

# SPOTLIGHT ON OUR FUTURE

## FILMS INSPIRE HOPE, PROTECTION FOR HUDSON RIVER

By Amanda Loviza

HURLEYVILLE — There has to be a reason to hope, one local filmmaker believes, and in bringing his most recent work to Hurleyville and around the region, he hopes to inspire communities to keep having hope in the vitality of their ecosystem.

Acclaimed filmmaker and activist Jon Bowermaster presented his latest collection, "Hope on the Hudson," at the Hurleyville Arts Centre on April 26.

"Hope on the Hudson" is a collection of three short films — "City on the Water," "Seeds of Hope," and "Restoring the Clearwater" — that focus on the positive changes happening in Hudson River restoration efforts. Mr. Bowermaster told the audience that he turned toward these stories after touring a previous collection, "The Hudson: A River at Risk," which focused on all the challenges of saving the river ecosystem.

Those films bummed him out, Mr. Bowermaster said, and he purposefully pivoted to more positive messages in his next project. Catskill Mountainkeeper Executive Director Ramsay Adams joined Mr. Bowermaster to lead a conservation discussion following the



PHOTO BY AMANDA LOVIZA

Acclaimed filmmaker Jon Bowermaster talks about conservation efforts in the Hudson River region after a screening of his short films collection, "Hope on the Hudson," at the Hurleyville Arts Centre on April 26.

film screening. Mr. Adams praised Mr. Bowermaster's storytelling art, and said it goes a long way toward establishing hope, and a reason to fight.

"The important thing to me is that we have a reason to fight for the planet," Mr. Adams said. Hopelessness is not a reason.

The first of the three films, "City on the Water," explores New York City's waterways. As the "sixth borough," the Hudson River and its creeks and canals are

vital to the health of the residents of one of the most influential cities in the world. For decades, it was thought that the Hudson River was unsalvageable from the industrial pollution and uncontrolled sewage that was left unchecked for too long. But Riverkeeper and community organizations are showing that the Hudson River is once again becoming a place where residents can recreate, and its ecosystem has begun the long process toward recovery.

"Seeds of Hope" fol-

lows the Hudson Valley Farm Hub's seed sanctuary project, working with the St. Regis Mohawk Tribe at Akwesasne to save and repopulate the seeds of the tribe's heritage crops. From two ears of corn to 1,600 pounds harvested, in just a few years the seed sanctuary is bringing culturally and environmentally important plants back from the brink of extinction.

The final film of the night, "Restoring the Clearwater," took the audience inside the efforts to maintain the sloop

Clearwater, a replica of a traditional Hudson River vessel that was dreamed up by musician Pete Seeger to become America's Environmental Flagship. The beautiful wooden boat sails the Hudson, drawing people to it and to the river, and teaching them to appreciate and protect the waterway.

The Hurleyville audience applauded appreciatively at the end of the screening, and was given a chance to ask Mr. Bowermaster any questions about the topics or his filmmaking efforts. The three stories presented in "Hope on the Hudson" were "no-brainers" to the Ulster County filmmaker, but he said he is "wide-open to suggestions" for future stories. It's a careful balancing act between inspiring hope and reminding people of the severity of the situation.

"We as filmmakers can do a great job making the Hudson look beautiful and idyllic, but I remind myself that in many respects, it's dead," Mr. Bowermaster said.

With so much at stake, Mr. Bowermaster and local conservationists hope that the communities of the Hudson River, and the world at large, will fight for the health of their ecosystems.

## SULLIVAN COUNTY POISED TO TAKE OFF 2018 State of the County Address

by John Conway

SWAN LAKE — Legislature Chairman Luis Alvarez delivered the 2018 State of the County address last week before a packed house at Sullivan County International Airport.

With the airport as a backdrop, Mr. Alvarez, whose legislative district includes Hurleyville, said that the county "is taking off."

"We have more jobs for more people than at any time in the last half-century," Mr. Alvarez said.

Continuing with the theme he introduced in his State of the County address last year, Mr. Alvarez credited the notion of "walking together" with much of the progress the county has made under his guidance. The good things that have taken place in the county are the result of partnerships and various groups, including the Legislature, working in unison.

"This Legislature puts party aside and works together for the people we serve," he said emphatically.

Mr. Alvarez particularly praised his colleagues for "having the courage to replace the 100 year old jail" after years of procrastination by previous legislatures. He predicted that the Sheriff's office will begin its move into the new facility before the end of the year.

After outlining a number of



PHOTO PROVIDED

Sullivan County Legislature Chairman Luis Alvarez delivers the 2018 State of the County address before a packed audience in the main terminal at Sullivan County International Airport on April 26.

new projects that have been completed or are nearing completion, including the \$1 billion Resorts World Catskills casino and Kartrite Hotel & Indoor Water Park and the \$90 million YO1 Center wellness resort, Mr. Alvarez said people have begun to talk about Sullivan County's future for a change and not just about its past.

He touted physical plant improvements that have been made at the Government Center in Monticello and the adult care facility in Liberty, which is being re-branded as the "Care Center" and pledged to make it "the best in the region." He talked about plans for moving the county toward green energy, including solar power and electric vehicles.

These measures are not just about the county's image, Mr. Alvarez said, but about "being proud of where we live."

He did sound one alarm, however. Predicting that "a decline in services is right around the corner" for residents of the county's villages, Mr. Alvarez called upon officials in Liberty and Monticello to "put fear aside" and explore the benefits of dissolution or at the least a consolidation of services. In the wake of an ever increasing tax burden, the villages owe that much to the people and the community, he said, while pledging the county's help in the process.

But even that ominous note could not detract from the overall positive, upbeat mood of the far-reaching address.

For the first time in many years, the county's future is again "worth looking forward to," Mr. Alvarez concluded.

"It's no longer about where we are, but about where we are going," he said.

## SENATOR BONACIC TO RETIRE

State Senator Will Not Seek Re-election; Scramble is On to Replace Him

by John Conway

SULLIVAN COUNTY--The local political scene was abuzz with speculation last week following an announcement by State Senator John Bonacic that he would not be seeking re-election.

Mr. Bonacic, a Republican from Mount Hope in Orange County, has represented Sullivan County—as well as parts of Ulster, Orange, and Delaware Counties—in Albany since first being elected in 1998. Since that time, Mr. Bonacic was re-elected nine times, including six times in which he ran unopposed. He called serving in the State Senate "the honor of my life."

"Twenty years is enough," he said. Prior to his election to the Senate, Mr. Bonacic served in the Assembly, having won a seat in that house in 1990.

In the wake of Mr. Bonacic's surprise announcement, speculation has run rampant about possible candidates to succeed him. Two Democrats have already announced their intention to run, town of Rosendale councilwoman Jen Metzger and Orange County environmental activist Pramilla Malick, who lost to Mr. Bonacic in 2016. With no incumbent on the ballot, however, it is thought that other Democrat candidates might step forward.

On the Republican side, two immediate frontrunners appeared to be 98th District Assemblyman Karl Brabenec and Sullivan County's Deputy County Manager Dan Depew, a former town of Wallkill Supervisor. Later indications were, however, that Mr. Depew had decided not to run.

Other possible Republican candidates in the con-



PHOTO PROVIDED

After 20 years as a State Senator, John Bonacic has announced he will not seek re-election in November.

versation included former Orange County Executive and present town of Wallkill Supervisor Eddie Diana, Orange County Clerk Annie Rabbitt, once a member of the Assembly, and attorney and village of Jeffersonville trustee William H. Chellis, who is the Vice Chairman of the Sullivan County Conservative Party.

Mr. Chellis confirmed that he is exploring a possible run.

"I am definitely interested," he said, adding that he thinks he could offer a "fresh approach."

Although the situation was still quite unsettled at press time, it appeared that Mr. Diana was the frontrunner on the Republican side.

## FIRST RESPONDERS LEARN AUTISM AWARENESS

By Amanda Loviza

HURLEYVILLE — Law enforcement officers and first responders from across Sullivan County gathered at The Center for Discovery's Michael Ritchie Big Barn to be trained in "Autism Awareness for the First Responder" on April 17.

It was the third time in four years the training was organized by The Lieutenant Gregg Atlas Foundation for local responders. Gregg Atlas was a firefighter killed on Sept. 11, 2001, and his daughter, Sarah, is a student at The Center for Discovery who is on the autism spectrum, explained Gregg Atlas' widow, JoAnn Atlas. JoAnn Atlas set up the foundation in her husband's memory in 2009, "to support, promote, and nurture programs for adults with autism and their families." The foundation has organized law enforcement trainings in Sullivan, Orange and Dutchess counties, and it is a component fund of the Community Foundation of Orange and Sullivan.

More than 60 law enforcement officers and first responders attended the 4-hour training, which was led by Captain William Cannata, Jr., of the Westwood, Mass., Fire Department, and Lt. Jimmy Donohoe, of the Pensacola Police Depart-



PHOTO BY AMANDA LOVIZA

Westwood (Mass.) Fire Department Capt. William Cannata, Jr., begins a presentation on autism during a training day for first responders and autism awareness at the Michael Ritchie Big Barn in Hurleyville.

ment. Both men have sons with autism, and travel around the country to train other responders in how to safely interact with and protect those with Autism Spectrum Disorder.

Capt. Cannata began the training by educating the responders about what autism is. It is a neurological disorder, not a disease, he explained, typically diagnosed at a young age, and it affects social interactions, communication and language, and behaviors. The characteristics of autism can have a significant impact on interactions with law enforcement, Capt. Cannata explained, because a responder may not initially recognize that the person's atypical responses to the interaction, including highly sensitized fight or flight instincts, are related to a disorder.

"If you know one person with autism, you know one person with autism," is a popular phrase in the ASD world, and Capt. Cannata and Lt. Donohoe explained that their two adult sons on the spectrum are completely different. Capt. Cannata's son is not verbal, and when he is frustrated, he may have aggressive behaviors. He has sent four caretakers to emergency rooms for bite marks. Lt. Donohoe's son is not aggressive at all, and is more likely to smother someone with kisses.

Officer safety remains paramount in any situation, Lt. Donohoe said, but heightened awareness when interacting with a person with autism does not mean an officer can't be compassionate.

Video interviews with people with autism showed that a person with autism is likely to think they are waving their right hand rather than waving their rights in a police interaction, so Capt. Cannata and Lt. Donohoe offered advice on navigating interactions with a person unlikely to understand a legal situation.

It's all about understanding, and more knowledge leads to more understanding. Mrs. Atlas shared with the first responders a story about her police officer brother, who learned the phrase "IEP — individualized education program" from her, and one day was confronted with a situation where a young girl refused to get on her bus, and her school was seeking to have her transferred to a hospital because they couldn't figure out how to address her behaviors. The officer's question of, "What does her IEP say?" prompted school officials to look deeper into her individual circumstances, and the situation was dealt with through her parents rather than an awful hospital experience, Mrs. Atlas said. Through sharing stories and holding trainings like this one, Mrs. Atlas said she is hopeful that more first responders will be able to interact with individuals on the autism spectrum in ways that are safe for everyone.



PHOTO PROVIDED

Instructor John Tirelli explains circuit functions during Arduino Boot Camp at the Hurleyville Maker's Lab.

# Hamlet Happenings

by Kathleen Sullivan



The volunteers in Hurleyville-Sullivan First will begin getting gardens, planters and barrels ready for planting on Saturday, May 12. Planting will begin on Saturday, June 2, and Sunday, June 3. Everyone is welcome to come out and help. We'll meet at the Hurleyville Firemen's Park on Main Street at 9 a.m. Join us when you can. Don't forget to bring gloves and garden tools.

Our gardens, planters and barrels need your help and TLC. Let us know if you can help water and weed the gardens, planters and barrels throughout the season. Call MaryAnn, 845-798-5418, or Kathleen, 845-707-9810. You can also email HSF at [suille@msn.com](mailto:suille@msn.com).

Hurleyville-Sullivan First meets on the third Thursday of each month at 7 p.m. at the Hurleyville Firehouse. The meetings are open to everyone who is interested in the revitalization and beautification of Hurleyville.

For more information about Hurleyville and Hurleyville-Sullivan First, please visit us on Facebook or at [www.hurlevillyleny.com](http://www.hurlevillyleny.com).

"Live Music and History: Songs and Stories of the Sixties" is being presented by the Sullivan County Historical Society at the Sullivan County Museum and Cultural Center. Hosted by Little Sparrow, the series of musical performances and informal talks feature some of the most talented local musicians. Admission is free for the hour-long performances and talks that begin at 2 p.m. on the first Sunday of each month in the Timeline Gallery at the museum.

Little Sparrow will be joined by local saxophonist Larry Ravdin on May 6. Larry played with the Concord Orchestra for 30 years. Sammy Davis, Jr., Rita Moreno and Chita Rivera are a few of the stars Larry has accompanied. During his performance, Larry will share memories of life in the resorts of Sullivan County.

"The Great War", a centennial commemoration of World War I, will be on display at the museum on Saturday, June 16, and Sunday, June 17. Please contact Suzanne Cecil at 845-434-8044 or at [genealogy@scnyhistory.org](mailto:genealogy@scnyhistory.org) if you have photos or memorabilia that you'd like to lend to the museum for the exhibit.

Fred Fries has created an exhibit of baseball team photos



PHOTO PROVIDED

"The Great War," a centennial commemoration of World War I, will be on display at the Sullivan County Museum in June.

from local high school yearbooks. You can see the display, which includes a tribute to some of the best Major League Baseball players of the past, on the second floor of the museum.

There are some gaps in the collection of local high school yearbooks that have been scanned and digitized. Please contact the historical society if you have yearbooks you'd like to donate to the collection. The society can be reached at 845-434-8044 or at [genealogy@scnyhistory.org](mailto:genealogy@scnyhistory.org).

The Republican Watchman has been scanned and digitized by Hudson Archival. Microfilm and digital access to the Watchman is now available at the museum.

A "gift shop" offering a collection of Sullivan County-related books, maps, posters, postcards and memorabilia is open at the museum.

Volunteers are always needed at the museum. They operate the museum through numerous activities including working on research, creating exhibits, caring for artefacts and helping visitors. Anyone interested in exploring genealogy and the history of life in Sullivan County can contact Pat Burns at the museum.

The museum, located at 265 Main Street in Hurleyville, is open Tuesday to Saturday from 10 a.m. to 4:30 p.m. and Sunday from 1 to 4:30 p.m.

Please visit [www.scnyhistory.org](http://www.scnyhistory.org) for more information on the Sullivan County Historical Society and the Sullivan County Museum. You can also visit the Sullivan County Historical Society and Museum on Facebook.

The Bread of Life Food Pantry at the Hurleyville United Methodist Church is open each Thursday (except the first Thursday of each month) from 4:30 to 6 p.m. The volunteers at

the food pantry also provide free clothing for families in need on the last Thursday of each month.

Everyone is invited to help get the church grounds and church building ready for summer. The "Clean Up Day" is Saturday, May 5.

The church will host a "Community Dinner" on the first Thursday of each month from May through November. Doors for the potluck dinner open at 4 p.m. Admission is free and the dinner is open to everyone.

Volunteers at the church continue to work on plans to make the church building handicapped-accessible.

Services are held at the church each Sunday from 9 to 10 a.m. The church holds prayer meetings every Monday from 10 a.m. until noon. A Bible study group meets at the church every Tuesday from 7 to 8 p.m.

Volunteers at the church host the Community Lunch Program. Dates for the program will be announced on the church's page on Facebook.

**LEND A HAND IN HURLEYVILLE!**

**SATURDAY, MAY 12TH**  
**9:00 AM**  
 We'll begin getting our gardens, planters and barrels ready for planting.  
 Don't forget to bring your gloves and garden tools.  
 We'll meet at the Hurleyville Firemen's Park on Main Street.

**SATURDAY, JUNE 2ND**  
**and**  
**SUNDAY, JUNE 3RD**  
**9:00 AM**  
 We'll start planting.  
 Don't forget to bring your gloves and garden tools.  
 We'll meet at the Hurleyville Firemen's Park on Main Street.

Visit Hurleyville and Hurleyville-Sullivan First on [www.hurlevillyleny.com](http://www.hurlevillyleny.com).

**FROM THE WEATHER CENTER**

by John Simon

A cloud is a mass of liquid droplets of water or ice particles visible high above the ground. There are four categories of clouds described by the level of elevation where they form; low clouds, middle clouds, high clouds, and towering clouds. Meteorologists use cloud levels and characteristics to get the ten main cloud types.

"When clouds appear like rocks and towers, the earth's refreshed with frequent showers." This proverb references the characteristics of thunder storm clouds. These are known as cumulonimbus clouds. They first appear as towers of rocks being stacked upon each other, then turn anvil like. So when rocks and towers appear in the sky, expect storms. These clouds



PHOTO PROVIDED

Cumulonimbus clouds are dense, towering, vertical clouds.

can reach up to 75,000 feet in the sky. Towering storm clouds bring rain, sleet, hail, thunder, lightning, and tornados.

Stay tuned for more extreme weather updates in next month's column.

John "the Weatherman" Simon writes a regular column on weather for The Sentinel. He lives in Hurleyville.

**FROM THE FARM**

by Eve Springwood Minson

Spring has been so late in coming that the list for outdoor work is longer than usual with less time to do it. In an effort to not stress out too much, prioritize and stay outdoors until it gets dark! However no other month is as transformative as May and it's worth slowing down to take in all the beauty.

My priority list looks something like this: Get the vegetable garden ready - spread and dig in compost, rake out beds, plant seeds for early cool season crops like peas, spinach, lettuce, kale, carrots, turnips, beets, radishes. Broccoli, cauliflower, Brussel sprouts and collard can be planted too.

Clean up perennial gardens and add compost. Rake up debris before plants start pushing out new growth so you don't damage

them. Treat yourself to a few new plants from local garden centers to replace plants that may have died or to fill new space you've made.

Leave some room for colorful annuals as fillers throughout the gardens including the vegetable garden. Some of my favorites are nasturtiums, marigolds, zinnias, cosmos, sunflowers, Mexican sunflowers.

Purchase warm season vegetable transplants like tomatoes, eggplants, peppers and basil - unless you've grown them from seed at home. You can grow cucumbers, zucchini, beans and squash from seed planted directly into the ground. These go in later in May after Mother's Day when the weather is reliably warm.

Remember if you want to grow sprawling veggies like squash or

**The Scene**  
 Music and Entertainment in and around Hurleyville  
 by Jane Harrison

Most of us are still reeling from the back to back passing of two beloved members of our musical community, Robert Cordani and Cali Black, in April. Bobby C, as I knew him, was the anchor of the Search and Rescue Orchestra with always the perfect drum beat whatever music they wished to do. Beyond that, it was his warmth and sense of humor that endeared him to us all. He passed away suddenly in the act of trying to save another's life.

Cali Black, a wonderful singer with a unique cadence to her voice, rarely performed anymore, having turned to other artistic pursuits. Years before I met her, she had lost a leg to illness which ended her nursing career. But as she told me once with a grin "YOU HAVE to be able to reinvent yourself." She succumbed to an aggressive cancer that took her within just a few months. They will both be missed terribly for a very long time. My heart goes out to their families and friends.

March went out like a lion at Cabernet Frank's in Parksville... Lion Zen, that is. Kevin McDaniel, Riley, Greg Castro, Chuck Dorman, Simon Efrein and Dorie Castro rocked and rolled the house on March 31. It's always gratifying when a band can still inspire a full dance floor and keep it going for hours. What a fun night!

And don't forget to tune into WJFF on the first Saturday of every month for Home Grown, hosted by Kevin McDaniels. Kevin's guests include not just known local artists, but those not as well known who are producing some really unique and fascinating works.

It was my pleasure to introduce renowned potter, Kathy Jeffers, to DeFillipi's Open Mic last month. She was recovering from knee surgery and because of the weather had been basically housebound for months. Talk about the spirit of an artist! In May, she will be heading down to Virginia for her first show of the year. It was such a pleasure to introduce her to my friends and acquaintances there and to introduce her to what an Open Mic really is. No, it is NOT karaoke!

But if you like karaoke, check out the Pickled Owl in Hurleyville on Thursday nights. Or Cabernet Frank's on Wednesdays. Both are great fun. It's going to be a very busy May after this (seemingly) never-ending winter. And you

will have to forgive the lack of schedule again this month as I have not received them yet. So you'll just have to put up with my being "wordy" again. I've pieced together some things I'm planning to attend from what artists have sent to me.

It looks like it's "all systems go" for a new music venue in Grahamsville. Heartbeat doesn't have a definite opening date yet but my guess is that it will be very soon as they just got the last of the approvals to open the doors. This is very exciting! I'll be reporting more on this after sitting down with Dave and Teresa to get all the details, but this promises to be another excellent space for music since Dave is himself a musician and I've heard from others that the acoustics are great. The physical structure is easy to find, as it's right on Highway 55.

In last month's column, you read about Marc Delgado. Now you have a chance to see what I was talking about. He will be at the Pickled Owl May 4 and again on June 1 starting at 6 p.m. The food and atmosphere are terrific and Marc never disappoints.

Friday, May 11, at Cabernet Frank's is Southern Fried Soul. I have not seen this group yet, but I have heard Laura Garone sing, so this is definitely somewhere I will be on that night.

If you're of a mind to head out to the Froggy Daze Festival at Landers Campground in Narrowsburg May 17-20, seek out the Johnny Jules Band. Johnny was a long time Hurleyville resident until a few years ago and is still one of my favorites as a friend and a performer. Although I won't be able to make the festival, I will make it out to the historic Hector's Inn, 14 Duggan Rd. (just off 17B) on Sunday May 27 at 7 p.m. Or if you're more of an afternoon person, the band will be performing on Memorial Day, May 28, at the Bashakill Winery, 1131 South Rd. in Wurtsboro from 2-6 p.m. Whichever you choose, this is another group that never ever disappoints!

And guess who else will be appearing at the Froggy Daze Festival...MiZ. You've read about him here before. No? Let me enlighten/help you remember: "All I can say is Wow." And "catch him now locally before you can't anymore without a large ticket price." If Johnny and MiZ are the quality of music the Froggy Daze Festival are presenting, Narrowsburg may just be on the verge of becoming another absolute must of the festival scene.

And speaking of "Wow," my favorite Brit is back in the States and will be at Cabernet Frank's on Friday, May 25, which, by the way, is the only place in the area he will be. Whether in Britain or the States, Rich Young is so much in demand that he keeps a schedule that would make one's head spin. All you have to do is hear him once to know why. Still, in the midst of this, he and Susan Devita have teamed up and produced a CD which is being pressed as I am writing this. Knowing the talents of both, this is going to be really something special. I can't wait!

So get up out of that chair you've been planted in over the winter and get out to see some live music with real people! If just this smattering of what's happening in May is any indication of this summer season, I'm going to need a clone!  
 Until next time...

**THE HURLEYVILLE SENTINEL.**  
 Covering Main Street and Beyond

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# HURLEYVILLE'S JANET CARRUS HONORED

## Arts Centre Founder Among Renaissance Awardees

by John Conway

HURLEYVILLE – Janet Carrus, founder and Executive Director of the Hurleyville Arts Centre, has been selected as one of the recipients of the 2018 Renaissance Awards.

The awards, recognizing individuals, businesses, youth and organizations who are contributing to the betterment of Sullivan County, were presented at the Sullivan Renaissance Spring Market and Annual Conference on Saturday, April 28 at Bethel Woods Center for the Arts.

In announcing Mrs. Carrus' selection, Renaissance noted that "in addition to her philanthropy and support of The Center for Discovery, [she] has personally invested in Hurleyville and developed the Arts Centre, which has become a cultural and community as-



PHOTO BY AMANDA LOVIZA

Janet Carrus, founder of the Hurleyville Arts Centre, has been honored by Sullivan Renaissance.

set, attracting people from throughout the region, and contributing to the quality of life for those who live here."

The Hurleyville Arts Centre, which opened in 2016, has brought diverse programming to the community, featuring events ranging from professional

storytellers, live dramatic performances and dance exhibitions to mainstream movie blockbusters such as Star Wars and Black Panther.

Mrs. Carrus has said she envisions the Arts Centre as a place where the community can gather and has actively solicited the input

of local residents in determining the programming offered there. In an interview with The Sentinel last summer she said she was dedicated to bringing positive new things to Hurleyville.

"I'd like to go out leaving the impression that I wasn't just passing through," she said. "I would like to have made a difference."

Others honored with awards at the event included Liberty businessman Bruce Davidson, the CEO of Pestech Solutions, retired cabinet maker David Forshay of Livingston Manor, Jeff and Jill Weyer and family who are active in volunteering in both Monticello and Callicoon, hotel owners Sims and Kirsten Foster of Livingston Manor, and Monticello high school sophomore Allan Holland.

# FCSD WORKSHOPS HELPS FAMILIES NAVIGATE DACA

FALLSBURG-- On Saturday, April 21, 2018, FCSD's Family and Community Liaison Aleta Lymon welcomed dozens of parents and children to participate in a workshop entitled "Understanding Deferred Action for Childhood Arrivals (DACA) and Naturalization." Supporting Ms. Lymon was Assemblywoman Aileen Gunther, Judge Josephine Finn from the NYS Board of Regents, Executive Director of Sullivan County Human Rights Commission Ari Mir-Pontier, Director of Catholic Charities Martin Colavito, Sullivan Renaissance's Anne-Louise Scandariato, Greg Garay of Literacy Volunteers of America, Amanda Letohic from Fallsburg Library and FCSD Olweus (Anti-Bullying Program) Co-Coordinator, Heather Clausen.

Ms. Mir-Pontier welcomed everyone in Spanish and connected immediately. She herself had immigrated to Canada from Cuba as a seven year old with her family, and eventually settled in the United States. Her family experienced the challenges of coming to a new culture, learned a new language, focused on gainful employment and ensuring an education for their children. Assemblywoman Gun-



PHOTO PROVIDED

FCSD's Family and Community Liaison Aleta Lymon (left) and Judge Josephine Finn from the NYS Board of Regents.

ther asked people if they needed assistance with work. People spoke up and soon it was evident that her office would alleviate problems with employers in the new businesses such as the Casino.

Regent Finn, speaking slowly in Spanish, praised Aleta Lymon and the "My Brother's Keeper Program" as a wonderful outreach to the Sullivan County Community. Regents oversee agencies like school districts that are licensed by the State of New York to provide education to all residents. She and New York State support the Deferred

Action for Childhood Arrivals (DACA) Program, developed by the federal government to protect children of immigrants that were brought to the U.S. by their immigrant parents.

Both Director Mir-Pontier and Martin Colavito explained DACA legislation and what the Sullivan County Human Rights Commission and Catholic Charities do to support families in the program. On June 9, Catholic Charities will be hosting a full day of information and a free legal clinic on immigration—renewal of DACA applications and know-

ing your rights with immigration personnel. In a final presentation, Heather Clausen explained the OLWEUS NYS Anti-bullying Program and how it protects children.

While parents were learning about their legal rights and how best to communicate with children, the kids were enjoying bouncy houses and video games in the school gym. A delicious lunch break followed in the cafeteria. Everyone had a chance to sit down together to digest good food and all the information that they were given.

# SULLIVAN COUNTY LAUNCHES NEW MUNICIPAL INCENTIVE PROGRAMS

Funding available for welcome signage and zoning changes.

MONTICELLO -- Sullivan County has made \$150,000 available for municipalities through two new community development incentive programs: Sullivan Signs and the Business-Friendly Zoning & Permitting programs.

The Sullivan Signs Program will assist local municipalities in enhancing the County's image, identity, and sense of place, and improving visitor experiences, through upgrades and additions to welcome signs, pole or street light banners, historical markers, wayfinding and other types of signage.

Municipalities are invited to apply for up to \$7,500 to assist with the design, production and installation of new signage. A minimum 25 percent match is required, which may be provided as cash, in-kind services or donated materials. Applications must be made by a Sullivan County municipality, but projects may be carried out in partnership with chambers, historical societies, or other community groups.

"We want to promote a spirit of hospitality and warmth throughout Sullivan County, and welcome signage often serves as that all-important first impression," said Planning Commissioner Freda Eisenberg.



PHOTO PROVIDED

District 9 Legislator Alan Sorensen.

The Business-Friendly Zoning & Permitting Program aims to incentivize changes to local zoning codes and development review procedures in order to increase the efficiency and lower the expense of obtaining permits for new economic development — and conversely to remove barriers to small business development and expansion posed by cumbersome, unclear, and costly regulations and processes. Funding is available to support the costs of attorneys, planners and other professionals, permit-tracking technology, and related expenses.

"As a professional planner, I understand the challenges, confusion and expense businesses face while trying to launch or expand services and facilities," noted District 9 Legislator Alan Sorensen, chair of the Leg-

islature's Planning Committee. "The County is uniquely positioned to help municipalities develop review processes that provide certainty to businesses while ensuring environmental protection."

Administered by the Division of Planning and Community Development, the grant guidelines and application form are available on the Division's page at co.sullivan.ny.us, under "Technical Assistance & Funding Opportunities." Applications must be received by 4 p.m. on May 18. Completed applications may be submitted

electronically or delivered to the Division of Planning & Community Development, County Government Center, 100 North Street, Monticello, NY 12701.

Applicants are encouraged to discuss any projects with the Division of Planning and Community Development prior to applying. Staff is available to answer questions and to assist municipalities with project development and applications. For more information, contact Shannon.Cilento@co.sullivan.ny.us, or call (845) 807-0529.

# MIGRANT EDUCATION HOLDS FAMILY WORKSHOP ON APRIL 14

FALLSBURG – Mid-Hudson Migrant Tutorial and Support Services (MMETSS) offer many wonderful programs to the Migrant community of Sullivan County, with special impact on the Fallsburg, Liberty and Monticello School Districts for many years.

As an example in Fallsburg's Benjamin Cosor Elementary School, a day does not pass that you won't see a Migrant Ed teacher working quietly in a hallway alcove one-on-one with a student during a small but important part of a school day. The connection between student and teacher shows the warmth and care that goes into the child learning the fundamentals of English to supplement what he is learning in the classroom.

The attention and focus on learning was evident on Saturday, April 14 at the



PHOTO PROVIDED

Two of the youngest participants at the April Migrant Ed workshop watch a presentation with their parents.

Fallsburg Youth and Senior Center when over 70 parents and children attended a Migrant Ed Workshop. The topics were the importance of early childhood development and helping children get organized with homework.

The teachers were led by Merida Rotela, Parent Involvement Liaison from MMETSS, and S.C. Migrant Ed teachers Alejandra

Surman, Malvina Saavedra, Greysy Iraheta, Jennifer Bartimole, Kateri Matteson, and Michael McCarthy.

To keep young children

involved in learning were many books, art supplies and games set up in an adjoining space. Free books and pamphlets on educational and social service resources were available for families to take home, along with donations of linens and clothing.

During a lunch break, participants enjoyed pizza and soft drinks. After lunch Michael McCarthy played his guitar and every parent and child sang happy songs in Spanish together. If you wish to talk with your child's tutor, you can call Alejandra 845-807-8028 or Mimi (Merida) at 845-527-2700.

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# From the Firehouse

by Jack Halchak, Past Chief H.F.D.



The Hurleyville Fire Department is always looking for help, to fight fire or support those that do. We even supply all of the gear and provide all of the training needed, for free. Stop by any Monday night and find out how you can help.

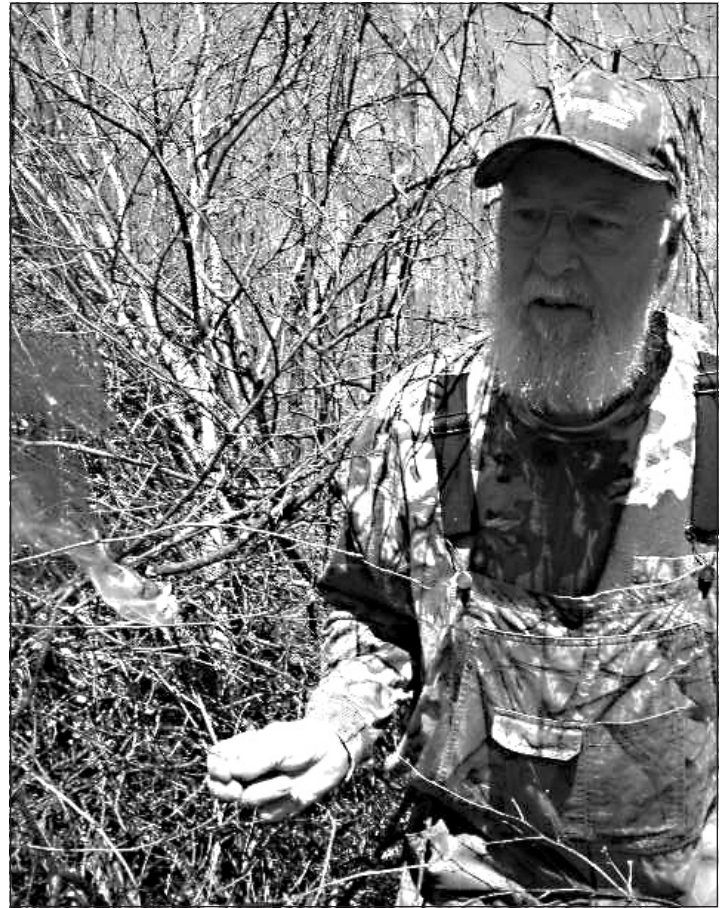
I am not sure I should write about the weather any more. Since the last article we have had four nice days, which brings me back to The Burn Ban. **The Burn Ban** is in effect until May 14. There is no open burning because of the danger of brush fires. Even after that, if it has not greened up yet you should not be burning your brush pile. In the four nice days that we had there were four multi-company brush fires, one on each day. In addition to the large scale multi-company brush fires, there were many reported ille-

gal burns throughout the county. Any one of these could have been disastrous.

One of the multi-company fires was caused by open burning and resulted in an accident of a firetruck responding to the call. The firetruck had extensive damage to it and is out of service, The driver suffered some minor injuries. That fire had nine fire departments respond to it and they battled it most of Sunday afternoon into early evening.

Monday there was no relief as there were two major multi-company brush fires to deal with along with calls of illegal burns. So please don't burn your winter clean up pile until everything is GREEN.

As Hurleyville continues its rebirth there are more and more cars parking on Main Street. With



**A Burn Ban is in effect countywide until May 14. Please don't burn your winter clean up pile until everything is green.**

the warmer weather coming construction season will be in full force. When firetrucks, ambulances, police and first responders are responding to a call it could become quite congested on the roads. Pull over out of the way safely so that they can get by safely. Don't just stop in the middle of the road or on a blind turn. Put your blinker on to show the emergency service driver that you are going to pull over and then do so in a safe manor. Where there is one emergency vehicle there will probably be more including firefighters with blue lights. Be aware when you hear sirens.

Don't forget coming up on Saturday, May 12 is the 8th Annual Bill Carlson Golf Classic. This event is to honor Bill who

was a 50-plus year member and a Past Chief of the Hurleyville Fire Department. This event will take place at the Terry Brae golf course where Bill was a greenskeeper with a shotgun start at 1 p.m. There will be lunch to start with and after golf there will be an awards dinner with raffles and the golf winners announced. For more information call John Jaycox (845) 866-6431. You don't have to be a golfer to sponsor a "Tee Box" just ask John how to or donate a prize for the raffle.

Looking further down the calendar in June is the 17th Annual Morningside Fishing Classic on Saturday, June 16 starting at 5 a.m. For more information call me at (845) 796-8598.

FROM THE FILES OF...

# THE HURLEYVILLE SENTINEL.

The Only Newspaper Published in the Town of Fallsburgh

COMPILED BY FRED FRIES FROM THE ARCHIVES OF THE Sullivan County Historical Society

In an effort to avoid financial bankruptcy during the spring of 1938, officials of the New York, Ontario and Western Railway sought to revive its declining passenger service out of New York by offering streamlined rail service into the heart of Sullivan County and its vacation resorts. By doing so, the 1923-built steam engine No. 405, which had previously pulled the passenger train "Mountain Express," was "modernized" with the addition of sheet metal skirting, stainless steel piping and fresh paint, while its parlor cars and coaches were luxuriously overhauled. On May 24, 1938, the reconstituted engine and passenger cars, dubbed "The Mountaineer," made its maiden voyage into the Sullivan County Catskills, as reported on the front page of the May 27, 1938 issue of the Hurleyville Sentinel;



**Former Sullivan County Historian Manville B. Wakefield's well-known rendering of the O&W Railway's Mountaineer.**

at the reconditioned locomotive, combination car, four coaches and two parlor cars.

Gratifying to officials of the railroad who have watched development of The Mountaineer for three months in the Middletown shops, were the expressions of surprise and commendation uttered by guests as they inspected the train at various stops on its introductory run.

Admittedly not streamlined in its origin, The Mountaineer was offered "reconditioned in every way within our means." The reconditioning was by no means confined to a face lifting of the exterior with its arrowed lines. Even more attention was given the coaches, spic and span with red floors and cream ceilings, seat arm-rests trimmed with black and monogrammed linen covers on the green plush seats. The two parlor cars, however, excited most comment. Cushioned chairs of maple, early American reproduction, offered comforts of a country club while the varied landscape slipped by with its farms, mountains, hotels, boarding houses and trout streams. Metal fixtures in the parlor cars and on the observation platform have been plated with chromium.

Hosts on the initial run to the resort region were A. E. Tompkins, general passenger agent; T. Edward Brochu, superintendent of the South-

ern Division; Fred Hawk of Carbondale, superintendent of the Scranton Division; and J. F. Kitchen, division freight and passenger agent.

As the train, after leaving Middletown, descended to Summitville, the scenic panorama of forest-shrouded mountains with their restless streams - assets never fully appreciated by the pioneers in railroad building - offered itself in a new perspective to those unfamiliar with the view from the railroad.

Through the rugged country from Summitville, through Mountaintale and Woodridge, the train climbed to Fallsburg, the beginning of the area where Resort Region is spelled in capital letters and where hotels and boarding houses on distant hills are abustle with preparations for the golden weeks of vacation.

At Fallsburg several score residents gathered on the station platform. Others arrived in response to Engineer Hirst's heavy hand on the whistle cord. Through Luzon (port of entry for Hurleyville), and Ferndale, The Mountaineer climbed to Liberty where another crowd waited, then up to Parksville, 1,134 feet higher than Summitville, and down to Livingston Manor for a reception in which eager school children predominated.

Thence through the East's most famous and most easily

accessible trout fishing territory with its Willowemoc, Beaverkill and East Branch. The Mountaineer steamed to Roscoe for the most enthusiastic reception thus far on its trial run. Enterprising residents had circled the village, the school band, accompanied by hundreds of pupils and parents, was on the platform as a welcoming committee. But hearty as was Roscoe's greeting, it was but a preview of the one waiting at Cadosia, the end of the run. The seven school buses were lined up at the station, and virtually the entire student body of Hancock High School trooped aboard. Girls and Boys in groups of a half dozen climbed into the locomotive cab to look at a maze of gauges, valves and levers; passed through the coaches and into the parlor cars. They were rewarded for their interest by a three-mile round trip as the hosts backed the train into Hancock and then pulled back to Cadosia.

Just who was responsible for the turnout at Cadosia and Hancock, no one seemed to know, but a belief prevailed that William Valquette, station agent at the former village, and several O & W men on the Board of Education had had a hand in it, Mayor L. T. Robinson of Hancock boarded the train to extend greetings as had many other officials and business men along the route.

During the ride from Livingston Manor to Cadosia, Porter E. I. Osterhoudt had placed the detachable tables in the parlor car and served sandwiches and coffee to those aboard.

Guests who had been too busy watching the reception groups on the outward trip had the opportunity while returning to observe the region's industries; piles of flat bluestone for paving from quarries which continue to operate, although not to the extent they did a half century or more ago; wood-turning plants with piles of firewood outside, while lathes were turning out bowling pins, baseball bats and wooden novelties; plants where more wood is converted into charcoal, alcohol for finishing fluids and acetate used in dyeing.

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An aerial image of a brush fire along Perry Road in Bethel, believed by investigators to be caused by open burning. Hunter Lake is in the distance.

## Brush Fires a Reminder to Adhere to Burn Ban

MONTICELLO - After several brush fires in the past week, Sullivan County Fire Coordinator John Hauschild is re-emphasizing the fact that a burn ban is in effect through May 14.

"There is a statewide ban on open burning till then, and I cannot stress enough the need to follow it," he remarked. "The ban is instituted every year and

helps protect both Sullivan County residents and first responders. The snow is gone and temperatures are rising, but the vegetation is still dry and easily set aflame by sparks and ash."

For details on the burn ban, visit the NYS Department of Environmental Conservation's website at <http://www.dec.ny.gov/chemical/58519.html>.

## FROM THE FALLSBURG LIBRARY

by Kelly Wells and Amanda Letohic



Spring is finally here! And with spring comes budget vote and trustee election season for many school districts and local public libraries, including the Fallsburg Library. On Tuesday, June 5, the Fallsburg Library will have our budget vote and trustee election from 11 a.m. to 8 p.m. in the library. If you are a registered voter of the Fallsburg Central School District then you are eligible to vote on our operating budget and trustee seats that are up for election this year.

So what does our operating budget consist of? The Fallsburg Library's operating budget consists of many expenses that you would typically associate with running a library including book, movie, and e-book purchases, newspaper and magazine subscriptions, staff, utilities, and rent. Our operating budget also consists

of costs that you might not automatically consider. One such expense is the service fees that we pay to the Ramapo Catskill Library System (RCLS) for myriad services including but not limited to our 3 day-a-week delivery, maintenance of the system wide online catalog, and advanced tech support beyond what can be handled in-house. The support and services provided by RCLS are invaluable to allowing us to offer all of our patrons a fantastic and rewarding library experience.

Another cost covered by our operating budget that probably does not automatically come to mind when thinking about the library is for our programs! We work hard to provide quality, engaging, educational, and fun programs for all ages. Check out some of these great programs we have coming up in May!

On Wednesday, May 9 at 7 p.m., we will be decorating wooden trinket boxes which can be given as gifts for Mother's Day. Thursday, May 10 at 5p.m. we will be learning all about Tick Safety with Jill Hubert Simon. Wednesday, May 16 at 7 p.m., adults ages 18+ are welcome to stop in and make a wine cork ball. All these programs require pre-registration, so give us a call at 845-436-6067 ext. 102. As usual, our Children's Craft

Night is Monday evening at 6 p.m. and our Preschool Story Time is Tuesday morning at 10 a.m.

Be sure to stop in and visit your local library at 12 Railroad Plaza, South Fallsburg NY. You can also keep up with us on Facebook, Instagram, Twitter, or Snapchat or visit our website, [www.fallsburglibrary.org](http://www.fallsburglibrary.org). If you have any questions about the library, feel free to call the Library Director, Kelly, at 845-436-6067 ext. 103.

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# LIKE A LION PART III

An Original Short Story by Jack Robbin  
Illustration by Carol Smith

**Fallsburg Constable Bronco Kelly has been called in to help investigate a mysterious death in Hurleyville after the mutilated body of a man is found near the Smith Hill Cut on the O&W Railway. Sullivan County Sheriff Walter Flynn and Deputy Sheriff Jay Lass think the man might have been mauled by a mountain lion, but Bronco has assured them that is not the case. Here is Part III of our story....**

to what was known about mountain lion attacks.

Panthers, pumas, cougars, catamounts, or mountain lions, by whatever name one chose to call them, almost always attacked their prey from behind. The kill was typically accomplished by clamping onto the neck, leaving bite marks or puncture wounds, which were not present on the bodies we recovered. Deer were probably the most popular victim of the big cats in North America, and although attacks on humans were almost non-existent, there was little reason to believe that the techniques would differ. Like most wild animals, the big cats killed almost exclusively for food, and the way a cat fed off its kill was fairly unique.

Unlike coyotes or wolves, mountain lions almost always started eating their prey by tearing through the rib cage, and they typically removed the stomach first, burying it nearby. In that way, any acid in the stomach would not spill onto the meat they intended to eat.

The three bodies that had been found in Sullivan County exhibited none of these telltale signs of a mountain lion attack, I said. First of all, there were no organs ripped out, no indication that anything was eaten.

"Furthermore, the way the bodies were left and the condition they were in is not consistent with a mountain lion attack," I said. "Cats are very orderly in the way they kill and eat, whereas the bodies we discovered indicated a haphazard pattern of slashing, and the organs were intact. Cats will typically cover their prey with leaves and return to eat from it for several days. These bodies were out in the open. I would say there is zero chance any of the deceased were victims of a mountain lion."

Flynn stood back up as soon as I finished speaking.

"Then what are we dealing with?" he asked.

"That's a lot more complicated," I said. "And right now I have no idea."

"Could it be a bear or some other predator?" Jay



"Over here!" Newly Richards said quietly but firmly, motioning for Bronco to join him.

Lass asked.

"I don't think so," I said. "I hesitate to say so without a lot more information, but my instinct tells me we are dealing with something very different. Frankly, my gut tells me these men were murdered."

"So what do we do now?" Flynn asked no one in particular. "What's our next step?"

"I am going to go back to the rock cut and look around, see if we missed anything in the dark, and I am going to study the re-

ports you gave me of the other two victims. And perhaps tomorrow I will have something to say."

The group slowly broke apart, and we all went our separate ways. I headed back to Hurleyville and parked my car on Main Street in front of the Hurleyville Pharmacy and went inside.

Newly Richards, one of the town's real old timers, was turning to leave as I entered. Short and wiry, with taut ochre colored skin, most people said he was descended from Native Americans. He stopped directly in front of me, blocking my path to the counter.

"I need to talk to you, Mr. Constable," he said quietly, reaching up and poking me in the chest. "But not here. Take a walk on the railroad tracks going east and I will meet you. It's important."

And then he was gone. My mind was occupied with rehashing the details of the reports I had read about the three bodies that had been discovered, and I paid little attention to what Richards had said. I picked

up the refill of Irene's prescription and was about to get back in the car when for some unexplained reason I abruptly decided I should reconsider his words. Within seconds, I was walking down the street toward the railroad tracks, despite having no idea what Richards could possibly want.

I had only made it about a hundred yards from Main Street when Richards appeared from behind the water tower.

"Over here!" he said quietly but firmly, motioning for me to join him.

"That body you found the other night by the rock cut," he said once I had moved closer. "Looked like a panther did it, didn't it?"

I didn't answer right away, and he didn't wait for a response.

"They asked for your help, but they did it secretly because they don't want to panic people. Since most people know there are no panthers around anymore, there is talk that it is something else. Something even scarier than that."

"Oh?" I managed. "Kwēnishkwenayas. I know you know the legend," he said.

"The underground panther that William Hurley released? Of course I know the story, but who put that idea in anyone's head?"

"There's talk around town," Richards said. "But my question is, what do you think?"

I wasn't going to answer, but it didn't seem to matter. Richards kept talking.

"There is a man who travels the rails. He has no home, he has no family. He carries his belongings in a flour sack. He comes through Hurleyville every now and again. They call him the Claw Man. That's who you need to find."

**Constable Bronco Kelly has detailed his reasoning for why a mountain lion or panther was not the culprit in the death of three men whose mutilated bodies were discovered along the train tracks near Wurtsboro, Ferndale and Hurleyville. Hurleyville eccentric Newly Richards seems to agree, and has provided an obtuse clue. Find out more in the next chapter of Like a Lion in the June edition of The Hurleyville Sentinel.**

Sheriff Walter Flynn had assembled a small group, including Dr. Breakey, Jay Lass and me in his cramped office and turned to floor over to me.

"Kelly, you're the expert, and you seem certain what we aren't dealing with here, so please tell us why and perhaps suggest what you think we are dealing with," he had said.

I stood in the middle of the group, taking a deep breath to calm myself down. I was never comfortable speaking in public, even with only a handful of people on hand. I explained that the three attacks we knew about did not bear much resemblance

## IT'S PLUCKIN' TIME AGAIN!

by Elaine Corrington

**HURLEYVILLE** – As the snow melts and the sun is out longer and longer each day in Sullivan County, you may find your driving daydreams a bit distracted. By thousands of shiny, colorful, light, heavy, tiny, big... pieces of litter. Downright ugly! Your personal reveries become disturbed by the quick and somewhat painful swing of your eyes toward every darn piece, from the edge of the pavement to the woods. Hillsides, ditches and streams, flat spaces; there is no way to enjoy that feeling that a beautiful countryside, a long view, and nearby moments of unexpected beauty bring to you. You get fed up! You want the serenity and beauty back!

How the heck did that stuff get there? People. People did that. Tossed it out, let it sail off the back of a truck, flung

it from hands to ground, dropped it, saved money by not having trash pick-up, tried to hide what they were eating and drinking (more beer and tea on one side of town, more hard booze and sweet sodas on the other), cleaning their teeth, tossing losing Lotto tickets, getting rid of stinky diapers, dispensing fast-food wrappers (some of which are "earth colors" while not blending in at all), not weighing down a zillion Styrofoam containers or plastic bags so they float away faster than you can chase them down. So MANY ways to make litter. Some people even try to be creative- tearing containers into many pieces, tossing them where they can be seen but not plucked, and so much more bending to pick up the extra pieces. Is this a battle that can be won? Really?

Well, yes. First- don't contribute to the litter- there are

garbage cans where you are going and along town streets! Or take the darn stuff home! Second- find several reasons to enjoy the results of using your energy to rid the roadways of this distracting junk that is ruining your ruminations and wrecking your rambles. Walking, plucking, bending (with bright colors on!)- are all good exercise for your personal health and good news for your environment and the beauty of where you live. Pick a stretch of roadway that you really want to make shine. For your first pass, get the most noticeable big, shiny, and colorful pieces and bag them up- maybe a six-foot wide swath. Next time go farther from the roadway and look for smaller pieces. As you pass the spaces when you are not plucking, you will find that you are naturally looking farther afield and enjoy-

ing the emerging beauty that was eclipsed by litter! You may even want to purchase a glamorous and snooty 4 or 6 foot litter-plucking stick to extend your reach. Keep it up- you will be able to go farther and faster- a sign of the good effect on your body!

Any sad or bad come from all this? Well, yes. Nothing is perfect. People still throw litter- but not as much. It shows up so boldly. And cigarette butts. Literally millions of them- and they disintegrate SO slowly. It is impossible to get ahead of the sheer numbers. They are reminders of the painful and sad consequences of cigarette smoking, and you can't help but wish people would change that choice and protect themselves and their families and friends from the sadness and pain that they cause.

Let the ruminating begin.



Esther Fitzgerald, with SUNY Sullivan Earth Guardians, finishes a successful Earth Day plucking litter from the Hurleyville Milk Train Trail in collaboration with the Hurleyville Maker's Lab.

### EMS Beat

by Albee Bockman, AEMT-P



## "A STENT IS NOT A STUNT!!!"

There is nothing more frightening than to be at risk of a heart attack.

That is why we all need to address contributing factors such as high cholesterol, high blood pressure, and being overweight. It is so important that we eat a well-balanced diet, exercise regularly, and - - for goodness sake - - STOP SMOKING!!! If there is anything I have learned and seen being

a Paramedic for almost 30 years and being the Sullivan County Coroner, pathologists have educated me that smoking is the clincher of all the risk factors.

Our coronary arteries deliver oxygen-rich blood to the heart muscle. Over time and with age, plaque can build up in your coronary arteries limiting blood flow. This is known as coronary heart disease (CHD). It can

damage the heart muscle and put you at risk for a heart attack.

A cardiac stent is used to treat narrowed or blocked coronary arteries. It can also be used to improve blood flow immediately following a heart attack. They are expandable coils made of metal mesh.

Allow me to take this opportunity to emphasize the importance of calling 911 and having Paramedics come to your aid should you experience chest pain, difficulty breathing, diaphoresis, or a fainting episode. These signs and symptoms may be a warning of a heart attack.

Should you present with what is known as ST elevations in your cardiac rhythm, it is IMPERATIVE that a

Paramedic introduce intravenous therapy, administer medications, and transport you to the cardiac catheterization lab at Orange Regional Medical Center. There is a 90-minute window where we may alleviate the possibility of heart muscle damage and saving your life.

This is how it works. A cardiologist can insert a cardiac stent under local anesthesia. An incision is made in your wrist, groin, or neck and they insert a catheter with a stent and balloon on the tip. A special dye is used with a monitor to guide the catheter through your blood vessels to the narrowed or blocked coronary artery. When they reach the narrowed or blocked area, they inflate the balloon. This will expand the stent and

stretch the artery allowing for increased blood flow. The balloon is then deflated, he removes the catheter, and leave the stent behind.

As the procedure takes place, a filter prevents plaque and blood clots from coming loose and floating in your bloodstream. You will then have to take medications to help prevent clotting within the stent. You may have heard to term "blood thinners". Well, they are they the meds you will be prescribed by your physician. There are several different blood thinners on the market today. Your physician will prescribe the one most suited for you.

Stenting has a positive impact on the quality of life. The combination of angioplasty and stenting can be a life-

saver, especially right after a heart attack. That is why it is so, so critical to get Paramedics to your aid should you experience the signs and symptoms I mentioned previously.

Stenting improves the blood flow and prevents further damage to heart muscle. It can also improve symptoms of heart disease like chest pain and shortness of breath. Recovery is fast and, in most cases, you will feel the benefits immediately.

Yes, stenting can result in remarkable improvement. However, it is not a cure for heart disease. You must still address those contributing factors. Take walks, get periodic bloodwork done, and see your doctor regularly.

Stay well and be safe Hurleyville!!!

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# SCENES FROM AROUND TOWN



PHOTO BY AMANDA LOVIZA  
Simone Fracassi, a renowned butcher from Tuscany, spent two days in April visiting The Center for Discovery and giving demonstrations in traditional butchering at the Michael Ritchie Big Barn in Hurleyville. Mr. Fracassi first spent a day with The Center's culinary staff, teaching them techniques to make use of every part of the pigs raised on The Center's local farm. The second day, pictured, Mr. Fracassi gave a demonstration for New York City food industry chefs and journalists, and local community leaders. Afterward, The Center hosted a dinner featuring Mr. Fracassi's work.



PHOTO BY AMANDA LOVIZA  
Above: Students from Fallsburg Junior High School finished first and second among the twenty youngsters competing in the New York State Middle School Future Problem Solving Program (FPSP) Competition for 2018. Fallsburg seventh graders Alyssa Mahler (left) and Cassandra Rose (right) earned first and second place respectively. Along with their coach, Special Education Social Studies Teacher Alissa Wachter (center), the girls will be competing in the FPSP International Competition at University of Wisconsin La Crosse June 6-10.



PHOTO BY AMANDA LOVIZA  
At right: Elementary school students listen to information about the Hurleyville Milk Train Trail during their visit to the SUNY Sullivan Earth Day Celebration on Thursday, April 19.



PHOTO BY AMANDA LOVIZA  
Despite a snowy morning, visitors came to SUNY Sullivan on April 19 to check out the annual Earth Day Celebration, learning about local conservation and preservation efforts, gardening, and outdoor recreation opportunities.

# SENTINEL SPORTS

Angelee Santillo, Sports Editor



## HOOP DREAMS LIVE AT SUNY SULLIVAN BASKETBALL CAMP

by Win Hadley  
LOCH SHELDRAKE - Boys and girls alike can advance their dreams of basketball success again this summer by rubbing elbows with top notch local players and coaches at the SUNY Sullivan Summer Basketball Camp. The camp, which has hosted thousands of youngsters over the past 20-plus years, is in its fifth year under current Generals' head men's basketball coach Brent Wilson. During Mr. Wilson's tenure,

enrollment has grown each year from 35 boys and girls his first year to an expected 150 this year. "We've seen a major increase in the number of children attending, so last year we added a second week," Mr. Wilson says. The two sessions this summer will be held during the weeks of July 16-20 and July 23-27. The two sessions will be open to both boys and girls ages 7-17. The cost for one week of camp will be \$150; those who sign up before June 15 will receive a discounted rate of \$135. For those attending both sessions, the cost is \$270.

Mr. Wilson said there are some limited discounts available for SUNY Sullivan employees, families with multiple children attending, and groups. "The money we raise goes to our basketball program, and helps with all the extras it takes to run a successful program," Mr. Wilson said. The camp runs from 9 a.m. to 3 p.m. Monday thru Friday. Early drop off

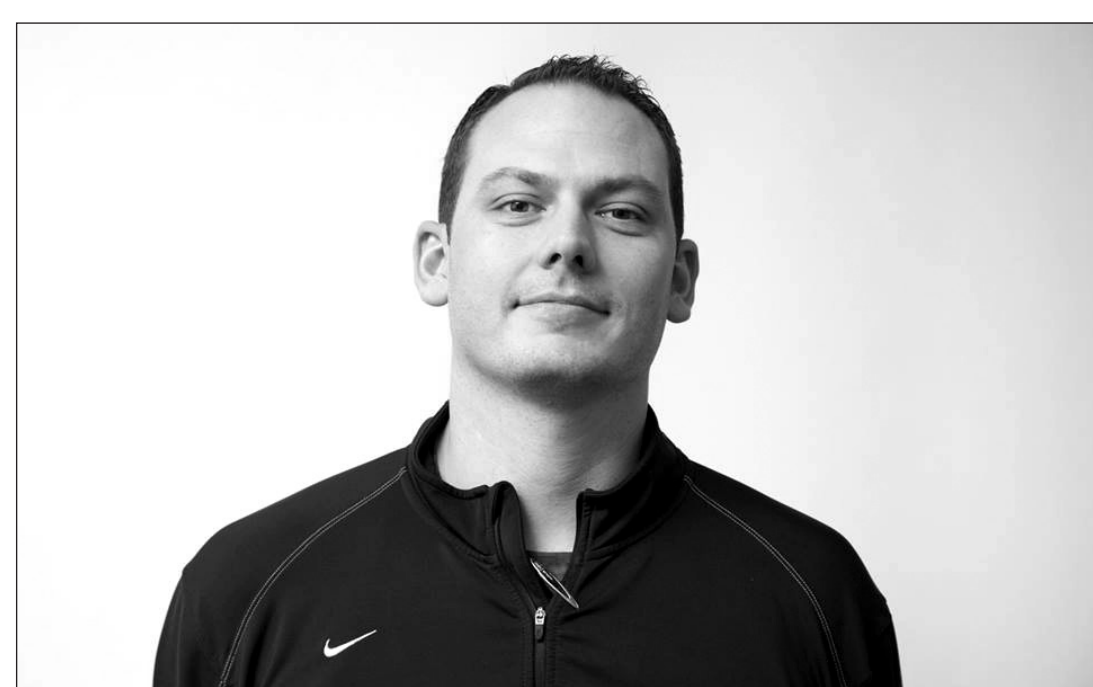


PHOTO PROVIDED  
SUNY Sullivan men's basketball coach Brent Wilson will head up the Generals' summer basketball camp for the fifth year.

(8:30 a.m.) and late pick up (4 p.m.) are available if pre-arranged. Campers must bring a lunch or purchase their lunch at the Generals Store located in the Paul Gerry Fieldhouse. "We try to offer something for everyone," Mr. Wilson said. "We have competitive segments, segments that are fun, and we have different times when the entire camp is together, as well as sepa-

rated by age. It is a great chance for kids to have fun and work on their game." Mr. Wilson said that several camp alumni have gone on to "very successful" high school and college careers, but it is the staff's goal to help campers develop their own basic skills. The fundamentals of passing, dribbling, and shooting are covered, as are more advanced concepts such as individu-

al and team offensive and defensive strategies. "We hope that every kid has a great time and gets out of it what they are looking to get out of camp," Mr. Wilson said. "Most of our kids return year after year and I believe that speaks volumes about how the camp is run and what they learn." Further information is available by calling the college at 845-434-5750 Ext. 4293.



## SULLIVAN EXPLORERS NAME MOLINA MANAGER

TAMPA, FL - The Empire Professional Baseball League has officially named Joey Molina, out of California, the new manager of the Sullivan Explorers. Molina, who currently serves as an instructor and coach at Glendale Community College in Glendale, California, was among the top candidates for a field manager position out of over 100 applicants. "Joey has the perfect mentality that we look for. He has tremendous knowledge of the game as well as judgment of players and he is devoted to helping players advance in their careers, which is what the Empire League is about. He has trained many talented ball players including one of our latest signings to the Kansas City Royals in Tarik El-Abour, and we couldn't be happier to have Joey on

board," said Empire League vice present Jerry Gonzalez. Molina will serve as the new Field Manager for the Sullivan Explorers and will be entering his first year as a Field Manager in professional baseball. He will be looking to fill his entire roster at this year's Spring Training Tryout Camp in Delaware where all team rosters of the 2018 EPBL Season will be filled and over 120 contracts offered. Like no other camp in the world, the EPBL is the only league that offers 120 or more contracts at their tryout camps. For interested players, visit the tryout links to be accepted into the upcoming Spring Training Camp in Delaware on June 4-8, 2018. The Explorers begin play on June 14 and open their home schedule at Generals Park on June 20.

**Hurleyville Makers Lab.org**

202 Main Street, Hurleyville NY 12747

The Hurleyville Makers Lab is a place for people who like to build, invent, tinker and learn new skills using rapid fabrication tools, software as well as traditional tools, all in the spirit of the makers movement.