# DEALING WITH THE CRISIS

## COVID-19 PANDEMIC HITS HOME

by John Conway

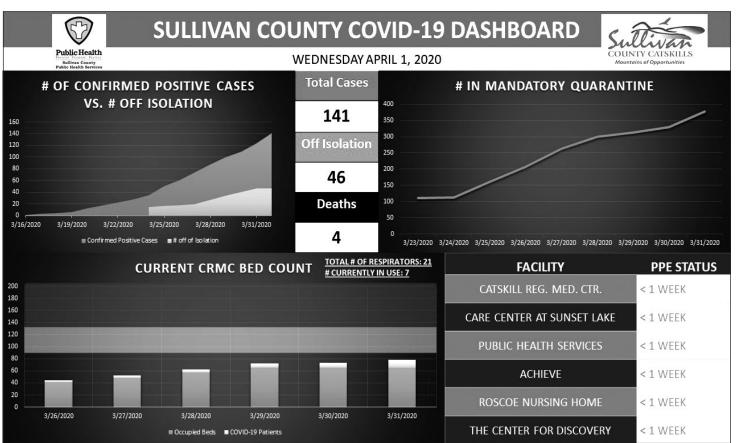
month of April began last Wednesday, Sullivan County officials confirmed that ted ahead of time. District the number of COVID-19 cases in the County had the Vice Chairman of the grown to 141 and the number of deaths had risen to

the number of people in the County under mandatory than 300, up from 100 cases just one week before. On the brighter side, there were 46 local cases that had come off isolation. Catskill Regional Medical Center in Harris currently has 21 ventilators were being used as of April

In order to keep residents

situation continues in flux, county officials have been MONTICELLO – As the conducting video Town Hall sessions three times a week, answering questions submit-3 Legislator Mike Brooks, Sullivan County Legislature, has been moderating the sessions, while County Officials also said that Manager Josh Potosek, Public Health Director Nancy McGraw, and Sheriff Mike quarantine had risen to more Schiff have been handling the questions.

While the lives of most county residents have changed dramatically in the past two weeks, most people appear to be heeding the guidelines established by on premises, and 11 of them authorities. Those guidelines include the prohibition of public meetings and group gatherings, and the shutterinformed as the COVID-19 ing of many businesses.



The latest statistics from Sullivan County officials as of April 1.

PHOTO PROVIDED

"We're seeing complete guidelines and best practices cooperation," Sheriff Schiff as the crisis evolves. said.

considered "essential" continue to operate, but Ms. McGraw says it isn't business as usual for them.

"We have been providing guidance for daily sanitation measures and cleaning for local businesses so they can continue to operate," she

Officials say there is no way to predict how long the emergency measures will remain in effect, and they agree that conditions are changing minute to minute.

Ms. McGraw advises that the websites of the World Health Organization and the Centers for Disease Control are being updated regularly and suggests that residents strive to keep current on

In the town of Fallsburg, Those businesses that are Supervisor Steve Vegliante has begun giving daily briefings on the crisis from the most local perspective. Those briefings can be viewed on Facebook and on the town's website. http:// townoffallsburg.com/supervisors-video-address/

> Mr. Vegliante also announced that the town and the county have partnered with two local churches to provide food for Fallsburg residents in response to the closure of so many local stores and restaurants. The participating churches are the Hurleyville United Methodist Church (845-807-9283) and St. Andrew's Episcopal Church in South

Fallsburg (845-436-7539).

## **EARLY INTERVENTION, PRE-K IN-HOME SERVICES SUSPENDED;** WICAPPOINTMENTS BY PHONE ONLY

LIBERTY – After said. deliberation, Sullivan County Public can continue until April Health Services has no- 6, per State guidance. stated. "Families will tified providers that all However, the NYS Edu- continue to have ac-Early Intervention (EI) cation Department indicess to our staff at their and Committee for Pre- cated that telehealth is scheduled appointment school Special Edu- not approved for CPSE times via phone and can cation (CPSE) direct/ at this time. face-to-face services are suspended until further announced that the Sullinotice. Families will be van County WIC (Womnotified as well.

hardship on our providers and the families they serve, but we believe this decision is in their accept calls and emails. best interests, given the

Ms. McGraw has also en, Infants and Children) "We realize this is a offices in Liberty and Monticello are no longer open to the public, though they continue to

"While we want to proincreasing rate of com- tect our staff from COmunity transmission of VID-19 transmission, the 2019 Novel Corona- we also want to continue virus in Sullivan County providing benefits and and surrounding coun- vital nutrition services ties," Public Health Di- to families receiving rector Nancy McGraw WIC services, including

breastfeeding support EI telehealth services which will be conducted by phone," Ms. McGraw call the office with questions at 845-513-2233."

> "Please know we appreciate everyone's efforts to ensure the health and safety of not only our providers and the families they treat but the Sullivan County community as well," Ms. McGraw added. "For updates and information on the COVID-19 pandemic, please viswww.health.ny.gov/ coronavirus and www. cdc.gov/coronavirus."

### **COUNTY EXTENDS REPURCHASING WINDOW**

## Other Orders Extended, as State of Emergency Continues

County Manager Joshua Potosek has ordered a two-month extension of the deadline for owners to repurchase their taxforeclosed properties.

"The State of Emergency will continue in Sullivan County for the foreseeable future, so I am taking this and other actions to preserve 20, 2020, rather than April We will be with you every step lic Health Services Call Center sedes the County's order closthe health and welfare of our 20."

MONTICELLO-- Sullivan as much as possible," Mr. Po- tion, normally held in June, is suspension of the collection Center (845-807-0925), the tosek explained.

> "People are suffering, and while my office can't resolve the health impacts of the CO-VID-19 pandemic, we can ease the financial pain," Counpurchase deadline will be June

The real property tax auc-

new date has not yet been set.

it," Legislature Chairman COVID-19 have been deof the recovery.

also being postponed, though a of 85 per cent of room taxes latter of which has regularly continues through April 16. been delivering food to the "We've all been affected by The Care Center at Sunset homebound and coordinating this crisis, so we all need to Lake remains closed to visi- other charitable outreach ef help one another get through tors, though no new cases of forts. Governor Andrew Cuoty Treasurer Nancy Buck said. Robert Doherty said. "That tected in the facility. Many mo has also announced that "Therefore, the County's re- applies more than ever to the County workers continue to schools will remain closed people you elected to office. telecommute or assist the Pub-through April 15, which super-

(845-292-5910) and the Emering schools through April 3.

## **SUPPORT YOUR LOCAL EATERY**

FALLSBURG - Town of Fallsburg officials are urging residents to support their local businesses in the wake of the COVID-19 outbreak and the State of Emergency that has been declared in Sullivan County.

While many of the restau-

rants in the Town have temporarily closed as the result of the crisis, others remain open for pick-up and/or delivery. Although the list may change depending on conditions, the following chart contains information on what's open and closed as of March 31.

	Business	Phone	Delivery	Pickup	Hours	Open
Mountain Dale	Sandburgs	845-693-4980	Store Open, Deli Closed			
	The Dale	845-640-2502	No	Yes	5-9PM	Thurs-Su
	High Voltage	845-693-4115	No	Yes	4-8PM	Thurs-Su
	- 111				11AM-3PM	Sat-Sun
Hurleyville	Pickled Owl	845-693-5322	Yes	Yes	12-8PM	Wed-Sun
	Nardi's	845-434-8051	Temp. Closed			
	Hville Market	845-707-8434	Temp. Closed			
Loch Sheldrake	Bum&Kels	845-434-7427	Temp. Closed			
	New China Restaurant	845-434-3950	Temp. Closed			
Woodridge	Tonys	845-434-4073	No	Yes	12-9PM	all week
Fallsburg	ming moon	845-434-2189	Temp. Closed			
	La Copanina	845-436-8500	Yes	Yes	12-8PM	Mon-Sat

845-434-8810 x 5 OR mmelko@fallsburgny.com

## THE SILVER LINING Experts See Some Positive Takeaways

by John Conway

recent outbreak of CO-VID-19 has disrupted the lives of billions of people throughout the world, and Sullivan County has not escaped the turmoil. Virtually everyone has had to make adjustments in their everyday routine as the number of confirmed cases continues to grow.

County officials have attempted to provide regular updates, not just on the progression of the disease locally, but on measures being taken to deal with the exponential spread. Nancy Mc-Graw, the County's Public Health Director, has been

among the most visible officials in dispensing that in-HURLEYVILLE – The formation, and although she admits that the outbreak has "hit us hard" and is likely to have long term impacts we can't even begin to predict at this time, she says there are some positive takeaways, as well, so people should remain optimistic.

"While it seems hard to see the positives from this global outbreak, there are some very notable ones," she says. "We have been reminded how close we are to one another as an entire human race, how much we depend upon one another, and how much we truly value that connection when something like this pandemic affects our daily lives.

"The importance of washing your hands has become a way of life more than ever before, and I think this, and other habits of cleanliness will be remembered for generations to come. And this pandemic has motivated us to rise up to a challenge unlike anything we've ever faced, and I'm hopeful that compassion and willingness to come together to solve community problems and crises will continue long after this situ-

ation has passed." Carol Ryan is Sullivan County's former Public Health Director, retiring from the post in 2013. She presently is the president



Nancy McGraw, MPH, LCSW

of Health Promotion Strategies, LLC in Monticello, a consulting firm to the health, public health and the mental health fields. She agrees that there are a number of positives that could come out of the crisis.

"As with any challenge we face individually or as a society, there have also



Carol Ryan, RN, MPH

been some important learning opportunities from the pandemic," she says.

"People more or less on 'lockdown' at home have a unique opportunity to re-evaluate how important many activities and habits are in their lives, and to reprioritize. Many people have expressed a new grati-

tude for health, for life, for sunshine, simplicity, sleep, pets and our families. Many have also gained a new perspective from comparing the usual frenetic and generally unhealthy pace of everyday life to this new slower and healthier pace.

"The cessation of public gatherings has opened the way for new solutions and creativity to maintaining our society: it has been interesting to watch conferences become virtual Town Halls, support groups like Weight Watchers and others switch to virtual platforms like Zoom or Google Hangouts and the annual RISE walk become a virtual walk,

for example.

"Our society has always valued physicians. But it has been heartening to see a new appreciation for public health and for all kinds of others who make up the backbone of our society: nurses and other health care workers, teachers, housekeeping staff, grocery clerks, utility workers, trash collection staff, restaurant workers and so many others who keep everything im-

portant running smoothly. "It has been uplifting to see the acts of kindness and the sheer humanity displayed by so many people and organizations, whether delivering food to the hunable neighbors in need or tunity.

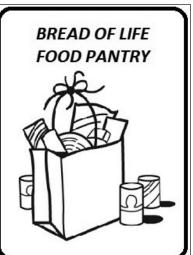
providing free services such as car washes for health care providers. All kinds of free online concerts are popping up, the Metropolitan Opera is streaming operas for free, there is a nonstop online music video "peace channel", and the New England aquarium is live streaming virtual visits with activities for kids, to name a few things."

To paraphrase John F. Kennedy, every crisis is made up of both danger and opportunity, and the current national crisis has presented plenty of both.

The key, officials agree, is to acknowledge the danger, gry, reaching out to vulner- but to focus on the oppor-



Q, "How are you reacting to the pandemic?" (Inquired at a *'social distance)* 



#### KATRINA JAYCOX

I'm working on small projects at home. I'm keeping in touch with the community and other food pantries to help with distribution of muchneeded food supplies. And, of course, I'm staying in touch with family and friends.



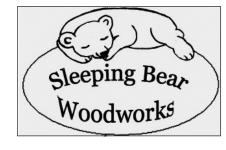
#### **BONNIE MAKOFSKY**

I'm not trivializing it...I love it. I'm a hermit by nature. Psychosocially I'm doing fine. I'm a nurse and I understand the need for it. I wish the White House and some of the media had not minimized the situation.



#### **HEATHER QUAINTANCE**

I'm practicing social distancing while making sure I get fresh air. AND I'm making sure that I'm out of my daytime pj's and into my nighttime pj's at 9pm.



#### LES WITHEREL

I live on the mountain. I'm taking all the precautions that I can. I'm taking it very seriously. I don't want to be part of the problem.



**APPLY ONLINE:** thecenterfordiscovery.org

FOR RENT IN HURLEYVILLE **SPACIOUS 3-BEDROOM HOUSE** CALL 845-707-7797 FOR INFORMATION.

QQL Enterprises, LLC

#### THE HURLEYVILLE SENTINEL.

Covering Main Street and Beyond 222 Main Street - P.O. Box 179

> Hurleyville, NY 12747 845-707-6000

hurleysent@hotmail.com

Editor-in-Chief Website Editor

Contributors: Adele Berger, Albee Bockman, Rachel Brooks, Elaine Corrington Fred Fries, Win Hadley, Jack Halchak, Jane Harrison, Heather Gibson, Amanda Letohic, Eve Springwood Minson, Jack Robbin, Jonathan Shimkin, John Simor Carol Smith, Denise Sullivan, Kelly Wells

## Hamlet Happenings

by Kathleen Sullivan



PHOTO PROVIDED

Jorge is delivering sermons

online via Zoom at 11 a.m.

You can pray with oth-

ers over the phone on Sun-

days from 7 to 8 p.m. The

church's prayer-line phone

number is 605-472-5491

and the access code is

The volunteers at the

Bread of Life Food Pantry

at the church distributed

pre-made boxes of food to

more than 65 families on

March 19. The pantry will

re-open after the next deliv-

ble study and the women's

group meetings are can-

You can get updates from

the church on its page on

"MESSY CHURCH" Bi-

ery of food in April.

celled for now.

Facebook.

on Sundays.

251678.

### The Scene

Music and Entertainment in and around Hurleyville



#### **Hurleyville-Sullivan First**

Watch for work dates! The members of Hurleyville-Sullivan First will soon need help to get gardens, planters and barrels ready for planting

Find information about Hurleyville-Sullivan First at www.hurleyvilleny.com or on Facebook.

#### The Sullivan County Museum and the Sullivan County Historical **Society**

The Sullivan County Museum is closed for now. The First Sunday Concert in April featuring the Dirty Stay Out Skifflers will be rescheduled.

All research requests have been placed on hold. Access to the Historical Society's email account is not available at this time. Please contact Suzanne Cecil at scecil@hvc.rr.com if you have any questions.

Photos of the BOCES Elementary Student Art dis-

Columbia Hill

**Neighborhood Alliance** 

The members of Columbia

Hill Neighborhood Alliance

continue to keep an eye on

news about the proposed Gan

Eden Estates project on Co-

developer of the project has

lumbia Hill.

#### www.scnyhistory.org. Go to www.scnyhistory.

play have been posted on

org for more information on the Sullivan County Historical Society and the Sullivan County Museum. You can also visit the Sullivan County Historical Society and Museum on Facebook.

#### **Hurleyville United Methodist Church**

The Hurleyville United Methodist Church is closed for the time being. Pastor

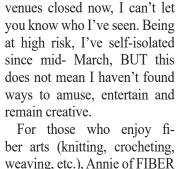
to schedule a new site plan review with the Town of Thompson Planning Board, submit a draft scoping document and plan a public information ses-Visit Columbia Hill Neigh-

borhood Alliance at www.columbiahill.org or on Facebook As reported last month, the to learn how you can help to protect your community.









By the same token, many musicians, even though they are forced to play solo, are putting up videos of either new songs or "feel good" covers also on Facebook. Search out your favorites and enjoy.

In addition, search out your favorite restaurants to see if they offer take-out. Just because there's a "stay at home" doesn't mean you can't treat

As for me, let me assure you, I am well. And going from 50-

Obviously, with all of the ways to amuse, entertain and

ber arts (knitting, crocheting, weaving, etc.), Annie of FIBER ON MAIN has created a page on Facebook called OPEN STUDIO where you can show off what you're working on and interact with other fiber artists in much the same way we did at her Open Studio on Wednesday nights. The picture that accompanies this column is of a project I've been working on for a while, only because I haven't had a lot of time. Now that I have time. I've been able to finish the front and back and am ready to start the sleeves!



PHOTO BY JANE HARRISO I really enjoy knitting and

crocheting, even though I've

been using these as stress-re-

ducers for years

60 hours a week between everything I was doing to zero has been quite an adjustment. I have chosen "self-awareness" over all the other things I could be feeling.

Let me share what I have learned so far:

Exactly how much (actually how little) dry food my three cats eat in a day

They have self-chosen their 'feeding spots"

They have coordinated with each other for "lap time."

Certain people call to check on you, followed by "Now that you have the time, can you....??" I automatically pick up the

TV remote when I go to another room, even if the TV isn't on

Then I have to search for the TV remote

I haven't lost the ability to cook from scratch

If I must go out (groceries only - forget the laundromat for right now!), I time it with a sunny day. I hang my "outside

clothes" in that sun upon returning home Sitting outside in the sun is

comforting

And watching only 15 minutes of news is good for my mental health After I finish sanitizing

my apartment (I have faced a crunch in my "work at home" responsibilities): I plan to learn the camera l

received from a photojournalist Stay safe and mentally posi-

tive and we'll all get through Until next time.....



GRAPHIC BY DEAN MCMANUS

#### MILK TRAIN TRAIL TAKES ON NEW ROLE

Exercise in the Age of Social Distancing

by John Conway

HURLEYVILLE - Local hiking trails have seen increased traffic in recent weeks, not just because of the arrival of spring, but in response to the relative isolation the Coronavirus pandemic has brought about for

Experts agree that fresh air and sunshine and moderate exercise are essential elements in staying healthy during these challenging

ties for these things without compromising the concept of social distancing.

The Milk Train Trail is no exception.

And the Milk Train Trail offers the advantage of alternating directions from the center of town in order to avoid the monotony of taking the same walk every day. Both directions feature interesting sights that change almost daily-- certainly weekly-- this time of times, and local trails pro- year, as well as informative

vide excellent opportuni- interpretive signs that enhance the experience.

> Rail trails are popular with people of all shapes and sizes, all ages and abilities because they provide flat, level surfaces with delineated boundaries and defined beginnings and ends. The Milk Train Trail ups the ante by providing three miles of paved surface, two miles heading west (toward Ferndale) and a mile heading east (toward South Fallsburg). That added feature makes the trail accessible to everyone, even those with mobility issues.

> The editors of Prevention magazine write that "with the right precautions, exercising outside is one of the best ways to feel better during a stressful time." Remember to maintain the

recommended six feet between you and others while walking or biking on or otherwise using the Rail Trail, and be sure to wash your hands before and after your walk, and to disinfect frequently-used items on a

regular basis. One other piece of advice from Prevention magazine: leave the mask at

"Healthy exercise requires plenty of access to oxygen, and wearing a surgical mask or N95 respirator makes it much harder to breathe," they write. "For now, the CDC 'does not recommend the routine use of respirators outside of workplace settings.' Leave the mask behind and enjoy the fresh air instead."



YOUR TRAVEL AGENT FOR ESCORTED TOURS AND PREMIUM/BUSINESS/FIRST CLASS TRAVEL AROUND THE WORLD.

MAKING TRAVEL DREAMS COME TRUE SINCE 1982.

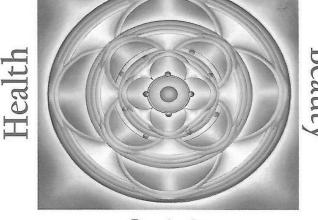
CALL GOAWAY, TO GETAWAY!







# The Arati Store



Spirit

The Catskills award winning specialty store 278 Brickman Road, Hurleyville, NY 12747

845-436-8818 aratistore@hotmail.com Open every day, year around

## THINC DOES ITS PART

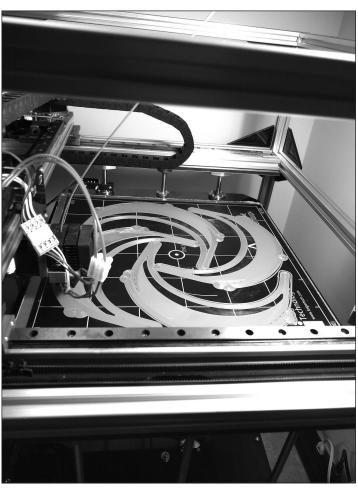
## Lab Busy Helping During Crisis

by Denise Sullivan

HURLEYVILLE - The Digital Media Lab at the Technology Hub and Incu-

bator (THINC Lab) is bright with studio lights and green screen, a camera ready to film sits on its tripod.

Julie Palmer, the Digital



One of the 3D printers at THINC prints a protective face

nator, is either actively filming or quietly editing videos of staff members from The Center for Discovery (TCFD). In three short weeks since residents of TCFD have been confined to their houses amid the Corona Virus outbreak, she has recorded videos almost non-stop. Music therapy, dance classes, sound healing sessions, recreation / integrated arts activities, yoga and nursing "how to" videos are just some of the content that will be uploaded to the TCFD network, with more sessions on the schedule. She will also "burn" DVDs of all the recorded content, so that videos can be viewed on old – school televisions. This is one of the many ways the THINC lab has switched gears to help the TCFD family adjust to

In the American Portfolios Assistive Technology Lab down the hall, Mark McNamara, Design and Fabrication Coordinator at THINC, is discussing the production of medical

a new reality.

Media Lab Project Coordi- grade face shields for medical staff. The 3D printer near his workstation moves endlessly, printing four headgear pieces at a time. Each headgear piece will get a clear sheet of acetate attached, and then a rubber band that will hold it onto an adult head. The process is working, but one 3D printer by itself is painfully slow during a fast – spreading pandemic. Only four face shields per day can be made using the single 3D printing process. What do makers and inno-

vators do when faced with a problem? They keep on problem- solving, no matter what happens. Senior Assistive Technologist Vinnie Collura brings in a different version of the face shield that they have collaborated on, this one made with a closed-cell foam headgear piece that is quick and easy to pre-cut. This iteration of the face shield will allow many clear acetate guards to be laser cut at once on a very fast machine. Spray glue and elastic bands finequipment (PPE) in minutes. Director of Innovation Jason Kean oversees the process, facilitating the purchase of materials while maintaining open communication with senior leadership at TCFD.

The THINC team obtained, and then modified, the 3D print file for face shield from a worldwide group of makers sharing solutions to the shortage of PPE items. The website getusppe.org explains the effort:

"Fueled by a desire to help in the fight against CO-VID-19, makers, hackers, engineers, and manufacturers from around the world have joined together with medical professionals to get frontline healthcare workers the necessary protection they need to stay safe."

The Integrated Arts team at TCFD, comprising Recreation, Music Therapy and Dramatic Arts, Therapeutic Dance, and Therapeutic Horticulture, are pivoting in order to deliver activi- a video to instruct as well ties to homebound residents as remind residents of a ish the personal protective in creative ways, using the friendly, familiar face. He

PHOTO PROVIDED

Julie Palmer (left) films an instructional video at THINC.

THINC Lab for the creation of portable kits and games.

Sam Rose, Director of Recreation Therapy, assembled bird house making kits with pre-cut wood pieces, tools, paint and, of course,

enlisted Mr. McNamara's help to design the tabletop sock hole game, a smaller indoor version of the corn hole game. It comes to residents and house staff as two flat, cardboard puzzles to be assembled and painted before balling up socks used in place of beanbags.

By the time of publication, many more shifts. pivots, and problem – solving sessions will have taken place at THINC and at TCFD as a whole. What will not change is the caring, dedicated work and innovation that provide hope for all.

## THE STATE OF SUNY SULLIVAN

"As we increase social

distancing and move our

lives on-line we may find

that we explore and expe-

rience our community in

new ways. For instance,

in an effort to support the

mental, physical and nu-

tritional wellbeing of the

community at large, we are

partnering with Sullivan

180 to offer free distance

learning classes to the

community. Sullivan 180

Community Health Cham-

pions will be utilizing

SUNY Sullivan's distance

learning platforms to offer

classes such as mindful-

ness, nutrition and fitness.

"The impact of CO-

situation presents many

opportunities to address

students' needs in innova-

tive ways. We recognize

that many people will need

retraining to participate in

the inevitable economic

ages and abilities.

LOCH SHELDRAKE -SUNY Sullivan President Jay Quaintance has issued the following statement on the state of the college:

"While we are all focus-

ing on the expanding CO-VID-19 pandemic and its impact on our community, I wanted to take an opportunity to let you know of some of the things that are happening at SUNY Sullivan to support our students and our county now and in

"Contrary to what you might have heard, SUNY Sullivan is not closed; instead we are operating in a new way. While the campus buildings are not accessible to the general public, the entire College has pulled together to support our students and local community. Our amazing faculty and staff are working with the entire SUNY system and our community partners such as Sullivan County BOCES, local school districts, Catskill Regional Medical Center and Sullivan 180 to provide high quality educational opportunity and social support at a time when it is needed most.

"Currently enrolled students can rest assured that they will be able to continue in their program of study uninterrupted. Spring semester classes resume on Monday, March 30 using online and distance learning tools. Students will continue to have Classes will be open to all access to all the educational and emotional support systems they would nor- VID-19 will last. This mally have if the buildings were open and are being notified of how to access these. Online registration for summer and fall 2020 courses is open at www.su-

nysullivan.edu. "In order to ensure that recovery in which many

employment sectors may no longer provide the jobs they once did. So, in addition to offering our current two-year degrees and certificates, SUNY Sullivan is looking to the future by building new professional development and certification programs, in the fields of Healthcare, Sustainability, and Business and Entrepreneurship for example, which will be both **SUNY Sullivan President Jay** accessible and affordable.

"At times like this I'm emergency personnel in reminded of words recitthe county can do their jobs ed by kids all across the at this critical time, we are country: the 4H pledge. working with BOCES and As a person from a family with a long history in 4H, I the school districts to provide temporary daycare think about what an impact this simple pledge has had for their children. And, we have donated equipment on me and my life. It really sums up how I think about from our Nursing and Respiratory Care programs to my job as a community college professional. Now CRMC to help serve patients and protect staff. more than ever:

"I pledge my head to clearer thinking,

My heart to greater loy-My hands to larger ser-

and my health to better

for my club, my community, my country, and my

"As we move forward we will all look for ways to better educate ourselves, engage in professional development programs, and expand community engagement; I remain optimistic that the members of our community will emerge from this trying time as better prepared citizens. While we don't yet know how long we will be working and living in this new way, I am confident that we will come out stronger, more skilled, and smarter than when this started. SUNY Sullivan is here and we are #sunysul-

livanstrong.

### **Out Divine Corners Way**

by Jonathan Shimkin

A queasy spring sets in. All the eagerly anticipated signs are there, earlier than usual this year. Geese are resettled and honking in the pond along the Milk Train Trail in Hurleyville. On March 2nd (I noted the date, it was so far ahead of schedule), a squadron of awakened squirrels ran riot around our lawn, engaging in the squirrel version of inevitable conclusion of our team sports, clusters of two ruinous politics. The virus aror three of them chasing one rives with an awful and irreanother in complicated zigzag patterns, carrying on for hours. And, of course, the landscape looks as serene and timeless as ever: mountains, fields, forest, softened in the balmier air and light.

Yet a sense of disquiet has infiltrated the very air. The landscape looks the same but is pervaded by a sense of difference, like a subtle shadow over everything, giving rise to doubts about what might be circulating in those warming currents of air. Is it safe to go out? Should we risk a trip to Shoprite? We dutifully track the numbers: morbidity rates, stock market gyrations, caseloads per nation, per state, per region. We keep tabs as the surrounding counties register their first cases: Ulster, Orange, Dutchess, Delaware. Something is drawing closer and its arrival in these quarters is only a matter of time.

This is usually a season of glad tidings: spring forward! with the clock dial. Instead, I worry; when that seems futile, I stop worrying – until I start again... This toggle switch of concern goes on and off and on with a news cycle that continually provokes my reaction and determines my mood. This cycle won't resolve anytime soon. Neighbors and others have

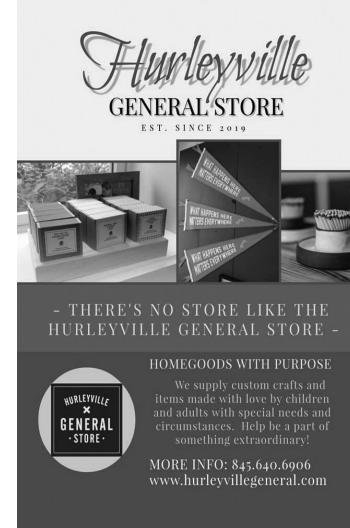
been extra solicitous and gentle, asking after health and how we're weathering

The Emergency (a designation that arrived, way behind schedule, on Friday the 13th). Emergencies usually draw people together, yet we've been enjoined to practice "social distancing" as a practical necessity. After three years of savage shredding of the standards of civility and comity in public life, "social distancing" sounds less like a clinical practice and more like the sistible sense of metaphorical aptness, even as one resists the tendency to indulge in moralizing about it.

And so a certain sense of morbidity comports with the fresh signs of spring. This is a mixture not unfamiliar to art or philosophy or any act of imagination that stretches to encompass the vicissitudes of human experience. Nature's fluidity contains all possibilities, as Wordsworth knew when he devoted a sonnet to the theme of "Mutability": "From low to high doth dissolution climb, / And sink from high to low, along a scale / Of awful notes, whose concord shall not fail..."

One can do worse than turn to the Romantics in times like these! They knew a thing or two about the changes nature and flesh are heir to, and placed their faith in a concord surpassing such disquiet as afflicts our springtime. Wordsworth concludes his poem by invoking "the unimaginable touch of Time," capitalizing "time" as if it were the tonic resolving all discordant notes: weal and woe, health and sickness, growth and dissolution. I take a bit of comfort in the thought that, though we change the clocks in March, time (or Time) remains untouched and keeps on flowing in its own unimaginable









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, and a variety of handmade gifts.

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



### 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

I have used the above paragraph since I started writing this column. Today because of the CornoraVirus things have changed.

All of the State Training and County Training has been suspended until at least April 19.

As with most fire departments, our firehouse has been closed to the public until further notice. Our Monday night drills have also been suspended. Small groups led by a line officer are checking on and maintaining the firehouse and equipment. It may take a couple of days to do what we did on a Monday night drill.

This is so that all of our firefighters and officers are not in the same room at the same time. Should any health problems occur it could shut down our whole

EMERGENCIES will be handled just as before the

I have been working in the Sullivan County Emergency Operations Center delivering supplies the last few weeks, and the amount of goodness that I am seeing throughout the County is heartwarming. Many, many citizens are listening and doing what is right, some are offering help and what little supplies they have to others.

Don't forget to check on your neighbors. And those of you who have enough toilet paper for the next ten years see if you elderly neighbor who didn't get to the store needs any.

If you do have an emergency and call 911, let the dispatcher know if you are quarantined, under mandatory isolation or are showing any systems of the CornoraVirus. We are a still coming to help you, but will take additional precautions to prevent our members from becoming exposed and possibly in-

My next fear is "Brush Fire Season." It has already

**SPOTLIGHT ON A** 

Rest assured that ALL outbreak.

THE SULLIVAN COUNTY BUREAU OF FIRE **WANTS YOU TO KNOW BURN BAN IN EFFECT** 



**Burn Ban In Effect** During this time period, no open

burning shall be allowed.

started. We get a couple going to be home and on a of nice days in a row and nice day you will clean up we have had a number of your lawn and end up with brush fires on those days. Then we get a break with snow, sleet and rain. Then effect until May 14. NO it gets windy and things OPEN BURNING. dry up and we get brush

a "burn pile."

The "Burn Ban" is in

Be safe and smart out fires. I know that you are there.

young people to grow their

knowledge of music in the

beautiful Catskill Moun-

Joe's dedication as a

teacher earned him the Out-

standing Secondary Educa-

tor Award in 1975. He was

the second person inducted

into the Fallsburg Cen-

tral School District Hall of

A member of the Hur-

leyville Fire Department

for more than 55 years, Joe

served as the department's

secretary. He also served

as secretary and treasurer

of the Hurleyville Fire Dis-

trict. A Town of Fallsburg

Councilman for 16 years,

Joe was a member of the

Town of Fallsburg Lions

Club, and a two-time pres-

ident of the Hurleyville

Retirement didn't slow

Joe down. He gave mu-

sic lessons in his home in

Hurleyville during the sum-

mer. He taught for more

than 20 years in the Pinel-

las County Middle Schools

while spending time in his

winter home in St. Peters-

burg, Florida. Joe helped

his retirement community

become

resident-owned

Chamber of Commerce.

Fame in 2014.

tains.

FROM THE FILES OF...

## THE HURLEYVILLE SENTINEL.

strand of hair held fast with

blood clinched a first de-

gree murder indictment on

Wednesday against Mischa

Ross, Broadway booking

agent who was taken into

custody at the home of

his father-in-law, Nathan

Nesselowitz, at Mountain-

dale by Sullivan County

authorities early Monday

morning as the man who

had followed Tania Lubo-

va, twenty-five, night club

violinist, into the sound

proof studio in which she

was beaten to death with a

hammer. Identification was

made by an elevator opera-

tor in the studio building at

Times Square, New York,

in which the girl's body

was discovered Sunday.

The hammer was positively

identified as one that disap-

peared from a hotel room

which the suspect had used

an hour before the murder.

**Slander Suit Defendant** 

**Gets Particulars Order** 

Judge Sydney F. Foster

has granted the application

of Mrs. Rachel Penski of

Hurleyville for a bill of par-

ticulars from Dr. Harry Ja-

cobs, Hurleyville physician,

who has begun a \$25,000

slander action against Mrs.

Penski for alleged defama-

tory remarks made in He-

The motion for the bill

of particulars, filed by Mrs.

brew in March, 1935 at the Thomas Lawrence, and

Hotel Sunset in Hurleyville. James Hill, Commissioners

Online "COVID-19

COMPILED BY Sullivan County Historian John Conway

**April 9, 1913** 

**Obituary of** John S. Prince

John S. Prince, one of Hurleyville's oldest and most highly esteemed citizens, passed away last night at his home here at the age of about sixty-six years.

The cause of death was acute congestion of the lungs.

Mr. Prince had been in poor health during this past winter for the for the past two weeks had said he was feeling much better. Sunday he was taken with a heavy cold which compelled him to take to his bed. John S. Prince was born

in the town of Thompson on September 16, 1846, the son of William S. Prince and Jane Hill Prince, his wife of Mongaup Centre, which is about three miles from Hurleyville. He remained at home until he became of age, and then followed the lumber business, and managed Kilbourne's Mill for a number of years.

In September, 1884, he with his brother Wilber J. established the feed, lumber, and coal business at Hurleyville under the firm name Prince Brothers.

In 1906, he was elected Supervisor of the Town of Fallsburgh, which office he held for two terms.

**April 9, 1937** 

#### **Jury Acquits Woman** on Larceny Charge

Mrs. Madeline Great, twenty-eight, was acquitted of grand larceny on Tuesday by a Supreme Court jury before Justice Sydney F. Foster in the first criminal case heard in Supreme Court at Monticello in five years. The jury deliberated

less than two hours. Mrs. Great had been indicted for theft of \$500 in bills from the luggage of



Businessman John S. Prince, dead at 66

a fellow roomer at a Mongaup Valley bungalow in the summer of 1934.

Mrs. Great was represented by attorney Ellsworth Baker of Hurleyville.

#### First Public Affair Held in New Sheldrake Bar & Grill

Enthusiastic approval of the newly opened Sheldrake Bar and Grill was expressed by the crowd of Loch Sheldrake firemen and their wives at the first public social gathering held there on Tuesday evening.

A regular firemen's meeting was held in one of the lodge rooms on the second floor of the large new log cabin type building during the earlier part of the evening while the feminine members of the party enjoyed card games in the downstairs dining room. After the meeting, the crowd enjoyed bingo, followed by the serving of refreshments. Prizes were won by Mr. and Mrs. Max Berman, Mrs. John Bullock, Mrs. Wm. McCarthy, Clifford Moore, Leo Mentnech, Ernest Porter, Ike Fraley, Joe Sabinsky, and Phil Miller.

**April 23, 1937** 

**Jury Indicts Ross** for First Degree Murder **After Arrest in Mtdale** 

A claw hammer with a

# Information & Resource

NYS Senator Jen Metzger should be doing, the actions (SD-42) has assembled an government is taking, and Information & Resource the resources that are avail-Guide to provide constituents with accurate, up-to-date information on the COVID-19 outbreak and actions being taken at state, federal, and local levels that are important for residents and businesses to know about.

The guide, which is continuously updated, covers a range of topics, including prevention and closure updates, COVID-19 testing information, school meal availability, relief to homeowners and renters, and more.

"At a time when we face an unprecedented public health emergency, the safety and well-being of New Yorkers depends on getting timely, accurate informa-

Guide" Available ALBANY – The office of tion about what they can and able to constituents to help them," Senator Metzger said. "The facts on the ground are changing daily, and it can be hard to keep up. My office is seeking to make it easier

Penski's son, Samuel, an at-

torney, sought information

as to the time of the alleged

slander, and the names of

the witnesses reputed to

have heard the remarks. Jus-

tice Foster denied a motion

**Town of Fallsburgh** 

**Established 111 Years** 

This month marks the

111th anniversary of the

Town of Fallsburgh, ac-

cording to time-yellowed

records on file in the offices

of Town Clerk Mortimer

The Town of Fallsburgh

was first established on

Tuesday, April 4, 1826 at

the first town meeting, held

in a school house near Nev-

ersink Flats. An act had been

passed the previous week

to erect a new township

from parts of the Towns of

Thompson and Neversink.

the few citizens present

elected their entire board

without dissension. Herman

Hardenburgh was chosen

Supervisor; Rachel Read-

ing, Town Clerk; James

Brown, John Crawford,

and Cornelius Eller, Asses-

sors; Harvey Ludington,

Henry Misner, and John

Eller, Commissioners of

Highway; Elmarter Starr,

of Common Schools.

At their first meeting,

Michaels.

to dismiss the complaint.

updated online resource." Constituents can access the COVID-19: INFOR-MATION & RESOURCE GUIDE at bit.ly/SD42-CO-VID19-GUIDE or by visiting Metzger's Senate web-

by providing an accessible.

easy-to-read, and regularly

site, metzger.nysenate.gov. For information, assistance or to submit tips, constituents can reach Senator Metzger's office by phone at (845) 344-3311, or by email at metzger@nysenate.gov.

#### **HURLEYVILLE TREASURE** by Kathleen Sullivan During the 1960s, Joe helped create the Empire State Music Camp in Hur-Joseph LaRuffa leyville. The camp enabled

Described as "a legend" by his nephew, Joseph LaRuffa was born on March 19, 1922 in Oyster Bay on Long Island.

He was the fourth of eleven children-- two boys and nine girls-- born to Frank and Angelina LaRuffa.

A graduate of Oyster Bay High School and a clarinet player, Joe received a scholarship to study music at the University of Miami. His studies were interrupted by his service in the United States Army during World War II.

He was awarded the American Service Medal, the European, African and Middle Eastern Service Medal, and the Good Conduct Medal in recognition of his participation in campaigns throughout Europe during the war.

Joe completed his education after the war. He earned a Bachelor of Science degree from New York University in 1950, and a Master of Arts degree from Columbia University in

He began his career as an educator in 1950 in Clinton County, NY. In 1954, Joe began a 30-year career as the music and band director at the Fallsburg Central School District.

Joe married the love of his life, Jeannette (Jenny) Andresky, in 1957. They made their home in the house in Hurleyville that Jenny was born in. Their children, Mary Ann, Angela and Frank, became musicians and played in Joe's concert bands.

outstanding under Joe's di- the Hertz-LaRuffa Scholar- tion.



The LaRuffa family (left to right) Angela, Mary Ann, Frank, Joe, Olivia and Jenny.



PHOTO PROVIDED

Joe LaRuffa doing what he loved

rection. The bands played at the 1964 World's Fair and the 1965 commencement ceremony at SUNY Sullivan. A memorable performance was at the opening ceremony of the hospital in Ellenville in 1966, where the audience included Pres-

ident Lyndon Johnson. Joe served as chairman of the Hertz Scholarship The Fallsburg concert while teaching in Fallsburg. bands' performances were The fund has been renamed

assistance for graduating Fallsburg students.

County schools and later Sullivan County schools while serving as a delegate to the New York State School Music Association. Joe also served as president of the Clinton County Music Education Association and the Sullivan County Music Education Associa-

ship and provides financial

He represented Clinton

Olivia and Joe.

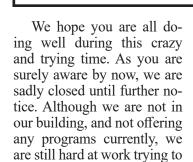
and he served as the community's first president for four years.

> Joe passed away on October 6, 2019. His memory is cherished by his wife, Jenny, his daughters, Mary Ann and Angela, his son, Frank, his daughter-in-law, Jennifer, and his grandchildren, Joe is certainly one of

Hurleyville's special trea-

Visit www.hurleyvilleny. com to find more treasures in Hurlevville.

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



best serve all of you! We have talked about our digital resources before, and now seems like the perfect time to remind you all of that. You can download the OverDrive or Libby apps, which will give you access to thousands of e-books, emagazines, e-audiobooks, and even some e-videos. All you need is your library card number and PIN (should be the last four digits of the phone number you gave to us when you registered for your library card). If you do not have a library card - you can get a temporary e-card

through OverDrive by just

entering your cell phone

can make a temporary library

number. Another option is you can email us at fbr@rcls.org and give us your name, address, and phone number and we

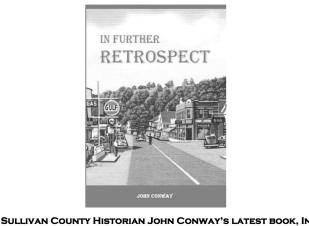
card for you so that you can access all of our digital content until we are able to be fully open again. Please note that processing time may take 24-48 hours, we will send you an email with your library card number and pin number when we complete the set up process. If you do not know your pin, you can email us as well and we will look it up for you.

Your library card will also give you access to the Consumer Reports Database and Rosetta Stone online software – so you can make the most of your time and maybe learn a second, third, or fourth language!

If you have little ones at home – we do a live story time on Mondays, Wednesdays, and Fridays at 2 p.m. on our Instagram. Be sure to follow us on social media to stay up to date on our status. Also, please be sure to complete your 2020 Census - make sure you're counted!

Thank you for your continued support and we hope to see you all again real soon! Until then, be well!





FURTHER RETROSPECT, FEATURING SOME OF THE MOST MEMORABLE INSTALLMENTS OF HIS WEEKLY HISTORY COLUMN RETROSPECT, AS WELL AS A NUMBER OF HISTORICAL PHOTOGRAPHS, IS NOW AVAILABLE BY MAIL. RECEIVE A SIGNED COPY BY MAKING A DONATION OF \$27 OR MORE BY CHECK TO THE DELAWARE COMPANY, P.O. BOX 88, BARRYVILLE, NY 12719. BE SURE TO INCLUDE YOUR MAILING ADDRESS, AND PLEASE ALLOW UP TO 2 WEEKS FOR DELIVERY

An Original Short Story by Jack Robbin

# THE SECRET

Part III

**Fallsburg** Constable Bronco Kelly has taken his dying relative, the aged Mavey O'Toole to Monticello Hospital where she asks to speak privately to him. Mavey is in the middle of telling Bronco something she promised would be life changing when she I wondered. lapsed into unconsciousness. That's where we pick up our story...

Sarah and I sat silently in the small waiting room at the Monticello Hospital for what seemed like an eternity. Sarah had closed her eyes, but I could not get comfortable. Obviously, the hospital's chairs were not intended for someone of my size. And I could not quiet my mind, but kept mulling over what Mavey had been telling me before she passed really talked about our ancestors, and I knew very little about them, so most of what she had said, while not particularly earth shattering, was new to me. The big question that kept com-

where the story was headed.

great-great grandfather and my great grandfather had gone out one night to investigate a strange howling in the woods near their home and what they found changed their lives forever. What could that have been,

Nothing that came immediately to mind made much sense. Was Mavey just being dramatic, perhaps? That didn't seem likely at this stage of her life. Surely she must realize that she didn't have much time left, otherwise, why tell the story at all? No, it had to be something significant.

I had totally lost track of time, and was startled when the nurse returned to let us know that Mavey had regained consciousness and although extremely weak, out. My family had never wanted to see me again. I turned to Sarah, who had obviously been napping, and indicated I would be

> Mavey was actually sitting up when I entered the

alert, reacting when she saw ing up in my mind was just me. I even detected a slight She had said that my smile on her lips as I approached the bed.

"I'm sorry, Bronco that I passed out on you. I'm sure you must be wondering about what I was going to tell you."

"I am very curious, Mavey. Please tell me the rest of the story. What did Declan and Diarmait find when they went out to investigate the wolves howl-

"They found two men surrounded by a pack of wolves. But the wolves were unsettled because these men were quite different from anything they had ever encountered." "Different?"

"These men were giants. At least 10, maybe 12 feet

"What?"

"Declan and Diarmait were amazed. They were able to chase the wolves off with a few rifle shots and approached the men, who stood their ground and met them face to face...



The Cahoonshee soon introduced Declan and Diarmait to their wives and children.

joke.

"The two men were very grateful, and soon began to tell their story. They were Native Americans, members of the Cahoonshee tribe, most of whom had been driven underground well, sort of," she managed by the Lenape many, many room, and her eyes were a chuckle at her own little years before. There were a

handful of men and women who lived in a remote cave in the wilderness and came out only at night, not only so they wouldn't be seen by others, but because their eyes were sensitive to the sun from generations spent underground."

about the Cahoonshee."

"There were few people living in this area back then, but those that did live here were not very hospitable to outsiders. The Cahoonshee avoided contact as much as possible, and although some of the locals used to repeat legends about the giants who once lived here, no one ever reported seeing one and certainly never had anything to do with one. So their existence remained a legend, nothing more."

"So our family might have been the only ones to actually get to know them?"

"That's right," she said, and paused to catch her breath. "I am going to skip over a lot here, Bronco, because I can feel myself fading. The important part is that these men became very close friends. Soon, Declan and Diarmait met the other members of these giants' family, men and women, wives, even children. And soon, because of the isolation both groups lived in, they were intermingling, even marrying."

"Marrying? You mean... Are you telling me that we "I remember reading are descended from these giants?"

"Exactly. Of course, you and I are the only ones left. There weren't many children, largely because of the problems of an averagesized woman trying to carry and deliver a giant-sized baby. It worked better for the giant women carrying the child of an averagesized man, but still, the process was difficult and did not very often result in a healthy baby."

I was stunned, and could manage only to shake my

"Neither side ever told anyone of the relationship, even after many years had passed," she continued. "They were afraid the people around here would shun them because the Cahoonshee of the legend were not friendly. Some locals even believed they were cannibals. Though they were actually nurturing people and very intelligent, they were feared, so this has remained a secret for all these years."

"And no one else knows this other than you?"

"And now you," she smiled weakly. "And you are to tell no one other than your first child when the time comes. That was our

agreement, right?" "Yes, Mavey, that was our agreement," I said, deciding against mentioning to her that several years ago. after an extremely difficult pregnancy, my wife, Irene had lost our only baby just before her due date.

"Good. Then this shall remain our secret. Thank you, Bronco, I'm glad we had this little talk."

Before I could respond, I watched her mouth form a little smile, and she closed her eyes for the last time.

That concludes our story. Remember, that the adventures of Jack Robbin's fictional character, Hurleyville resident Bronco Kelly, Fallsburg Town Constable in the 1930s, appear exclusively in the pages of The Hurleyville Sentinel.

## SPRING HAS SPRUNG AND SO HAS THE PANDEMIC!

#### SOME SUGGESTIONS FOR SURVIVING THESE HORRID DAYS

By Elaine Corrington

It is quite possible to be a person who loves beauty and flowers, and decorative elements inside and outside of the house and to be totally incapable of keeping plants alive. I have proven that. I can purchase a plant and enjoy it every time I pass it... and then one day I pass this drooping crusty thing that has taken over a perfectly good flowerpot, the sad remainder of the once glorious plant- gone long before its time. And this can happen again and again, in the house and in the yard. Shameful, but true... and repeated for 72 years.

Quite a few years passed before I realized that I could create a yard that could be enjoyed by others. You can enjoy fake plastic flowers and plants and if they are ten feet or so away from whoever is spying at your garden, the viewer cannot tell they are fake! You can enjoy fabric flowers in your house and change them seasonally and put them by your window to be spotted by passers-by. There are a great number of fake plants online that are fabulous and cheaper than continuously replacing real

plants that have died. If you put your change in a mayonnaise jar each day, your pockets and purses will be lighter, and you can afford a couple of new fakes every season and you can hide them away until the same season rolls around again and you add to your collection and your garden gets bigger and bigger. If you have proven that you are incapable of keeping even succulents and air plants alive, there are even beautiful plastic versions of those for weird vases and terrari-



I have found that there is one flower that lasts from the end of March until August-the humble pansy (25 cents per plant), which provide lots of color and are very forgiving of the bad gardener. They are not able to protect themselves from the deer that come to Main Street in the dark, however. You have to get netting and/or deer repellent pods that smell bad to deer (but you don't want those around little kids).

Some of the pansies reseed as they grow, and show up blooming in new places, and some have even come up through the early snowfalls pre-winter. People will comment on what a GREAT gardener you must be. Then you have to look very humble and say the plant did it without you, and the admirer will secretly think you are just being humble.

Anyway, by the end of August we will hopefully be experiencing a marked decrease in immediate pandemic threats, and you will be busy with many things you can't do now and the garden will quiet down. It's almost winter, you will explain.

The horrible gardener, their friends, kids, and community can also enjoy a yard that is amusing, historically celebratory, suggestive, inclusive, and has secrets

that lead to outrageous and laugh-out-loud opportunities for fun and games- even when everyone has to maintain social distance to protect themselves and others from exchanging viruses and germs. There have been a few kids in town who have painted rocks with words, sayings, or designs and have hidden them in plain sight to be discovered by friends and neighbors. Then the receiver can hide them or keep them,

and make their own. You can make a wild display of weather tolerant toys that depict historical events of Hurleyville (look online or on Rail Trail signs) or your family! You can make a frame on the ground with rocks and use rocks, toys, wood and whatever else you like to make a mosaic within that frame. Your ground has become a horizontal wall for your own fabulous art gal-

You can make a sundial in a sunny part of your yard. Put rocks around in a circle, and a stick coming out in the middle. You can paint the rocks different colors, but the real fun comes when the shadow from the stick falls on one of the rocks. Write the time of day on the rockand the date- in permanent marker. A couple of weeks later, the kids will be sur- joy.

prised to see that the clock in

their yard is WRONG! Time for a little lesson about the earth and the sun.

Old yarn can be woven on a fence as a modern work of art, a butterfly, a person, an animal. You can write a message in stones, punctuated with pieces of fallen branches that look like punctuation

Do you want other people to amuse you? On the Rail Trail, or a sidewalk, make chalk games. You will be surprised at how many people cannot resist a hopscotch game, or even three different sized hopscotch games in a row for people of different sizes or who want to see if they can do all of the sizes. You can curve them and make weird patterns that make them harder and harder to hop to success.

You can also write supportive messages on the sidewalk for everyone that passes by. Beauty, support, a good laugh, exercise, it's all good. And you will have a hoot glancing out your window and watching people jumping around like maniacs thanks to your efforts!

Chris Kilgore from the Art Department at The Center for Discovery pointed out that there are tons of free online activities available during these challenging days. Singing together while maintaining social distancing and putting pictures of rainbows in your windows are two that have followers. There is even a Chalk-the-Walk. Now THAT we can do in Hurleyville!!

The best gardener for a hard time in a small town is not necessarily the one that has an elaborate and beautiful set of plants. The best gardener can be the unexpected person who cultivates



Left to right are students Yenessa Cruz, Mikalah Ballard, Aisha Darboe and SueAnn Boyd from Cornell Cooperative Extension of Sullivan County.

## FALLSBURG HIGH SCHOOL HOSTS CCE'S HEALTHFUL **COOKING AGAIN**

FALLSBURG – For the past two years, Fallsburg High School's after-school program has held cooking classes given by SueAnn Boyd of Cornell Cooperative Extension of Sullivan County (CCE). Her purpose has been to introduce healthful foods cooked with healthful recipes. Because of a revised schedule, the class has been reduced to one day a week, but that day is very full for the three girls who are par-

ticipating. Mikalah Ballard and Aisha Darboe, and seventh grader Yenessa Cruz were very involved preparing chicken snap wrap, colorful pasta salad and creamy Italian herb dressing. CCE provided the rotisserie chicken breast, with skin, visible fat removed, deboned and meat chopped. The girls then followed the recipe.

The pasta salad was indeed

quite colorful, with peas, cucumbers, tomatoes, green peppers, red onions, corn kernels, and green beans. The dressing's ingredients were plain yogurt, non-fat mayonnaise, skim milk, dried Italian seasoning and fresh garlic. All very healthful ingredients in recipes provided by Eat Smart New York and USDA's SNAP program.

Ms. Boyd's husband, Richard has been on hand this year to assist her, and he gets On March 9, ninth graders to sample the food, as well (think official taster). By 4:30 in the afternoon, clean-up of the Home and Careers Kitchen was underway as part of Mikalah, Aisha, and Yenessa's completion of the class. Thanks to CCE and FCSD's Wellness Committee, the lessons they learn about healthful food and preparing it will be brought home to each family by their children.

### HEATHER QUAINTANCE

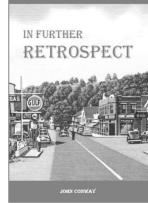
Licensed Real Estate Salesperson

heather@countryhouserealty.net C. 518.382.9107 O. 845.985.5116 www.countryhouserealty.net

7991 State Route 55, Grahamsville, NY 12740

# **TODAY!**

**ORDER YOURS** 



SULLIVAN COUNTY HISTORIAN JOHN CONWAY'S LATEST BOOK, II FURTHER RETROSPECT, FEATURING SOME OF THE MOST MEMORABLE INSTALLMENTS OF HIS WEEKLY HISTORY COLUMN RETROSPECT, AS WELL AS A NUMBER OF HISTORICAL PHOTOGRAPHS, IS NOW AVAILABLE BY MAIL, RECEIVE A SIGNED COPY BY MAKING A DONATION OF \$27 OR MORE BY CHECK TO THE DELAWARE COMPANY, P.O. BOX 88, BARRYVILLE, NY 12719. BE SURE TO INCLUDE YOUR MAILING ADDRESS, AND PLEASE ALLOW UP TO 2 WEEKS FOR DELIVERY.

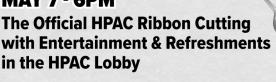


APRIL 24-25 Earth Day Events all Weekend and our

at Gallery222

**MAY 7 - 6PM** 

**Hugely Popular Annual Clothing Swap** 





**MAY 10 - 3PM** 

**North Indian Classical Vocal Concert** for Mother's Day

Featuring Acclaimed Hindustani Classical Vocalist Smt. Sanhita Nandi accompanied by Vivek K. Pandya on tabla and Keval Kavle on harmonium. With an introduction to the vocal style and instruments by Ray Spiegel of Simla House. Chai Tea and Masala Coffee comp

Please Follow Us On Social Media and Join Our Email List To Stay Updated On All Our Events and Films!



Hurleyville Performing Arts Centre 219 Main Street, Hurleyville, NY 845-693-4119 hurleyvilleartscentre.org

# SENTINEL SPORTS



## BASEBALL SEASON CANCELLED!

## COMES TO ABRUPT END AFTER SULLIVAN OPENS WITH TWO WINS

by John Conway

LOCH SHELDRAKE - It was a promising start to the 2020 baseball season for the SUNY Sullivan Generals, who swept their opening day doubleheader, but it came to a screeching halt when the NJCAA cancelled its entire spring sports schedule.

The Generals opened the season with a sweep of the two games with Kingsborough Community College in Brooklyn, winning 14-0 and 9-5 on Sunday, March 8. Julian Minaya got the win in the first game, giving up just two hits in five innings while striking out eight. Jeremia Bueno drove in four runs for Sullivan in that contest.

In the second game, Jordan Kazen got the win, while Giovanni Diaz and Jeremie Goyer drove in two runs apiece for the Generals. On March 10, the Sul-

livan nine travelled to New Rochelle to take on Monroe College in what turned out to be the final game of the abbreviated season. Monroe claimed a 5-4 win with a run in the bottom of the ninth inning. Seven different Generals managed hits in the game, and four different players drove in runs.

Sullivan was then to have embarked on a southern swing that would have seen the team play nine games in four states from March 13 thru 18, but the



SUNY Sullivan hurler Julian Minaya in action.

trip was called off as the ling all spring sports: result of the COVID-19

outbreak. On March 16, recommendations from the the NJCAA issued the fol- Center for Disease Control lowing statement, cancel- and Prevention (CDC), the spring competition, effec- NJCAA has decided to end

**MILESTONE SEASON** 

NJCAA has made the diftive immediately. "Following the recent ficult decision to cancel all upcoming basketball sive evolvement of the championships as well as COVID-19 situation, the

'In light of the progres-

all competition for the re- was enrolled at a member mainder of the academic college in 2020 will be year," stated Dr. Christopher Parker, NJCAA President & CEO. "As an association, the NJCAA exhausted all possible avenues to potentially postpone competition for both upcoming basketball championships and spring sport competition. We believe following the recommendations of the CDC is in the best interest of our member colleges and our student-athletes.'

Spring competition includes all practices, regular season, postseason, and national championship

spring sports, no spring sport student-athlete who charged a year of participation.

April 2020

Along with the cancellation of competition, all on and off-campus recruiting for all sports will be halted until April 15 with further evaluation to be assessed at that point in time.

The NJCAA will explore the opportunity to expand allowable Letters of Intent for spring sports for both the 2020-21 and 2021-22 academic years under the recommendation of the NJCAA Eligibility Committee.

The NJCAA will continue to monitor the situation Regarding eligibility for and provide updates as more information becomes available."

### **GENERALS MEN'S BASKETBALL ENDS SEASON ON HIGH NOTE**

Finish 28-2; Capture Region and District Championships

by Win Hadley

LOCH SHELDRAKE -Eighteen wins in a row, a 28-2 overall record and a perfect 16-0 mark at home are just a few of the accomplishments of the 2019-2020 SUNY Sullivan men's basketball team.

Coach Brent Wilson's Generals were on a roll heading into the NJCAA tournament, having captured the Region XV and District championships, but their hopes for a National Championship were dashed by circumstances beyond their control. The championships were cancelled due to the Coronavirus pandemic.

"It was a very difficult ending for what was such a great season," Coach Wilson said. "Our kids worked so hard. Our five sophomores had been together for two years and really built up to a chance to play for a National Championship. Having it abruptly end has been difficult for them. However, there are so many people struggling globally and across the country that it really puts it in perspective for our program this is much bigger than basketball."

The Generals seemed to really gel as the season went on, and were barely tested in any of the Region or District tournament games. They won their Region XV semifinal game by nearly 50 points over Rockland Community College, 112-63 and then handled Orange County 77-66. Two six-point victories followed in the District Championships, 78-72 over Erie Community College and 76-70 over Essex Coun-

ty College. Despite missing out on what was likely a legitimate chance at the NJCAA



**Coach Brent Wilson** 

ers, Coach Wilson believes the Generals have laid the groundwork for another successful season next year. Besides key returnees from this year's squad, he said he will have the benefit of a couple of players who missed the current season with injuries.

"We return Jalen Reneau and Jordan Drain, both of whom started for us," he said. "Darvin Lovette and Ty Rivers both sat last year out due to injury and had started several games during the 2018-19 season. Our expectation is to continue to compete for championships. However, we are always actively recruiting. It is still pretty early in the spring and in the recruitment process. Especially now with Covid-19, I expect we will continue to recruit until the day classes start."

Still, there is much to remember about the 2019-2020 season besides the thought of what might have been.

"My highlights were really just the time spent with the student-athletes," Coach Wilson said. "They knocked down obstacles every chance they could. We had a great group of kids, and they continued to overachieve. Having the chance to see them now go through the recruiting process is fun. Darius [Lee] has some Division 1 schools recruiting him, and will graduate in May. I am excited for all of them to title, and losing five play- continue their careers."



by John Conway

LOCH SHELDRAKE -SUNY Sullivan head wrestling coach Anthony Ng says the disappointments the team experienced this season were plentiful, but he would prefer to focus on some positive takeaways from the year.

The Generals finished 6-6 in dual meet action this year, the first time the fledgling program has ended a season at .500 or better. Two Generals qualified for the NJCAA Championship tournament in Council Bluffs, Iowa-the third year in a row the team has sent multiple wrestlers to the tourney-- and more wrestlers—13-- are expected to return for next year than ever before.

Those are just some of the highlights Coach Ng says leave him optimistic about

next year. "We lost half a dozen wrestlers to injury and more to academic ineligibility," he says. "I truly believe we should have had 5 or 6 qualify for the national tournament if we didn't get hit so hard.

"We will be stronger next year. I am excited to have more than a dozen returners who all hold the program to the same standard that I do, a great group of kids who believe it can continue to grow and are enthusiastic to get another go at it."

Coach Ng says he was particularly pleased with the "impressive performance" of freshman 125-pounder Liam Bullock at the national tour-

nament. "He went 0-2 as a first-time national qualifier, but he lost two close decisions," Coach Ng says. "In the first round, he lost to the number 6 seed by decision and in the first round of the wrestle-backs he lost to the eventual third place finisher in another tight decision. But he won the third period in each of those matches, out-



**Coach Anthony Ng** 

scoring those two opponents 8-0 in doing so. It was great watching him dominate the matches in the third period."

Coach Ng says he is in the midst of an aggressive recruiting process, and already has some great new talent coming on board for next year.

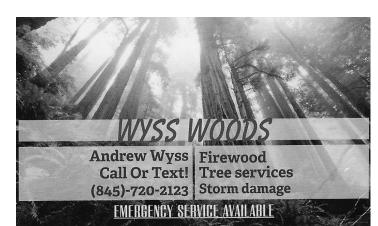
"We have Division 2 (small schools) Section IX 285-pound champion Devin McGovern from Chester, New York State finalist and two-time All-State selection Ryan Ellefsen from Goshen, All-Section Rob Estevez of Monroe-Woodbury, and 2020 Section IX finalist at 145 pounds, Gabe Galarza from Pine Bush."

In addition, Coach Ng says he expects major improvement from this year's freshman 157 pounder, former Moroccan National Champion Anas Samir, who found it difficult this year adapting to the collegiate style after wrestling only international style previously.

"It was tough on him transitioning to folkstyle, particularly in the top/bottom position, as would be expected," he says. "He has been working hard on basics and we look forward to having him as part of our program for another year."

All in all, Coach Ng says, he feels as if things are trending upward, and the positive milestones achieved this season portend better things for the

"I still have high hopes for this program and I look forward to meeting the challenges along the way," he says.



## SULLIVAN WOMEN HAD IMPRESSIVE SEASON

Win 24 in a Row, Finish 29-2

by Win Hadley

LOCH SHELDRAKE -SUNY Sullivan women's basketball coach Derek Marchione says his first season at the helm of the Lady Generals was a "great experience" and says the team is "set to have another great year" in 2020-21.

In a storybook season, the Sullivan women finished with a 29-2 record, including 24 victories in a row, and captured the Mid-Hudson Conference, Region XV, and East District championships, earning themselves a number eight seed in the NJCAA tournament. They led the entire nation in scoring and finished second in the country in steals.

Unfortunately, the NJCAA canceled both its men's and women's basketball tournaments before play began in response to the Coronavirus pandemic, but even the missed opportunity to play for the national championship could not diminish the accomplishments of this year's Lady Generals.

"The most impressive part to me was how hard these kids played every single night. It didn't matter who we were playing or how much we were up," Coach Marchione said. "I thought we had a legit chance to make a run at the title if we were able to play the games."



PHOTO PROVIDED

**Coach Derek Marchione** There were so many super-

latives throughout the season it is difficult to single out highlights, but the Coach said he is pleased that the team achieved the goals it had set for itself at the outset.

"For us, success for the season was going to be defined by if we earned a bid to the tournament, so winning that District semifinal and the way we did it was the highlight for me," he said. "To see the happiness on the kids' faces in the locker room was something I will never forget. This team accomplished every goal we set besides winning a national title, and unfortunately that was something we ended up

having zero control over." Offensively, the Lady Generals were led by phenomenal freshman guard Infinity Hammonds, who averaged 22.3 points per game, fourth best in the country among Division II

NJCAA players. Defensively, guard Kadiyah Britt led the NJCAA Division II in steals. Both players are expected to return next year, along with other key members of this year's team.

"We will return four starters and a majority of our bench [next year]" Coach Marchoine said. "We return Infinity Hammonds, who was one of the best shooters in the country, and arguably one of the best defensive backcourts in the country in Kadiyah and Kanayah Britt. We will lose just two sophomores, Adrienne Graves and Hope Harris. but I believe we have the pieces to help fill that void on the roster and kids we are looking to bring in. Adrienne Graves will be missed, and our returning bigs will have big shoes to

In 18 games for Sullivan this season, Ms. Graves averaged 19.7 points and 13.8 rebounds per game.

Sullivan has signed two new players for next season, and additional signings are anticipated. Coach Marchione says it could well be even better the second time around, and he hopes more people will get to see the Lady Generals play.

"We play an exciting brand of basketball and have some players that you don't often see at this level," he said.

#### SULLIVAN'S ANTHONY NG HONORED

by John Conway

WALLKILL – SUNY Sullivan head wrestling coach Antony Ng, who also heads up the wrestling program at Wallkill High School, has been recognized for his accomplishments by the booster group, Friends of Section 9 Wrestling.

Coach Ng was named the recipient of the group's President's Award for 2020.

The President's Award is presented each year to "that person who flies under the rahave been significant and represent the core principles" of the organization.

dar but whose contributions

Besides coaching at SUNY Sullivan and Wallkill High, he is a coach with the Hudson Valley Wrestling Academy and was formerly the head coach at Monticello High School. His high school wrestling career came at Monticello, after which he wrestled collegiately at both Boston University and

the University of Buffalo. "Coach Anthony Ng has

school programs and the college program at SCCC, and we could not think of a better recipient for this award given all his efforts," the group said in a statement announcing the award.

worked to grow both high

The Friends of Section 9 Wrestling was organized in the 2002-03 season. The primary goal of the organization is to support Section 9 wrestlers with time, money and partial scholarships.