NUMBER 12.

IT'S A WONDERFUL LIFE

HOLIDAY ACTIVITIES ABOUND IN HURLEYVILLE

HURLEYVILLE — It will be a busy December in Hurleyville, starting with a festive new familyfriendly event, Holiday in Hurleyville, on Saturday, Dec. 2.

The businesses of Main Street have come together to plan a day of shopping, arts and live music to kick off the holiday season in style. The bustle will continue throughout the month with ongoing exhibits, a holiday cabaret and a winter solstice celebration.

Free activities for Holiday in Hurleyville will begin at 11 a.m., Dec. 2, up and down Main Street. The Sullivan County Historical Society will have its annual holiday open house and a theme tree exhibit at the Sullivan County Museum. Fiber on Main is hosting a pop-up shop for Buck Brook Alpacas, a Roscoe farm and fiber operation that raises alpacas and produces hypoallergenic yarn. The fuzzy animals will visits outside the store.



festive photo booth and

Handmade and lo-

cal gifts will be for sale

throughout town, and food

and drink specials will be

offered at the Hurleyville

Market, Frankie and John-

ny's and the Pickled Owl.

There will be live music

Sorensen, Kevin McDan-

Christmas train displays.

The second annual Hurleyville Community Winter Solstice Celebration will be on Thursday, Dec. 21, with activities starting at 4 p.m.

work at the Delaware Val- visit the Hurleyville Makley Arts Alliance's "Radius ers Lab for kids' crafts, a Hurleyville" show in Gallery 222, alongside a makers market where members of the Hurleyville Makers Lab will sell their creations. The Hurleyville Arts Centre will host two free performances by Main Street Dance, and offer free yoga sampler and essential oils classes in the afternoon. Sullivan County Historian John Conway be visiting Hurleyville as will give visitors a taste of well, set up for children's Hurleyville's fascinating cultural and natural histo-Community members ry in a guided walk along can admire—and buy— the paved Hurleyville rail their talented neighbors' trail at 1 p.m. Families can Party Master stage in the

center of town. Down the road at SUNY Sullivan, there will be doubleheader men's and women's basketball games.

The official lighting of the community tree will occur at 4:30 p.m., followed by a Main Street Dance encore performance and then a \$5 showing of "It's a Wonderful Life" with popcorn at 7:30 p.m. at H.Â.Ĉ.

One week later, Hurleyville Arts Centre is hosting the Forestburgh Playhouse Holiday Cabaret on Dec. 9 at 7:30 p.m. Tickets are \$20 in advance and \$25 at the door.

The second annual Hurleyville Community Winter Solstice Celebration will be on Thursday, Dec. 21, with activities starting at 4 p.m. One mile of the Rail Trail will be lined with luminaria to usher in the beginning of winperformances by a variety ter. There will be a fire pit of popular local artists, in- and acoustic music at the cluding David Rosenberg, trailhead, and community Debbie Fisher-Palmarini, members will read winter Paul Kean, Lee B. Karasik poetry on the trail. Live "The Great Kazoo," Alan music, hot apple cider and films will be in the Huriel, and Lion Zen, on a leyville Arts Centre.

FALLSBURG LAUNCHES DUAL LANGUAGE PROGRAM

by Amanda Loviza

SOUTH FALLSBURG — The Fallsburg Central School District may be small, but it's not lacking in diversity. About half of the district's students identify as Spanish/Latino, and 15 percent of the population are English Language Learners (ELL). That's more than twice the language learners the district had a decade and a half ago, and for several years it has been clear the district needed more resources for these students.

When faced with state requirements to accommodate the high percentage of language learners, Fallsburg decided to craft a program with the potential to benefit all students. This fall, Benjamin Cosor Elementary kicked off a Dual Language Program for kindergarten and first grade, offering students the opportunity to be in classes that alternate between days of English instruction and days where they are taught in Spanish. Forty students in first grade and 37 kindergarteners have enrolled in the first year of the dual language program, receiving half their lessons in each language. Just over half the students in the program are ELL, while a third are native English speakers with no Spanish proficiency and the rest are already bilingual in the two languages. In this new program, students from both language backgrounds are building the foundation to

by John Conway

tous Legislator.

MONTICELLO-- During his

first two years in office, Sullivan

County Legislature Chairman

Luis Alvarez has developed a

reputation for being the ubiqui-

"People tell me they've rarely

seen a legislator this visible in

the community," Mr. Alvarez,

who represents District 6, which

includes Hurleyville, says. "It's

important to me to understand

the needs and concerns around

all of Sullivan County, which is

why I show up at town and vil-

lage board meetings and travel

Mr. Alvarez says he is proud of

the fact that under his leadership

the Legislature has been able to

translate many of the concerns

people have voiced into concrete

accomplishments, making the

throughout the County."



Kindergarten teacher Veronica Serrano, who teaches her students in Spanish as part of Fallsburg Central School District's new Spanish dual language program, leads an activity in the classroom.

bilingualism.

Research shows that being bilingual has a multitude of benefits. From sharpening decision making skills and the ability to focus on a task to later preventing dementia, bilingualism improves a variety of cognitive skills, Fallsburg Superintendent Dr. Ivan Katz discussed. Practically speaking, in the U.S. there are also a lot of jobs that seek individuals fluent in both English and Spanish. Fallsburg is thinking beyond graduation day, toward helping students develop skills that will lead to good careers and increased earning potential.

"There's going to be a lot more doors opened to students down the road because of this opportunity," Dr. Katz said.

In the classroom, Spanish first grade teacher Jeanne Espinoza said it's been amazing to see ELL students open up and start participating in

class more now that they can express their ideas more effectively using their native language. The same goes for parents, Spanish kindergarten teacher Veronica Serrano said. Spanish-speaking who were unable to help their children with schoolwork are now excited to be involved.

"I think they feel more part of our school community now," Ms. Serrano said.

It's been a huge growing experience for all the students, even in just a few months. The English speaking students have lost their deer-in-headlights look during Spanish class. For the Spanish students, Ms. Serrano said it is wonderful to see ELL students, who have been the "other," now stepping forward and being role models to the other students, helping non-Spanish speakers learn

their language. Parents of the students from

both language backgrounds have been enthusiastic in their support of the dual language program. Ms. Espinoza said she had an English speaking mother recently express her appreciation and amusement that her child now reads better in Spanish than in English, because she wants to do all her reading in Spanish. It's a real benefit to both groups to learn two languages, first grade English teacher Dominick Scanna said.

The four dual language program teachers are lucky school administrators are letting them "steer the ship," kindergarten English teacher Scott Persten said. They have the freedom to be flexible and creative, and to help shape a program that will continue to grow and benefit students for years to come.

Assistant Superintendent for Curriculum and Instruction Dr. Matthew Evans, who has been the driving force behind the dual language program, called it one of the most rewarding things he's done, personally and professionally.

Support for the program, from staff and families, has been overwhelmingly positive, Dr. Katz said, and the district will seek to expand the program.

"The drive behind this is knowing down the road that this will make a difference in the lives of kids," Dr. Katz

"SUPER STORIES" SELLS OUT HURLEYVILLE ARTS CENTRE

An "Aisle Seat" review by Lori Schneider

HURLEYVILLE--

Standing Room Only crowd packed the 140 seat auditorium to beyond capacity - literally littering the aisles of the Hurleyville Arts Centre on Saturday evening, November 4th as three diverse, engaging and engrossing master storytellers presented Super Stories Stories of Resilience. The theme of the evening was "resilience" and through comic and poignant stories, each explored different facets of that theme.

A Hurleyville girl, myself,

I had attended the opening of the Centre last December for It's a Wonderful Life on the big screen. Totally impressed with the venue, I was disappointed that the event drew such a small crowd (it was an icy night, and the roads were fairly dicey, so I'm sure that had a lot to do with the turnout). That said, it was great to see this lovely venue Saturday night, filled to overflowing - even having to turn people away at the door. I'm told this was their first sold-out event, but I've a feeling it will be the first of many. And no wonder; with a warm, welcoming, intimate atmosphere, state-of-theart, well-appointed facility and the ability to attract world class entertainment, it's high time the Arts Centre is getting the audiences they well deserve.



From left, storytellers Peter Aguero, Ophira Eisenberg and Adam Wade present "Super Stories: Stories of Resiliency" in a sold-out Hurleyville Arts Centre on Nov. 4.

Ophira Eisenberg, Adam Wade and Peter Aguero captivated with storytelling prowess that had the audience hanging on every humorous and heartfelt word. The three have been working together for years and their camaraderie shows. They've all performed on the Moth Radio Hour on NPR and have toured North America with The Moth Mainstage. Moth Radio debuted in 2009 and is a Peabody Award-winning weekend afternoon staple airing on over 450 public radio

stations. The three performers each have a totally different style, look and delivery and yet, they complement each other beautifully with a fresh, remarkable rapport. Peter Aguero, sporting a long braid and beard is brawny, tattooed and dressed in jeans and a short sleeved shirt. Ophira Eisenberg is dressed as if she might be

going to a wedding, in sil-

ver heels and a sparkly, pleated dress. Adam Wade is conservatively clad in a corduroy sport jacket (with leather elbow patches) and glasses. Wade has nerdy nervousness and insecurity down to a science - from his demeanor to tentative speech patterns. Aguero's rich voice and self-deprecating humor turn on a dime to bring on misty eyes and a lump to the throat. Eisenberg's warmth and down-to-earth approach to storytelling show off her strengths and vulnerabili-

Unlike most productions reviewed by Aisle Seat, performances at the Hurleyville Arts Centre are one-shot deals. So, while I can't say that this production has additional performances you can catch, what I can say is two-fold; keep an eye out for these versatile performers when they appear elsewhere, and keep an ear out for future events

coming to this wonderful, local venue (and book your tickets early!)

The Hurleyville Arts Centre is located at 219 Main Street in Hurleyville. For information about upcoming events, visit them online at hurleyvilleartscentre.org or call (845) 707-8047.

Lori Schneider, an actress and director in local theatre for more than 30 years, writes independent reviews of local dramatic performances for her Facebook page, Aisle Seat. For more reviews, visit Aisle Seat on



Follow us on Face Book & Instagran

county a better place in which to live and work. For example, the Legislature scheduled two public forums allowing residents to comment on the recommendations of the Charter Review Commission, two of which—adopting a County Executive form of government and staggering the terms of Legislators-- seem to be on the minds of many. The hearings are a first step toward submitting the proposed changes to a public vote, which could come as early as November of 2018. Mr. Alvarez says the Legisla-

ture has a number of high profile accomplishments, such as the



Legislature Chairman Luis Alvarez looks forward to

construction of the new jail and working with County Manager Josh Potosek to bring on muchneeded new staff, and plenty of less visible achievements, including:

 Creation of an Addiction Referral Line

· Joining suit against pharmaceutical companies who unscrupulously peddle opioids

· Live broadcasting of monthly full Legislature meetings · Participating in Sullivan 180

health partnership · Advocating for and supporting EMS/fire volunteers, including EMS Roundtable

Quickly and effectively responding to flooding in Livingston Manor

· Renovating and updating Government Center's heating, ventilation, lighting and side-

Strengthening the Home Energy Assistance Program (HEAP) into a statewide role

He also cites improved relationships with SUNY Sullivan and with county employees, and feels as if the county government has become more open and welcoming in general.

While he has focused much of his energy on being a quiet, effective leader, Mr. Alvarez has also managed several noteworthy accomplishments as an individual, including his appointment in September to the Board of Directors of the National Association of Counties. He also points to the relationship he has developed with Governor Cuomo and his staff, with whom he regularly communicates in order to ensure the county's needs are heard and understood.

Mr. Alvarez seems unafraid to try things that few other Chairmen have attempted, including delivering his State of the County address in person to each of the county's 15 towns and making himself available to discuss county issues and initiatives every week on the radio.

Mr. Alvarez, who speaks fluent Spanish, has worked to increase participation in the governmental process of the county's growing Latino community, and has maintained his long running involvement in the Sheriff's office's DARE Program.

Still, he admits there is much work to be done. Mr. Alvarez produces a lengthy list of goals for 2018, headed by a concerted effort to improve on the county's Together."

bottom-of-the-state rankings in health and wellness. Other initiatives include:

· Pouring \$10 million into

bridge and road repairs/replacement, plus \$6 million for paving Increasing funding for local

agencies involved in economic development

· Incentivizing cleanup of municipal blight

· Creating a Crisis Stabilization Center for the homeless and

identified in the shared services initiative filed with the state · Creating a program to financially assist towns and villages

· Consolidating services as

in worthy projects · Partnering in the creation of a new Visitors Center

· Creating a Youth in Business/Government Program with Sullivan County Chamber of

· Renovations at the County Courthouse

· Replacing the Adult Care Center parking lot (and renaming the facility)

Going as paperless as pos-

· Planning for 50th anniversary of Woodstock in 2019

And Mr. Alvarez says his constituents can be sure he will remain visible and accessible.

"I want to hear what people have to say, and I want them to hear – and see – that it's not all about me but about all of us. That's my motto: 'Let's All Walk

The Inquiring Photographer

by Heather Gibson



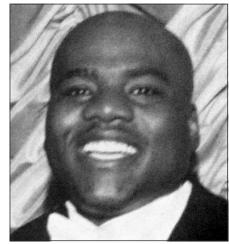
Q. What do you most look forward to or enjoy about the Christmas or holiday season?



Annie Cadden

"I always look forward to spending time with family and holiday traditions. And this year I am excited about taking part in the 'Holiday in Hurleyville' festivities."

"What I enjoy most about this time of year is giving. I enjoy giving to others; it can be gifts, or a kind word. That makes this time of year magical for me.



Sean Wall-Carty



Lily Mei (left) and Sarah Balmer

Lily Mei: "I look forward to my elf returning, to buying my family and friends presents, receiving presents and celebrating Jesus' birthday."

Sarah: "I look forward to time slowing down, helping to make wishes come true for less fortunate families, and being able to experience the wonder and magic of the season all over again through my daughter's eyes."

"Christmas time just gives you this warm fuzzy feeling inside. It's the best time of the year.'



Morgan Van Keuren

THE HURLEYVILLE SENTINEL.

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Hamlet Happenings

by Kathleen Sullivan



Members of the Columbia Hill Neighborhood Alliance continue to advocate for sustainable development by monitoring proposed developments throughout the towns of Thompson and Fallsburg.

The annual election of the Hurleyville Fire District will take place on Tuesday, December 12 from 6 until 9 p.m. at the Hurleyville Fire House.

The purpose of the election is to elect one Commissioner for a five-year term, beginning on January 1, 2018, and ending on December 31, 2022.

All voters registered with the Sullivan County Board of Elections on or before November 22, 2017, and residing within the Hurleyville Fire District are eligible to

Hurleyville-Sullivan First will hold the 21st Annual "Deck the Doors" Holiday Decorating Contest on Thursday, December 21. All holiday-decorated doors in the hamlet are eligible.

The group will begin touring every road in Hurleyville at 6 p.m. and judge doors decorated for the holidays. Please make sure your lights are turned on.

Winners of the contest will be awarded prizes provided by Hurleyville business owners and members of Hur- donate to the collection. The leyville-Sullivan First.

Hurleyville-Sullivan First meets on the third Thursday of each month at 7 p.m. at the Hurleyville Firehouse. The meetings are open to everyone interested in the revitalization and beautification of Hurleyville.

You can find Hurleyville-Sullivan First on Facebook and you can visit www.hurleyvilleny.com for more information about Hurleyville Hurleyville-Sullivan First.

The Sullivan County Museum will be decked out in holiday finery throughout the month of December. Holiday-themed trees, wreaths and exhibits created by individuals and organizations will be on display for everyone to enjoy.

The Sullivan County Historical Society is now able to have its school yearbook collection digitized and made searchable. The free service is provided by Oklahoma Correction Industries to community organizations, including libraries and historical societies. OCI is a rehabilitation and jobs training program that is affiliated with the Oklahoma Department of Corrections.

The society currently has about 100 Sullivan County yearbooks ready to be digitized. There are gaps in the collection that the society would like to fill before shipping the yearbooks out for digitization:

Fallsburg - 1951, 1958,

1965, 1968, 1972, 1973, meetings every Monday from 1980, 1983, and any before 10 a.m. until noon.

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

1947 and after 1987

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

Tri-Valley - 1959, 1962 and any before 1958 and after 1964 Delaware Valley - 1946,

1947, 1949, 1950, 1952, 1953, 1963 and any before 1945 and after 1968 Sullivan West - all years

Eldred - any before or after 1990 Roscoe - any before or after

1952 Livingston Manor - any before 1993 or after 1994

Jeff-Youngsville - any before or after 1949

Narrowsburg - 1962, 1963, any before 1961 and after

Sullivan County Community College - any after 1974

Please contact the society if you have yearbooks you can society can be reached at 845-434-8044 or at genealogy@ scnyhistory.org.

The museum also has a "gift shop" offering a collection of Sullivan County-related books, maps, posters, post-

cards and memorabilia. Anyone interested in volunteering to explore genealogy and the history of life in Sullivan County can call Pat Burns at the museum. The museum's phone number is 845-434-8044.

The museum, located at 265 Main Street in Hurleyville, is open on from Tuesday to Saturday from 10 a.m. to 4:30

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

All are welcome to attend Christmas Eve services at the Hurleyville United Methodist Church on Sunday, December 24 at 5:30 p.m.

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 p.m. The volunteers at the food pantry also provide free clothing for families in need on the last Thursday of each month. Donations made to the food pantry now can help make the holidays more special for our neigh-

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

The church holds prayer

A Bible study group meets

at the church every Tuesday from 7 until 8 p.m. Volunteers at the church

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

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

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

The members of Columbia Hill Neighborhood Alliance (CHNA) continue to monitor the status of the Gan Eden project on Columbia Hill and other developments in the towns of Fallsburg and Thompson.

CHNA supports community growth through appropriately scaled, responsibly designed and sustainably constructed development. Irresponsible and large-scale development threaten our environment and our quality of life.

Water supply, wastewater management, environmental impact, traffic, size of access roads, size of interior roads, community character and wildlife habitation are significant issues that must be considered before any development can be deemed sustainable and worthy of approval.

Visit CHNA at www.columbiahill.org or on Facebook for more information on the Columbia Hill Neighborhood Alliance.

The Sullivan County Dramatic Workshop will hold its annual holiday celebration at its winter home, the Sullivan County Museum at 265 Main Street in Hurleyville.

Holiday shows will be presented on Friday, December 8 and Saturday, December 9, at 7 p.m. and on Sunday, December 10 at 1 p.m.

The Children's Theatre Group will present "The Winter Holiday Show", a celebration of all holidays.

The workshop will also continue its tradition of presenting a live radio play, "A Christmas Carol." Tickets for both shows cost

\$10.00 and include coffee and dessert. Seating is limited. You can get your tickets early online at www.scdw.net or by calling 845-436-5336.

The Scene

off the charts as one experienc-

es the grandeur of what Christ-

mas would have been like for

the very wealthy of the era be-

tween the Civil War and WW1.

The admission is reasonable,

\$8 for adults, \$6 for students

and seniors. This extravagan-

za runs through December 31.

For more information, check

Chef Jamie at the Neversink

General Store will be creating

his own culinary extravaganza

as he sets the menu for his cater-

ing of Christmas fare. Whether

for ten, or just you (because

you don't want to cook), Chef

will accommodate. Go to their

Facebook page or give Chef

Jamie a call for more details. I

will say this: if he offers Beef

And speaking of extravagan-

zas, the Holiday in Hurleyville

event is one I can walk to!

From 11 a.m. until 9:30 p.m.

on December 2, all of our fa-

vorite local performers will be

on hand to provide the musi-

cal backdrop for the rest of

the festivities, hosted in part

by The Hurleyville Sentinel

and two of my favorite places,

The Pickled Owl and Fiber on

Main.

Wellington – I'm IN.

out their Facebook page.

Music and Entertainment in and around Hurleyville



Welcome to the official "Hol-Let me just say a few words iday Season!" I must confess about Fiber on Main. I first that the older I get, the more of became acquainted with this a love/hate relationship I have through the Knit In, which with this time of year. It's joy-Annie Cadden offers free to ous and wonderful, I love the the public on the second and lights and the decorations, the fourth Wednesdays of every fact that everyone is filled with month. I have seen these grow good cheer....just don't try from "everybody bring the driving anywhere! But I will project you're working on, be be driving, as there are some it knitting or crocheting" to a wonderful things happening wonderful exchange of skills and ideas, where new friendthis December. Straatsburgh, NY is definiteships are formed and where ly one of my destinations for A experienced yarn workers like GILDED AGE CHRISTMAS myself are allowed the ability at the Mills mansion. This, to explore new things through I'm sure, will be a marvelous the classes offered. I'm actuadventure with a "wow" factor ally thinking about learning to

Fridays:

in the park FIRST!

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

spin my own yarn!!! Be sure

you stop in and say hello dur-

ing Holiday in Hurleyville!

But only if you pet the Alpacas

St, (Exit 98 off 17W), Parksville; 8 p.m. Dec 1: Handsome Johnny; A

tribute to the late great Richie Havens (7:30 -10 p.m.) Dec 8: Little Sparrow (7 – 8

p.m.) and MIZ (8 - 10 p.m.). Put 2 stars by this and DO NOT MISS it!!! Dec 15: Those Guys "Christmas Show" Modern Mountain

music from 7:30 - 10 p.m. Dec 22: The Johnny Jules Band; hot rockin' blues and a

Dobro! (7:30 – 10 p.m.) **Every Saturday:**

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

Saturday December 2: Holiday in Hurleyville with Lion Zen, Debbie Fisher, Alan Sorensen, Lee Karasik (The Great Kazoo), and many more! 11

a.m. - 9:30 p.m.

(Acoustic Variety)

Pickled Owl, 218 Main Street, Hurleyville; 6 – 9 p.m. Dec 2: Chrissy Alventi

Dec 9: The Acquaintances (Jazz to Rock) Another show not to miss!!!

Dec 15: Those Guys (Modern Mountain) Dec 23: Marc Delgado (Solo

Acoustic) Dec 30: Rare Form (Funk

Rock) Dec 31: New Year's Ever

Talking Machine (8 p.m. - ??) Cabernet Frank's, 38 Main Street (Exit 98 off 17W). Parksville Dec 2: Ruby Rae; The Berk-

ley Place calls it "Wonderfully Creepy" (you KNOW I'll be there!); 7:30 - 10 p.m. Dec 9: The Barn Cats; Back

by popular demand! 7:30 -10:30 p.m. Dec 16: Peter Florence &

the New Kings; 7:30 -10:30 Check out their website, or give them a call for details on

Every Sunday Music Where You Least Expect It: 11 a.m. - 1:30ish, De-Fillipis Bakery, 506 Broadway,

The Dancing Cat Saloon:

their New Year's Eve Bash!

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

Every Monday Dutch's Open Mic: 205

Monticello

Rock Hill Dr, Rock Hill, 7 p.m. **Thursdays:** The Dead End Café, Parks-

ville: Defino and Ravdin; Songs from the Great American (Jazz) Songbook Thank you all for your pa-

tience and support. May your holidays be blessed and soul affirming. And Happy New Year!!!!

Until next time...

FROM THE FARM

by Eve Springwood Minson



Now that days are short, there is time to be busy indoors without guilt that the outdoors needs attention. This time of year I enjoy taking care of things I've neglected for months, like houseplants that need repotting or getting new amaryllis bulbs and Paper-White Narcissus for a winter thrill! These also make lovely holiday gifts for your plant-loving pals.

If it's not too cold you can still clean up your bird feeders for winter by soaking in a tub with soap and then dunking in a dilute vinegar solution for an hour. Rinse off and hang. Most birds waste grain mixes looking for sunflower seed so I just feed sunflowers. Thistle seed is fed to finches in a thistle feeder. Birds also love suet, along with fruit and nuts, though the squirrels and chipmunks might get the fruit before the birds do, so I put out fruit and veggie trimmings for them in winter far from the bird seed.

If you are crafty you may have already made jams, salsas, herb-infused vinegars and oils for yourself and as holiday gifts. Make nice labels and put festive ribbons around jars and bottles. Other DIY holiday gifts include wreaths and holiday arrangements. Use evergreen boughs, dried branches of Winterberry, red and yellow-twig Dogwood and others which look great in

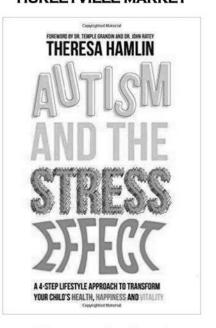
containers by your front door or painted silver or gold in arrangements. Place creatively into outdoor containers before the soil freezes along with juniper, cedar, curly willow, dried flowers and seed pods, pine cones and colored ribbons. Use only plastic containers outdoors in winter as pottery will crack and break when frozen.

If you saved culinary or tea herbs and dried flowers, you can

now work these into gift ideas. Friends will also love seeds from your favorite flowers. Write the name of the plant and year on the decorated envelope. There are many other fun winter DIY kitchen crafts you can now enjoy like soap-making or creating herbal salves or lip balms. You'll be so happy with what you've made with your own hands.

Happy holidays!

AVAILABLE AT THE **HURLEYVILLE MARKET**



In "Autism and the Stress Effect," Dr. Theresa Hamlin, **Associate Executive Director at The Center for** Discovery, explores a revolutionary life-style approach to treating autism that can benefit the whole family.

TCFD USES GRANT TO STUDY HOW CREATIVE THERAPIES IMPROVE **BRAIN HEALTH**

by Amanda Loviza

HURLEYVILLE - Sometimes it's hard to see connections between scientific research and progress in everyday life. But a unique three-year grant at The Center for Discovery is allowing a team of creative specialists to implement a program that draws connections from neurological research to the creative activities many intuitively love to do, tracking how positive things like dance and gardening actually improve neurological health.

In residential care for children with disabilities, the federal government mandates enrichment activities, but many of those programs stop being funded once a person turns 21. The lack of funding often leads to severely reduced recreational therapies that are beneficial no matter what the person's age. Over the last 18 months, The Center has put together a team that includes a dance therapist, recreational therapist, music therapist and horticultural specialist, along with support staff like gardeners, musicians, dancers, and more, to work with a group of 28 residents who have some of the most complex disabilities and medical frailties at The Center. Through this intensive, creative program, TCFD is gathering ev-

Visiting sound healer Ayi Mayzel, of Shanti Sounds, teaches staff at The Center for Discovery how to play crystal bowls for sound healing in a swimming pool. Sound healing in the water is one of many creative therapies The Center is tracking to monitor neurological benefits.

idence that "healing arts" are not just fun, but can also noticeably improve a person's neurological health.

There is often a misconception that when a person with disabilities cannot communicate in verbal sentences, "there's no one in there," dance therapist Jamie Yasgur said. That is completely false.

"This is a person with a personality," Ms. Yasgur said.

With expanded resources under their current grant, the

Then, they were given

a tray of vegetables and

fruits to create their own

individual turkey. While

creating the turkeys, the students noted how many

vegetables they had been given to use and they were

also given two step prob-

lems in addition and sub-

traction to solve that were

built around vegetable and

Later in the afternoon

of November 21, the Dual

Language Kindergarten

classes of Ms. Veronica Ser-

rano and Mr. Scott Persten

had a delicious Thanksgiving feast that was lovingly

prepared at home by the

teachers, assistants and

aides. The meal included a

huge roasted turkey, gravy,

fruit vocabulary.

FALLSBURG--Thanks- ing the numbers in their

giving was a great time writing journals.

for creativity, learning and celebration at Fallsburg's

Benjamin Cosor Elemen-

tary School this year. Stu-

dent paintings of turkeys

and brightly colored autumn scenes filled the hall-

Second grade teacher Leah Exner made a gi-

ant "turkey" from fruits

and vegetable at home. In

the classroom, Mrs. Exner

combined eating healthy

foods with a math les-

son. Supported by FCSD

teaching assistant Cynthia

Swinden, the children were

shown the giant turkey as

well as images of vegetable turkeys on the classroom

smartboard. The class went

through skip counting by

2s, 5s, and 10s before writ-

ways.

and pivot from a wheelchair to another seat can walk for 20 minutes in a swimming pool. Listening to and feeling the vibrations of crystal bowl sound healing in that same swimming pool soothes a woman's anxiety. Another woman, who typically has a difficult time focusing, hones in on a dance lesson now that she has found her passion for

Nick Sherman, a music therapist, said it has been in-

Good Health and Good Company Highlight

Benjamin Cosor Thanksgiving

additional outlets.

"They have that canvas to express themselves, and it's one of the most important things you can ever do," Mr. Sherman said. "They need to express themselves just like everyone else."

These activities are not just "fun," though every person regardless of abilities deserves to have fun. Engaging in increased physical and creative activities, and finding a passion, is improving the

Bots to Battle at Fallsburg High School

FALLSBURG-- Fallsburg Jr/ Sr High School will host the Second Annual Catskill New Bot Battle-VEX Robotics Competition on Saturday, December 2 from 10 a.m. to 4 p.m.

emotional and motor skills.

During a recent confer-

ence The Center hosted at

Google NYC, "Building a

Better Brain: Neuroscience

Breakthroughs Transforming

Healthcare and Education,"

several experts spoke about

how things like exercise and

sound healing have profound

impacts on neurological

health. Much of this research

is understood in the realm

of the general population's

health, but it is not carried

through to more vulnerable

The whole grant team at

TCFD said they hope more

agencies across the country

will look to The Center's

work and realize they can

improve even the most com-

plex individuals' health and

quality of life if they push

themselves and think outside

"If we can dream it here,

then maybe they can copy

it somewhere else and take

it the next step," horticul-

tural specialist Rosemary

Mandeville said.

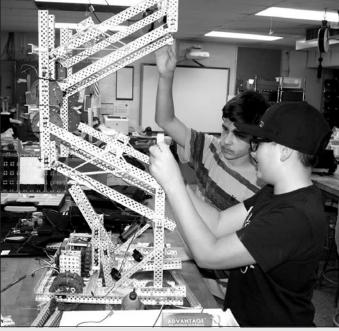
populations.

The event is co-sponsored by the Fallsburg and SUNY Sullivan Robotics Teams. It has been moved to the High School gymnasium in order to make room for new teams from the area, and additional teams from throughout New York State. Admission is free for spectators.

VEX Robotics Competitions focus on teamwork and problem solving through STEM-based education. STEM stands for Science, Technology, Engineering and Mathematics. Educators are advocating for renaming STEM to add Art and Design, making the new acronym STEAM.

There are currently over 180

robotics teams in New York State. That is 60 more teams than last year, with more to come. The Fallsburg and Monticello teams will both be adding additional teams in December. While most New York teams are concentrated in the Albany, Syracuse, Binghamton, and NYC areas, the Catskill New Bot Battle is an opportunity for all of the teams in these areas to get together with



Page 3

Seventh graders Michael Storms (background) and Hunter Doty (foreground) prepare their robot for the December 2 competition.

minimal travel. This strengthens the ability of all New York teams to compete in this world-wide competition. This competition encourages other local schools to start and grow their own programs. For example, Minisink Valley has gone from zero teams to six in the past three years.

The students at Fallsburg have learned team-building, communication, project management, coding, engineering and mechan-

ical skills as they have prepared for and competed successfully in events around New York State.

To find out more about the competition or to see how you and your business can support these young people who are bringing international recognition to the Fallsburg and Sullivan County communities, contact Mr. Don Thomas at 845-434-6800 or dthomas@fallsburgcsd.net.

PERFORM four therapists draw on their credible to see residents able residents' health. The Center own creativity to improve the to express themselves, their is tracking clear improve-28 residents' quality of life. joy and their anxieties, as ments in the areas of social, they are given access to these cognitive, communication, A man who could only stand



FCSD STUDENTS

three Fallsburg High School students were selected to perform in the Zone 9 Area All-State Band and Mixed Chorus at Tri-Valley High School.

Pictured are (standing, left to right) Fallsburg Students Elisabeth Lake, Guillermo Grandos, and Brittany Lent and Fallsburg Jr/Sr High School Band Director Ms. Danna Clear (seated left) and FJSHS Choral Director

On Friday, November 17 and Saturday, November 18,

Mrs. Colleen Barber (seated right).



Two tables of Dual Language Kindergarten students await the serving of the Thanksgiving Feast by teachers and staff.

PHOTO PROVIDED Second graders in Mrs. Leah Exner's class with Teaching Assistant Ms. Cynthia Swinden holding up the vegetarian turkey Mrs. Exner made at home.

mashed potatoes, candied yams, rolls, corn, cranberry sauce, stuffing and des-

The children sat patiently at festively adorned tables while the teaching staff served each student. It was an opportunity to enjoy traditional American Thanksgiving food, converse in English and Spanish and enjoy being a family on this special day of thanks.

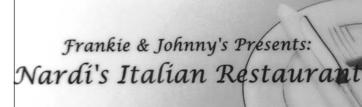


COM-OPERATED JUKEBOXES*TOUCHSCREEN*VIDEO*PINBALLS POOL TABLES*ELECTRONIC DARTS*LEAGUES



202 Main Street, Hurleyville NY 12747

The Hurleyville Makers Lab is a place for people who like to build, invent, tinker and learn new skills using rapid fabrication tools, software as well as traditional tools, all in the spirit of the makers movement.



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From the Firehouse

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



Greetings from the Hur-

We are always looking for help to fight fire or support those who do fight the devil fire. We even provide free training and gear. Stop by any Monday night and see what we are all about.

If it is the fourth weekdepartments (Blooming-Hortonville, Hurleyville, Lake, Liberty, Monticello,

These are classes that are not offered at our training center, so this is a great opportunity to get exposed to training that we would not normally be able to experi-

just as educational as the classes are.

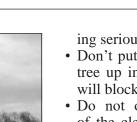
Ryan Green and I made classroom as well.

leyville Firehouse and Happy Holidays to all!

end in October it must be Sullivan County Weekend at the State Fire Academy in Montour Falls. This year, 80 firefighters from 17 fire burg, Callicoon, Grahamsville, Highland Lake, Jeffersonville, Kauneonga Narrowsburg, Rock Hill, Roscoe, White Lake, White Sulphur Springs, Wurtsboro and Yulan) attended the six different classes offered. They included Fire Officer Refresher, Truck Company Refresher, Live Fire Class B Foam Operations, Fire Ground Strategies and Tactics and Tactical Fire Ground Simulations.

One of the highlights of the weekend is the Saturday night banquet of prime rib. The instructors eat with us and the networking with Chiefs, firefighters that we don't usually work with, is

the trip to the Academy From Hurleyville . I took the Truck Company Refresher class where we breached doors, vented roofs, did rescue drags, use of the stokes basket and securing a patient to name a few and spent time in the



A plume of propane-fueled fire shoots skyward during the Live Fire Class B Foam class at the State Fire Academy in Montour Falls.

Ryan was in the Live Fire Class B Foam class, where they did some live fire burns. Propane was used and flames were forty feet in the air. In the classroom the math was done to determine how much foam would be needed and for how long you would have to flow it to put the fire out.

The classes were excellent and instructors were well versed in the topics presented.

We are already planning next year's weekend.

The deadline for this article was November 22. I always think what I was doing on that day when President Kennedy was assassinated. As I have stated last year I was in my seventh grade English class when I found out about it over the PA system.

As you read this paper it will be very close to December 7, "Pearl Harbor Day", I was not yet born, but I am sure there are readers out there that remember

it like yesterday. By now ALL of you have had your furnace cleaned, chimneys cleaned and inspected, and you are ready for the heating season. (**RIGHT?**)

I for one do not think Christmas decorations should be put up or in stores before Thanksgiving. This year I saw them in stores way before Halloween. So by now I am sure you are

starting to put yours up.

Each year we read about people suffering injuries such as burns and death due to holiday decorations and CARELESSNESS. I am quite sure that you hear and read about all kinds of safety hints for the holidays.

what I have witnessed over the last 48 years as a firefighter during the holiday • Chimney fire from throwing wrapping pa-

Let me tell you firsthand

- per in the wood stove or fireplace. • Faulty extension cords that shorted out and burned the house down.
- Don't use an indoor extension cord outside. Candles setting decorations on fire and burning
- the house down. Dried out Christmas trees becoming flaming torches and causing ma-
- jor damage to the house Don't over crowd the kitchen and knock a hot pot on to someone caus-

ing serious burns

- Don't put the Christmas tree up in a way that it will block a way out.
- Do not over load any of the electrical circuits with your holiday lights.
- Be careful going on the roof and have someone hold the ladder for you.

I could go on but you get the picture. **BE CARE-**FUL.

Finally an update on Morningside four corners, it was another safe month no accidents.

But I do have a ques-

tion: The last weekend of October I measured seven (7) inches of rain in my rain gauge. Many roads in and around Hurlevville were flooded. The road by Morningside Lake was flooded and not passable. So if you approached Brickman Road by the Morningside four corners and saw traffic cones across the road, a road flare or two, saw horses across the road and a BIG Orange sign that said "Road Closed Ahead" what would you do? Drive around all of the obstacles and drive into the flooded section of the road and get stuck and need to be rescued by the fire department, or would you go a different way? We did have a rescue on that section of the road when a car stalled as it went into the flooded section of roadway. The signs and markers are there for a reason. They mean it

is not safe to proceed. You never know if the road is even under the water. Why would you take a chance of driving into the water hazard and risk your car and or your life?

Let me close by wishing everybody a Happy and SAFE holiday season, and a Merry Christmas.

FROM THE FILES OF...

THE HURLEYVILLE SENTINEL.

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

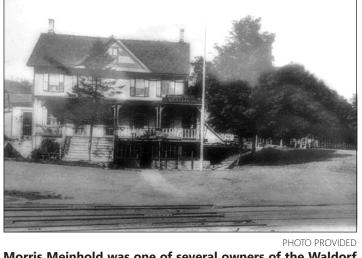
In the late 19th and early 20th centuries, when local newspapers were arguably at the peak of their popularity, it was common for papers to publish so called "Industrial Editions" that featured what would later be termed "advertorials" describing the merits of local businesses. As far as we can determine, the Hurleyville Sentinel never produced one of these publications, but both the Republican Watchman and the Sullivan County Republican, larger circulation newspapers published in Monticello, did. Over the next few months, we will occasionally reproduce excerpts describing Hurleyville businesses taken from the January 28, 1898 Republican Watchman special edi-

JANUARY 28, 1898 Sullivan Hurleyville, County, N.Y., is a pretty village nestling among the lofty hills on the main line of the New York, Ontario & Western Railroad, 111 miles from New York City, six miles from Monticello, the county seat of Sullivan County, and seven miles from Liberty. It is a thrifty town, full of push and enterprise, and one of the most desirable locations for a permanent or summer home to be found anywhere. It has about 500 inhabitants, three churches, school, three licensed hotels, a number of first class summer boarding houses and a first class livery. For desirability of location and healthfulness of climate cannot be surpassed. It is becoming more and more popular as a summer home, year after year. Following are a few sketches of the most prominent business enterprises and leading hotels.

Waldorf House M Meinhold, Prop.

In traveling throughout the country and stopping here and there at the various hotels scattered about, one cannot help but notice how the different ones are conducted. Some very good, some very bad, and some passable. But one would travel many miles before finding a more modern, first-class and up-to-date country hotel than the Waldrof House in the pretty village of Hurleyville, which has as its host the genial and cour-

teous Morris Meinhold. The old and well known house is located on a prominent corner in the business center of the village and opposite the railroad station. The Waldorf is one of the best conducted hotels in this part of the state and the excellent standing and enviable business status of the house is due



Morris Meinhold was one of several owners of the Waldorf House over the years.

hold.

The Waldorf accommodates about 40 people, the rooms are large, airy and comfortable, the veranda large, cool and pleasant, and the service rendered cannot be excelled. It has always been the aim of Mr. Meinhold and his estimable wife to make this one of the excelsior hotels of Sullivan County and the stay of guests pleasant and homelike, and that they succeeded in doing this is indicated by the large and steadily increasing patronage with which they are blessed. The popularity of this house extends far and wide over this country and from our observation and experience it fully deserves all that can be said in its favor.

The dining rooms are large and comfortable and the tables always plentifully supplied with everything that is good and healthful, which is well cooked and properly served.

The bar is well supplied with a choice line of wines and liquors, of both home production and foreign importation, ale, lager and a porter on draught, and a fine stock of all the choice brands of foreign and domestic cigars, and this department is looked after by the pleasant and affable Wm. H Wallace, a hotel man of considerable experience, and who is very popular with patrons and guests.

Located about a five minutes' walk from this hotel is a large pavilion about 42x70 feet, erected by Mr. Meinhold in a pretty grove and which is a popular resort for our town and summer people to while away the pleasant hours in dancing and other amusements. Hops are held at intervals throughout the summer months, and they are attended by the best classes of people, as the management is under the direct supervision of the proprietor and the best of order maintained.

Adjoining the hotel is situated Meinhold's Opera House which has a convenient floor

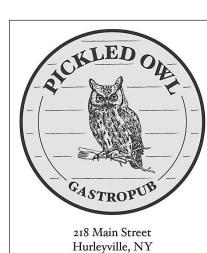
FEEDING THE HEART

The stables in connection with the Waldorf are first-class in every respect and transient and boarding horses are given the best of care at the hands of careful stablemen.

December 2017

To say more in regard to this house would be superfluous, to say less would be unjust, but let us add that for all-round superior management, excellence of cuisine and general adaptability to the trade, it cannot be excelled by any hotel within a radius of many miles.

Personally, Mr. Meinhold is a wide-awake, shrewd and progressive young business man, and excellent landlord and caterer, popular with all classes of our people, and is universally regarded with the respect and esteem of the whole community and all who know him.



(845) 693-5322

space and an adequate stage,

where entertainments and

theatricals are held, as well

as the dances in unfavorable

weather. This is an attractive

building, neat in its construc-

tion and headquarters for all

kinds of amusements of the

neighborhood.

Pub fare, Craft brews **HOURS**

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

HOLIDAYINHURLEYVILLE the liveliest little hamlet in the Mountains! SATURDAY, DECEMBER 2, 201 11:00 a.m. to 4:00 p.m. Pop-Up Shop with Buck Brook Alpaca 11:00 a.m. to 4:00 p.m 1:30 p.m. 11:00 a.m. to 4:00 p.m Holiday Open House & Theme Tree Exhibit 11:00 a.m. to 5:00 p.m. 1:00 p.m.

BEST ADULT NON-FICTION INFORMATIONAL E-BOOK





FROM THE FALLSBURG LIBRARY

and one colorful sock for

this craft. Kids Night this

month is December 21 at

6 p.m. and we're making

Snow Slime. We recom-

mend that kids be ages 6+ to

attend this program.

by Kelly Wells and Amanda Letohic

stories and lots of other fun

things to do. Monday, De-

cember 18 we will have a

Hanukkah Program start-

ing at 4 p.m. This program

will include a story, a craft,

and refreshments. Teens can

stop in on December 27 at

7 p.m. to prepare for 2018

with some 2017 Trivia, and

kids can be ready for the

New Year by stopping in on

December 28 at 6 p.m. to

make a S.T.E.A.M. Confetti

As always our Children's

Eruption.



As you can see, we have

many great things coming

up at the Fallsburg Library!

Some programs have limited

spots, so please call, email,

or stop in to sign up. Here's

a reminder of our contact

information, call: 845-436-

6067, email: fbr@rcls.org,

stop in: 12 Railroad Plaza,

South Fallsburg, NY, or fol-

As we enter winter with

please be sure to visit our

website, Facebook page, or

weather,

Facebook: @HurleyvilleMarket

low us on social media.

unpredictable

Since the holiday season ered pretzels. Wednesday is upon us and 2017 is rap-December 20, the family can come back to make idly coming to an end, we wanted to take some time to some adorable and delicious give thanks and to reflect on Snowman pops. On Dethe year we have had. cember 13, adults ages 18 First we would like to and up can come and make give a huge thank you to a No-Sew Sock Snowman. John Conway and the staff Please bring one white sock

and editors of The Hurleyville Sentinel for welcoming the Library to such a fantastic family. We love that there's a free newspaper highlighting our great little community and we're so thankful to be a small part

We would also like to 14 from 5 to 7 p.m. There thank our community and will be crafts, refreshments, patrons for the continued support of our Library and all we have to offer. We're here and able to offer what we offer because of you! We've been working throughout the year on making little improvements to our appearance, which we plan to continue through the winter. We hope you stop in to enjoy these little improvements and to check out some of the great programs we're offering this month.

On Wednesday December 6, bring the family to make some chocolate cov-

SWIM (Part II)

book from 20-year-old author Evan Sturtecky, who lives in Ulster County. In the story, Sarah and Kate met as they graduated from trade school. Kate, a newly minted swim instructor, has offered to take Sarah on as one of her very first students, and Sarah is finally realizing her dream of learning how to swim. But even as her lessons and skills progress, Sarah's fears start to

Chapter 16

The next morning, Sarah dressed, ate a quick breakfast then drove to the YMCA. After she arrived she dressed into her swimsuit and met Kate out by the pool.

"Hi Sarah," Kate said. "Today you're going to learn how to dive underwater in the deep end of the pool and retrieve objects from the bottom of the pool. I'm going to drop these two weighted balls, after they settle onto the bottom of the pool you will have to swim down, pick them up and bring it to the surface."

Sarah watched as Kate dropped two weighted balls into the pool. She watched as the balls sank and settled down on the bottom of the pool.

"Alright," Kate said. "Now, you have to dive down and get

Sarah took a deep breath and dove down into the water. She was able to get one of the balls but the other one moved out of her reach, she needed air, so she came back up to the surface. After she put the ball on the edge of the pool deck, she dove back down, grabbed the remaining ball and came back to the surface.

"Excellent!" Kate said. "You performed that task so well."

"Thanks!" Sarah said. "That last ball moved away before I could reach it and I had to come up for air."

"Swim" is a new chapter posed to do," Kate said. "Never try to stay under water if you don't feel like you have enough air to return to the sur-

> Sarah performed several more dives to collect the balls from the bottom of the pool, and before she knew it, half of her lesson time was over.

"Kate," Sarah said, "I would like to practice more of the freestyle swimming and then wrap up the remaining time in my lesson doing a back float."

"Ok, Sarah," Kate said. "I will leave you to it. I have a new student coming in and want to prepare for his arrival. He's only nine years old and is more nervous than you were when you first started taking

"I know you will do a great job with him," Sarah said. "He will learn to swim in no time."

"Thank you Sarah," Kate said, "I'll see you tomorrow then. Is seven in the morning good for you?"

"Yes, that will work out well," Sarah said, "because I have some errands to run and would like to get them done early in the day. I'll see you tomorrow morning at seven."

Chapter 17

That night, Sarah had the drowning nightmare again. She woke up breathing heav-

"I wonder why I had that dream again." Sarah said aloud. "Kate reassured me that everything would be ok." She rolled over and looked at the clock. It was 3:00 a.m. She groaned and rolled back over again.

"Maybe my dream is trying to tell me something." Sarah said. She tossed and turned for a while, then closed her eyes and fell back to sleep. Just as she dozed off, the alarm clock went off. She reached over and turned it off. She was sweaty from her bad dream and wiped "That is what you are sup- the sweat off her forehead.



As Sarah continues her swim lessons, a recurring nightmare about drowning begins to plague her new hobby. She struggles to understand what the dream might mean.

She got up and took a shower. She stood in the shower under the warm water, allowing it to calm her nerves. After a few minutes, she got out and dried off. She dressed and combed her hair and then checked the clock again. It was later than she thought, so she ran downstairs and ate a light breakfast.

As she drove to the YMCA, she thought about her dream. When she arrived, she saw Kate's car and knew that Kate was already there. She went inside to the locker rooms and got into her swimsuit, then went out to the pool.

"Hello Sarah! How was your morning?" Kate said.

"Horrible Kate," Sarah said frowning. "I had that drowning dream again."

"What?" Kate looked con-

fused. "I wonder why you keep having these drowning nightmares and how we can stop them."

"Forget it Kate!" Sarah sighed heavily. "There is no use trying."

"It's weird!" Kate said, "I'm the edge of the pool. trying to think why you keep having these nightmares. Do have a leg cramp and can't you think you will drown? kick my legs."

Some people have the same dream repeatedly and believe the dream was trying to warn them. I thought you had nothing to worry about because you have improved so much. I just don't get it!"

"It's confusing!" Sarah said. "Do you want to go to a dream analyst or something?" Kate asked.

"No, I don't want to go to a dream analyst!" Sarah said. Sarah got up and entered the pool to swim in order to take her mind off the bad dreams. She swam around for a bit and then something happened. She got a bad leg cramp and when she tried to kick, she started to sink downward. She moved her arms, but she couldn't stay afloat.

"Kate, help!" Sarah screamed. "I can't swim!"

Kate stood up. "What, are you kidding?' "No," Sarah gulped, "I'm

not kidding." "Are you kicking your legs?" Kate moved closer to

"I can't," Sarah yelled, "I breathing heavily.

Kate slipped into the pool and swam over to Sarah. "Sarah, listen to me!" Kate said. "Stop panicking! You will go under if you keep panicking!"

Sarah knew Kate was trying to calm her down. She calmed down a little bit, but she was still scared.

"Try a back float and I'll help guide you to the edge of the pool." Kate said. "You won't drown, I promise. I'm right here with you. I know you are scared, it's normal to be scared. I can't help you if you panic, so you have to try and relax."

Sarah nodded her head and then rolled over onto her back. The pain in her cramped leg hurt something fierce, but she managed to stay afloat while Kate guided her towards the edge of the pool.

With Kate's help, Sarah managed to get to the edge of the pool. Once Sarah was at the edge of the pool, Kate helped push her out of the water. Sarah sat up rubbing the cramped leg. She was still scared and

Kate got out and sat beside her. "Keep rubbing your leg,"

Kate said, "and try to stretch your leg out straight to pull the cramp out."

"Ouch," Sarah said. "That really hurts.'

"I know you are scared," Kate said as she helped Sarah work out the cramp. "Getting a leg cramp like that for any swimmer, even an experienced one, and especially in deep water is scary. The best thing you can do is to not panic while trying to work the cramp out and then get to safety. If you are not close enough to the edge of a pool, you can try doing a doggy paddle or the breaststroke or even try floating until you work the cramp

"Thanks for saving me." Sarah said. "I was really scared."

"You're safe now," Kate said. "Besides, it's my job to keep you safe while I'm giving you swimming instructions. Are you ok now?"

"Yes," Sarah said. "I feel better knowing what to do if I ever get a leg cramp again."

"I think we had enough ex-

citement today," Kate said. "I think we can skip lessons for the day. Once you get a leg cramp like that, it usually comes back while you're swimming. I think you should go home and rest. I will see you tomorrow."

"Ok," Sarah said. "I'll see you tomorrow then."

When Sarah arrived at her house, she was hungry and decided to have a bite to eat. She went into the kitchen and made some toast with orange marmalade and a cup of Lemon Zinger tea. While she ate, she watched the news, washed and dried her dishes and then put them away. "I can't believe what just

happened today!" Sarah just shook her head. "I almost drowned! I'm glad Kate was there to help me; I would have done the same for her if she were having terrible leg cramps." Sarah felt tired after such a stressful morning and decided to take a nap.

After an hour, Sarah woke up in a panic. She dreamed that Kate was leaving. Not so much as in going on vacation or moving, but leaving for good. She didn't know what the dream meant. It was very disturbing because it made her think that Kate was going to die and that really bothered

"It's just a dream." Sarah told herself. "That would never happen. Would it?" Sarah tried to reassure herself. Kate was in good health, so there was no need to worry.

For the rest of the day, Sarah worked out the cramp in her leg and did some light housework. She wanted to keep busy to keep her mind off the bad dream she had while taking a nap earlier.

Find out what painful secret is gnawing at Sarah and flooding her dreams by purchasing the book and supporting a new author. To buy the book, contact the Hurleyville Sentinel at hurleysent@ hotmail.com, and we will put you in contact with Evan.

EMS Beat

by Albee Bockman, AEMT-P



"MERRY MISHAPS!"

Happy Holidays to my Hurleyville neighbors, friends, and acquaintances!!!

Every year we go to great lengths to get into 5. the Christmas spirit. We carry trees into our homes, climb crazy heights on various objects to hang strings of lights, and spend hours upon hours wrapping Santa's gifts.

But sometimes this "Christmas Spirit" backfires. Someone gets poked in the eye by a rogue pine needle. A man hanging decorations in the office falls off his desk and onto his face. A woman slices her finger with scissors while wrapping gifts.

As crazy as these injuries sound, they are real injuries documented by the United States Consumer Product Safety Commission (CPSC). That's correct, another bureaucratic statistical agency watching us!!! The CPSC actually tracks emergency room visits at about 100 hospitals around the country. Between 2011 and 2015, they documented more than 1,700 Christmasrelated injuries. All but 500 of the 1,700 injuries in the CPSC data were related to decorations.

Some were injuries sustained while hanging up or taking down decorations; others were lacerations caused by broken ornamental bulbs. Here are some of the mishaps reported:

1. 33 year old male standing on a stool hanging Christmas lights fell backwards striking his head onto a TV stand.

2. 43 year old female suffered electric shock grabbing a metal pole while removing Christmas lights at home.

3. 27 year old female with a Christmas ornament that broke at home. She thought it was all cleaned up when she

stepped on pieces of it. 28 year old male trimming the Christmas tree with a chainsaw and slipped cutting his wrist.

19 year old male lacerated his thumb with a knife while opening a Christmas present.

These are just a few reported incidents by the Commission. And adults hardly had a monopoly on Christmas injuries. Many were incurred by young Holiday Season, Hurchildren, most of whom levville!!!

ments or small parts from toys. Overall, most injuries befell those within the parental age of 25 to 55. So let us all enjoy the

holidays by being playful,

had swallowed small orna-

thoughtful, and most importantly careful! Please remember to say a prayer for our First Re-

sponders and our brave United States Military. A Happy and Healthy

December Happenings at the

HURLEYVILLEARTSCENTRE 219 Main Street Hurleyville, NY | 845.707.8047 | info@hacny.org

Saturday December 2 * ALL DAY * FREE



Saturday December 9 * 7:30pm



The Hurleyville Arts Centre & Forestburgh Playhouse invite you to ring in the Holiday Season by enjoying some of your favorite holiday tunes! (\$20 in advance / \$25 at the door)

Thursday December 21 * 4:00 * FREE



Luminary Walk on the Rail Trail

Music & Movies

Hot Beverages

Tickets Available at: Our website: https://hurleyvilleartscentre.org -- Box Office Day of Show -- Ovation Tix at 866-811-4111 -

SPOTLIGHT ON A HURLEYVILLE TREASURE

by Kathleen Sullivan

Each of the folks honored in this column over the past year and a half is remembered fondly by family, friends and neighbors for their devotion to their families, their optimism, their strong determination and, of course, their love of Hurleyville. Their generous support of family and neighbors and their dedication to community and national service make them true treasures of Hurleyville.

LOUIS "LEBEL" **WICHINSKY**

Inventor, composer, environmentalist, pilot, true Renais-

ROSE BARR

Educator, teacher at the Hurleyville School for 35 years, student advocate, avid bird watcher

AMELIA "MILLIE" MCCARTHY

Community activist, business woman, innovator in the coin machine industry, political dynamo, supporter of women's equality and the rights of the downtrodden,

enthusiastic supporter of Hurleyville-Sullivan First WILLIAM "BILL"

CARLSON

Community volunteer, Life Member of the Hurleyville Fire Department, Fireman of the Year, President of the Hurleyville Fire Company, Commissioner of the Hurleyville Fire District, member the Hurleyville Emergency Relief Squad, Fallsburg Little League coach, member of the United States Army Reserve

HELEN CARLSON Charter member of the

Ladies' Auxiliary and the Hurleyville Emergency Relief Squad, President of the Hurleyville Fire Department Ladies' Auxiliary, business owner

TREASURES OF HURL

SOPHIE FEDUN

Trained in culinary arts, charter member of the Hurleyville Fire Department Ladies' Auxiliary and the Luna Organization, avid hunter

JOHN "JACK" HALCHAK, JR.

Served in the United States Navy, coach, athlete, teacher in the Fallsburg School Dis-

Hurleyville Fire Department trict for 32 years, member of the Hurleyville Fire Department for 57 years, President of the Hurleyville Fire Company, charter member of the Hurleyville Emergency Relief Squad, President of Sullivan

JACOBSON Member of community or-

ARC, avid golfer and hunter

FLORENCE

business owner **WILLIAM**

ganizations, music aficionado,

SILBERMAN World War II hero, Bronze Star recipient, Purple Heart

VIRGINIA "GINNY" MAXWELL

recipient

member...the "Church Lady"... of the Hurleyville United Methodist Church, business owner

Watch here for more Hurleyville treasures in 2018. You can visit Hurleyville at

www.hurleyvilleny.com.



SENTINEL SPORTS

Angelee Santillo, Sports Editor



SUNY Sullivan Athletic Director Christopher D. DePew

LOCH SHELDRAKE -

SUNY Sullivan President Jay

Quaintance has announced that

the College has opted to compete at the NJCAA Division

II athletic levels in men's and

women's basketball beginning with athletes enrolling for fall

SUNY Sullivan already com-

petes at the Division II level in

baseball. The remainder of the

college's sports programs will

remain at the Division III level.

The move from Division III to

Division II will provide SUNY

Sullivan and its students with

"The move to Division II ath-

letics now allows the college to

provide athletic scholarships to

qualified students -- something

that is not an option in Divi-

sion III sports," Mr. Quaintance

said. "Additionally, it will al-

low the College to serve dozens

more students via our athletic

programs because we will now

field both junior varsity and var-

sity teams for our Division II

Division II colleges may offer

athletic scholarships for tuition,

in course-required supplies.

SUNY Sullivan will begin offer-

ing scholarship during the 2017-

18 recruiting season, which is

Overall, it is expected that the

move to Division II sports will

add up to 60 additional full-time

athletes to the College's rosters

with the addition of junior var-

sity teams: 30 additional stu-

GENERALS' VENABLE ERUPTS FOR

39 AGAINST BMCC

Men Stand 6-2 On the Year; Women Improve to 2-5

currently underway.

several advantages.

SUNY Sullivan Announces

Move to Division II

PICKLED OWLS BRING FOOTBALL **CHAMPIONSHIP TO HURLEYVILLE**

by Bridge Morris

HURLEYVILLE – On the suffering a single loss. chilly night of November 13, the Sullivan County Women's Flag Football League wrapped up their fall season with a one-night playoff series at Morningside Park that saw the Pickled Owls come out victorious in their hometown of Hurleyville. The Owls' win marks the first time since the league's 2015 inception that a team other than Lesbehonest (now

renamed Brew Billionaires)

has taken the coveted prize, and the team did it without

The Pickled Owls' undefeated season earned them a first seed in the playoffs, and they faced fourth-place Black Widows in their first game of the evening while Brew Billionaires and Luzon Environmental, second and third place respectively, competed for the other place in the championship round. By the time the final game kicked off, Brew saw themselves in their fourth consecutive championship game, and the Pickled Owls in their

After an Owl-dominated first half that saw quarterback Katie Burns maneuver running back Jotty Torres and receiver Stephanie Mead to a 20-6 lead, Brew came back with touchdowns by receivers Jasmine James and Jess Stant to tighten the gap to 20-19.

Owls running back and receiver Angelee Santillo retuned the second half kickoff 65 yards to set the Owls



2018.

Following their victory, The Pickled Owls team gathered at their namesake sponsor's gastropub on Main Street to celebrate.

close to the endzone, and they quickly struck for another touchdown and successful conversion.

The Pickled Owls' defensive line did not have an easy task, as they held the formidable Brew offense at bay for the majority of the game, never allowing them to gain a touchdown on offense. This defensive unit, made up of Jackie Litwak, Tara Reifenheiser, Dania LaScola, Amanda Goddard, and safety Bari Allor, was instrumental in holding off two close calls in the end zone in which Brew's quarterback Jamie VanderMeulen nearly hit their fastest receiver, Jasmine James, behind the line. Brew eventually reciprocated with another touchdown but failed to get the two-point conversion that would have tied the game, and with the clock running down the final seconds and the ball turned over, Jotty Torres found herself open for a short pass and ran into the end zone to solidify the Owl's first-ever flag football

championship.

After celebrating on-field with champagne before heading to the Pickled Owl gastropub down the street to celebrate with owner and sponsor Evan Allees, the women reflected on their hard-earned winning season.

"It was a long time coming," said offensive center and defensive linewoman Amanda Goddard. "It feels really good to finally take the whole thing."

"We're all phenomenal athletes," added running back/wide receiver Angelee Santillo, "but it's the comfort of being able to look to our coaches for strategic plays in the moment that really made us such a successful team this season."

Returning coach Eric Williams and new co-coach Paul Reifenheiser of SUNY Sullivan hope to develop the squad further to see more successful seasons and ultimately bring more championships to the Pickled Owls' name.

dents to compete in men's and women's basketball, and up to 30 for baseball.

"The SUNY Sullivan Generals men's basketball team has won the national championship a record four times and our women's basketball team has won numerous regional championships and competed multiple times in the national championship throughout the last five years," said Athletic Director Christopher D. DePew "We feel this is the perfect time for SUNY Sullivan to make this move, which in essence increas-

High school coaches from throughout the region expressed their support for SUNY Sullivan's move to Division II play.

es the competitive level of play."

"This is a great move on the part of SUNY Sullivan because it will give local athletes the opportunity to receive a scholarship and reduce tuition. That's extremely important for our local athletes," said Chris Russo, boys basketball coach at Monticello High School and Deputy Executive Director of the Basketball Coaches Association of books, fees, and up to \$250 New York (BCANY). "This move will enhance an already super-successful basketball pro-

> Jim Kelly, Middletown High School's boys basketball coach said, "This is great for basketball in our area, not only offering more scholarships for kids in a very competitive league, but it will raise the level of play in Orange and Sullivan County."

gram."

Fallsburg Interact's First Volleyball Tournament

mented about her Monticello

Panthers team. "Once we

heard about the tournament

that Fallsburg's own Interact

Club was holding, I thought

it'd be a great idea to get my

school's team to come partic-

ipate and contribute to such a

Jacqueline Maxwell, a

player representing Falls-

by Julia Batista

FALLSBURG - On November 18, the Fallsburg Interact Club hosted a volleyball tournament in their home gym to raise money for local food drives that help families afford Thanksgiving meals. Students from across the county were invited to play, and although it was unfortunate that schools like Liberty and Ellenville weren't able to put teams together, three Monticello and four Fallsburg teams were able to compete.

The tournament began at noon, and each round consisted of a 20-point game, with the last two surviving teams playing to 25 points, or a full- length volleyball "The inspiration that I had

for creating this tournament was to help the charity that we were planning on donating the money to, and uni-

fying the school districts by creating school rivalry and spirit all at once," explained Sadie Caballero, president of the Interact Club. "The purpose was [a way] to keep kids busy on a weekend that would contribute to our donation to local charities." The event was successful

Hurleyville's own Pickled Owls team uncorks the champagne on the field after clinching the

2017 Sullivan County Women's Flag Football League championship.

in encouraging many kids to come out on a Saturday afternoon to play against one another. At the tournament there was music, a concession stand, and a number of volunteers who came to help set up and support the fundraiser. The price to play was \$5 and to spectate cost just a dollar. Teams were allowed a limit of six players with two substitutions, and gift cards to nearby restaurants were given out as prizes.

"My sister and I are members of the Monticello Varsity volleyball team and also part of our school's Interact Club, "Allie LaRuffa com-

burg's Varsity volleyball team, also shared her reasons for participating in the event. "I came out to play because I really missed playing with my own team after volleyball season ended," she confessed. "Today would be the last time that I get to play along with my girls before we graduate and move on

> In total, the Fallsburg Interact Club was able to raise \$264, all of which was donated to local food drives ahead of the Thanksgiving holiday. Interact Club president Sadie Caballero was pleased with the outcome.

into college."

"I am extremely satisfied with the way things turned out, knowing that my secretary and I prepared the tournament two weeks in advance," she shared. "It took a lot of effort and dedication to plan something like this, especially since we had so little time to pull everything

"I'm just very happy with the fact that so many people from each district that I've



Action from the Fallsburg Interact Club's Super Spike Volleyball Tournament.

added.

Although an overall success for a great cause, members of the Fallsburg High School community expressed some disappointment in the turnout for the event.

Ms. Kaplan, one of the advisors attending the tournament, offered a silver lining to the lower-than-expected participation.

"The tournament turned out good, but I had hoped that many more teams and kids would come out to participate," she said. "Although I do wish that more kids come out, having a small amount of teams reduced potential trouble.

"I hope something like this continues on after many of my seniors graduate," Ms. never seen before, supported Kaplan continued. "I'm very one another," Ms. Caballero happy to see that the girls in

charge of this did the best job they could possibly do. As long as I'm a Rotarian, I will support the activities of the Fallsburg Interact Club."

The Fallsburg Interact

Club and its officers believe that it is truly important for the community and its school districts to create strong relationships with one another, a mission they hold at the heart of their programming. Looking ahead to the rest of the school year, they plan on hosting another tournament similar to the organization of the volleyball tournament, with basketball as the potential sport. This is currently being worked on, and planned for the end of basketball season to ensure as many students as possible are

able to participate.

LOCH SHELDRAKE -SUNY Sullivan forward Goree Venable scorched the nets for 39 points as the Gen-

by Win Hadley

margin on November 11. Mr. Venable's total is the most points scored by a Region XV men's player this The sophomore connected on 17 of 25 field goal attempts and added five free throws in his 34 minutes of playing time. He also grabbed a team high 12 rebounds.

With the win, the Generals improved their record to 4-1.

erals downed Borough of

Manhattan Community Col-

lege in New York by a 94-86

Returning home for a game against Dutchess County on November 14, the Generals improved to 5-1 with an impressive 94-67 victory. It was

the fourth time this season Sullivan scored 90 or more points. Mr. Venable again led the way with 15 points, while Jamari Lewis added 14.

On November 18, the Generals travelled to Bayside to take on a tough Queensborough Community College squad, and came away on the short end of a 76-71 score, dropping them to 5-2 on the

Sullivan welcomed the SUNY Orange Colts to Loch Sheldrake for a 7 p.m. contest on November 21 that resulted in a 77-61 Generals victory, improving their slate to 6-2, which is where they stood at press time.

Following a November 28 road trip to Suffern to square off against Rockland, Sullivan returns home on December 2 for a 3 p.m. game against Nassau Community College.

The Lady Generals, meanwhile, have won two games in a row after a slow start to the season that saw them sink

A tough 42-38 home win over Dutchess broke the winless streak on November 14, and a resounding 78-51 win in Bayside over a winless Queensborough squad followed on November 18. The Lady Generals are next in action on Saturday, December 2 when they host Nassau in a 1 p.m. contest at the Paul Gerry Fieldhouse in Loch Sheldrake.

Freshman Ardella Brown has been the leading scorer for Sullivan through the early

The Lady Generals return to action on December 2 when they host Nassau Community College in a 1 p.m. contest.



The Fallsburg Interact volleyball tournament raised money for local food drives that help families afford Thanksgiving meals.