

SO MANY BRILLIANT THINGS

LONG LIST OF LOCAL ENVIRONMENTAL OPPORTUNITIES FOR EARTH DAY

by Amanda Loviza

HURLEYVILLE – It will be a busy month of promoting sustainability and the natural environment, as Hurleyville and Loch Sheldrake embrace an extended Earth Day, which officially takes place on April 22.

SUNY Sullivan will have its annual Earth Day festival on Thursday, April 19, from 10 a.m. to 3 p.m. The Center for Discovery will debut interpretative rail trail signs at the festival that have been designed for the Hurleyville Milk Train Trail. The signs will provide visitors information about the natural environment and history of the area, and the permanent fixtures will be installed once the ground is thawed.

At the Hurleyville Arts Centre, the whole month of April is dedicated to celebrating people and the planet Earth through independent, environmental and socially conscious films and exhibits. The series will start with a showing of “Jane,” a documentary of famed chimpanzee researcher Jane Goodall and the struggles she faced as a woman in a male-dominated field. The Outside Institute is co-sponsoring

the film, which will be shown April 20, 21 and 22.

On Saturday, April 21, H.A.C. will offer several creative ways to celebrate the Earth and practice sustainability. There will be a clothing swap at Gallery 222 at 11 a.m., where community members can gather and swap gently used clothing and accessories to freshen up wardrobes and downsize closets in a fun and sustainable way. At 4 p.m., Laura Silverman of The Outside Institute will lead a naturalist walk down the rail trail to observe native plants and other natural phenomena of early spring. After the walk, the arts centre will serve refreshments made with local and wild-foraged ingredients.

Another way to get involved and enjoy the rail trail on Saturday, April 21, will be provided by the Hurleyville Maker’s Lab in partnership with SUNY Sullivan Earth Guardians. From 11 a.m. to 2 p.m., Earth Guardians will have an informational table at HML, and community members will be able to participate in a treasure hunt and trash pick along both sides of the Hurleyville rail trail.

At 12 p.m. and 2 p.m.

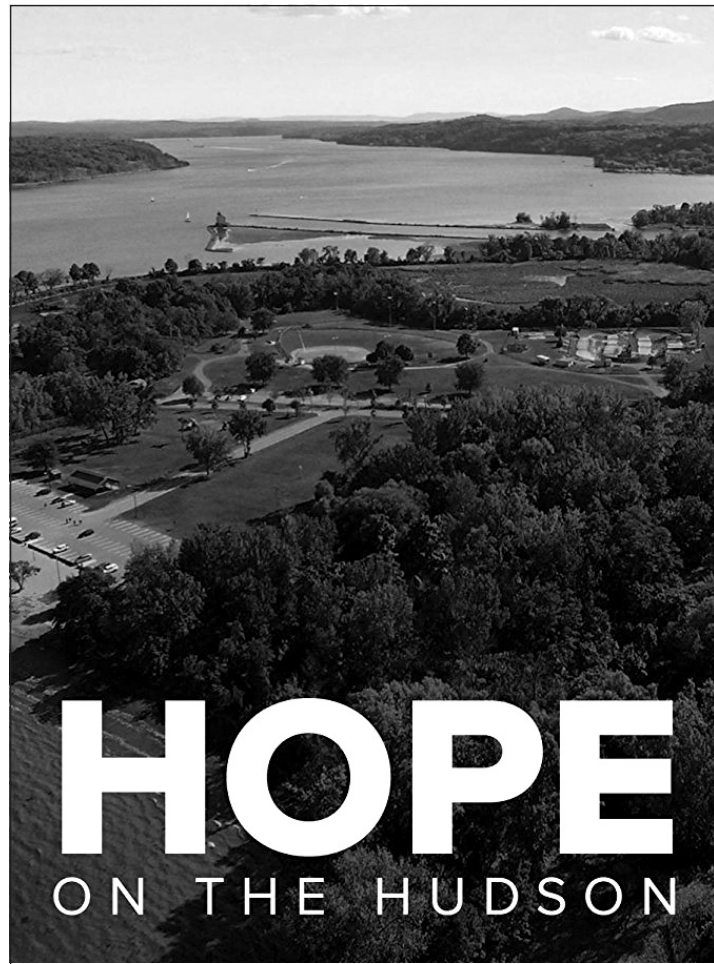


PHOTO PROVIDED
Local filmmaker and activist Jon Bowermaster will present his short film series, “Hope on the Hudson” at the Hurleyville Arts Centre on April 26 as part of H.A.C.’s month-long program of environmentally and socially conscious events.

on Saturday, April 21, Fiber on Main will host a “Use What You Have” upcycling demonstration, where participants can learn how to cut shirts, plastic bags and other household materials into fiber for knitting, weaving, crochet

and macramé. The demonstration is free and no registration required.

Wildlife Conservation Society photographer Julie Larsen Maher’s exhibit Critical! will open in H.A.C.’s Gallery 222 on April 21, featuring large scale images of ani-

mal species classified as vulnerable or critically endangered. That exhibit will continue on weekends and by appointment through April 28.

To round out the month’s environmental offerings, prominent local filmmaker and activist Jon Bowermaster will bring his three short films about the Hudson River to the Hurleyville Arts Centre on April 26 at 7 p.m. “Hope on the Hudson” features short films “City on the Water,” “Restoring the Clearwater,” and “Seeds of Hope.” The films focus on the efforts to preserve and restore the Hudson River both environmentally and socially, from the activity in New York City’s waterways to a restoration of the historic sloop ‘Clearwater’ to a project to save Native American seed varieties. After the films, Mr. Bowermaster and other local and regional environmental experts will lead a Q&A session.

For more information on each event, visit the businesses’ websites at hurleyvilleartscentre.org, hurleyvillemakerslab.org and hurleyvillefiberonmain.org.

ONE-WOMAN PLAY SHEDS LIGHT, OPENS DIALOGUE FOR MENTAL HEALTH ISSUES

by Amanda Loviza

LOCH SHELDRAKE — Called “heart-warming and heart-wrenching” by the woman directing it locally, the play “Every Brilliant Thing” will be touring the county to raise funds for NAMI (National Alliance on Mental Illness) Sullivan County and open dialogue on mental health issues.

“Every Brilliant Thing” is a one-person play written by Duncan Macmillan with Jonny Donahoe about one child’s journey to document all the brilliant things in the world after her mother attempts suicide and says she can’t think of anything worth living for. The girl begins a list—at age 7, the list includes things like ice cream, staying up past bedtime, and things with stripes. As she grows up, her entries mature while she learns the deep significance the list has on her own life.

Lori Schneider, executive director for NAMI Sullivan County and an actress and director involved in community theatre for the last 35 years, said she first heard about “Every Brilliant Thing” in a meeting, and promptly downloaded a portion of the script to check it out. It grabbed her right away, Ms. Schneider said, and when she bought the entire script she fell completely in love with it.

“It’s really a piece of human experience,” Ms. Schneider said. “Every Brilliant Thing” deals with issues like depression, suicide and other mental health issues that are not the easiest to talk about, and Ms. Schneider said it does so in a way that is realistic, warm and sensitive, while also injecting some humor into the play. As both a mental health advocate and a performer, Ms. Schneider said she knew immediately she wanted to bring this play to Sul-



PHOTO PROVIDED
Lori Schneider, executive director of NAMI (National Alliance on Mental Illness) Sullivan County, holds a poster for “Every Brilliant Thing,” a play Ms. Schneider will direct and perform throughout Sullivan County to raise funds and awareness for NAMI’s services.

livan County.

“I feel like this show was placed in my path for a reason,” Ms. Schneider said.

The show will be performed by Ms. Schneider, in intimate settings with lights on and no set. There will be talkbacks after each performance, to open up dialogue about mental health issues, Ms. Schneider said. General admission to the shows will be \$20, with all proceeds going toward NAMI’s local initiatives. The group desperately needs a new van, Ms. Schneider said, to take people NAMI supports to social and recreational opportunities and advocacy programs. NAMI Sullivan County celebrates its 35th anniversary this year, continuing to provide support services to individuals and families affected by mental illness. NAMI

Sullivan County runs family support groups, suicide bereavement groups and educational classes. All money raised by the performances of “Every Brilliant Thing” will go directly to support programs in Sullivan County.

The first performance will be at SUNY Sullivan on Sunday, April 15, at 2 p.m. in the Kaplan Student Union. Seating is limited. Students receive discounted entry for \$5, with the first 25 students getting in free. NAMI Sullivan County will also put on “Every Brilliant Thing” on Tuesday, May 1, at 7 p.m. in the Event Gallery at Bethel Woods Center for the Arts; Sunday, May 6, at 2 p.m. at Middletown Thrall Library for a joint fundraiser with NAMI Orange; and Sunday, July 29, at 2 p.m. at the Sullivan County Museum in Hurleyville.

Artist brings felting workshops to Fiber on Main

by Amanda Loviza

HURLEYVILLE – Ellen Silberlicht isn’t quite sure where her creations fit into the art world, but the professional artist and former teacher is thrilled to soon share her passion and skill with Hurleyville at two felting workshops at Fiber on Main at 227 Main St.

Ms. Silberlicht’s intricate work blending clay vessels with felted wool sculptures and other mixed media was recently featured

in international magazine Felt Matters. She’ll start more simply in her April 28 workshop, “The Felted Vessel,” at Fiber on Main, teaching participants how to make bowls and vases with a wet felting technique. The workshop encourages beginners and up, age 16 and older.

A Honesdale, Pa., native, Ms. Silberlicht knew from a young age she wanted to make it as a professional artist. After winning awards for embroidery,

clay became Ms. Silberlicht’s passion. She majored in pottery at Rochester Institute of Technology—after she developed her skills, she learned that her mother had cried after seeing her first clay pieces. They were “the ugliest pots you’d ever seen,” Ms. Silberlicht said of her earliest work, but her mother’s support was boundless.

Ms. Silberlicht had a varied artistic career, and was teaching high school pottery when a 2015 breast cancer diagnosis and subsequent chemotherapy treatment forced her to pause her work with clay. While going through treatment, Ms. Silberlicht began exploring felting, an art form she loved but had never pursued seriously. A love for felting, and then blending felting with clay, quickly developed. These days she explores Raku pottery, and tops her vessels with felted plant- and animal-inspired creations. She’s not really sure where she “belongs,” since now she views herself primar-

ily as a felter, but her felted pieces could not exist without the pottery that supports them.

“I find myself in between two worlds,” Ms. Silberlicht said.

She doesn’t seem to mind, though. Since retiring from teaching and focusing on felting the last few years, Ms. Silberlicht has done two solo shows and traveled with her work. But as she readjusts, she’s taking a step back and thinking about where she wants to take her art from here. Now that she’s retired, Ms. Silberlicht said she can do whatever she wants.

“So now I’m playing,” Ms. Silberlicht said. “I think when you give yourself permission to play, you discover amazing things.”

As a teacher and an artist, Ms. Silberlicht said she always wants to share—not just her knowledge, but her joy and her passion. That’s what she’ll be doing as she comes to Hurleyville to teach felting, she said.

The Felted Vessel class



PHOTO PROVIDED
Ellen Silberlicht, a felting artist and potter from Honesdale, Pa., stands with one of her mixed media pieces that blends Raku pottery and felting.

will be five hours of instruction, with a class fee of \$80 and a materials fee of \$25. Each participant will leave with their own felted vessel. More information can be found online at hurleyvillemakerslab.org/fiberonmain. Details on the June workshop will be posted soon.

“I feel as though art saves lives,” Ms. Silberlicht said. “I never did wake up and groan that I had to go to work that day.”

PERSONAL DEVELOPMENT OPPORTUNITIES COMING TO SUNY SULLIVAN

Job fair on April 9

LOCH SHELDRAKE — To assist companies in filling the myriad job openings throughout the region, SUNY Sullivan will host a Career and Job Fair on Monday, April 9, from 10:30 a.m. to 1:30 p.m. in the deHoyos Gallery (E Lobby area), adjacent to the Grover Hermann Memorial Library. The event is free and open to the public. Participating agencies and organizations include recruitment firms, law enforcement agencies, food manufacturers and food service companies, retail outlets, resorts, and more.

“Attendees are encouraged to bring copies of their resumes, as companies may be hiring on the spot,” said Klu Padu, SUNY Sullivan’s Career Placement and Transfer Coordinator.

Approximately two dozen employers from throughout Sullivan County and the region will be on hand, including Ad-

vanced Testing, Bethel Woods Center for the Arts, Crystal Run Village, Delaware Valley Job Corps, EEA Security, Frost Valley YMCA, Home Depot, Honors Haven Resort, Ideal Snacks, Knapp Consultants, Metz Culinary Management, New York State Police, ShopRite, Ten Mile River Scout Camp, Sullivan ARC, The Center for Discovery, U.S. Army, U.S. Marine Corp, Valet Park of America, Wal-Mart, and Yo! Wellness Center.

For more information about the fair, contact Mr. Padu at 845-434-5750, ext. 4202 or email him at kpadu@sunysullivan.edu.

Women’s conference registration now open

LOCH SHELDRAKE — Class registration is now open for SUNY Sullivan’s annual Women’s Conference, to be held on Saturday, April 21. This year’s theme is “Life is a Story, Make Yours a Best Seller!”

The conference attracts women from all over the region to network, listen to an entertaining keynote speaker, learn new skills and information in a broad range of sessions, and shop a marketplace of local businesses. Breakfast begins at 8:15 a.m., with the program starting at 9 a.m. and continuing through 3:30 p.m.

This year’s keynote speaker is screenwriter and stand-up comedian Marion Grodin, who began her comedy career after realizing she wanted to personally deliver the funny lines she kept writing in screenplays. Ms. Grodin performs in top New York clubs and makes regular TV appearances.

Workshop classes range from food and wine to watercolors and journaling. The cost of the workshop is \$44/person, and registration payments and questions can be directed to Hillary Egeland, 845-434-5750, ext. 4377.



PHOTO PROVIDED
Those who attend Fiber on Main’s “The Felted Vessel” workshop with felter Ellen Silberlicht on April 28 will learn how to make bowls and vases using wet felting.



PHOTO BY M. CAVRELL, LLP COORDINATOR

Fallsburg LLP students playing cooperative math games with HML Community Liaison Denise Sullivan.

School groups explore creativity in Hurleyville Maker's Lab

by Denise Sullivan

HURLEYVILLE — It is part of human nature to think up new ideas, plan and create things with our hands and tools. We are all makers. Making and makerspaces have always existed in one form or another. Creativity and making takes place in garage workshops, sewing rooms, computer desks, pottery studios and kitchens everywhere. Organized makerspaces have been popping up in cities and college towns for the last seven or eight years, creating a technology-based extension of the do-it-yourself (DIY) culture. They exist in many shapes and sizes all over the world. Most of them are membership organizations, requiring makers to pay fees for use of facilities and tools.

The Hurleyville Maker's Lab (HML), located at 202 Main St., is all of the above a membership organization loaded with resources and tools of all kinds for every level of maker. HML provides an open and collaborative environment for people who like to build, invent, tinker, and learn new skills. Membership information and a calendar of classes and events can be found at hurleyvillemakerslab.org, or by email info@hurleyvillemakerslab.org.

Currently there are several exciting collaborations and programs happening at HML that connect to local schools and the community.

After School Programs

The SUNY Sullivan Liberty Partnerships Program (LPP) is designed to promote successful graduation,

college readiness and career development for students entering grades 7 through 12 in the Fallsburg, Monticello and Liberty school districts. LLP students have been attending workshops at HML since early January, learning simple 3-D modeling to make cell phone accessories, creating laser cut signs, exploring the use of green screen photography, and playing cooperative games.

Fallsburg Maker's Club

Students from Fallsburg interested in technology and 3-D printing recently began meeting at HML on Wednesday afternoons to develop a group project that involves teamwork and technology. They will begin building a 3-D printer that prints in wet materials, like clay, this April.

TEAMS Challenge

This volunteer afterschool program is open to all high school students (grades 9-12) in all eight Sullivan County districts. With a focus on the development of problem solving, collaboration and presentation, each school creates one team of five to 15 students who work together to devise solutions to authentic challenges. These "real world" challenges span from design on CAD software with printing on a 3-D printer to environmental improvement design. Challenges culminate in a meet-up where teams present their solutions to each other and to a panel of local experts, who judge the competition.

Next month, we will take a peek at HML makers from the community, and instructors that offer classes at HML.



PHOTO BY M. CAVRELL, LLP COORDINATOR

Fallsburg LLP students pose "on the moon" using the HML green screen.

THE HURLEYVILLE SENTINEL.

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Hamlet Happenings

by Kathleen Sullivan



The members of Hurleyville-Sullivan First will begin getting gardens, planters and barrels ready for planting in early spring. Everyone is welcome to come out and help. Work dates will be announced soon.

Hurleyville-Sullivan First meets on the third Thursday of each month at 7p.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.hurleyville-ny.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 the band, Little Sparrow, the series of musical performances and informal talks about the history and culture of the Woodstock era will feature some of the most talented musicians in our area.

Admission is free for the hour-long performances and talks that will begin at 2 p.m. on the first Sunday of each month in the Timeline Gallery at the museum.

Steve Schwartz, extraordinary musician and owner of Steve's Music in Rock Hill, will perform with Little Sparrow on April 8.

Little Sparrow will be joined by saxophonist Larry Ravdin on May 6. Sammy Davis, Jr., Rita Moreno and Chita Rivera are a few of the stars Larry performed with while playing at resorts in the Catskills.

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

"The Great War", an exhibit devoted to World War I, will be on display at the museum on Saturday, June 16 and on Sunday, June 17. Please contact Pat Burns at 845-434-8044 or at genealogy@scnyhistory.org if you have photos or memorabilia you'd like to lend to the museum for the exhibit.

Anyone interested in volun-



PHOTO PROVIDED

Hurleyville-Sullivan First volunteers will soon be swinging into action.

teering to explore genealogy and the history of life in Sullivan County can call Pat Burns at the museum. The museum's phone number is 845-434-8044.

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

Please visit 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 Hurleyville United Methodist Church's annual Corned Beef Dinner in March was a huge success!, and the volunteers at the church extend their sincere appreciation to the community for their generous support. The proceeds from the sold-out event provided the funds to pay the church's bills.

Plans are underway to make the church building handicapped-accessible. Work on this project is scheduled to begin in May.

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 - 6 p.m. The volunteers at the food pantry also provide free clothing for families in need on the last Thursday of each month.

Services are held at the church each Sunday from 9 - 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 p.m. until 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.

The Youth Group meets at the church on Fridays from 7 - 8:30 p.m. Young people are invited to join in a variety of activities including board games, trivia, movie nights, arts and crafts. Dates will be announced on the church's page on Facebook.

Please call Katrina at 845-436-7942 for more information or if you can help with any of these activities.

The members of Columbia Hill Neighborhood Alliance (CHNA) continue to closely monitor the status of the proposed Gan Eden project on Columbia Hill and other developments in the towns of Fallsburg and Thompson.

CHNA volunteers are dedicated to the preservation of the very special rural community character of Thompson and Fallsburg, protection of the natural resource base and encouragement of smart growth. High density, multi-family projects are not suitable for our current land capacity or for the future of the Catskills region. We can develop responsibly and protect our environment only when we insure our community infrastructure is balanced and sustainable.

CHNA volunteers are working on plans for the 4th annual "What the Hill" Friend-Raiser Festival which will be held on Sunday, August 26.

Visit CHNA at www.columbiahill.org or on Facebook.

FROM THE WEATHER CENTER

by John Simon



Long before the modern day weather forecaster, people used the world around them to make predictions about the weather.

There are many weather sayings for the month of April. Here are a few:

"If it thunders on All Fool's Day, it brings good crops of corn and hay." We plant in late spring.

"A cold May and a windy April, a full barn." Sometimes it gets very windy in April.

"April showers bring May flowers." In this area, the rainfall really kicks in in late spring.

Here is another saying: "A cow with its tail to the west, makes weather the best, a cow with its tail to the east, makes weather the least." When The Center for Discovery cows lay down in the grass, it means that it is going to rain. An animal's natural instinct is to graze with the wind behind them. This gives them an advantage over any predator that attacks from behind, as their scent would be blown towards the animal and they can escape.

Westerly winds tend to bring us fair and good weather. Easterly winds tend to bring us bad and sometimes thundery weather.

In the Hurleyville area, the first sign of spring are the frogs or the peepers that come out and they sing or talk to each other. Also "the louder the frog, the more the rain comes down." This could be interpreted that there is moisture and humidity in the air. Since warm, humid air causes sound to travel more quickly, the frogs' peep will probably sound louder. Peepers are brown and the sound they make is like they are talking or making music. Peepers are found in ponds and lakes while sitting on the lily pads. The pads are water flowers.

April has a lot of crazy weather, like tornados, some snow days, and warm days, as well. The forecast for the month of April usually starts out cold, rains either a bit or a lot, and then gets warm little by little and finally feels like spring.

The Scene

Music and Entertainment in and around Hurleyville



by Jane Harrison

Well so much for that hint of spring I thought I felt at the writing of my last column, eh? The Goddess of the Weather must still be laughing at me!

Still, I didn't let the horrific weather and winter doldrums keep me inside. On the night of the third blowing snow, a Monday, I made it to Dutch's and the longest running Open Mic in the area. There are venues where one can go and be absolutely certain to be entertained, and this is one of them. And for me, it was also a chance to catch up with good friends. Antione Magliano has hosted this for a few years now, and it's always wonderful to run into him and his wife, Ellen. Carmine Pace, Debbie Fisher, Craig Smith, Joe Kavanaugh and, and...I do so love this Open Mic!

It also yielded some interesting surprises. Since this was the Monday before St. Paddy's day and everyone was becoming Irish, audience favorite (everywhere!) Sylvia Schwartz gave us a most lovely version of Danny Boy. Master guitarist Steve Schwartz had a friend come by, TV, sports and rock fest cameraman Aaron Sadowsky was in the area from the city, and he not only lent a hand in the filming of the night, but he got up on stage with an excellent rendition of Honky Tonk Woman with...are you ready for this?... a ukulele!

He and Steve mesh well together musically and you just had to smile. This one song was not enough for them or the audience, so they followed with Elton John's Honky Cat. As the night went on, the members of the Search and Rescue Orchestra began trickling in fresh from a performance at the Villa Roma, and before long five-sixths of the group had joined. This brought back fond memories of when my late husband's band would finish a gig, be all packed up and one of them would mention a gig that was still going on that they could either join or enjoy, and off we all would go. Ah-hh, good times that always

make me smile.

I do believe, that as a retired person, Hurleyville's David Bloch is one of the busiest people I know. I've written recently right here about what at that time was his latest project with fellow guitarist Mike Jung. But it turns out there is yet another project in the works. He has teamed up with songwriter/ songstress Celeste Aldridge on still another divergence from the work I'd heard when I first met him and his wife Julie as well as from his work with Mike. I've been privileged to hear a recording of this new venture and I have to say I was quite impressed. Celeste has a quality to her voice that contains just enough of a hint of the lilt most often associated with Irish music to capture and captivate the ear and the senses which sits atop of and yet meshes with David's guitarwork in something I can't wait to hear live.

Face it, I'm jaded. When I go out to see a new group, I hold out no expectations. It was a party at Cabernet Frank's in Parksville, co-owner Wade St Germain's birthday, which just happens to fall on St Patrick's Day. The group was Glass House, and I cannot say enough good things about them. This is what rock and roll, bluesy bands should aspire to. The use of showmanship, the right amount of audience participation, song selection, musicianship...it's all there. Why have I not heard of them before? And even stranger, when lead singer Renata Daria and I had a chance to talk for a bit, we realized we know many, many persons in common so the conversation turned to why hadn't we ever run into each other be-

fore? Bottom line is, if you are a fan of rock, this group is a no question must see.

And the surprises continued. A singer/songwriter and lawyer friend of mine and an incredible Jazz bassist friend both told me they were on their way out to catch Marc Delgado in the Woodstock area. I have seen his name around this area a lot in the last few months (having appeared on my schedule) and both friends assumed I knew exactly who they were talking about. Well, that's enough to pique my interest, so I made a mental note. So another friend was in from the city and we went to the Pickled Owl on Main Street in Hurleyville for dinner, and who do you think was performing? Kismet, right? Suffice it to say, I know now why my two respected friends went out of their way to see him and why I've been seeing him booked so often. First, a wonderful selection of covers and originals (which are very, very good) that appear to flow seamlessly, one playing off the other. I've not heard that in a while.

Secondly, the ease of his performing. It's not an easy thing to perform solo, yet he makes it feel like the most natural thing in the world. Here's another "new" friend that I'm looking forward to seeing more of because I'm positive there is a lot more about him that I have yet to discover.

My goodness I've been wordy, haven't I! And because of that, you won't find my usual schedule. Just know that spring may not quite be here yet, but the live music is blossoming nicely wherever you choose to go.

Until next time....

SullivanArc residents display talents in Gallery 222 show



PHOTO BY AMANDA LOVIZA

Donna Barto stands with her painting at the opening reception on March 16 for SullivanArc's "Expressions 2018" art exhibit, a show SullivanArc puts on every year in March to highlight National Developmental Disabilities Awareness Month. The show runs weekends and by appointment through April 15.



PHOTO BY AMANDA LOVIZA

Kim Nash talks about her artwork while standing with her painting displayed in SullivanArc's "Expressions 2018" exhibition in Gallery 222 on Main Street in Hurleyville.

SULLIVAN COUNTY LOOKS FOR POSITIVES IN HEALTH RANKING

by Amanda Loviza

MONTICELLO – Sullivan County has been fighting a seemingly endless battle to raise its health ranking above 61 out of 62 in New York State, but as speakers at a press conference on March 14 warned, this challenge is a marathon and not a sprint.

Sullivan County's goal continues to be improving the health and quality of life for everyone who lives, works and plays in the county, said Public Health Director Nancy McGraw. While it can seem discouraging to see the same health outcome ranking each year, Ms. McGraw pointed to the other primary category of the University of Wisconsin Population Health Institute and Robert Wood Johnson Foundation's health rankings, the health factors. Health factors are the underlying things that can eventually change health outcomes, and Sullivan County bumped up from 58 last year to 47 in its health factors ranking.



PHOTO BY JOHN CONWAY
Sullivan County Public Health Director Nancy McGraw said the county "is moving in the right direction" in addressing its poor health ranking.

"We are moving in the right direction," Ms. McGraw said.

Collaboration between community groups and encouragement of individual volunteerism are key in making Sullivan County healthier, as Sullivan Renaissance project coordinator Colleen Emery and Sullivan 180 Executive Director Sandi Rowland both discussed.

"Change can happen in communities at a grassroots level," Ms. Emery said.

Sullivan Renaissance has worked on projects like edible school gardens, and Sullivan 180 is supporting and training "community health champions." By putting all these pieces together, Ms. Rowland said Sullivan County will see a

"slow, steady and enduring transformation," which will benefit the physical, mental, spiritual and environmental wellness of residents.

Sullivan County has seen improvements like a decrease in adult smoking rates and alcohol-related driving deaths, and an increase in health insurance coverage. Catskill Regional Medical Center has expanded its services, and the Cornell Cooperative Extension of Sullivan County works to support local farmers and get local food in schools and available throughout the community.

Each speaker during the county's press conference reiterated their commitment to making Sullivan County a healthier place.

"What is most important is that we work together toward the common goal of a healthy and vibrant Sullivan County," Ms. Rowland said.

FALLSBURG – "Annie" is a worldwide phenomenon and won seven Tony Awards, including Best Musical. The beloved score features some of the greatest musical theatre hits ever written, including "Tomorrow."

With equal measures of pluck and positivity, little orphan Annie (played by 7th grader Iyanna Smith) charms everyone's hearts despite a next-to-nothing start in 1930s New York City. She is determined to find the parents who abandoned her years ago on the doorstep of a New York City Orphanage that is run by the cruel, embittered Miss Hannigan (played by 11th grader Jasmine Johnson).

With the help of the other girls in the orphanage, Annie escapes to the wondrous world of NYC. In adventure after fun-filled adventure, Annie foils Miss Hannigan's evil machinations, and even befriends President Frank-



PHOTO PROVIDED
In the foreground during rehearsal is Jasmine Johnson as Miss Hannigan; the orphan girls left to right are Sierra Kaplan, Azalia Graffeo, Caleigh McDole, Brianna Fuller, Kailie Ruiz and Sky Perry.

lin Delano Roosevelt (played by senior Justin Mednick). She finds a new home and family in billionaire, Oliver Warbucks (played by senior Rashaad Nurse), his personal secretary, Grace Farrell (played by senior Alisson Marti-

nez), and a lovable mutt named Sandy.

The Fallsburg Jr/Sr High School Drama Club invites you to come join them for this uplifting and timely story of optimism in the face of adversity. Performances are Friday

and Saturday, April 13 and 14, 2018 at Fallsburg High School Auditorium, 115 Brickman Road, Fallsburg. Doors open at 6:30 p.m. and curtain goes up at 7 p.m. Tickets are \$6.00, and are available at the door.

LOCAL STUDENT ARTWORK ON DISPLAY AT THE CAS SULLIVAN COUNTY HIGH SCHOOL ART SHOW

LIVINGSTON MANOR – The Catskill Art Society, in partnership with Sullivan County BOCES, proudly presents the annual CAS Sullivan County High School Art Show, a new exhibition of work by Sullivan County public high school students, running April 20 to May 5 at the CAS Arts Center, 48 Main St. in Livingston Manor.

This exhibition will present the work of high school students from all eight of the county's districts (The Center for Discovery, Eldred, Fallsburg, Liberty, Livingston Manor, Monticello, Roscoe, Sullivan BOCES, and Tri-Valley CSD). The show celebrates the creativity of our region's youth and showcases the diversity of expression across Sullivan County.

Visitors will view more than 300 artworks in 11 media categories: Black and White Drawing, Black and White Photography, Ceramics and Glass, Color Drawing, Color Photography, Design, Digital Art, Film and Animation, Mixed Media/Printmaking, Painting, and Sculpture. CAS puts together an outside jury panel of artists and experts – different each year – that award a first and second place ribbon in each category. Blue Ribbon winners receive complimentary enrollment in a CAS art class series and Red Ribbon winners receive a \$50 scholarship for any class at the CAS Arts Center through the end of this year. Students will also be invited to CAS to select a Student Prize award in each category as well.

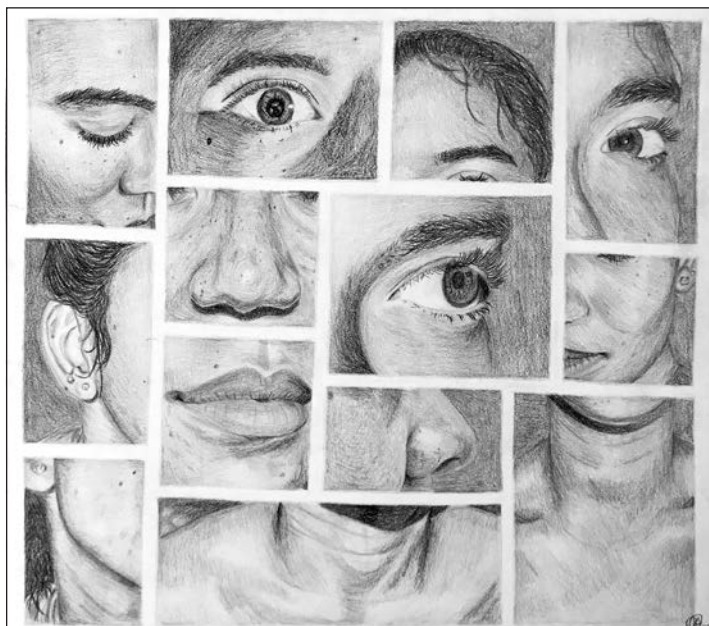


PHOTO PROVIDED
"Self Portrait from Multiple Perspectives" by Julia Batista, Fallsburg High School.

A public opening reception for the exhibition will take place April 21, from 11 a.m. to 2 p.m. All are welcome to this free event. Light refreshments will be provided by Sullivan County BOCES.

Gallery hours for this exhibition are Thursdays – Saturdays from 11 a.m. to 6 p.m., Sundays 11 a.m. to 3 p.m., and Mondays 11 a.m. to 6 p.m. The CAS Arts Center is wheelchair accessible.

The Catskill Art Society is a non-profit organization cultivating public interest, participation, and enjoyment of the arts. Through its multi-arts center, CAS

explores contemporary art practices and facilitates creative and professional development for established and emerging artists. Located in Livingston Manor, the renovated 4,500+ square foot facility includes visual art galleries, a multi-purpose teaching studio, a clay studio, and an art library with digital learning resources. Funding for CAS is provided in part by the New York State Council on the Arts with the support of Governor Andrew M. Cuomo and the New York State Legislature. For more information, please visit www.catskillart-society.org.



PHOTO PROVIDED
Students from the two Dual Language Kindergarten classes at Fallsburg's Benjamin Cosor Elementary School.

Fallsburg Children Thank Veterans for Their Service

FALLSBURG – The inaugural year of the Dual Language Program at Fallsburg's Benjamin Cosor Elementary School has been eventful. Kindergarten teachers Veronica Serrano and Scott Persten organized a beautiful Thanksgiving Feast with support from teachers and aides throughout the building. The youngsters learned firsthand the values of gratitude and sharing with all people.

This teaching didn't stop at the dinner table. During Veterans Day, both classes discovered that two students had siblings serving in the military—Khloe Jordy's brother Zachary was in the Army and Gabriela Moto Archer's brother Ross was in the Marines. The teachers saw an opportunity to show thanks to the vets for their service. The families embraced

the idea. The children jumped into planning next steps. They started preparing gift packages for the soldiers.

Ms. Serrano and Mr. Persten integrated math into the equation by having the students use their class dojo points to pay for gifts. Class Dojo is a behavior management tool for the classroom. Each student has a profile to which teachers can assign positive and negative points (or 'dojos') throughout the lesson. Parents have an app that tracks dojos. Children get gifts as rewards for their good behavior. They saw that they could use their rewards for gifts to others.

Each class wrote a letter and a patriotic Valentine that went into the two gift packages with a picture of the classes. The goodies included socks, beef jerky, body wash, gum, tuna

packets, chocolate, nuts, hard candy, energy packets, baby wipes, zip lock bags, hand sanitizer and granola bars.

This whole process took several weeks because there was hope that the veterans might be coming home at Christmas and visit the classroom. That did not happen so the teachers mailed out the veteran's packages just after New Year's. As Mr. Persten says, "This certainly turned out to be a 'teachable moment' for us. Both Veronica

and I feel that this experience will be remembered by the dual language class for years to come. We look forward to doing this again next year."

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Kitchen closed from 4-5 daily
Bar stays open

There will be a special
Recruitment Event
at the
People Operations Office
Monday, April 16, 2018
from 10:00am - 4:00pm
31 Holmes Road Monticello, New York 12701

THE CENTER FOR DISCOVERY

Email us at peopleoperations@tcfcd.org or call (845) 707-8301 to schedule an appointment or to discuss career opportunities.
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WE'RE LOOKING FOR GREAT PEOPLE TO JOIN OUR TEAM

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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 or get an application.

In the past I wrote about the numerous accidents at the Morningside Four Corners. As I continued to write about them, they stopped (a good thing). We have not been to an accident there in a number of months.

Last month I wrote about my concern about an early brush fire season because of a lack of snow cover and the ground was drying up. So what happened? We had a number of nor'easters to take care of an early brush fire season.

I am almost afraid to write about my reminders that the snow will melt, we will go into the mud season and then the brush fire season.

The **BURN BAN** is in effect from **March 16** to

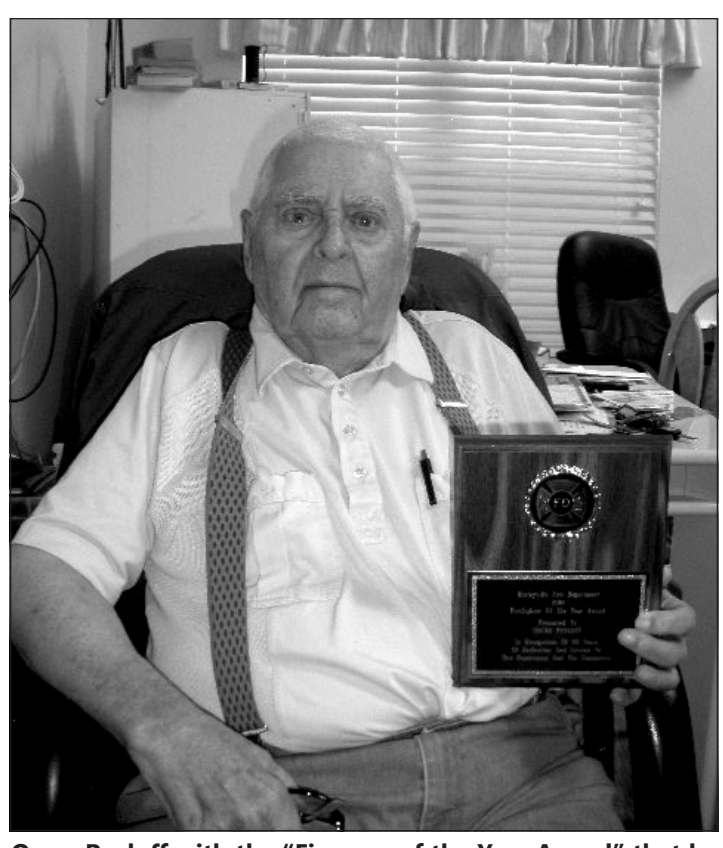
May 14. There is **no open burning** during this time period. With the heavy snows that we had in the first three weeks of March I am sure many lawns have more winter debris than usual. Try to resist the temptation to burn your brush piles until it is safe to do so. That means after May 14 if things have greened up and it is not dry and windy. I was informed of a multi-company brush fire in Saugerties the week of March 20, so brush fire season is right around the bend for us.

I hope that everybody weathered the March storms that we had. The southern part of the county took a hard hit with parts not having power for days. We were lucky and only lost power for a short period of time.

If you used a generator during the storms now would be a good time to change the oil and service it to get ready for the next event.

When you use your generator for power make sure you do so safely.

Don't over load it and



Oscar Pavloff with the "Firemen of the Year Award" that he received at last summer's family picnic.

don't back feed the power from it back into the electrical grid. (don't feed an outlet with the generator) Make sure you use a good extension cord, not the lamp cord variety.

When running it never run it inside—you run the risk of CO poisoning from the exhaust gases. Make sure the exhaust is facing away from the house and far enough from the house so the hot exhaust doesn't start the house on fire. Last year I did go to a structure fire where the house suffered heavy fire damage because the exhaust faced the outside of the house, was too close to it and started it on fire.

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, 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.

On a sad note, 94-year old Oscar Pavloff, our oldest living firefighter, answered his last alarm. In his day, Oscar was Chief of the Fire Police for many years. He had 65 years of service to the Hurleyville Fire Department. He enjoyed the annual family picnic, seeing, and catching up with, all of the, as he would say "oldtimers." He was one of the oldtimes that was presented with one of the "Firemen of the Year Awards" at last summer's family picnic. As of this writing, funeral arrangements were incomplete. I do know that he will be buried next to his wife Ray in the Hurleyville Cemetery.

FROM THE FILES OF...

THE HURLEYVILLE SENTINEL.

The Only Newspaper Published in the Town of Fallsburg

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

April 15, 1938

Work To Start Soon On Old Falls Road

Members of the Town Board have been obtaining rights of way and inspecting township highways this month for the purpose of setting up a highway budget for the current year. It is expected that the amount of appropriations for road work will be set at a meeting held tonight.

Work will begin in two weeks on the highway from the Hurleyville Four Corners, through Old Falls to the village of Mountindale, a distance of more than nine miles. The county will construct a new highway on that part of the road from Old Falls to the Pleasant Valley School house and a new top will be built on the remaining stretch of road.

Fire Destroys Elmshade Hotel in Fallsburg

Fanned by a strong wind, flames destroyed the 110-room main building of the Elm Shade Hotel near Fallsburg on Sunday. The loss was estimated at \$125,000.

The hotel had recently been opened in preparation for a busy Easter week and seven guests had already arrived when the fire was discovered, shortly after 11 a.m. Most of them, as well as the dozen employees and family of the proprietor, lost all their possessions as the flames spread quickly through the stucco-covered frame building.

Aside from Joseph Stern, South Fallsburg police chief and fire captain, who was overcome by smoke in the cellar where the fire is believed to have started, no one was injured. Chief Stern was picked up by other members of his department who brought him outdoors, where he was quickly revived; he returned to fight the fire, the cause of which was undetermined.

Arthur Williams, the hotel's bell-boy, discovered the fire in the cellar near the oil-burner and sounded the alarm. South Fallsburg companies responded first and laid two lines to the Neversink River, 1,000 feet

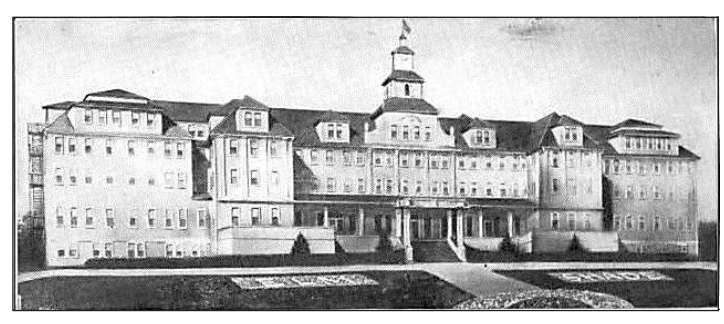


PHOTO PROVIDED

The expansive main building at the Elm Shade Hotel in Fallsburg was the widest hotel building in the area when it burned in 1937.

away. Next in order came companies from Woodridge, Mountindale, Monticello and Woodbourne, but the flames soon escaped control despite efforts of all firemen.

The blaze roared through the building and ate through floors and ceilings. As floors and walls of the four-story structure collapsed, steam radiators dropped through to the basement or fell out through the crumbling walls.

A hotel built on the same site in 1920 burned a year later. It was reconstructed. In 1929, it was greatly altered and enlarged, so that its 210-foot frontage then made it the widest hotel in Sullivan County. It was at that time valued at considerably more than \$100,000.

When the Monticello firemen arrived, Chief Robert York and Assistant Chief Floyd Brown concluded that the main building was beyond saving; they directed their men to keep the fire from spreading to the nearby social hall, a large structure that was saved and then turned to the main building.

The fire continued to burn till after dark Sunday evening. South Fallsburg firemen, last to leave the scene, returned home tired and hungry.

Morris Kaufman was owner of the hotel, and his partner in its operation was Harry Cherkoff, both of whom lived in New York for the winter. The Kaufman family had been at the hotel more than a week, however, to prepare the place for Easter occupancy. Cherkoff arrived just before the fire started.

April 22, 1938

Strict Sunday Closing Laws For Monticello; Mayor de Hoyos Orders Rigid Enforcement of Sunday Ban on Retail Trade

out our website and Facebook page for dates and information as we get things finalized with them. The Library hopes to offer similar opportunities throughout the spring and summer, so be sure to check back with us for updates. In the meantime, check out some of these great programs coming up at the Library in April.

We're celebrating Earth Day with a special program on Wednesday, April 18, at 7 p.m. Come join us with the family to decorate your own planter and plant some seeds. Our children's Earth Day program is Monday, April 16 at 6 p.m. Children ages 5+ can come in and make a bird feeder. At 6 p.m. on Wednesday, April 11, adults are welcomed to come and learn the basics of home canning. Thursday April 19,

Responsibility for enforcement of the State Sunday closing law, an annual summer problem at Monticello, seldom presented before June, has been placed directly on the new police force by Mayor Luis de Hoyos, it was learned this week.

A resolution of a Grand Jury last July, which investigated complaints of religious groups there, criticized laxity in enforcement.

"You are hereby directed," the Mayor's written orders to all police read, "to see that at 12 o'clock sharp on Saturday nights all stores are closed and that no store is open Sunday excepting those authorized by law. The police force will be held responsible unless enforcement is carried out according to the law. In case of doubt as to the law, you may telephone the Mayor or acting Mayor for instructions."

The order was relayed to all policemen by Chief Grant Davison, who explained that articles of food may be sold Sunday until 10 a.m., but restaurants may be open all day. Articles that may be sold all day are prepared tobacco, milk, eggs, ice, carbonated water, fruit, flower, candy, souvenirs, newspapers, gasoline, tires, drugs, medicines and surgical instruments. Delicatessen dealers and bakeries may conduct business until 10 a.m. and between the hours of 4 and 7:30 p.m. on Sunday.

In the summer of 1936, businessmen in Monticello obtained a temporary injunction restraining police from enforcing the Sunday closing law. The injunction was returnable in Supreme Court in September, after the summer season has ended.

Vigorous objection to enforcement is expected from retailers in the village, who have repeatedly pointed out

that their existence depends entirely on the earning every possible dollar during the ten-weeks summer season, and loss of Sunday trade would be fatal.

April 29, 1938

Rights of Way for Woodbourne Road Construction

Most rights of way required for reconstruction of the Woodbourne - Liberty highway, which will be rebuilt by the State at a cost of \$250,000, have been acquired, it has been announced by the Highway Committee of the Board of Supervisors. The stretch to be improved and somewhat shortened will be five and one-half miles long and twenty-two feet wide, replacing the narrow road now in bad condition.

In the summer the highway carries a heavy traffic load. Eventually it will be extended from Woodbourne northeast to Ellenville to form the shortest route between the latter village and most Sullivan points. The State is already making surveys with a view to such construction, which may start this autumn. Improvement now contemplated will start where the concrete Town of Liberty highway ends. The rebuilt road will have eight-foot shoulders with many present curves eliminated.

New Highway Machinery Ordered For Fallsburg

At a meeting of the town board on Monday evening, a resolution was passed for the purchase of a new gasoline roller for the Town of Fallsburg at a cost of \$5,025. The machinery will be purchased from the Springfield Roller Co. of Springfield, Ohio, and delivery is expected next week. Officials declare that work on town highways will be greatly expedited with the aid of the new equipment.

A committee of businessmen representing the Chamber of Commerce of South Fallsburg presented several recommendations to the board which included the request for twenty-four hour police protection for the village during the summer months.

HISTORIC PLAQUES FOR ONE ROOM SCHOOLHOUSES IN THE TOWN OF THOMPSON

HURLEYVILLE - Henry and Gordon MacAdam and their committee continue to make progress on their one-room schoolhouse project. These schools existed in the Town of Thompson between the 1830s and 1950s. Nine of the 20 schools were submitted to the William G. Pomeroy Foundation to determine qualification for grant approval, and as a result, seven of the nine have been approved. The Foundation has sent checks of approximately \$1100 for each approved school, and those checks have been received by Town of Thompson Deputy Administrator Patrice Chester. The Historic Plaques will be produced

in the next several months, and delivered to the highway departments for installation.

The Project Committee members are Thompson Town Historian Al Wolkoff, Judy Wolkoff, Mary Ann Drobysch Berens, and Paul Lounsbury, and they expect to complete their research on the remaining eleven schools by the end of June. Those schools will then be submitted for plaque approval in August, and if approved, the markers will be installed next year. A brochure about the school project will be published in 2019, and all the information will be donated to the Sullivan County Historical Society.



PHOTO PROVIDED

The Maplewood School District #6 is one of 20 one-room schoolhouses that once operated in the town of Thompson. This is how the building appeared circa 2000, long after the school closed.

Anyone with information or photos of one room schoolhouses in the Town of Thompson can contact Al Wolkoff at

845-796-3066 or ajwolkoff@earthlink.net or Gordon MacAdam at 845-665-1899 or gordonmac@hvc.rr.com.

HURLEYVILLE MARKET ON MAIN

The Hurleyville Market is a warm and welcoming gathering space on Main Street. Open 7 days a week, the Market offers artisan breads, baked goods, locally roasted coffee, specialty and organic items, and a variety of handmade gifts.

238 Main Street, Hurleyville, NY | Phone: (845) 707-8434
Facebook: @HurleyvilleMarket

FROM THE FALLSBURG LIBRARY

by Kelly Wells and Amanda Letohic



Spring is in the air...we hope...and with the arrival of spring and April comes the arrival of Earth Day, as well. This year, Earth Day is Sunday, April 22, but in recent years, the entire month of April has really been used to bring awareness to environmental conservation.

This year to celebrate Earth Day, and to celebrate National Library Week (April 8 - April 14), the Fallsburg Library is partnering with different community organizations to offer some new "fine forgiveness" opportunities while working to help beautify our community. On Saturday, April 21 and Sunday, April 22, the Mountindale Action Committee will be doing litter plucks starting at 9 a.m. at the Mountindale Firehouse. The litter pluck will last for about one hour each

day. For those who sign up with the Fallsburg Library IN ADVANCE, and participate in the litter pluck, the Library will waive up to \$5.00 in overdue charges. Please note that the overdue forgiveness CANNOT be "banked" for future overdue charges. To sign up to participate in the litter pluck for overdue forgiveness please call Amanda at 845-436-6067 ext. 102 by Thursday, April 19. If you do not pre-register with us, we cannot forgive any overdue charges on your account. For those who just want to come out and help "spruce up" your community no pre-registration is required. We hope to see you there!

The Fallsburg Library will also be working with Hurleyville-Sullivan First to offer similar opportunities. Check

out our website and Facebook page for dates and information as we get things finalized with them. The Library hopes to offer similar opportunities throughout the spring and summer, so be sure to check back with us for updates. In the meantime, check out some of these great programs coming up at the Library in April.

We're celebrating Earth Day with a special program on Wednesday, April 18, at 7 p.m. Come join us with the family to decorate your own planter and plant some seeds. Our children's Earth Day program is Monday, April 16 at 6 p.m. Children ages 5+ can come in and make a bird feeder. At 6 p.m. on Wednesday, April 11, adults are welcomed to come and learn the basics of home canning. Thursday April 19,

at 6 p.m., kids ages 7+ and teens are welcome to stop in and make a beaded wish bracelet. On Thursday, April 26, at 6 p.m., we'll be making rain clouds in a jar and learning how rain clouds work for our monthly S.T.E.A.M. program. As always, our Children's craft night is Monday evenings at 6 p.m. and our preschool story time will continue on Tuesdays at 10 a.m. and 4 p.m.

As you can see, we have many great things coming up at the Fallsburg Library. Some programs have limited spots so please call, email, or stop in to sign up. Here's a reminder of our contact information, call: 845-436-6067, email: fbr@rcls.org, stop in: 12 Railroad Plaza, South Fallsburg, NY, or follow us on social media!

LIKE A LION PART II

An Original Short Story by Jack Robbin
Illustration by Carol Smith

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. Sullivan County Sheriff Walter Flynn thinks the man might have been mauled by a mountain lion, but Bronco is not so sure. Here is Part II of our story....

Jay Lass sipped his coffee and smiled wearily, holding the cup in both hands and obviously savoring the warmth it provided. We were sitting at the counter at Phil's Lunch, the venerable little eating establishment owned by Phil Scheuren and now run by his son John, on Landfield Avenue in Monticello.

"You look about as tired as I feel, Bronco," he finally said to me. "Sorry about waking you so early this morning."

I shrugged and waited for John Schuereen to roughly slide two plates of scrambled eggs and toast along the counter to us.

"I'll survive."

"How long do you think it will take Breakey to do the autopsy?" he finally asked quietly.

"I have no idea, but I'm sure we will be among the first to know."

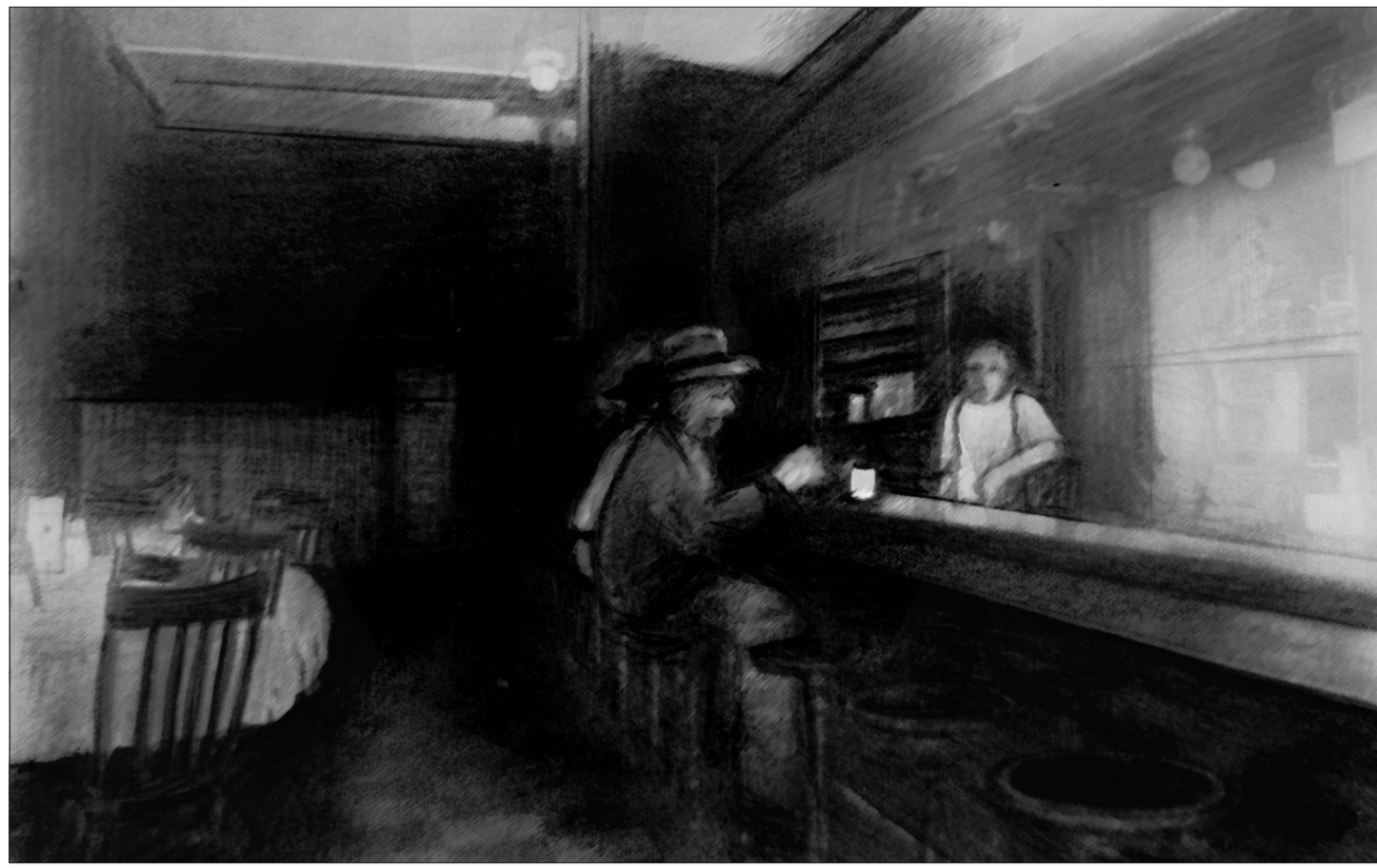
We finished our breakfast in silence, and then walked up the hill to the Sheriff's office where we found Walt Flynn seated behind his desk, engrossed in reading. He looked up as we entered his tiny office.

"Nothing from Breakey yet," he said. "Although he did say that at first glance it looked like an animal attack to him. Why don't you have a seat, Kelly, I'd like to hear what you know about mountain lions in this area. Jay, you might as well stay and learn, as well."

I figured that Jay had told Sheriff Flynn about my background. After leaving the service in 1925, I had been hired as a Game Protector by New York State as part of an initiative that increased the number of Conservation Department officers statewide to 150. I had worked as a GP for a few years, mostly enjoying it, but grew increasingly frustrated by the lack of public support—even from other law enforcement and the local courts. And when Irene was expecting a child in 1930 and an opportunity arose in the town of Fallsburg, I hired on as a constable. It was only a slight cut in pay—Game Protectors were notoriously underpaid—but the fact that I was able to work close to home and more or less decided my own hours, made up for that. So here I was, going on four years later.

Point was, Flynn knew I had been trained as a state Game Protector and had taken a number of courses in Albany and at Cornell to learn as much as I could about the wild animals that roamed New York. Mountain lions not among them.

Flynn's voice broke me out of my reverie.



Bronco and Deputy Jay Lass ordered breakfast at Phil's Lunch on Landfield Avenue in Monticello while waiting for Dr. Breakey to finish the autopsy.

"Kelly, when I decided to run for Sheriff, a number of people, including Lass here, told me you were the smartest man they knew and advised me to make you part of my team. For whatever reason, I did not. It now appears that fate has conspired to show me I was wrong."

"That seems like a bit of an overstatement, Sheriff."

"Well, Kelly, as smart as you might be, here's something you don't know...that body we found last night was not the first one."

"There was another?" I asked incredulously, while no-

ting that Jay Lass, sitting to my left, did not look surprised.

"Two others," Flynn corrected. "One in Wurtsboro just after I was elected, but before I was sworn in, and one about two months ago near Ferndale. Both bodies were found near the railroad tracks and both were in pretty much the same condition as the one you saw."

I looked at Jay. He shifted uncomfortably on his chair.

"Sorry, Bronco; Sheriff wanted to tell you about it himself."

"We have a situation, Kelly. Can you help us?" Flynn asked, almost pleadingly.

"Well, first of all, that infor-

mation you just shared changes almost everything I might have thought," I said, not even trying to disguise my annoyance at being kept in the dark. "I'd like to get a look at some of the details of the other incidents, but I can say that the one thing about this that I haven't changed my mind about is that it wasn't a panther that did this."

"A panther? Is that the same thing as a mountain lion?" Jay asked.

"Panther, puma, cougar, mountain lion, catamount... different names for essentially the same animal. But we haven't seen them around

here since the 1850s. And if they were here you can bet they would have been hunted and turned in, because there have been bounties on them for years."

"Then how do you explain what we saw? Something mauled that guy," Jay asked.

Our conversation continued for another quarter of an hour or so without much direction, and then the Sheriff's phone rang, the caller letting him know that Dr. Ralph Breakey had finished his autopsy.

"Let's take a walk," Flynn said, getting up. "Breakey has finished cutting this guy up, so

let's see what he knows. When we get back, Kelly, I'll make sure you get the files on the other bodies we found."

Dr. Ralph S. Breakey was in his early to mid-forties, sturdily built, with strong hands of a farmer. He could be alternately gruff and charming, and usually had a twinkle in his eye even while being most disagreeable. Ostensibly, he had little to add to what we already knew, but nonetheless, there was a significant piece of information revealed by his autopsy.

Breakey told us that the yet to be identified male victim was approximately forty years of age and suffered from chronic alcohol abuse. He was malnourished and infested with lice. He had died from exsanguination resulting from massive trauma to his torso resulting in severe tearing of flesh and some internal organs by something very sharp.

"Difficult to say for certain, but it sure looks like an animal's claws," he said.

"So you're saying the

wounds were confined to the front of the body, and the tearing open we saw is what killed him?" I asked.

"I would normally say I have never seen anything like it," Breakey said. "It is grisly; gruesome in the extreme. But it is almost identical to the wounds I saw on two other victims in the last year or so. Almost identical."

"Got to be some kind of animal," Jay Lass said quietly, shaking his head.

"It might have been some kind of animal," I said. "But I can tell you right now this was not a panther attack."

Constable Bronco Kelly seems confident that a mountain lion or panther was not the culprit in the death of the man whose mutilated body was discovered along the Hurleyville train tracks. Find out what he knows and what he's thinking, and get ready for an unusual twist in the next chapter of Like a Lion in the May edition of The Hurleyville Sentinel.

EMS Beat

by Albee Bockman, AEMT-P



"THE UPS & DOWNS OF PRESSURE"

Happy spring, Hurleyville!

When I speak of the ups and downs of pressure, I am referring to what is known as "Orthostatic Hypotension." When someone stands up from sitting or lying down, the body must work to adjust to the change in position. It's important for the body to push blood upward to supply the brain with oxygen. Should the body fail to do this sufficiently, blood pressure falls; and that person may feel lightheaded-- or even pass out. Simply put, orthostatic = upright posture of the body; hypo = less + tension = pressure.

Adequate blood supply to our body's organs depends on three factors. Firstly, a strong enough heart to pump blood. Secondly, arteries and veins able to constrict or "squeeze." And, thirdly, enough blood and fluid in the vessels.

When the body changes position, a variety of actions occur involving all parts of the cardiovascular system, as well as the autonomic nervous system that helps regulate their function. Adrenaline allows our body to react to stress. When someone becomes frightened from one thing or another, your heart beats faster, your palms get sweaty, your pupils dilate, and your hair stands on end. Now, Acetylcholine is the chemical that is the anti-adrenaline. This unique chemical needs to be explained.

Did you ever notice that when you have a severe coughing spell that you see little white squiggly things in your eyes and you feel as though you may faint? Or if you rub your eyes for an extend-

ed amount of time you get that same feeling of lightheadedness? Also, when going to the bathroom, should you find yourself having difficulty moving your bowels and you-- respectfully-- grunt to move, you see those white squiggly things I just mentioned? Well, the chemical "acetylcholine" is released from the third cranial nerve and passes along the electrical system of your heart and your blood pressure drops-- along with your body possibly finding yourself on the floor. This is known as a "Vasovagal Episode." This, too, happens when we stand up too quickly from a seated position. Henceforth, ORTHOSTATIC HYPOTENSION. This condition is not a disease. It is, however, an abnormal change in blood pressure and heart rate associated with an illness such as dehydration, heart conditions, diabetes, and high or low blood pressure. For some of us men, the ED medications out there have the same effect when taking nitroglycerine medications.

Is Orthostatic Hypotension something we should be concerned about? Well, feeling faint or lightheaded is not normal. While a rare episode can be explained away such as from exercising in the heat or heavy workloads, more frequent occurrences should be investigated. Never, ever hesitate dialing 911 and asking for Paramedics to respond. These episodes should not be taken for granted.

I hope this information has been helpful and informative. Be safe and stay well, Hurleyville!

NYS PROPOSES FOREST SUSTAINABILITY INITIATIVE

ALBANY – Local and statewide government officials and advocates discussed Gov. Andrew Cuomo's proposed Empire Forest for the Future Initiative (EFFI) at Forestry Awareness Day in March. The EFFI is a piece of Gov. Cuomo's proposed 2018-19 executive budget that has the stated goal of protecting and enhancing the health, quality and sustainability of trees and forests across New York State.

EFFI's benefits to the public would include sequestering carbon, reducing the impacts of flooding, preserving wildlife habitat and helping the forest products industry grow sustainably in New York State, said NYS Department of Environmental Conservation Commissioner Basil Seggos.

"Protecting New York's forest lands and open space has been a priority under Governor Cuomo's leadership," Mr. Seggos said. "The Empire Forest for the Future Initiative serves as a milestone effort to protect and conserve the state's vast forest resources held



PHOTO BY AMANDA LOVIZA

Catskill Mountainkeeper and other advocacy groups have spoken out in favor of Gov. Andrew Cuomo's proposed Empire Forest for the Future Initiative, aimed at sustainable forest management.

by more than 700,000 forest owners across New York."

The EFFI proposal would reform and expand New York's forest tax incentive law to increase sustainable production of timber on private property for the forest products industry; encourage preservation of open space; reimburse localities a portion of their tax shift resulting from this

law; implement a timber harvest notification system; create a state wood product procurement preference; and establish two new grant programs to provide resources for municipalities and private forest owners to secure and/or manage forest lands. The initiative recognizes that when coupled with state land acquisition, protecting and sustaining New York's private forest

lands and developing municipally managed community forests are critical components in the fight against climate change and supporting the state's economy. Private forests account for three-quarters of New York's 19 million acres of forest land.

"Promoting sustainable forest management protects the water quality, lands, and habitat, that makes the

Catskill region the beautiful and vibrant place it is," Catskill Mountainkeeper Deputy Director Katherine Nadeau said. "The Empire Forest of the Future Initiative will do just that, and should be included in the final enacted budget this year. For our communities and everyone who drinks New York City water, much of which originates in the Catskills, providing incentives to manage our forests in a way that protects water quality is good common sense."

"This proposal will provide tax relief to private forest land owners, who steward 75 percent of New York's 19 million acres of forests; and incentivize sustainable forest management that can sequester carbon dioxide to help us fight climate change, provide wildlife habitat, and improve water quality," said Jessica Otney Mahar, policy director for The Nature Conservancy in New York. "This is one of the most important conservation proposals in the budget this year."

Under the current tax law program established in

1974, forest owners with more than 50 eligible forested acres receive an exemption of 80 percent from local real property taxes by agreeing to a strict work schedule of forest management practices on all acres of enrolled forests. The new program would lower the minimum number of acres to 25, and offer the opportunity for properties certified by a third party as sustainably managed forest land or that undertake a DEC-approved forest management practice to enter the program, as well as require land owners to commit not to developing the property.

If approved in the 2019 State budget, both the new forest tax law and the community forest and forest practices assistance programs will be expected to be available starting March 1, 2019, or earlier.

For more information on EFFI, including all the components of the proposed initiative and a breakdown of the tax law changes, visit DEC's website at <https://www.dec.ny.gov/lands/112691.html>.

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Angelee Santillo, Sports Editor



FINDING MY BEST SELF *Hiking The Catskill 3500 Peaks*

by Amanda Loviza

THE CATSKILLS – The sky was crystal blue and the snow was shimmering white, and I was running ungracefully through more than a foot of snow under an arch of hiking poles, held aloft by two women who have inspired me and pushed me through countless miles of mountains, two boys I am madly in love with, and two complete strangers. It was the most perfect day to join the Catskill 3500 Club, and I was soaking up every ounce of love and support—as well as drinking every drop of champagne, of course. This was one of those rare moments in life, where you have achieved a goal you have worked toward with fierce determination, and it feels like the whole universe is lifting you up, cheering on your success.

Catskill 3500 status is achieved by climbing 35 individual peaks above 3,500 feet in elevation, plus four peaks climbed a second time during the winter sea-

son, for a total of 39 summits. I set a personal goal last April of reaching 35er status within one year, and I came in at 357 days from start to finish. I hiked about 191 miles over the course of 23 hiking days, averaging 8.3 miles per day.

This wasn't a thru hike of the Appalachian Trail, and I didn't actually intend for the Catskill 3500 to be some sort of massive defining piece of my life. I was

just getting to know the Catskills last spring, and they seemed like a beautiful place to pursue my love of hiking and soothe my soul away from the summer crowds of the Hudson Highlands. I decided I'd try to complete the 3500 in a year mostly because I had nothing else to do. One year later, and my very being is entwined in these mountains in a way that I can't put into words. I think people can

see it, though. They see the way I light up when I talk about the Catskills, and the peace on my face as I ramble through these forests. These mountains are where I fell in love—with myself, again, after a very long and rough road.

When I finally left my marriage, I think my biggest fear was that I would be forever defined as "the girl who got divorced before 30." I had always been so much more than that. I was the girl who quit my journalism career to work in bed and breakfasts in Europe just because it sounded fun. I'd already been to more than a dozen countries, I was a successful journalist and a mildly talented photographer. Of course, no one who knew me was ever actually going to relegate me to being defined only by my marital status, but hey, Catholic guilt is a powerful thing.

I was hiding when I first sought the mountains. I'd take my journal and my camera and go the whole weekend without speaking to another human, be-

yond a polite "hello" on the trail. The only reason that changed is because I love winter hiking so damn much. One day I found myself spun out on an ice-covered ledge, facing the wrong direction, unable to get my feet back under me and about two feet from falling down a very unpleasant-looking cliff. That was the day I grudgingly decided I needed to find hiking partners. I joined a Facebook group called Women Who Hike, and found myself at the last minute typing onto a message thread that I'd join a meetup happening that weekend.

As much as I love the mountains themselves, it is the women I have shared them with who have truly opened my eyes. That first group hike, I naturally gravitated toward the other woman who said the word "divorced," and I was a bit wary of the animated one who brought homemade cookies (even though I asked for the recipe and had to restrain myself from stealing the whole bag). Two weeks ago she was

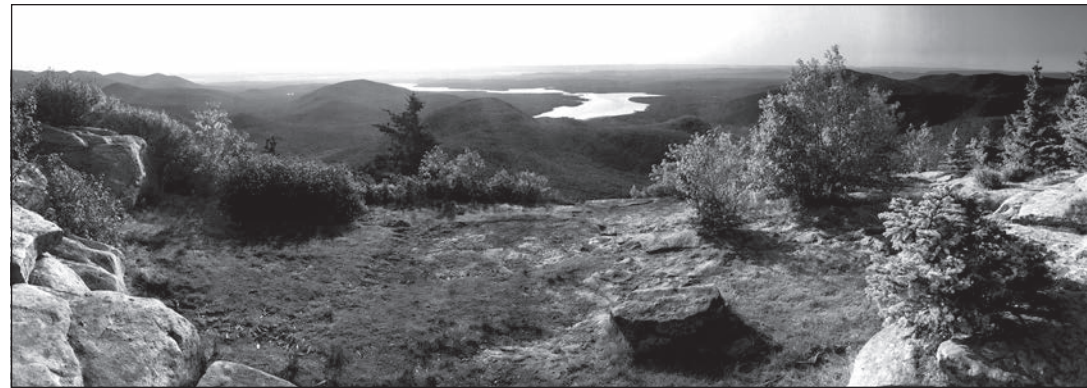


PHOTO BY AMANDA LOVIZA

Early morning sun hits the summit of Wittenberg Mountain in Ulster County, overlooking the Ashokan Reservoir.

in my kitchen, casually whipping up a few cookies the night before we headed out for a 10-mile bushwhack. Three of the women from that hike became my lifeblood through 2017, and I expect the four of us to be converging for local and international hiking adventures for many years to come.

Three weeks after I began my pursuit of the Catskill 3500, I joined two of those new hiking friends in an attempt to tackle the Devil's Path in one day. I'd never hiked double digit miles, but I showed up with a liter of water and some Clif bars, so I thought I was good to go. Fortunately my always-prepared friend had a second, much larger water bottle to augment my pitiful supply. We made it over four 3500 peaks that day before bailing around the last one. More than 22 miles in one day, from sun up to sundown.

That single hike redefined what I thought I was capable of. It was no-holds-barred from then on. My friends and I have done whole ranges in a day. We drank mimosas as we watched

the sunrise following a 4-mile hike in the dark, and we pulled icicles from our eyelashes in -35 degree wind chill. We've shared pre-hike sleepovers and post-hike beers. I've learned to read topographic maps and follow a GPS. I can find the handholds on a rocky summer climb or pick out the shallowest passage in a winter snowdrift.

As one old friend (and licensed therapist) told me, "You've become the person you were always meant to be." The mountains teach you who you are, and who you can be. I can

be the person who breaks trail for two miles on snowshoes while also reading the GPS. I can be the person who climbs 10 Adirondack high peaks in one day. I can get up in the middle of the night despite never having been a morning person, so that I can watch the sunrise from a mountaintop. I can make friends on group hikes and then share some of life's best moments with them.

I'm a better person than I was when I started the Catskill 3500, and I love that feeling. Also, my quads look amazing.



PHOTO PROVIDED

Amanda Loviza is lifted up by her close friends, boyfriend and his son in celebration of completing her Catskill 3500 on Balsam Lake Mountain on March 31.

FALLSBURG ROBOTICS RETURNS TO WORLD CHAMPIONSHIPS

FALLSBURG – After a victory at the VEX Robotics Competition Northern New York State Championship, the Fallsburg Jr. High School Robotics Team will be traveling to the international VEX Robotics World Championship in Louisville, Kentucky April 25-April 28. Representing both New York State and the United States will be Fallsburg's Hannah Nikolai, Kai Odell Schreier, Hunter Doty, Michael Storms, Lexy Peters and Oliver Norminton. Supporting Coach Don Thomas on the trip is Kai's dad Robert, and Katrina Uhrig.

At the end of the NYS tournament, the three Fallsburg middle school teams were ranked first, second and fourth in New York State. Team 99561D led by Kai Odell Schreier, Hannah Nikolai, and Michael Storms won the Skills Award, Excellence Award, and were the Tournament



PHOTO PROVIDED

The Fallsburg Robotics team at the Northern NYS Championships: (kneeling left to right) Mike Aguilar Torres, Hannah Nikolai, Kai Schreier Odell, Hunter Doty, Michael Storms, Landen Berry, Jean Paul Serrano, Aiden Ferris and Nicholas Muscia. Standing in back are Mr. Don Thomas, Armaan Butler, Mr. Robert Schreier, Oliver Norminton, and Mr. Shawn Ferris.

Champions in the Middle School Division.

On March 19, the Fallsburg Board of Education honored the entire Robotics Team of 7 through 12 graders for their achievements, authorized the trip to Kentucky and wished them luck

at the World Championship. In thanking the Board, Coach Thomas reflected on how far the students have come in the four years since the team began. The interest has grown considerably in numbers of students and in abilities. As representa-

tives of New York State at the World Championship, Fallsburg is one of 188 teams. VEX Robotics teams number over 18,000 and are located in 40 different countries.

"We have a much stronger shot to be in the finals this year," said Coach Thomas. "We have learned a lot of new techniques. We have upped our game in programming, and we just have better bots this year. Fallsburg is gaining a solid reputation in the competitive

world, and other teams seek to partner with the Comets when they determine 'alliances' at the events."

FCSD is excited about the successes of these students and will get a chance to view their team via Livestream connection webcast. For information on livestream for VEX Robotics World Competition: <https://www.robotevents.com/vextv#>. The APP store free app for VEX: <https://itunes.apple.com/us/app/livestream-for-producers/id493086499>.



April 14 - 7:30pm

PATRICE PIKE & SHELLEY KING
Two women at the forefront of Austin, Texas' music legacy, Patrice Pike and Shelley King will hold court, tell stories and blow the walls out with acoustic versions of the songs that put them on the national scene.

EARTH DAY CELEBRATION!

April 20, 21, 22 - 7:30pm
JANE co-sponsored by The Outside Institute
From Brett Morgen, acclaimed director of "Kurt Cobain: Montage Of Heck" and National Geographic Films, with music by Philip Glass. This cinematic documentary tells the story of Jane Goodall and her chimpanzee research which challenged the male-dominated scientific consensus of her time.

April 21 - 11am
CLOTHING SWAP At Gallery 222
In celebration of Earth Day, we are swapping our gently used clothing and accessories for some sweet new finds. Clothing swaps are a great way to downsize your closet and give life to pre-loved items by shopping sustainably in a and socially conscious way.

April 21 - 4pm
RAIL TRAIL WALK & HERBAL COCKTAILS
Join Laura Silverman, Founding Naturalist at The Outside Institute, for a walk along the Rail Trail to observe native plants and other natural phenomena of early spring. After, we will gather at the Arts Centre for refreshments made with local and wild-foraged ingredients.

Plus IMAGES ON VIEW BY JULIE LARSEN MAHER OF THE WILDLIFE CONSERVATION SOCIETY - wcs At Gallery 222

April 26 - 7pm
HOPE ON THE HUDSON
Three Short Films One Great River; Part III of the "River At Risk" series, these compelling short films focus on the efforts to preserve and restore the Hudson River, both environmentally and socially. The series will be followed by a Q&A with local and regional experts

April 27 - 6:30pm
HOW TO DEFUSE A BOMB
This film looks at the work of the Project Children organization, established in 1975 by NYPD bomb squad member Denis Mulcahy. The organization allowed over 23,000 children from Catholic and Protestant backgrounds in Ireland to escape the "The Troubles" and live together in the United States over the course of a summer. There will be a Q&A following the film with Denis Mulcahy himself.

April 28 - 6:30pm
LIKE ANY OTHER KID
This film follows the relationships between incarcerated youth and staff in three secure facilities across the country. As staff provides the basics of love, guidance, and structure, the youth transform before our eyes, followed by a Q&A with award-winning director Victoria Mills.

PLEASE VISIT HURLEYVILLEARTSCENTRE.ORG OR CALL 866-811-4111 FOR TICKETS & INFORMATION

SUNY SULLIVAN STREAKING

by Win Hadley

LOCH SHELDRAKE – The 2018 season has so far been one of prolonged streaks for the SUNY Sullivan baseball team.

The Generals began the season with three straight victories before weather forced cancellation of six consecutive games, and then dropped five in a row.

Sullivan kicked off the season on March 18 in Brooklyn, sweeping a doubleheader against Kingsborough Community College and outscoring the Wave 29-1 in the process.

The Generals banged out eight hits in a 12-0 shutout win in the opener, getting four innings of one-hit pitching from fresh-

man Daniel Rodriguez, who fanned six. Sophomore first baseman Joselito Castro drove in three runs for Sullivan.

In the second of the two five inning contests, the Generals struck for 17 runs, with freshman designated hitter Jean Paul Compres and sophomore catcher Cain Ruiz both driving home three.

Following the sweep, Sullivan embarked on a road trip to the south but saw consecutive doubleheaders against Cecil College, Southern Maryland, and East Carolina University rained out on Friday, Saturday and Sunday, March 23-25.

Those cancellations were followed by a 21 hit, 16 run outburst against Craven Community College resulting in a

16-7 Sullivan victory. Sophomore second baseman Manny Nova homered for the Generals, while Joselito Castro and Brandon Maravi drove in five runs apiece.

Next came doubleheader losses to Southern Maryland and Chesapeake College, and a 13-7 defeat at the hands of Delaware Technical Community College, leaving the Generals at 3-5 on the season as this edition of The Sentinel went to press.

Sullivan plays five games in four days to open the month of April, including a visit to Borough of Manhattan Community College on Wednesday, April 4 and then home and home series against Rockland to conclude the week.



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Dr. Fuhrman is a renowned family physician and author who has appeared on Dr. Oz, Good Morning America and PBS.



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