

THE STAR OF THE SHOW

TCFD STUDIES BIODYNAMIC HEMP FOR UNIVERSAL BENEFITS

by Amanda Loviza

HURLEYVILLE — The Center for Discovery, in partnership with SUNY Sullivan, is four months into an agricultural research license granted by the State of New York to study industrial hemp at its Hurleyville farm.

The project between The Center and SUNY Sullivan stands out among the 10 hemp licenses granted thus far in New York, for two reasons. The Center's interest in the future of the hemp industry is centered around a compound found in hemp plants called cannabidiol, or CBD. Recent research, including a study published in the New England Journal of Medicine, shows evidence that CBD could be used to treat seizures and other medical conditions that affect many of The Center's resi-

dents and students. The Center wants to help create a path forward in researching CBD's effectiveness as a medical treatment. As for its growing practices, The Center has a certified organic and biodynamic farm, and it is currently the only New York hemp grower studying how biodynamic growing practices can potentially affect the quality of a hemp plant's CBD content. TCFD is partnering with SUNY Sullivan to conduct the agricultural research, with seeds donated by Colorado-based company CW Hemp.

TCFD Director of Farm Services Greg York was out in the hemp fields recently, spraying a carefully cultivated natural concoction on the plants, on a carefully chosen day of the lunar cycle. The philosophy behind farming biodynamically, Mr. York explained, is to take into account more than just the single field—biodynamic farmers consider the land of the entire region, the planet and even the position of the stars.

"The idea is that you're basically trying to farm and grow food in concert with nature," Mr. York said.

Mr. York's aromatic spray combined fruit embryos, barley and powdered gemstones to create a treatment that will work with the plant's natural biology to encourage certain growth patterns. The Center works with California-based plant alchemist Dennis Klocek, who specializes in growing medicinal plants. The spray is applied according to the lunar cycle, in coordination with the plant's natural cycle. No detail is overlooked.



PHOTO BY AMANDA LOVIZA

From left, Bear Reel, a plant breeder with CW Hemp, California-based plant alchemist Dennis Klocek, TCFD research associate Tania Villavicencio, TCFD Director of Farm Services Greg York and medicinal gardener Jean-David Derreumaux discuss The Center for Discovery's hemp research project on a recent visit to The Center's farm.

Growing biodynamically is about pulling back and seeing the whole picture, Mr. York said, at every level of nature and the universe.

"There's a little bit of 'woo' in there, but most of it is biology," said Mr. York, who has a master's degree in agronomy and 20 years' experience growing food.

A biodynamic farmer is a steward of the landscape, Mr. York said. The Center's highly educated farm team includes several master's degrees and degrees from Yale, and they take their research seriously. If the hemp research project shows that these biodynamic practices and sprays can promote more potent oil production from the hemp plants, that information can be used in growing culinary herbs and other foods. If farmers can grow food that is more aromatic and has a more intense flavor using methods that are good for the earth, it will benefit everyone, Mr. York said.

"It's not just about hemp for us," Mr. York said.

The hemp plants were about six weeks old at the end of July, and by the end of August the Center farmers should be able to tell whether their practices are having a beneficial impact on the plants. Harvest time will come in September. Groups of the plants have been grown using slightly different organic and biodynamic practices, and they will be tested to see if the growing methods made a difference in CBD production.

As laws and policies regarding hemp oil as a medical treatment and its ability to be administered in New York state-funded healthcare facilities develop, the research conducted by The Center for Discovery and SUNY Sullivan will continue to build the body of knowledge regarding CBD and its potential uses. Hemp oil will not be approved for administration to TCFD residents in the immediate future.

HURLEYVILLE IMPRESSES DIRTY DANCING CROWD

by Amanda Loviza

HURLEYVILLE — More than 100 people gathered in the Hurleyville Arts Centre on Saturday, July 22, to enjoy the old favorite, "Dirty Dancing," and be regaled by local legend Jackie Horner with wild tales of life at the Catskills resorts. The feedback seemed unanimous—it was a great day in Hurleyville.

The dance-themed day started with an outdoor, all-body inclusive fashion show featuring the dancers of Heidi Latsky Dance, this year's artist-in-residence at H.A.C. The 3-D printed and crocheted outfits were designed by NuVu high school students and designers Anna Kathleen Little and Susan Obrant. The dancing models strutted to music from the soundtrack of "Dirty Dancing," and the show ended with dancers pulling community members to their feet and enjoying an enthusiastic dance party.

Sandy and Ted Dickson jumped into the merriment, and afterward said how impressed they are with the transformation of Hurleyville. The couple lives in Manhattan and keeps a weekend house in Harris. They heard about the event on the radio on their way up, Mrs. Dickson said, and made plans



PHOTO BY AMANDA LOVIZA

The dancers of Heidi Latsky Dance represent a variety of bodies and disabilities, promoting inclusion in the world of dance. The dance company is the Hurleyville Arts Centre's artist-in-residence, and put on a fashion show as part of H.A.C.'s "Dirty Dancing" celebration on July 22.

to attend at the last minute. It was well worth it, Mrs. Dickson said.

"It was beautiful," Mrs. Dickson said of the fashion show.

The couple has been to Hurleyville before, but it looks completely different from even last year, Mr. Dickson said. They walked to the Hurleyville Market and checked out Gallery 222. He admired the new sidewalks and the overall energy of the hamlet.

"You did a metamorphosis here between last year and this year," Mr. Dickson said.

Mrs. Dickson said she loved seeing how the town is coming along, and they

will definitely be visiting again, hopefully with more people in tow.

"We're going to have to drag more of our friends here," Mrs. Dickson said.

The Pickled Owl served sliders and hotdogs while people enjoyed socializing outside the arts center before the film screening began. The Hurleyville Maker's Lab had a table set up to let visitors know they can create their own projects, like the creative fashion show outfits, on the 3-D printer inside the maker's lab. The Sullivan County Historical Society had a table in the arts center lobby displaying memorabilia from several local

resorts, like Grossinger's and Kutscher's.

Sullivan County Legislature Chairman Luis Alvarez introduced Ms. Horner, his own former dance teacher who taught dance lessons at Grossinger's Resort from 1954 to 1986 and famously taught Eleanor Bergstein, the screenwriter for "Dirty Dancing" and the real-life "Baby." Ms. Horner is seen as the inspiration behind the movie character Penny.

The inspiration for the film's title came from one night when Ms. Horner was teaching tango, she told the audience. An actor's

DANCE CONTINUED ON PAGE 3

A VISIT WITH... THE PICKLED OWL

By Eli Ruiz

HURLEYVILLE — Currently celebrating the completion of its second year in existence, Hurleyville's very own Pickled Owl gastropub opened its doors on Main Street to much fanfare on August 3, 2015.

And although first-time proprietors/restaurateurs Evan and Brynn Allees are really only just getting started, the eatery is already an award winner.

Opening a restaurant is widely considered to be a rather risky business, but the Alleeses have pulled off something truly special in The Pickled Owl, and are thriving.

Evan and Brynn believe they have delivered on their stated goal "... to provide a high standard of food with a casual yet refined setting." But the success of The Pickled Owl hinges as much on the couple's relationship—they were married in 2008 in a field on Brynn's parents' property in Hurleyville—as on the quality of their mostly locally sourced ingredients and "American contemporary cuisine" or the establishment's relaxed, eclectic ambiance and uber-attentive staff.

Much of the couple's backstory takes place in Hurleyville, where Evan, a Culinary Institute of America

(CIA) trained chef, and Brynn, an English teacher in the Livingston Manor School District, first met long ago.

"I was raised in Hurleyville and Evan just five minutes from me in Ferndale," Mrs. Allees said. "We met, fell in love, and initially rented an apartment in Ferndale. We lived there until shortly after we married and then rented a house in Hurleyville before buying the home we live in now (also in Hurleyville) with our 3 children: Harper, 4-1/2; Levi, 2-1/2; and Silas, 9 months. I often call the restaurant our 4th child."

Mr. Allees says his biggest influence was his CIA-trained uncle, of whom he said, "I always really looked up to him growing up."

"My parents are also both great cooks, so I was always surrounded by good food," he said. "Also, my aunt owned the restaurant, Gourmet Garden in Monticello many years ago and I remember going there and seeing the hustle and bustle of the hospitality industry."

Apparently Mr. Allees liked what he saw in those early kitchens and dining rooms, as

at just 13-years-old he found his first job in the kitchen of the old Inn by the Falls in Ferndale, as a humble dishwasher.

"From there, I began prepping food and learning the ways of the kitchen," he said. "I started at Albert's in Liberty at 15-years old as a busser and worked my way up, realizing that I really enjoyed being on the line and cooking food for people."

Upon graduating from CIA, Mr. Allees returned to Albert's where he would spend six additional years as the head chef.

"It was during this time I realized for sure that I wanted to open my own place and have the freedom to experiment with foods, while taking advantage of the local agriculture that we are so lucky to be surrounded by in our area," he said.

The idea for the Pickled Owl came about in 2014, when, Mr. Allees said, "I knew Albert was getting close to retirement. Brynn and I figured this would be the push we needed to actually do something on our own and a gastropub seemed ideal because it was something different and would allow me to create simple dishes with great

flavor using local ingredients."

Mr. Allees is a self-professed "big beer-guy."

"I firmly believe beer enhances the taste of any meal if paired properly," he said. "I wanted to share this treat with others and provide a place with good brews for others who enjoy the experience of pairing food and beer."

However, there was much work to do before the couple could execute their plan.

"We worked diligently to create a business plan and secure the necessary funds in the beginning of 2015," Mrs. Allees said. "Once the prospect became a reality, we signed the lease on the building. The Center for Discovery did the structural renovations and essentially gave us a blank canvas with which to work in April of that same year."

The couple worked diligently to open by the start of the summer season, but there was simply too much to get done.

"We painted, stained and hung all the doors, refurbished the murals, and of course, decorated," Mrs. Allees said. "In addition to the aesthetics, there was the pressure of furnishing and stocking the kitchen and

bar, and obtaining the necessary licenses. Thankfully, we had a lot of family members to help us out, but it was still a time consuming process which led us to the August opening, later than we had planned."

Mrs. Allees readily admits that she does not cook at all. She teaches middle-school English full-time, and chips-in at The Owl whenever she can.

"My involvement has taken on a much different role than originally planned. I've become, more or less, the front of house manager. I train the staff, create the schedule and staff procedures, ensure expectations are consistent and communication is constant between everyone. I'm not there as often as I'd like to be, but I try to stay as involved as I can."

"She's also my boss," quipped her husband.

Mr. Allees is determined to keep things interesting at The Owl.

"Our menu changes seasonally, but I've experimented with some southern flare like fried chicken, BBQ brisket, and pimento cheese, just to name a few, as well as trying to keep the traditional roots of an

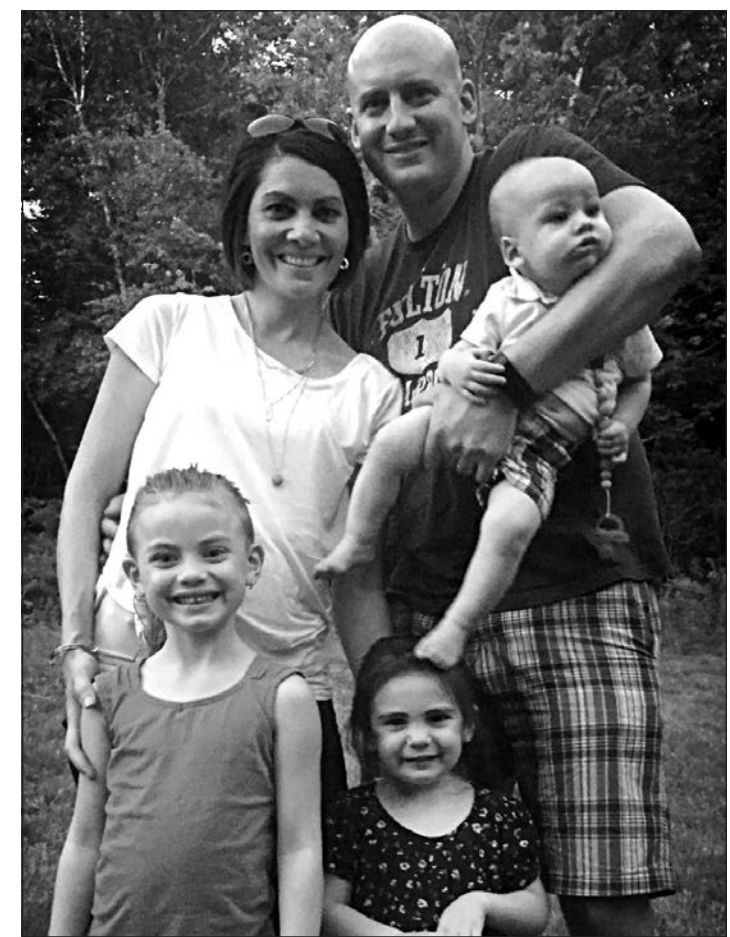


PHOTO BY ELI RUIZ

The Allees Family, Evan and Brynn with children, Harper, 4-1/2; Levi, 2-1/2; and Silas, 9 months.

English gastropub with dishes like fish 'n chips, scotch egg, and fresh sausages."

Having created an entirely unique food and drink experience, not just for their hometown, but for Sullivan County as a whole, coupled with the truly special bond they share, the pair seems certain to see continued success with The

Pickled Owl gastropub for many more years to come.

The Pickled Owl is proud to announce its newest local vendor, Majestic Mountains Farm in Mountandale. For more information on The Pickled Owl gastropub and a complete list of their local vendors, please go to pickledowl.com.



PHOTO BY ELI RUIZ

The Pickled Owl opened its doors in August of 2015 and is already an award winner.

SULLIVAN COUNTY ROCKS!

by Heather Gibson

HURLEYVILLE – Too often I find myself defending our little hamlet, or our county. Don't get me wrong, there are things I long for. A good book store is the first thing that comes to mind. Do I share your frustration when it comes to Friday afternoon traffic? Sure I do! When 9/11 occurred, I was actually out in California. I was grounded there for the week when all air traffic was shut down. As I watched the news, non-stop in my hotel room, there was only one place I longed to be. That place was Hurleyville. Because when tragedy strikes, it's comforting to be surrounded by family and friends. People who provide a safe place for grief, and can help us process this complex adventure called life.

This county is filled with good, kind people who care deeply for each other. I've always said, "Small towns are filled with people who come together to support each other."

I've seen this during times of sudden death or illness, and when someone loses their home to a house fire. Time and time again, I've seen the people of our hamlet and county rise together to show just what people can do to help each other. Kindness can come in big ways, like mentioned above, but kindness can also be spread with thoughtful and intentional simplicity.

Christina Buckler, of Neversink, and her daughter Cadence were visiting relatives in Broome County, NY when the five year old found a rainbow painted rock at one of the Binghamton parks. This simple rock filled Cadence with an incredible amount of joy and



PHOTO BY HEATHER GIBSON

Christina Buckler and her daughter Cadence created the movement known as Sullivan County Rocks!

excitement. It turns out the rock was painted by an unknown source from a group called Broome County Rocks. So Ms. Buckler did some research and found out that this was a group that painted rocks and then hid them around the county for folks to find. Further research showed that several groups around the county were also doing this.

Ms. Buckler was moved by their efforts and began our very own Sullivan County Rocks. She went home with Cadence and painted a bunch of rocks and hid them around the Neversink area first. This movement began to spread and rocks have popped up in Narrowsburg, Monticello, Livingston Manor and even at greater distances, such as New Jersey and Florida. There are groups who are actively involved in painting, such as BOCES and Tri-Valley School District. It's also becoming a popular activity for local birthday parties.

in your home," Ms. Buckler said. "Once the rock is painted it can now be admired outside and in the community, because we are all running out of wall space."

Congratulations to Christina Buckler and to all who are participating in this positive movement. It is an active way for all of us to enjoy our beautiful outdoor environment, to spread positive messages, and simple artwork that bring joy and light to our little county that could. So next time you find yourself thinking of positive examples of why you love living here, think of Christina and Cadence and don't forget to mention that it's the PEOPLE of Sullivan County who truly ROCK!

Sullivan County Rocks encourages us all to participate in this positive movement by keeping the paintings kid-friendly and positive, using appropriate paints, like acrylics, that will last outdoors, keeping the rocks outside and not trespassing on private property, and finally, painting Sullivan County Rocks FB on the back so everyone knows it's part of the group. When all of that is done, you then can hide the rocks around the county in public places.

When you find rocks: please post your photos/stories on the Facebook group page and then re-locate the rocks to a different location for someone else to find. Please visit their Facebook page to see all the pictures people have posted of the unique and beautifully painted rocks they've already found.

"This is a great way for kids to participate in an art project that doesn't necessarily have to get hung up



PHOTOS BY HEATHER GIBSON

A sampling of some of the rocks painted by participants in the Sullivan County Rocks! Movement.

DANCE continued

FROM PAGE 1
visiting manager told Ms. Horner her pupils were dancing too closely.

"I told him, 'When you're dancing tango, you dance close,'" Ms. Horner said.

"He said, 'No, they're dancing dirty.'"

It was only the second time Ms. Horner watched the film, after living the

real stories. They could have written a movie about every summer, Ms. Horner said. She talked about what life was like at Grossinger's and other resorts, and offered to teach anyone the choreography of the famous final dance between Baby and Johnny.

Beth and Howard Karson, and their friends Sandy Autorino and Ali-

cia Yanez, have seen the film plenty of times, but they came to Hurleyville just to hear Ms. Horner's stories. The Karsons came out from Peekskill after reading about the event online, and Mrs. Karson said it was beautifully done. Hurleyville Arts Centre is a beautiful place, she said, and she hopes it is successful.

Ms. Autorino and Ms. Yanez have a home in Rock Hill, and were thrilled with the event.

"We think this was just wonderful," Ms. Autorino said.

She said they will also plan to spend more time in Hurleyville in the future.

"We're going to try to get all our friends to come," Ms. Autorino said.



PHOTO BY AMANDA LOVIZA

The Hurleyville Arts Centre theater was nearly full on July 22 as visitors gathered to watch "Dirty Dancing" and hear dance lessons at Grossinger's Resort.



PHOTO BY AMANDA LOVIZA

Judith Garfinkel, a dancer with Heidi Latsky Dance, models during an inclusive outdoor fashion show set to the music of "Dirty Dancing" outside Hurleyville Arts Centre on July 22.

EdTech Team Offers Google Classroom Workshop in Fallsburg

Workshop in Fallsburg



PHOTO PROVIDED

EdTech Team instructor Adam Seipel instructs Fallsburg teachers and staff in the morning beginners' workshop.

FALLSBURG-- Just a few days after the Fallsburg High School Class of 2017 received diplomas, Benjamin Cosor Elementary School and Fallsburg Junior High School teachers and staff were engaged in professional development to improve student achievement of students in grades 3 through 8. EdTech Team instructor Adam Seipel presented two workshops in Google Classroom to help teachers create and organize assignments quickly, give effective and immediate feedback to students, and provide easeful communication with classes.

The morning workshop was for beginners in the program; the afternoon session was for advanced teachers. The work-

shop is part of the Google for Education EdTech Team, paid through a three year \$150,000 grant from New York State Education Department (NYSED) secured by FCSD I.T. Director Keith Edwards.

Twenty-one participants in

the beginners training learned how to build resources with each other and with students. Mr. Seipel said "streams" would become the life of a teacher's class. Students will learn quickly how to edit stream files, how to brain-

storm with each other, how to research a project and perform group work. He demonstrated each step of these processes. He showed the ease of inserting a You Tube video that is a popular learning tool with students and professionals. Participants responded enthusiastically to the presentation.

The intention of the Grant is to lead to a greater number and percentage of grade 3-8 students achieving scores of proficiency (Levels 3 and 4) on the NYS Common Core Assessments. The objective of the FCSD staff is to increase these proficiency levels in grade 3-8 English Language Arts (ELA) and Math by 4% during each year of the grant.

Sweeney Todd takes the stage at the Rivoli

SOUTH FALLSBURG – The Sullivan County Dramatic Workshop presents, live onstage for six performances (August 11-13 and 18-20), Sweeney Todd: The Demon Barber of Fleet Street at the Rivoli Theatre in South Fallsburg.

The Tony and Olivier Award-winning musical thriller features music and lyrics by Stephen Sondheim, book by Hugh Wheeler and is based on the stage play by Christopher Bond. One of the darkest musicals ever written, Sweeney Todd is the unsettling tale of an unjustly exiled Victorian barber who returns to London seeking vengeance against the lecherous judge who framed him and ravaged his young wife.

The road to revenge leads Todd to Mrs. Lovett, a resourceful proprietress of a failing pie shop, above which he opens a new barber practice. Mrs. Lovett's luck sharply shifts when Todd's thirst for blood inspires the integration of an ingredient into her meat pies that has the people of London lining up... and the carnage has only just begun! Arguably Sondheim's most perfect score, Sweeney Todd is lush, operatic, and full of soaring beauty, pitch-black comedy and stunning terror.



PHOTO PROVIDED

Kim Schneeberger (left) as Lucy and Heather Strauss as Mrs. Lovett in a scene from Sweeney Todd.

Director Harold Tighe and musical director Amy Phillips ably collaborate to bring the tale to the stage with producer Heather Strauss, choreography by Kimberly Schneeberger, costumes by Ed Berens, technical direction by Jim Schmidt, stage management by Amber Schmidt. Grace Summa is assistant stage manager and Sarah Clark handles properties.

The talented cast comprises Carlos Holden (Sweeney), Heather Strauss (Mrs. Lovett), Alexis Costa (Johanna), Becky Salerno (Tobias), Dylan Jones (Judge Turpin), Kristopher Rosengrant (An-

thony), Joshua Rosengrant (Beadle), Kim Schneeberger (Lucy), Timothy Buckley (Pirelli), and Amber Schmidt (Fogg) with an ensemble including Gabby Almonte, Junior Almonte, Annay Ames-Shaw, Dolores Baker, Kevin Cerda, Amelia Gleyzer, Cole Phillips, Matthew Strauss, Lillian Tighe and Hannah Veety.

Performances of Sweeney Todd will be Friday and Saturday, August 11, 12, 18, and 19 at 8 p.m. and Sunday, August 13 and 20 at 2 p.m. at the Rivoli Theatre, 5243 Route 42 (Main Street), South Fallsburg., Tickets are \$22 for adults, \$18 for seniors (60+), students with valid ID, Military/Veterans. Don't miss the Opening Night Special when all tickets are \$10, good for the Friday, August 11 performance only. Tickets will be available at the box office for all performances one hour prior to curtain or can be purchased in advance online at www.ShowTix4U.com. For additional information, phone (845) 436-5336, or log onto www.SCDW.net.

Sweeney Todd is produced by special arrangement with Music Theatre International.

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Catskill Arts Society Hosts Arboreta

LIVINGSTON MANOR-- The Catskill Art Society presents "Arboreta" featuring the work of Teresa Audet, Frid Branham, Allan Rubin and Walter Stevens at the CAS Art Center at 48 Main St. Livingston Manor from August 5 through September 3.

Each artist diversely interprets and utilizes wood as their medium.

The work of Teresa Audet imparts skills gained from furniture and woodworking. Deeply inspired by Japanese and Korean crafts, Audet uses kozo, a traditional Japanese fiber used in papermaking, wood and metal to create wall-hanging sculptures. Audet's work draws juxtapositions between geometric and fluid lines, the use of non-essential and functional in her inventive use of material tone and texture.

Frid Branham's work is born out of her perspective as an architect reflecting on the conventions and history of everyday and home. Branham is interested in the subtle differences of daily action and accumulation: the imprint they leave, creating unique interpretations and physical spaces.

Allan Rubin creates painted sculptures made from oil on canvas that is stretched over wood constructions and found branches. Some are abstract interpretations of human emotions, others are "fetish figures" capturing their subjects individual essence. His inspiration comes from tribal art and is intended to evoke the primitive expressiveness of magi-

cal thinking in a 21st century of rational reason.

Walter Stevens developed a furniture making technique he calls "twig marquetry" in which he slices actual twig branches into veneers and inlays them using marquetry techniques. The effect is at once, rustic and refined. Stevens' intention is to make branch patterns an integral part of the furniture, not merely a decorative addition.

Gallery hours at the CAS Arts Center are Thursdays – Saturdays 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.

CAS will host an Artist Talk on Saturday, August 5 at 3 p.m., followed immediately by a free Opening Reception from 4 – 6 p.m.

All are welcome and light refreshments will be served. For more information, contact the Catskill Art Society at info@catskillartsociety.org.

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Facebook: @HurleyvilleMarket

From the Firehouse

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



The Hurleyville Fire Department is always looking to recruit new members. You can stop in the firehouse on any Monday evening at 7 p.m. to get an application or see what we are all about. If you don't want to fight fire we can use fire police or people to work behind the scenes and support the front line fire fighters. We do more than just fight fire. We even provide all

of your gear, and training is free. It is on a sad note that I announce that my dad, a Past President and 57-year member of the Hurleyville Fire Department, passed away on June 27. As we do for all of our departed members the firehouse is draped in purple bunting and the name is put in the large red ring in front of the firehouse. There will be a celebration of his

CAUTION
PROPANE

- EXTREMELY FLAMMABLE
- CAN CAUSE EYE AND SKIN BURNS AND FROSTBITE
- KEEP AWAY FROM HEAT, OPEN FLAME OR OTHER SOURCES OF IGNITION
- IF CONTACT OCCURS, FLUSH WITH LUKEWARM WATER
- USE FACE SHIELD AND GOGGLES WHERE CONTACT IS POSSIBLE

pane to act as an indicator of a leak. Propane is heavier than air and will settle close to the ground. In many cases it will settle in the basement. And this is where it could find an ignition source such as the furnace or hot water heater. Many houses use propane to heat them, cook and/or to heat hot water. Should you have a propane emergency get out of the house and call 911. You may have that rotten egg smell and you may hear a hissing sound of the gas leaking.

What can you do if you suspect a propane leak?
 -CALL 911
 -get out of the house
 -put out any open flames
 -do not turn any electrical devices on
 -turn the propane tank off
 -you may need to call a gas technician inspect your system

Once you are out of the house, do not go back in. The fire department will advise you when and if it is safe to go back in. Know who your gas provider is in case they have to be called.

Propane emergencies are dangerous and should not be taken lightly. You may or may not believe this, but as I was finishing up this article I went on a call to guess where?

Morningside Four Corners. It was a two-car motor vehicle accident. It appears that one of the cars ran the red light. Thankfully there were only minor injuries.

Be careful at Morningside Four Corners.

life, firematic service and a military service on Saturday, Aug. 12, at 1 p.m. at the firehouse.

It has been a relatively calm summer so far as far as calls go. Since the last article we have not been to the Morningside Four Corners. Maybe people heeded my advice.

In the county the trouble spot has been on State Route 17 by exit 112 in Wurtsboro. There have been quite a few accidents there, especially on Friday nights and Sunday afternoons.

I know it is hot, even very hot the last few weeks, but now is the time to start thinking about your winter heating situation. If you are burning wood, now would be the time to get seasoned wood stacked and ready for the winter. Make arrangements to get your chimney inspected and cleaned.

Right about now you might be ready to fill your propane tank for your Bar-B-Que. If you are filling a tank make sure you take it to a reliable fill station. They should weigh it (it is called a 20 pounder when full for a reason) and make sure the tank is in good condition. If a tank is over filled and the sun heats it up it will vent itself. Because the sun will heat up a tank they are painted white or silver to reflect the sunlight (heat). I have seen people paint them different colors even black. A black tank will absorb the sun light and heat the tank causing it to vent itself. It can be good that the tank vents for safety reasons but if it is near an open flame it could be disastrous. The other option is to just exchange the tank.

Propane doesn't have an odor of its own. What you smell at a propane leak is most likely Mercaptan, and that smells like rotten eggs. The Mercaptan is added to the pro-

FROM THE FILES OF...

THE HURLEYVILLE SENTINEL.

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

The Splendid Campaign "Suffrage Is Coming and So Are They"

Just short of a century ago, the November, 1917 election presented a referendum to New York State voters, which at the time consisted of only the state's male population, whether women should be allowed to participate in future elections. A similar state-wide measure presented to the New York electorate had failed handily two years earlier. Since the 1915 election, however, the movement for women's suffrage had gained national momentum as more and more states ratified similar amendments, guaranteeing women the right to participate in the electoral process in those states. During the summer and fall of 1917, regional and local advocates of the women's suffrage movement continuously canvassed throughout Sullivan County, in hopes of gaining support for the state referendum to enfranchise women in New York. The following articles from the 1917 Hurleyville Sentinel reported on these suffragettes' activities and their progress.



Well-known suffragist Margaret Foley (right) made an occasional appearance in Sullivan County.

ed out to those present how existing evils could be improved if women could help with their votes; that they did not want men's political appointments or take their work away from them, but only to improve existing conditions.

SEPTEMBER 5 Don't Fail to Hear Miss Foley on Friday Afternoon

Miss Margaret Foley, an interesting and forceful speaker, will deliver an address on Equal Suffrage, in Hurleyville this Friday afternoon at 3 o'clock and at Liberty in the evening. Everybody is invited to hear Miss Foley speak on this topic of vital interest, which will be voted on at the coming election, November 4.

OCTOBER 4 Suffrage News

Miss Montgomery, organizer of the Suffrage Clubs of Sullivan County, gave a very able address in Fred Lawrence's Hall last Friday evening, which was enjoyed by those present. The following day Miss Brooks, assisted by Mrs. Will

Prince and Mrs. Minnie Knapp, made a canvas of the town, distributing literature and checking off names of the voters who were or were not in favor of Suffrage. They were greatly pleased with the result, two-thirds of the men interviewed being in favor of Suffrage. The Women's Political Club met at the home of Mrs. L. H. Prince Monday afternoon to further plans for the coming election.

OCTOBER 18 Suffragists Busy in Closing Days of Campaign

The Sullivan Branch of the State Suffrage party is carrying on an active campaign in many parts of the county. Miss Louise Grant, popular speaker, has been touring in the upper end of the county.

Miss Montgomery announces that Miss Helen Todd will tour Sullivan County the last two weeks before election-day, November 6.

Miss Montgomery says: "Everybody look for a decorated car, with Miss Todd and Mrs. Montgomery. Suffrage is coming and so are they!"

Miss Todd knows where she speaks as she comes from states where women have voted for some time.

NOVEMBER 8 Notable Results of Tuesday's Election -The Town of Fallsburg went dry on all four propositions -Five other towns, including Liberty and Thompson went dry in Sullivan County. Mamakating and Delaware went wet. -New York State gives the vote to women by a big margin.

Following the election, the Hurleyville Sentinel offered little concerning the county-wide election results except with the above November 8th headline. Election results found in other area newspapers show that though New York State approved the state-wide Suffrage proposition by a majority of 90,000 votes, pro-suffrage Sullivan County voters [all-male] were in the minority; 3314 voting yes against 3735 no voters. Despite these numbers, local and district suffragists were heartened by the results. Just two years earlier, a similar state-wide referendum was voted down by Sullivan County voters by a margin of two and one half to one. The Town of Fallsburg made significant gains in the 1917 election. Of the six Sullivan County townships that supported the referendum, the Town of Fallsburg collected the largest margin in support of the measure; 422 voters in favor as opposed to 367 being opposed.

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FROM THE FALLSBURG LIBRARY

by Kelly Wells and Amanda Letohic

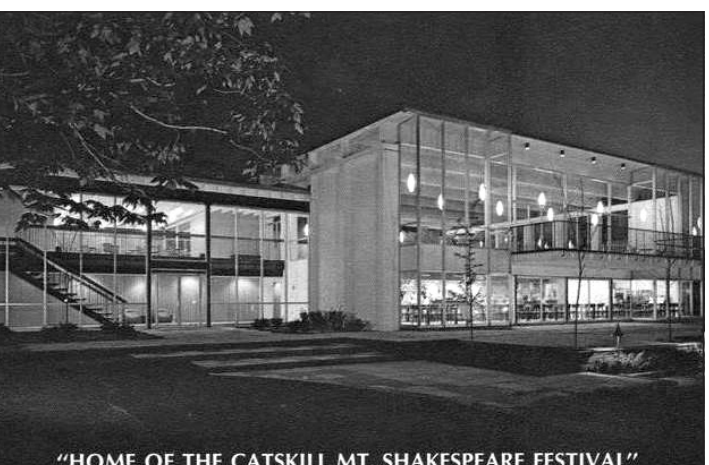


Although August is just starting, here at the Fallsburg Library we're already looking forward to September.

September is "Library Card Sign-up Month" and to celebrate we're offering those who sign up for a new Fallsburg Library card between September 1 and September 30 a chance to win an iTunes gift card! A Fallsburg Library card can be issued FREE to permanent residents and/or property owners within the Fallsburg Central School District. We just need photo ID and proof of residency (tax bill, electric bill, year-long lease agreement, etc.).

Already have a Fallsburg Library card? Recommend a fellow Fallsburg Central School District resident to sign up in September, and if they mention your name, you'll be entered in the raffle too.

With your new library card, you'll have access to tens of



"HOME OF THE CATSKILL MT. SHAKESPEARE FESTIVAL"

The short lived Shakespeare Festival at Fallsburg's Olympic Hotel will be highlighted as part of Sullivan County Historical John Conway's program "From Barns to the Bard: A Brief History of Theatre in Sullivan County" to be presented at the library of Tuesday, August 10.

thousands of books within the Ramapo Catskill Library System (47 member libraries), thousands of movies, e-books, and electronic databases - including the Rosetta Stone Online Language Software. With access to all of these resources and more, your library card really will be

the most valuable card in your wallet. Although we're looking forward to September, be sure to check out some of the great programs we have coming up in August:

On Monday August 7, we're having a Lego build night! Children can come in at 5 p.m. to build whatever they want out of Legos. On August 9 at 6 p.m., it's a Teen Night at the library! Come make some beads out of the pages of magazines and turn them into jewelry or keychains.

On August 10 at 7 p.m., we have Part Three of our lecture series with Sullivan County Historian John Conway, "From Barns to the Bard: A Brief History of Theatre in Sullivan County." Don't miss it!

On August 16 at 3 p.m. children of all ages are welcome to come and see "Here, There and Everywhere- Animals Around the World" with Jan Berlin. Also on August 16, adults are welcome to our healthy eating presentation by Sullivan County Public Health. As always we have our preschool story hour at 10 a.m. on Tuesdays. Our Summer Reading Prize Party will be on Thursday, August 17 at 6 p.m. Don't forget to bring your reading logs to earn tickets for prizes!

As you can see, we have many great things coming up at the Fallsburg Library this month. 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: fr@rcls.org, stop in: 12 Railroad Plaza, South Fallsburg, or follow us on social media.

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Historic Newspaper Exhibit and Reunion
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Did you work for any of the weekly newspapers in Sullivan County? Or even if you simply read one, we want you to come to our exhibit hall and see the hundreds of selected examples of Sullivan County weeklies that are representative of the thousands of copies in our collection. Public welcome. Free admission.

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HIT AND RUN PART III

Fallsburg Constable Bronco Kelly certainly has his hands full investigating the hit run of Sidney Grant Van Keuren in Hurleyville, and now it seems there was a second hit and run not long after, in Liberty. Are the two incidents related? Will Doc survive his injuries? Will the hit and run driver (or drivers) be apprehended? Here is Part III of our story...based on actual events:

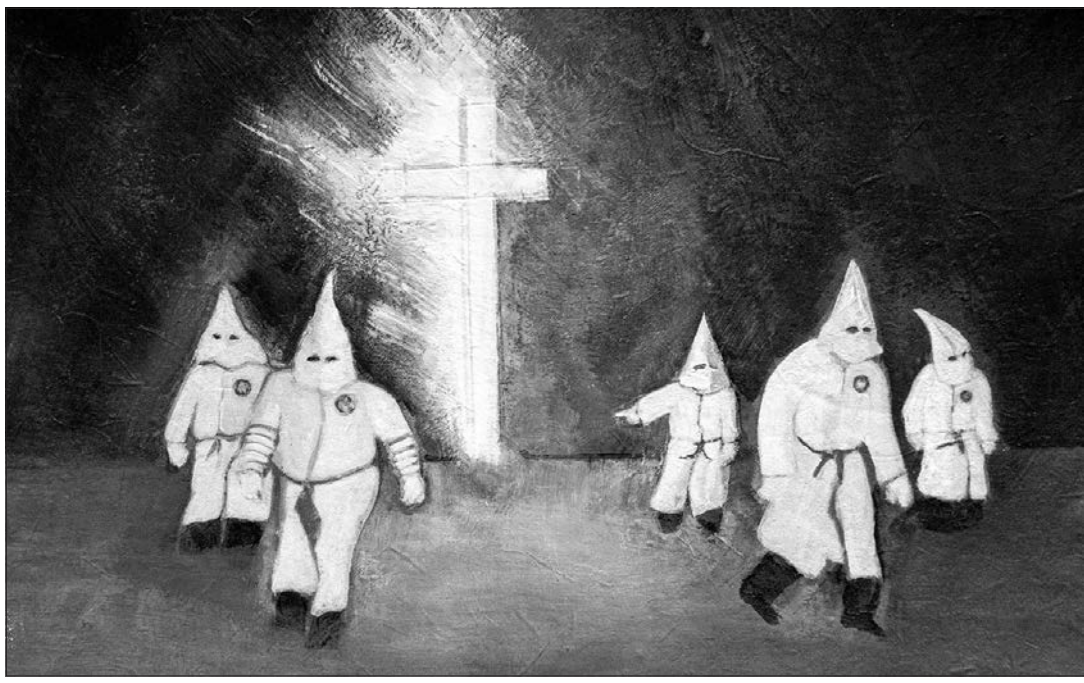
I watched from the doorway of the Monticello Hospital as Deputy Sheriff Jay Lass drove off to help investigate a hit and run accident in Liberty. It was just after midnight on January 1, 1932, and a heavy sleet was falling. The air was bitter cold and raw feeling, and the snow already on the ground was developing a thickening frozen crust. Lass would certainly have a tricky drive ahead of him.

"Constable Kelly?" I heard the nurse from earlier calling my name from down the hall. "Constable Kelly, you had better come here," she said, catching sight of me before pivoting on her heel and re-treating into the room where I had seen Doc.

Dr. Kornblum was just straightening up as I entered. He had been bent over Doc, stethoscope in hand. He pulled the instrument from his ears, first one side and then the other, before speaking.

"I am pronouncing him now. Six minutes after 12 on January 1, 1932."

I stared, not knowing what to say. I had been told it was unlikely that Doc would ever regain consciousness, but I



While the hooded Klansmen were lighting their cross, Bronco was able to free Doc, who got away, but they discovered Bronco before he could escape.

had not anticipated his death coming so quickly. I had witnessed death before, even been present when people I knew well had died, but this moved me in ways I couldn't explain. I swallowed hard.

"What happens now?" I asked.

"Well, Breakey or Dr. Gain will perform an autopsy, I suppose. That's required by law, though it will likely not yield anything much we don't already know. Your friend died from massive internal injuries as the result of being hit by a car."

Murder, I thought. Someone had murdered old Doc, the kindest, gentlest man I had ever known, a man who would never harm a soul. What possibly could have made someone want to do something like that?

"I'll need a copy of the report when it's completed," I said. "If someone calls me I can pick it up."

"You have a phone?" the nurse asked. "Or do we call the sheriff's office?"

"I have a phone," I said, suddenly feeling very tired. "I'll leave you my number."

My drive home was an adventurous one, as the Liberty Road was covered with ice. A few of the farmers along the road had dumped some ashes out in places, but the heavy sleet washed them away soon after they were spread. I did see one road department truck as I got closer to Hurleyville, the driver easing the vehicle along as another man shoveled sand out of the back, spraying it across the road as best he could. I knew every one of the Fallsburg road crew, but couldn't identify either of the men through the heavy sleet.

My wife was curled up in bed when I got home, but she was apparently wide awake, because she sat up as soon as I entered our bedroom.

"I am so glad you're home," she said, and even in the darkness I could see the worried expression on her face. "The weather has been terrible and I was worried sick."

"I'm glad I'm home, too," I said, sitting down on the edge of the bed.

"What happened? Mrs. Kile called, but she would only say you were investigating an accident and that you were on your way to the hospital in Monticello. I didn't want to ask a lot of questions."

"Doc is dead." "What? How?" She put her arms around me and held me as I related the events of the evening, omitting my suspicions that Doc had been run down intentionally.

"Are you all right? You knew him a long time," she said when I had finished.

"You know, when I was a kid, I was always bigger than everyone else. You probably wouldn't think so, but it made me a target. Other kids always

wanted to fight me to prove how tough they were. One evening, I guess it was in the late fall, because I remember I was wearing a new sweater for me, three guys grabbed me behind the Evans ice cream factory and were going over me pretty good when Doc came out of nowhere and ran them off. Saved me from what would likely have been quite a beating."

"I never knew that."

"Not sure why, but we seemed to hit it off. He'd keep an eye on me and let it be known that he was. Later on, as he got frailer from the kind of life he lived and the work he did, and I grew older, I kind of returned the favor. There were some folks in town didn't like him because he was colored."

Then one night, the local Klan got hold of him. The Klan was a funny thing around here. There weren't many coloreds around, so you'd think there'd not be much reason for them to exist, but I guess some people just have to hate someone, so they kept busy harassing the Jews who came up for the summer or the ones who lived here. Gave us Catholics hell from time to time, too. Did some pretty bad stuff.

Anyway, they trussed Doc up and dragged him off. Who knows what they were planning to do to him. I followed them, and while they were lighting their cross on fire at the top of the hill, I snuck up and cut Doc loose. He skedaddled out of there, but I got caught. Thought sure it was gonna be the end of me.

They roughed me up a bit, talking real tough behind their sheets, threatening to hang me from a tree, and then, out of nowhere, Doc comes back. He'd escaped, could have gotten away, but risked it to come back for me. He grabbed one of their torches and set fire to one of their trucks. Blew it up. And both of us were able to escape."

"My God."

"Two things resulted from that night, Irene. For one, I had my first drink when Doc and I hid in the woods overnight and split a bottle of moonshine he had. I'll never forget the way I felt the next morning, and the morning after that. Never was much of a drinker from then on. And that's also when I decided to become a cop."

"I have always said with all the training you received in the Army, I can't believe you came back here to work as a constable."

"You know I had to come back to take care of my mom when she was sick. And then I met you. No way we'd be together if I hadn't come back, so why question that? You know what? It's the best thing that ever happened to me."

"Me too. Now come to bed."

So now we know more about the bond between Constable Bronco Kelly and the hit and run victim, Stanley Grant "Doc" Van Keuren, but there's lots more we still don't know. Don't miss Part IV of Hit and Run in the next edition of The Hurleyville Sentinel!

An Original Short Story Written by Jack Robbin
Illustration by Carol Smith
Based on Actual Events

EMS Beat

by Albee Bockman, AEMT-P



"ARE YOU HYPER WITH TENSION?"

There are many things that can make us "hyper" these days and cause tension. But putting hyper and tension together to form HYPERTENSION is nothing to fool around with.

Hypertension is another name for high blood pressure. A staggering 85 million people in America have high blood pressure. This medical condition can severely impact quality of life and increase the risk of heart disease, stroke, and death.

Simply put, blood pressure is the force exerted by the blood against the walls of our blood vessels. How great the pressure is depends on the work being done by the heart and the resistance of the blood vessels. We are taught that a systolic reading of 120 and a diastolic reading of 80 is a normal blood pressure. Needless to say, should these numbers vary we should be alerted to possible BP issues.

Every household should have a blood pressure kit in order to monitor their pressure. All local pharmacies have automatic machines to perform this easy task. And some even take your pressure for free! So there is no excuse not to have one at your disposal.

Our blood pressure varies throughout the day. It is lower during sleep and higher when we are awake. Having an elevated BP for a short time is a normal physiological response to many situations. Acute stress and intense exercise may -- and I say may -- contribute to a brief elevation in one's pressure in a healthy person. For this reason, a diagnosis of hypertension requires several readings over time. However, readings of 180/110 or higher is a sign of a "hypertensive crisis" and warrants immediate medical attention.

There are a few risk factors that increase the chances of having hypertension. Age is one of them. With age, blood pressure can increase as the arteries become stiffer and narrower due to plaque build-up. It is more common with those

that are over the age of 60. Yeah, I know!

Also, it is no secret or shock that as we get older, we are less active and enjoy going out to eat more often. This may lead to an increase in our weight. Being overweight or obese is a key risk factor. Those of us that fight high cholesterol levels, have cardiovascular disease and other medical conditions are predictors for hypertension.

The crazy thing is a person with hypertension may not notice any symptoms. This is why it is called the "silent killer". Without treatment, hypertension can cause atherosclerosis where the formation of plaque results in the narrowing of blood vessels. This makes the heart pump harder to deliver blood to the body. And this, my Hurleyville friends, may lead to heart failure, heart attacks, and stroke.

So let's fight fire with fire! What can we do to limit our risk for hypertension?

Lifestyle choices can contribute to the prevention of high blood pressure. We have always heard ad nauseam people tell us the benefits of eating fruits and veggies. Well, they are right! Reducing the intake of saturated fat by eating more whole grain and omega-3 enriched foods without doubt is a step in the right direction. Minimizing our salt intake and consuming alcohol to a moderate level will also contribute to leading a much healthier existence. And like I said before, watching our weight is key. Exercise is perhaps one of the most beneficial ways to reduce our risk for hypertension. And there is no better way to do that than by a nice brisk walk in the morning or after dinner. This reduces stress, tension, and HYPERTENSION!

For those of us that do fight high blood pressure issues, regular visits to the doctor and being compliant with your medication regimen is key to leading a long, healthy life.

Enjoy the summer, Hurleyville, and stay well!

SPOTLIGHT ON A HURLEYVILLE TREASURE

by Kathleen Sullivan

"ST. MARY'S CATHOLIC CHURCH"

Originally part of the Ellen-ville parish, responsibility for maintaining a Hurleyville mission was transferred in 1874 to St. Peter's Church in Monticello. Some records indicate that St. Mary's was built around 1875. However, according to deeds recorded at the Sullivan County Clerk's office, the property was conveyed from the Kile family to St. Peter's

Church in Monticello in 1906.

Records from the Sullivan County Historical Society and the Archdiocese of New York verify that St. Mary's was the first mission church of St. Peter's Church in Monticello.

Workers and guests from the Columbia Hotel joined area residents in worshipping at St. Mary's. Boxing champions training and fighting in Sullivan County...including Jimmy Braddock, Floyd Patterson, Rocky Marciano and Sonny Liston...were parishioners during their stays in the Catskills.



Members of Hurleyville-Sullivan First and the Hurleyville community cut the ribbon celebrating a new life for the old church in April 2009.

The church was closed in 1978, several years after the Columbia Hotel burned down. The Archdiocese sold the church in 1984 and it was privately owned until 1993 when it was acquired by Sullivan County.

The building was primarily used for storage by the Sullivan County Historical Society until 2009.

After hearing of the possibility of the church being demolished, the Hurleyville Complex Committee was formed in 2006 to discuss the future use of the building. Committee members included folks from Hurleyville-Sullivan First, the Sullivan County Historical Society, Legislator Jodi Goodman and County officials. The committee was awarded a grant from the New York State Council on the Arts to hire an

architect specializing in historic preservation to provide an assessment of the condition of the building.

The architect reported that the building was in generally sound condition and a suitable candidate for restoration.

Repairs began at the church in 2007. The repairs stabilized the building and stopped water entry from the steeple. The repairs were funded by grants awarded to Hurleyville-Sullivan First and the Sullivan County Historical Society.

Sullivan County transferred ownership of the building to Hurleyville-Sullivan First in 2009. A community center is planned for the building.

Since 2009 Hurleyville-Sullivan First has been awarded grants that were used to install new wooden front doors, a driveway and a new roof. The most recent project was painting the exterior.

There are more projects to be completed before the St. Mary's Community Center becomes a reality. Heating and bathrooms must be installed. The building must be hooked up to the water and sewer system. The electric must be connected.

The building is especially important to long-time residents of Hurleyville who have fond memories of weddings, bazaars and notable visitors.

The historical significance of the building was displayed by the efforts of the community to save the building.

St. Mary's and the Hurleyville United Methodist Church flank



St. Mary's Church as it looks today.

the Sullivan County Museum like book-ends. "The group of buildings would look like a bird with one wing if the church was demolished," said one Hurleyville resident.

St. Mary's is one of Hurleyville's many extraordinary treasures.

Visit www.hurleyvillenyc.com to find more treasures in Hurleyville.



One of the earliest known photos of St. Mary's Church, circa 1915.

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SENTINEL SPORTS

Angelee Santillo, Sports Editor



EXPLORERS PAUSE FOR ALL-STAR BREAK

by Win Hadley

PLATTSBURGH, NY – The Empire Professional Baseball League has announced selections for the league's 2017 All-Star Game, and the Sullivan Explorers are well represented.

The teams will be divided into two divisions, East and West. The Sullivan Explorers and the host Plattsburgh RedBirds will represent the West side and the Puerto Rico Islanders and Old Orchard Beach Surge will represent the East.

The West will be managed by first half champion manager Joe Winkelsas of the Plattsburgh RedBirds who will be assisted by Sullivan Explorers manager John Kazarian.

The East will be managed by Old Orchard Beach manager Pascual Santiago, assisted by Puerto Rico Islanders manager Dalphie Correa.

Explorers representing the

West team in the All-Star game include catcher Luis Touron, shortstop Brandon Young, third baseman Luc Pomales, outfielders Cole Easley, Joe Florino and Samuel Carter, and pitchers Drue Bravo, Phillip Richmond, and Billy Felo.

In addition, Explorers Samuel Carter, Luc Pomales and Luis Touron will be among twelve participants in the league's Home Run Derby to be held in conjunction with the All-Star Game.

The Explorers have finished the first half of the EPBL season with a 15 – 15 record, leaving them in third place in the four team league. The Plattsburgh RedBirds currently lead the league at 18 – 12. The Explorers next return home to Generals Park to host Puerto Rico on August 12, and will remain home through their final game of the regular season against Plattsburgh on August 24.



Luc Pomales

PHOTO PROVIDED



Luis Touron

PHOTO PROVIDED



Samuel Carter

PHOTO PROVIDED

THE CENTER FOR DISCOVERY DIAMONDS STILL ON TOP

by Talisa Yaskanich-Whipple (Guest Contributor)

MONGAUP VALLEY – The Center for Discovery Diamonds pulled off what some thought was an impossible victory against top-seated rivals L&B Tack on Tuesday night, July 18. The Diamonds, in their second season in the A-Division of the Sullivan County Women's Softball League, had squeaked out a single run win against veterans L&B Tack to start their best-of-three game series back in May. L&B Tack came out swinging in June when they defeated the Diamonds at their home field in Harris 14-7, tying the two powerhouse teams for first place in their division.

That tie held strong until the teams met at Edward M. Collins Memorial Park. The Diamonds lost the coin flip giving L&B Tack the home team advantage. The ladies of L&B Tack held the Diamonds in the first inning, not allowing any runs to score. The Diamonds let L&B pitcher Barb Merton sneak a run past them and the score at the end of the first was 1-0. The Diamonds countered with a two run second inning with second baseman Anji Bakos hitting a double knocking in Bari Allor, followed by third baseman Jamie VanderMeulen hitting a single, allowing Anji Bakos to score. L&B couldn't

break through the Diamonds' defense in the second, leaving the Diamonds ahead 2 - 1.

The third inning saw both teams score. Diamonds shortstop Nicole Kothe and left fielder Sam Cohn tagged the plate and L&B's pitcher Barb Merton also scored, bringing the score after three to 4-2. Diamonds. The top of the fourth brought in another Diamond run, while L&B countered with two of their own as the crowd grabbed the edge of their seats going into the fifth with the Diamonds leading 5-4.

First baseman Amanda Goddard led off the fifth inning with an impressive triple, starting a three-run inning countered by a single run scored by L&B's Liz Stubits, bringing the score to 8-5 heading into the sixth.

Each team managed two runs in the sixth, making the score 10-7 in favor of the Diamonds heading into the final inning.

L&B Tack took the field in the top of the seventh with the determination that has kept them the league champions for five impressive seasons. They didn't allow a single run to score in the top of the seventh, and grabbed their bats looking to make a final rally to win in their last at bat.

L&B's longtime first baseman, Fran Kaiser, hit a single,

followed by shortstop Mary Smith with a single. Third baseman Trish Tuttle hit a groundball to shortstop Nicole Kothe, giving her a split second to go for the run or the out. She made the choice to take the out and allow Fran Kaiser to score, making the game that much more interesting at 10-8 with the tying run on base. Second baseman Autumn Ackerly then hit a single, but left fielder Holli Schoonmaker was caught out, leaving L&B with bases loaded and down

to their final out, as Jen "Jill" Wright stepped to the plate. She hit a rocket to left field, where Samantha Cohn raced to catch the final out.

This marked the 18th win of the season for the Diamonds against only one loss, to L&B Tack back in June. The Diamonds followed the July 18 win with a 24 to 3 victory in Swan Lake against Fosterdale Equipment the following evening, and there are only two games left in the season before the playoffs.

Sign Erected at BCES Trail in Fallsburg

FALLSBURG -- Through the generous donation of Cornell Cooperative Extension (CCE), a beautiful sign has been placed at the trailhead for the Benjamin Cosor Elementary School Hiking and Nature Trail behind the school building. A special thank you goes to Emily Devore for the initial work, and to SueAnn Boyd for seeing the sign through installation.

Newman Signs created the sign, and local contractor Pat Mickelson encased it in wood. Carpenters Brian Durban and Richard Stacey assisted in anchoring the sign.

An official opening of the Trail was scheduled for the last week of school in June,



PHOTO PROVIDED

Designated as BCES Guardians of the Trail are Olivia DeGraw and Layla Marie Hermann (left side of sign bottom pair), Brianna Noller and Layla Marie Russell (middle row), Alex Dupuy-McBride (rear), and Rizzi Medina, Fred Cederlund and Pandora Baer (right side of sign front to rear).

but it had to be postponed because of heavy rains. Administrator of the grant to restore and reconstruct the new trail and BCES teacher Leah Exner organized a brief ceremony to mark the unofficial opening of

June 19, 2017. On hand were students from kindergarten through sixth grade chosen by teachers as among the most dedicated in the Extended Day Nature Class. Mrs. Exner referred to them as Guardians

SUNY SULLIVAN HOSTS WRESTLING CLINIC

LOCH SHELDRAKE— SUNY Sullivan wrestling coach Anthony Ng has announced that two-time All-American Dylan Palacio of Cornell will be conducting a clinic at the Paul Gerry Fieldhouse on the Loch Sheldrake campus on Saturday, August 19.

The 10 a.m. clinic will be open to all age groups, with

the recommendation that participants have at least one year of wrestling experience.

Mr. Palacio is originally from Long Beach, NY, where he won a New York State high school wrestling championship and placed three times in the state tournament. He was also a 2012 winner of the Eastern States Championships, which is contested

each January at SUNY Sullivan and is typically one of the most competitive high school tournaments in the country.

While competing at Cornell, Mr. Palacio was a two-time All-Ivy League first team selection, a four time Eastern Intercollegiate Wrestling Association finalist and two-time champion, and a four-time NCAA qualifier. He earned All-America honors by finishing fourth in the nation at 157 pounds as a junior in 2016, posting four straight wins over seeded wrestlers before losing in the consolation finals. As a senior, he finished sixth in the nation at 157 to once again qualify as an All-American.

Mr. Ng is excited about being able to bring a wrestler of this caliber to SUNY Sullivan, describing Mr. Palacio as colorful and animated, as well as successful.



PHOTO PROVIDED

SUNY Sullivan Wrestling Coach Anthony Ng.

"The points fly when he is out there on the mat," Mr. Ng said. "I feel he will resonate well with the kids."

The cost of the clinic is \$15 per wrestler with registration in advance and \$20 per wrestler at the door.

For more information on the clinic, or to register, call Coach Anthony Ng at 914-799-5888 or e-mail him at ang@sunysullivan.edu.



PHOTO PROVIDED

Two time NCAA wrestling All-American Dylan Palacio of Cornell will be conducting a clinic at SUNY Sullivan on Saturday, August 19

THE RAIL TRAIL AS CLASSROOM

by John Conway

HURLEYVILLE – It is easy to view Hurleyville's Milk Train Trail as strictly a recreational feature, but although it is unmistakably that, it is already so much more, and continues to evolve.

Especially now that a substantial portion of it is paved, the trail, stretching to South Fallsburg in one direction and to Ferndale in the other, draws scores of people daily, including hikers and bikers and casual strollers, and people pushing people in wheel chairs. Most of these people come strictly for the exercise or to experience an hour or so of tranquility in a burgeoning green space, but for some, there is another aspect of the trail that sets it apart from other recreational venues. They have come to recognize that the trail is a veritable classroom where history and biology vie for attention and ultimately converge into one consistent narrative.

And this aspect of the Milk Train Trail's personality will soon be enhanced, as the Fallsburg Parks and Recreation Department and The Center for Discovery collaborate to develop and erect interpretive signage along its



PHOTO BY JOHN CONWAY

Eve Minson, a veritable encyclopedia of knowledge about the ecosystem that exists along the Milk Train Trail, is helping to develop signage to impart some of that knowledge to those using the Trail.

expanse.

The signs will provide users with information on historical events, such as the gruesome boiler explosion on an O&W Railway passenger train that claimed three lives in February of 1907, or the significance to the local farmers of the creamery that was erected adjacent to the tracks in the 1880s, but they will also point out and describe flora and fauna along the way.

From birch to oak to willow tree and from huckleberries, blackberries and elderberries to sunflowers, dozens of colorful and useful plants grow prolifically on either side of the trail, changing along the way with such things as the topography of the land, the

moisture in the air, and the acidity of the soil.

"It is fascinating to consider all the different pieces of the eco system that exist along the trail," said Eve Minson, a contributor to The Hurleyville Sentinel who works at The Center for Discovery and is helping to develop the signage. "Some of the plants along the trail are native plants, others are invasive, and there are great stories as-

sociated with each of them."

Ms. Minson, who has earned two Masters Degrees from Cornell in Landscape Architecture and Natural Resources, can barely take a step anywhere on the trail without launching into a lesson on the greenery along the edge, sometimes reaching out to cradle a branch or a flower in her hands for emphasis, or to pick a berry simply because they taste so good. From the medicinal uses of the sumac or the hemlock by the local Native Americans of the eighteenth century to the current discovery of the benefits of the dreaded Japanese knotweed, she leaves no stone—or leaf—unturned.

If the signage, once it is in place, can convey a fraction of the information Ms. Minson shares on a leisurely walk, it will solidify the Milk Train Trail as an educational resource as well as a recreational one.

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