

## THE BIGGER PICTURE

### TCFD MAKES \$1 BILLION IMPACT

HARRIS – As the largest employer in Sullivan County, The Center for Discovery is a major driver of the local and regional economy, generating more than \$1 billion in economic impact since 2010.

A recent economic impact study undertaken by TEconomy Partners found that in 2016 alone, The Center for Discovery generated \$193.1 million of economic activity for the State of New York. In that same year, The Center supported a total of 2,119 jobs with \$111.9 million in compensation, and accounted for \$9.9 million in state and local tax revenue.

The Center for Discovery provides healthcare and education to more than 1,200 children and adults with complex disabilities, medical frailties and Autism Spectrum Disorders. As a designated Center of Excellence by the New York State Department of Health and the Office for People with Developmental Disabilities, The Center is a leader in the treatment and research of complex disabilities, including the development of residential, medical, clinical, and special education programs. The Center partners with researchers and scientists from major universities to pioneer studies designed to further advance understanding and improve care for those with complex disabilities.



PHOTO PROVIDED

The Center for Discovery has generated more than \$1 billion in economic impact for New York State since 2010.

The Center directly employs more than 1,500 employees, and the organization's average salary of \$49,449 is 33 percent higher than the average private-sector wage in Sullivan County. The funds for The Center's \$103.8 million annual operating budget flow into the county from state and federal sources as well as private philanthropy, supporting The Center's innovative school and residential program, and leading to community investments like

the Hurleyville Maker's Lab and Hurleyville Arts Centre.

The study examined not only the direct and indirect economic impacts of The Center, but the educational and societal impacts of The Center's work. Innovations like the indieGo, which expands mobility by converting manual wheelchairs to powered chairs, will improve quality of life for thousands of people. By focusing on possibilities instead of disabilities and striving

to create better care and opportunity for the most vulnerable, The Center for Discovery is investing in the building blocks of a better world for everyone, the report says.

The authors of the report, TEconomy Partners, are a global research, analysis, and strategy firm based in Columbus, Ohio, which has performed economic impact analyses for the Human Genome Project, the Mayo Clinic, and many universities and academic medical centers.

### HEALTHCARE DRIVING THE ECONOMY National Trend Now In Line with State, County

by John Conway

MONTICELLO – For the first time ever in this country there are more people employed in healthcare than in any other sector of the economy. In this case, Sullivan County is considerably ahead of the curve, as that milestone occurred here in 2012.

And healthcare became the number one employer in New York State five years before that.

"In 2000, there were 7 million more workers in manufacturing than in healthcare. At the beginning of the Great Recession, there were 2.4 million more workers in retail than healthcare. In 2017, healthcare surpassed both," Derek Thompson writes in a recent article in The Atlantic entitled "Healthcare Just Became the U.S.'s Largest Employer," citing data from the U.S. Bureau of Labor Statistics.

In New York State, the Department of Labor lumps Health Services together with Education as one sector of the workforce, and at the end of 2017 there were slightly more than 2 million workers in that category. That's nearly double the number employed in the sector in January of 1990. During that same time period manufacturing jobs in New York dropped by more than one-half, from just over

**Labor Market Profile**  
Resident Civilian Labor Force and Nonfarm Employment  
SULLIVAN COUNTY  
November 2017, October 2017, November 2016

Category	Nov 2017	Oct 2017	Nov 2016	Net Month	% Month	Net Year	% Year
Resident Civilian Labor Force	34,600	34,700	33,500	-100	-0.3%	1,100	3.3%
Employed	32,800	33,200	32,000	-400	-1.2%	800	2.5%
Unemployed	1,800	1,600	1,500	200	12.5%	300	20.0%
Sullivan County Unemployment Rate	5.2%	4.5%	4.6%	0.7		0.6	
NYS Unemployment Rate	4.5%	4.6%	4.5%	-0.1		0.0	
US Unemployment Rate	3.9%	3.9%	4.4%	0.0		-0.5	
Total Nonfarm	27,300	27,500	26,600	-200	-0.7%	700	2.6%
Total Private	20,900	21,100	20,300	-200	-0.9%	600	3.0%
Goods-Producing	2,400	2,400	2,600	0	0.0%	-200	-7.7%
Natural Resources, Mining and Construction	1,100	1,100	1,100	0	0.0%	0	0.0%
Manufacturing	1,300	1,300	1,500	0	0.0%	-200	-13.3%
Service-Providing	24,900	25,100	24,000	-200	-0.8%	900	3.8%
Private Service-Providing	18,500	18,700	17,700	-200	-1.1%	800	4.5%
Trade, Transportation and Utilities	4,500	4,500	4,500	0	0.0%	0	0.0%
Information	100	100	100	0	0.0%	0	0.0%
Financial Activities	900	1,000	900	-100	-10.0%	0	0.0%
Professional and Business Services	1,600	1,600	1,600	0	0.0%	0	0.0%
Education and Health Services	8,000	8,000	7,400	0	0.0%	600	8.1%
Leisure and Hospitality	2,600	2,700	2,400	-100	-3.7%	200	8.3%
Other Services	800	800	800	0	0.0%	0	0.0%
Government	6,400	6,400	6,300	0	0.0%	100	1.6%

SOURCE: SULLIVAN COUNTY OFFICE OF WORKFORCE DEVELOPMENT

one million to 433,000. The employment sector labeled as Trade, Transportation & Utilities is currently the second largest in New York.

In Sullivan County, where hotels once employed 16,000 workers at the height of their season, government has been the largest employer since the collapse of the region's renowned resort industry. That changed in 2012, as the growth of operations such as The Center for Discovery and the New Hope Community spurred an increase in the Education and Health Services sector, propelling it into the top spot. And while the number of health-

care workers has increased more or less steadily in the county over the past decade, the number of workers in the sector designated as Government has actually declined.

According to statistics provided by Laura Quigley, the county's Director of Workforce Development, there were 32,800 Sullivan County residents employed as of November of 2017, 27,300 of them in non-farm related industries. 8,000 of those workers, or nearly 30%, were employed in Education and Health Services. That number is up from 7,400 one year before, an increase of more than

8 per cent.

Locally, the increase in healthcare related jobs began with the re-purposing of abandoned hotels into facilities for the developmentally disabled in the 1970s and has intensified over the past 20 years. The Center for Discovery alone created an estimated 800 jobs between 2000 and 2010 and nearly 200 more since then. New Hope has also grown, and the addition of the extensive Crystal Run medical operation has also added to the numbers.

In Sullivan County, the opening of the Resorts World Catskills Casino and the Yo1 Wellness Center in 2018 will result in a major upswing in employment in the Leisure & Hospitality sector, but the projected expansion in services at The Center for Discovery and the resulting jobs that expansion will create, suggests the healthcare sector should remain strong.

Nationwide, the trend is also likely to continue, as the Bureau of Labor Statistics projects that five of the ten fastest growing job titles over the next decade will be healthcare related. Thompson writes that the need to provide care for the country's increasingly aging population is one of the main reasons the transition to a service economy will not end anytime soon.

### ACTOR BRINGS BLACK HISTORY MONTH TO LIFE THROUGH FREDERICK DOUGLASS

by Amanda Loviza

HURLEYVILLE – In celebration of Black History Month and the bicentennial of Frederick Douglass' birth, local actor and educator G. Oliver King is bringing the former slave, abolitionist and orator to life with two performances of his work.

Mr. King will present Douglass' fiery speech, "What to the American Slave is Your 4th of July?" at the Hurleyville Arts Centre on Feb. 8 at 6 p.m. For those who miss that performance or want to hear more of Douglass' words, Mr. King will present excerpts from Douglass' autobiography, "Narrative of the Life of Frederick Douglass," in a performance entitled "Irresolute Redemption," at SUNY Sullivan's Seelig Theatre on Feb. 14 at 12 p.m.

Bringing the words of Frederick Douglass to the community is a powerful way to celebrate Black History Month, Mr. King said. Douglass was a prophetic orator,

and an abolitionist whose words and actions have been emulated by many civil rights activists in the decades since his death. Mr. King said he can't really say audiences "enjoy" Douglass' words, because they are such powerful portrayals of the injustices of slavery, but Douglass' personal story sheds light on a portion of U.S. history that needs to be remembered, however uncomfortable.

In "What to the American Slave is Your 4th of July?" Douglass has come into his own as an activist, and he doesn't pull any punches, Mr. King said. Douglass gives credit to the greatness of America as a nation, but challenges the Declaration of Independence and the nation's leaders, saying how dare they speak those words when so many of the country's residents are not given the rights of liberty and the pursuit of happiness. In the autobiographical work Mr. King will present at SUNY Sullivan, Douglass reflects on the unfairness of his birth, surmis-

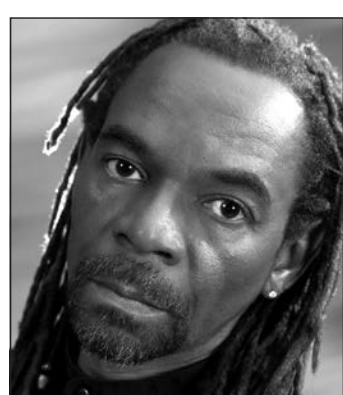


PHOTO PROVIDED

Local actor Oliver King will portray renowned abolitionist Frederick Douglass in two different performances this month.

ing that he was fathered by the slave master and questioning how the white children of the slave master could be treated so differently than the black children.

Frederick Douglass' words remain just as meaningful today as they did in the 1800s, Mr. King said. We live in troubling times with the current administration's policies about immigration, women's rights and other issues, Mr. King said, and racial tensions remain prevalent. Douglass spoke strongly about work-

ing for the betterment of all groups of people. Douglass lived in a time that was neither fair nor equitable, Mr. King said, and he hopes those who listen to him present Douglass' words will draw their own conclusions about pursuing a future for this country that is best for all people.

"We're all human and we should be celebrated for our individual beauty," Mr. King said.

The lessons of Frederick Douglass are still so important, Mr. King said, teaching people to do things with heart, love and respect, and approaching change in a peaceful way.

"We have to keep working hard to make it better for everyone," Mr. King said.

There is a \$10 suggested donation for entry to Mr. King's Feb. 8 performance at the Hurleyville Arts Centre. College students get in free. The Feb. 14 performance at SUNY Sullivan, which falls on Douglass' 200th birthday, is free of charge for everyone.



PHOTO PROVIDED

Fallsburg High School Technology teacher Pam Garritt (left) joins students (l to r) Kevin Hurtado, John Lerario, Jacklyn Hatt, Kathleen Houghtaling, and Fallsburg Councilman Joe Levner at the January 22 Town Board meeting.

### TOWN BOARD AWARDS CONTRACT FOR HURLEYVILLE LIGHT

by John Conway

SOUTH FALLSBURG – The Fallsburg Town Board on Monday evening, January 22 voted to award the contract for installation of the new Hurleyville traffic light to Ray Pantel, Inc., an electrical contractor from Middletown. The company does many of the traffic light installations in the region and its namesake has deep Fallsburg roots.

Fallsburg Supervisor Steve Vegliante said that from a safety standpoint,

the traffic light is a much needed addition to Hurleyville's Main Street. Installation is scheduled to begin this spring.

A signal warrant analysis completed in June of 2016 by the Albany, NY traffic engineering firm Creighton Manning recommended that a three color traffic light be approved for the intersection of Main Street, Mongaup Road and Railroad Avenue.

All costs associated with the installation and operation of the traffic

signal will be assumed by The Center for Discovery as the sole property owner within the newly formed Hurleyville Parking District.

In other business, the Town Board recognized the Fallsburg High School students in Mrs. Pamela Garritt's Photography Class for the "beautiful exhibit they created in the Hurleyville Arts Centre" beginning on December 21, 2017.

Councilman and Fallsburg High School guidance counselor Joe Levner

announced that awards were given to four of the student photographers: Brandon Castro Perez earned a \$100 prize, Kathleen Houghtaling won the second place prize of \$50, Nicholas Norminton's prize for third place was \$25, while Kevin Hurtado merited Honorable Mention.

The Board also accepted with regret the resignation of long tenured Councilman Arnold Seletsky and approved his appointment as the Town's new Parks Director.



# The Inquiring Photographer

by Heather Gibson

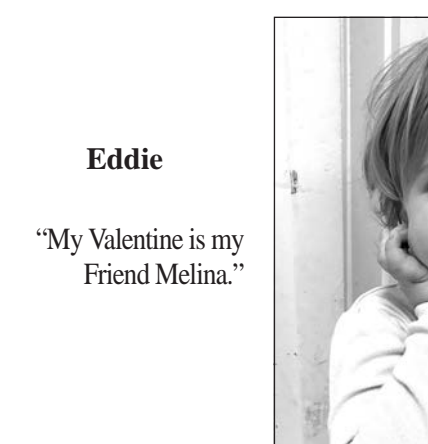


Q. What is Valentine's Day and do you have a Valentine?  
(Asked of pre-school children)



**Harper**

"Valentine's Day is a Dance! My Valentine is my Mommy."



**Eddie**

"My Valentine is my Friend Melina."



**Declan**

"My Daddy is My V-tine. I got a Big Daddy."



**Kadence**

"You decorate your home. My family is my Valentine."



**Parker**

"I don't know. Books. My Sister is my Valentine."



**Hudson**

"It's about love and kisses. My Mommy & Daddy are my Valentine."



**Levi**

"It's when everyone loves each other. Luke is my Valentine."



# 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.

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.hurleyville.com](http://www.hurleyville.com).

More information will be available soon on a new program, "First Sunday" events, debuting in March at the Sullivan County Museum in Hurleyville.

The bell at the entrance to the Sullivan County Museum in Hurleyville was donated to the Sullivan County Historical Society. The society obtained a grant to move it and to create its base. A plaque will be placed on the bell this spring.

A collection of post cards and other memorabilia in the society's archives is available for use by folks researching hotels and bungalow colonies in Sullivan County. The upstairs corridor at the museum is home to a display featuring many Sullivan County hotels.

The society has about 100 Sullivan County yearbooks ready to be digitized and made searchable. The free service is provided by Oklahoma Correction Industries to community organizations, including libraries and historical societies. OCI is a rehabilitation and jobs training program that is affiliated with the Oklahoma Department of Corrections. There are gaps in the collection that the society would like to fill before shipping the yearbooks out for digitization:

Fallsburg 1951, 1958, 1965, 1968, 1972, 1973, 1980, 1983, and any before 1947 and after 1987

Liberty 1943-1946, 1948, 1959, 1964, 1966, 1968-1974, 1976-1979, and any before 1942 and after 1980

Monticello - 1932, 1933, 1936-1938, 1941, 1965, 1969-1972, 1976, 1980 and any after 1983

Tri-Valley - 1959, 1962 and any before 1958 and after 1964

Delaware Valley - 1946, 1947, 1949, 1950, 1952, 1953, 1963 and any before 1945 and after 1968

Sullivan West - all years

Eldred - any before or after 1990

Roscoe - any before or after 1952

Livingston Manor - any before 1993 or after 1994

Jeff-Youngsville - any before or after 1949

Narrowsburg - 1962, 1963, any before 1961 and after 1964

Sullivan County Community College any after 1974

Please contact the 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).



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.

The museum also has a "gift shop" offering a collection of Sullivan County-related books, maps, posters, postcards and memorabilia.

Anyone interested in volunteering 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 St., Hurleyville, is open from Tuesday to Saturday from 10 a.m. to 4:30 p.m. and on 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.

Watch for the date! The Hurleyville United Methodist Church will host its annual (and delicious) Corned Beef Dinner in March.

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.

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.

The church hosts a Youth Group on Fridays from 7 to 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 has requested a copy of the Town of Thompson's legal response, which was due by February 2, 2018, to litigation filed against the Town of Thompson by the developer of the Gan Eden project, Larry Frenkel/Atlantic Development LLC. The litigation concerns a local zoning law enacted on November 20, 2012, that changed the allowed density of multi-family units to 1.9 apartment units/acre and 4 townhouse units/acre. This was the level permitted prior to a Thompson town-wide zoning change enacted in 2005.

The first site plan for Gan Eden was submitted by the developer of the project in 2007. The developer had 5 years to obtain Planning Board approval for their initial plan to build 885 units before the density level was rolled back in 2012. They now lack sufficient buildable acreage to allow their current proposal of 147 townhouses and 388 apartment units.

The developer is seeking to have the local zoning law voided, alleging its enactment was "arbitrary and capricious" and discriminatory to rental housing. The members of CHNA hope that the Town of Thompson's attorneys will mount a strong and vigorous defense of this local law. There was a public hearing on this local law in 2012 but the developer didn't appear or communicate with the Town protesting this change back to prior density levels.


Additionally, the Delaware River Basin Commission (DRBC) is reviewing an application submitted by the developer of Gan Eden seeking the required approval of groundwater withdrawal to supply up to 9.142 million gallons a month of water to the applicant's proposed public water supply system. This withdrawal amount is almost double what the Town of Thompson's calculations of water usage indicate. A public hearing will be scheduled to be held by May of 2018. The DRBC's website to track this project (Docket # D-2017-002 CP-1) is [www.nj.gov/drbc/programs/projects/pr/status-pg.html](http://www.nj.gov/drbc/programs/projects/pr/status-pg.html).

Please visit CHNA at [www.columbiahill.org](http://www.columbiahill.org) or on Facebook for more information on the Columbia Hill Neighborhood Alliance.

# The Scene

Music and Entertainment in and around Hurleyville

by Jane Harrison



What an amazing January! Weeks of brutal weather, a full moon and ending with a full moon and a full lunar eclipse. Can you feel the energy?

It's so easy to get caught up in the winter doldrums, so let me let you in on some of the exciting things going on in our little space.

I received a video from Hurleyville's own David and Julie Bloch. It's a bit of a departure from their extraordinary folksy music with the addition of Mike Jung on vocals and guitar, and I have to tell you, I was very impressed. The synergy of Mike and David's "picking" and the blend of vocals, well, all I can say is I watched it several times, which for me is unusual. No dates for bringing this duo (or possibly trio) out yet as it is still in the development stages, but I will sure let you know when it does.

Saturday nights are music nights at the Pickled Owl. Treat yourself to a drink and an amazing dinner prepared by Evan and immerse yourself in a night of fun. The Hurleyville Arts Centre is just across the street and is now showing contemporary movies...so...you get the picture. (wink)

A bit out of the area (O.K., a lot out of the area) is a piano recital by my friend Rob Kilpert at The Arts Society in Kingston on Feb 9. Rob is an organic farmer and a cancer survivor who I worked closely with as a fellow board member of Empowering Ellenville. He's a wonderful person and who knew he has played the piano for 30 years! The secrets one learns. This is a benefit with all proceeds going to the Oncology Support Program with a suggested donation of \$10. What I know of Rob, he does everything well and I have no doubt that this will be a stellar performance.

Hey, you know that scarf you've been knitting or crocheting and has been half finished for years that you wish you had to-

day? Why not bring it to the Knit In at Fiber on Main. The second and fourth Wednesday evenings of each month are set aside as get-togethers of fiber workers to exchange ideas while they work on whatever project they have.

There's a very special night coming up on Feb. 24. No, it's not the 'snow date' for Valentines Day. It's the record release party at Cabernet Franks of Mike Mizinski's (MiZ) new non-solo CD. You've read my revue of this amazing young man and his group and here's your chance to see him (again) live in a smaller venue. I do believe it's just a matter of time until he won't have time to play locally anymore. And Little Sparrow will be opening for him again. Where else can one get to see two fun bands in one night? I am looking forward to this one!

Lastly, a dear friend berated me recently for not including Hurleyville's Kevin McDaniel's radio show "Home Grown" in my schedule anymore. My bad. I promise to include him from now on.

Here you go...get your mittens ready.....

Mondays

Dutch's Open Mic: 205 Rock Hill Dr., Rock Hill, 7p.m.

Tuesdays

OdNess with The Greater Sullivan County Search and Rescue Orchestra (Joanna Gass, Steve Schwartz, Kenny Windheim, Eric Neis and Bobby C), Brew, 280 Rock Hill Dr., Rock Hill, 5:30-8:30 p.m. As this venue seems to book these very popular nights last minute due to the unpredictability of the weather, I suggest you call in advance. 845-796-2222

Fridays:

Feb 9: Winter benefit Concert with Rob Kilpert, The Arts Society of Kingston, 97 Broadway, Kingston, 5:30-7 p.m. suggested donation \$10 (snow date Feb. 16)

Sorella: Jazz Standards with

DEFINO and RAVDIN, and great Italian food! 6-9 p.m., 3562 State Rte 55, Kauneonga Lake

Cabernet Frank's, 38 Main St., (Exit 98 off 17W) Parksville; 8 p.m.

Feb 3: Shlomo Franklin and his band

Feb 9: Johnny Jules Band

Feb 23: Rare Form (and Jason Merrill's Birthday)

Saturdays:

Sorella: Jazz Standards with Defino and Ravdin, 3562 State Rte 55, Kauneonga Lake; 6-9 p.m.

Feb 3: Open Mic/Home Grown: host Kevin McDaniel WJFF 90.5FM, 12-1 p.m. This week's guest is John Horrigan and his indie folksy style.

Feb 3: Lydia's: The Acquaintances, 7 Old Hwy 209, Stone Ridge 7-9 p.m.

Pickled Owl, 218 Main St., Hurleyville; 6-9 p.m.

Feb 3: Marc Delgado (acoustic variety)

Feb 10: Handsome Johnny (in the style of Riche Havens)

Feb 17: Albi (don't miss this!)

Feb 24: Mizmu (modern classic and funk)

Cabernet Frank's, 38 Main St. (Exit 98 off 17W), Parksville; 7:30 p.m.

Feb 10: The Barn Cats (always a rollicking good time!)

Feb 17: Dave Clegg

Feb 24: Mike Mizinski (better known to all of us as MiZ) record release party

Sundays

Music Where You Least Expect It: 11am-1:30ish, DeFillippis Bakery, 506 Broadway, Monticello

The Dancing Cat Saloon: #ShineOn, Jazz Brunch, 11 a.m. to 2 p.m., 2037 State Rte 17B, Bethel

So wrap that now finished scarf around your neck and get out and have some FUN.

Happy Valentine's Day to you all!

Until next time.....

# FROM THE FARM

by Eve Springwood Minson



As the days get longer, for those of us who live to garden, the excitement builds as our imagination fills with the splendor of the coming summer. On the warmer days of winter we occasionally have weather mild enough to get outside and cut back last year's foliage, rake up debris, clean up the compost pile a bit and alleviate our cabin fever just a tiny bit.

By now you have probably received seed and plant catalogs and are chomping at the bit to start your seeds, but give it just a little bit more time and soon you can get started. I always suggest to gardeners to check in with friends and family to see what

seed they may have saved from last year and to make some room in their planning for cuttings or divisions of plants of their favorites. Then indulge in seed purchases based on what you know you have room for.

Each year seed companies offer new varieties that are worth trying, along with the tried and true beloved plants. For me, it's SUN GOLD tomatoes that I simply could not live without. I wait for them with anticipation more than anything else in my garden except maybe my strawberries. I never miss a year of growing them! But it's the high summer bloom symphony that really gets me each year and

it's those plants I miss the most when they fade or freeze, like morning glories, hollyhocks, lilies and nasturtiums.

For now, drag out all your seed-starting supplies from the basement or garage, sort through your old seeds, purchase what you still need and plan on getting going within the next 4-6 weeks. Find your garden plan from last year and update it with new ideas. For seeding, you'll need a sunny window or light table, seed trays, planting media, watering can, fertilizer (preferably organic), and a little patience. There's nothing quite like seeing that first green seedling pop up!

# FROM THE WEATHER CENTER

by John Simon



This month, The Hurleyville Sentinel welcomes a new contributor, John "The Weatherman" Simon, who will be writing a regular feature on weather-related happenings and local forecasts. Check out his column to learn fun weather facts and prepare for the seasons ahead.

Groundhog Day is a popular day in the USA and Canada. It comes with myths and legends. The weather lore was brought

from German-speaking areas where the badger is the forecasting animal. In the United States and Canada, if the groundhog sees his shadow on February 2, there will be six more weeks of bad weather. If it is cloudy and he doesn't see his shadow, it is the sign of an early spring.

Groundhogs are rodents and weigh between 12 and 15 pounds. They can live up to 8 years, have the ability to climb

trees, and are also called a bear-rat. In Nova Scotia, Groundhog Day is called Dax Day, and it is also called Candlemas Day.

Punxsutawney Phil has predicted 103 forecasts for winter and just 17 for an early spring, and Phil is only 39 percent accurate in his predictions.

This year, Punxsutawney Phil saw his shadow, predicting six more weeks of winter.

**THE HURLEYVILLE SENTINEL.**

Covering Main Street and Beyond

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**COMING IN MARCH!**

**WATCH FOR THE DATE!**

**Corned Beef Dinner**

Please join us for  
**food and fellowship!**

**All are welcome!**

HURLEYVILLE UNITED METHODIST CHURCH  
MAIN STREET, HURLEYVILLE



# LOVE HEALS

by Heather Gibson

**HURLEYVILLE** – My heart was more than crushed. It felt like I was literally going to rip in two pieces and never go back together again. One minute I was swimming, and the next I was drowning. How could something so wonderful turn to crap so damn fast? My heart was filled with song and then suddenly overwhelming despair. If you have a pulse and bleed red, you've probably felt this kind of loss. Taylor Swift writes, "A let down is worth a few songs. A heart break is worth a few albums." However, I'm not going to allow us to wallow in our own country song for too long. Take the house, the car, and the dog! They say it's ok to have a meltdown, as long as we don't unpack and live there. I'm here to remind you, that love doesn't only hurt. In fact, love has this amazing ability to HEAL. Most doctors would agree that maybe the Beatles knew what they were talking about when they sang, "All You Need



Is Love." Love releases "happy hormones" and endorphins; the very same endorphins that are known to beat depression. Scientists believe that intense feelings of "being in love" appear to be centered in the same region of the brain as intense pain. When in love, the dopamine-reward area of the brain actually lights up, the same way it would if you won the lottery or experienced other feelings that made you feel "high" or "excited."

Doctors believe that those who are in healthy, loving relationships will experience:

- 1) Lower blood pressure
- 2) Better ability to

- fight off stress, depression, and anxiety
- 3) Faster healing
- 4) Live longer
- 5) Better ability to obtain fitness/or general goals due to support from partner.

Positive thinking is also known to create positive physical results. Often patients who have been diagnosed with a terminal illness have a better chance of recovery when they remain positive despite projected outcomes. Study after study has found that patients who have a good support system often achieve greater success in combating physical illness. This support sys-

tem does not have to be a spouse, partner, or lover. This support system is not limited by any one relationship. Like a really good hug, all the relationships are equally important, and we can go one step further to include our fur babies. Pet therapy is another relationship which provides love and support to hundreds of patients in hospitals and nursing homes across the country. Pets provide basic companionship and for someone who is lonely, this relationship can mean more to them than any other.

While there are many therapies that help us heal, as the list ranges from music therapy, dance therapy, art therapy, and more, nothing quite compares to love itself. Love provides a support far greater than any other feeling in the world. So while it can hurt, especially for some this particular Valentine's Day, never forget all the ways it heals our body, mind, and spirit. Turns out we all could benefit from a little dose of Love Potion #9.

## Warm Up Valentine's Weekend with "Love Songs and..."

**HURLEYVILLE** - The Sullivan County Dramatic Workshop will be warming up Valentine's weekend with three performances (February 9-11) of a Valentine's Cabaret featuring the theme, "Love Songs and..." at the Sullivan County Museum, Art and Cultural Center, 265 Main St. in Hurleyville. Under the direction of Jim Schmidt, the singers include Mary Burkart, Ryan Fogler, Kathy McKenna, Lynne Porter, Richard Quinn, Becky Salerno, Amber Schmidt, Kim Schneeberger, and Stephanie Watson, with Jennifer Nolan as Emcee.

ing served up, there will be desserts and coffee - all for the price of a \$10 admission.

Performances of the Valentine's Cabaret will be held on Friday and Saturday, February 9 and 10 at 8 p.m. and Sunday, February 11 at 2 p.m. Limited parking is available behind the museum, with additional parking along Main Street. No advance reservations are required, as tickets will be available at the door for each performance, but if you'd like to order in advance, you can purchase them online at [www.SCDW.net](http://www.SCDW.net).

For additional information, phone (845) 436-5336.



PHOTO PROVIDED

Singers (Clockwise from top left): Stephanie Watson, Mary Burkart, Amber Schmidt, and Kim Schneeberger make up just part of the lineup for the SCDW Valentine's Cabaret.

## CALLING ALL HIGH-SCHOOLERS: SEND US YOUR DRUG AWARENESS VIDEO!

**LIBERTY** – Are you a Sullivan County teenager in grades 9 thru 12 in public, private or home school? Got a smartphone or video camera handy?

Time to put your creativity front and center!

Sullivan County Public Health Services is seeking 30-60-second videos – made by and for local teens – about the dangers of drug abuse.

"Opioid overdoses and deaths are sweeping the nation, and the County of Sullivan isn't immune," acknowledges Public Health Services Director Nancy McGraw. "So the County is seeking a Public Service Announcement (PSA) to get young people to think twice about making bad decisions with prescription opioids, heroin or street drugs."

The videos will be submitted through a special County-created online portal, where they will be viewed and judged by Public Health Services staff and members of the Drug Prevention Task Force. The win-

ning videos will then be featured on the County website and social media pages, including our YouTube channel, and may also be used as PSAs in local professional media. The Legislature will also make a non-monetary award in public session to the top-scoring entry.

Video submissions will be accepted now through March 20, 2018, and the registration form and official rules can be found at [co.sullivan.ny.us/Departments/DepartmentsNZ/PublicHealthServices/tabid/3293/Default.aspx](http://co.sullivan.ny.us/Departments/DepartmentsNZ/PublicHealthServices/tabid/3293/Default.aspx) or by calling Amy at 845-292-5910.

"This is a great way for teens, either individually or in groups, to make a difference in their peers' lives, and at the same time showcase their creativity and style," says District 2 Legislator Nadia Rajsz, chair of the Legislature's Health and Family Services Committee. "Don't wait – register now and create something memorable!"

**Public Health Services**  
Sullivan County Public Health Services

Calling all High School Students!  
2018 Sullivan County Drug Awareness Video Contest

**CREATE**  
30-60 second video PSA on the dangers of opioid abuse for teens

**SHARE**  
Your ideas on preventing drug abuse with your peers

**SUBMIT**  
Your entry to Sullivan County Public Health by March 20

For more information, call Sullivan County Public Health Services  
845.292.5910 and ask for Amy

## County Launches 2018 Grant Program

Deadline of April 6 for First Round of Plans & Progress Grants

**MONTICELLO** – The Sullivan County Division of Planning and Community Development is now accepting applications for funding of community improvement projects through the county's Plans & Progress Small Grant Program.

The purpose of the program is to assist local municipalities, community groups, and not-for-profit organizations throughout Sullivan County with projects related to tourism, community and economic development, image enhancement, trails development, health improvement, agricultural and farmland

protection, and other County goals.

Projects in 2017 included parks and trails improvements, preservation of historic structures, local museum upgrades, accessibility improvements to various facilities, mural projects, and community initiatives to promote health and well-being of Sullivan County residents.

The 2018 program carries on with a streamlined contracting and reimbursement process, making administration of the program more efficient for grant recipients. This includes:

- A two-page appli-

cation form, available as a fillable PDF to enable online submissions;

- A two-page grant contract that is friendly to small, volunteer-based groups;

• Detailed guidance on the reimbursement process, providing instructions on what's needed to receive funding once an award has been granted and the project is completed.

Applications will be reviewed periodically throughout the calendar year. The first round will assess all applications received by 4 p.m. on April

6. The grant guidelines and application form are available at the Division of Planning & Community Development page on the Sullivan County website, under "Technical Assistance & Funding Opportunities." Completed applications may be submitted electronically or delivered to the Division of Planning & Community Development, County Government Center, 100 North Street, Monticello, NY 12701.

For more information, contact Shannon.Cilento@co.sullivan.ny.us or call (845) 807-0529.

## FALLSBURG SEVENTH GRADERS RECEIVE DARE GRADUATION CERTIFICATES

**FALLSBURG** – An important part of the anti-drug and positive decision making effort at Fallsburg Jr/Sr High School is providing the DARE Real Refusal Strategy Program to all seventh graders, one of the most vulnerable ages in our society.

On December 18, 2017 Fallsburg Jr/Sr High School Resource Office (SRO) Jason Edwards awarded the entire class of 117 students certificates of completion of this valuable program. The essential parts of the ten week training are contained in the acronym REAL.

**REFUSE** is saying no, I don't want to do something. **EXPLAIN** is saying why I don't want to do something. **AVOID** is keeping away from a situation I don't want to be involved in. **LEAVE**



PHOTO PROVIDED

Fallsburg Jr/Sr High School Resource Office (SRO) Jason Edwards (left) was joined at the ceremony by Fallsburg Police Officer John Chevalier (center) and Detective Travis Hartman (right).

is taking me out of a situation I don't want to be in. Officer Edwards acknowledged English as a Second Language Teacher Isabel Mejia for

her services during the semester-long program.

On hand for the ceremony were FCSD Superintendent Dr. Ivan Katz, Junior/Senior

High School Principal Michael Williams, Fallsburg Police Department Officer John Chevalier and Detective Travis Hartman.

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### 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 Firehouse

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



The Hurleyville Fire Department is always looking for help, to fight fire or support those who 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.

It has been a while, but we did get a new firefighter, Ronny Schneider. He is even enrolled in his first training class. Welcome aboard Ronny.

As far as training goes, every year any firefighter who has Hazardous Materials First Responder status must take an annual four hour refresher class. A number of the Hurleyville firefighters are all signed up to do just that. This training is offered by the (OFPC) Office of Fire Prevention and Control and is taught by a State Fire Instructor assigned to Sullivan County.

At a recent drill on a Monday night, firefighters got the "Ice Rescue Suits" out and tried them on, checked for leaks and made sure they were in overall good shape.

It appears that we all survived the cold snap. We were very fortunate that we did not have any major incidents. Other fire departments in the county did have some major structure fires. Cold weather firefighting is difficult at best. You are dressed to keep warm,

but then you over exert yourself fighting the fire and start to sweat. As you knock the fire down and things begin to cool down you get cold. In the single digit temperatures that we had your gear and equipment freeze up. All of the hand tools get coated with ice, nozzles freeze, it gets very slippery around the fire scene and firefighting conditions are harsh. You have to kind of fold the hose and put it in a pickup truck to get it back to the firehouse so that it can thaw, dry and get repacked onto the truck. All of the hand tools have to thaw and get dried before they are put back in their proper space to get ready for the next call.

By the time you read this, the groundhog will have predicted if we get an early spring or not. Without snow on the ground we could be in for an early brushfire season like last year. Or we could get the two footer plus of snow that we had two years ago.

The Hurleyville Fire Department, in cooperation with the Town of Fallsburg Youth Commission, will be holding its 30th Annual Ice Fishing Contest on Saturday, February 10. The contest will take place on Morningside Lake off Brickman Road in Hurleyville from 7 a.m. to 3 p.m. Registration will take place at the lake the day of the contest. Reg-



PHOTO PROVIDED

**Second Assistant Chief Fred Froehlich (left) helps firefighter Tony Harvey into the "Ice Rescue Suit." They were giving the suit a mid-winter inspection, checking for tears, wear and any other problems that they can identify. The suit fits quite snugly and requires help in getting it on. It is buoyant and keeps you dry and somewhat warm in the event you go into the icy water for a rescue.**

istration is \$5.00 for adults and free for those 15 and under.

This is our 30th annual contest and we are holding our annual Super Raffle that day. Win one of two 32" flat screen TVs, NuWave Brio 3.5 qt. Electric Digital Air Fryer, Red Fuel Automatic Battery Jump Starter or a Ryobi 18 volt Compact drill/driver kit. You don't have to be there to win. See any Hurleyville firefighter for a ticket.

Refreshments and bait will be available. We will also drill holes for you if needed.

There will be adult and youth divisions with trophies for first, second and third in the following categories; PERCH, PAN FISH, BULLHEAD, WALLEYE AND PICKEREL. All fish must be legally caught and of legal size.

There is also a special Firemen's Contest. The

Rich Farquhar Memorial Chief's Cup, goes to the top firemen's fishing team. A team can be one, ten or however many show up. All team members MUST belong to the same fire department. As in the past, the cup is passed from year to year to the winning team. There is also a first, second and third place team trophy in the fireman's contest. Last year's winner, the Nevversink Fire Department will be out in full force to defend the cup. I'm sure past champions Smallwood-Mongaup Valley, Monticello, Tappan and the Loch Sheldrake Fire Departments will be there in force to try and fish it away from them.

This contest has produced some real big fish in past years, and a good time is always had by all.

Right now there is no need to worry about the ice. It is safe. See you there.

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 our December issue, we began reproducing excerpts describing Hurleyville businesses taken from the January 28, 1898 Republican Watchman special edition. Here, we continue:

## E. H. Elmore & Co. - General Merchandise

The constant demand made upon the proprietors of a general store requires men of tact, ability and judgment to successfully conduct such a business. We have all these requirements in the firm of E. H. Elmore & Co., which is one of the most successful firms engaged in this branch of business. They occupy a large and well-apportioned store, situated prominently on the Main street of the village of Hurleyville, which is filled to overflowing with a great variety of goods usually termed general merchandise, embracing almost everything needed in the household and includes a well selected stock of dry goods, crockery, glassware, nails, boots, shoes, hats and caps. It would be almost impossible to enumerate in detail all the articles kept in this store, but let us say that in dry goods everything in that line is kept in stock including dry goods, notions, fancy goods, dress goods, etc. And in the grocery department may be found all the staple and fancy groceries, the best brands of family flour, hermetically sealed fruits and vegetables, choice teas and coffee, cigars and tobaccos of the best brands, mechanic and farming tools, glass and earthenware.

Messrs. Elmore & Co., have been in business in Hurleyville for a number of years, and they constitute one of the largest mercantile firms in Hurleyville and vicinity. Being close buyers and having advantages of making purchases direct from the leading importers and manufacturers, they are always able to offer favorable inducements to purchasers either for cash or country produce.

The individuals composing the firm are E. H. Elmore, John F. Simpson and N. Francisco.

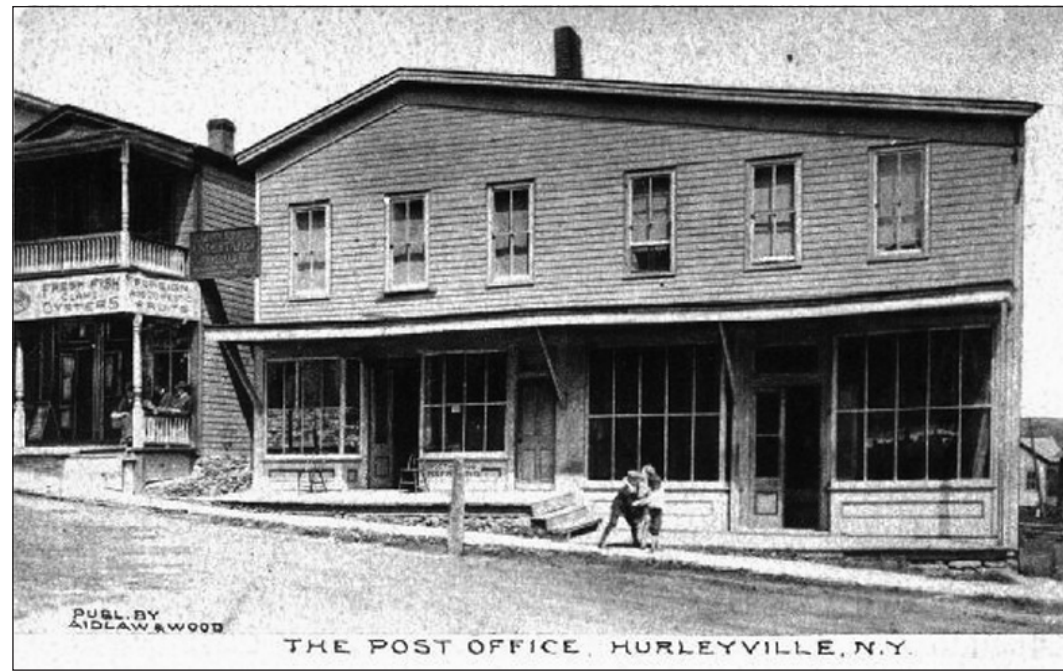


PHOTO PROVIDED

This old post card of the Hurleyville Post Office also shows the fruit and vegetable market of F.G. Lawrence (on the left), which also specialized in fish, oysters, and clams in season.

Their long experience in business here has enabled them to know the requirements of the community and fill these wants by furnishing the best class of goods at the lowest price. Personally, these gentlemen all stand well in business and commercial circles are very popular socially, straightforward and reliable in all business dealings, and are regarded with respect and esteem by all classes of our people.

## F. G. Lawrence - Fish, Oysters and Clams

The fruit and vegetable market of Mr. F. G. Lawrence, situated on Main Street in Hurleyville, and opposite the Waldorf House, is one of the most busy business places in the village. He does a large and lucrative trade and carries a most desirable stock of fruits and vegetables, fish, oysters and clams. His store is large and well adapted to the business, contains everything usually kept in a first-class and up-to-date store of this kind. The finest of fruits obtainable are always to be had here, and in vegetables the variety is large, choice and desirable. Fish of all kinds are provided in abundance, and special attention is given to the early varieties of vegetables, and all prices are as low as the market will permit. Mr. Lawrence is an excellent caterer, courteous and pleasant to customers, and well deserves the abundant success he enjoys. His wagon runs to all parts of the surrounding country to take orders and deliver goods and orders sent to his store will receive prompt attention. Oysters and clams are a prominent feature and are plentifully supplied in their seasons.

His market contains the most improved ice chests

and refrigerators which always keep his goods in first class condition. Personally, Mr. Lawrence is a man who stands well in the community in which he lives, is a prompt and reliable business man, and merits the very large share of public patronage he now enjoys.

## Francis J Bingham - Livery

Standing prominent among the representative business men of the pretty village of Hurleyville is Mr. Francis J Bingham, who conducts the livery and sale stables opposite the depot and in connection with the popular Waldorf Hotel.

These are the only stables in the village that are conducted the year round, and are first class and up-to-date in every respect. They are most admirably located and are equipped with the best stock of horses and carriages to be found in the vicinity. The many attractive drives throughout the vicinity of Hurleyville, as well as the many points of interest make necessary use of many rigs especially through the summer months to accommodate the large number of summer visitors who visit this place each year.

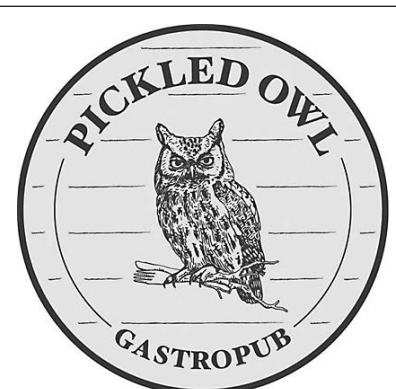
Turn-outs may be obtained

here to suit the tastes of anyone as Mr. Bingham has in his stock of horses some high-spirited animals and quite "speeders" as well as those of more gentle disposition, so that the inclinations of all classes of people may be gratified by calling here. Mr. B. is a good judge of horseflesh, being an expert horseman, having had many years' experience in handling them and only keeps those in his stables that are the best.

His carriage houses contain vehicles of all kinds for light and heavy driving, single or double carriages, coaches, picnic wagons and, in fact, all kinds that are needed in his business. His rigs are as nobby as any on our streets and roads and include all classes and all kinds.

He also takes horses at livery which are given the best of care at the hands of experienced grooms in airy and well ventilated stables, and transients may rest assured that their animals will receive the best of attention if left at his stables.

As a business man and citizen Mr. Bingham holds a position of high standing being upright and honorable in all business dealings, courteous and affable to all customers, and is generally regarded with esteem by all classes of people.



Pub fare, Craft brews

### HOURS

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Wednesday 11:30-9:00  
Thursday 11:30-9:00  
Friday 11:30-9:30  
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# FROM THE FALLSBURG LIBRARY

by Kelly Wells and Amanda Letohic



As we get ready to enter February, we're looking forward to spring but know that we have at least one more month of winter to get through. We also know that many of you do not want to venture out into the cold, but did you know that you can download e-books, e-audiobooks, e-magazines, and e-videos to your device with a library card without having to leave the warm comfort of your home?

As a member of the Ramapo Catskill Library System (RCLS), Fallsburg Library patrons can download onto their device the Overdrive app or a new, more user-friendly app called "Libby," from their device's app store and gain access to thousands of digital titles. The best part about borrowing e-content... not having to remember to return it and

NO overdue fines! Once the lending period has expired, the title will be removed from your device. If you need help getting started, bring your device to the Library and ask for Kelly or Amanda - we would be happy to help.

Don't have a library card yet? No worries! When you visit the Overdrive site, you can give your phone number and Overdrive will issue you a temporary library card good only for e-content. It's a good way to get started, and then when you have time, just stop into your local library with photo ID and proof of residency (current physical street address) to get registered for a full library card. The Fallsburg Library serves all those living in the Fallsburg Central School District. Stop in today.

The Fallsburg Library also

offers fun programming every month. Check out some of what's coming up in February: On Wednesday February 14 at 7 p.m., the whole family can spend Valentine's Day together and make a fidget spinner. On Thursday February 15 at 6 p.m., kids ages 6 and up are welcomed to come in and make their own Kinetic Sand. On Wednesday February 21 from 6 p.m. to 8 p.m. we will be offering Adult Tech Help - a perfect time to bring those devices in and get set up with Overdrive/Libby.

Please be sure to call and register for this program so we know what kinds of devices we'll be helping with!

On Thursday February 22 at 6 p.m., we'll be doing a Valentine's themed S.T.E.A.M. Night - bring the kids and have some fun learning! And,

as always, we have Children's Craft Night on Mondays at 6 p.m. (please note the library is closed on Monday, February 19 for President's Day) and Preschool Story Hour on Tuesdays at 10 a.m. Don't forget that all of our programs are FREE and open to the public.

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!

With the unpredictable winter weather, please be sure to visit our website, Facebook page, or call for up-to-date information about delays and/or cancellations.



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# WHY WOLVES HOWL AT THE MOON

An Original Short Story by Jim Red Fox  
Illustration by Carol Smith

Have you ever heard wolves howling at the moon in the middle of the night? Listen, my friends and I will share with you the secret of this phenomenon.

A long, long time ago, only animals roamed the land. At night, the only sound was that of the owl. Early one spring, a female wolf had given birth to six little pups. Four were male and two were female. Spring quickly turned into summer and summer into fall. The six little pups had, by this time, grown into juveniles. Not far from this family was another family of wolves. This family had seven young juveniles. The juveniles in both families grew and grew. The following spring brought forth an abundance of colorful flowers that covered the landscape. This was also the time of year when young wolves got the urge to find a mate. When wolves paired up, it was for life. There was one young wolf by the name of Blacky. Blacky wanted to find a mate very badly. For days, he would comb the countryside, but to no avail. Less than two miles away, another young wolf was also looking for a mate. This young wolf was a female by the name of Big Eyes. Big Eyes would roam the woods and leave behind her scent. This was like a calling card to all male wolves. Upon smelling her scent, an

interested male would then place his scent over hers. This would let her know that a male was close by.

One day, while she was leaving her scent on a tree, Blacky saw her. She did not see him at first, but when she did, she stood very still. She watched him as he came closer. When he got to where she was, he smelled her and she smelled him. Next thing, they were running and playing tag. He tried to outrun her, but she was too fast for him. They spent all day getting to know each other and by the end of that day, each knew that they had found their mate.

When the leaves turned to their beautiful colors and the night grew colder, Big Eyes knew she would have puppies in the spring. The winds blew through the valley and the snow covered the forest. Big Eyes was warm in her den that Blacky had found for her. He would go out hunting and bring the game back to his mate. It was early April when Blacky was coming back to the den from hunting that he first heard the whimpering of puppies. He stood there by the opening, cocking his head from one side to the other. Finally he climbed down inside. There was Big Eyes, cleaning them as they nursed. She looked up at him as if to say, "Well, it won't be long and you are going to have to do a



Whenever there is a full moon, all wolves howl as their way of sending a greeting to Big Eyes.

lot more hunting."

Blacky didn't care, for he was so proud of her and the puppies.

The first of May was warm and sunny. It was also the first time that the puppies came out of their den. The new world was so strange to them. Blacky and Big Eyes watched them very closely. They knew there were many creatures in the forest who would love to eat them.

July was even warmer than May. The pups, by now, were going with their mother and father on hunting trips. Blacky watched them and knew that

someday they would leave to be on their own. The bond between Blacky and Big Eyes could not be any stronger than it was right now.

September was the first time that the young wolves had the urge to leave their parents. Blacky and Big Eyes knew it was time for them all to go. One day, when the five young wolves went out hunting, they did not come back. It was hard for Blacky and Big Eyes at first, missing their family. Time, they say, heals all losses.

October was a good time for hunting. The two wolves

would spend many a day out in the forest. The first time that Big Eyes left the den in the middle of the night, Blacky followed. She went to the top of the mountain. When she came to a flat rock hanging out over the ledge, she sat down. Blacky walked up behind her. He noticed her staring at the full moon. The moon was big and bright. She loved staring at the moon. It made her feel warm and happy. The more she watched, the more she wished she could go there. All of a sudden, she started howling at the moon. Blacky

did not understand why and just watched his mate. After a while, she stopped. When she saw Blacky, she rubbed against his fur. This was her way of telling him how much she loved him.

One morning when they awoke, Big Eyes seemed to take longer getting up. The following morning, she took even longer. Blacky, by now, knew that something was wrong. It wasn't long before just Blacky was the only one hunting. Whatever he caught, he brought back to her.

When the first snows fell in November, Big Eyes woke up. She picked herself up very quietly and left the den. Climbing the mountain was very painful, but she continued. When she finally got to the top, she saw the rock overhang. It was in front of her about fifty feet. She looked up and there was the full moon shining brightly. She knew what she wanted to do. With her last bit of strength, she started running toward the ledge. Faster and faster she ran, keeping her eyes on the moon.

Something woke Blacky from his sleep, but he knew not what. When he rolled over to face Big Eyes, she was gone.

"Where could she be?" he thought.

When he walked out of the den, he saw her tracks in the fresh fallen snow. He followed them up the mountain. When he got to the top, he thought surely he would find her there staring at the moon. What he found was her tracks racing toward the ledge. His heart started pounding harder and harder. Slowly, he went to the ledge, not wanting to look down.

"Please, don't let her be on the rocks at the bottom of this mountain."

When he opened his eyes, all he saw was the fresh fallen snow. He thought, "How could this be? Where did she go?"

After a while, he looked up at the full moon. He just stared and stared. What Blacky saw on the moon was the face of his mate, Big Eyes. She had a smile on her face. Blacky knew she was where she always wanted to be when she died; on the moon.

He sat there, just staring at his mate. He felt a warm, happy feeling deep inside, and before he knew it, he was howling at the moon. The other wolves down in the valley heard him and came up to see what was the mat-


ter. When they looked up at the moon, they too saw the face of Big Eyes and began to howl at the moon.

Ever since that night, whenever there is a full moon, all wolves howl. It's their way of sending a greeting to Big Eyes. Some people say that if you look at the full moon at night, you will see an old man. I know that if you look closer, you will see the face of a wolf. If you listen real hard, you might even hear a wolf or two howling at the moon.

"Why Wolves Howl at the Moon" is taken from a book by Jim Red Fox entitled "Native American Short Stories" published by Author House in 2012. Jim Red Fox, who grew up in Sullivan County and now lives in Napanoch, is also the author of "Native American Short Stories, Book II" published in 2016. Both books are available from the author at 845-853-5524. Jim Red Fox is a member of the Lakota Sioux Nation. He is on the Board of the Native American Cultural Center and is a member of the Thunder Bear Drum Circle. He is available to tell stories at schools, libraries, parties, and large gatherings.

### EMS Beat

by Albee Bockman, AEMT-P



## SPOTLIGHT ON A HURLEYVILLE TREASURE

by Kathleen Sullivan and Rebecca Salon

### PHILIP SALON

Marion Salon was profiled in the Sentinel last month. Everyone who knew her knows that she and her husband, Phil, were inseparable, working and living together their entire married life.

Philip Salon was born in 1911 in Passaic, New Jersey. His parents, David and Ida Salon, moved to Hurleyville when Phil was very young. The family lived on Columbia Hill near the Town of Thompson line. Phil did not speak English when he started school in Hurleyville. His parents, David and Ida Salon, spoke only Yiddish and Polish at home. According to family lore, Phil was in teacher Fanny Wood's first class when he was in high school and his daughter, Rebecca, was in Mrs. Wood's last class at the Hurleyville

Elementary School.

Phil graduated from high school in Hurleyville in 1929 and received a full scholarship to Rensselaer Polytechnic Institute (RPI) in Troy, New York. However, because of the Depression, he couldn't take advantage of this opportunity to further his education. He was needed to help with the family business and farm. Imagine his pride when his son, Shep, became an Electric Power Engineering Professor at RPI, teaching there for more than 30 years.

Most people knew Phil as the owner and operator of Salon's Corners and Salon's Bungalow Colony. Phil and Marion, with the help of their children, Shep and Rebecca, ran both family businesses. However, Phil had a long list of other accomplishments. He was a former assessor for the Town of Fallsburg, a member of the Board of Education at the Fallsburg

Central School for 24 years and a member of Congregation Anshei Hurleyville. Always community-minded, he was a long-time member of the Fallsburg Lions Club and a volunteer firefighter. Phil also found the time to actively participate in the Sullivan County Democratic Party and was a candidate for the Fallsburg Town Board.

Phil was a builder. He learned that trade by working with his father, David Salon. David built many of the early hotels in Sullivan County. David and Phil built Salon's Lodge on Columbia Hill. Phil also built more than 40 bungalows on Brophy Road...Salon's Bungalows. Phil and Marion operated the bungalow colony until the mid-1970s. In the late 1960s, when the resort industry in the Catskills started to fail, Phil and Marion opened a liquor store. They later added on Salon's Cor-



Phil and Marion Salon with their granddaughter, Abby.

ners, a real mom-and-pop shop that carried everything. Salon's Corners eventually expanded...becoming a lottery retailer and home to a gas station.

Phil was a lifelong learner and he was always looking for the next challenge. He studied to become a Town Assessor in his mid-fifties, easily passing all of the exams. Phil learned to use a computer in his mid-eighties. Still in his mid-eighties, he planted an orchard around his house and became a beekeeper...the bees would pollinate the trees.

A great cook, Phil was always looking for ways to build his businesses. He enjoyed watching baseball whenever he could and played poker regularly with friends and visitors to the bungalow colony, typically with an unlit cigar in his mouth and a friendly smile.

Phil and Marion made me feel very welcome when I first moved to Hurleyville. Always smiling and kind, Phil gave me my first vintage Hurleyville post card...

the beginning of my collection of Hurleyville memorabilia.

Phil lived most of his last year at the home of his daughter in Silver Spring, Maryland where he was able to spend precious time with his grandchildren, Abby and Seth. He passed away in 2003 at the age of 91.

Rebecca and Shep started the Philip and Marion Salon Memorial Scholarship after Phil's death. Scholarships are offered annually to college-bound seniors at the Fallsburg High School.

Phil is one of Hurleyville's many special treasures. Visit [www.hurleyvillen.y.com](http://www.hurleyvillen.y.com) to find more treasures in Hurleyville.



1991...birthday celebration for Phil...with Marion, their son, Shep, his wife, Corine, Rebecca, and Rebecca's daughter, Abby (Abby was mistakenly identified as Shep's daughter in the January profile of Marion.)

## "A BROKEN-HEARTED WOMAN"

With Valentine's day right around the corner, there is nothing more loving than to give your female counterpart a heart-warming health tip. All women face the threat of heart disease, but becoming aware of the symptoms and risks unique to women can help protect you.

Although heart disease may often be thought of as a problem for men, heart disease is the most common cause of death in America for both women and men. Heart disease symptoms in women may be different from those of men. Fortunately, women can take steps to understand their unique symptoms and begin to reduce their risk of heart disease.

The most common heart attack symptom in women is some type of pain, pressure, or discomfort in the chest. But it is not always severe or even the most prominent symptom--particularly in women. As crazy as it sounds, sometimes women may have a heart attack without having chest pain. In my more than 25 years as a Paramedic, I have assisted women suffering from a heart attack with only symptoms of general

malaise, weakness, and lightheadedness.

Other symptoms such as upper back pain, abdominal discomfort, pain in one or both arms, and/or nausea should also trigger the light bulb! Do understand that these symptoms can be more subtle than the typical crushing chest pain often associated with heart attacks.

Women may describe chest pain as pressure or tightness. This may be because women tend to have blockages not only in their main arteries but also in the smaller arteries that supply blood to the heart. These symptoms may occur more often when women are resting or even asleep.

And due to that fact, women show up in the emergency room after heart damage has already occurred because their symptoms are not those usually associated with heart attacks. Since women are the more nurturing of the species--with all due respect to us men-- they downplay their symptoms so as not to worry their loving partner.

Although there are several risk factors for coronary heart disease, such

as high cholesterol, high blood pressure, and obesity, there are other factors that may play an even bigger role for women. Those risk factors include diabetes, smoking, menopause, and pregnancy complications.

There are several lifestyle changes that can help reduce the risk of heart disease. First, eat a healthy diet. We hear it all the time. Low-fat, whole grains, fruits and veggies, lean meats, and exercise, exercise, exercise. Walking up and down our new Hurleyville Main Street and along the "Milk Train Trail" railroad right-of-way will do wonders. And I can't stress enough-- NO SMOKING!!!

We are very fortunate to have Mobilemedic EMS based right here in Hurleyville and having very professional and skilled Paramedics on duty 24 hours a day, 7 days a week. Should anyone exhibit any of the signs and symptoms described above, do not hesitate to call 911 for help. When dealing with the heart, "time is muscle." We can help mend a broken heart!

Be well and stay safe, Hurleyville!

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# SENTINEL SPORTS

Angelee Santillo, Sports Editor



## GENERALS CAGERS CONTINUE WINNING WAYS

### Ranked #3 in the Nation

by Win Hadley

LOCH SHELDRAKE - The SUNY Sullivan Men's basketball program has won more national championships than any N.J.C.A.A. Division III school in the country and this year's squad is continuing the winning tradition.

With an undefeated run after the winter break, the Generals have improved their record to 20-2 overall on the year, good enough for a number three ranking in the latest N.J.C.A.A. poll.

The Generals started January off with a trip to Fall River, MA and a showdown with Bristol Community College, emerging with a hard-fought 80-76 win. Sullivan led by eight at the half, and had to withstand a Bristol rally in the second half to escape with the victory. Ja-

mari Lewis led the way with 25 points, while also garnering six rebounds and handing out 11 assists. Terrin Roy contributed 18 points and Kerome Grant chipped in with 11.

Bristol made just 14 of the 30 free throws they attempted in the contest, or the outcome could have been different.

Returning to Loch Sheldrake on January 18, the Generals scored 49 points in the first half in dominating neighboring Ulster 86-58. Kerome Grant scored 18 points in just 25 minutes, hitting nine of the 12 shots he took. Reserves played much of the second half for Sullivan.

Playing at Paul Gerry Fieldhouse again on January 25, the Generals notched a resounding 85-57 victory over Bronx Community Col-



PHOTO PROVIDED

The SUNY Sullivan defense clamped down on visiting Bronx Community College on January 25, as the Generals notched an 85-57 victory.

lege. Sullivan raced to a 48-26 halftime lead and never looked back.

On January 27, Jamari Lewis scored 18 points and Kerome Grant and Terrin Roy added 16 apiece as the Generals knocked off home-

standing Nassau Community College 83-79. Justin Mitchell contributed 12 points off the bench for the Generals. Kerome Grant grabbed 18 rebounds to lead Sullivan on the boards.

Sullivan followed that

with a 90-70 win over visiting Rockland Community College on January 30 to improve their season mark to 18-2. Home court wins followed over Queensborough 101-65 on February 1 and Borough of Manhattan Community College 80-76 on February 3, leaving the Generals at 20-2 overall on the season, including their

last seven in a row.

The recent success was good enough to move Sullivan from its number 5 ranking in the previous poll to number 3 in the latest balloting. Brookdale, the only remaining undefeated Division III team in the country, continued at number 1, garnering all eight first-place votes.

NJCAA Men's Poll for 1-30-2018 Season: Poll for 1-30-2018 Season: Poll Date:

Rank	College (1st Place Votes)	State	Record	Points	Prev
1	Brookdale (8)	NJ	20-0	80	1
2	Quincy	MA	17-1	63	5
3	Sullivan County	NY	17-2	60	5
4	Suffolk County	NY	18-1	56	7
5	Mohawk Valley	NY	17-2	49	4
6	Eastfield	TX	20-4	37	8
7	Sandhills	NC	17-4	19	10
8	Herkimer	NY	15-3	17	2
9	Rock Valley	IL	19-5	16	3
10	Lorain County	OH	17-2	14	RV



PHOTO BY RICHARD HUMLEKER

Six Sullivan County school districts were represented at a spirited robotics demonstration at the Hurleyville Maker's Lab on Saturday, January 27.

## TEAMS Robotics at Maker's Lab

by Denise Sullivan

HURLEYVILLE -- On January 27, the Hurleyville Maker's Lab was the venue for the mid-year event for the TEAMS Challenge program for the 2017-18 school year. The Fallsburg, Liberty, Sullivan West, Roscoe, Livingston Manor and Eldred school districts were represented. This event was a robot demonstration rather than a competition.

Each team began with a Lego Mindstorm robot kit in September. On Saturday, Liberty and Livingston Manor were demonstrating what they have done with their kits, putting their robots through some paces, including programming them to follow a black line on the floor, like a track.

Then they each showed how the robot can pick up an object, in this case, a AAA battery.

After that, all students were grouped with teammates they didn't know, and these teams had to complete two challenges. First was to build a tower using dry spaghetti, mini-marshmallows, and painter's tape. The tallest tower that could remain standing unassisted won a prize. Their other challenge was to build a boat using only aluminum foil, and the boat that could hold the most weight before sinking won a prize.

The TEAMS Initiative is a collaborative effort between Sullivan County BOCES, Sullivan County school districts and the Hurleyville Maker's Lab.

## LADY GENERALS ON WINNING STREAK

by Win Hadley

LOCH SHELDRAKE -- SUNY Sullivan's Lady Generals continued their winning ways to start the second half of the season in January, building on the six-game winning streak they managed prior to the winter break and improving their season mark to 9-5 overall.

The victories included a decisive 72-34 win at home against the Broncos of Bronx Community College on January 25.

Four Lady Generals scored in double figures in the win, including Ardella Brown, who posted game highs of 17 points and eight assists. Brown also garnered 11 rebounds and recorded three steals. Kiera Parker connected on eight of her 10 attempts from the free throw line and finished the evening



PHOTO PROVIDED

The Lady Generals defense forced 27 turnovers against Bronx Community College enroute to a convincing 72-34 victory.

with 14 points, five rebounds, four steals, and three assists, and Ashley Salkey and Samantha Bellinger scored 12 points apiece.

The Lady Generals connect-

ed on 44.3 percent of their shots from the floor while Bronx Community College converted on just 27.7 percent of its shots. Turnovers turned out to be a huge factor in the game, with

the Broncos committing 27 compared to 14 for the Generals.

Two nights later, the Sullivan women travelled to Garden City to take on Nassau Community College, coming away with a 55-37 win. And on February 1, the Lady Generals put away Queensborough by a 50-36 score, extending their winning streak to nine in a row while improving their overall record to 9-5 on the year, 9-2 in conference play.

Freshman forward Ardella Brown continued her stellar play for the Lady Generals, and ranks among the top three Region XV players in scoring, rebounds and assists, while also appearing in the top ten in steals.

## Catskill Nordic Ski

No snow? No problem!

Eight hardy members of the Catskill Nordic Ski Club substituted a winter hike on the Tusten Mountain Trail at Crawford Road, Narrowsburg, in lieu of their scheduled cross country ski trip.



From left: Howard Kanner, Eileen Kalter, Pat Halprin, Gay Donofrio, DanGersten. Back row: Judy Brennan, Rich and Kathi Widmann.

## DIAMOND WEEKS ENTERS THE HISTORY BOOKS

by Julia Batista

FALLSBURG - Lady Comets basketball, one of Fallsburg's biggest and most successful sports programs, has not only recorded one of its greatest achievements in history, but has also seen one of its players achieve a major milestone, as well.

The girls on this team have continuously worked hard

to reach achievements that other teams might only dream of, guided by their steadfast coach, Daniel Redmond and some very influential assistant coaches. This will be the eighth year that the Comets return to Sectionals to compete for the Section IX Class B title, but it is also the year that one of Fallsburg's most talented players has broken the topmost record in school basketball history.

At the end of last season, Diamond Weeks had reached the 1,000 career point mark. This year, at a home game against Sullivan West, Weeks surpassed former record holder Sam Copeland's feat of 1,342 career points to become the all-time leading basketball scorer in Fallsburg Comets history. She celebrated her 1,358 points after an outstanding three-point shot, as officials halted the game so she could be rewarded, earning a plaque and many words of praise and congratulations. "It couldn't have happened to a better person. Diamond

is a great player, she's very humble, and couldn't care less about her own accomplishments," Coach Redmond said. "I give my gratitude to all of the years that she's taken it upon herself to improve, to all of the influences coming from her parents and her previous coaches and trainers, as well. Needless to say, I am a very proud coach."

As for Weeks, her ambition is stronger now than ever.

"I really hope to see myself making it to the WNBA," she said. "I'm planning on going to OCC on a scholarship to play, but eventually I really look forward to transferring to a Division I school where I can really experience the sport that I love to play."

Although it is still unclear whether or not Diamond Weeks is going to earn herself a banner, the school is planning to honor her in some way for all the records and milestones she has achieved, and even though this may be Weeks's last year playing for the Comets, there is yet another

skillful player on the horizon primed for success.

Amanda Zeno, the point guard of the Varsity Girls team, has also been one of the most prominent players for the Comets. Since starting varsity in the eighth grade, Zeno has scored 530 points, and even hopes to exceed Weeks someday. She practices year round, doing anything that allows her to stay conditioned. When she's not playing for the school team, she is playing for the AAU team, training or working out at her house.

"Although Amanda's progress from the jayvee level has been tremendous, I deeply regret not starting her on the court a lot earlier her eighth grade year," Mr. Redmond confessed. "A lot of the things that we do on the team ultimately start with her. She's our favorite point guard, really the one that's the coach on the floor. She's very coachable and an amazing player, and it's gotten to the point that she's played through her injuries."

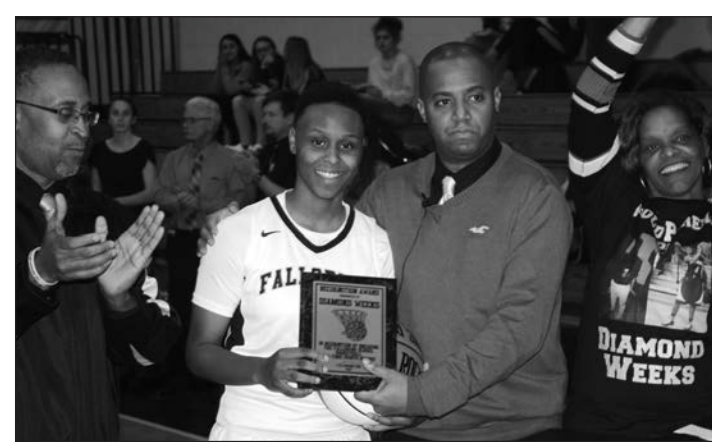


PHOTO PROVIDED

Fallsburg senior Diamond Weeks receives a plaque from basketball coach Daniel Redmond following her record breaking game. Her father, Adrian (far left) and mother, Marian (far right) join in the celebration.

In looking ahead to future seasons with Zeno at the helm of his Comets team, Mr. Redmond was hopeful.

"The influence that comes from her parents makes a big difference, and I'm grateful that I get the pleasure to have her for the next two years. The sky's really her only limit."

Because the graduation of the senior players will significantly affect the team for future seasons, it is important that the players coming from jayvee are inspired by the success of the varsity team and that the program gets more

girls willing to play and to improve.

"Not only do I look for individual growth, but I wish to see the consistent playing of my girls against the good and bad teams," Mr. Redmond said.

The Fallsburg Lady Comets work so diligently and give so much back to Fallsburg pride with a strong attitude and successful seasons. The Hurleyville Sentinel wishes nothing but continued achievements to the girls' basketball program and its players in the future!



PHOTO BY JULIA BATISTA

Point guard Amanda Zeno is already a capable floor leader for the Lady Comets, and will be looked to for even more of a leadership role next season.

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*Samantha Dorn, Sullivan Renaissance intern 2016 and 2017*

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