

TELLING OUR STORIES

TRAVEL CHANNEL COMES TO TOWN

Filming Segments of "Code of the Wild" Series

by Win Hadley

HURLEYVILLE – A nine-member film crew from the new Travel Channel series "Code of the Wild" found its way to Hurleyville on April 17 to shoot a segment at the Sullivan County Museum on Main Street.

The yet-to-air series follows the exploits of two well-known survivalist brothers, Chris and Casey Keefer, as they track down and explore various mysteries that take them from Canada to Brazil. The segment shot in Hurleyville is to be used in the story arc about the prohibition-era gangster Dutch Schultz, who back in 1935 purportedly buried a hoard worth millions of dollars somewhere in the Catskill Mountains.

Although most of the "Code of the Wild" series is filmed outdoors, covering some of the most treacher-



Brothers Casey (left) and Chris Keefer, the stars of the new Travel Channel series "Code of the Wild" were filming in Hurleyville in April.

ous terrain in the world, the Keefer brothers were in Hurleyville to be filmed digging through the Sullivan County Historical Society's archives and interviewing Sullivan County Historian John Conway, whose book, "Dutch Schultz and His Lost Catskills Treasure," published in 2000 by Purple Mountain Press, has

become one of the bibles for treasure hunters seeking Schultz's millions. Over the years, Mr. Conway has appeared in and/or consulted on numerous television series and movies dealing with the Dutch Schultz story.

The legend of the treasure dates back to 1935, when Dutch Schultz was gunned down by rival gang-

sters in the men's room of a Newark, New Jersey chop house. Mortally wounded, the eccentric mobster didn't die right away, lingering for nearly a day and, ravaged by fever, babbling deliriously. The "Dutchman's last words" spawned the legend of the treasure, which was supposedly as much as \$9 million in Liberty Bonds hidden away in the event Schultz had to go on the lam. Each year ever since, hundreds of treasure hunters have flocked to Phoenicia, in Ulster County, which has become ground zero for the legend. During prohibition, Schultz had operated stills in the area, and he and his henchmen had become a familiar sight around town.

According to Travel Channel publicity, "Code of the Wild" is set to premier in July. No date for the segment on Dutch Schultz's treasure has yet been announced.

of the latest research into ASD.

TCFD'S WORK HIGHLIGHTED ON NATIONAL TELEVISION

Multiple Appearances Mark World Autism Day

by John Conway

NEW YORK CITY – The Center for Discovery marked World Autism Awareness Day with a renewed push in both New York and national media to highlight The Center's groundbreaking approach to the kind of care and research that is transforming the lives of adults and children with autism spectrum disorder and other complex conditions.

A small delegation of residents and staff from The Center made the early morning trip Tuesday from Hurleyville to Times Square, in their distinctive orange sweatshirts, to be in the audience of ABC's "Good Morning America." A few blocks away, TCFD's Associate Executive Director Dr. Terry Hamlin was on CBSN, which is the national 24-hour streaming news network of CBS News. And on the weekend, Dr. Hamlin and Executive V.P. of Marketing and Strategic Communications, Michael Rosen, appeared on Channel 7's "Up Close with Bill Ritter" to discuss some

of the latest research into ASD.

According to estimates by the Centers for Disease Control and Prevention (CDC) approximately 1 in 59 children has ASD. Dr. Hamlin says it's still unclear as to why, and has suggested advancing the conversation beyond "autism awareness" to "autism intelligence."

"We have to understand what's happening in the environment. What's happening from a genetic standpoint," Dr. Hamlin said. "There are a lot of people in the field right now but everybody is in silos... We have so much information but so little understanding."

She also revealed some significant new findings about the possible reasons behind some cases of elopement, which according to a recent study, affects nearly 50 percent of children with autism and can put them at extreme risk. Dr. Hamlin says based on the data TCFD researchers have gathered about several children at The Center, it's possible that the need to wander off may be less about



A group of staff and residents from The Center for Discovery appeared on ABC-TV's Good Morning America with host Robin Roberts (third from left) last month.

a desire to run away or toward something, and more about biological issues, like gastrointestinal problems that are causing pain and stress. Dr. Hamlin stressed that more information is needed to see if this has an impact on other children.

Mr. Rosen spoke of his personal experience with his son Nicky, who has autism, and would often bolt from his home and end up in extremely dangerous situations. Mr. Rosen, like many parents, resorted to locking Nicky in his room to keep him safe. Once at The Center, Nicky's underlying GI

issues were addressed as a part of his daily lifestyle and he began thriving with the help of a safe and secure environment. Now he's living in a house on Main Street, Hurleyville, with five of his peers, and engaged in a meaningful life.

The concept of safety for children and adults with autism is a focal point at TCFD and the focus of the groundbreaking conference in Manhattan last month called "A New Landscape for Autism: The Science of Safe and Healing Environments." See coverage elsewhere on this page.

RENAISSANCE CONFERENCE IN HURLEYVILLE

Spring Symposium at Michael Ritchie Big Barn

by John Conway

HURLEYVILLE – The liveliest little hamlet in the Mountains will play host to the Sullivan Renaissance annual conference on May 17 and 18 this year.

The conference will take place at The Center for Discovery's Michael Ritchie Big Barn.

The conference, entitled, "Changing the Course" is co-sponsored by Renaissance and Sullivan 180, and will explore the relationship between healthy places and healthy people. It kicks off



Ben Winchester

with an afternoon mixer at 4:30 p.m. on Friday, May 17, and features a presenta-

tion by Ben Winchester, a Rural Sociologist from the University of Minnesota, at 5:30. The presentation will "dismiss the myth of 'brain-drain'-- the phenomenon of young people leaving small towns-- and turn the focus to the 'brain-gain' that is occurring locally and throughout rural America."

A panel discussion will include individuals "who were raised here, recently moved here, or returned to the area."

Mr. Winchester returns on Saturday for a 10 a.m. program that discusses the community characteristics

that have successfully attracted professionals and young families. A networking lunch follows, and the conference concludes with a choice of afternoon activities including a screening of the film, "Place Matters," a Tai Chi and Yoga sampler, biking on the Milk Train Trail, a guided history walk, and other programs.

Registration for the conference can be done online at sullivanrenaissance.org/events-seminars. Call 845-295-2445 or email info@sullivanrenaissance.org for more information.

STAGGERED TERMS MOTION DEFEATED

Legislator Rajsz Suggests Referendum

MONTICELLO – The Sullivan County Legislature last month voted against changing the County's Charter to stagger the election of members of the governing body.

The vote was unanimous, although District 3 Legislator Mark McCarthy was not in attendance.

Following more than two years of meetings, the County

Charter Review Commission had made a number of recommendations for improving the way the county government operates, including adopting an elected County Executive and staggering the terms of the Legislators so that all nine lawmakers would not be up for election at the same time.

The County Executive issue has never come up for official discussion, but the change to staggered terms seemed well on the way to being adopted until last month's vote.

To explain their vote, the Legislature issued a statement which read in part:

"[W]e feel the citizens of Sullivan County will continue to be best served by the system the founders of this Legislature put in place nearly 25

years ago. They established that all nine legislative positions would come with the same four-year term, and they determined that a more frequent turnover of elected legislators would not result in better governance. We agree.

"Change for change's sake is never the ideal and should not be the goal."

District 2 Legislator Nadia Rajsz, however, has suggested that the people should decide the matter by voting directly on it in a referendum, and requested that the County Attorney investigate how to make that happen.

Ms. Rajsz said she thought county lawmakers had other important issues to focus on right now, and that's why she voted against making a



Legislator Nadia Rajsz

change at this time. But, she said, she has heard that voters were "very upset that we voted down the staggered terms," and called for the people to have an opportunity to decide what they want.

Legislators have not yet reacted to her suggestion.

TCFD HOSTS GROUNDBREAKING CONFERENCE

by John Conway

NEW YORK CITY – The Center for Discovery brought together thought leaders in the worlds of architecture, technology, and healthcare, to discuss a new landscape for autism at a conference in Manhattan to mark World Autism Awareness Day.

The event opened with a video message of support from U.S. Senator Chuck Schumer.

"An estimated 90 per cent of young people with autism between the ages of 21 and 30 are living at home with their aging parents," said Dr. Terry Hamlin, The Center for Dis-

covery's Associate Executive Director, as she kicked off the conference, "and no one is thinking what we can do differently. That is what this conference is about."

Dr. Hamlin talked about the evolution of facilities for people with autism and said the future is clear: we need smart, intuitive and healthy buildings.

"Environment really does matter," she said.

Jennifer R. DuBose, the Associate Director of the SimTigrate Design Lab and principal associate in the College of Design at the Georgia Institute of Technology, said design can empower, engage, protect

and support sleep and healing. She said there were great opportunities for collaboration with The Center, particularly given SimTigrate's Mild Cognitive Impairment (MCI) Empowerment Program.

The program is exploring how to help empower those with MCI to stay at home and be independent, in part through creating a flexible, safe, engaging and personalized environment that enhances function.

"We see it as a living lab," Ms. DuBose said.

The Center's President and CEO, Patrick H. Dollard, led a panel about the future of safe and healing environments

that included TCFD's research partners, Dr. John Ratay, Associate Clinical Professor of Psychiatry at Harvard Medical School and Dr. Rune Simeonsson, Professor and Chair of the Psychology Department at the University of North Carolina Chapel Hill, as well as Dr. Turner Brooks, an adjunct professor at Yale School of Architecture and a principal of Turner Brooks Architects, who designed The Center's Ridge Campus.

"We are talking about physical space being part of the healing process," Mr. Dollard said.

Following a number of other presentations and panels, Mr.

Dollard concluded the conference with some thoughts about the need to build The Center's endowment to \$200 million to confront the challenges of the future. He said the new Children's Assessment Hospital and Research Institute in Rock Hill will lead the way in a new approach to care, and help inform necessary policy changes at both state and federal levels.

"The Center's great power is our brilliant families that are smart and extremely generous. I think we have the foundation to make this work... We have magic in the Catskills," Mr. Dollard said.

HURLEYVILLE ARTS CENTRE CINEMA REOPENS

Sound and Picture Better Than Ever

by John Conway

HURLEYVILLE – The cinema at the Hurleyville Arts Centre, which has been temporarily closed for upgrades, has reopened. Marvel Studios' blockbuster movie, "Avengers" Endgame" premiered at

the cinema on Friday, April 26 and continues on weekends through May 12. Showtimes are Friday evenings at 7:30, Saturdays at 3 p.m. and 7:30 p.m. and Sundays at 2 p.m. and 6 p.m. Tickets are available for presale online at: <https://hurleyvilleartscentre.org/avengers-endgame/>

"It's a new beginning for us," said Hurleyville Arts Centre program director Erin Dudley, "Our cinema has gone through a technology upgrade, and is now brighter, clearer, and better sounding than before."

The Inquiring Photographer

by Heather Gibson



Q. "What quality does/did your Mother possess that you have come to admire the most?"



Lisa Langseder Coney

"My Mom, Dorothy Langseder, was director of Catskill Art Society in Hurleyville for many years. My Mom had an exceptional, God-given talent for art. Through her eyes she was able to capture the beauty on many, many canvases. In turn, I am happy to have been the recipient of her artwork when she passed"

FROM THE WEATHER CENTER

by John Simon

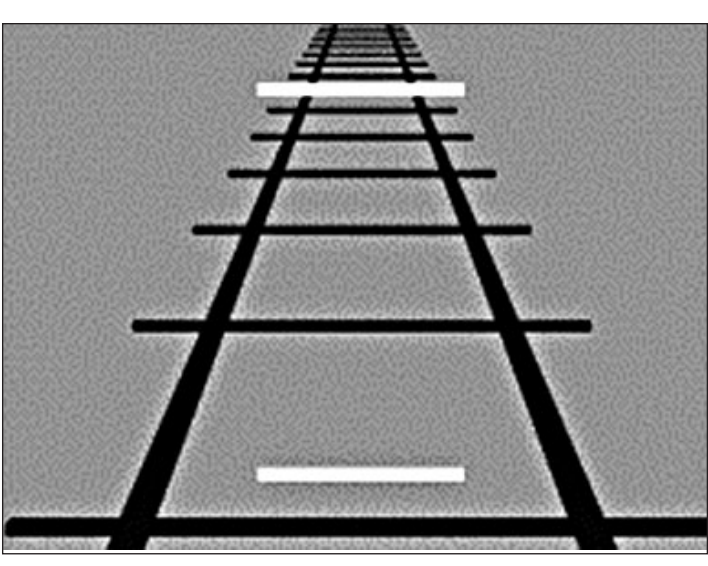


Last month on April 19 was April's full moon which is known as the Pink Moon, according to the Old Farmer's Almanac. The name comes from one of the first pink flowers that bloom in the early spring, known as wild ground phlox. April's full moon has also been called the full Sprouting Grass Moon, the Egg Moon, and the Fish Moon. The Cree peoples indigenous to North America called April's full moon the Goose Moon, as April was the month when geese returned to the north after migrating south for the winter.

This month's full moon occurs on May 18 and is called the Full Flower Moon. Full Moon names date back to Native Americans of North America. Tribes kept track of the seasons by giving distinctive names to each recurring full moon. Full Moon names were applied to the entire month in which each occurred. In most areas, flowers are abundant ev-

erywhere during this time. The orange and red tints that you see vividly with the rising full moon are caused by the particles in the Earth's atmosphere. When the moon is near the horizon, the moonlight must pass through much more atmosphere than when the moon is directly overhead. Also when the moon is near the horizon, it looks giant. This is known as the moon illusion. The moon illusion makes the moon look big at the horizon but the moon is actually the same size in the sky. The moon illusion can be explained by the 1913 "Ponzo illusion" where Mario Ponzo drew a railroad track and then two identical yellow bars across the converging tracks. The upper yellow bar appears much larger than the lower bar but the two bars are the same length.

It hardly matters to sky-watchers which is correct, though. The moon illusion is real and extraordinary.



The Ponzo Illusion illustrated. PHOTO PROVIDED

Hamlet Happenings

by Kathleen Sullivan



Everyone is invited to join the members of Hurleyville-Sullivan First at the 2019 Sullivan Renaissance Annual Conference in Hurleyville on Friday, May 17 and Saturday, May 18.

The theme of the conference is CHANGING THE COURSE and the focus will be on the relationship between healthy places and healthy people. There will be panel discussions at the Michael Ritchie Big Barn at The Center for Discovery and workshops and hands-on enrichment activities on Main Street.

The Sullivan County Historical Society will present The Allen Brothers and Little Sparrow in concert at the entrance to the Rail Trail at 2 p.m. on Saturday, May 18.

Please visit www.sullivan-renaissance.org or call 845-295-2445 for more information and to register.

For more information about Hurleyville-Sullivan First, please visit us at www.hurleyvillenyc.com or on Facebook.

The next "First Sunday Music and History Program" at the Sullivan County Museum will be held on Sunday, May 5 at 2 p.m. The program will feature amazing guitarists Slam Allen and Van Manakas performing music from the 60's and 70's and will include a discussion of the history of the guitar and its impact on the music of the Woodstock generation.

Sponsored by the Sullivan County Historical Society and hosted by Little Sparrow, the program showcases some of the most talented musicians in our area. Admission to the performances is free and donations are always welcome. You can find information on upcoming performances at www.scnyhistory.org or at the Sullivan County Historical Society page on Facebook.

The program is made possible with funding from a Sullivan County Arts and Heritage Grant, funded by the Sullivan County Legislature and administered by the Delaware Valley Arts Alliance.

There are two sessions left in the course on Sullivan County history offered by Sullivan County Historian John Conway. The classes will be held on Wednesday, May 8 and on Wednesday, May 15.

Participants can sign up at a cost of \$10 per class.

The course is conducted as



Slam Allen



Van Manakas

a fundraiser for the non-profit history education group, The Delaware Company. Email Mr. Conway at aconway52@hotmail.com for more information or to register for the course.

There's a special Red Cross exhibition at the Museum. The display includes antique prints, photographs and items from the personal collections of Sullivan County residents.

Send an email to info@scnyhistory.org asking to subscribe to an email notification list for upcoming events at the Museum. You can also use the form at www.scnyhistory.org to send your request.

The gift shop at the Museum offers an assortment of Sullivan County-related books, maps, posters, postcards and memorabilia.

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

"MESSY CHURCH" has started at the Hurleyville United Methodist Church. Everyone is invited to come and join your neighbors for an evening of fun activities, songs, games, crafts, stories and refreshments. "MESSY CHURCH" will be held at 5:30 p.m. on the fourth Saturday of each month.

The Bread of Life Food Pantry at the church is open each Thursday (except the first Thursday of each month) from 4:30 to 6:00 p.m. The volunteers at the food pantry serves

serve forty families every week. They also provide free clothing for families in need on the last Thursday of each month.

Services are held at the church each Sunday from 9 until 10 a.m.

The church holds prayer meetings every Monday from 10 a.m. until noon.

A Bible study group meets at the church every Tuesday from 7 to 8 p.m.

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

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

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

The members of Columbia Hill Neighborhood Alliance (CHNA) have outlined their concerns with the proposed Gan Eden Estates project on Columbia Hill and have communicated those concerns to officials in the Towns of Thompson and Fallsburg as well as the NYS Department of Environmental Conservation, the Sullivan County Planning Department, the NYS Department of Health and the U.S. Army Corps of Engineers.

Those concerns include the submission of an inadequate environmental impact study form and the financial and environmental risks of sewer treatment plants that fail.

CHNA believes the proposed project is a danger to our community. The Gan Eden project will deplete our water supply, jeopardize our streams and wetlands, endanger wild life, alter our rural environment and threaten the safety of drivers on our roads.

The Delaware River Basin Commission (DRBC) has still not announced the result of Gan Eden's permit request to withdraw millions of gallons a month from the aquifer for use as the development's public water supply.

Visit CHNA at www.columbiacountyhill.org or on Facebook to learn how you can help to protect your environment and your community.

FROM THE FARM

by Eve Springwood Minson



Spring has sprung and the rush is on to accomplish everything without too much stress. No month is as transformative as May, so it's worth slowing down to take in all the beauty!

My priority list looks something like this:

- Get the vegetable garden ready – spread and dig in compost, rake out beds, plant seeds for early cool season crops like peas, spinach, lettuce, kale, carrots, turnips, beets, radishes. Broccoli, cauliflower, Brussels sprouts and collard can be planted too.
- Clean up perennial gardens and add compost. Rake up debris before plants start pushing out new growth so you don't

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

- Leave some room for colorful annuals as fillers throughout the gardens including the vegetable garden. Some of my favorites are nasturtiums, marigolds, zinnias, cosmos, sunflowers.
- Purchase warm season vegetable transplants like tomatoes, eggplants, peppers and basil – unless you've grown them from seed at home. You can grow cucumbers, zucchini, beans and squash from seed planted directly into the ground. These go in later in

the garden.

The Scene

Music and Entertainment in and around Hurleyville

by Jane Harrison



Heartbeat, The Music Hall of Grahamsville opened its doors for the season on Saturday, April 13 in grand fashion. Southern Fried Soul (Laura Garone, vocals; Kenny Wendheim, bass; Antoine Miglione, guitar; Steve Schwartz, guitar and a partially identified but none the less wonderful drummer named Bill) wowed the packed audience with a litany of well-loved tunes, expertly crafted and executed. Laura even surprised her husband with the song "he's been bugging me to do forever," Band of Gold in a similar style to Freda Payne's 1970s version.

One of the most heartfelt moments came at the end of the first set, when David Trestyn had his wife Teresa step onto the stage to be acknowledged. These two are wholly responsible for bringing this dream to fruition, and with the help of many others, opened the doors last year for what is proving to be an extraordinary venue. There is no food or alcohol served; it is truly a Music Hall in the great traditions of our forefathers, and a true treasure for Sullivan County.

Once again I have to say Cabernet Frank's in Parksville never disappoints. It has maintained its status as the closest thing to an actual nightclub in all of Sullivan County. Last Saturday night it was the group Paprika (which includes Hurleyville's own Terry Dame), and they are extraordinary! I've heard about them for well over a year, but it took returning a camera to a good friend to get me out to see them. Their music is new and fresh, encompassing everything from a Russian folk tune to a four-drum masterpiece. If that sounds weird, I assure you it is not. They went on at 8 and by the time I got there a half-hour later, every inch of the dance floor was alive. There were dignitaries among this crowd, Peter Dollard, an award winning photojournalist friend of mine, and the Health and Beauty editor of a major magazine, another good friend. There were others too, persons that I was introduced to, all attracted by Paprika and the welcoming atmosphere of Cabernet Frank's. Did I mention that four of the five performers are women?

The most recent book by award-winning mystery writer and former Sullivan County resident John Dwaine McKenna is now available at the Neversink General Store in Neversink. This latest tale, "Unforsaken," is a gritty little thing set in the Old West, a tale of murder with a cast of characters expertly woven through bits of historical data of the setting. I have to admit, I don't have much time for reading, but I made time for this, and thoroughly enjoyed every minute of it. And in my conversations with the author I learned that the idea came from what he learned from his wife's genealogy report! The books for sale are all signed by the author, whose own personal story is one of perseverance. A trip and fall several years ago rendered Mr. McKenna a paraplegic, and still he writes, does most of his own research, and refuses to give up. And yes, he does sign his own books.

Looks like there's a new venue offering live music: the recently opened Kartrite Resort and Water Park has already snagged Fisher and Kean and Joanna M. Gass. So yes, I made the phone call. Can one just come in to see the entertainment? Or does one have to book

a room? And is there a cover charge? Hooray! You can just come in for the entertainment, and there is no cover charge.

And keep your eyes open in and around Hurleyville this month for a wonderful surprise in honor of the 50th anniversary of the Woodstock Festival.... and no, it's not a dove.

Until next time...

Coming up in May:

Every Monday:
Dutch's Open Mike: 205 Rock Hill Dr., Rock Hill, 7 p.m.

Tuesdays:
The Greater Sullivan County Search and Rescue Orchestra (Joanna Gass, Steve Schwartz, Kenny Windheim, and Eric Neis), Brew, 280 Rock Hill Dr., Rock Hill, 6:30 p.m.

Tuesday May 13: The Third Female Singer Songwriter Showcase (including Debbie Fisher); Taste Buds Café, 40 West Market Street, Red Hook, NY; 6:30 p.m.

Wednesdays:
Open Mic; Heartbeat, The Music Hall of Grahamsville; 304 Main St., Grahamsville; 7 p.m.

Thursdays:
Cabernet Frank's Open Mic; 7 p.m.
May 2 hosted by Little Sparrow
May 9 hosted by Fisher & Kean

Fridays:
Every Friday: Sorella: Jazz Standards with Defino and Ravdin, and great Italian food! 6-9 p.m., 3562 State Rte. 55, Kauneonga Lake
Cabernet Frank's; 38 Main St., Parksville
May 3: Side F/X; 8 p.m.
May 10: Karabas Barabas (double show); 8 p.m.
May 17: Alyssa Goldstein; 8

p.m.
May 24: Chris Raabe; 8 p.m.
May 31: The Johnny Jules Band; 8 p.m.

Saturdays:
Every Saturday: Sorella: Jazz Standards with Defino and Ravdin, 3562 State Rte. 55, Kauneonga Lake; 6 p.m.
Pickled Owl, 218 Main St., Hurleyville; 6-9 p.m.
May 4: Marc Delgado
May 11: Ron Renninger
May 18: Gabe Rickard
May 25: Albi
May 31: Handsome Johnny
June 1: Rare Form
Heartbeat, The Music Hall of Grahamsville, 304 Main St., Grahamsville
May 4: David Mildner Live!; 7 p.m.
May 11: Fisher & Kean; 7 p.m.
Cabernet Frank's, 38 Main St. (Exit 98 off 17W) Parksville; 7 p.m.
May 4: Albi Beluli; 8 p.m.
May 11: Snack Pack Backpack Fundraiser for Sullivan County BOCES, Tickets \$30 (includes dinner and the Brotality band); 6 to 10 p.m.
May 18: Soul Purpose; 8 p.m.
May 25: To Be Announced
June 1: Yasgur; 8 p.m.

Sunday:
May 5 for Cinco de Mayo: BJ and Dave; 1 p.m. (and hopefully it will be nice enough to sit outside)
Every Sunday:
Music Where You Least Expect It: 11 a.m.- 1:30 ish, DeFillipis Bakery, 506 Broadway, Monticello
The Catskill Distillery; Barry and Friends, Jazz Brunch, 11-2, 2037 State Rte. 17B, Bethel
Open Mic; Rafters Tavern, 28 Upper Main Street, Callicoon; 3 to 6 p.m.

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Hot Mess Mom - Honoring the "Real" Moms

by Heather Gibson

HURLEYVILLE – I remember being annoyed every time my Mom ran back into the house to see if she unplugged the curling iron. She was more than often "running late" and would often forget things I told her.

What was so hard about remembering that I needed a white shirt for Thursday's band/choral concert? At twelve years old, I couldn't possibly understand all she was juggling as a single Mom. I'm certain she had more than one job and I'm certain she had a lengthy list of adult stress I didn't even know existed.

My day consisted of worrying about just me. I never thought that I would find myself looking for my cell

phone while it was right on the table below my nose. I never thought I would miss my turn and have to take the longer route home. I never thought I would run around like a chicken with my head cut off; in a world where if I don't write it down, it doesn't get done. Making a grocery list is now essential, and no longer optional. And running late is new to me. After all, getting a three year old to put on his coat and shoes is a major task to be conquered eventually, but not before a few chases around the house and some muttered curse words I hope he didn't hear. Recently, I gave my Mom a plaque that reads, "Thanks Mom. I get it now."

The experts say there's only so much information we can keep in our brains

at any given time. And because of that we often say silly things. My favorite example of that one is asking my husband how he knew what was on sale at Shoprite as he read the sale flyer right in front of me. Like... did I really just ask that? Sometimes our mouths open before our brain has fully processed the scene in front of us. And that's because we are always on the run, always adding to our "To Do List," and always trying to juggle parenting with all the other hats we wear, just as my Mom did.

My husband and I waited a long time to have children, so we had a lot of time to observe friends who were already parenting. We started to keep a mental list of things we would NEVER do. Ha! When you actually become a parent that list quickly gets thrown out the window!



I remember saying that we would never use an iPad

or cell phone in a restaurant to keep OUR child quiet. How dare that family not teach etiquette and family values! Look at them over there! The greatest Mom

lesson yet continues to be PICK YOUR BATTLES. I say this out loud to myself A LOT. So, if Hayden hasn't had a nap and I'm growing "hangry," an electronic device that will keep peace at the dinner table is it? I justify my actions by remembering that he goes to an electronic-free daycare, that he plays A LOT, and that it turns out we deserve a quiet dinner out once in awhile, like all other human beings.

So here's the big confession: Last year, while having lunch at Red Robin, I put Hayden in a booster seat right next to me and we began to look at the menu. My son is a flirt and so he began to interact with the little girl at the table next to us. When he went to

wave to her, he leaned over too far and over he went. I heard Chris yell, "Mommy, Mommy, Mommy!" For a few seconds, Chris froze. He simply couldn't move. My chest tightened. Oh my Gosh! His face! His teeth! As Chris picked him up, booster seat still attached, we were relieved to find not one injury. Hayden cried. Most people just stared. A free strawberry smoothie later, there we sat with new parental scars. Why didn't I put the booster seat on the inside of the booth? He could have split his little head wide open! Ugh. So dumb. Just then, the little girl from the table next to us came over with a toy dump truck for Hayden. The Mother said, "We discussed it. Our family thinks you guys need this more

than us right now." She smiled at me as if to say, "It was an accident. It's ok."

I knew in that moment that she too has been here before or knew that one day she might be. Another member of the "Hot Mess Mom Club" now standing beside me; helping me smile through my embarrassment. Suddenly, my public shame began to diminish. She gave me permission to be a hot mess. That small act of kindness taught me so much about empathy. We are all a little messy, aren't we? We are all making mistakes; big and small. Best thing we can do is share our crazy adventures, laugh out loud, give each other permission to lose our self a bit and then help each other clean up the mess!

There's Always Something Happening at THINC!

by Denise Sullivan

HURLEYVILLE – New students from the SUNY Sullivan Brighter Futures LPP (Liberty Partnership Program) have been visiting THINC for afterschool hands-on fun and learning since December. The program is designed to promote successful graduation, college readiness and career development for students entering grades 7 through 12 in the Fallsburg, Monticello and Liberty school districts.

This school year, our seventh and eighth graders from



Middle school students from Fallsburg are working on a cornhole game design with THINC instructor Mark McNamara.

LPP engaged in lots of creative making, but the pottery

studio and the laser cutter were by far their favorite activities. Their hand-built clay vessels were superb, and they recently laser cut images of their favorite soccer stars.

The Fallsburg Makers Club comes to THINC every Tuesday after school. This creative group of middle school students is completing a cornhole game design with Mark McNamara. Physical Education staff at the

school provided materials and asked the club members to design and build the game set for the school while they were at THINC, where the needed tools and equipment were available.

Cornhole is a lawn game in which players take turns throwing bags of corn at a raised platform with a hole in the far end. A bag in the hole scores 3 points, while one on the platform scores 1 point. Play continues until a team or player reaches or exceeds the score of 21.

Fallsburg Makers Club students drew designs by hand and learned how to enhance and sharpen them by using Photoshop. The designs were then carved into wood using the CNC router, and colored resin was poured into the routed design.

Vinnie Collura from the Assistive Technology department at The Center for Discovery is collaborating at THINC on a wheelchair



A bicycle is being modified at THINC so it will fit any wheelchair.

bicycle project. Working with Marc McNamara in the metal shop, they are modifying a hand pedal bicycle so that it will fit any wheelchair. Individuals in wheelchairs who have upper body functionality will be able to use this equipment for exercise outdoors. Clinicians will be able to wheel the student right up to the bike and attach the wheelchair to it, rather than lifting the student out of a wheelchair and onto a bike. The first prototype of the wheelchair hand bike is now being tested. There will be more to come on this exciting and fun project in the near future.

VIET NAM REMEMBERED

Claryville FD donates \$1000 for traveling Vietnam Wall

CLARYVILLE – Sullivan County AmVets Commander Stephen Walsh thanks the Claryville Fire Department for its donation of \$1,000 towards the cost of bringing a mobile replica of the Washington, DC Vietnam Veterans Wall to the County this fall. The funds were painstakingly raised by the fire department through various events. The AVTT Traveling Wall Vietnam Veterans Memorial will be at the Rock Hill Volunteer Fire Department's Park from September 11 to 14, 2019, sponsored by AmVets and the Sullivan County Veterans Coalition, in conjunction with the Sullivan County Volunteer Firefighters Association Annual Parade. The largest such traveling wall in America, it is a four-fifths size replica of the Washington, D.C. Vietnam Veterans Memorial, which honors service members who made the ultimate sacrifice in service of their country in the Vietnam War.



Sullivan County AmVets Commander Stephen Walsh, left, accepts a donation of \$1,000 from Claryville First Assistant Chief Gary Frear, holding his 20-month-old granddaughter, Sadie Gough, Fire Police Captain Desi Jimenez, and Chief Glenn Vandenberg.

Out Divine Corners Way

by Jonathan Shimkin

The barred owl sings outside my window one night for a good thirty minutes, a melody as plangent as Mozart: HOO--hoo-hoo--HOOOOO. That final "hoo" is a sustained note and resolves the phrase before it repeats. Somewhere in the night another owl is calling or responding in turn, but I can't hear this distant interlocutor. The notes stand out against the surrounding silence with the singular clarity of a bright moon on a dark night.

When I first moved upstate, years ago, I was spooked by the quiet at night, being all too accustomed to a steady tide of heavy traffic and urban street noise. The rural silence was unsettling until, one day, it suddenly wasn't; I had acclimated to life in a different register.

The reduction in noise level made for a richer relationship with the acoustic environment. Rather than being glutted into insensibility by a constant din, I found space for sounds to stand out, pure and distinct: the creak of a moving branch; the oceanic roar of a strong winter wind; the intimate icy peppering of sleet on the roof; the bark of a dog from a

great distance, sounding like an echo of itself. All these sounds define, and are defined by, the complementary silence.

The surrounding silence is relative, of course, not absolute ("The notion of absolutes is relative," per Wallace Stevens). It's all a matter of attention; direct your ear so and there's always sound of some sort around or within you. John Cage emerged from an anechoic chamber, built to baffle all sound, claiming he'd heard the circulation of blood in his head and the beat of his heart. Absolute silence is a myth; the countryside is more of a reduced noise zone, within which one's attention can cleave to the contours of particular sounds - the hoots and creaks and barks and yips that marble rural silence and give it its distinctive texture.

The barred owl is one of the loveliest things I've heard here. I've also been entranced by the high-pitched yipping of a pack of coyotes - a weird chorus, that ranks high on the eeriness scale. I don't know what a banshee's wail actually sounds like, but I imagine that in its upper registers it might be very like the yowling of coyotes.

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QUALIA HOLOMETABOLY
by Ximena Garnica & Shige Moriya
with the LEIMAY Ensemble
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From the Firehouse

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



The Hurleyville Fire Department is always looking for new recruits, if it is to drag hose and fight the flames of a fire or help in the background. We even provide free training and all the gear you need to be safe. We can always use help. Stop by the firehouse any Monday night to see what we are all about and how you can help us.

On Sunday, May 5, the Sullivan County Volunteer Firefighter's Association will be holding their Annual Memorial Service at the Sullivan County Government Center. This annual service is to honor the firefighters who answered their last alarm in 2018. This year, the Hurleyville Fire Department will have two names read: Walter Herzbrun, a 32-year member, and Oscar Pavloff, a 66-year member.

I will always remember Walter as he called out "Jock I'll have a little scotch" (scotch) and him wearing his trademark black knee high

socks and shorts and a half of a cigar in his mouth. Walter was the Captain of the Fire Police for many years. I will remember Oscar because he would always ask "how are the boys? Are they doing ok?" He too was a long time Chief of the Fire Police (in his days it was Chief of the Fire Police later changed to Captain of the Fire Department with honor, dignity and pride.

The public is invited, along with the families. The service will start at 2 p.m.

Now to an old subject. The Burn Ban. It is still in effect until May 14. Mother Nature has extended the mud season the last couple of weeks after a 3-5 days start of brush fires. Trust me, it is going to get dry and we will have brush fires if you don't heed the warning of the BURN BAN.

Warm weather and grilling season are fast approaching. Is you grill ready?

The leading equipment



involved in LP-gas home structure fires is a grill, hibachi, or barbecue.

Propane safety tips

- Handle any propane-powered equipment cautiously, and always follow the manufacturer's instructions.
- Cylinder tanks for equipment such as stoves and ovens must be located outside of the home.
- Never store or use propane gas cylinders larger than one pound inside the home.
- Never operate a propane-powered gas grill inside the home.
- Carefully follow the manufacturer's instructions when lighting a pilot.
- If you smell a strong odor of gas, leave the area immediately and call the fire department from outside the home.

I have seen people paint their 20 pounders for the grill black. This is asking for nothing but trouble. The black absorbs the heat and the propane expands in the tank until enough pressure is created and it vents. This venting gas can then catch on fire, especially when using your grill. That is why tanks are silver or white to reflect the heat of the sun.

A little common sense can go a long way when grilling.

It is also time to get your fishing rod out.

The 18th Annual Morningside Fishing Classic sponsored by the Town of Fallsburg Parks and Recreation Program, the Hurleyville Fire Department and the Loch Sheldrake Fire Department will be held Saturday, June 15 at the Morningside Lake on Brickman Road in Hurleyville. This is the first day of the 2019 Bass Season. It will start at 5 a.m. and end at 1 p.m.

There will be trophies for first, second and third in three different categories: Bass, Walleye and Pickerel. In addition there will a Lunker prize of \$50 for the largest single bass, pickerel or walleye caught by weight at the contest.

Registration will take place at the lake and will be \$10 person.

Fishing can be from boats with trolling motors only and everyone in the boat must be registered or you can fish from shore.

This year the row boats are back for rental.

To see pictures of winners from previous years visit us at www.hurleyville.com

Contact Jack at (845) 436-5418 or Woody (845) 434-3103 for more information.

FROM THE FILES OF...

THE HURLEYVILLE SENTINEL.

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

May 5, 1909

Fire at Monticello

The most destructive to visit Monticello in years occurred on Wednesday night when the large lumber mill and stock buildings of Frank L. Ernouth were entirely consumed by fire. The fire started in the second story of the large main building at 6:20 and within a few minutes after its discovery the entire building was enveloped in flames, which quickly spread to an adjoining building which was stored valuable timber, and this was also consumed. Both buildings were full of valuable and invaluable woods such as pine, spruce and hemlock, much of the stock was made ready for use. It is estimated that the loss is between \$18,000 and \$20,000, the most of which was in stock. Luckily a carload of fine stock was standing on the switch and had not been unloaded. The office furniture and quite an amount of stock was carried from the burning building.

The origin of the fire is unknown. It started but a few minutes after Mr. Ernouth and his assistants left the building for their homes.

The fire companies made a quick response to the first alarm, but the water proved poor and for a time only the Neptune Hose Company had a stream on the fire.

Many of the private residents on Clinton Avenue had narrow escapes and were only saved from destruction by continual vigilance and labor of bucket brigades.

Nearly the entire population of Monticello was out and the street and vacant lots near the fire were filled with people.

The firemen stuck to their posts and did all that was possible to do when the fire was at its height and the heat was so intense that people were driven from the sidewalk.



PHOTO PROVIDED
The Lawrence Casino Building on Main Street, Hurleyville served as home to the Hurleyville Sentinel for a time.

May 19, 1909

Local and Personal News

Centerville is going to have a water system. What is Hurleyville going to have? What are we to do in case of fire, sleep through it? If you are alive, get busy, don't be content with what you have but try to better it and in our little town. Is Centerville any better than we are to have a water supply and a fire department.

May 12, 1909

Fire at Monticello

Fire Saturday morning completely gutted the third floor of the Mansion House at Monticello and for three hours threatened a general conflagration in the center of the village. The loss is estimated at \$10,000 but it is understood that heavy insurance is carried. It is thought the fire was of incendiary origin.

May 26, 1909

Local and Personal News

We have made arrangements with L. W. Lawrence whereby the Sentinel office will occupy the room recently completed in the Casino building. As has been previously stated we have purchased a typesetting machine and will endeavor to make the Sentinel what it should

May 26, 1909

Local and Personal News

The Hurleyville Cemetery Association has purchased about an acre and a half of ground adjoining the cemetery from B. T. Lawrence. Consideration: \$300.

May 26, 1909

Local and Personal News

The prisoners were taken out of the Monticello jail Saturday and taken to Newburgh where they will remain until the barn in which they are kept is prepared and the cells moved.

FALLSBURG COMETS

home community school

Family Engagement Day 2019

Sponsored by Fallsburg Lions

FREE EVENT

T-shirt give-away to first 100 youth

Arts & Crafts Foosball Nature Walk

SATURDAY, May 18, 2019

115 Brickman Road, Fallsburg, NY

Dunk Booth 12:00pm to 4:00pm Photo Booth

For more information, call Dr. Aleta Lymon at 845-434-6800, Ext. 1223.

Mystery Escape Room Home Depot Kids Workshop, kits included and MORE! Cheerleader Performance

ENTERTAINMENT FOR ALL AGES



PHOTO PROVIDED
Several BCES students and staff following the trainer's workout program at the April 10 graduation ceremony.

OVER 180 BENJAMIN COSOR STUDENTS ARE CERTIFIED WARRIOR KIDS

FALLSBURG – After three months of challenging exercising and learning about the importance of keeping the body healthy with movement and good nutrition, more than 180 students at BCES received certification from the Catskill Regional Medical Center (CRMC) for completing the Warrior Kids Program on April 10 in the school cafeteria.

This once-a-week, after-school event was led by CRMC Director of Community Health Amanda Langseder. Bee Moser from Cornell Cooperative Extension, an advocate for Eat Smart NY, was part of the leadership group. The Warrior Kids is a program in conjunction with Eat Smart NY and SNAP-Ed and Ayo Fitness.

The lead trainer and embodiment of a true "warrior" is the amazing Damola Akinyemi, who makes the Energizer Bunny look like a sloth. He is clearly descended from African Warriors himself and instantly enlivens students and teachers alike into jumping and moving their bodies to his dynamic cadence. To witness all the graduates in the BCES Cafeteria leaping joyously through the exciting

routines is thrilling.

Warrior Kids fulfilled its purpose to inspire children to develop lifelong healthy habits through education, fitness and fun. Each week, participants of the program benefited from a 30-minute educational session, followed by a 30-minute high-energy workout, led by Mr. Akinyemi, a thoroughly accomplished fitness instructor.

The program emphasized the "5-2-1-Almost None" formula for being a healthy kid:

- eat 5 or more servings of fruits and vegetables per day; no more than 2 hours of screen time per day; get 1 hour of physical activity per day; almost None of your drinks are sugary beverages.

Each child who completed the program received a certificate and a free Warrior Kids gift bag on April 10.

Ms. Langseder complimented the BCES Coordinator, Christine Decker for creating a seamless flow every week. She also acknowledged the after-school staff for literally jumping in and for bravely working out with the kids.

"They were true healthy role models," Ms. Langseder said.

FROM THE FALLSBURG LIBRARY

by Kelly Wells & Amanda Letohic

Birds are chirping, trees are budding, and flowers are starting to bloom.

On Wednesday, May 8 at 6 p.m., families can come in to decorate a beautiful planter just in time for Mother's Day. You'll get some seeds to plant, as well. Registration is required for this event to ensure we have enough supplies for everyone, so please call or stop in to register.

Thursday, May 16 at 5 p.m. we'll have Jill from Sullivan County Public Health here to share all you need to know about ticks and tick safety during this warm weather. Also on May 16 at 5 p.m., we will be having a "throwable" paintball night for kids ages 6+. We'll be using Goblies, which are washable paintballs that you can throw with your hands. Please register for this event also. If we end up with bad weather that night, the rain date for the kids event will be Thursday, May 23 at 5 p.m.

Wednesday, May 22 at 5:30 p.m. adults ages 18+ can join us to make beautiful tropical flowers out of felt.

On May 30 at 6 p.m. we'll be holding a Lego Building Challenge for kids ages 7+. Come in and listen to a short picture book and choose an item from that book to build! As always, Children's Craft Nights are Mondays at 6 p.m. and Preschool Story Time is Tuesday mornings at 10.

A reminder of our contact info, call: 845-436-6067, email: fbr@rcfs.org, stop in: 12 Railroad Plaza South Fallsburg, or follow us on social media!

ntg National Task Group on Intellectual Disabilities and Dementia Practices

I/DD and Dementia Workshop

Join us in the beautiful Catskills!!

Sponsored by the Center for Discovery

WORKSHOP LOCATION
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SPECIAL OFFER THROUGH April 1st
Register 2 staff from the same agency and send one additional staff member for FREE!

2 Day Foundation Workshop
9 am to 4:30 pm
May 6 & 7, 2019
\$275

3 Day NTG Affiliated Train-the-Trainer Workshop*
9 am to 4:30 pm
May 6, 7 & 8, 2019
\$475

Workshop Trainers: Kathleen Bishop, PhD, Kathryn Pears, MPPM, and Helen Stepanyan
A certificate for 12 contact hours will be provided to all attendees.

Target Audience: The workshop is appropriate for any staff in both disability-related and aging-related agencies including: DSPs, nurses, psychologists, behavior analysts, adult day staff, OT/PT/Speech/Activity staff, physicians, public guardians, program managers, case workers, and administrative and supervisory staff.

*Three Day NTG Affiliated Regional Trainer Workshop Description: This workshop is an added third day for those wishing to become an "NTG Affiliated Trainer." The first two days of the workshop cover the topics outlined above in the 2 Day Foundation Workshop. A third day is added and is devoted to understanding and delivering the full NTG Dementia Capable Care Curriculum. NTG Affiliated Trainers are authorized to use NTG branded and copyrighted training materials to train within their own organization or to conduct training for outside agencies and organizations. Affiliated trainers have access to greatly expanded topic modules, trainer manual, free monthly NTG continuing education webinars, and are mentored by NTG Master Trainers.

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- How dementia impacts ability to function
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- Diagnostic protocols
- Key concepts of dementia capable care of adults with ID and dementia
- Shifting from lifespan goals to dementia-capable goals
- Communication tips and strategies
- Behavioral and psychiatric symptoms of dementia (BPSD)
- Non-pharmacologic management of BPSD
- Dementia specific environmental modifications to help support function
- End of life care - challenges, opportunities, and ethical considerations

REGISTER ONLINE TODAY
www.regonline.com/dementiacapableNY5

For Workshop Questions:
Kathleen Bishop, PhD
kbisbur1@rthlink.net

For Registration Questions:
Kathryn Pears, MPPM
kathryn@dementiacarestrategies.com

NTG Website:
www.aadmd.org/NTG

AADMD The NTG is an affiliate of the American Academy of Developmental Medicine and Dentistry (AADMD).

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OVER UNITY

Excerpted from a novel in progress by John Conway
Illustration by Carol Smith

Our story began when the reclusive MacArthur Quint returned home one night to find a visitor waiting for him. His old girlfriend, Janice Craig, who had broken Quint's heart by marrying his best friend and business partner, Dietrich Lamb many years before, told him that her husband was dead and she was convinced he had been murdered. After some deliberation, Quint decided to look into the matter for her, and we now fast forward to Atlanta, Georgia, where his investigation is continuing.

Chapter 6 - A renovated warehouse in Atlanta, GA

It had been nearly 30 years since MacArthur Quint had graduated from Georgia Tech, and nearly 20 since he had left Atlanta for the last time. It was easy to see that a lot had changed in the intervening years. The roads were different, the buildings were different, and certainly, he figured, the people would be different.

When he and Dietrich Lamb had gone into business shortly after graduation, they had rented a small garage in a rundown industrial section of the city. Within a year, they had moved to larger quarters—an abandoned warehouse just around the corner. They had initially occupied just a small part of the build-

ing, and from time to time during their years together had rented out various other sections to different tenants in order to supplement their income. By the time Quint had abruptly left the venture, their enterprise had grown to occupy fully one-half of the first floor of the three-story building. Before he had left Lake Greer, Janice had told Quint that D-Lamb's much expanded venture now used the entire building.

She had not mentioned that the building now bore little resemblance to the old warehouse he remembered. D-Lamb had obviously spent a considerable amount of money remodeling the structure, and although the bones remained the same, the façade was barely recognizable when Quint pulled up outside. In fact, he had to double check the address to make sure he had the right building.

The place was locked, and it didn't appear that anyone was around, but Janice had provided him with a key, so he let himself in. Nothing he saw upon entering the premises was familiar to him at all until he made his way through a reception like space down a long hallway to what looked like the main shop area.

The shop was modern and immaculate, and that didn't surprise him. D-Lamb was



Quint slowly realized he knew exactly who the man was.

always meticulous about keeping his spaces clean and uncluttered. When he wandered back to a far corner of the shop, however, he stopped dead in his tracks, completely unprepared for what he saw.

The corner was part of the old shop, where he and D-Lamb had built numerous alternative energy vehicles in their time together. In fact, it was what had been his own area of that old shop, and he was shocked to see his old tool box and roll cabinet, shop desk, file cabinets, and several other pieces of equipment sitting there, probably just as he had

left them. Even an old pair of his coveralls was hanging on a brass clothes tree by his desk.

Shaking his head in disbelief, he looked through the tool box and picked up some of the tools, memories flooding across the floor directly over his head. Quint was just a few feet from the stairway at the back of the building, and he quickly and quietly made his way there, and began to cautiously climb the steps to the second story. The scraping noise was intermittent, but he could still hear it as he tried the knob on the heavy steel door he encountered on the second story landing. It was unlocked.

He took a deep breath and slowly cracked open

the door, silently praying it would not creak. It did not, and he reminded himself that D-Lamb likely had the students he had working for him keep all moving parts of the building well lubricated. That was just the way he was.

Although the first floor of the building had been totally modernized, the second floor looked like it hadn't been remodeled. There were no lights on, but there were large windows around virtually the entire perimeter, and they let in plenty of ambient light. It appeared as if the entire floor was used for storage. Quint saw crates and

shelves filled with metal boxes, no doubt housing smaller items such as nuts and bolts and various electronic components.

About thirty feet from where he entered he saw a short, slightly built man, hunched over a wooden pallet with something he couldn't identify sitting on top. The man, his back to Quint, seemed to be catching his breath, and after a few seconds he let out a soft grunt and pushed the pallet, moving it a few feet toward one of the large windows.

Was someone robbing the place? What was this guy moving and where was he taking it? The scenario didn't seem to make much sense to Quint, and he was unsure of how to handle it, so he took the most direct approach he could think of.

"Need some help with that?" he called out, while walking out from behind a row of crates that had been

shielding him from view. The small man spun around and stood straight up, looking squarely at Quint.

"Who are you and how did you get in here?" he demanded.

"Funny, those are exactly the questions I was going to ask you," Quint said as he walked closer.

The man stood his ground, not moving a muscle. He was dressed in a pair of dark green coveralls, with just the collar of a black polo shirt showing at the neck. His work boots were well worn. It wasn't until Quint had come to within a few feet of the man that it slowly dawned on him that he knew exactly who the man was.

What has MacArthur Quint gotten himself into now? The suspense continues to mount when our story, *Over Unity*, continues in a future edition of *The Hurleyville Sentinel*.

EMS Beat

by Albee Bockman, AEMT-P



"IT'S ALL ABOUT YOU, MOM!!!"

There is no better time to recognize our mothers than on Mother's Day. Besides flowers, chocolates, and going out for dinner, there is something very special you can give her; and that is your love and encouragement to be HEALTHY, HAPPY, and SAFE!

While being a mother means caring for others, there are several things moms can do to take care of themselves. Firstly, eating healthy is crucial to a long life. Yeah, we were always told to eat fruits and vegetables -- and we tried to shove down those veggies when we were young. However, it was sound advice. Diets rich in fruits and vegetable reduce the risk of cancer and other chronic diseases. They provide essential vitamins and minerals, fiber, and other substances that are important for good health. Besides, they are filling and naturally low in fat and calories.

I know we are sick and tired of everyone telling us to exercise. But let me tell ya, Neighbor, it is one of the most important things you can do for your health. Even if you suffer from cardiovascular disease, high blood pressure, diabetes, and other medical issues, physical activity can help you stay on top of your game. Exercise helps control your weight, risk of heart related ailments, diabetes, and even some cancers. It strengthens your bones and muscles, too.

And let's not forget about our mental health. It just may reduce moodiness that we experience once in a while -- or more often than we would like to admit! And more importantly, it prevents falls. Falls are a serious matter when we matriculate in age. The statistics are staggering when it comes to falls and life expectancy. When I say exercise, it doesn't mean weight lifting, calisthenics, going to the gym. I mean WALKING, DANCING, SWIMMING,

GARDENING, or anything that keeps you moving. We're talking a measly 2.5 hours a week as recommended by the Centers for Disease Control and Prevention.

Now let's talk about sleep. Insufficient sleep is associated with a number of chronic diseases and medical issues such as diabetes, cardiovascular disease, obesity, and depression. How you feel during the day is related to how much sleep you get the night before. We can all argue how much is enough. But the recommended 7 or 8 hours a night is a good guide. Studies have shown that taking a nap during the day or after work improves your overall sleep patterns. A 20-minute power nap does wonders!

Something we take for granted is knowing our family history. Sharing family history with our children, siblings, and other relatives can help their physicians plan, guide, and assist in their health planning, medications, if needed. This information is extremely valuable for living healthy and long. PLEASE, PLEASE, PLEASE!!! If you are a smoker, I urge you to quit NOW!!!

As a Paramedic and a Coroner with the Sullivan County Medical Examiner's Office, if you have medical issues that you are taking care of, the Pathologists have shown me that smoking is putting the last nail in the coffin. There are many programs out there to assist you in ceasing this dangerous habit.

So all you mothers... check yourself. You know what I am referring to. Treat yourself to the spa to reduce stress. If you are worried about the way you are feeling it is important to tell your doctor or nurse about your concerns. You know you better than anyone! Learn to take care of yourself and love yourself. Why? Because it is all about you, Mom!!!
Happy Mother's Day!!!

Spotlight on a Hurleyville Treasure

by Bonnie Makofsky

OUR MOTHER: A TRIBUTE

Gail Jacobson Makofsky of Hurleyville died at home on April 15 at the age of 103. Clearly, as her longevity illustrates, she possessed extraordinary determination, will, and resilience.

She was the daughter of Max and Bessie Jacobson and spent a happy childhood living on their farm in Divine Corners during the summer, moving to the apartment above their butcher shop in Hurleyville when winter set in.

As a young girl, she was run over by the wheel of a horse-pulled buggy. That accident, which she recovered from swiftly thanks to her



PHOTO PROVIDED

Gail Jacobson Makofsky in 1935.

Gail's quick application of a cold steak to the resulting bump, was the first of many challenges in her life, none of which tarnished her tremendous joy, spirit, sense of humor, love, and generosity.

At five feet tall, "Aunt Gail" was small but fierce, and was a star basketball player in high school who

admittedly wasn't averse to "playing dirty" at times. Her family and friends knew better than to challenge her in a game of basketball or bowling, a hand of poker, or to a dance-off, and also knew exactly where to find her when her favorite teams -- the Mets, the Knicks, and Rangers -- were playing.

Her adventurous spirit was kindled when she played hooky from school at the age of 17, travelling from Hurleyville to the 1933 Chicago World's Fair, riding the entire way in a Ford Model A rumble seat. Adventures later in life took her on safari in Africa, cruising the seas with friends and baking in the sun on many a beach.

Throughout her life, what Gail cherished most was the time she spent with friends and family. She loved



PHOTO PROVIDED

Gail Jacobson Makofsky

to cook and bake, and always had some freshly baked mandel bread and a cup of tea to welcome visitors to her home. Her recipes were always in demand and have been passed down through generations. She was on a bowling team for many years and had weekly card games with family and friends until her vision loss prevented her

from continuing. Gail was the star of the annual family reunion mummy race well into her 90's, where, wrapped from head to toe in toilet paper, she delighted in helping her team to victory.

Gail taught her family through example how to love unconditionally, and to live life fully with dignity and grace. Her warm smiles, quiet strength, comforting embrace and willingness to give of herself will be forever missed. Her unabating joy, kind yet spunky personality, love of sports, baking and dancing and deep devotion to family will be the stuff of family legend for generations to come.

She was predeceased by her parents Max and Bessie Jacobson, brothers Julius,

Abe and "Perk" and sisters Rose Cohen, Ann Jacobson, Pearl Kollender and Helen Carlson. She is lovingly remembered by a son Michael Makofsky (Mona), a daughter Bonnie Makofsky (Les Witherel), two grandchildren, Nicholas Makofsky and Meredith Meadows (Jason), and 4 great-grandchildren, Christian Makofsky, Isabella and Ilana Mesa and Isla Meadows as well as many nieces and nephews, great nieces and nephews and great-great nieces and nephews.

Memorial contributions may be made in Gail's name to Foundation Fighting Blindness, P.O. Box 45740, Baltimore, MD 21298-9385 or to WildAid, 333 Pine Street, Suite 300, San Francisco, CA 94104.

Sullivan Renaissance
ANNUAL CONFERENCE
HURLEYVILLE, NY
REGISTER AT: SULLIVANRENAISSANCE.ORG

FRIDAY, MAY 17

Going Big in Small Places
4:30PM Refreshments
5:30PM Program Begins
Michael Ritchie Big Barn
Ben Winchester, Rural Sociologist from the University of Minnesota, will give a brief TED-style talk that will focus on the "brain gain" that is occurring locally and throughout rural America. Ben will moderate a discussion that dives into the reasons young professionals are seeking and finding opportunities in Sullivan County. Panelists include individuals who were raised here, recently moved here, or returned to the area. Network and share your insights for a thriving region.

See you there!

Visit
SullivanRenaissance.org
for complete details and event updates.

HEALTHY PEOPLE
Changing the Course
HEALTHY PEOPLE

SATURDAY, MAY 18

Characteristics of a Successful Rural Community
9:00AM Refreshments
10:00AM Program Begins
Michael Ritchie Big Barn
Ben Winchester returns to expand on the previous evening's views. A new group of panelists -- representing key organizations and policy-makers share progress of important initiatives and exciting new projects that will "Change the Course" of Sullivan County.

Afternoon Offerings
Main Street

- "Place Matters" Film Screening
- Tactical Urbanism Demonstration
- Hands on Gardening Workshop
- Tai Chi and Yoga Sampler
- Rail Trail History Walk
- Bike or Hike the O&W Rail Trail
- Basketball Clinic & Pickleball Exhibition
- Music by The Allen Brothers
- Book signing - Laura Silverman
- And more!

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Friday 11:30-9:30
Saturday 11:30-9:30
Sunday 11:30-9:00

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Raining Delusions
#1 *CalKills* Novel
Michael Gold

"Raining Delusions is brilliant. You write unsparringly and are fearless with your bawdy, raucous, shameless, often hilariously poignant dialogue and character descriptions. (Eat your heart out Woody Allen.) The whole book is spot-on accurate. I know these people, and although I didn't live their life, my cousins did. From first page to last, the story is incredibly rich in emotion and your *Full Power and Authority* chapter is a standout worthy of an Isaac Bashevis Singer tale. Resoundingly wonderful!"

— Hester Mundis, former head writer for *The Joan Rivers Show*, author and co-author of twenty-five books, four-time Emmy-nominated daytime TV writer and stand-up comic.

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SENTINEL SPORTS



RAIL TRAIL SIGNS HAVE ARRIVED

A MARVELOUS LIVING VIEW OF BEFORE, DURING, AND AFTER

by Elaine Corrington

HURLEYVILLE – Long before there were people in what is now Sullivan County, mountains, waterways, wetlands, forests, plants of nutrition and beauty, and animals both tiny and huge-- some fierce and some fairly peacefully co-existing-- were here. These naturally developing environments, responsive to geological, astrological, and weather events, all existed together to be discovered by people--whether native, from far away from the shores of this continent, or newly born here. They offered life-sustaining possibilities to those travelers who were searching for them.

Life seems so easy now that we can easily forget that beauty was an unseen by-product of these life-sustaining lands. But once people found ample natural reasons to live here, beauty became a primary quality of life that attracted appreciation and interaction with a community that supports diverse,

healthy, and entertaining life and work experiences.

The explanations and celebrations of these events are now going to be beautifully displayed on information boards posted along the paved portions of Hurleyville's Milk Train Rail Trail, so that all can read about the land they are moving along; able to compare historical observations and photos with the present day reality. Then one can check out The Hurleyville Sentinel to learn what is planned for the future of the area for the current generations who have come to live here or may be just discovering a place that they will love to call home. Editor-in-Chief of The Sentinel and Sullivan County Historian John Conway, and Landscape Architect Eve Minson are responsible for the compelling information contained on these interpretive signs, which were commissioned by The Center for Discovery as a gift to the community.

From the signs we learn

that the first Native Americans to come- The Lenape- were here 11,000 years before there was a Hurleyville! Other settlers from different points of origin searched for lands that would support their lives, families, and community values. Health and spiritual growth were supported by this land-- a natural healing environment that encouraged varieties of well-being practices. People could be removed from toxic and illness-supporting environments, and eat healthy foods grown in pure soil, and engage in movement encouraged by the beautiful lands around.

During the last two centuries, railroads supported taking some of what was naturally here, or could be brought here, to other destinations. They brought people with deadly and debilitating illnesses to be healed and cured. They also brought people to live and work here, and to enjoy a kind of healthy and wildly different life than the place they called home.

Resorts and hotels encouraged the high life. Vacations and automobiles followed. We still see the healing of complex health and living issues of this century being treated and planned by The Center for Discovery, and the increasingly accessible, entertaining, and interactive streets and buildings of Hurleyville and the rest of Sullivan County- natural extensions of patterns set long ago.

In a dramatic depiction of bad Hurleyville luck, don't miss the board about the O&W Railway train wreck of February 13, 1907. You can stand right where it happened and imagine the explosion, the movement, and the terrifying outcome of the train leaving the tracks while looking right at a photograph of the wreck. From the use of the Rail Trail for passengers, and the decades of overgrowth once the trains were no longer using it, we have a gorgeous, fully accessible route for exercise and inner peace--and now education, too. Learn and enjoy!

FORESTS: From Industry to Protection

Trees have historically been used for building materials, food, medicine, and hundreds of important products used in daily life. As settlers moved into the Catskill Mountains, trees were used to build settlements and land was cleared for farming.

The tanning industry grew dramatically in the Catskill region primarily because of the abundance of Eastern Hemlock which was used in the tanning process. Over time the significant deforestation and stone quarrying that took place in the 1800's disturbed landscapes, created massive erosion and negatively impacted local animal populations due to the removal of vegetation that made up their habitats. As important as tanning was for our nation at the time, these unregulated and destructive practices, along with effluent from the tanning process, polluted creeks and rivers, harmful to fish populations until forests regrew and tanning eventually ceased operation. In addition, unrestricted hunting and trapping for fur and food by the early settlers adversely impacted wild animal populations, considerably changing the pristine nature of the Catskills.

Fortunately habitats have improved over the past half-century as conservation efforts have been put in place by the N.Y. State Department of Conservation, but new threats are on the rise such as climate change, extreme weather events, acid deposition, as well as the detrimental impact of invasive insect species. Forest health in the northeast is being compromised by Woolly Aedgid on Hemlock, Emerald Ash Borer on Ash trees, and Gypsy Moth, to name only a few.

Nature will bear the closest inspection. She invites us to lay our eye level with her smallest leaf, and take an insect view of its plan.

Henry David Thoreau

As proof of our changing landscape, during the last century we lost the beloved American Chestnut and American Elm due to deadly fungal diseases. The Chestnut was a stately shade tree, providing nuts and valuable wood for building. Elms were an iconic ornamental shade tree, primarily in cities and parks all over the Northeast, and also used in the ship-building industry because of the strength and flexibility of the wood. In just over a century we witnessed the complete loss of these species of trees that we counted on. Fortunately researchers are working to find resistant strains of these trees that can survive exposure to the blight, so we can once again enjoy their beauty in the future!

History can help us gain perspective to appreciate the delicate nature of life and encourage us to become nurturing and grateful stewards of our precious resources.

HURLEYVILLE MILK TRAIN TRAIL

PHOTO BY DEAN MCMANUS

One of ten new interpretive signs installed along the Milk Train Trail to enhance the visitor experience with information about the history and natural environment of the area.

SUNY Sullivan Hoopsters Named All-America Kevin Smith, Traynise Delaney Honored



Kevin Smith

PHOTO PROVIDED



Traynise Delaney

PHOTO PROVIDED

by Win Hadley

LOCH SHELDRAKE – The SUNY Sullivan men and women's basketball programs each made its mark in the school's first year in the National Junior College Athletic Association's (NJCAA) Division II. To begin with, both programs won Region XV championships.

Among other honors, the NJCAA's All-America teams announced in April included two Generals, one on the men's side and one on the women's.

Sophomore guard Kevin Smith was named to the second team on the men's side, and freshman guard Traynise Delaney was named to the third team to on the women's side.

Mr. Smith, from New Haven, Connecticut, led the Generals in scoring this year, and had previously been named as the Region XV Player-of-

the-Year. Mr. Smith and teammate Darius Lee, a freshman forward, were named to the All-Region XV first team, while Kendall Robinson made the second team. Sophomore Arafat Shaibu was recognized with the Region's Sportsmanship Award.

Generals head coach Brent Wilson was named the Region's Division II Coach-of-the-Year.

Ms. Delaney, a freshman from the Bronx, was named to the All-America third team, as well as the All-Region XV first team. She was also chosen as the Region's Player-of-the-Year.

The Lady Generals' Jordan Meaurie-Pickett and Samantha Bellinger were also named to the All-Region XV team. Women's coach Daniel Lang was chosen as the Region XV Coach-of-the-Year.

Fallsburg Robotics Team Earns Return Trip to World Championship

FALLSBURG – At the Fallsburg Central School District (FCSD) Board of Education (BOE) meeting on April 3, Superintendent of Schools Dr. Ivan Katz introduced Coach Don Thomas and the Jr/Sr High School Robotics Team of Harris Basic, Kristian Huttenmeyer, Nicholas Muscia, Jaedon Espinoza and Christos Vernezos. Dr. Katz was very proud of the accomplishment of the team in earning a return trip to compete in the VEX Robotics World Championship on April 23-28 in Louisville, Kentucky.

With many family mem-



PHOTO PROVIDED

The Fallsburg Jr/Sr High School robotics team: (left to right) Harris Basic, Kristian Huttenmeyer, Nicholas Muscia, Jaedon Espinoza, and Christos Vernezos.

bers and members of the several other teams coached by Mr. Thomas

present, he explained the challenges of new scoring systems that correlate

with recent developments in the technology of the robots. The Fallsburg Team ranks #1 for Skills in NYS and 99th worldwide. Now, many schools competing with Fallsburg are Aeronautical High Schools (that study advanced engineering) and others with strong focuses on science and technology.

BOE Members praised the Robotics Teams and thanked them for the time and energy they demonstrate in these incredible accomplishments. They offered whatever support they could to make the trip successful.

SULLIVAN'S VAIRO SETS HIGH JUMP RECORD

Fallsburg Freshman Qualifies for Nationals

by John Conway

LOCH SHELDRAKE – SUNY Sullivan freshman Jenna Vairo, a Fallsburgh High School graduate, has had an outstanding spring so far.

Sullivan's track & field coach Ashley Weintraub says Ms. Vairo has set two school records this season, and is still improving. In April, she broke the school record in the high jump with a leap of 4 feet 9 inches, which meets the qualifying standard for competing in the National Junior College Athletic Association championship meet later this month. The previous high

jump record at Sullivan had been 3'9-3/4" set by Eldred High School graduate Sara-Jane Drewett in 2017.

Ms. Vairo also set a school record in the long jump this year, with a jump of 14 feet 11 inches, which



PHOTO PROVIDED

Freshman Jenna Vairo sets the SUNY Sullivan school record in the high jump, the second time this season she has broken a school record.

just missed qualifying her for Nationals. She is currently ranked fifth in the country in Division III in both events.

Ms. Vairo also competes in the triple jump. "She has dedicated the past couple of weeks to making small tweaks to form and execution," Coach Weintraub said. "She has put in a lot of time and effort this season, and I can see her heading to Nationals for all three events."

The Generals compete in the St. John's Invitational in Jamaica, Queens this weekend before heading for the National championships in Utica on May 9-11.

SULLIVAN'S LANG HEADS WEST Takes Assistant's Job at Xavier

by Win Hadley

LOCH SHELDRAKE – SUNY Sullivan's women's basketball coach Daniel Lang has taken a job as an assistant coach at Division I Xavier University in Cincinnati, Ohio. Mr. Lang started work on April 15.

The Musketeers, who play in the Big East Conference, recently hired a new head coach, Melanie Moore, to replace Brian Neal, who stepped down after six seasons.

Mr. Lang was named head coach at SUNY Sullivan in August of 2012. He took over a program that had little success and has made it into one of the top NJCAA DIII basketball programs in the country. The Lady Generals competed at the Division II level for the first time this past season, compiling a 14-11 record and capturing the Region XV championship.

2019 was the only year during Mr. Lang's tenure that the Lady Gener-



Coach Daniel Lang

PHOTO PROVIDED

als failed to win at least 23 games. They won four consecutive undefeated

Division III Mid-Hudson Conference Championships (2014, 2015, 2016, 2017), and in 2016 finished the season ranked eighth in the country in the NJCAA DIII rankings.

SUNY Sullivan Athletic Director Chris Depew said a search is underway for a new coach.

"We are very excited for Dan," he said. "We are equally excited that we will be able to attract a high-quality coach to the position."