

# THE PAST, THE PRESENT, THE FUTURE

## ARTS CENTRE COMMEMORATES STONEWALL UPRISING

Events Coming in July

by Jonathan Shimkin

HURLEYVILLE – Life, liberty, and the pursuit of happiness are the “unalienable Rights” enshrined in the Declaration of Independence of July 4, 1776. But these rights are often all too alienable for those whose pursuit takes them outside the conventional routes to happiness, those who find themselves marginalized by choices related to sexuality and gender identification. This is especially so for young people, who must navigate a world that can harshly discriminate against their unique expressions of self-hood. Young adults in the LGBTQ community carry a disproportionate burden of discriminatory challenges related to the basic necessities of housing, health, education, and livelihood. Homelessness is a huge issue.

In the face of such challenges, organizations have arisen to make good the gaps in our social fabric, e.g., the Step Onward Foundation and the Hetrick-Martin Institute. For 13 and 40 years, respectively, these two groups have been supporting LGBTQ young adults with basic services and a degree of acceptance and active mentoring that is literally life-saving. For thousands of young people, this support has helped secure a sustainable path toward their life goals.

On July 27, the Hurleyville Arts Centre will host a succession of events to benefit the Step Onward Foundation and mark the occasion of the 50th anniversary of the Stonewall Uprising, the beginning of the gay rights movement in America. The events celebrate the virtues of acceptance, inclusion, tolerance, personal autonomy and self-expression that



Step Onward promotes: a celebration of the freedom to choose, as it manifests across the spectrum of the LGBTQ community.

All of these events are open for everyone’s participation:

- From 4 to 6 p.m.: A Vogue dancing workshop taught by the Brooklyn Knights of the Hetrick-Martin Institute.
- From 7 to 10 p.m.: Performance and party time! Among the performers is the founder of Step Onward, Patrice Pike, a singer and musician from Texas; Pixel Witch, a drag artist, dancer, and acrobatic aerialist; The Brooklyn Knights dance troupe; story-tellers, and --- you! There will be dancing, performing and story-telling opportunities for all, as well as a chance to prepare for the party at vendor booths (make-up, wigs, and more!) between 6 and 7 p.m.

This event is for everyone, who are welcome to come as they are, or as they wish to be, or as they would like to explore being. For details and registration, see the H.A.C. website. The support of each person for the event and toward creating a more inclusive and generous-hearted culture, counts.



## WOODSTOCK REMEMBERED

SUNY Sullivan Dove is Last to be Unveiled

by John Conway

LOCH SHELDRAKE – More than 50 people braved threatening skies and—appropriately—a brief sprinkle of rain at SUNY Sullivan on June 20, as the Sullivan County Visitors Association unveiled the last of the 50 painted doves commemorating the golden anniversary of the Woodstock Music Festival.

Several county officials, including County Manager Josh Potossek and Legislators Joe Perrello and Ira Steingart, were among those in attendance.

SUNY Sullivan President Jay Quaintance hosted the event, and in his brief introductory remarks pointed out that the college’s yet-to-be-unveiled dove was different from the others around the county, “as you will see.”

The dove, a collaborative effort among multiple classes and departments at Sullivan, as well as Sullivan County BOCES and the Hurleyville THINC Lab, was painted a solid gold color that reflected the 49 different colored smaller doves surrounding it. The 50 doves in total represented the 50 years since the Woodstock Festival.



PHOTO PROVIDED  
The SUNY Sullivan Dove is painted a solid gold color, which reflects the 49 smaller colored doves surrounding it.

## HISTORICAL SOCIETY SCORES MAJOR COUP

Never Before Seen Mark Goff  
Photography Exhibit at SCHS

by Jonathan Shimkin

HURLEYVILLE – The most familiar images of the Woodstock Festival – the couple wrapped in a blanket, Janis Joplin, wailing and wild-haired, gripping her mic stand – have become iconic. Such images, from album covers and films and posters have insinuated themselves into memory – a visual shorthand for the complete experience. Even if you were at Woodstock, the iconic moments may shape memory as decisively as – well, memory. Such is the power of images.

So it is very welcome, on this 50th anniversary, to have access to the work of Mark Goff, who shot hundreds of Woodstock photos, very few of which have ever been published, or even printed. His images break the mold of the familiar, and grant us a fresh perspective.

If you want to know who Mark Goff is, the best thing to do is to look at the photos. They’re composed with sensitivity and tact and an exquisite sense of timing – an artist’s sure sense of the “decisive moment” that clinches a great photograph. His gift is for portraiture; he captures performers at moments when they seem to disappear into the music. His shots of Ms. Joplin convey both the raw energy of the “wailing” photos, as well as something more – a hint of the tentative and the vulnerable, as if the singer is in wonder at where she finds herself and how she got there. These are tender images; they go straight to the heart.

That we have them at all is fortuitous, and due to the sleuthing efforts of local artist and designer Nick Clemente.

Following the trail of an online unattributed photo of Woodstock’s opening ceremony, Mr. Clemente tracked the photo back to one Mark Goff. Attempting to contact the photographer for permission to use his work, Mr. Clemente learned



PHOTO PROVIDED  
This iconic shot of Janis Joplin at Woodstock in August of 1969 is just one of many Mark Goff photos to be on display at the Sullivan County Museum.

of Mr. Goff’s death in November 2018, and that he had left behind a large cache of 35 millimeter negatives, mostly unseen since they were taken. Mr. Clemente arranged with Mr. Goff’s family to make them available, and has been restoring the images to pristine condition. These are the photos that will be on view in the exhibition.

The several hundred Woodstock photos are just a small part of the larger cache. Mr. Goff was an assiduous chronicler of the sixties’ counterculture – the music, the gatherings, the politics. From his home base in Milwaukee, he was an avid witness of his time; his Woodstock photos are grounded in empathetic observation, sharing in and evoking the spirit and sense of possibility that animated the festival. It’s a gift that they’ve now come full circle, back to Sullivan County, in time to be seen in this summer of commemoration.

Mr. Goff’s photos will be at the Sullivan County Historical Society, 265 Main St. in Hurleyville beginning on August 3 through the end of the month, as well as at concurrent shows, featuring a wider selection of Mr. Goff’s works, at Gallery 222 on Main Street in Hurleyville and in Bethel at the BCA and the Dancing Cat Galleries. These shows are an apt tribute to Mr. Goff’s life and work, and to the Woodstock Festival itself.

## “WHITE CHRISTMAS” IN JULY Catskill Arts Society Celebrates Irving Berlin

LIVINGSTON MANOR – The Catskill Art Society (CAS) will honor the illustrious legacy of the family of the great lyricist and composer, Irving Berlin at its annual gala and major fundraiser on Saturday, July 13, at the Beaverkill Valley Inn, 7 Barnhart Rd., Livingston Manor.

Mr. Berlin called Lew Beach home for many years, and his daughter, granddaughter and great-grandchildren also take inspiration from the area, informing their respective creative endeavors in the literary and performing arts.

All proceeds from the gala will support CAS and its expanding summer program of visual and performing art.

Mr. Berlin wrote the scores to 13 Broadway musicals, contributed to seven revues, and wrote songs for 12 classic Hollywood movie musicals. Born in Russia, he immigrated to the Lower East Side, where he started as a singing waiter and soon became a lyricist, composer and music publisher. He built the Music Box Theater to house his Music Box Revues. Among his more than 1,200 songs, many of which are considered classics to

day, is “God Bless America,” for which he established a fund that receives all revenues from the song and distributes it to the Boy Scouts and Girl Scouts.

Mr. Berlin gave the house on Shin Creek and its 50 acres of stream side forest to his wife Ellin as a Christmas present in 1938. The Berlins and their daughters, Mary Ellin, Linda and Elizabeth, nine grandchildren and numerous great-grandchildren have been coming to the valley ever since. The snowy Christmas of 1939 in Lew Beach may have inspired one of America’s most iconic

songs, “White Christmas.” That lyric is Lew Beach’s and Irving Berlin’s gift to America.

For Mr. Berlin’s family, the house by the stream and the hamlet of Lew Beach have provided inspiration, solace, recreation, and a sustaining community for decades.

The evening will include cocktails at 6 p.m., dinner and remarks at 7 p.m., and a performance at 8 p.m.

Tickets and tables are available for purchase by visiting the CAS website at <http://www.catskillartsociety.org/2019-gala-at-the-beaverkill-inn-1>



PHOTO PROVIDED  
The late songwriter Irving Berlin fishing in Shin Creek near his Sullivan County home in Lew Beach.

The Gala Committee includes Linda and Paul Barnett, Mary Ellin Barrett, Dana and Stephen DiPrima, Joan and Ben Giordano,

Alessandra Gouldner and Boyd Johnson, Wendy Gordon and Larry Rockefeller, Melissa Holden and Randy Lewis.

## DON’T FORGET YOUR TICKETS

Arts Centre Screens  
Documentary on July 18

by Win Hadley

HURLEYVILLE – Tickets are still available for the Hurleyville Arts Centre program, “The Sullivan County Catskills: The Next Act,” scheduled for Thursday, July 18 beginning at 6 p.m.

The movie delves into Sullivan County’s storied history as a tourist destination, and uses a collage of interviews with locals to postulate what the future holds for the area, in other words, the “next act”

of the title.

The program includes a brief introduction to the film by Sullivan County Historian John Conway, the 38-minute long documentary, and a question and answer period with a panel including the filmmakers, Mr. Conway, and others.

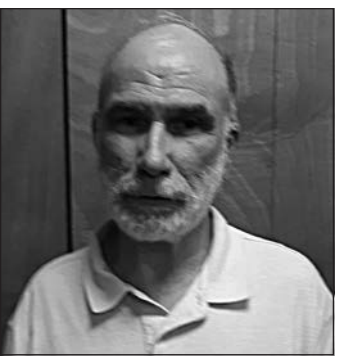
Admission for the program is \$10. Tickets are available through the Hurleyville Arts Centre website, <https://hurleyvilleartscentre.org/> and at the door.

# The Inquiring Photographer

by Kathleen Sullivan



Q. "Summer is here! What do you like most about summer in Sullivan County?"



**Roger Betters**

"The food...especially the Kosher bakeries and delis."



**Charles Payne**

"The weather...I'm able to ride until 9 p.m. on the Rail Trail."



**Denise Sullivan**

"There are two things I like about summer in Sullivan County: going to Bethel Woods for outdoor concerts, and sitting outside on my patio after dark...I love listening to the crickets and the frogs."



**Lenard Williams**

"Golf, the casino and the water park"

## FROM THE WEATHER CENTER

by John Simon



### Weather myths of summer

We hear weather myths all the time. Most myths are long-held, sometimes even funny, but not necessarily true. Here is one that we reference during the summer, followed by the facts.

**Myth: It is supposed to rain today.**

This is one of the most misunderstood concepts in weather. It's true there are situations where rain is a certainty, during which the forecast says "rain today, ending by dusk tonight." If someone said it is supposed to rain today, it is because of the probability of precipitation, or as weather people call it pop. This is the chance of seeing measurable precipitation at any location during a given time, such as 60% chance of seeing rain or thunderstorms. Weather forecasters are

doing exactly that, forecasting, which implies a bit of uncertainty. This leads us to summer thunderstorms which usually happen over a given area so the science is not to the point in predicting. Town A (for example, Hurleyville) will be soaked while neighboring Town B (for example, Liberty) stays dry. This is the forecasters woe of "scattered thunderstorms." So, forecasters will use different adjectives to define how widespread thunderstorms will be, such as isolated (10-20% areal coverage), scattered (30-50% areal coverage), numerous (60-70% areal coverage), and no description (80-100% areal coverage).

Meteorology is an inexact science and a weather forecast comes with a lot of chance.

# Hamlet Happenings

by Kathleen Sullivan




Some of the members of the Columbia Hill Neighborhood Alliance.

Our gardens, barrels and planters need to be weeded and watered regularly.

Please let one of the members of Hurleyville-Sullivan First know if you can help. You can send an email... izzysaunt@verizon.net. You can call...MaryAnn (845-798-5418), Denise (845-807-7797) or Kathleen (845-707-9810).

Hurleyville-Sullivan First meets on the third Thursday of each month at 7 p.m. at the Hurleyville Firehouse on Main Street.

Learn more about Hurleyville-Sullivan First at [www.hurlevillenyn.com](http://www.hurlevillenyn.com) or on Facebook.

The popular "First Sunday Music and History Program" is back at the Sullivan County Museum. 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](http://www.scnyhistory.org) or at the Sullivan County Historical Society page on Facebook.

Send an email to [info@scnyhistory.org](mailto: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](http://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.

There will be two new Pastors at the Hurleyville United Methodist Church on July 1. They are Pastor Jorge Lopez and Pastor Walter Haff. Pastor Jacquie was given a new appointment in Brooklyn. The congregation will miss her and wish her well in her new church.

The Bread of Life Food Pantry at the church is open on the third Thursday and on the fourth Thursday of each month from 4 to 6 p.m. The volunteers working at the food pantry serve forty families every week. The volunteers also provide free clothing for families in need on the last Thursday of each month.

"MESSY CHURCH," another sort of family church, is held on the fourth Saturday of each month at 5:30 p.m. Everyone is invited to come and join your neighbors for an evening of fun activities, songs, games, crafts, stories and refreshments.

Volunteers will begin construction on July 11 to make the church handicap accessible.

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

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

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

A Women's Christian study group will be held

at the church on the third Sunday of every month at 11 a.m.

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

Young people are invited to join in a variety of fun activities at the Youth Group that meets at the church. Visit the church on Facebook for more information.

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) submitted the following statement to the Thompson Town Board at the public hearing held on June 18, 2019:

On behalf of the Columbia Hill Neighborhood Alliance (CHNA) this statement is submitted to be on record concerning the proposed elimination of the Town of Thompson's Conservation Advisory Council (CAC).

We feel it is rash to eliminate this group at this time and disagree that a Local Law should be passed to do so. CHNA believes that the Conservation committee should be used, not disbanded.

Despite its very infrequent meetings in recent years it remains the sole official town entity consisting of local private citizens charged with consulting and providing input on environmental matters before the various town boards if convened.

The CAC doesn't cost the town anything to maintain or do any harm if it continues to exist as is. In fact, the town is due some credit for having such a resource available despite choosing not to have the committee meet. At some point in the past there was enough foresight and need by the town for such a body and there may be again. This committee can only help in light of concerns associated with environmental issues facing the Town of Thompson, particularly in mitigating the package sewer plant disasters of late.

Who's to say that at some point in the future a different town administration might want to utilize such a potential aid? Or, if the New York State Department of Environmental Conservation should require that the public in the form of such a town council be a component of local SEQRA review?

It's easy to vote something out of existence but it will be much harder to reconstitute this panel of concerned residents if the need or desire should occur again in the future.

Action on the future of the CAC was tabled until the Thompson Town Board meets again on July 19.

The members of Columbia Hill Neighborhood Alliance (CHNA) continue to closely monitor developments in the proposed Gan Eden Estates housing development on Columbia Hill.

Visit CHNA at [www.columbiahill.org](http://www.columbiahill.org) or on Facebook to learn how you can help to protect your environment and your community.

As the time comes for seasonal residents to arrive, we have to remind ourselves to be watchful for them walking alongside the streets and roadways. Our forests and fields are a much welcome respite from the concrete and glass caverns of their city, but, in the absence of sidewalks in those same forests and fields, they have little choice but to walk in the limited space that was made for automobiles. Unfortunately, that becomes a pretty dangerous situation during this time.

James Legari, one of the spokespeople for Fallsburg's Future, recently appeared before the Fallsburg Town Board to ask if some of the white lines on major streets could be repainted. He pointed out that on many streets those white lines have faded and can't be seen.

Mr. Legari has observed that pedestrians will often make an effort to stay on the right side of these lines when they are clearly visible. He believes that if the lines were repainted in particular locations it would serve as a much needed reminder to pedestrians to observe the delineation between the roadway for cars and the shoulder for pedestrians.

This might just be a good place to start to increase safety for pedestrians

# The Scene

Music and Entertainment in and around Hurleyville

by Jane Harrison



The Kauneonga Lake Block Party people certainly know how to throw a party! From noon to 5 p.m., I joined an incredible amount of people to celebrate...what? The most perfect summer day so far. And we all did this with excellent vendors, unique things like stilt walkers, and a lineup of music that can only be described as some of the best Sullivan County has to offer.

And what a line up it was. Joanna Gass and The Search and Rescue Orchestra, Jazzmosis, Fisher and Kean, The Slam Allen Band, The Johnny Jules Band, Beat Street, Aerial Acoustics, Keith Hartman and Lynn Reno, and Southern Fried Soul. I spent my afternoon with persons I have the privilege to call personal friends who just happen to be incredibly talented. There were many stellar moments in that afternoon but one of the most memorable is when the Blues guitar master himself, Slam Allen came off the stage with his guitar and over to where Joanna Gass stood and they combined their voices. Wow, just wow! And this is only the block party's fourth year? They certainly have it right already.

Looking forward to July Fourth weekend, there are two possibilities that stand out: The first is at the Arrowhead Ranch in Parkville from July 5 through 7. Now, I've never been a 'Dead Head' (which is the name given to those devoted to the Grateful Dead and their music), but I have always appreciated their music, particularly their bringing forth what would have been forgotten songs of the common man of previous decades. This is what makes Rose's Grateful Dead Fest, "SO MANY ROADS," attractive. Plus, it will be held at the ranch, which was purchased to become a horse rescue and sanctuary, and that makes it even more attractive. I'll support that, absolutely. You can find out more about this event and the ranch at [arrowheadranch.org](http://arrowheadranch.org) and on their Facebook page.

The second possibility for this weekend is a trip to the Blue Hole in Peekamoose.

I was first introduced to this natural wonder eight years ago, when my friend, master Jazz guitarist Al Defino took me and my best friend from Connecticut around, showing us his favorite places as only someone who grew up here can. Since then, the Blue Hole has exploded with tourists from the city and beyond thanks to the internet and word of mouth to the point that entrance to this amazing place is now regulated, requiring a permit to use it. You can get your permit online at [www.dec.ny.gov/lands/109922.html](http://www.dec.ny.gov/lands/109922.html). This also gives the rules for visitation, so this amazing place remains as pristine as possible. I really want to see this wonderful place again.

I haven't thought about the Blue Hole in years. It was the influx of bathing suited people buying food, snacks and beverages at the Neversink General Store that jogged my feelings into the forefront. I'm so pleased to see local businesses benefiting, as I'm sure Grahamsville does as well, being just 12 or 13 miles from the Blue Hole. Sullivan County needs this badly.

However you do it, celebrate the Fourth of July and what it really means.

*Until next time....*

**July 4 and weekend:**  
4th Annual Burger Day at TRATTORIA MARBELLA, 151 Main Street, Ellenville; 11 a.m. to 4 p.m.

SOUTHERN FRIED SOUL at the Gazebo, 2019 Bethel Music Series at Kauneonga Lake  
PHOENICIA FLEA, The Fest of Phoenicia, NY. The Catskill Brewery will be helping them celebrate July 6 & 7.  
SO MANY ROADS, a Grateful Dead fest in support of the horse rescue and sanctuary at the Arrowhead Ranch, Parkville; July 5, 6, and 7.

**Every Monday:**  
DUTCH'S OPEN MIC: 205 Rock Hill Dr., Rock Hill, 7 p.m.

**Every Tuesday:**  
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.

\$10 Tuesdays at CABERNET FRANK'S, 38 Main St., Parkville. Great food and a beer for \$10 (through September 3)

**Every Wednesday:**  
Open Mic; HEARTBEAT MUSIC HALL of Grahamsville; 304 Main St., Grahamsville; 7 p.m.

CAB' AROKE, CABERNET FRANK'S, 38 Main St., Parkville; 5 p.m. (hosted by SULLIVAN CATSKILLS)

**Thursdays:**  
CABERNET FRANK'S OPEN MIC; 7 p.m. (hosted by SULLIVAN CATSKILLS)  
July 11: with FISHER/KEAN  
July 18: with LITTLE SPARROW  
July 25: with BOB TELLEFSON  
August 1: with FISHER/KEAN  
BETHEL LAKESIDE MUSIC, Gazebo Park, Kauneonga Lake; 6:30 - 8:30 p.m.  
July 4: SOUTHERN FRIED SOUL  
July 11: BRYAN GORDON  
July 18: POISON LOVE  
July 25: TARA SOMERVILLE and OVER THE LINE  
August 1: YASGUR  
**Fridays:**  
Every Friday: Sorella: Jazz Standards with DEFINO and RAVDIN, and great Italian food! 6 - 9 p.m., 3562 State Rte. 55, Kauneonga Lake  
Picked Owl,  
July 5: TALKING MACHINE  
July 12: DAVID MILNER  
July 19: WINDFEATHER HARMONIES  
July 26: POISON LOVE DUO  
August 2: TALKING MACHINE  
CABERNET FRANK'S, 38 Main St., Parkville  
July 5: PAPIKA'S "Make America Dance Again" party, 38 Main St., Parkville; 8 p.m.  
July 12: THE JOHNNY JULES BAND, (a little country, a little Dylan with Phish and the Dead thrown in); 7 p.m.  
July 19: SIDE F/X; 7:30 p.m.  
**Saturdays:**  
ROCK HILL FARMERS MARKET/MUSIC AT THE MARKET, 226 Rock Hill Dr., Rock Hill; 10 a.m. - 1 p.m.

## IS IT LITTER?

or fingers. They do. But right now, they are going to hit you with the shocking data they have collected and analyzed since the snow disappeared. The percentage of items that display the following characteristics ARE classic litter that should NEVER be tossed into the environment, but should be carefully disposed of at the next trashcan that crosses your path:

- White items- 99.2%
- Brightly colored items- 98.9%
- Shiny items- 99.9%
- Man-made items- 100%
- Paper items- 100%
- Paper items that are earth colors- 100%
- Plastic items- 100%
- Rubber items- 100%
- Metal items- 100%
- Clothing- 100%
- Diapers- 100%
- Plastic gloves- 100%
- Items with straight edges- 87%
- Plants, rocks, dirt, leaves- .57344%

• Items that look wrong 3 days in a row that are really natural- 62%

There is NO way to keep up with the number of cigarette butts that are tossed along the road- and it takes years for every single cigarette butt to decay into the soil-- perhaps many more years even than the smoker will live-- but the packs they came in and the empty lighters do not have to be eyesores! While hoping the smokers are not suffering from this habit of choice, each butt serves as a reminder of a habit worse than littering.

Pluckers have also noted that large items that have been torn up and tossed are visible and ugly over wider spaces and require more bending and plucking. A curse, not a favor! Large bags of trash thrown along a roadside are consolidated, but also not a favor. Just toss all of it in the trash, and then enjoy the incredibly beauty that is Hurleyville as you pass through!

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# A TONIC FOR 21<sup>ST</sup> CENTURY LIFE

## Teacher Says Kundalini Yoga is a Step Toward Optimal Health

By John Conway

HURLEYVILLE – Kathy McKenna says there is an antidote to the stresses and strains of modern day life right here in Hurleyville, and she is hoping she can make more people aware of it.



PHOTO PROVIDED Katherine McKenna teaches yoga at The Yoga Space in Hurleyville.

Ms. McKenna teaches a Kundalini Yoga class at the Yoga Space at the Hurleyville Arts Centre on Tuesday and Thursday mornings, and she believes it is the perfect way for people to start their day, regardless of what they do the remainder of the day.

upon Kundalini Yoga by accident, but it has become a major part of her life. She was introduced to Yoga while in graduate school in Boston, but didn't really begin to seriously practice it until she came to the Yoga Ranch in Woodbourne in 1984. She has been an avid student ever since, and while visiting friends

in California some years later she first experienced Kundalini Yoga, a school of Yoga that, in very basic terms, focuses on mantras and meditation to awaken the hidden energy that exists within each of us.

Kundalini Yoga dates back thousands of years and was once practiced only by the most upper classes of the hierarchy in India. It was brought to the West in the first half of the 20th century by Swami Sivananda, and became popular with certain segments of the population during the cultural revolution of the 1960s and '70s. Despite that history as a rather esoteric art, Ms. McKenna says it is something that can benefit everyone.

"The class is not at all intimidating," she says. "There is no lecturing, it is purely relaxing. If you can breathe, you can do it."

She says people should try one class, and most will be surprised by the positive effect it will have on them almost immediately.

Ms. McKenna's classes are just one of several disciplines of varying levels of difficulty offered at the Yoga Space. Her classes meet on Tuesdays and Thursdays from 9 until 10 a.m. The cost of a class is \$10 per person, and participants do not need to make a long term commitment, although almost everyone does.

"Come once, and I think you will want to come back," Ms. McKenna says.

# Sullivan Renaissance Interns Begin Work

## Young people making a difference in their communities



FERNDALE – The 2019 class of Sullivan Renaissance interns have begun their work to care for gardens and other public spaces in communities throughout Sullivan County. From small planter boxes and established gardens, to park enhancements and Main Street revitalization, they are working alongside community volunteers to make a difference in their communities.

"We have ten bright, energetic, diverse young people this year. Our hope is that through this program they will develop a sense of place and find their voice on issues that are important to them," said Anne-Louise Scandariato, Volunteer Program Manager at Sullivan Renaissance.

The 2019 Sullivan Renaissance interns are:

- Mikail Baptiste – Town of Delaware
- Robert Bonnaci – Town of Bethel
- Madison Card – Town of Rockland
- Corinne Hellerer – Swan Lake Renaissance
- Hailee Kolvenbach – Town of Lumberland Parks and Recreation
- Arly Marin-Leon – Village of Jeffersonville
- Jesse Ouimet – Livingston Manor Renaissance
- Priyaben Patel – Town of Liberty
- Kyle Polomcean – Town of Neversink
- Leizel Schlott – The Greater Barryville Chamber of Commerce and Narrowsburg Beautification Group

ber of Commerce and Narrowsburg Beautification Group

The Internship Program is a partnership between Sullivan Renaissance and the Center for Workforce Development that provides paid work experiences for Sullivan County youth between the ages of 16 and 20. In addition to caring for gardens and public spaces, interns participate in weekly meetings where they discuss current issues, meet with local leaders, develop leadership skills and explore career options. They will also choose, plan and

implement a service learning project.

In addition to the internship program, Sullivan Renaissance offers two-scholarship programs that are available for volunteers who make a significant contribution to a Renaissance funded project. For a list of projects, call Sullivan Renaissance at 845-295-2445. Applications are available online at SullivanRenaissance.org/growth.

Sullivan Renaissance is a beautification and community development program principally funded by the Gerry Foundation with support from Bold Gold Media Group, The River Reporter, and the Sullivan County Democrat. Learn more at SullivanRenaissance.org or Facebook.com/SullivanRenaissance.

# Pottery Production at THINC: Making with Meaning

by Denise Sullivan

HURLEYVILLE – Tucked away in the back of THINC, the Technology Hub and Incubator at The Center for Discovery on Main Street in Hurleyville, is a pottery studio that is teeming with activity. With a refurbished kiln nearby, the creativity and production in ceramics by staff and students leave no doubt that constructing with clay is very much alive and a delightful example of "making" at its best.



PHOTO BY DENISE SULLIVAN Chris Kilgore works hand over hand with a student on the pottery wheel.

The studio is equipped with a slab roller that flattens clay into smooth pieces that are shaped into objects or vessels. This is known as hand building, and it's a great way to begin learning how to manipulate clay. Two pottery wheels are also in the space.



PHOTO BY DENISE SULLIVAN A textured napkin ring made at THINC.

Chris Kilgore is a teacher at TCFD, a 13 year veteran who teaches art with a strong focus on ceramics. She creates meaningful lessons in the pottery studio that follow state curriculum standards in art education while fostering imagination, vocabulary development and sequencing - learning the steps and stages of the ceramic object.

be very gratifying. So much so, that some hard-to-reach students are now hooked on pottery.

wide variety of differing abilities. They create objects from clay for their own pleasure, gifts for family members for Mother's Day, for example. But a select group of advanced students in a vocational skills program also help make ceramic pieces that become tableware at fund raising events or prizes at an annual golf tournament to benefit TCFD. A team of these students, along with Chris and other dedicated staff, created 1200 textured ceramic napkin rings that decorated table settings and a dozen mugs and platters that will serve as the prizes to be won by golfers.

In our interview, Chris pointed out that the sensory experiences unique to working with clay really grab the attention of the students, which is a victory in itself. The sound and vibration of the pottery wheel, the texture and temperature of clay in their hands, and the feeling of pride when a glazed vessel emerges from the kiln can

Chris spoke about one nonverbal young man with autism who became very focused on and interested in pottery. He uses an augmented communication device, an iPad that speaks for him when he taps screen icons. He began speaking spontaneously in the pottery studio one day, saying "kiln" when he knew that a clay piece was ready to be fired. He made vases for his mother and sister, and matched the glaze to their favorite colors, which he had memorized, unbeknownst to them. Learning that he had a budding interest in art, his sister at home prepared craft activities that they could enjoy together when he was home for a visit, something that they had never done before.

The discovery of a new interest in the arts can unlock communication with others and provide enjoyment for students who cannot express themselves freely. Just like anyone else, this new motivation serves as way to relate to others in a meaningful way. Who knew that clay could be so magical? Chris Kilgore, that's who.

# Out Divine Corners Way

by Jonathan Shimkin

Spring arrives in two ways - just as, according to Hemingway, bankruptcy does: "gradually, and then suddenly." The gradual part was a long wet stretch of April, still chilly, but with the rain washing away the last tenacious traces of winter; the suddenly part was an overnight tidal surge of green that transformed all the trees along Divine Corners Road; suddenly and surely, we had crossed the seasonal divide.

When the last clumps of snow finally melted away, our last year's Halloween pumpkin emerged from its winter cover resembling a Salvador Dali clock - draped over a rock, flat and floppy as a pancake. Its tough exterior was still intact, till the chipmunks got wind of it and started to strip-mine the rind so as to get at the seeds. The seeds, winter survivors, were all perfectly intact within. I watched a chipmunk busy at his work one day, circling the pumpkin, gnawing away at it from various angles, and scurrying off with seeds. It took a week till there wasn't much left of it except scattered bits of husk, which went to compost. Those still-edible seeds were plant-able as well, had we wanted a pumpkin crop for our garden. But we had other plans.

Last year we managed to raise around 20

stalks of corn and enjoyed feasting on the fruit of our labor. The cobs were a bit starchy, but they more than made up for it by virtue of being home-grown. This year we plan to increase the yield, and the yield's sweetness, with a new variety of seed, a project requiring a conference with my fellow tillers-of-the-soil in Divine Corners: "This seed packet says the corn should be planted in rows three feet apart - so it's going to take up, like, half the garden?" As kale and squash and beans all had previously staked claims to garden space, the seed packet read like an agronomical version of Manifest Destiny. Finally we agreed that the corn would be in a single row, wrapping around the western corner of the perimeter fence so as not to block sunlight when the stalks reach full height.

Corn-planting awaits warmer weather yet; meanwhile, broccoli, parsley, celery, and zucchini are all in the ground by mid-May - new seeds for a new season, bequeathed by past crops and full of the promise of futurity. The farming method is organic, a synonym, my fellow gardener says, for relentless weeding. Within a few days of planting the new crop looks remarkably robust and perky, a second green tide rising towards the high-water mark of summer.

# Two Casino Trips Are Open for Reservations

MONTICELLO-- The Primetimers of Temple Shalom in Monticello are hiring a luxury tour bus for a day trip from Monticello to the Sands Casino & Outlets in Bethlehem, Pennsylvania on Wednesday, July 24. This excursion, which costs \$30 per person, ends up being almost free, since it includes \$30 free play, and a \$5 food coupon.

A second casino trip is scheduled for Wednesday, August 28. This trip, to Mohagan Sun Casino in Wilkes Barre, Pennsylvania, is also a bargain. A \$30 ticket will

include \$25 free play and a \$5 food coupon.

Both trips are open to all. They depart at 9 a.m. from the Temple Shalom parking lot at 5 East Dillon Ave. in Monticello. For reservations and information, contact Paula Schroeder at 845-794-2314 or Sue Kantor at 845-796-3777.

The casino trips are among the many Primetimers activities that raise funds for non-profit organizations such as Temple Shalom, The Federation for the Homeless, and Nesin Cultural Arts.

**HAC | HURLEYVILLE ARTS CENTRE**

**mike osterhout**  
broken burned  
stolen defaced

**MIKE OSTERHOUT**  
**BROKEN BURNED**  
**STOLEN DEFACTED**  
OPENING RECEPTION JULY 13  
SCREENING 2:30PM HAC CINEMA  
OPENING 3 - 7PM  
GALLERY222.ORG for info. GALLERY 222

Back By Popular Demand!  
**SARON CRENSHAW**  
**& TALKING FIRE**  
JULY 13 | 7:00PM  
HURLEYVILLEARTSCENTRE.ORG for info and tickets.

**50 YEARS OF LOVE & PRIDE**  
JULY 27  
Come Celebrate 50 Years Of Love And Pride At The Hurleyville Arts Centre!  
Bands//Dance//Vogue//Drag//Vendors  
ALL TO BENEFIT LGBTQ YOUTH!  
VOGUE WORKSHOP 4:00-6:00PM  
PERFORMANCES & PARTY 7:00-10:00PM  
photo by Brendan Burke  
HURLEYVILLEARTSCENTRE.ORG for info and tickets.

**HURLEYVILLE MARKET ON MAIN**

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

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

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Monday 11:30-9:00  
Tuesday CLOSED  
Wednesday 11:30-9:00  
Thursday 11:30-9:00  
Friday 11:30-9:30  
Saturday 11:30-9:30  
Sunday 11:30-9:00

Kitchen closed from 4-5 daily  
Bar stays open

218 Main Street  
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SATURDAY 2:00PM / SUNDAY 4:30PM  
**PLUS SALSA & BALLROOM**  
MONDAY & FRIDAY 6:00PM / 7:00PM / 8:00PM  
**YOGA, SALSA & BALLROOM CLASSES FOR ALL LEVELS!**  
THERE'S SOMETHING FOR EVERYONE!  
PLEASE VISIT HURLEYVILLEARTSCENTRE.ORG FOR THE MOVIE SCHEDULE, CLASS TIMES & TICKETS!

845-707-8047 / MAIN STREET, HURLEYVILLE, NY

# 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.

The 18th Annual Morningside Fishing Classic was held on the first day of the 2019 bass season on Morningside Lake in Hurleyville. The morning started with an air temperature of 41 degrees and by the end of the contest at 1 p.m. it was in the 70s. As the day progressed, so did the wind. The water temperature was 65 degrees and the lake was very murky in color. With the cool, wet spring there were not many lily pads growing yet. The sun was out with some cloud cover through the day. These conditions made it hard to pattern any fish but that the 95 anglers encountered as only 52 fish were brought to the scale.

First place for bass was Josh Kortright from Nev-ersink with a total weight of five bass weighing 12.45 lbs. Josh also caught the lunker of the day a 3.84 lb. bass. He used a white frog with great success.

Second place with five bass was Stephen Morris of Smallwood with 9.31 lbs. Third place was Joe Popet of Greenfield Park, also with five bass weighing in at 8.05 lbs. Joe was using a rubber worm. He also is a perennial contender in this contest. Joe beat out Frank Bullaro from Liberty by .01 lbs. for his third place finish.

Most of the bass that were caught were on rubber worms fished in a variety of ways and colors. In the pickerel category Richard Smith from Woodbourne took first with a 20.50 inch 1.76 pounder. Robert McCoy from Liberty took second with a 19.00 inch 1.43 pounder. Richard Smith also took third place with a 17.25 inch 1.56 pounder. Robert DeGraw of Hurleyville brought in a nice walleye for first place. It was 20.00 inches and

weighed 2.43 lbs. this was the only walleye caught.

Next up for the Fire Department is the Ninth Annual Bill Carlson Golf Classic on Saturday, August 17 on the beautiful Tarry Brae golf course. This will be a 1 p.m. shotgun start. We will start out with lunch and end with an awards dinner with many raffles to win. There will be a contest and a longest drive contest. If you would like to donate an item to the raffle, sponsor a tee box or register a team you can call John Jaycox at (845) 866-6431 for more information.

Summer is here and our population goes up astronomically. So let us review a few things for the summer.

The Morningside four corners has been accident free for a while, let's keep it that way. Remember you can not make the light if you are coming from Loch Sheldrake so don't try to beat it.

With the weather that we have been having in recent weeks be careful when we have a down pour and get flooded roads. **DO NOT** go around or through barriers blocking roadways because of flooding conditions. You don't know how deep the water is and you don't know if there is even a road under the water.

As you may be firing up your grill for the first time this season check it over. Check to see if it needs to be cleaned of debris. Move it away from the house.

If you are going boating, make sure every person has a life jacket. Learn to swim and swim with a buddy.

If you are going hiking, make sure somebody knows your plans, where you are going and when to expect you back.

Make sure that the **Emergency Services** can find you. Post your physical address so that they can see it. It should be on the same side of the road as your house, in at least (3) three inch high reflective letters with your house number and placed where we can see it.

## MUSIC AND HISTORY AT SCHS

by Kathleen Sullivan

**HURLEYVILLE** – The First Sunday Music and History program at the Sullivan County Museum will feature the Johnny Jules Band on Sunday, July 7 at 2 p.m.

The band's music is pure Americana...folk, blues and rock. Their repertoire features songs that defined the Woodstock generation...songs by Bob Dylan, the Grateful Dead, the Band and the Byrds.

Johnny Jules lives in Hurleyville. He is a veteran musician and plays six-string guitar, twelve-string guitar and the blues harp. His haunting, soulful voice will take you right back to 1969. Other band members are Dave D'Arcy on bass guitar and Bob Dalessan-

dro (Bobby D) on dobro guitar.

The program, hosted by Little Sparrow, is made possible with funds from the Decentralization Program, a re-grant program of the New York State Council on the Arts with the support of Governor Andrew Cuomo and the New York State Legislature and administered by Delaware Valley Arts Alliance.

The event is free. Donations will be gratefully accepted.

For more information about the program, call 845-434-8044 or visit the Sullivan County Historical Society at [www.scnyhistory.org](http://www.scnyhistory.org) or on Facebook.

The Sullivan County Museum is located at 265 Main St., Hurleyville.

The 9<sup>th</sup> Annual  
**BILL CARLSON GOLF CLASSIC**

Saturday, August 17, 2019  
TARRY BRAE GOLF COURSE  
\$85.00 PER PERSON  
1:00 PM SHOTGUN START  
Price per person includes:

- GREEN FEE
- CART
- LUNCH & AWARDS DINNER
- COLD DRINKS ALL DAY LONG

Join us in Honoring Bill's memory with a fun filled day of golf.  
Awards diner afterwards with raffles & 50/50  
Closest to the PIN Contest – Longest DRIVE Contest  
If you don't have a foursome we will fit you in one.  
For more information contact - John Jaycox at (845) 866-6431  
Please make checks payable to:  
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1. \_\_\_\_\_ 2. \_\_\_\_\_  
3. \_\_\_\_\_ 4. \_\_\_\_\_

**THE SULLIVAN COUNTY BUREAU OF FIRE**  
WANTS YOU TO BE SAFE AS YOU COOL OFF THIS SUMMER  
LEARN TO SWIM TODAY

60% of kids who drown are within 10 feet of safety.

Swim lessons save lives.

STRONG SWIMMERS SAFE KIDS



Honored by FCSD were (left to right): Kindergarten and first grade inclusion teacher Judy Lucyk, first grade teacher Ericka Gamella, and music teacher Andrea Henderson.

## FALLSBURG HONORS THREE BCES TEACHERS

**FALLSBURG** – Three teachers from Benjamin Cosor Elementary School (BCES) were celebrated at the Fallsburg Central School District (FCSD) Retirement Dinner on Friday, June 14.

Music teacher Andrea Henderson and kindergarten and inclusion teacher Judy Lucyk are retiring and first grade teacher Ericka Gamella was honored for 20 years of service.

More than 50 colleagues, retired faculty, family, and friends joined the festivities at Bernie's Holiday Restaurant in Rock Hill. Fifth grade teacher Christine Decker welcomed everyone to the event, which was filled with lots of appreciation for the three educators who have offered so much over the years to the students passing through the halls of BCES.



Building beautiful, healthy, active communities. For event updates or more information: [SullivanRenaissance.org](http://SullivanRenaissance.org)

FROM THE FILES OF...

# THE HURLEYVILLE SENTINEL

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

## July 7, 1909 Local and Personal News

The Sullivan County bread makers have raised the price of bread from eight cents to nine cents a loaf in Hurleyville, Liberty, Livingston Manor and Roscoe and Rockland.

## Local and Personal News

Clarence Baker, who has been assisting his brother, District Attorney [Ellsworth] Baker, in his office the past few weeks, has accepted a position with L. G. Laidlaw in his studio at Loch Sheldrake.

## Local and Personal News

Dr. R. A. DeKay of Livingston Manor was in town Saturday and he, in company of Dr. W. H. DeKay, went to White Lake to see their mother who is seriously ill.

## Local and Personal News

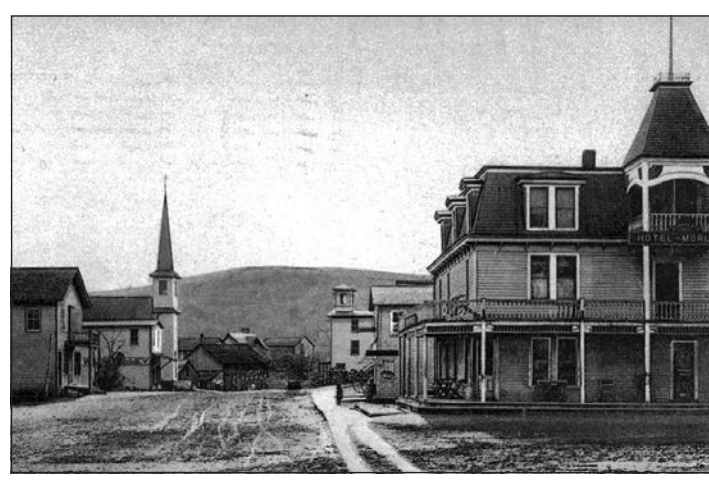
About 40 friends assembled on Darius Mitter's hill on the evening of July 5th to view a grand display of fireworks under the supervision of Justice W. R. Stodart. The event was thoroughly enjoyed and highly appreciated by all fortunate enough to be present.

## Local and Personal News

Mr. Ennis, who runs a farm in the vicinity of Hurleyville, had the misfortune to lose one of his team horses on the way to town Saturday morning. The animal dropped dead in the road near A. G. Witherel's.

## Dustolene for Village Streets

The second tank of Dustolene to be used on the village streets has arrived and is being applied to the streets that were not sprinkled when the first tank of



The Hotel O'Neill, on the corner of what is today Mongaup Road and Main Street, was saved from a major fire in July, 1909, but burned to the ground along with several other businesses in October, 1911.

4,500 gallons was used. The tank contains about 9,000 gallons. The Dustolene has given very good satisfaction so far and the streets have never been as free from dust as this summer. – Goshen Ind. Rep.

If Dustolene is needed anywhere, it is in Hurleyville. The time to act is now – Editor.

## July 14, 1909 Local and Personal News

Early in the evening of Wednesday, fire was discovered in the hay mow of the Hotel O'Neill barn. No alarm of fire was given but those who happened to be in the immediate vicinity at the time lent their aid and formed a bucket brigade. Ten minutes more would have seen that end of town all in flames as the wind was blowing very strong and there is no resource whatever in case of fire. Luckily enough, this was discovered in time. Had it happened in the night, nothing could have saved that end of town. We never have had a very disastrous fire and some think that in as much as we have been able to get along without fire protection, we will in the future, but the time has come when something must be done and to that end a meeting will be held at Lawrence Casino next Monday evening, July 19.

At this meeting arrangements will be made in regard to buying buckets, ladders, etc., and looking into the cost of chemical tanks, etc. Every citizen is urged to be present at this meeting.

## Local and Personal News

Hurleyville is now to have oil on its streets. By popular subscription and through the efforts of J. Dwight Wood, enough money has been obtained to purchase enough oil to cover the main street. The oil is expected to be applied today.

Preparations are being made for putting on the oil on our streets. The dust is being brushed up and taken off and E. G. Pierson has the sprinkling apparatus nearly completed.

## Local and Personal News

The contractors have the temporary jail in Monticello ready for prisoners and the prisoner were brought from Newburgh Monday

where they have been confined since the building has been under construction. There are now eight prisoners confined in the jail.

## July 28, 1909 Base Ball

The Hurleyville Base Ball Club will play a series of championship games with a New York College Club beginning Friday afternoon of this week at Kile's Flats in Hurleyville. Game will be called at 2:30 p.m. These games will afford an opportunity to those who are interested in the great National game to witness some classy baseball, as Hurleyville has gotten together one of the fastest amateur clubs in the county and the college boys are said to be crack-a-jacks at the game. Everybody welcome.

## Local and Personal News

At last we have oil on the streets and where it is applied it does good service. Experience has taught us that the best way to apply it is from a sprinkling pot and dust it over with a little loose gravel, oiling one side of the road at a time.

## Local and Personal News

Last Thursday morning while one of Myerhoff's boarding house rigs was in town, the driver in some manner managed to pull the horses around in such a manner that the wagon was overturned and the occupants thrown into the road. There were no bones broken but one lady suffered from a few bruises.

**FROM THE FALLSBURG LIBRARY**  
by Kelly Wells & Amanda Letohic

Summer is here, and we have so many programs to offer, that there's no room to discuss anything else. Those of you who have been to our Library before know how "cozy" our space is, so if you see something that interests you, be sure to call and register today. Seating for some of our programs will be limited, and priority is given to those enrolled in our summer reading program, so please be sure to sign up for that today, as well.

Check out the great programs we have coming up this month:

We have some fun for the whole family planned this month. First, on Wednesday, July 10 at 6 p.m., we will have magician Ron Cain here to take all you muggles into "The World of Harry Potter." Then, on Wednesday, July 31 at 6 p.m., we will be welcoming and learning about some exotic animals thanks to Outragehiss Pets Interactive Live Animal Program.

For older teens and adults, we will be welcoming Catskills Astronomy Club on Thursday, July 11 at 7 p.m. as they present "Seeing in the Dark." This is a film about the wonders of stargazing and, weather permitting, there will be a star watch after the movie.

For adults, we will be welcoming Woodstock alumnus, Duke Devlin, on Thursday, July 25 at 6 p.m. Come out to hear some of Duke's stories from the three-day Woodstock Festival, just in time for the 50th anniversary. There will be a question and answer session as well.

In addition to these fantastic special programs, every Monday evening at 5 p.m. we will have a new special guest in the library. Following our guest, at 6 p.m., there will be a children's craft. Monday mornings at 11 a.m. is reserved for seniors! We'll have special presentations and crafts throughout the summer. Tuesdays at 10 a.m. is our Preschool Story Time and from 4 to 6 p.m. we will have drop-in crafts for the whole family to enjoy.

Many of our programs require registration, so call or stop in to save your seat! Call 845-436-6067 ext. 102 or stop in. All of our programs are FREE and open to the public, so don't miss out. Be sure to check out our event calendar on our website, [www.fallsburglibrary.org](http://www.fallsburglibrary.org) for ALL of the great programs that we have coming up.

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SPONSORED BY THE TOWN OF FALLSBURG  
ENJOY THE GREAT OUTDOORS AND JOIN US FOR A MOVIE  
SPONSORED BY THE TOWN OF FALLSBURG  
MOVIES WILL BE SHOWN ON THE STAGE OVERLOOKING OUR LAKE  
BRING A CHAIR OR SIT ON OUR BLEACHERS  
PARENTAL DISCRETION IS ADVISED FOR MOVIES  
PLEASE CALL AHEAD FOR THE MOVIE OF THE WEEK 845-434-5877  
SATURDAY NIGHTS: JUNE 29 JULY 13,20,27  
AUGUST 3,10,17,24 MOVIES START AT 9:00  
BRING THE FAMILY !!

# OVER UNITY

Excerpted From a Novel in Progress by John Conway  
Illustration by Carol Smith

Our story began when MacArthur Quint returned home one night to find his old girlfriend waiting for him. Years before, Janice Craig had broken his heart by marrying his best friend and business partner, Dietrich Lamb and Quint hadn't seen her since. Janice told him that her husband was dead and she was convinced he had been murdered. Quint had reluctantly agreed to look into the matter for her. Now he has travelled to Atlanta, Georgia, where he is in Lamb's deserted workshop, and has encountered a man pushing a pallet across the floor.

"Coach?" Quint finally said. "Mac Quint," the man replied, stepping forward and spreading his arms for a hug.

Quint embraced the smaller man, whose arms tightened around him with surprising strength, nearly driving the breath out of him.

"How long has it been, Quint?" the man asked, releasing his hold and stepping back. "Got to be twenty years since I've seen or heard anything from you. What the hell have you been up to that you couldn't get in touch?"

Quint didn't answer, but he knew exactly when he had last seen his old wrestling coach. His mind wandered back to his days as a varsity wrestler at Georgia Tech, how much he had learned from Gary Speegle, and how close they had become, especially once Quint had been elected captain of the team his senior year.

Following his graduation, during the time he was building up his business with Dietrich Lamb and dating Janice Craig, he had also worked as Speegle's volunteer assistant coach. In fact, next to Janice and D-Lamb, the coach had become his closest friend. It was inconceivable that he



Quint embraced the smaller man, whose arms tightened around him with surprising strength, nearly driving the breath out of him.

would leave Atlanta without saying good-bye, and the day he left town, his world suddenly turned upside down by Janice's betrayal, he had done just that. Quint had not looked back, and had never spoken to any of his Atlanta friends again.

"I've kept in touch with

quite a few of the guys you know...Morrison, Saville, Davis, Carmichael, Martinez, maybe he came after you...and they would often speculate what had become of you, how you had dropped out of sight. Some said you were in prison, Morrison said he had heard you were a hero in two differ-

ent wars."

"Never been in prison, and I'm no hero," Quint finally said. "Now, can you tell me what you're doing here in Dietrich Lamb's workshop? I don't recall you guys ever knowing each other."

"We didn't really know each other. But I knew Janice

through you. In fact, she came to see me shortly after you left. Thought you might have told me about where you were going. She wanted to talk to you in the worse way. You hadn't said much of anything that day, barely spoke at all, actually, so I couldn't help her, but she reached out quite a few more times to see if I had heard from you. We became friends, and a few years later, when Tech ended the wrestling program, putting me out of a job, she suggested I ask D-Lamb if he had a place for me."

"Because of your extensive background in the electric car business?" Quint interrupted sarcastically.

"Obviously, I had no background, but D-Lamb didn't seem to care. He said any friend of yours was a friend of his and he hired me right away. Made me head of security and personnel."

"Must have been trying to ease his guilty conscience."

"I don't know about that. I can tell you that he revered you. To hear him talk, you could walk on water, and he could not have treated me better. I've worked here ever since."

Quint shook his head in

amazement, distinctly feeling as if two of his worlds had just collided. He had always kept his love of wrestling separate from his business side. He could scrap with Coach Speegle, who was physically tough, quick and strong and a brilliant strategist, and then he could engage in a purely intellectual conversation with D-Lamb, discussing mathematical equations or rare earth elements. He compartmentalized his two lives and always felt that each benefitted from that. Janice had been the only common thread between the two, until now.

"So what are you doing now?" Quint asked.

"Janice called me the day after D-Lamb died. She told me what had happened—at least what she knew about it—and asked me if I could come in and do a complete inventory of everything in the building. I was happy to help. I am finished with everything downstairs, and now I am trying to sort through the stuff up here in the storage area. I don't think anyone comes up here very often, so some of this stuff hasn't been moved or looked at in years. I have no idea what some of it is."

"Did Janice happen to say why she wanted an inventory?" Quint asked. "Do you think she was going to sell the place or something?"

"It's a funny thing about

that," Speegle answered. "She called me at the end of each of my first few days, asking me for a detailed report on what I had inventoried. That wasn't so strange in and of itself, but the way she asked, it was almost as if she was looking for something specific. But she never came right out and said so."

"Any idea what that might have been?"

"None at all," Speegle said, shaking his head. "I never knew that much about the technical stuff that went on here. But I was aware that D-Lamb had come up with some kind of breakthrough, something revolutionary. Some of the workers said that it would change the world. I know it had D-Lamb pretty spooked."

"Spooked?"

"He had me beef up the locks on all the doors, and install bars on all the windows, we added a sophisticated alarm system to the building, I had to bring in a computer guy to upgrade the firewalls, and he bought this huge vault for the office, which I thought was kind of odd, since we never had much money in the place. It was almost like he was expecting some kind of attack."

Read more about MacArthur Quint's adventure, *Over Unity*, in a future edition of *The Hurleyville Sentinel*.

## Chapter 7 – A Renovated Warehouse in Atlanta, GA

"Who are you and how did you get in here?" the small man in the green coveralls 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. As Quint drew closer, he realized he knew exactly who the man was. And apparently the man recognized him, as well.

## Lester Cohen Elected to FCSD Hall of Fame

Award Winning Opto-Mechanical Engineer Honored

FALLSBURG – Noted engineer Lester Cohen has been selected for the Fallsburg Central School District Hall of Fame.

A graduate of Fallsburg Central High School in 1968, Mr. Cohen received a B.S. and M.S. in Civil Engineering at Boston's Northeastern University. In 1978, he began a more than 40-year career at The Smithsonian Astrophysical Observatory, which, together with Harvard University, makes up the Center for Astrophysics. He became the Chief Engineer of the Structural

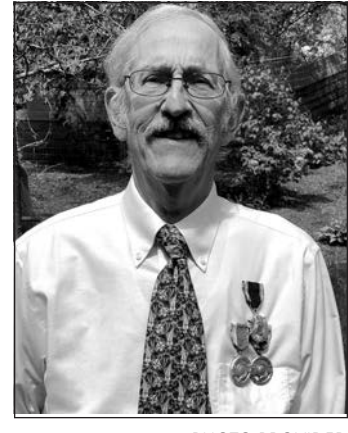


PHOTO PROVIDED  
Lester Cohen

Analysis & Design Group. His work on two of NASA's great observatories—the Chandra X-ray Observatory and the James Webb Space

Telescope, to be launched in 2021—earned Mr. Cohen the 2009 NASA Distinguished Public Service Medal and numerous recognition awards.

He is proud that he shares the same award as Carl Sagan and Neil deGrasse Tyson. His colleagues at NASA acknowledge that his technical brilliance and integrity are unrivaled. He has distinguished himself as a top mechanical engineer in the development of space telescopes. He has been described as a technical wizard.

Mr. Cohen's accomplishments as a son of one of Fallsburg's outstanding educators, Blossom Cohen, as a family man, and as a man of deep religious faith, attest to his integrity and depth of character. He has inspired countless students to pursue technological fields that he believes are the route to a greater good for all.

NASA's mission success has been, and will be in the future, directly dependent on Mr. Cohen's contributions. As one of his close associates has said, "Lester is a true unique national asset to NASA and the nation and an exceptional friend and colleague."

Classmates and friends are warmly invited to celebrate Lester Cohen when he receives his Hall of Fame plaque at the 15th annual Fallsburg Central School Alumni Association Reunion and Brunch Buffet on Saturday, July 20, from 11 a.m. to 2 p.m. at the Woodbourne Firehouse, 355 Rte. 52, Woodbourne.

For more information, contact the FAA President Regina McKenny-Snead at (845) 866-0232.

## BCES Students Show Their Talents

FALLSBURG – For several years, the PTA at Benjamin Cosor Elementary School has been auditioning talented children for participation in an annual Talent Show held just before the school year ends. Rosalind Natale has been the driving force to keep this tradition alive. This year's show occurred on Friday evening, June 21 at the Fallsburg Jr/Sr High School Auditorium before Principal Mary Kate Stinehour and Assistant Principal Dave Viglione, parents, grandparents, siblings, and classmates of the eight performers.

Announcing each act and handling the sound and microphone controls was Party Masters' Frank Kuttner. Helping backstage to keep the flow going was a team of older students and children of PTA members comprising Gavin Storms, Nick Storms and Evyonna Gilliard.

Every performer, from kindergarten through sixth grade, gave it their best effort and charmed the au-



PHOTO PROVIDED

The finale of the show featured, left to right: Shaun Pomeroy, Tiffany Maccagli, Gianna Colombo, Memphis Oathout, Janelli Anderson, Isabella Giannico, Angelina Alvarado and Adoni Negron.

dience. Some sang challenging lyrics from Aretha Franklin and Lady Gaga. One young girl, Tiffany Maccagli, played a trumpet solo of the Star-Spangled Banner, which has some challenging notes! Isabella Giannico opened the show by singing "Shallow" by Lady Gaga. Isabella auditioned for the Hudson Valley Renegades baseball team, and will sing the National Anthem before one of their upcoming games. Her voice can fill a stadium! She also performed

Kelly Clarkson's "Piece by Piece" just before the grand finale. The entire cast sang "Old Town Road" by Lil Nas and Billy Ray Cyrus to close the show.

Other children on stage were Janelli Anderson, who just graduated kindergarten the morning of the show, Adoni Negron, Shaun Pomeroy, Memphis Oathout, Gianna Colombo and Angelina Alvarado.

Special thanks go to Jenine Alvarado and Trevonne Gilliard for assisting Mrs. Natale.

## FHS SENIOR RECEIVES SALON MEMORIAL SCHOLARSHIP

FALLSBURG – Mickenna Meyer, a graduating senior at Fallsburg High School, has been named the 2019 recipient of the Marion and Philip Salon Memorial Scholarship Award.

Ms. Meyer will receive \$1,000 toward the cost of her first year of college studies. She plans to study this fall at SUNY Sullivan, and has been accepted for transfer to SUNY Binghamton for the spring semester.

The daughter of Kristen and Michael Meyer of Swan Lake, she was selected for this award for her strong academic record and her commitment to volunteer service in the commu-

nity. Ms. Meyer ranks fifth among 93 seniors in the Fallsburg Class of 2019. Her volunteerism includes food collection and delivery projects in the Girl Scouts and service through the K-Kids program of the Kiwanis.

In a letter of recommendation, school counselor Meryl Curry wrote: "Through her own personal experiences, Mickenna has developed an interest in the science field and wishes to eventually become a veterinarian."

The scholarship, named in memory of two lifelong Hurleyville residents, is designated annually for a graduating senior at Falls-

burg Central School who has made a serious commitment to service in ways that benefit the community and its citizens.

The annual Salon Scholarship is funded by the children and relatives of Marion and Phil Salon, whose two children, Shep and Rebecca, graduated from Fallsburg Central High School in the 1960s.

Marion and Phil Salon were the owners and operators of a bungalow colony and Salon's Corners, a convenience store, over a 40-year period. Mr. Salon served for 24 years on the Board of Education of the Fallsburg Central Schools.

## EMS Beat

by Albee Bockman, AEMT-P



## ARE YOU A "JELLY BELLY?"

There are many reasons why people gain weight around the belly. It may be a poor diet, lack of exercise, and stress. Improving the way we eat, increasing activity, reducing our stress level, and making other lifestyle changes can surely help us lose unwanted belly fat.

There are two kinds of belly fat. One is called "Visceral." This is the fat that surrounds our organs. The other is called "Subcutaneous." That is the fat that sits under the skin. Health complications from visceral fat are more harmful than having subcutaneous fat. Being overweight is one of the leading causes of major diseases such as heart disease, heart attacks, stroke, high blood pressure, and Type 2 diabetes. It may also increase one's risk of breast cancer, colon cancer, and different types of dementia.

Let's now address some of the causes of belly fat.

1. DIET – I know we love our cakes, chocolates, and sugary drinks. But these things run havoc with our metabolism and causes weight gain. High-carb diets also put the pounds on. Breads, baked goods, and fast food are the culprit!

2. ALCOHOL – We all hear about the benefits of wine and some liquors. It's all in the amount we drink. Excessive drinking causes a variety of health problems such as liver disease and inflammation. It causes males to gain weight

around the belly.

3. EXERCISE – An inactive lifestyle makes it really difficult for a person to lose the excess fat, especially around the gut. If we consume more calories that we burn off, well - - you get the picture.

4. STRESS – There is a hormone in our body called "cortisol" that helps control and deal with stress. When one finds themselves in a high-pressure situation, the body releases cortisol. This impacts on the body's metabolism. What happens is the person reaches for food for comfort when stressed. Cortisol causes the excess calories to remain around the belly and other areas of the body for later use.

5. GENETICS – Thank you, Mommy and Daddy!!! Yup! There is evidence that a person's genes play a role in whether or not they become obese. Believe it or not, environmental factors and behavior also play a role in the likelihood of people becoming obese.

6. SLEEP – We can't catch a break! A short sleep duration plays a part in the increase of belly fat. It increases the chances of "emotional eating".

7. SMOKING – This may not be a direst cause of belly fat; but it is believed to be a risk factor.

If we address the above causes of obesity one by one, one can lower the risk of the problems associated with it. Living right means living long. You got this!!!

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- Inflatable
- Rides 2:00
- Petting zoo 4:30
- Stilt walkers 6:00
- Somerville Blues Band
- Debbie Fisher
- DJ
- Live music all day
- Fireworks
- And more

Morningside Park - Hurleyville, NY - 845-434-5877 - Free admission

# SENTINEL SPORTS



## Setting Your Own Pace

### BIKING HURLEYVILLE'S MILK TRAIN TRAIL

By Alan Barrish

HURLEYVILLE – Well, once again the summer season is upon us, and one of the great, simple pleasures avail-

able in Sullivan County is bicycling the Hurleyville Rail Trail-- or as it is also known, The Hurleyville Milk Train Trail. This treasure, situated in the heart of the iconic and leg-

endary Borscht Belt, is redolent with the atmosphere of a time when the railroad was the heartbeat of rural America. Indeed, the metaphysical transformation experienced

when traversing the path is uplifting and transcendent.

Readily accessible for the casual bicycle rider, this tranquil, secluded, peaceful and serene, historic former railroad bed of the O & W Railway offers an opportunity for a self-paced leisurely ride. With much of it canopied and all of it scenic, this flat, paved, course can be traversed at any pace. Since road bike riding in Sullivan County, especially during the busy summer months, is dangerous, nerve racking, and tense, what cannot be overstated about the trail is the absence of motorized vehicles.

Bucolic and pastoral, the trail has spectacular views of wildlife and nature. Moreover, a great bonus of the path is the signage describing the flora and fauna and history

along the way.

Parking is convenient and easily accessible. And the trail is free and open to the public.

Another advantage of the path for the casual bike rider is that any manner of bike, from a simple cruiser style, with one gear and a foot break, to sophisticated road and trail bikes can be used. The entire 7.2 mile paved trail can be easily done in an hour. By design, the trail is also accessible and easily managed by walkers—even those who need assistance such as a cane or walker—and non-ambulatory visitors alike.

Besides the wetlands and forests, the path goes through the Smith Hill cut, a rock cut created by the O & W Railway when it laid its tracks in the 1870's. As elucidated on the signage, the ambient tempera-

ture is much cooler here than anywhere else in the area, and rumors circulate of paranormal activity in this section. Particularly since, on February 13, 1907, a massive and deadly train wreck occurred on this spot. Signage explains the details of the wreck.

Since the path is not a strenuous undertaking, before or after the ride, one can visit the Sullivan County Museum or the other attractions of Hurleyville such as the new Arts Centre or the THINC Lab, and there are several eateries in the hamlet. All within walking distance from the parking areas.

As the sign says "The Milk Train Trail is made possible through a partnership between The Center for Discovery, Open Space Institute, the town of Fallsburg, and



SENTINEL FILE PHOTO

Trail Head signs such as the one in the west parking lot, provide information about what's ahead and add to the visitor's experience.

the New York State Department of Transportation. This partnership was created to preserve the heritage, history and natural beauty of this linear park, accessible for all to

enjoy."

And as I have been learning, the Milk Train Trail is indeed something everyone can enjoy.



SENTINEL FILE PHOTO

The Smith Hill Cut is a good place to cool down in the summer time, and is one of the most popular places along the Milk Train Trail.

## SUNY SULLIVAN NAMES NEW WOMEN'S BASKETBALL COACH

LOCH SHELDRAKE – SUNY Sullivan Director of Athletics Chris DePew has announced the hiring of Derek Marchione as the head women's basketball coach. Mr. Marchione replaces Dan Lang, who left to accept an assistant coaching position at Xavier University.

"We had a very deep, diverse, and talented pool of candidates to sort through and I am so grateful to the committee for their hard work, and their process which produced the ideal candidate in Derek Marchione," said Mr. DePew. "When Derek visited campus he impressed us immensely with his proven success as a head coach, his ability to recruit talented women throughout his career, and his interest in enhancing the program at Sullivan."

"I would like to thank Chris DePew and the committee for trusting me to be the next basketball coach at SUNY Sullivan," Mr. Marchione said. "Dan Lang did an incredible job building this program over the last seven years. I be-



PHOTO PROVIDED

New SUNY Sullivan women's basketball coach Derek Marchione

lieve SUNY Sullivan is a program that can win a National Championship and look forward to working towards that goal."

A native of Waterford, NY, Mr. Marchione comes to SUNY Sullivan after serving as the head girl's coach at Putnam Science Academy in Putnam, CT. He started the girl's program there in April of 2017 and in his first season led the program to a 21-9 record while also developing and graduating players that went on to garner scholarships at Post University and Towson University. In his second year

in 2018-2019, the program went 23-7 and made it to the semi-finals of the Independent School National Tournament, where they finished third overall. This year, his players will go onto scholarship institutions such as Providence College, East Carolina University, Canisius College, University of New Hampshire, University of Albany, and Marist College.

Mr. Marchione earned his degree in Health Sciences from Keene State College and after graduation spent two years as an assistant at Georgian Court University in Lakewood, New Jersey. He worked under Women's Basketball Hall of Famer Jasmina Perazic and was responsible for all recruiting efforts along with assisting in all other aspects of the program.

"I am excited about the group of incoming and returning players to Sullivan that I will be able to coach. I am excited to get started building on the success Coach Lang has brought to the program," he said.

by John Conway

## SULLIVAN WRESTLING ANNOUNCES MORE SIGNINGS Program Continues to Grow

LOCH SHELDRAKE – The SUNY Sullivan wrestling program under head coach Anthony Ng and assistant coach Richard Dennison continues to build in quantity and quality with the signings of a number of local wrestlers.

The program has added six new wrestlers in recent weeks, all from the tri-county area. Each of the six earned multiple selections to the All-Section IX team while in high school, and three of the six were crowned Section IX champions.

Caesar Santiago, a Division II Section IX champion from Liberty, is expected to compete at 165 or 174 pounds for the Generals next year. Sullivan West's James DeAveiro, another Division II Section champ, is projected at 197, and Liam Bullock from Chester Academy, also a Division II Section champ, is likely to compete at 125 pounds.



PHOTO PROVIDED

Section Nine champ Caesar Santiago of Liberty is among several new wrestlers to sign letters of intent to attend SUNY Sullivan in the fall.

In addition, Sullivan has signed two-time All-Section wrestler Lukas Pennell of Pine Bush High School, who will be competing at 165 pounds, and Middletown High School teammates, Destin Morano and Jeremy Jenkins, both two-

time All Section wrestlers. Morano will look to wrestle at 157 or 165 at Sullivan, while Jenkins is expected to compete at 133 pounds.

Coach Ng says he expects to announce the signings of still more recruits in the very near future.

## STILL TIME TO ENROLL FOR GENERAL'S BASKETBALL CAMP

by Win Hadley

LOCH SHELDRAKE – There is still time for boys and girls to sign up for a chance to rub elbows with top notch local basketball players and coaches at the SUNY Sullivan Summer Basketball Camp.

The camp is in its seventh year under current Generals' head men's basketball coach Brent Wilson.

The two sessions this summer will be held during the weeks of July 15-19 and July 22-26. The two sessions will be open to both boys and girls ages 7-17. The cost for one week of camp is \$175, and the cost for both sessions is \$300.

There are some limited discounts available for SUNY Sullivan employees,

families with multiple children attending, and groups.

The camp runs from 9 a.m. to 3 p.m. Monday through Friday. Early drop off (8:30 a.m.) and late pick up (4 p.m.) are available if pre-arranged. Campers must



PHOTO PROVIDED

bring a lunch or purchase their lunch at the Generals Store located in the Paul Gerry Fieldhouse.

Further information is available by calling the college at 845-434-5750 Ext. 4293.

## SULLIVAN WRESTLER NAMED TO ACADEMIC ALL-AMERICA TEAM Rob Satriano Honored

by John Conway

LOCH SHELDRAKE – SUNY Sullivan wrestler Rob Satriano has garnered another honor for the school, as he has been named to the NJCAA Academic All-America second team.

Mr. Satriano, who has graduated, came to Sullivan from Valley Central High School in Montgom-



PHOTO PROVIDED

Robert Satriano

ery. He served as the Generals team captain during his sophomore season, and qualified for the NJCAA national championships at 141 pounds. His work ethic and leadership have been consistently praised by Sullivan Coaches Anthony Ng and Richard Dennison.

Mr. Satriano will attend SUNY Cortland in the fall.

## SUNY Sullivan Garners Mid-Hudson conference All-Sports Award

by Win Hadley

LOCH SHELDRAKE – The Mid-Hudson Conference has named SUNY Sullivan as the recipient of the conference's 2018-2019 All-Sports Award, presented each year to the college that has earned the highest overall finish across all sports.

The Generals moved to Division II in men's and women's basketball and in

baseball for the first time this season, but did not allow the move to derail their success. Both basketball teams won conference championships.

"I'm incredibly proud of all of our hard-working student athletes and coaches," SUNY Sullivan Athletic Director Christopher DePew said in making the announcement. "It's a great day to be a General!"

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