

A PLACE IN HISTORY

THE CENTER FOR DISCOVERY NAMED

OPWDD Announces Centers of Excellence

The Office for People With Developmental Disabilities (OPWDD) today announced a partnership between three not-for-profit agencies, The Center for Discovery (TCFD), Developmental Disabilities Institute (DDI), and Upstate Cerebral Palsy (Upstate CP), in the creation of the Centers of Excellence which will address the care and treatment of children with complex disabilities, such as autism and other neurodevelopmental conditions.



Children with complex needs and their families," said Patrick Dollard, President and CEO of The Center for Discovery.

While progress has been made in identifying children and families who need support, there has been a need for a coordinated effort to provide care and education. The Centers of Excellence will develop an interactive database and other tools to improve information gathering and sharing with federal, state, and local agencies in an effort to provide more timely and cost effective approaches to care.

Developmental Disabilities Institute Executive Director John Lessard noted, "The funding under this grant is giving our Centers the ability to take current systems supporting our children to an exciting new level, one that will have a significant positive impact on their quality of life and the quality of life of their families."

"The opportunity to share best practices with our colleagues in other parts of the State as we work toward streamlining our processes is unprecedented in this area, and the staff at all three Centers have been inspired and excited by the possibilities this project presents," said Louis Tehan, President & CEO of Upstate Cerebral Palsy.

The efforts of the Centers of Excellence will be coordinated through the Cerebral Palsy Association of New York State.

"Now that we are better able to identify children and families who need support, we need to better address the supports and systems available and make sure we are better able to meet their complex needs," said Kerry Delaney, Acting Commissioner of the NYS Office for People With Developmental Disabilities. "This innovative project will address the urgent and fast growing needs of children with autism and other intellectual disabilities and define more effective supports for children and their families. We look forward to working with the three agencies involved in the Centers of Excellence partnership to ensure that more effective and seamless approaches to care are achieved across New York State."

"This initiative supports and nurtures the cutting edge clinical practices that our Centers have and will develop to support chil-

RINGING IN THE NEW YEAR

by Heather Gibson

"I resolve to lose weight." "I resolve to quit smoking." "I resolve to be more assertive." "I resolve to save more money." "I resolve to be more positive."

What does it mean to make a New Year's Resolution anyway? A resolution is a definite or earnest decision to do something; usually made with a certain amount of determination. Although the custom of making a resolution is most common here in the Western world, resolutions take place all over the globe. In fact, resolutions have been part of harkening in the new year for the last 4,000 years!

The ancient Babylonians are said to have been the first people to make New Year's resolutions, and also the first people documented to hold celebrations for the New Year. Although, these celebrations were held in March when crops were planted; signifying a new harvest.

During a massive 12-day religious festival known as Akitu, the Babylonians crowned a new king or reaffirmed their loyalty to their reigning king. They also made promises to the gods to pay their debts and return anything they had borrowed. If they kept their word, their gods would bestow favor on them for the coming year. If not, they would fall out of the gods' favor.

In ancient Rome, after Julius Caesar re-invented the calendar and established that January 1 would be the beginning of the year in 46 B.C., January would then have special significance for the Romans. Believing that Janus (one of the Roman gods) symbolically looked backwards into the previous year and ahead into the future, the Romans offered sacrifices to the deity and made promises of good conduct for the coming year.

For Christians, the first day of the new year became the traditional occasion for thinking about one's past mistakes and resolving to do and be better in the future. In 1740, the English clergyman John Wesley, founder of Methodism, created the Covenant Renewal Service, most



commonly held on New Year's Eve or New Year's Day. Despite their religious roots, New Year's resolutions today are a mostly secular practice. Instead of making promises to the gods, most people make resolutions only to themselves, and focus purely on self-improvement.

The traditional song for ringing in the New Year in almost every English speaking country in the world is Auld Lang Syne. This New Year song is generally credited to Robert Burns, but earlier versions of this ballad predate his time. Burns combined a common Scottish folk song with his own lyrics to arrive at the version now commonly sung on New Year's Eve.

Auld Lang Syne is about old friends who have parted and meet again. To celebrate their long friendship, they share a drink together and reminisce of memories from long ago. The basic message is that we should not forget our old friends and should celebrate a reunion with them. Are New Year's resolutions successful? No, usually not. Unfortunately, fewer than half of us set resolutions, and less than 10% of us are actually successful. While interviewing people about New Year's resolutions, I found that most people don't believe in them, only because they tend to get upset with themselves for their lack of success when they fail. So, something that starts out making us feel good about ourselves, in turn makes us feel bad. Those people who were excited about setting new resolutions were doing so because everyone else was. One person explained it like this, "Yes, we can set goals any time of the year,

but it's incredibly powerful to know that everyone is on the same page. No matter where you are in the world, everyone is getting a fresh start as we enter the New Year. That unity is worth something. It feels good to know we aren't alone in our efforts." That's one way of looking at it.

Is there anything we can do to make sure we are more successful when it comes to setting resolutions and attaining our goals? First, I think the person quoted above is on to something. The feeling of unity is empowering and indeed important. So if you can find someone who has the same resolution, it's a good idea to compare notes, and keep each other motivated by holding each other accountable. When you check in with someone on how you are progressing, you are more likely to follow through.

Secondly, it's good to write things down. When you have to stare at your progress it's always right there. Those who keep a journal tend to be more successful. Those who stick to fitness goals often use a phone app, or a white board to write down progress. Another example of this would be a "vision board" Cutting out pictures, and quotes, can be incredibly inspiring on those days when you are falling off track.

Finally, it's important to keep your goals small and attainable. It's often too hard for anyone to go "cold turkey" when it comes to drastic change. For example, if you want to save more money, start by saving just \$10 a week, and then up it to \$20 and so on. If you want to lose weight, perhaps start by losing 5 lbs. When a small goal is achieved, then make another small goal. Before you know it, it all adds up!

That's the thing about resolutions. It's a marathon we are running, not a sprint. If we keep our eye on the finish line we will eventually get there.

I think for me, it's always important to "get back on the horse" There will be bad days! There will be days when you "cheat" yourself out of what you set out to do. See that setback as a small moment, and not the entire outcome. Don't beat yourself up. Let that moment pass, and try again tomorrow. Happy New Year to all of you! Whether you set a resolution or not, good luck in your endeavors! May 2017 bring you much happiness!

THE CENTER FOR DISCOVERY IS AREA'S LARGEST ECONOMIC ENGINE EVER...

AND MORE

In a 1954 newspaper article, the New York Times reported that the 538 hotels, 1,000 rooming houses and 50,000 bungalows that made up Sullivan County's resort industry at the time contributed about \$55 million to the county's economy. Adjusted for inflation, that amounts to about \$485 million in today's dollars.

Most of those who have studied Sullivan County's history consider the mid-1950s to be the peak of its internationally renowned resort industry, and the economic impact of those hotels, bungalow colonies and other tourist venues is indeed impressive. But it is an impact that is matched, or nearly so, by a single county employer these days.

"Never in Sullivan County's history has one employer provided so many jobs for so long."

The Center for Discovery, which has been a visible factor in the resurgence of Hurleyville's Main Street over the past several years, employs more than 1600 professionals and para-professionals on three campuses in the county and continues to grow. The Center passed the 1000 employee benchmark nearly 15 years ago, and has surpassed 1500 for more than five years now.

Never in Sullivan County's history has one employer provided so many jobs for so long.

The Center expects to have a new Economic Impact Study completed by a reputable international firm by mid-year which will assess the sum total of its financial and societal impact on the region. Even absent that, it is apparent that its value to the area is considerably more than the tens of millions of dollars in wages and hundreds of thousands of dollars in property taxes it pays or the products and services it purchases, and reaches well beyond Sullivan County and New York State.

"What is more telling is the work we do every day, and the role we have assumed as a national and international leader in developing innovative care for children and adults with severe disabilities and autism spectrum disorders," says Patrick H. Dollard, President and C.E.O. "Our strong commitment to patient care, education and research makes us a model in our industry."

Fallsburg Supervisor Steve Vegliante is particularly eloquent when discussing the various impacts The Center has had on the town and on Hurleyville in particular. And those impacts, he says, transcend the economic.

"History tells us that in Florence, Italy, in the late 1300s a group of scientists,



Part of The Center for Discovery's Michael Ritchie Big Barn Center for Environmental Health and Education in Hurleyville.

artists and philosophers were supported by those with means and asked to think, create and learn. What grew out of that vision was a focus on humanity, and a lifting of society out of the darkest of ages and into the light," Mr. Vegliante says.

"In Hurleyville, thanks to the vision of The Center for Discovery and the generosity of their supporters, we are being given the ability to follow this same model. An Arts Center, with diverse cultural programming nourishes our appetite for expression and beauty. A Makers' Lab, gives all of us an outlet for inspiration and creation. With a coordination of resources with the Town of Fallsburg, we have begun an overall rehabilitation of the rail trails, to build a linear park, nature preserve and natural art installation. Looking at the transformation of Hurleyville from a struggling hamlet to a cultural center, we can be inspired to do our parts and continue to build on this movement.

"When I think about what is happening in Hurleyville, I think about the Renaissance,"

District 6 Legislator Luis Alvarez, whose district includes Hurleyville and who serves as the Chairman of the County Legislature, also pointed out the broad impact The Center has on the area.

"I don't think there has ever been a single larger sustained economic engine in the area than The Center for Discovery," Mr. Alvarez said. "They have had more than 1000 employees for more than a decade now, and these are well-paying jobs with great benefits, not to mention the other contributions they make to the economy. In addition, The Center for Discovery is a pioneer in the healthcare industry and has been paramount for the community especially in Hurleyville. They are progressive and they are always looking forward. In many ways, it is like having a university in our midst."

Mr. Alvarez says The Center's attitude toward its employees, such as pro-actively encouraging them to eat healthful diets and engage in physical activity, is especially significant in a county where health outcomes rank near the bottom of the state, something Mr. Vegliante also noted.

in general, have their share of challenges," Mr. Vegliante says. "We are a poor community, with many of us in declining health. Many of our residents have made poor personal choices. Unfortunately, too many fail to take advantage of schooling and trade education opportunities, and instead are living in poverty or winding up on the opposite side of the law. They can't see the opportunities...they fail to hope. This cycle of poverty breeds addiction, unhealthy physical bodies and wasted potential. Programs like we now see in Hurleyville, that focus on health, education, arts, sciences, and most importantly, critical thinking, can be a game changer for a community in crisis like ours. They can be the inspiration for us to make our bodies healthier, our minds sharper, and our future brighter."

"It is like having a university in our midst."

— Luis Alvarez
Legislature Chairman

Mr. Vegliante says The Center's accomplishments "raise the quality of life for all town residents."

He points out that The Center's staff and the consultants it employs "represent the finest minds and talent in their field," and when they relocate to the area, purchasing homes here and becoming part of their neighborhoods, everyone benefits.

"Medical professionals, artists, farmers, chefs and other staff are recruited worldwide and asked by The Center to join this exciting new movement within our town," he says. "They bring their families and join our community. They earn living wages which they spend in our local businesses.

"Just as the Medici's gave the Renaissance to the European world by setting an example and providing the spark, we must not squander this opportunity that has been given to us. The Center for Discovery has provided Fallsburg with the spark. We must support it with our inspiration, our commitment and our actions. Our commitment, coupled with our actions, will bring a Renaissance to Fallsburg."

COME JOIN THE HISTORY HIKE!!

Sullivan County Historian John Conway, in collaboration with the Town of Fallsburg Parks Department, will lead the first in a planned series of 2017 History Hikes at the Milk Train Rail Trail in Hurleyville on Saturday afternoon, February 11 at 2 PM. In the event of unsatisfactory weather, the event will be held at a later date that has yet to be determined.

Conway says the history hike will commemorate the February 13, 1907 O&W train wreck that claimed three lives about 1/2-mile from Hurleyville's Main Street. Hikers will visit the site of the wreck, and the narration will include the story of the explosion as well as other history. Conway is leading an effort to erect an interpretive sign that tells the story of the wreck, and hopes to complete the project this year.

The History Hike is free and open to the public, but pre-registration by e-mail is required, so respond to jconway52@hotmail.com. In the event of postponement, registrants will be notified by e-mail.



The Inquiring Photographer

by Heather Gibson



Q. Do you make New Year's resolutions? If so, what did you resolve this year?



Jennifer Monterroso

"I think my preference is to maintain balance in all aspects of my life. I want to make time for travel, my family, and make sure that I always remember why I enjoy the work I do. If I keep all of these things in line, I will achieve my life goals and find ways to love my life just a bit more every day."



Deb DeGraw

"I believe in New Year's resolutions. We should strive to make positive changes. I think the thought of "New Year, new beginnings, new me, fresh start" is inspiring, however it's often not long lasting which is why so many are unsuccessful. In the past, I've set resolutions to lose weight, work out more, swear less, but I'm not going in that direction this year. My goal is to be healthy and happy. I didn't wait for the New Year to start this; it's been a work in progress."



Holly Walters

"I never really got into the concept of New Year's resolutions, but I'm pretty good at giving up things for Lent. Now THAT I stick to!"



Lee Karasik

"I'm not big on resolutions. I don't like to commit to things that I may not successfully complete. Instead, I set small reachable goals throughout the year and get this incredible feeling of self-efficacy when I get to cross something off my list. I'm in the early building stages of my own handicapped accessible home and I'm hoping to break ground in the Spring of 2017. So, there are a lot of small goals to set and many lists to be made."

Hamlet Happenings

by Kathleen Sullivan



Sullivan First held its 20th Annual "DECK THE DOORS" holiday decorating contest on December 15th. The group toured every road in Hurleyville on the night of the contest and judged all holiday-decorated doors in the hamlet. Winners of the contest were awarded prizes furnished by Hurleyville business owners and members of Hurleyville-Sullivan First.

The winners were Barbara and Jake Fairman, Christina and Maria Frunzi, Jamie Gandulla and James Gerrard, Stacy and Jared Lozupone, Cathy and Bob Orlowsky, Sonya and Bob Robinson, Annette and Ernest "Woody" Wood and the Arati Store.

Prizes for the winners were provided by The Arati Store, Catskill Amusements, Elaine Corrington, Izzy's aunt, Jampond, QQL Enterprises, LLC, Pickled Owl and Hurleyville Market on Main.

Everyone interested in the revitalization of Hurleyville is invited to join Hurleyville-Sullivan First. The group meets on the third Thursday of each month at 7:00 P.M. at the Hurleyville Firehouse.

For more information



One of the prize winning doors in the 20th Annual "Deck the Doors" holiday contest.

about Hurleyville and Hurleyville-Sullivan First, please visit www.hurleyvil-len.com.

There is a permanent exhibit at "The Military Room" at the Sullivan County Museum. The exhibit, honoring Sullivan County veterans from the Civil War through Desert Storm, includes uniforms and memorabilia. One of the areas of the exhibit is dedicated to Congressional Medal of Honor recipient, Francis Currey, a long-time resident of Hurleyville.

The museum is interested in hiring someone to shovel snow this winter. Please call Pat Burns at 845-434-8044 for more information.

The museum, located at 265 Main Street in Hurleyville, is open on Sunday

from 1:00pm to 4:30pm and from Tuesday to Saturday from 10:00am to 4:30pm.

Please visit www.scnyhistory.org for more information on the Sullivan County Historical Society and the Sullivan County Museum.

The Hurleyville United Methodist Church serves our community in a variety of ways.

The Bread of Life Food Pantry at the church provides food for at least 40 families each week. The food pantry is open each Thursday (except the 1st Thursday of each month) from 4:00 PM - 6:00 PM. The volunteers at the food pantry also provide free clothing for families-in-need on the last Thursday of each month.



Another of the prize winning doors in the Hurleyville-Sullivan First "Deck the Doors" contest.

Fallsburg Jr/Sr High School Honor Roll

Principal Michael Williams greeted the Fallsburg Junior High School and Senior High School in two separate assemblies on the morning of December 14, 2016. The whole school was acknowledging the students in grades 7 through 12 who earned Superintendent's Honor Roll and Honor Roll Awards for the first quarter of the 2016-2017 academic year.

Prior to Superintendent Dr. Ivan Katz distributing Superintendent Honor Roll certificates and class guidance counselors handing out Honor Roll awards, Mr. Williams emphasized that he was proud of the 250 students who maintained a grade point average of 93 or above to earn Superintendent's Honor Roll and those who received Honor Roll status with a grade point average of 85 to 92. The 250 number represents about half the school population.



Pictured are (left to right): Fallsburg guidance counselors Joe Levner and Meryl Curry, Principal Michael Williams, and guidance counselor Songa Ferreira

Looking out directly at the faces in the audience, he went on to say that he knows the students sitting before him. He asked a question directed at each one of them, "Why is not every one of you on the Honor Roll?" He then said, "I challenge you to be on the Honor Roll. I challenge you on the Honor Roll to get on Superintendent's Honor Roll. Don't settle for just getting by. Every-

thing in life will be determined by effort. It is never too late to start once you understand the importance of effort."

After the second assembly Principal Williams asked the seniors to remain in the auditorium. His words to the seniors were as inspiring and encouraging as any coach could deliver to his team before a big game. "You have the most number of students on the Honor Roll of any class. That's the way it's supposed to be. It's the best quarter I have ever seen. You set the tone for this building. Other kids notice you. Your teachers notice these things. Be aggressive, be confident and go get it!" Mr. Williams' passion for students to excel echoed throughout the auditorium and generated a spark of fire on a frigid day in the Town of Fallsburg.

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The Scene

Music and Entertainment in and around Hurleyville



by Jane Harrison

Happy 2017!! It looks like we are going to have a real winter this year. Cabin Fever!!! Not all venues close tight over the winter months so I'm dedicating this column to these places. All addresses and phone numbers are included in the schedule.

"Music Where You Least Expect It" at DeFillippis Bakery in Monticello on Sundays has been so successful that the bakery did some remodeling to accommodate the music! Stop by for breakfast or just a coffee and pastry 11 AM to 1:30ish.

You can find a long running open mic at Dutch's in Rock Hill on Monday evenings. A staple of both here and DeFillippis is pal Steve Schwartz of Steve's Music Center in Rock Hill, which on a snowing, blustery night in December was awarded "Business of the Month" by the Town of Thompson. An award well deserved. Congratulations again Steve!!

The High Falls Café in High Falls resumes its open mic every 2nd Thursday. Now I know this is a hike, but I can also say, having made that trek when weather permitted and cabin fever struck, that it is well worth it.

The Brew in Rock Hill has indicated it will remain open through January with Tuesday the 10th and the 24th belonging to the Search and Rescue Orchestra. A rollicking good time, and highly recommended!

Sorella Pizzeria and Restaurant in Kauneonga Lake will also remain open with

the duo of master guitarist Al DeFino and Larry Ravdin on sax with sweet Jazz standards on Fridays and Saturdays.

Hurleyville's own Pickled Owl will also remain open, continuing to bring us incredible talent every Saturday.

For January: (all are "weather permitting," so I've included the phone numbers)

9th Monday: Dutch's Open Mic, 7 PM - 204 Rock Hill Drive, Rock Hill, 845-687-2699

10th Tuesday: Brew, SEARCH AND RESCUE ORCHESTRA, 6:30 PM - 280 Rock Hill Drive, Rock Hill, 845-796-2222

12th Thursday: High Falls Café, Open Mic, 7 PM - 9 PM - 12 Stone Dock Rd, High Falls, 845-687-2699

13th Friday: Sorrella, AL DEFINO and LARRY RAVDIN, 3562 State Route 55, Kauneonga Lake, 845-583-4300

14th Saturday: Pickled Owl, MOONSHINE CREEK (bluegrass), 6 PM - 218 Main St, Hurleyville, 845-693-5322

14th Saturday: Sorrella, AL DEFINO and LARRY RAVDIN, 3562 State Route 55, Kauneonga Lake, 845-583-4300

15th Sunday: DeFillippis Bakery, MUSIC WHERE YOU LEAST EXPECT IT, 11 AM - 1:30ish, 506 Broadway, Monticello

16th Monday: Dutch's Open Mic, 7 PM - 204 Rock Hill Drive, Rock Hill, 845-687-2699

20th Friday: Sorrella, AL DEFINO and LARRY RAVDIN, 3562 State Route 55, Kauneonga Lake, 845-

583-4300
21st Saturday: Pickled Owl, THE KURT HENRY BAND (multi genre originals), 6 PM - 218 Main St, Hurleyville, 845-693-5322

21st Saturday: Sorrella, AL DEFINO and LARRY RAVDIN, 3562 State Route 55, Kauneonga Lake, 845-583-4300

22nd Sunday: DeFillippis Bakery, MUSIC WHERE YOU LEAST EXPECT IT, 11PM - 1:30ish, 506 Broadway, Monticello

23rd Monday: Dutch's Open Mic, 7 PM - 204 Rock Hill Drive, Rock Hill, 845-687-2699

24th Tuesday: Brew, SEARCH AND RESCUE ORCHESTRA, 6:30 PM - 280 Rock Hill Drive, Rock Hill, 845-796-2222

27th Friday: Sorrella, AL DEFINO and LARRY RAVDIN, 3562 State Route 55, Kauneonga Lake, 845-583-4300

28th Saturday: Pickled Owl, CHRISSY ALIVENTI, (Acoustic Variety), 6 PM - 218 Main St, Hurleyville, 845-693-5322

28th Saturday: Sorrella, AL DEFINO and LARRY RAVDIN, 3562 State Route 55, Kauneonga Lake 845-583-4300

29th Sunday: DeFillippis Bakery, MUSIC WHERE YOU LEAST EXPECT IT, 11 AM - 1:30ish, 506 Broadway, Monticello

30th Monday: Dutch's Open Mic, 7 PM - 204 Rock Hill Drive, Rock Hill, 845-687-2699

February 4th: Pickled Owl, CAMPFIRE JONES & SARA HULSE (roots, grass, reggae), 6PM - 218 Main St, Hurleyville, 845-693-5322

MIRACLE ON 34TH STREET IN HURLEYVILLE

Text and Photos by Gabriela Almonte (age 8)



8-Year old correspondent Gabriela Almonte with her mother, Fallsburg Town Justice Amanda Ward.



Part of the cast of the Sullivan County Dramatic Workshop's radio play, Miracle on 34th Street.

about acting?

A. Getting to play many different roles.

Q. What is your favorite part about the Christmas holidays?

A. Christmas celebrates the birth of our Lord and that has never lost its meaning.

Lori Schneider played one of the Sullivan Sisters (singers).

Q. How long have you been acting?

A. My whole life.

Q. What is your favorite part about acting?

A. I love radio plays.

Teri Paris played multiple roles.

Q. How long have you been acting?

A. I have been a comedian since 1973.

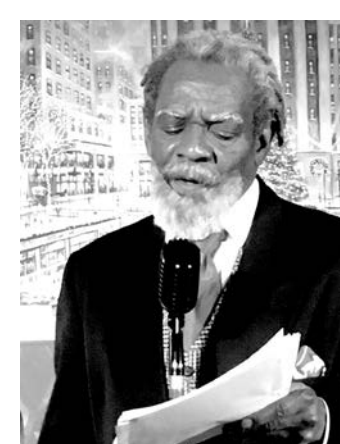
Q. What do you like best about acting?

A. I like doing comedy when someone gets it.

At right: Veteran actor Oliver King had the role of Kris Kringle in the play.



Cast member Lori Schneider (right) was a member of the Sullivan Sisters singing group in the play.



SOME SCENES FROM AROUND TOWN



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3



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- 1 A steady stream of participants in the Winter Solstice Candlelight Walk on the afternoon and early evening of December 21 got to experience this beautiful sight along more than one-half-mile of trail.
- 2 The Winter Solstice Candlelight Walk also included free hot cider and music at the Hurleyville Maker's Lab. Musicians included (left to right): Lynne Porter, Debbie Fisher Palmarini, Lee Karasik, and Alan Sorensen. David Rosenberg (not included) also performed.
- 3 Legislature Chairman Luis Alvarez joined the musicians for a couple of numbers and received a standing ovation.
- 4 Luis Alvarez (left) and Alan Sorensen, both County Legislators, share a moment during a break from the music at the Hurleyville Maker's Lab.
- 5 The Milk Train Rail Trail under the auspices of the Town of Fallsburg Parks Department, combines solitude and natural beauty, and is a great place to hike, snow-shoe, or cross country ski in winter.

Fallsburg CSD and SUNY- Sullivan Co-Host VEX Robotics Competition

Fallsburg Jr/Sr High School and SUNY Sullivan co-hosted "Catskill New Bot Battle" at the Paul Gerry Fieldhouse in December, with six school districts from all over New York State taking part.

In addition to four teams from the Fallsburg Robotics Club, two teams from Elmira High School, four teams from Minisink Valley Central School, one team from Ulster County BOCES, four teams from the Harvey School, and one team from Our Lady of Lourdes High School in Poughkeepsie competed for prizes and trophies.



Fallsburg seventh graders Landon Berry and Aidan Ferris were among the participants in the robotics competition.

The principal co-hosts of the day-long event were Dr. Cynthia Marcello from SUNY-Sullivan and science

teacher Mr. Don Thomas from Fallsburg CSD. Fallsburg's Aidan Ferris and Landen Berry of

team 99561C wowed the judges and took home the Judges Award. Fallsburg's Oliver Normington and Kai Odell Schreier on team 99561D won the prestigious

Skills Challenge and are automatically qualified to compete at the New York State Championship competition.



Fallsburg High School seniors (left to right) Angelica Mejia, Roberto Matamoros, and Luis G. Rivera also competed.

A Fallsburg Parent and the Volunteer in the Classroom Program

As a parent of two children at Benjamin Cosor Elementary School (BCES), Mrs. Fiorella Muscia has taken an active role in her children's education by volunteering in the classroom. She knows about the challenges of teaching young children and being in front of a classroom from teaching Sunday school at Monticello's St. Peter's Church. Before she volunteered for her first class at BCES, Mrs. Muscia was fearful and hesitant. "As soon as I saw that the children were so attentive and listening, I realized that I had something valuable for them," she realized.



Mrs. Muscia is reading to children in Mrs. Maria Rein's fourth grade classroom on December 16.

The Fallsburg mother of two saw the interested children when she read the first Christmas story in Ms. Levy's class in 2015. She followed the reading with a craft's project that engaged the kids. "I have learned so much from being in the classroom," exclaimed Mrs. Muscia. "I feel satisfaction as I watch their faces. Kids enjoy being read to. They enjoy the crafts projects and I can see it gives them a sense of pride putting things together and bringing them home to parents." She had this experience again in Ms. Maria Rein's 4th grade classroom on December 16 this year.

have something to offer. We live in such a diversified area with many different cultures. A parent can bring in something about their culture—tell a story,

describe typical foods and show how they are prepared. What you have to share means so much to a child."

Mrs. Muscia encourages

parents and community members to attend the next meeting of Volunteers in the Classroom on Monday, January 9, 2017 at 10 AM in the Fallsburg Jr/Sr High School Board Room and to join in the program.

"Children are like sponges, they absorb everything," she says.

If you feel the same way she does, come to the January 9 meeting. To learn more about the upcoming meeting, visit the FCSD web site www.fallsburgcsd.net and find out about this exciting new program.

Frankie & Johnny's Presents:
Nardi's Italian Restaurant

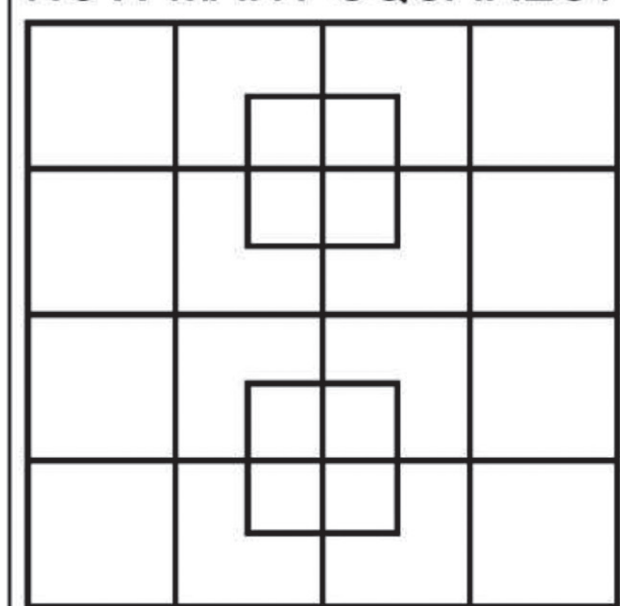
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HOW MANY SQUARES?



I found _____ squares.

Send your answer to info@hurlevillmakerslab.org. The first five correct answers, or the five entrants with the closest answer, will receive a prize.



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From the Firehouse

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



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

This past December the Hurleyville Fire Department held their annual elections. The officers for 2017 are as follows:

Chief - Alan Price; First Assistant Chief - Charlie Payne; Second Assistant Chief - Fred Froelich; Captain - Tony Harvey; First Lieutenant - Lori Feldman; Captain of the Fire Police - Eddie Alya; President - John O'Neil; Vice President - Miranda Behan; Secretary - Erica Payne; Treasurer - John Jaycox; Trustee for 3 years - Michael Spinelli.

For the year 2016 the Fire Department responded to 105 calls. These calls were at all hours of the day, during birthday celebrations, holidays, storms, etc. So when you see a fireman, thank them.

Last issue I talked about a few different common causes of structure fires that I have been to in the past.

Since our last issue there have been a number of chimney fires, a few furnace malfunctions, and wood ashes in a bucket starting a porch on fire in the county. Be careful out there trying to stay warm.

Coming up: The Hur-

leyville Fire Department, in cooperation with the Town of Fallsburg Youth Commission, will be holding the 29th Annual Ice Fishing Contest on Saturday, February 11th, 2017. The contest will take place on Morningside Lake off Brickman Road in Hurleyville from 7:00 AM to 3:00 PM. Registration will take place the day of the contest at the lake, registration is \$5.00 for adults and free for those 15 and under.

This is our 29th annual contest and we are holding our annual Super Raffle that day. First place is an 8" Jiffy Ice Auger, second and third place are 32" flat screen TVs, followed by a Metal Welcome Park Bench, Woven Cloth Hammock, Set of five Polar Tip-ups. See a Hurleyville Fireman for a ticket.

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

There will be an adult and youth division, 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 as many who show up. All team members



Although a bullhead is a rare catch in the ice fishing contest, it does happen. Here Austin Halchak of Hurleyville poses with one from the last contest.

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. The last winner, the Tappan Fire Department will be out in full force to defend the cup they won. I'm sure past champions Smallwood-Mongaup Valley, Neversink, Monticello 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. To see some of the results go to www.hurleyvilleny.com and scroll down to the bottom. As in the past, a good time will be had by all.

For more information please contact J.W. Halchak (845) 436-5418; George Price (845) 434- 3475; or Fred Turner (845) 434-7706.

From the files of...

THE HURLEYVILLE SENTINEL.

The Only Newspaper Published in the Town of Fallsburgh

Compiled by Sullivan County Historian John Conway

JANUARY 14, 1938 Drivers Warned Against Dangers of Winter Roads

Driving at reduced speeds will prevent many "winter" accidents, Motor Vehicle Commissioner Charles A. Harnett told State motorists today.

"Driving hazards increase during the winter months with the combination of early darkness and unfavorable weather conditions," Harnett declared. "Reduced speed enables the motorist to have his car under better control and to cope more effectively with whatever emergency might arise.

In addition to emphasizing the need for keeping windshields clear of ice and snow, the Bureau offers the following suggestions for application of brakes on slippery roads.

1. Use your brakes carefully. Press lightly at first and release quickly. A series of brief, moderate brake actions will aid in stopping car without skidding.
2. Keep the wheels of the car revolving to prevent skidding and to stop more quickly.
3. Take your foot off the gas, but do not release the clutch until the car is almost to a standstill. The slowing down of the engine will aid the brakes in reducing speed.
4. In case of a skid, turn your steering wheel so that the front wheels will be headed in the direction the car is skidding. This will tend to bring to rear wheels back into their proper position on the road.

Teachers Hear Plea for Zeal

Although he condemned their objectives, Dr. Roland G. Will, education instructor at the New Paltz Normal School, recommended the zeal of Italian, German, and Russian teachers to almost 300 teachers who met at the Monticello High School on Monday night to form the Sullivan County Teachers Association. Chairman of the meeting was William McKernan, principal of Woodridge High School.

"We must have the zealot's desire to do something about things that trouble us," Dr. Will said in his discussion of dangers presently confronting democracy, and of the influence teachers might exert in eliminating them.

"The difference between the real teacher and the complacent routinist is a knowledge of what is happening



A group of skiers pose at the summit of the Walnut Mountain Ski Area in Liberty circa 1937.

outside the classroom and correlating it to classroom instruction," Dr. Will remarked. "The danger to our democratic way of life is no longer theoretical or remote, but a real thing, now with us," Dr. Will warned. "If we teachers could become as enthusiastic about the teaching of democracy as the teachers of the three dictatorial countries are about their own current national philosophies, we would no longer be uncertain of the fate of our democratic system."

JANUARY 15, 1937 Liberty Ski Fans Greet Light Snow

With the ground again blanketed with a light fall of snow after two weeks of the balmy weather in the memory of Sullivan County natives, sponsors of the Liberty Winter Sports Program renewed their activities this week on Walnut Mountain, where, if the snow holds out, Sullivan's first contingent of skiing fans from New York City will disport themselves this weekend. On Friday night at seven o'clock, the first of a series of O&W weekend snow trains is slated to leave Weehawken.

The first O&W Sunday snow train was to have been run last Sunday, but the lack of snow called the trip off.

Dry Township Receives Last Liquor Tax Refund

Neversink township, which adopted local option by a vote at the November election, received this week from County Treasurer Roy C. Johnston the last revenue which it will derive from the alcoholic beverage tax. Towns in which local option exists cannot share in the pro rata distribution of beer, wine, and liquor taxes. The final check for Neversink, Mr. Johnston disclosed, was for \$926 and represented a delayed payment for the pe-

riod ended September 30th.

Hillig Introduces Two Dairy Bills

Assemblyman Otto Hillig introduced two bills in the Assembly this week, both of which pertain to dairy farming.

The first would provide for the creation of a committee to be appointed by the Governor to make an investigation of the spread between the price paid to the dairyman and that paid by the consumer.

The second bill provides authority to the Department of Agriculture to audit the books and records of all milk dealers including co-operatives. This would check up to ascertain whether or not the milk producers are receiving fair financial returns on the milk shipped by them.

JANUARY 29, 1937 Rivoli to Close for Two Weeks

On or about February

10th, the Fallsburg Rivoli Theatre will close down for approximately two weeks during which time extensive alterations and remodeling will take place.

On the reopening date, tentatively set for Washington's Birthday, movie goers will be presented with an entirely new Rivoli, modern in every detail and completely rebuilt from lobby to screen, with seating capacity increased to 700.

New seats, new projection, new stage and screen, new vari-colored lighting system, new ladies and men's rooms, modern lounge and smoking room, and new decorations will all go to make the New Rivoli the last word in theatre construction.

Jack Kaplan, manager of the theatre, states that everything will be new except the name "Rivoli" which has always stood and always will stand for the ultimate in screen entertainment.

Judge Kove to Lecture on Brandeis

Justice Moses L. Kove of Hurleyville has accepted an invitation of the Jewish congregation of Liberty to address the members at the Liberty synagogue on Friday evening, February 5th. His theme will be "Justice Brandeis, the Liberal." Jews throughout the United States this year are celebrating the eightieth birthday of Brandeis, one of the great jurists of the country, who was appointed by President Woodrow Wilson.

Kove has become a popular speaker in both political and social organizations of Sullivan County. He is an active member of the Zionist movement in this region.

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the SYDA Foundation and the S.C. Youth Bureau

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THERESA HAMLIN

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POSSESSED

Deke Temple, tall, handsome and athletic, is madly in love with blonde and beautiful Janice Pearson, and thought he was going to be spending a romantic winter weekend with her at the Columbia Hotel in Hurleyville. Then he discovered that Janice had entered them in the Luzon Cup couples ski race. Deke immediately regretted telling Janice he was an experienced skier even though he had never been on skis in his life. As Part Two of our story begins, Deke is attempting to rent skis at the hotel's ski shop, and Mike, the kindly old Frenchman who runs the shop, has found a pair of old wooden skis that seem perfectly suited...

as he handed Deke the ski.

"I was cleaning them up when I came across this burnt into the back end," he said, pointing. Deke was surprised at the weight of the wooden slab. He could see what Mike was pointing to, some writing encircled in an oval, obviously done by hand and not by machine, but he couldn't make out what it said.

"I can't read it. What does it say?" he asked, still not at all sure why Mike was so excited about the find.

"It says Henri Oreiller, Val d'Isère."

"And that means?"

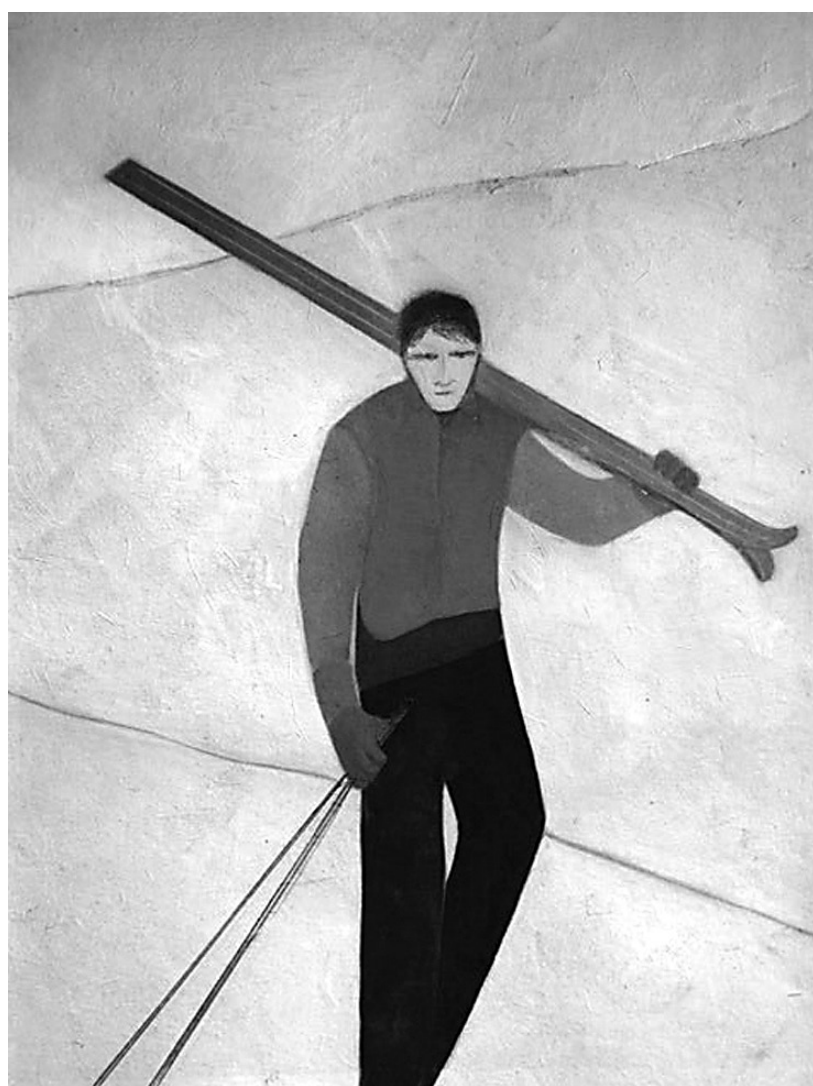
"You cannot be serious, confrere. I knew Henri Oreiller many years ago. He was one of the fastest skiers ever, a daredevil, a showman, and Val d'Isère was his home ski center, near Paris. He won Olympic gold medals in 1948, and then just gave up competitive skiing. Sadly, he died last year while racing his Ferrari, still a very young man."

"You think these were his skis?"

"I would say so," Mike nodded vigorously. "They're Rossignol hickory skis, and that certainly fits. I'm telling you, Oreiller was something to watch. No one skied like him, ever."

"Well, maybe some of it will rub off on me." Deke muttered.

Mike went back to work on the skis, while alternately whistling and talking softly to himself in what sounded like French. Deke returned to watching Janice on the hill, readying for another run. And right behind her were the tall guy and his female partner they had seen at breakfast, frolicking and laughing. That is, until they saw Janice begin her run. They didn't take their eyes off her as she made her way down the course. And she did put on quite a show.



Deke took the skis and headed for the top of the hill, feeling the weight of the world on his shoulders.

The other couple—Deke later found out their names were Fred and Lisa—took runs immediately after Janice and were nearly as impressive. He was well coordinated for a guy his size, and moved smoothly and effortlessly down the slope with little wasted motion. Deke tried to study his form. Surely he could emulate it if he watched closely enough, and at least present the appearance of knowing what he was doing.

Lisa presented quite a different picture. Her arms and legs seemed to be flailing in all directions from start to finish, but she accelerated with great bursts of speed that gave the impression she was actually propelled by some sort of rocket. "Wonderful," Deke mused to himself. "There's no way we're ever going to beat them. She is as fast, or nearly so, as Janice and I cannot hope to even come close to him." Janice joined him a short time later and they sat down inside the ski shop with cups of steaming hot cocoa. As distracted as he was, he couldn't help but notice how terrific she

looked, decked out in the most stylish of ski clothes. She shed her boots and a thin red jacket with blue and white piping to reveal a cable knit red crew neck sweater over a white turtle-neck and tapered red ski pants with stirrups on the bottom. Each piece of the ensemble seemed to feature curves in exactly the right places.

"You are really fired up about this race, aren't you?" he asked.

"I really want to win," she said matter-of-factly. "And, I'm excited that I'll be teaming up with you to do it."

"I can think of other things we could be teaming up to do..." he said playfully, placing his hand over hers. "You're terrible," she said, abruptly pulling her hand away. "But think of the celebration we can have after we win the Cup!" He could have sworn he detected a bit of a blush when she said it, but he also couldn't ignore her saying it as if it were a foregone conclusion.

Mary, the woman from the ski shop had come over to take their empty cups and to tidy up the table. She

waited for them to stop their banter before speaking.

"Mike says he will have your skis ready in time for the race, but we have placed you two toward the end of the pack so he'll have a bit more time," she said. "It doesn't look as if you'll get a practice run, though. Of course, you don't really look like you need it." Deke couldn't help but be amused by the comment. He did look like a skier, but he wondered what they would say if they knew that he had never been on a pair of skis in his life.

At 11 AM, a loudspeaker announcement summoned all the couples who had entered the Luzon Cup race to the top of the hill. There were eleven couples in all. Deke accompanied Janice, though he had yet to get his skis from Mike. A middle-aged man who introduced himself as one of the brothers who owned the hotel addressed the group and explained the rules. Each skier would make two runs, and the better time would be added to the better time of the skier's teammate and that would be the couple's score. The four fastest couples would then ski off in a single elimination contest, couple number one against couple number four and couple number two against couple number three, to determine the winners of the Luzon Cup.

Following the briefing, which also included a few basic ground rules, and a couple of questions, Deke retreated to the ski shop to check on Mike's progress. Meanwhile, the racing began. He noted that Fred and Lisa would be the third couple to take their runs, and the other couple Janice had recognized from last year, Jesse and Sarah, were tenth. He and Janice would be right after them, the last to ski.

It wasn't long after the skiing had begun that Mike presented him with the skis, which bore little resemblance to the battered pair he had seen in the tiny room with the sloping ceiling. They looked almost brand new.

"Wow," Deke said almost involuntarily. "I can't be-

lieve these are the same skis."

Mike beamed. "As I told you, these are very special skis," he said. "I rarely talk about it, but Oreiller was my student. In fact, I gave him his first skiing lessons. And I like you, John Smith, so I had to do my very best in preparing these, for you and for Henri!"

Deke picked up one of the skis and was again surprised by its weight, which seemed incongruous to its size and shape.

"Don't worry about that," Mike said, seemingly reading his mind. "You will be very happy with the way they respond."

Thanking Mike profusely, Deke took the skis and headed for the top of the hill, where he could see Janice was pacing nervously. Hoisting the heavy hickory over his shoulder, he had the unmistakable feeling that he was actually carrying an entire person up there.

"The weight of the world," he thought.

How will Deke fare with his "new" skis? Will he embarrass himself? Will he come clean and tell Janice the truth about his inexperience, and will what he had thought was a harmless little white lie damage their relationship? Don't miss Part Three of "Possessed" in the next edition of The Hurleyville Sentinel. "Possessed" is a work of fiction and any resemblance to actual persons or events is strictly coincidental, except when it is not.

EMS Beat

by Albee Bockman, AEMT-P



I hope everyone had a very Merry Christmas and Happy Chanukah!!!

There is nothing more stressful than the stress of the holidays. Whether it's shopping for gifts, a visit from relatives, or the cold of winter, these stressors can take a toll on our bodies - especially our heart. Additionally, not only heart ATTACK; but also heart ACHE and heart BREAK!

All kidding aside, EMOTIONAL STRESS plays a significant role in heart attacks because of the adrenal hormone "cortisol". Known commonly as the "Stress Hormone", cortisol influences and regulates many of the changes that occur in the body in response to stress including, but not limited to, blood pressure, central nervous system, heart and blood vessel tone and contraction. Too much or too little of this vital hormone can wreak havoc on our bodies leading to heart disease.

Luckily, there are five simple lifestyle choices that will reduce stress and anxiety:

1. Regular physical exercise is #1 on the list. Whether it's walking, jogging, or biking, a little bit of cardio goes

a long way. When you go shopping at ShopRite or Walmart, park a little farther away and walk the distance. Besides, the farther away you park, the less likely someone will hit your car with the shopping cart!!!

2. Any type of meditation will help to reduce high levels of cortisol. Simply taking a few deep breaths engages the Vagus nerve which triggers a signal in the nervous system to sloooowww down your heart rate and lower blood pressure. Try it! If you feel stress coming on, just take 10 slow, deep breaths and feel your entire body relax. Those of you willing to try Hypnotherapy, give me a call!

3. Socialize. Studies have shown that social aggression and isolation lead to increased levels of cortisol and trigger

potential mental health issues.

4. And there is nothing better than laughter and levity. Having fun has shown to reduce cortisol levels. What better reason to joke around as much as possible.

5. Play music that you love and that fits whatever mood you are in. Even Rock & Roll!

One further point I would like to stress (no pun intended). The dreariness of the winter months, the shoveling of snow, the fear of driving in bad weather, all contribute to the increase in the "stress hormone". Watching a movie on television, lighting a candle, listening to soothing music will get us through. Take breaks after a few minutes of shoveling. Don't push it! Have a very Happy, Healthy, and Safe 2017, Hurleyville!!!

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SPOTLIGHT ON A HURLEYVILLE TREASURE

by Kathleen Sullivan

"U.P.S. RALPH"

Ralph Berger (known by everyone in Hurleyville as "UPS Ralph" to distinguish him from "Town Ralph" (Burger), the son of Solomon and Pearl Berger, was born on December 9, 1936 in Brooklyn, New York.

Along with his parents and younger brother Lionel, Ralph spent his summers in Mountaintale where he developed a fascination with agriculture and farm animals.

Ralph attended Newtown High School in Elmhurst, New York. His curriculum in agriculture at the school required him to work on a farm during summer break, and he was able to work on the dairy farm owned by the Budd family in Mountaintale.

Upon graduation from high school Ralph moved to Sul-



Ralph Berger

livan County and worked at the Farmers' Co-op in Woodridge. While working at the co-op Ralph met Mary Lou Shaddock from Waldorf Avenue in Hurleyville. Ralph and Mary flirted and dated for three months before marrying on June 7, 1959.

Ralph and Mary were the parents of three children: Mitch, Suanne and Penny. The family moved from Mountaintale to the old Os-

terhout farm in Hurleyville in 1966.

An employee of UPS for twenty-five years, Ralph retired from the firm in 1999. He enjoyed spending time with his family which now included seven grandchildren. His family fondly remembers him working outside taking care of his home and nodding off in his recliner. Ralph and Mary enjoyed traveling. Their trips often included visits to family and friends.

Ralph loved Hurleyville, his "hometown" and was an active member of the Hurleyville Fire Department. In 2004 Ralph learned that Hurleyville was the hometown of Congressional Medal of Honor recipient, Francis Currey. He made a presentation to the Town Board of Fallsburg requesting the board to officially honor Mr. Currey. Ralph was a member of the com-

mittee of Hurleyville residents that was formed to organize the first Francis Currey Day parade and ceremony that was held in Hurleyville on July 10, 2004. The committee also had Hurleyville's Main Street re-named Francis Currey Boulevard. Ralph passed away in 2010.

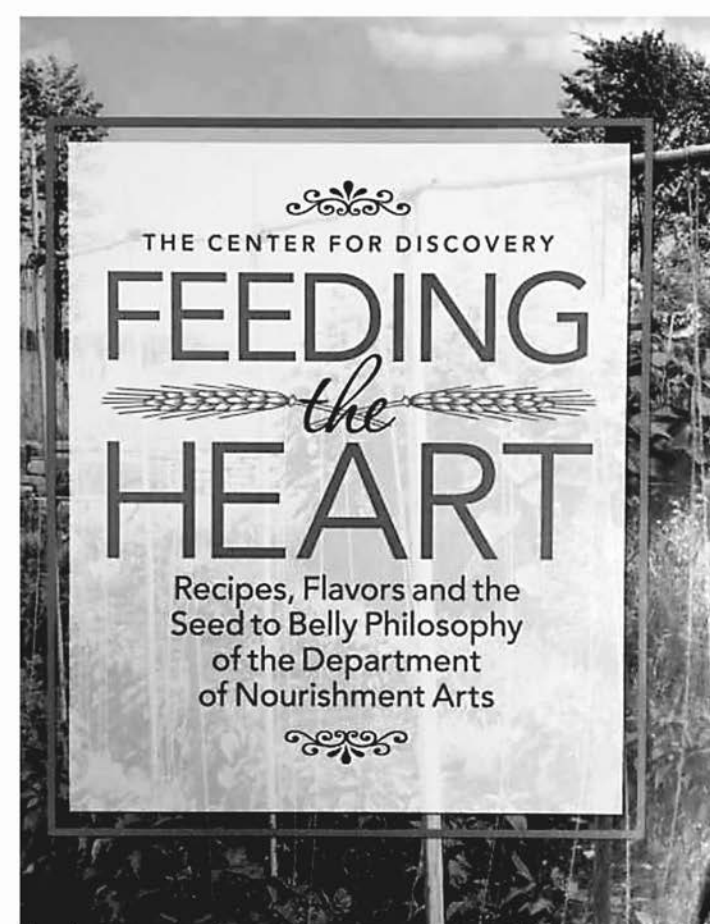


Ralph Berger (left) poses with Congressional Medal of Honor recipient Francis Currey at the monument erected in Hurleyville in his honor in September of 2004.

He is remembered by family, friends and neighbors as a warm, caring and honest man with a wonderful sense of humor.

Ralph is one of Hurleyville's many wonderful treasures. Please visit www.hurleyvilley.com to find more treasures in Hurleyville.

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SENTINEL SPORTS

Angelee Santillo, Sports Editor



A Tradition of Success

SUNY – Sullivan Men’s Basketball Program Among Nation’s Most Successful

On Saturday evening, December 14, 1963 former New York City high school all-star Bob Contos poured in 32 points and Jeff-Youngsville High School alumnus Lenny Ernst added 27 as the fledgling Sullivan County Community College Generals, 0-2 on the year up until that point, recorded their first ever basketball win, a resounding 104-60 victory over visiting Ulster County Community College in the Fallsburg High School gym.

Since that time, through more than fifty-three years of existence, nothing—save perhaps its internationally renowned culinary program—has brought more national attention to S.C.C.C. or SUNY – Sullivan, as it is now known, than its men’s basketball team.

Long before alumnus Cleanthony Early, a two-time first team All-American at Sullivan, joined the New York Knicks as perhaps the most successful graduate of the program, in

fact from the earliest days when Ernst and Contos were leading Coach Lee Roberts’ vaunted five, through the days of stalwarts Eddie Strong and Dave Eilenberg, and then to the Coach Dave Possinger era and beyond, with its twelve post-season tournament appearances, four National Championships and two undefeated seasons, Sullivan’s basketball program has always been a strong one.

The 2016-2017 Generals have continued that tradition, starting the season ranked number 7 nationally, racing out to an 11-3 overall record thus far, and standing at 8-2 in the conference. The Generals have won two in a row, including an exciting 89-83 overtime victory against visiting Bronx Community College on December 8 at Paul Gerry Fieldhouse in Loch Sheldrake.

Nysir Williams came off the bench to score 33 points and grab 11 rebounds in just 31 minutes of play to spark that win, while Romero

Collier added 19 points and 10 rebounds.

The Generals’ 8-2 Region XV record finds them in second place in the conference as the New Year begins, just behind front-running Nassau Community College, which stands at 9-1 in the conference and 12-2 overall, including a 74-61 win over Sullivan in Garden City on December 3.

The Generals next play against SUNY – Orange on January 17 at home. Game time at Paul Gerry Fieldhouse is 7 PM. Sullivan already owns a win over the Colts, having bested them on November 22 in Middletown by 73-71. Two nights after the game against Orange, Sullivan travels to Stone Ridge to take on Ulster County. The Senators were the opponents when Sullivan opened its 2016-2017 season back on November 1, the Generals recording an emphatic 93-66 win on their home court in that contest.

NEW COACH GRAPPLES WITH CHALLENGES

SUNY-Sullivan Wrestling

Monticello native Anthony Ng knew when he accepted the position of head wrestling coach at SUNY – Sullivan last August that there would be challenges. The program, in just its fourth year, had lost its previous head coach earlier in the year, which meant a summer without workouts or recruiting, but Ng was undaunted. “Not one of the kids who wrestled on the team last year had returned,” he said recently. “And the ones that were there when I arrived were aware that there had been no coach all summer.”

In fact, there was a concern among them that there might not be a wrestling season at all this year if a coach wasn’t found quickly. Ng started just in time to salvage the season, but too late to put his personal stamp on this year’s program. Still, the former Monti High standout, who wrestled collegiately at both Buffalo and Boston University, has a long range plan he has already begun to put in motion.

“We started the season with eight wrestlers, Sirgorio Thomas Ray of Baltimore, Maryland, Brian Vaughn from Montgomery, New York, Luis Sibilly and Allan Reyes from the Bronx, Kahhar Roufai from



New head coach Anthony Ng (standing right) and his assistant, Andrew Martinez (standing left) pose with the eight SUNY-Sullivan wrestlers who started the season this fall.

Brooklyn, Travis Kelly from Monticello, Deonte Moore, a transfer from Utica College from Otisville, and Owen Pacifico from Bayshore, New York.

“I believe the program can grow to become a very reputable Junior College Program, provided the local talent from Section IX and inner city schools know that it is an affordable and promising opportunity for kids looking to obtain their Associates Degree, and for those planning on matriculating on to 4-year accredited institutions, and possibly con-

tinuing their athletic career.” Just as he did when he was wrestling himself, Ng has set some very ambitious goals for the program, and has laid out a detailed plan for achieving those goals.

“Some goals I have for next year are to have at least one wrestler qualify for NJCAA Nationals,” he says. “I would like to ultimately have multiple JUCO All-Americans and a JUCO National Champion. In order to do this, there will have to be hundreds of hours dedicated to building this program from the ground-up. To have

a successful program anywhere, you have to have a solid group of wrestlers in the room who are willing to work year around.

“We have never hosted a home dual match at the Fieldhouse and I would like to change that. We will be hosting a 32-38 team national youth dual tournament April 1 and April 2 as a fundraiser through USA Wrestling and New York Wrestling News to purchase new mats for next season. This will be conducive to the possibility of the first home dual meet ever in the

Fieldhouse next season, possibly against Ulster CCC which just started a program this year.

“I want to recruit serious wrestlers that are dedicated to improving every season, including a summer program that exposes the guys to different styles of wrestling (freestyle and Greco-Roman) and obviously a strength and conditioning program, which is imperative.”

Ng realizes that much of his work will take place outside the wrestling room, as he attempts to convince graduating high school wrestlers to take a chance on a fledgling program at a school that has no reputation as a wrestling powerhouse.

“I hope to recruit heavily through Section IX high school wrestling programs and to utilize the upcoming Eastern State Classic tournament held at Sullivan to spread the word on a broad scale to over 160 high school teams attending from 8 different states.

“I am optimistic about the future of the program, and I truly believe it will become a reputable JUCO wrestling program. I have already gotten two kids from Section IX to commit to wrestle for us next year and I anticipate many more to come.”

Sullivan’s Kyla Given Named Region XV Player of the Month

Adding another accolade to a growing list, SUNY - Sullivan’s Kyla Given has been named by the National Junior College Athletic Association’s Region XV as its Female Athlete of the Month for November.

Picking up right where she left off last year, Given has been racking up the honors this season. She was named Most Outstanding Player at the Onondaga Classic in November, and was NJCAA National Player of the Week for Division III for the week of November 21 through November 27. Sullivan’s team captain showcases her leadership skills on and off the court as she is a member of the SUNY - Sullivan Honors Program.

Given, a 5’9” guard-forward, averaged 18.6 points per game, 9.9 rebounds and 1.4 assists in the month of November as she led Sullivan to a top-10 national ranking.

A graduate of Newburgh Free Academy in her second year at Sullivan, Given received a number of honors last season, including being named to the Region XV first-team all-conference squad and being voted the Mid-Hudson Conference Most Valuable Player.

The SUNY – Sullivan women’s basketball team next plays against SUNY – Orange in Middletown on January 17. Game time is 5 PM.



SUNY-Sullivan guard-forward Kyla Given, Region XV Female Athlete of the Month.



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Comets Win 57-42 Against Long Time Rival Monticello

by Julia Batista

One of the great rivalries in Sullivan County sports has always been that between the Fallsburg Comets and the nearby Monticello Panthers, especially in basketball.

Arguably the most celebrated sport at both schools, locals long-await Comet-Panther basketball matchups. Recently, on December 22, the Fallsburg Comets boys basketball team faced off against the Panthers at Monticello’s home court in the most heated game of the season up until now. Spectators from both communities crowded into the Monticello gym to see an intense game. As the stands became more filled with people, the game slowly began to unfold and the energy in the gymnasium built up higher and higher.

“I was nervous and a little excited because I knew that it would be a close game,” Jose Fuentes, a spectator, commented about the matchup. “It was highly anticipated for a while because everyone talks about the game a few days leading up to it. The rivalry is intense and you never really know the final outcome.”

The crowd was more than amped up, chanting for their own team whenever it scored. People screamed, clapped, and leaped up and down in the stands at every

successful shot. Spectators on both sides gave off great positive energy that made the atmosphere so much more charged and excited, while also putting more pressure on each team.

By the time the final whistle signaled the end of play, most in attendance agreed that it was one of the biggest basketball games of the season, but it was particularly significant for the Fallsburg Comets. Coming away with a 57-42 win set a new tone and vibe for the team, giving them “more confidence throughout the season” and proving to everyone that they were “a good team that works hard,” according to Shamiq Williams, a Fallsburg team member.

“I didn’t want to think about it as a rivalry game,” explained Rashaad Nurse, power forward for Fallsburg. “I just wanted to go into this game wanting to get off of our three game losing streak by getting a victory.”

And that is exactly what the Comets did. They brought home their second win of the season with the fifteen-point victory. Nurse himself scored a whopping 24 points, stating that he knew he “had to win this game for Fallsburg, not just for the team, but for the community and the school, as well.”

Both teams fought hard and fair, but it is with excitement that we extend



Fallsburg’s Rashaad Nurse (25) let’s one fly from the free throw line.

congratulations to our hometown high school basketball team, the Fallsburg Comets. We wish them an even more successful 2017 season!

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