



# The Twilight Owl

Terry Douglass, Editor

2015 Season: Issue 6

## PARK NEWS ...

### DROP IN DINNER

August 21st Drop-in Dinner  
Fabio Corsi & Michael Titowsky chefs  
Mook Dance Company performing  
Dinner 7pm  
Dance performance 8pm

### TWILIGHT PARK GARDEN CLUB ANNUAL FESTIVITIES

Saturday, August 15  
5:00 to 7:00 PM  
Underwood Cottage  
63 Spray Falls Road (top of Thank you Ma'am Rd)

There will be Wine and Cheese, Lemonade, Gin and Tonic.

Joan Kutcher from the Mountain Top Arboretum  
will give a brief presentation on their efforts toward the long-  
term conservation of Ash trees.

We will have a fund-raiser for the beautification of the  
unadorned pool fence, to the right facing the pool house.

Questions? Call Michele Lowrie at 589-6277.

### YOGA



Yoga Classes  
TWP Club House  
Every Tues & Thurs thru August  
9:15 to 10:30 AM  
All skill levels - \$10 fee

That has to be a sweet  
view (directly across  
from Mary Douglass'  
porch) but I am not  
getting in the bucket!!

### CENTRAL HUDSON TREE TRIMMING



# HAINES FALLS FIRE DEPARTMENT

## Please consider making a donation

Dear Cottagers

As you know, the volunteer fire fighters of Haines Falls performed an incredible service for the Park this weekend, fighting and containing the Rectory fire. Earlier today we sent a letter of thanks to them (see attached).

While I am sure they will appreciate the letter, volunteer fire companies are always in need of funds to support their equipment and supply needs.

We are asking Cottagers to reach into their pockets and contribute funds to the Haines Falls Volunteer Fire Company. While cottagers can certainly contribute directly, we would prefer to aggregate the checks with Mary Douglass and deliver them in 1 or 2 drops to the Fire Company so that we can demonstrate how appreciative the Twilight community is.

Please make checks out to Haines Falls Volunteer Fire Company and either drop your check in Mary Douglass' mail box at the gate house, or send to Mary at PO Box 174, Haines Falls, NY 12436

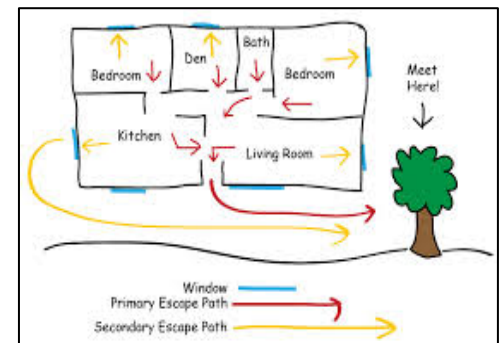
Thank you,

Alex

Due to the fire at the rectory, I added some information on fire prevention. I ask that everyone read and discuss with family, friends and guests. If you are like me, you tend to forget that guests are not as familiar with your cottage as you are.

FYI: Wireless interconnected battery operated smoke alarms are now available. The technology uses radio frequency to transmit and receive messages. These can be installed without rewiring. They are available on Amazon, or your local hardware store may carry them.

- Regularly test smoke and carbon monoxide detectors
  - 1 per floor
  - 1 in and just outside of every bedroom
- Check all your electrical outlets (do not overload) and extension cords – (if frayed, throw away) !!
- Install smoke-alarm activated nightlights
- Store extinguishers in fire-prone areas
- Keep escape ladders in second story bedroom windows
- Store valuables in a fire-proof safe
- Identify escape routes and meeting spots



# Protecting your family from a home fire: 9 things you probably never knew

## 1. Gather the clan, make a fire escape plan

You need a fire escape plan. Research shows that only about 23 percent of people in this country have a fire escape plan. Ideally, you practice regularly throughout the year (both day and night); know two ways out of every room; and pinpoint who will assist kids and adults with mobility issues. **Remember, you cannot see through smoke!**



The reality of what you can actually see in a fire.

## 2. You have as little as two minutes (and probably less) to get out of the house during a fire

A Red Cross Fire Safety Poll shows Americans think they have as many as 10 minutes but the reality is, it's two minutes and can be even less time when a person with disability is involved.

## 3. Close your bedroom doors at night

This one surprised me. But everyone in the house should sleep with shut bedroom doors, the best way to contain a fire, keep it from quickly spreading throughout a home and help protect yourself should one break out.

## 4. You need more protection than you think

Ideally, you want a smoke alarm installed on every level in your home, in hallways and outside sleeping areas—as well as in each bedroom.

**5. Smoke alarms need to be replaced every 10 years, and carbon monoxide detectors, every 5 to 7 years** I'd always thought as long as we keep replacing the batteries in our smoke alarms we'd be good, but no; the sensors of alarms and detectors lose their efficacy as

the units accumulate dust and detritus over the years.

## 6. To use a fire extinguisher, *remember*: PASS

Remember this acronym:

- Pull the pin on the fire extinguisher handle.
- Aim the nozzle/horn of the extinguisher at the base/bottom of the fire.
- Squeeze the fire extinguisher handles together to make the extinguisher work.
- Sweep the extinguisher nozzle/horn from side to side, as if you were using a broom.

*Note, extinguishers tend to expire within 10 to 15 years but if yours doesn't have an expiration date, you want to make sure the pressure gauge is in the "green" area—check yours regularly.*

## 7. Never throw water on a kitchen fire

There are close to 155,000 kitchen fires a year, many caused by heating fat or oil. Never, ever throw water on a kitchen fire—it won't put it out and could cause a steam burn. Try to cover the flames with a lid.

Next option: use a kitchen-designated fire extinguisher that packs special dry chemicals geared toward putting out oil fires.

## 8. That dryer lint: Clean it.

As high-efficiency and fancy as many dryers are these days, the fire service is seeing a higher reported number of fires caused by improperly maintained dryers. In other words, clean that dryer vent regularly.

## 9. There's a reason smoke alarms beep at 2 a.m.

When a smoke alarm's battery falls beneath a certain voltage, the alarm chirps. During the daytime, a dying battery may have enough power to keep going. But at night, when temperatures in a home drop, it slows the chemical reaction of the battery — and that annoying chirp can start!

*Let's not let this happen again*





## The TWP 2015 Owl Award



Mary Douglass was presented with the Owl Award for her long-standing, dedicated and valuable service to the Park as the Assistant Treasurer. Mary has “kept the ship going” with her focus and attention to detail. Her competence and dedication has been and continues to be a great service to the Park and the Board.

## 4<sup>th</sup> OF JULY PARADE, TANNERSVILLE



Submitted by Wade Speir  
Photos by Anthony Holley

Twilight Park participated for the first time in recent memory in the Tannersville July 4th Parade. Many Twilighters participated.

The Titiowsky family proudly marched along attended by the 100th and 125th Anniversary Flags as well as the 125th Anniversary banner that were carried by Julia Price and various house guests of the Speirs. The Speir girls carried the Twilight Park Camp Paper Mache Owl.



The parade brings back memories of TWP's own celebration of its 125<sup>th</sup> Anniversary. You can see the shorter video online at: <https://vimeo.com/101716824> or for more information contact Jimmy Ault at [james.m.ault@gmail.com](mailto:james.m.ault@gmail.com). There are copies available.

## WILDLIFE NEWS ...

### The Season of the Robin ??

*Submitted by Terry Douglass*

We have 2 nests (one occupied) and robins seem to be abundant in the park this year !



**Saturday, July 25 –**  
1 egg in the morning,  
2 more by evening

**Saturday, August 1 –** So far  
we have only seen the eggs



**Thursday, August 5 –**  
Finally see mama bird. Eggs have not yet hatched.

## ART SHOW

The 68<sup>th</sup> Annual TWP Art Show was a great success with 88 participating artists & 166 pieces of art.

The Clubhouse was filled to capacity for the opening reception. Judges awarded 21 prizes including 3 Twilight award winners.

Best in show  
Ed Shuttleworth



Judges Choice  
Joe Keiffer



Award of Excellence  
Gracia Dayton



## ALL ANGELS BENEFIT



### *Open Mike Talent*

Thanks to those who lent their talent to the open mike event, with a big thank you to Greg Dayton and Bob Rodriquez. We ended up having a

### *Handte Cottage*

Dinner at the Handte's included an interesting and inclusive table conversation about how we each first came to Twilight and our earliest memories of the park. The value I see in last Saturday night's dinners was for us to get to know people for whom we had not had an earlier chance to learn about their lives.



### *Swanson Cottage*

Dinner at the Swanson cottage included Elda & Jim Martocci, Bonnie & Art Tressler Fabio Corsi, Susan Tressler, Barbara, Jimmy & Terry Douglass. And, of course, our special guest, Jäger Meister — Service Dog-in-Training.

## A BIT OF TWP TRIVIA

*Submitted by Bob Post*

Twilight Park Surname Go Togethers  
While attempting to familiarize myself with more Twilight Park members in this year's Calendar and Cottage Listings, I scrutinized the surnames for perhaps some entertaining go togethers. Here are my Twilight go togethers:

Young - Elder (age)  
Hay - Roll (farming)  
Speir - Swords (weaponry)  
Fisher - Price (toys)  
Bailey - Gordon (liquor)

Email Bob at [rpost10830@aol.com](mailto:rpost10830@aol.com) for the full list!!

### Editor's Note:

I have been receiving some wonderful articles and blurbs for the OWL.

Keep the submissions coming!

Again, thank you all.

Terry Douglass  
[TwilightOwl2015@gmail.com](mailto:TwilightOwl2015@gmail.com)  
Submissions may be edited.

**Deadline for Issue 7 is Wednesday,  
August 26th !!**

## **How to Win a Tennis Tournament by Losing It: An Epic Tale of Self Indulgence, Recapturing Youth and Reclaiming Something Lost**

*Written by Paul Clare*

*Originally posted on FaceBook*

Introducing your 2015 Twilight Park Mixed Doubles Tournament Runner Ups, Paul and Kim Clare. Some might say “So what? You played, and lost a tennis match”. And normally I would agree with them and continue on to more easily digested Facebook posts. But for those who don’t know their Paul and Kim tennis history, and even for some that do, it might help for me to back up a couple of decades.

In my heyday, I was a slightly better than average tennis player, even playing on my High School team, but without any notable success. I was a better doubles player with a powerful serve and an excellent net game. Kim was (and still is) another story. A true beauty to watch on the court, she excelled in High School and played Division I at Seton Hall. She humored me on our second date by only beating me 6-2, crushing returns for winners on my best serves seemingly at will.

Playing mixed doubles with Kim was truly one of the greatest joys of my life, and an activity that brought us closer together as a couple, a team and as partners in life. It also made me a much better tennis player, especially in doubles. With her competitive spirit, and determination to win behind me, we became an extremely difficult team to beat. We regularly beat men’s doubles partners (we enjoyed the pace more), and seldom lost in mixed. Even when losing matches, we regularly managed to find that extra gear and come back or at least make people earn the “W”.

In 1992 and 1993, before we were married, and again in 1994 shortly after we were married, we won the aforementioned Twilight Park Mixed Doubles Tournament. We “retired” from playing the tournament after that, as others who had won three times in a row had done. We moved to Atlanta and continued playing high-level competitive tennis in ALTA, the local league, until the summer of 1999.

Many of you know that is when I broke my femur and discovered a cancerous bone tumor. By November of 1999, most of my left femur was replaced with a partial hip replacement. Although I am cancer free today, my surgeon told me I am not supposed to run. Ever. Unless a bus is coming, then I should run. His words, not mine. Since then, I have been very good at heeding this advice, with a few minor exceptions. Almost all involving tennis. About once every 12 to 18 months, I make Kim take me out to a tennis court and force her to play a set. She indulges me, and I usually represent well, with my strokes fairly consistent and my scrappy junk game still at my disposal.

I think I even stole a set from her once, but like our second date, Kim usually is playing down and I’ve never been sure of when I have legitimately beaten her. I usually have mixed emotions afterwards, grateful that I can have a small taste of the activity that we enjoy so much together, and mournful that it will never truly be the same again. Our one venture into a Friday mixed doubles night several years ago didn’t go very well, leaving me dejected and vowing not to attempt that again.

Fast forward to this July. Shortly before our vacation, I read that the last weekend of our vacation would fall during the Mixed Doubles Tournament. The itch started slowly, but I made sure that we packed our tennis racquets and some white clothes, as the Park requires on weekends. Stupid tradition, especially for Clay courts, but I digress. Neither of us had decent flat-soled sneakers, so we spent \$22 on two pairs of cheap “tennies” at Walmart. We spent an hour hitting on Wednesday, and although the courts were slow and damp, and it took a bit out of me (and my legs), I felt pretty good about being able to at least represent well for a match or two on the weekend. We signed up.

I didn’t mention that we were in upstate NY again to celebrate the wedding of one of my best friends in life, Mark Mechlowitz. He was getting married in the same place we had 21 years earlier. We were camping nearby, having brought most of our camping equipment with us on the plane and buying the rest. So not only were we planning to go to cocktail parties, a wedding ceremony and reception, we were going to try and play a tennis tournament, all while sleeping in the woods on air mattresses. Misery loves company, and somehow Kim indulged me in this folly, knowing without words that this was more than just a whim for me, but something bigger.

The results of the matches are largely superfluous to the story, but you’ve indulged me in the tale this long, so I will recount the weekend. On Friday night, we went to a cocktail party in honor of the bride and groom, and we did not disappoint in our joyous celebrations, and more importantly, libations. Our first match was on Saturday afternoon (we luckily and gratefully managed to get a first round bye, with 10 teams making up the bracket). We were paired up against an old nemesis, Pete Bennett. I think we beat Pete in the finals 2 out of the 3 years we won back in the day. His partner was my cousin’s wife, Laura Clare. She is a runner and a very consistent player, while Pete is a crafty player who is not afraid to play mind games on the court. We lost the first set in a tie break, and my body began to rebel against me, screaming at me that I had hit my one set limit. I mentally told it to buck up and get me through the next set. Despite the pain, I was beginning to feel my game get on track and we won the next set easily, 6-3.



When I called Pete an old nemesis, I was referring to our history, but in all fairness, he did just turn 70 and smartly decided that continuing was not in his body's best interest. They forfeited and we had won our first competitive match together in 21 years.

Despite the pain, I had a huge smile on my face, and something deep inside me smiled for the first in a very long time. But we had a wedding to go to, and not a lot of time to get ready. A dip in the pool, a long, hot shower, back to the campsite to get dressed. Our competition for the next day, Danny Maurer was also attending. Smack talk was exchanged, and he disappeared somewhere around 10pm. He claims he came back at some point, but Kim and I were dancing up a storm until the band stopped. Each step took its toll on my knees (which is where the tennis pain was manifesting itself the most), but this was the real reason I was there, to celebrate my friend's wedding, and no tennis tournament was going to get in the way. We got back to camp, and I immediately took another long, hot shower, sat by the campfire a while and went to sleep.

Our 9:30 AM match on Sunday came way too early. Another long, hot shower and I hobbled onto the court, each step feeling like I had rocks in my knees. In between points, I looked like Frankenstein getting into position. I don't think I looked much better during the points, and my serve was as weak as a lamb, barely holding one game during two sets. My net game was still on point, and we managed to defeat Danny his 11-year old partner Emma Henson, 6-4 and 6-1. By the way, if we were facing 2 Emma's, I think we could have lost. The kid was that good.

Theoretically, I would have been fine losing this match. I had accomplished my goal of playing competitive tennis again with Kim. I was sore, but had that huge smile in my heart. We had a long, long day ahead of us. We had to break camp later that night, and wanted to be done by sunset. But it was Danny, and he really does talk a lot of smack. And our friends reminded us that if he beat us, we would never hear the end of it. And our competitive nature wouldn't let us lose to him, or tank in general. So now we had a 1 PM final to play, and we had already had a couple of 2 hour matches under our belts. We needed to do something to try and represent. A trip into town for lunch saw us stop to get some Icy Hot and some knee tape for me. And a dip in the pool. I actually swam a quarter mile to get my joints working again, which somehow worked. That and you guessed it, another long, hot shower.

The finals were against Will Bennett, Pete's 21 year old son, whose game is among the best in Twilight, and his partner, an excellent 55 year old player, Paula Canning. No old men or young girls to beat, this team sailed into the finals easily, losing only three games in two matches.

This is a team that would have given us a real run back in the day. My friend Mark's good natured yet honest assessment was "You are going to get crushed". Despite the conclusion of most, there was a nice crowd of about 15 to 20 people there to watch our match. But there was something in Kim and I that others didn't see. That will to win. The belief that as long as we were on the court, there is a chance. And we were just one match away from the ultimate victory.

I'd like to tell you that we won, and that I played like I did 21 years ago. I didn't, but I played better than I have since that time. Certainly better than I did the first two matches, despite the outcome. And Kim was amazing. She was tired, sore and sunburnt. But she kept us in every point, every game and every set. After each match, and sometimes between sets, she would ask me if I needed to stop. She saw the pain I was in, and told me there was no shame in resigning. But when we were playing, there was none of that. If someone drop shot me, or lobbed over my head, she yelled at me to run for it. When we got behind in a game, we encouraged each other to just play each point. There were a lot of deuce games, with a lot of ad points.

We lost the first set 6-2, and the second set 6-3. But towards the end of that match, we began to see the cracks. They were tiring, making more mistakes, and were no longer the unbeatable team everyone told us they were. Until the last point, there was hope. We were in it, even if we had no reason to believe. No matter how bleak the prospects, as long as there was a breath in our lungs and we had the other on the court with us, there was a chance. Will and Paula won the match, but Kim and I won the war. We were back!

To have that feeling back in my soul, that joy in my heart, to work together towards a common goal, and yes, to smash overheads over the fence was worth every bit of distress. I had very few regrets about what cancer took away from me. Playing tennis wasn't one of them. Playing tennis with Kim was. Everyone has to give things up in life as some point. Usually they have a choice. I didn't. But now I do. I got to climb that mountain top again. Now I can choose to stop playing with Kim. I'm in charge this time. Cover your kids' ears, because I have to scream it out loud... "F--- CANCER"! It took me 16 long years, but that thing you took away from me that hurt the most. I got it back. I won, by losing.



TWP CAMP





## **Treatment of Trees in Twilight**

### ***Question& Answers with Vern Rist***

**<http://www.healthytrees.biz>**

**(845) 246-1859**

### **Meeting Notes by Bill Clare**

Ann and Skip Pratt graciously lent their porch on August 8th for a one hour question and answer session with Vern Rist, a Ph.D. Plant Pathologist from Saugerties, NY. His company, Healthy Trees, provides consultation and services in the area - dealing largely with problems of tree infestations.

The initial discussion was about the emerald ash borer. Issues about the hemlocks were also addressed.

#### **Status:**

Ash trees in Twilight that can cause property damage have been color marked this year as follows:

- **110 Red** – Infested and probably not salvageable and need to be cut down
- **180 Pink** – Infested and probably salvageable with treatment
- **135 Blue** – No visible sign of infestation yet.

In addition the state has marked some trees along the roads with yellow bands.

#### **Initial Cost Estimates:**

Cost will vary on the size of tree and, to some extent, on the difficulty of access. Rough estimates are given for a mature tree of average girth.

- Tree cutting is estimated at \$600 per tree, not including removal.

The logs may be useable as fire wood. Prospective use as lumber requires treatment and is questionable. New York State prohibits transportation of ash wood across county borders.

- Tree treatment is estimated at \$175 per tree.

Treatment needs to be repeated every 2 or perhaps 3 years. It is possible that the infestation in Twilight could be brought under control in future years. After that, treatment would not be required as often.

#### **History:**

The Emerald Ash Borer is native to eastern Asia. It became a significant problem in Michigan and the Midwest about 10 years ago. Here, it caused an outbreak with an epicenter in Saugerties about five years ago. No untreated ash trees within 20 miles have survived.

#### **Experience:**

Michigan and Ohio have had long term success with treatment over 10 years.

Vern's experience here over the last 5 years is based on about 1,000 trees that he judged to be treatable. Of these, only 2 have not made it.

#### **Treatment:**

Insecticide is typically injected into a series of holes drilled around the circumference of the tree. The insecticide is highly toxic to the ash borer, but for humans it has the lowest level of classified designation; i.e. "caution", rather than "warning" or "danger".

Treatment is possible up to mid-October, but not possible in late fall or winter.

There is no evidence of the insect adapting to the treatment, and there are alternative insecticides that could be used, if needed.

Even with trees with no sign of damage, there may be a slight infestation already. This will grow and may not appear for several years.

Dying trees tend to fall from the top branches down, but they are more expensive to remove when dead.

The strong recommendation is that the ash trees need to be effectively dealt with this fall or early spring.

#### **An Alternative:**

Use of a particular species of wasp is under investigation as a bio-control mechanism. The approach is still experimental, however, and not applicable for Twilight's current needs.

#### **Hemlocks:**

Some newer treatments (backpack spray) have been found for the woolly adelgid. Treatment costs about \$100 and needs to be repeated for each of two years. After this, watchful waiting is needed in case the adelgid return.

#### **Some Good News:**

Some hemlocks in Twilight were treated in the spring and this appears to be successful. It is estimated that perhaps 50% of the hemlocks in the park might be saved with treatment.

#### **Guidance:**

Further information on Park policy and costs will be forwarded later to cottagers.

## TWILIGHT TENNIS UPDATES AND RESULTS

*Submitted by Brit Fisher*

It's been a fun and eventful couple of weeks on our courts and in Onteora. Both new and established tournaments were contested and sunny days kept the courts busy just about all the time. It is a treat to see so many players involved.

The first ever Owl Memorial (women's doubles) was hosted by the Kaukonen/Mechlowitz families. It is not a coincidence that the event's OM initials are also those of Olivia Mechlowitz. The event is in her honor and remembrance. The Owl Memorial also celebrates the spirits of all the Twilight tennis players who have passed. Robin Kaukonen and Paula Canning were the victors. Everyone played well!



Memorial Owl Matches Group Photo  
Front row: Robin Kaukonen, Kim McMenamin, Emma Henson, Rory Clare, Laura Clare, Kylie McMenamin, Paula Canning

Second row: Judy Sheridan, Melina Fisher, Megan Marine, Kathy Pattison (Not Pictured) Hendi Dayton, Tracy Davlin and Meg Waldron



Finalists: Team Kaukonen/Canning

The Owl Matches were hosted by Onteora this year. Twilight prevailed with a score of 37-33. We were well represented both on the courts and in the stands. The Owl Matches will now be played alternately in Twilight and Onteora.

A little history on the Owl Matches; the Owl Matches, a team tennis competition, was established by the Daytons between Onteora and Twilight in memory of James and Millicent Callender. The Callender's were the parents of Agnes Dayton whom they introduced to Twilight Park, circa 1907.

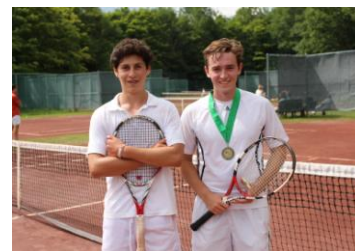
In 1978 team tennis, with substitutions, no double faults and single sets with a mixture of doubles and singles played one match after the other with cumulative games scoring was new to the national tennis scene. Jon Dayton, tennis "Pro" at the time, organized a variation for the first event.

This annual event has taken place a total of 36 times with 2015 being the 37<sup>th</sup> and a miss only one year in 1997. The first meeting Twilight won in the final match of the afternoon 27-24 with a 3 point win in the women's doubles.

Twilight has now won 21 times as opposed to 16 for Onteora.



Than Ferris and Bruce Dayton getting things started



Will Bennett wins the men's singles



Junior doubles winners Kalevi Kaukonen and Emma Henson

The women's doubles was a thrilling match and came down to the last point in the last set in a tie-breaker. Team Sheridan/Pattison takes the day!



## Thinking Inside the Box (conventional), Thinking Outside the Box (innovative), Thinking Outside the Warehouse (paradigm shift), and Health

*Submitted by Bob Post*

It is common practice for people to think inside the box. It's routine, and you are likely to be thinking acceptably just like the herd thinks, regardless of the outcome. I'll bet everyone is also familiar with the trite expression "thinking outside the box" used so often that they are likely to ignore what else is said in conjunction with these words. Simply stated, thinking outside the box is innovative thinking, also described as creative, original, surprising, or unique thinking. I use a term "thinking outside the warehouse" which eliminates all but one of those people (boxes) on the planet (inside a warehouse), for the clairvoyant person who is associated with a paradigm shift, which is the ultimate thinking achievement.

Let's think some more about a paradigm shift. A paradigm shift is a change in basic assumptions within the ruling theory of science, where the entire worldview is in general consensus. Here is an historical case of this concept. Prior to Copernicus, there was the long-standing thousand years or so Ptolemaic theory about the cosmos that the sun and other heavenly bodies revolved around the earth which was the center of the universe, or something close to that concept. Think earth centric. Then Copernicus upset this theory and claimed the sun was at the center and the earth and other heavenly bodies revolved around the sun. Think heliocentric. Remember, both these guys died before Galileo invented the telescope so there no "selfies" going viral on the internet of a person posing with the sun, moon, or other heavenly body in the background. If just the sun and earth are considered, Ptolemy is wrong, Copernicus is right, and Copernicus should be credited with introducing a paradigm shift.

Saying farewell to Copernicus, and moving forward to the 21<sup>st</sup> century, and switching from the cosmos aspect of science to health, I came upon a very unique book on health written by Andreas Moritz titled "Cancer Is Not A Disease, It's A Survival Mechanism". Of the more than 250 health and nutrition books in my library, this is the only book in my opinion worthy of being considered as a paradigm shift for its presentation of what cancer is, and what it is not.

From the back cover of Moritz's book, the following two excerpts are cited:

"...cancer is the physical symptom that reflects the body's final attempt to deal with life-threatening cell congestion and toxins. He claims that removing the underlying conditions that force the body to produce cancerous cells sets the preconditions for complete healing of the body, mind, and emotions.

...Cancer is not an attempt on your life; on the contrary, this `dreadful disease` is the body's final desperate effort to save your life."

Two of the people in Twilight Park are reading this book at this time, only because I made them aware of its existence. How did that happen? Two of my 130 laps around the park paid off simply by mentioning a title of a health book "Cancer Is Not A Disease, It's a Survival Mechanism" during casual conversations. Once their brain received this message, they asked for more information as they did not know how to interpret this alien concept. Then they wanted to know more about the book. So I told them, then they obtained a copy and began reading it.

Come join me for a walk, or meet me when I stop at the pool. I've purchased ten additional paper copies for now. I'll put a couple in my "Popcorn" backpack and ring a bell as I do laps around the park, much like the "Good Humor" ice cream truck from the 1950's when I was a kid. Do you want some of Popcorn's healthy ice cream? I'll exchange a copy of the book for \$10. It is offered at amazon.com for more than \$20 in paperback, but it has been unavailable since June when I first looked. I ordered paper copies from Moritz's web site and should have them early next week (August 17), maybe sooner. Amazon Kindle price is \$10. The book is guaranteed not to melt, unlike the ice cream.

If you can prove you are a relative by blood or by marriage, you are entitled to a 100% discount.

Flash – Mary Douglass just reviewed this article before I finalized it. I now have only nine on-order copies not taken. Mary grabbed the first on-order copy at the 100% discount rate.





## RECYCLING GUIDELINES

**Recycling is mandatory in Greene County!**  
**PLEASE SEPARATE YOUR RECYCLABLES**  
**and prepare them for collection as follows:**

- Glass bottles and jars: clean, with metal and plastic neck bands removed
- Metal cans: clean
- Plastic bottles: clean, with caps and metal rings removed. Only soft plastic with recycling number 1, 2, 3, or 5.

***Use see-through bags for the above items. Each item category requires a separate bag. The driver must be able to see what is in the bag***

- Newspapers: tie with cotton twine or put into brown paper bags. Glossy supplements and telephone books can be included.
- Magazines, catalogs, glossy paper: tied with twine
- Office paper, envelopes, junk mail: separated into brown bags
- Corrugated cardboard: flattened and bound. No waxed cardboard or pieces larger than 3' x 3'.

Appliances, car batteries, tires and other items should be taken to the Hunter Transfer Station on Hylan Road. Check out <http://greenegovernment.com/departments/solid-waste/services/accepted-waste/> for what is accepted.

Mon, Tues, Thu, Fri, Sat: 7:30 am – 3:30 pm  
Sun: 8:00 am – 3:30 pm  
Wed: CLOSED

## GARBAGE PICK-UP

Tuesday pickup: May 19 - October 20nd  
Saturday pickup: June 27 - Sept 5

## Remember....

Consolidate smaller bags into larger ones as we are billed by the bag. Up to 40 gal bags are \$2, larger bags are \$4. Multiple tall kitchen bags will fit into a 40 gal bag!

**Trash Drop Off:** If you need to dispose of smelly trash before a scheduled pick up day, there is a bear-proof receptacle behind the club house.

## Mountain Top Library

(518) 589-5707

[www.mountaintoplibrary.org](http://www.mountaintoplibrary.org)

Mon – Fri: 10 am – 7 pm

Sat: 10am – 2 pm; Sun: Closed

## Adirondack Trailways Bus Schedule

Check the website

[www.trailwaysny.com](http://www.trailwaysny.com)

