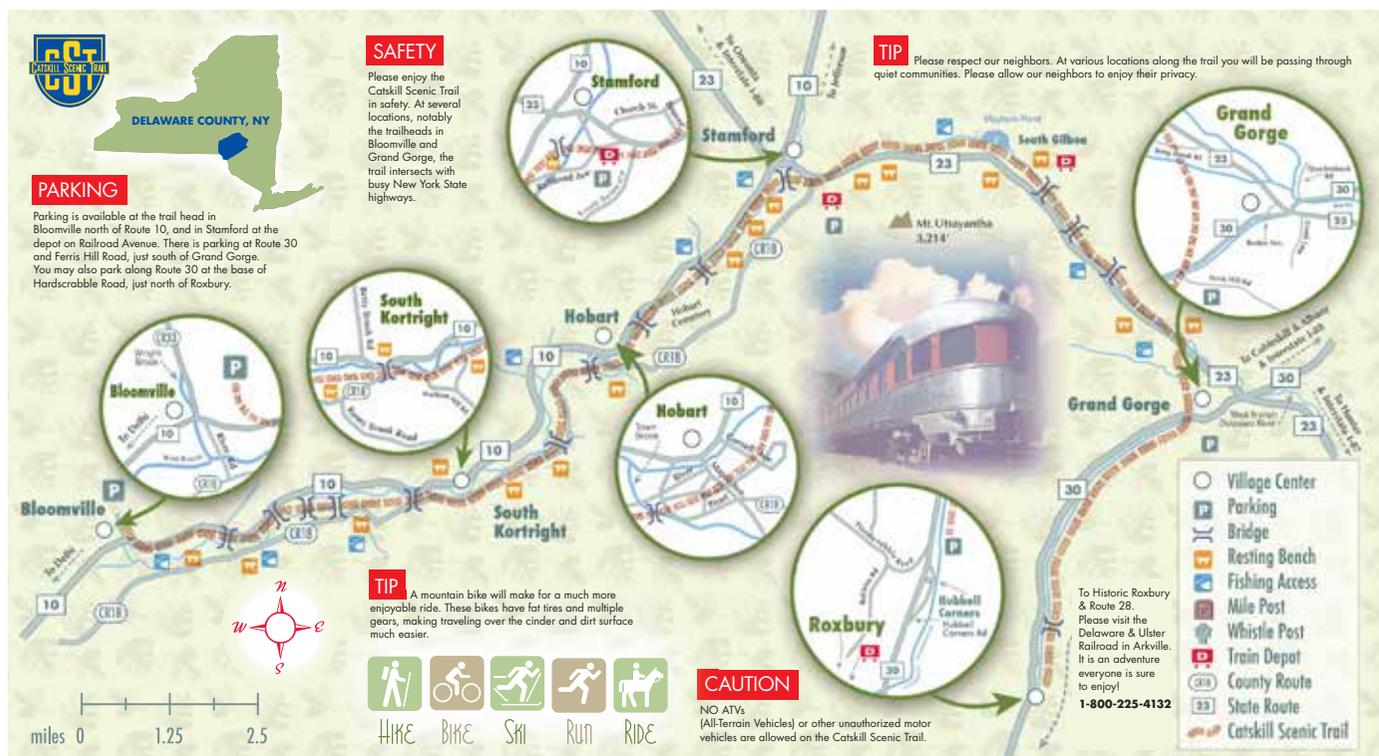
One bike route that continues to grow in popularity takes riders around the Pepacton Reservoir. Many cyclists like to leave their vehicles at the Old Stone Schoolhouse (about two miles west of Margaretville on Route 28) and then head out on the NYC Route 10 on the “back side” of the reservoir. There is relatively little traffic on this road

(you'll probably see more bikers than cars!). After approximately 11 miles of softly undulating terrain, riders will arrive at the Shavertown Bridge, a long span across the reservoir. This is a great place to stop for lunch, a water break or to just enjoy the wide-ranging views from the bridge.

For those interested in a 20-plus-mile ride, there are several options. You can turn around and retrace your route or you can complete the loop by heading back along State Route 30. This option is a bit hillier (but nothing major). However, the ride can be a bit rough as the road and shoulders are in need of some work. Plus, there's more vehicle traffic on Route 30.

Once you cross over the Shavertown Bridge, if you're interested in logging additional miles, there's the option of taking a left turn onto the Tremperkill Road and riding about eight miles into the Hamlet of Andes. The community offers several nice lunch spots and number of cool stores for browsing.

A note of caution. The NYC road on the back side of the reservoir was resurfaced this summer with oil and stone. As of early August, there was still a considerable amount of loose stone on this route, particularly along the shoulders. Bicyclists are urged to use an extreme amount of caution if traveling on this terrain. In fact, while there's more traffic, it might be advisable to just double up and stick to the Route 30 side until conditions improve.



EASY GLIDING — The route around the Pepacton Reservoir offers pleasant biking, with little traffic and gradual rises and drops in terrain. The NYC road has recently been resurfaced with oil and stone and, until the surface becomes more compact, extra caution is urged for riders who take this path.

Another favorite (yet less traveled) route for leisurely riding is Dry Brook Road, Arkville. Riders choosing this path will turn off Route 28 at the Dry Brook Bridge and head up this winding road. Traffic is light and scenery is spectacular along this unspoiled valley.

Approximately 8-9 miles up, the pavement gets a bit rough and it's recommended that you turn around when you reach a bridge, just past Prior Road. The trip up the valley involves quite a bit of

climbing, but it's not a difficult ride. The true reward is a swift return excursion that's a breeze — in more ways than one!

The Catskill Scenic Trail, which runs 26 miles between Roxbury and Bloomville, is another nice option for bikers (and hikers). For cycling, the former railbed is best navigated with a hybrid or mountain bike. To learn more, visit: catskillscenictrail.org

BIKING BASICS

Mechanical issues tend to happen more off road than on pavement. Tubeless tire technology has helped minimize—but not eliminate—flats. Brush up on basic repairs so you can be sure to make it home on time.

You should know how to fix a flat, repair a broken chain and replace a bent or cracked derailleur hanger. Ask your local bike shop or a knowledgeable friend to show you how.

Stash some cash. There aren't a lot of convenience stores on the trail. If something goes wrong you could get stuck with no one to pick you up, or you may not have cell service. Always carry the tools you need: a spare tube (or two), a pump, and a multi-tool. Mountain bike rides often take longer than you anticipate. Always pack more food and water than you think you'll need.

You'll be more relaxed and have more fun knowing you're prepared.

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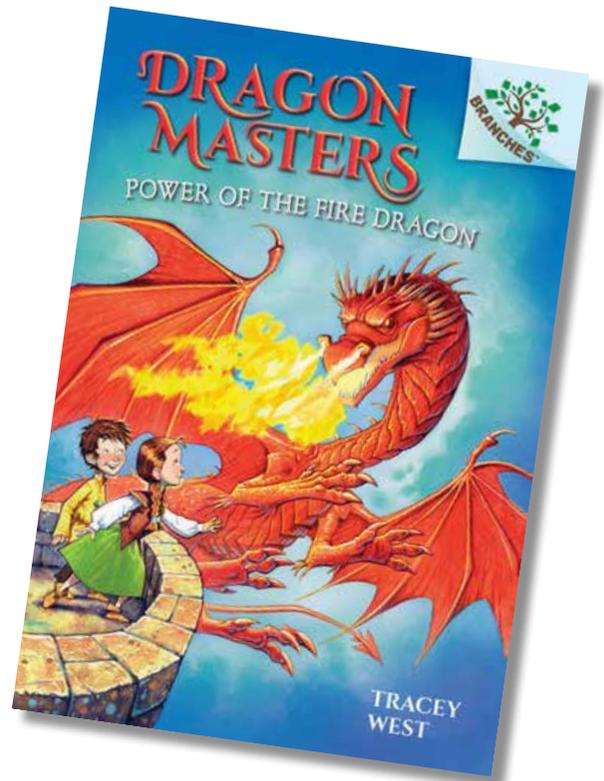
Reviews by
Jessica Reed

Dragon Masters

I am enchanted with Upstate New York author, Tracey West's Dragon Master Series even though they are written for children. More specifically, geared for first through third graders. These books feature a well developed and consistent cast of eight-year old dragon trainers. Plucked from obscurity from around the world by the Dragon Stone for "having the heart of a dragon," the children are whisked away to the castle of King Roland where they each receive their own dragon to train for the royal army. Under the patient tutelage of the king's wizard Griffith, the children must learn to connect independently with their dragons and then work together to keep kingdoms safe. There are plenty of fantastical castles, distinctive dragons and battles of good over evil.

West does an exemplary job of highlighting an equal ratio of male and female, racially diverse and differently abled characters, making it possible for all children to see themselves in the pages. Children learning to read independently will be thrilled with their blossoming reading skills. The books are laid out in a short chapter format of about sixteen per book which are accompanied with black and white illustrations on each page that give the young reader a feeling of maturity. Adding more characters and settings as the series progresses helps a child exponentially learn comprehension and retention.

What sets this series apart from other books are the actual plots, subtle foreshadowing and cliffhanger endings. It's as if West trusts her readers instead of babying them. Though a child can read these, parents would not tire of reading them aloud to their kids. At just under five dollars per book, they



Author: Tracey West

Publisher: Scholastic

make affordable gifts because kids are going to want them all. Conquer evil while conquering reading skills. Also, I want a dragon. Available On Amazon.

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In The Dough

Bovina Baker Expands Business to Andes

BOVINA - The science of sourdough bread making is a chemistry equation which combines air and oven temperatures with humidity and a fermented “starter” of flour and water that contain flavor-developing wild yeast. Timing is also vitally important, according to Wilson Keenan of Andes, owner of Wilsons Bread, a bread and pastry bakery, currently housed at Russell’s General Store in Bovina.

Wilsons Bread produces a line of bread, rolls and pastries - standard loaves and special orders. Keenan left the technology-in-healthcare industry to pursue baking a year ago. When he began baking he started with a conventional home oven, baking dozens of loaves per week. By word of mouth, his business quickly grew and he is currently baking about 220 loaves each week, which are sold at a variety of retail locations throughout Delaware County and are also available for purchase through online ordering at wilsonsbread.com.

Bread making and baking, especially sourdough-based bread, is time-consuming by nature, requiring 12 hours of fermentation to start the process. Then there is the mixing, rising, shaping and baking. The one-man operation with an ever increasing customer base, which includes a line of bed and breakfasts, cafe’s, restaurants and other eateries, has recently expanded, streamlined and upgraded with a planned relocation to Andes.

Because of the increasing demand for his breads and pastries, Keenan will relocate with the help of a \$62,000 loan from the Delaware County Local Development Corporation, an arm of the Industrial Development Agency through its revolving loan program. With the loan, Keenan was able to purchase new equipment including a commercial mixer, oven and walk in cooler-refrigerator and make necessary structural changes to operate the bakery more efficiently as well as to increase production.

The upgrades will enable Keenan to produce 600 loaves of bread per week, in addition to other offerings which include a line of pastries including: croissants, sweet morning buns and lemon and raspberry cruffins, among other items. The upgraded operation will also enable Keenan to hire three full-time employees.



Wilson Keenan folds, stitches and shapes loaves of sourdough bread at his bakery located at Russell’s General Store in Bovina.

The transition from tech to baking allowed for a crossover in skills, Keenan said. Both fields require precision, consistency and an element of flexibility. Baking is an art and provides numerous opportunities for creativity from the milling phase through the scoring phase.

The trick to making really great bread? There is not a truly defined answer, Keenan said. “There are a thousand places to screw up and a thousand places to course correct,” he said. Just like in technology.

What sets his bread making apart from others is a sourdough foundation, high quality flour, specialty grains, peak freshness and an unwavering attention to minute details.

His pastries are French - a “whole different animal than bread baking,” he said, but similar in the need to control fermentation while creating strength, not toughness. How? By layering in butter, he said. The perfect pastry is tender but well structured.

When Covid-19 struck the country and his usual customers temporarily closed up shop, the influx of second-homeowners, here for the duration, made up for lost business. Summer customers became regular customers, and his, like other local food-centric businesses, thrived.

Though he currently bakes just twice per week, he works every day. One day for starting the dough, one day for mixing the dough, one day of baking the bread, and so on.

In September 2020, Wilsons Bread will open its doors at 143 Main Street, Andes, at the former site of the Andes Farmers Market and food pantry, two doors down from Stephanie Charlene Ceramics and kitty-corner to the Andes Hotel.

For more information about Wilsons Bread, for purchase locations or to order online visit wilsonsbread.com, or find them on Facebook or Instagram. The most common way to communicate with the bakery, Keenan said, is through direct messaging on Instagram, giving insight to customer-base demographics.

Top Right: Once the loaves are shaped and stitched they are "set up" for next day baking.



The Delaware County IDA seeks to improve the quality of life in Delaware County by assisting businesses and industry for the purpose of retaining and expanding existing job opportunities, attracting new jobs, and stimulating the investment of capital in the county. The IDA also focuses on the future through efforts to stimulate the development of new local industries.

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*Satin nightgowns never go out of style.
Zasu Vintage in Stamford offers a wide assortment
of hard-to-find clothing items and accessories.*

Zasu Vintage is a unique Catskill Mountain shopping destination specializing in antique and vintage clothing and accessories.

Established in 2010 by Kathy Krusinski, the shop is chock full of hard-to-find items that she has carefully selected. She has developed a loyal customer base over the past decade and is constantly gaining new fans who know there's always lots of explore at Zasu.

"Having loved vintage and antique clothing and accessories for quite some time now, I have filled my shop with unique and timeless treasures. The savvy shopper will find clothing and accessories from the 1800s up to the 1990s. I do also carry some lovely antiques and books," Kathy explained.

She also has a nice inventory of Willow & Birch Apothecary Victorian-inspired beauty and fragrances that provide a perfect complement to the shop's theme.

In addition to regular customers at Zasu, many visitors at the annual "The Taste of The Catskills" festival in Delhi will recognize Kathy from the Victorian Workshop that she has presented several times at the event.

Zasu, which is located at 19 Prospect Street, Stamford, is open Saturdays, from 11am-3pm and also by open by appointment or by chance.

For additional information, please call 607-437-9461 or visit Zasu Vintage on Facebook or find many of the shop's offerings on Etsy.

Winona Ryder

"Most of my wardrobe is vintage and I've worn dresses to the Oscars that I got for \$10. At Sean Penn's last Haiti gala I wore this vintage dress that I'd worn to a film premiere in 2005. I know that's kind of a no-no in the fashion world, but why wear something just once if you love it?"



History of Our Hamlets

Photos and recollections courtesy of Roger Davis

This vintage photo was taken in 1927. It shows the winners of The Pakatakan Country Club Tournament of 1927.

Winner in Class A was Oscar Jones and Runner-up was Allen Jones on the left. Winner of Class B was Lou Pedulla and Runner-up was Wilbur Jones on the right.

Note the sand box the boys are leaning on. Back then there was a box of sand and a pail of water. The purpose of the sand and water was to make a "tee" from which to drive the ball. You dipped your hand into the water then reached into the sand obtaining a small amount and rolled it into a small meatball shape which you placed on the teeing ground, placing your ball on it to drive. ▶



◀ This is the Brookdale Cottage located in New Kingston, NY on Sanford Hollow Road. The former Sanford Farm house built circa 1840. This house still stands today, however the porch has been enclosed.



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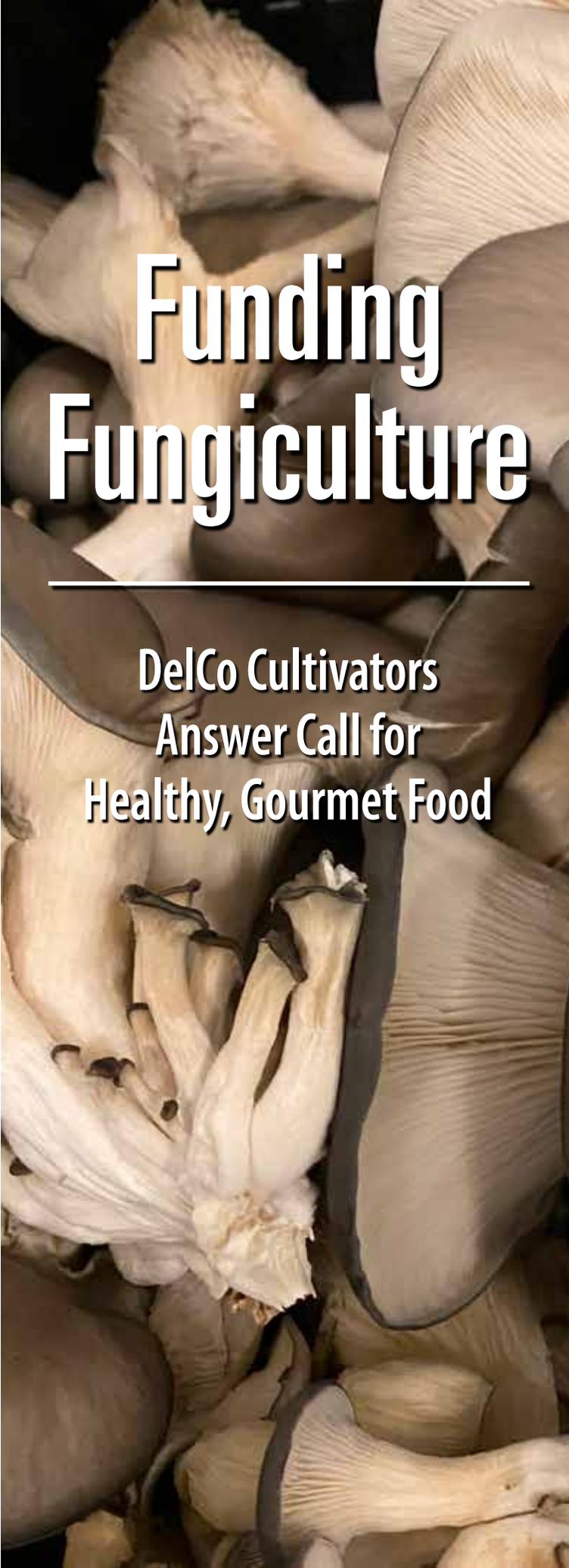
True Story...

The first week of school, a police officer was monitoring traffic in the school zone near a new elementary school when a car zoomed down the street, well over the speed limit. The officer hit the siren, gave chase and pulled the car over. Not one to forgive speeding in a school zone, he put on a stern face and walked up the driver's window.

When asked if she knew why she was being pulled over, the driver answered that she did not.

"Ma'am, you were going 56mph in a school zone."

Her indignant reply... "My kids don't go to that school!"



Funding Fungiculture

DelCo Cultivators Answer Call for Healthy, Gourmet Food

EAST MEREDITH - With the help of a \$25,000 business expansion loan from the Delaware County Industrial Development Agency, Seth Friedman and Margeaux Snyder have spawned a fledgling business by answering consumer demand for fresh, healthy, gourmet food - with mushrooms.

Under the Greentopia Farm brand, the pair grow thousands of pounds of Blue Oyster, Chestnut, Lion's Mane, Black Pearl Oyster and Shitake mushrooms each year, selling their savory fungi at a variety of farmer's markets, Delaware County farm-to-market stores that champion locally grown foods and a regional community supported agriculture cooperative.

The mushrooms are grown in a sterile environment in three-stages taking anywhere from two weeks to two months to fruit. The short grow time ensures a freshness found only second to a home garden. The mushrooms are sold hours to a couple of days after harvesting, and while awaiting sale, are stored in automatic temperature-controlled storage.

Greentopia Farm is a 2019 start-up, the brain-child of ingenuity and the reverse-engineering of traditional labor- and equipment-heavy agriculture.

Friedman and Snyder work smarter - not harder, with a condensed footprint and controlled environment.

The mushrooms are grown year-round in a three-phase cultivation process, starting in a bag room, moving to an inoculation room - which the pair refer to as "the lab", and finishing their growth cycle in fruiting rooms. The facility is housed in 1,800 square feet of a former factory that went out of business 10-years ago.

Mushrooms thrive in a cool, humid environment and growth stages two and three - are tightly controlled with 90 to 100 percent humidity.

The spores, seeds or spawn of each variety begins its life cycle in a sterilized "log" comprised of acidic wood chips and organic grains (in a plastic bag with an anti-pathogen breathable air filter) that serves as a substrate or base for the mushrooms to grow in. The process mimics the natural habitat of the forest where mushrooms grow on logs. Despite the notion that mushrooms grow in the dark, they in fact grow with some light similar to that of a forest's shaded understory. Mushrooms do not use sunlight to make energy or grow, like most plants.

Unlike a mushroom's natural habitat in a forest flush with bacteria and other organisms, Greentopia Farm mushrooms are isolated from contamination of any kind. Mold is the enemy and high quality air filters and decontamination procedures ensure quality control.

Greentopia Farm grows wood-based mushrooms rather than those that would be commonly found in soil, compost or leaf-litter.

The fast growing varieties - lion's mane and oyster mushrooms, fruit in about two weeks, while the longer-growth varieties - chestnut and Shitake take approximately two months to grow. Greentopia Farm currently sells approximately 75 pounds of mushrooms per week - but is ramping up to meet a 200 pound per week goal.

There is money to be made in gourmet mushroom growing - with direct whole sales netting about \$10 per pound.

Prior to starting the business, homesteading, with a passion for foraging, was a way-of-life for the couple. They are committed to the local food movement and their community.

The East Meredith mushroom farmers have found a niche market that aligns with their values. They've chosen to become gourmet mushroom growers not just be part of their community, but to contribute to its sustainability.

The mushroom varieties are grown for culinary use and though consumers desire the unique flavors and textures as a side-dish or to augment the profile of a particular dish, mushrooms are often used as meat substitutes and are being consumed more and more for their health benefits.

Future plans include a potential expansion into medicinal mushrooms.

Greentopia Farm mushrooms can be purchased at the farm at 1711 Monkey Run Road, East Meredith, by appointment by calling 718.483.4675; at the Delhi, Oneonta, Cooperstown and Callicoon Farmers Markets; through 607CSA and at Catskills Regional Harvest on Andes or Good Cheap Food in Delhi. Greentopia Farm mushrooms are also a staple ingredient for dishes served at local restaurants such as Brushland in Bovina, Table on Ten in Bloomville and Hollow in Delhi.

Greentopia Farm is a prime example of a business that typifies Delaware County's agricultural diversification, said Delaware County IDA President James Thomson. Friedman's ability to discern consumer trends and distill a long-term flexible and profitable business model while investing in his community, makes Greentopia Farm an ideal IDA investment, Thomson said.

The Delaware County IDA seeks to improve the quality of life in Delaware County by assisting businesses and industry for the purpose of retaining and expanding existing job opportunities, attracting new jobs, and stimulating the investment of capital in the county. The IDA also focuses on the future through efforts to stimulate the development of new local industries.

For more information on how the Delaware County IDA can help start or expand a local business visit dcecodev.com/ida/

“The way I see it, if you want the rainbow. you gotta put up with the rain.”

— Dolly Parton



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The Brain Teaser Trivia

Find the answers in the ads and articles in this edition. Get them all correct and
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JULY BRAIN TEASER WINNER

Donna Rallatos
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1. Who is the Executive Director of the Catskill Mountain Club? _____
2. What year is the Hermance moulder at Hanford Mills? _____
3. How long has Mountain Flame been in business? _____
4. How do you get a cheese board from Catskill Regional Harvest? _____
5. Where is Zasu located? _____
6. How does the QR code on the back page work? _____
7. Where does the WIM Poetry Workshop meet? _____
8. What kind of mushrooms does Greentopia Farm grow? _____
9. What color is the Phylicia available in? _____
10. How much are Dynapro HT tires at B&D Motors? _____

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Official Rules: Find the trivia answers hidden in this month's ads and articles. Answer all 10 questions correctly and mail in the Brain Teaser for your chance to win. Must be 21 or older to enter. Employees of A Time and A Place Magazine and its advertisers are ineligible. A drawing will be held from all correct entries. Winner will be notified by phone, and prizes delivered by mail. Winners will be announced in A Time and A Place.

WRITERS IN THE MOUNTAINS (WIM) PRESENTS
No Business Like Show Business

Poetry Workshop with Lynn Domina
September 8 – October 13, 2020 - ONLINE

Writers in the Mountains (WIM) presents No Business Like Show Business, a six-week long poetry workshop with Lynn Domina, September 8 – October 13. The class will be held online Tuesdays, from 6 to 8pm. Once participants register and pay, instructions will be given on how to join the class.

Andrew Lloyd Webber's *Joseph's Amazing Technicolor Dreamcoat*. Shakespeare's *MacBeth*. A German movie called *Kästner und kleine Dienstag*. What do these three things have in common? Lynn Domina has watched them all during this pandemic, partly because she couldn't go anywhere, and partly because organizations have made performances available virtually that they wouldn't have otherwise.

In this workshop, participants will write poems responding to movies, plays, concerts, and other types of performance. Participants can choose to explore one performance from multiple angles throughout the class, or they can respond to many different performances. The instructor will provide prompts each week which will vary wildly in technique, so everyone is sure to find something to

enjoy. She will also provide links to example poems.

Lynn Domina is the author of many books, including two collections of poetry, *Corporal Works* and *Framed in Silence*. Her recent poetry appears or is forthcoming in *The Alaska Quarterly Review*, *The Museum of Americana*, *The New England Review*, *Stone Canoe*, and many other periodicals and anthologies. After living for many years in Delhi, NY, she moved to Marquette, Michigan in 2015. She currently serves as Head of the English Department at Northern Michigan University and as Creative Writing Editor for *The Other Journal*. Read more at www.lynn domina.com.

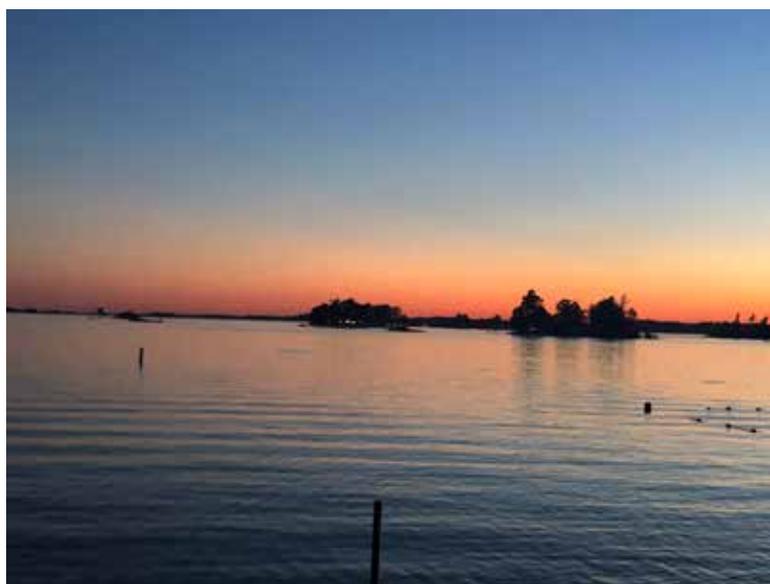
To register for this class, e-mail writersinthemountains@gmail.com. To register online, visit writersinthemountains.org. Class fee is \$100, if you register and pay by August 18, and \$125 after that. Registration deadline is September 1.

Writers in the Mountains is a 501(c)(3) not-for-profit organization with a mission to provide a nurturing environment for the practice, appreciation and sharing of creative writing. Learn more at writersinthemountains.org.



Thanks to our reader, Jillienne LaFever, for sending us this great photo she took in Alexandria Bay in the Thousand Islands region of New York near the end of July.

If you'd like to send a photo for inclusion as a Snapshot or to be considered for the cover, you can upload photos on our website: atimeandaplacemagazine.com on the Fun Things To Do page.



Want To See 100?

Location, Location, Location

Article Published: June 25, 2020 in WellWell

by John Salak

Think your genes are the prime factors determining how long you'll live? Think again. Scientists at Washington State University's Elson S. Floyd College of Medicine just reported that your environment and socioeconomic status may play an even larger role in determining whether you'll see 80, 90 or even hit the centenarian age.

The university's study indicates that individuals living in "highly walkable, mixed-age communities may be more likely to live to their 100th birthday." It went on to note that it found a significantly higher percentage of older adults benefited from living in cities and small towns that had relatively higher socioeconomic standings.

"Our study adds to the growing body of evidence that social and environmental factors contribute significantly to longevity," explained the study's author Rajan Bhardwaj, a second-year medical student at Washington State. Heritable factors, such as genes, only explain about 20% to 35% of an individual's chances of reaching centenarian age, he added.

Ultimately, Bhardwaj or other researchers noted that people can increase their chances of living longer—even to 100—by selecting an environment that supports healthy aging.

Admittedly, the study acknowledged that exactly what specific healthy aging elements constitute a supportive environment aren't totally clear. Certainly, a community's poverty level, access to transit and primary care, walkability, percentage of working age population, rural-urban status, air pollution and green space exposure are all factors.

Washington State's work, however, discovered that neighborhood walkability, higher socioeconomic status and a high percentage of working age population all had a significant positive impact on



the longevity of residents. Women in general also tend to live longer than men regardless of their environment.

"These findings indicate that mixed-age communities are very beneficial for everyone involved," said Bhardwaj. "They also support the big push in growing urban centers toward making streets more walkable, which makes exercise more accessible to older adults and makes it easier for them to access medical care and grocery stores."

Neighborhoods that scored highly in these factors tend to be in urban areas, which the researchers theorized made older adults feel less isolated and more likely to receive community support.

Dr. Roger Landry, author of *Live Long, Die Short*, underscored the importance of genetics in determining longevity but also acknowledged that lifestyle choices and environmental factors may supersede genes in determining longevity.

"We know so much more than we used to about aging and staying healthy later in life. Good genetics are only part of the equation, say 70% of the physical differences and 50% of the intellectual differences between older adults who are healthier in later years and those who aren't boil down to lifestyle choices," He said.

Landry went to cite what he considers other crucial elements that transcend the impact of an individual's genes. These include

Having A Life of Purpose: Older adults who are engaged in meaningful activity.

Maintaining Social Connections: Isolation is a serious health risk for mature adults.

Sustaining Brain Health: Good nutrition, stress management and regular exercise are key.

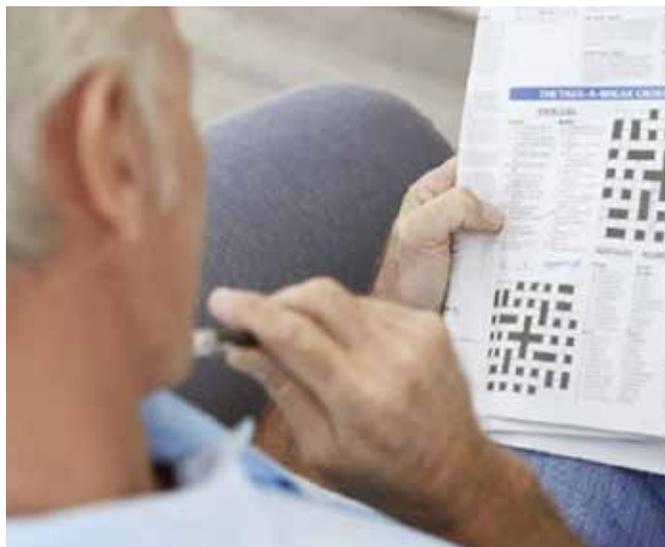
Staying Active: 30-40 minutes of physical activity daily cuts serious health risks.

Feeding the Spirit: Anything from organized religion to meditation, painting and gardening are nourishment for the soul.

Physical Environment: Making an individual's living area senior friendly.

Good Nutrition: Feeding the body right helps maintain physical and mental health.

So, if you're interested in seeing 100, getting moving and find an engaging age-friendly environment.



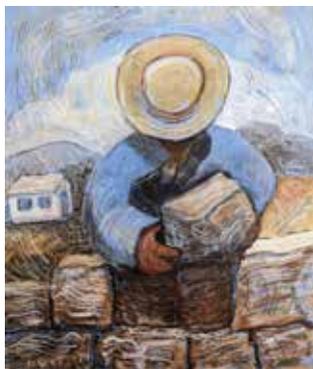
THE ROXBURY ARTS GROUP ANNOUNCES

This World Still Exists, Works by Neil Driscoll

A New Exhibit in the Walt Meade Gallery

Through September 12, 2020

The Roxbury Arts Group is exhibiting a series of new work from painter Neil Driscoll, *'This World Still Exists'*. These new works preserve and convey spontaneity impulse, light, color, motion and good humor - all elements that Driscoll hopes the viewer will find still exists in the world.



"Neil's solo show has been in the works for over a year" says Jenny Rosenzweig Executive Director of the Roxbury Arts Group. "His pieces simultaneously offer a sense of humanity, spontaneity, spirit and calm. It only seems natural that we are reopening the gallery with this show."

Neil received his artistic training at the Memphis Academy of Art and the Art Institute of Chicago during the 1960's. After a brief stint teaching high school art, he realized his wide-ranging interests needed further expression, which he found in painting, music and landscape design. Neil paints

the soul of his subjects in an eclectic style that is both folk inspired and impressionistic. One never knows what subject will appear on a Driscoll canvas. His alluring works are serious, abstract, flippant, and insightful.

Exhibits at the Walt Meade Gallery are always free and open to all. Masks and social distancing will be required. Guests may wait in the 1,200 sq. ft. main hall, or outdoors, until they are admitted into the gallery space in small numbers. For information on this exhibit and the COVID guidelines visit roxburyartsgroup.org or call 607-326-7908

The 2020 Roxbury Arts Group gallery series is sponsored by Roxbury Wine & Spirits. All programs offered by the Roxbury Arts Group are supported by the New York State Council on the Arts with the support of Gov. Andrew Cuomo and the NYS Legislature, the Robinson Broadhurst Foundation, the Tianaderrah Foundation, The Delaware National Bank of Delhi and by the generosity of business sponsors and individual donors like you.

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