



Let's bring the young people into the marinas, yacht clubs and many different aspects that require growth. If you are a kid and want to share your perspective contact John H. Vargo, publisher at **845.401.2699** vargojhvargo@gmail.com

People, Places and Food.

by Marcus Lau

My name is Marcus Lau and I am 9 years old. My story is about 3 lands: Hudson Valley in New York, Abaco in The Bahamas, and Latvia in Eastern Europe. I live in the Hudson Valley and I traveled to Latvia and The Bahamas during my summer break. **People, Places and Food.**

PLACES:

Hudson Valley, New York – the mountains here are steep and beautiful. There are lots of rivers. When I was climbing Anthony's Nose (hiketothudsonvalley.com/hikes/anthony-s-nose/) – the mountain with my family – it took me two hours but it was worth it. I saw many more mountains that I could not see on the road. I also saw a big stream of water coming down the mountain.

Latvia, Eastern Europe – 4,000 miles away from New York. Like New York, it has lakes, streams but there are no mountains. The land is flat. There are many forests and people go mushroom picking in late summer and early fall. They also pick berries and spend a lot of time outdoors.

Abaco, Bahamas – 1,000 miles away from New York. At first it looks like Abaco isn't like New York or Latvia, but I learned that the mountains are under the sea and the islands are the top of the underwater mountains. The water there is

beautiful – turquoise and has many shades of blue.

FOOD:

Hudson Valley, New York. Many choices here in New York. From Sushi to French Fries. Chocolate milk to Popsicles. Many Things to choose from. I like to snack, and love sausage cooked on the fire in my back yard.

Latvia, Eastern Europe – My grandmother "Ome" made the most delicious sweet bread that looks like a pretzel. The bread is so soft and sweet and it's homemade. Most houses there have their own garden where they grow their own vegetables and fruit trees.

Abaco, Bahamas – The Food in Abaco comes from the sea. Craw fish aka lobster, conch salad and fish. They also make homemade bread and local pies and jams from local fruits like guava, coconut and other local fruit.

PEOPLE:

Hudson Valley, New York – Most people come from different parts of the world. They come from different cultures. I am a New Yorker.

Latvia, Eastern Europe – People there speak their own language – Latvian – it's unlike any other language I have heard. They are very nice!



Abaco, Bahamas – People are very friendly in The Bahamas. They always say hello. There are no criminals and only one cop in town with no vehicle!

Abaco, Latvia and Hudson Valley are places with many similarities. It was fun to visit Abaco and Latvia. The flights were long – 12 hours to Latvia and 5 hours to The Bahamas but I was happy when I got off the plane. My house is in the Hudson Valley. I like it here. I like winters when there is a snow day and I have no school and summer time, when it's my birthday and I can take classes at Westchester Community College Digital Painting Class!

**People, Places and Food.....
My journey begins.**