

The holiday craft show that is more than half a century old returns with Quail Hollow Events at the helm

Dutchess Community College Foundation Holiday Craft Fair, which celebrated its semicentennial anniversary last year, offers Hudson Valley locals and visitors the opportunity to shop small (and support handmade!) Thanksgiving weekend. For the first time this fall, the foundation is partnering with Quail Hollow Events in the promotion and organization of the decades-old fair. Quail Hollow may be best known as the team behind the celebrated biannual Woodstock-New Paltz Art & Crafts Fair, which rounded out its fourth decade last year.

Boasting just over 100 artists, the fair has become a holiday shopping tradition for many in the region and one that stands in stark opposition to the Black Friday culture propagated by Big Box Stores. Now entering its 51st year, the fair presents an alternative

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to the frenzied buying experience that Black Friday consumers experience. This is not a festival for imported or mass-produced products; everything onsite is handmade, with the artist or maker in attendance. Like Quail Hollow's other events, this one is juried. with exhibitors thoughtfully selected to ensure a balanced assortment of handmade art, crafts, and goodies that vary widely in terms of style and taste.

Visitors will find holiday favorites, like fresh, locally sourced wreaths, delicate holiday ornaments, and tasty treats, but these seasonal staples are part of a broader sea of handcrafted pieces. The event will showcase a bevy of skilled artists and makers in over ten media categories. Rows of carefully curated booths will display something for every taste - and for everyone on your gift list – from fine art and photography, to ceramics, jewelry,

and specialty foods

11/25 & 11/26

Dutchess Community College

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woodwork, fiber (both wearable and decorative), specialty foods, and small-batch cosmetic products like candles and soaps. Find heirloomquality wall art and ceramics, displayworthy cutting boards, wearable art like sweater-scarves, wraps and cold weather necessities, and fine jewelry (ranging from classic to quirky to modern).

Quail Hollow values the interaction between visitor and maker and hopes to foster this relationship within the halls of Dutchess Community College for decades to come. Says director Ola Rubinstein, "The real center and heart of these festivals is the connections that are made. The visitor experience involves much more than holiday shopping. Through engaging with the artist, visitors will learn about the artistic process and the history of the item that they are observing or purchasing." The DCCF Holiday Craft Fair will take place at Dutchess Community College in Poughkeepsie, in Falcon and Drumlin Halls, Saturday, November 25 and Sunday. November 26, 10 a.m. - 4 p.m. The event is rain or shine, and shuttles will be available to transport shoppers between the two event halls. Details and tickets available at quailhollow.com.





A time of giving

The holiday season is a time of giving. The generosity on display during the holiday season may not have an official start date, but the first Tuesday after Thanksgiving Day may be the unofficial beginning of the giving season.

The first Tuesday following American Thanksgiving has been referred to as "Giving Tuesday" since 2012. The event was started by the 92nd Street Y in New York City, the United Nations Foundation and the technology website Mashable as a response to the commercialization of the holiday season and the rampant consumerism that seems to start as soon as the last bite of turkey is digested. Today, Giving Tuesday harnesses the generosity of millions of people around the world and helps millions of dollars to find its way into the coffers of organizations that need it most. Giving Tuesday inspires people to volunteer or give back to causes that are near and dear to their hearts.

Thanks to technology, giving has the capacity to go viral and inspire others to engage in their own charitable efforts. Since its inception, Giving Tuesday has evolved. The event now underscores how communities can harness the power of people working together to elicit great change.

Even though Giving Tuesday may be the catalyst for charitable efforts, it doesn't need to end there. People are urged to be generous all year long, including throughout the holiday season. Here are some seasonally specific ways to give back a little more.

- · Pay it forward by treating someone behind you in the checkout line to coffee, fast food, a candy bar, or whatever else suits you at the time. Perhaps he or she will do the same and keep the generosity going.
- · Keep extra dollars in your pocket and be generous to charities seeking donations outside of stores. A cup of coffee or hot chocolate goes a long way toward warming up the people manning the collection pots as well.
- · Adopt a family who is less fortunate and purchase some gifts on their wish list. Many community centers and churches have contacts for needy families who could use some support this season.

Giving can be the focus of the holiday season, and in ways that are meaningful to the people on the receiving end of the generosity.





Brightening the holiday season for the military community

s we enter the holiday season and Americans across the country look forward to spending time with family, thousands of service members deployed overseas – many to the Middle East in response to the Israel-Hamas war – will not have that luxury and will be spending the holidays far away from loved ones.

Here is how USO Holidays programming delivers a piece of home to them, along with ideas for how you can get involved:

1. Care packages: A care package might seem small in light of the challenges of deployment, but for many service members, they're a reminder that they're not forgotten by Americans back home. Aside from standard USO Care Packages, which contain snacks or toiletries, USO



Holidays Care Packages have festive treats and goodies, such as holiday candies, cozy socks and a warm beanie, that help bridge the gap between home and the frontlines. This year, the USO will deliver 50,000 holiday packages to over 250 locations globally.

2. Holiday traditions: Giving up treasured family traditions can be difficult. That's why USO Centers and USO Mobile teams host holiday meals for service members and their families. complete with special treats. Each December, USO Holidays Cookie Week celebrates the time-honored tradition of baking and decorating cookies, putting service members and military families in the holiday spirit wherever they are located. Other seasonal programming can include tree decorating, arts and crafts, holiday-themed movie nights and ugly sweater competitions. These activities allow service members to still make holiday memories.

- 3. Connections to home: Staying connected to family during the holidays can be difficult for service members stationed overseas, particularly for those in or near regions in conflict such as Eastern Europe or the Middle East. The USO Reading Program enables deployed service members to record themselves reading a book to their child. Then, the recording and a copy of the book are sent to that service member's family.
- 4. Happy travels: As most people know, holiday travel can be especially taxing. Thousands of service members and trainees from military installations across the country participate in the Holiday Block Leave period, many traveling through some of the busiest airports in the United States to be with their families during the holidays. USO airport centers can alleviate some of that stress for service members and trainees by providing a place to relax and unwind before the next leg of their journey, along with all the comfort items they need.

To learn more about these programs and how to support them, and for ideas on how to reach out to the military community to express your thanks during the holidays and throughout the year, visit uso.org/campaign/holidays.

The holiday season can look very different for service members and military families who must celebrate while separated from loved ones and home in all corners of the world. Bringing everyone together on special days fosters camaraderie and positivity, and provides a welcome break from the demands of military life.

(StatePoint)





'Tis the Season for scams, protect yourself

In today's hyper-connected digital universe, cyber criminals have more information than ever before, through unsecure public Wi-Fi, your email inbox, via text message, and more.

According to a Scam and Robocall Report from T-Mobile, Americans lost an estimated \$39.5 billion to phone scams in 2022.

- 1. Avoid public USB ports: Traveling by plane this holiday season? The FCC warns that cyber criminals can download malware to public USB charging ports to gain access to your information. Prevent this by using an AC power outlet instead.
- 2. Beware of charity scams: It's the season of giving, but the FCC warns many cyber criminals take advantage by creating fake charities staged as real nonprofit organizations to gain access to your payment information. To prevent this, don't click on suspicious email or text links and verify the organization is registered at the National Association of State Charity Officials or Better Business Bureau's

Wise Giving Alliance before donating this holiday season.

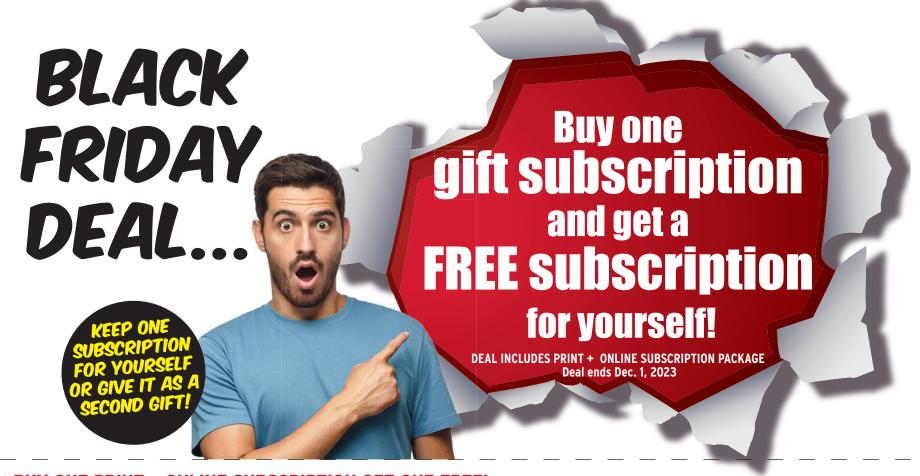
- 3. Screen your calls: Scammers are continuously upping their game, with total robocall attempts up 75% from 2021 to 2022. Detecting whether an incoming call is a potential scam isn't always easy, but T-Mobile's Scam Shield app makes it simple. Free to all T-Mobile customers, Scam Shield enhances your scam-blocking protections so you can say goodbye to scam calls. In 2022 alone, Scam Shield identified or blocked 41.5 billion scam calls in the T-Mobile network. That's a whopping 1,317 calls identified or blocked every second. With Scam Shield, when the network detects a potential scam call, it is flagged and displayed as "Scam Likely" on your device. Customers who want even more protection can download the Scam Shield app or dial #662# from their T-Mobile smartphone to enable Scam Block, which automatically blocks any calls that match the database of scam calls. Take that, tricksters. To learn more, visit t-mobile.com/scamshield.
- 4. Online caution: Plan to use a smartphone to make holiday purchases this year? Scammers are onto that; minimize cyber Grinches trying to steal your personal info by monitoring your financial accounts regularly for suspicious charges and sign up for your bank or credit card company's text or email notifications to stay on top of fraudulent activity.
- 5. Use secure tools: Safeguard your online accounts with Multi-

Factor Authentication, which requires users to enter two different kinds of information to log in, like a password and one-time PIN code. It's like having a digital bouncer to make sure only you get into your accounts. Another protection is a password manager, giving you the ability to securely store passwords across multiple platforms and websites. The tool also provides an autofill password function and a new password generator. (Statepoint)





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The 6th Shop Downtown Passport Event

A weekend of shopping, dining and community in Downtown Newburgh

This November 25 and 26, Downtown Newburgh welcomes shoppers from the region to join the 6th Shop Downtown Passport Event—an immersive weekend experience filled with shopping, dining, and community. The event promises to showcase the vibrant culture and diverse offerings of the Downtown Newburgh corridor. Don't miss this opportunity to support local businesses, enjoy delicious food, and celebrate the Small Business community in Downtown Newburgh.

Event Highlights

Join us in welcoming the nine new businesses that have opened their doors since the 2022 event! This includes Betty's Snack Bar, Bivona's Simply Pasta, Café Little Treasure, DAHER Label, Downstate Kitchen and Coffee, Golden Hour Bookstore, Hudson Valley Cheesecake, Ric Rac, The Lion's Den.

Passport Adventure

Participants are invited to explore the unique shops and dining establishments in Downtown Newburgh. Receive a passport upon arrival and collect stamps as you shop and dine throughout the weekend. Drop off your passports to Newburgh Mercantile; prize drawings will be held at the end of both days.

Prizes and Giveaways

Complete your passport by collecting stamps from designated small business locations and be eligible for exciting prizes and giveaways. It's not just about shopping; it's about getting to meet the shop owners What: Shop Downtown Passport Event

Where: 29 locations throughout Newburgh's downtown

When: November 25 & 26, 2023 from 11 AM to 5 PM

Website: https://shopnbny.hvbusinessdirectory.com/

Social Media: Facebook https://www.facebook.com/shopnbny Instagram https://www.instagram.com/shopdowntownnbny/

and find out what they offer.

Local Flavor

Discover the culinary scene of Downtown Newburgh with special discounts and featured menus at participating restaurants. From cozy cafes, gift stores, a wine shop, home stores, a brewery, coffee shops, a bookstore and beauty shops, there is something for everyone.

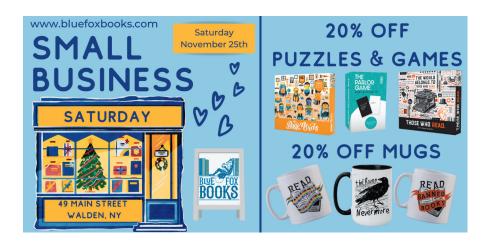
History

The Shop Downtown Newburgh initiative was started in 2014, when a few Newburgh business owners wanted to join the nationwide marketing program that was designed by AMEX. That program focused on the Saturday after Thanksgiving and Black Friday to direct consumers to the great small businesses that exist in our neighborhoods and main streets.

Realizing that they needed a way to drive the most foot traffic into every participating store, the idea of the Passport was added and the event was extended to the weekend. Now people had a reason to visit as many shops and food venues as possible in order to get their Passport stamped which then turned into entries into a drawing for prizes.









Doctors' tips to stay healthy during the holiday season

For a healthy, happy season, follow these tips and recommendations from the AMA:

• Vaccination is the best protection against a number of serious respiratory viruses circulating this fall and winter. To protect yourself and your family, get up to date on your vaccines, including the annual flu shot, as well as the updated COVID-19 vaccine for everyone 6 months and older. Vaccines are also available to protect older adults from severe RSV. New tools to protect infants during RSV season include maternal vaccination as well as the monoclonal antibody immunization.

If you have questions, speak with your physician and review trusted resources, including getvaccineanswers.org.

· Avoid processed foods as much as you can,



especially those with added sodium and sugar. Drink water instead of sugar-sweetened beverages, and eat nutritious, whole foods like fresh fruits and vegetables alongside richer holiday foods.

• If you're consuming alcohol, drink only in moderation. The U.S. Dietary Guidelines for Americans defines that as up to one drink per

day for women and two drinks per day for men, and only by adults of legal drinking age.

• Make time to exercise during this busy time of year. A good rule of thumb for adults is at least 150 minutes a week of moderate-intensity activity, or 75

minutes a week of vigorous-intensity activity. Brisk walks, or even a family trip to the gym, can provide easy and fun ways to get off the couch and elevate your heart rate over the holiday season.

- Factors like holiday spending and navigating time with extended family can bring on extra stress. Invest in your mental health and manage stress by getting sufficient sleep, exercising and seeking help from a mental health professional when you need it.
- Make smart choices and plan ahead if you're driving. In December 2021 alone, 1,013 Americans died in alcohol-impaired-driving crashes. Do not under any circumstances drive if you intend to drink. And if you are the designated driver, make a 100% commitment to sobriety.
- Get your New Year's resolutions started early. Speak with your doctor or health care professional about quitting tobacco and nicotine use, and declare your home and car smoke-free to eliminate secondhand smoke exposure. (StatePoint)



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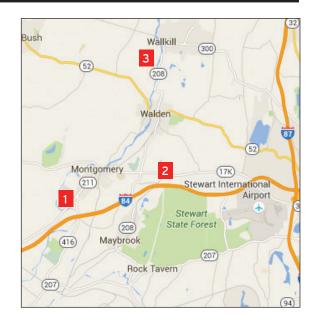
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Traditional Coquito recipe

Coquito, which means "small coconut," is made in batches with recipes passed down through families. It is similar to traditional eggnog, but Puerto Ricans will tell you it's even better. The beverage is served throughout Navidad, or starting after Thanksgiving and ending in mid-January with the celebration of Fiestas de la Calle San Sebastián.

Enjoy this "Traditional Coquito" recipe, courtesy of Discover Puerto Rico.

Traditional Coquito 1 can of condensed milk



1 can of evaporated milk 1 can of cream of coconut 1/2 cup white rum 1/2 teaspoon of vanilla extract 1 teaspoon of ground cinnamon (add more to taste)

In a blender, add evaporated milk, cream of coconut, sweetened condensed milk, rum, vanilla extract, and cinnamon. Blend on high until mixture is well combined, 1 to 2 minutes. Transfer mixture into glass bottles and chill in the refrigerator until cold. To serve, pour coquito into small

serving glasses and garnish with ground cinnamon or a cinnamon

Note: You can experiment with different flavors, like chocolate, guava or even mango coquito.

