

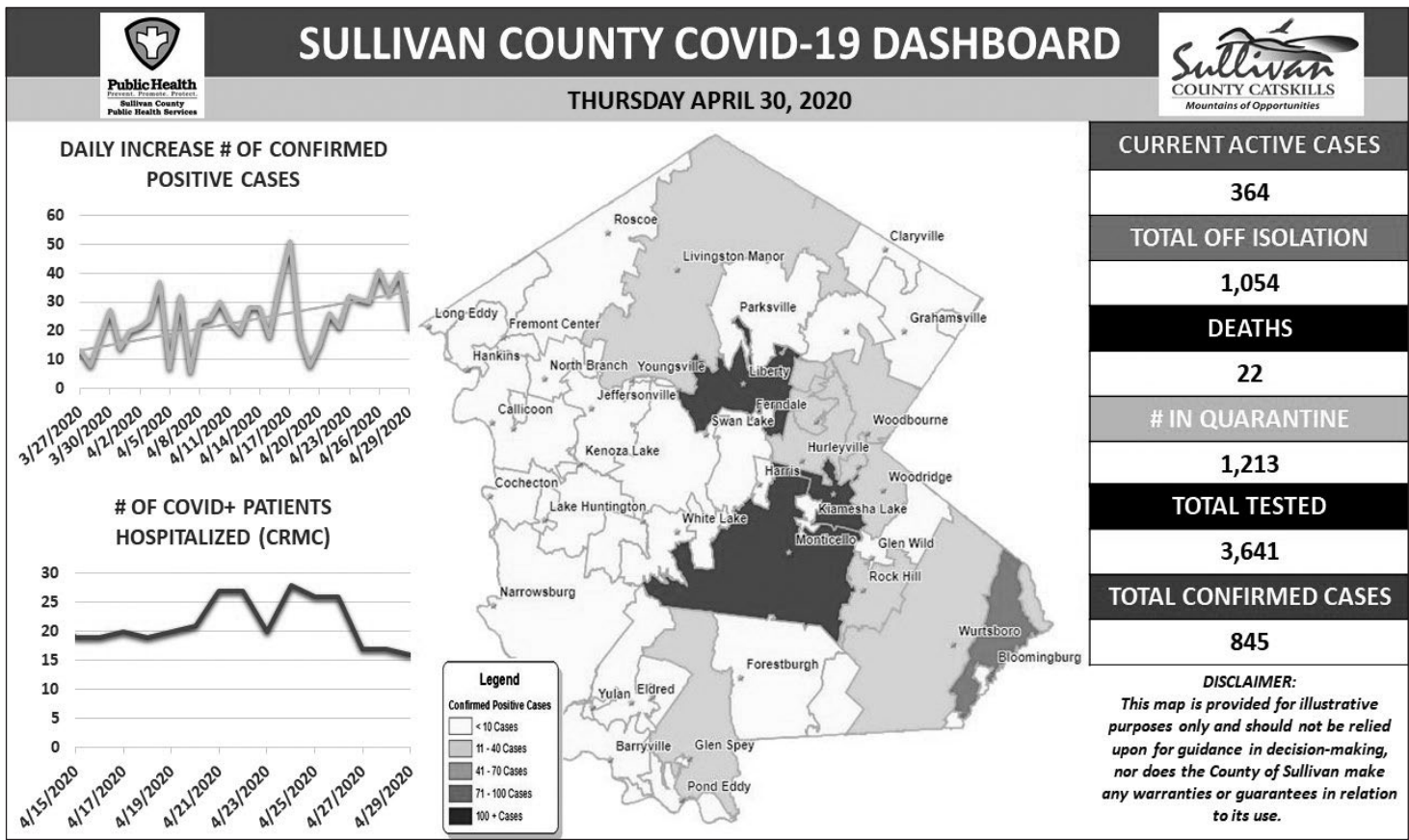
GETTING THROUGH IT

COMMUNITIES DEAL WITH THE CRISIS

by John Conway

HURLEYVILLE — The COVID-19 pandemic and the challenges it continues to present again dominates the news as we enter the month of May with some hopeful signs, but no real indication that it will end soon. Sullivan County officials say that as of April 30 there were 364 active cases in the county, and 22 people have died from the virus. That was up significantly from the 141 cases and four deaths reported one month before, and the 299 cases and 21 deaths at the beginning of last week. While the number of people in the County under mandatory quarantine had jumped from just over 300 at the end of March to more than 1600 on April 30, there was a brighter side, as there are

now 1,054 local cases that have come off isolation, compared to just 46 at the end of March. In the meantime, New York Governor Andrew Cuomo announced last week that hospitals in Sullivan and Ulster Counties, but not Orange County, could resume performing elective outpatient treatments. There are now 35 of New York's 62 counties in that category, as they are considered places where there is little risk of near term COVID-19 resurgence. In order to keep residents informed about the COVID-19 situation, county officials have continued their video Town Hall sessions, now twice a week, answering questions submitted to them ahead of time. District 3 Legislator Mike Brooks, the Vice Chairman of the



The latest COVID-19 statistics from Sullivan County as of April 30.

PHOTO PROVIDED

Sullivan County Legislature, has been moderating the sessions, while County Manager Josh Potosek, Public Health Director Nancy McGraw, and other public officials and community leaders have been handling the questions. In the town of Fallsburg, Supervisor Steve Vegliante has been giving regular 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/> While the town has closed its parks as the result of the ban on large gatherings and the social distancing mandate in the state, Mr. Vegliante has announced that Fallsburg's two municipal golf courses, Lochmor in Loch Sheldrake and Tarry Brae in South

Fallsburg, are open, although there are certain restrictions in place for the time being. Golfers will find no clubhouse facilities and no driving range at either course, and no golf carts will be available, so golfers must walk. Because of the restrictions, play will be slower and fewer tee times will be available. While the courses do not typically allow outside food or drink, golfers can temporarily bring food and drink to the courses, and they are being encouraged to patronize local restaurants for their food and beverage needs. Although most have revised their hours of operation, there are a number of local restaurants in the town that remain open for take-out service, including both Frankie & Johnny's and the Pickled Owl in Hurleyville.

WE WILL GET THROUGH THIS TOGETHER

A Message from Patrick H. Dollard, President and CEO of The Center for Discovery

To Our Community:

Challenging hardly feels like an adequate word to describe what all of our Sullivan County friends are facing, and what all of us at The Center for Discovery are living. To be honest, we prepare every day like we are going into battle. We have no option — we have to plan this way in order to protect our students, residents, and our entire staff. But every single day as the whole world wrestles with this awful pandemic, without fail, we see signs of inspiration and hope. As the weather warms, and the flowers begin to bloom, there are the scenes of rebirth around campus as our adult and pediatric residents plant fresh new gardens, gather for outdoor sing along songs (six feet apart), or dance along to Zumba classes via Zoom. Some

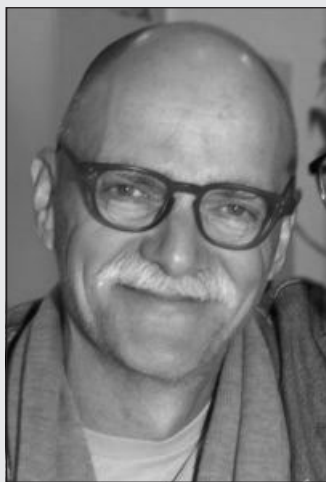


PHOTO PROVIDED
Patrick H. Dollard

of our adults who live on Main Street in Hurleyville entertain us from their porch with a news and comedy show, "The Porch & Puns Report", to keep everyone laughing and focused on the message that there are no limits to human potential. Our Passover Seder tradition of nearly 20 years continued uninterrupted as our Music Therapy

team, in masks, laughed, danced, and sang their joyous songs of liberation for a virtual Seder that was shared across our organization. There was also no better sign of the rebirth that Easter symbolizes than our young adults working on egg production - collecting, washing, crating, and packing eggs from the farm. Or our young adults racing down to the greenhouse to seed and plant herbs and flowers - flowers that epitomize the hope of springtime. But perhaps what inspires me the most, and fills me with hope, is witnessing our 1700 staff members during these stressful days. They dress in costume, they decorate with sidewalk chalk, they send inspiring messages, and they back each other up. They absolutely refuse to stop. I have never seen anything like it.

And so I am honored to share words of hope with you - our Sullivan County community - because community is a word we are thinking so much about these days. We have been forced by this pandemic to be physically distant, but our community at The Center for Discovery - our staff, our administration, and our residents - has never felt more bound together. All of us are inspired by the work we do, by those we care for, and by those who care for them. And we are sure that we will get through this together - and come out of it stronger than ever before. That is a hope we are sure will become a reality.

Respectfully,
Patrick H. Dollard
President, CEO
The Center For Discovery

SENATOR METZGER ADVOCATES FOR FEDERAL FUNDING FOR RURAL COMMUNITIES AMID COVID-19 PANDEMIC

ALBANY — State Senator Jen Metzger (SD-42) last week joined five New York State lawmakers in urging federal representatives to prioritize rural communities in the next federal economic stimulus bill. Senator Metzger, who chairs the Senate's Agriculture Committee, signed on to the joint letter to U.S. Senator Charles E. Schumer with like-minded colleagues to advocate for the nation's next federal COVID-19 economic relief package to include robust funding for states and localities with a focus on rural communities. "Even before the current pandemic, rural communities were struggling to fund and operate aging health care and transportation systems," stated the letter. "Despite the inequities they face, rural



PHOTO PROVIDED
State Senator Jen Metzger

communities provide not only the nation, but the world with a safe and affordable food supply." "Due to the disastrous impact of COVID-19, ru-

ral communities struggle now more than ever to survive. New York State's projected \$15 billion revenue shortfall, together with lost tax revenue in

county and local budgets, will force job losses and cuts to important rural programs, at a time when costs for health care, emergency services, and managing supply chains have never been higher. Only the federal government has the resources to immediately keep states and localities solvent." Senator Metzger represents the 42nd Senate District, which includes all of Sullivan County and parts of Delaware, Orange, and Ulster Counties. She serves as Chair of the Agriculture Committee and sits on the Environmental Conservation, Education, Health, Energy and Telecommunications, Local Government, Women's Issues, Domestic Animal Welfare, and Legislative Commission on Rural Resources Committees.

FROM THE CRISIS: OPPORTUNITIES

Experts Say There Are Lessons to be Learned

by John Conway

SULLIVAN COUNTY— The ongoing COVID-19 pandemic has caused myriad changes to most everyone's life, some of which are likely to remain for the foreseeable future. And experts agree that not all the changes the crisis has brought about need to be negative ones. The Sentinel spoke with Sullivan County's Public Health Director Nancy McGraw about some of the positive changes people might look for during the pandemic and in its aftermath. A lot depends upon one's perspective and how

we choose to look at the "new normal," she says. "[We should] try to appreciate this down time, as we will surely look back and want more solitude, and wonder where the time went," she says. "Appreciate a slower pace of life, which will be temporary, and treasure every day with those we love!" Ms. McGraw says the struggles presented by the pandemic and the accompanying restrictions most people are facing as the crisis continues make it difficult right now to see some of the positives that have been brought forth, "but there are some notable ones."

For one thing, she says, it has become apparent that "as individuals and communities, we really do care for each other. 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 situation has passed." Carol Ryan, Sullivan County's former Public Health Director, who retired from the post in 2013 and presently is President of Health Promotion Strategies, LLC in Monticello, more or less echoes Ms.



PHOTO PROVIDED
Nancy McGraw, MPH, LCSW

McGraw's sentiments about positive changes depending upon each person's own mental approach. "We should all keep the lessons learned of how to appreciate every day, enjoy the small things and the importance of others in our lives," Ms. Ryan says. "In



PHOTO PROVIDED
Carol Ryan, RN, MPH

our work ethic and productivity-focused society, maybe this sounds unimportant, but the very important inner strength and survival mechanisms we as a society have learned, if remembered daily, will strengthen us all and make a healthier community better able to weather a fu-

ture challenge." Ms. McGraw also says another lesson is that "even when we are stuck at home, we can help make a difference just by calling a loved one, donating funds to a local charity, and choosing to act based on factual information from credible sources instead of panic." And, Ms. Ryan points out, there are adjustments individuals might make in the aftermath of the pandemic that will make dealing with any similar outbreaks in the future less devastating. "We should be more aware of how important it is to take care of ourselves at all times so that when a new

health challenge like this occurs our health and mental health are better equipped to survive," she says. "Good personal health practices will impact the ability to recover from any disease, particularly new viruses that our bodies have had no experience fighting. We have all heard these health recommendations, but perhaps we will be more motivated now. Not smoking, using alcohol only rarely, enjoying a healthy diet, staying well hydrated, having moderate physical activity, keeping at a healthy weight, getting plenty of sleep, and staying socially connected and in touch with our emotional

and spiritual well-being, along with practicing preventive care by receiving annual flu shots and medical screenings and exams reduces our overall risk and susceptibility to any disease." Ms. McGraw ended her interview with a shout out to those who are on the front lines of dealing with the pandemic. "For our health care providers and support staff in hospitals and clinics, our public health workforce, community leaders, and first responders, take special care of yourselves because we are depending on you," she says. "And we thank you!"

The Inquiring Photographer

by Kathleen Sullivan



Q: May 10th is Mother's Day...a special day to honor all mothers and motherhood. What's one of your favorite memories of your mother? (Asked at a "social distance")



ALYCE BARR (pictured with her mother, Rose Barr)

We went to the Grahamsville Fair. It was August 17, 2012, six days after my mother's 99th birthday, less than a month after she had a pacemaker implanted in her chest. She reluctantly agreed to the surgery, because the doctors told her it would allow her to continue to live independently in her house on Little Pond Road in Hurleyville. At the fair, she stopped at each stall, admiring all the 4H animals. My mother loved her life in Hurleyville: the trees, the air, the change of seasons, and most of all, the birds which she fed and watched from her porch. At age 102, my mother passed away in 2016. We have a special connection to this paper. As a girl, Rose delivered the Hurleyville Sentinel before school.



MARI-JANE CONKLIN (pictured with her mother, Sophie Fedun)

I was the baby of the family so I guess I was a little spoiled... LOL. The best thing I remember about mom was we were very close. She was always there to listen to me whether I was happy or sad or good or bad. Mom was always so good-hearted.



TERI DIMARSICO (pictured with her mother, Helen Carlson and her sister, Toni McKay)

My fondest memories of mom are from family reunions in Hurleyville. She loved being able to see everyone. After dad died I promised her that we would make sure she still went to the reunions. She was able to attend the reunions and to visit her sister, Gail Makofsky, until 2014 when her health prevented her from traveling. Mom was the queen of sending cards for all occasions...this was part of her legacy. We always had lots of visitors at our house for the holidays and everyone helped to decorate the Christmas tree. Mom was always happiest when she was with family...in person or on the phone. Family was everything to her.

THE HURLEYVILLE SENTINEL.

Covering Main Street and Beyond

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Hamlet Happenings

by Kathleen Sullivan



HURLEYVILLE -SULLIVAN FIRST

The volunteers in Hurleyville-Sullivan First are looking forward to getting gardens, planters and barrels ready for planting. Work dates will be announced soon.

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

HURLEYVILLE UNITED METHODIST CHURCH

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

Pastor Jorge is delivering sermons online on Facebook at 11 a.m. on Sundays.

You can pray with others over the phone on the church's prayer line on Sundays from 7 to 8 p.m. You're invited to join the Bible study group on the church's prayer line on Tuesdays at 7 p.m. The prayer line phone number is 605-472-5491 and the access code is 251678.

The volunteers at the Bread of Life Food Pantry at the church continue to distribute pre-made boxes of food to the needy in the community. Dates will be announced on the church's Facebook page and on the sign outside the church.

"MESSY CHURCH" and the women's group meetings are cancelled for now.

Please call Katrina at 845-436-7942 for more information. You can also get updates from the church on its page on Facebook.

THE SULLIVAN COUNTY MUSEUM AND HISTORICAL SOCIETY

The Sullivan County Museum is closed.

All research requests have been placed on hold.

Photos of the BOCES Elementary Student Art display have been posted on the Sullivan County Historical Society's page on Facebook.

Go to www.scnyhistory.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.

Please email Suzanne Cecil at scecil@hvc.rr.com if you have any questions.

COLUMBIA HILL NEIGHBORHOOD ALLIANCE (CHNA)

Following is the letter sent by Columbia Hill Neighborhood Alliance to the Chairman of the Town of Thompson Planning Board prior to the planning board's virtual meeting on April 22, 2020.

Mr. Lou Kiefer
Chairman, Town of Thompson Planning Board
Thompson Town Hall
4052 Route 42,
Monticello, NY 12701

Dear Mr. Kiefer:

The Columbia Hill Neighborhood Alliance (CHNA) applauds the Town of Thompson for its ability to pivot to on-line meetings in order to conduct public meetings by the Town Board, Planning Board and Zoning Board of Appeals. However, we are concerned that a hyper-eager developer such as Mr. Larry Frenkel of Gan Eden Estates might view this new paradigm as an opportunity to push through a site plan review without the normal level

of scrutiny a transformative project of this dimension and complexity deserves.

A review of the latest Full Environmental Assessment Form submitted on January 29, 2020 to the town raises numerous questions about its accuracy and completeness, including matters yet to be addressed by the Planning Board:

- The Monticello Fire Department is listed in Section C-4 as the fire protection entity for this development. In fact, the Hurleyville Fire Department is much closer and shares bisecting jurisdiction over that part of the Town of Thompson.
- In Sections D-2c i and vi the estimated water usage is stated to be 147,250 gallons per day from a water supply of 205 gallons per minute. We have previously challenged and continue to question the accuracy of these estimates based on the report by the town's own hydrogeologic consultant, Miller Hydrogeologic, Inc. There is serious doubt that their wells have the volume and pressure capacity necessary to activate hydrants and sprinkler systems much less supply water to a community that could approach 3,000 at full build out.
- There is no mention in Section D-2d about the kind of wastewater treatment plant that will service the 147,250 gallons per day of waste/water/sewage generated. In an appearance before the Planning Board in July of 2016, the developer of Gan Eden Estates acknowledged the need to acquire an easement from one of the neighboring property owners for a discharge route of their treated wastewater into the stream they plan to access. However, to the knowledge of CHNA the easement hasn't been granted.
- Section D-2e addresses storm-water runoff. We are concerned that the developer's claim of mitigation by utilizing retention ponds and vegetated swales will be ineffective. The property already has retention ponds and is lush with foliage yet runoff problems from the property have plagued the downhill bordering community of Hurleyville for decades.
- In Section E-1c the developer incorrectly asserts that the property is not used for public recreation when, in fact, previous owners were aware that the land was used by local people for recreation activities for the past 50 years. These activities included snowmobiling, cross-country skiing, hiking, fishing and hunting.
- The developer reports in Section E-2e that 88.9% of the site is moderately well drained. The developer hasn't presented the results of their recent percolation tests yet, but it stands to reason that a 1600-foot above sea level hill consisting primarily of red shale isn't going to have much absorption capacity.
- In Section E-2m the developer only listed grey squirrel, raccoon, white tailed deer, eastern cottontail, striped skunk, and eastern chipmunk as wildlife species that occupy or use the property. However, many other animals have been sighted on the property, including bear, bobcat, coyote, fox, wild turkeys, and various avian raptors such as owls, hawks, blue herons and eagles.
- These are just a few questionable parts of the Gan Eden EAF. While these are trying times for everyone CHNA expects the Town of Thompson Planning Board to continue doing the complete and thorough reviews they're noted for. Anything less than doing the necessary due diligence would be a disservice to the taxpayers they serve.

Respectfully yours,
Roger Betters

Donna Nestler
Co-Directors, CHNA

Cc: Mr. William J. Rieber, Jr., Supervisor
Town of Thompson
4052 Route 42,
Monticello, NY 12701

The developer of Gan Eden Estates presented a sketch plan of the project to the board at the meeting that was held via Zoom. According to the developer the project will include 534 row houses in 89 buildings, each with its own garage and parking space. There will be additional parking areas, playgrounds and a clubhouse complex. There will be 2 entrances to the development on upper Main Street (Columbia Hill) and 1 entrance on Old Liberty Road. The board approved a motion to accept the sketch plan.


The board passed a resolution to become the lead agency of the project for environmental reviews and made a Type 1 action SEQRA positive declaration. More information is needed to determine the negative impact of the development. More reviews, permits and approvals are needed from the Town of Thompson, Sullivan County, the Delaware River Basin Commission, the New York State Department of Environmental Conservation and the New York State Department of Health.

The developer of the project now has to schedule a new site plan review with the Town of Thompson Planning board, submit a scoping document and plan a public information session.

Visit Columbia Hill Neighborhood Alliance at www.columbiahill.org or on Facebook to learn how you can help to protect your community.

EMS Beat

by Albee Bockman, AEMT-P



COVID-19 PANDEMIC ... THE 9/11 OF EMS


We are experiencing unprecedented times in America today. Anxiety, fear, worry, sickness, and death. The realities of life. However, these emotions and tragic results are consuming our thoughts and daily lives at unsustainable levels as we continue to face this monster.

Ever since the tragedy of September 11, 2001, we have seen America change in ways we never would have imagined. We lock our doors in fear of invasion. We look at our neighbor with distrustful eyes. We have seen a rise in racial prejudice based on religion, skin color, or nationality. It has led to discrimination, hatred, or even war. The strength of America has always risen to a level of adaptation, though. We educate our people to a degree of understanding one's culture in order to live in peace. We adjust to new coping mechanisms to try making our life easier and more manageable. That has always been the will and perseverance of the American people.

However, we are facing an even bigger challenge with the

The Scene

Music and Entertainment in and around Hurleyville



by Jane Harrison

In these difficult times, while we all remain in place, I started wondering how the creative people I know are handling the "shelter in place."

JOANNA GASS

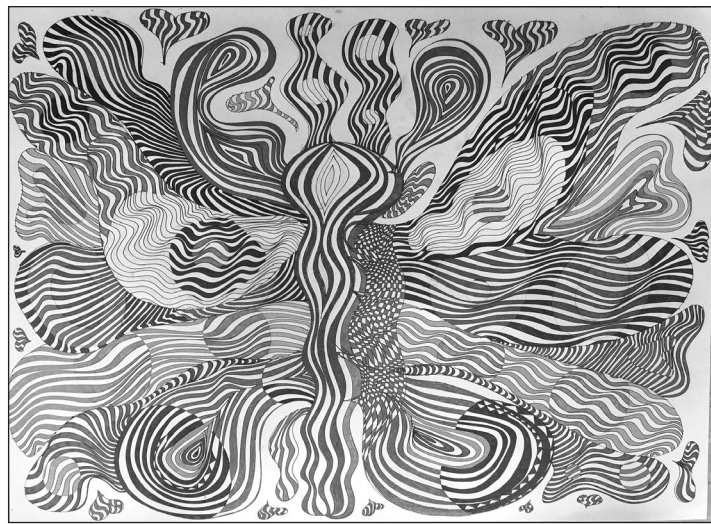
I met Joanna at our mutual friend's music store (now gone) in Ellenville maybe eight years ago now, where she performed on the sidewalk, just her microphone, her tracks and her power-filled crystal clear voice that made me wonder "what is THIS woman doing HERE in upstate NY?"

"After a lot of thought, I came up with something I hope will not only keep the many regular fans of the Odd Tuesdays at the Rock Hill BREW connected to each other but to the place we all congregated by creating "SATURDAY NIGHT...AT HOME." I encourage them to order take out or local delivery from the Brew, then tune in to my FaceBook page, JOANNA M GASS MUSIC where from 6 p.m. to 8 p.m. I do a live feed from my living room. They can still request their favorite songs from me and talk among themselves and with me via the newsfeed. What was just an idea has become somewhat of a phenomenon. The 'audience' talks among themselves via the news feed, they crack jokes....they stay connected entertaining each other and ME. And they DO order out from BREW! It's been our Tuesday home for a long time and we all want to keep our home."

DEBBIE FISHER PALMARINI

This diminutive singer songwriter has five children, two grown sons in the Air Force, one in Florida and one in Missouri, another grown son with minor asthma and heart sensitivity who lives 10 minutes away. And two younger sons:

"I participate on Thursday night's from 5:30 to 8 p.m. in Taste Budd's Red Hook cof-



One of Debbie Fisher Palmarini's line drawings.

feehouse group, Thursday nights from 7 to 10 p.m. the Jewish Community Center in Sherman, Connecticut song writers/performers group, and Sunday's from 3 to 6 p.m. in the Rafters Tavern, Callicoon, NY group. I've done a couple of live feeds, one example was courtesy of the Downtown Barn with Fisher & Kean performing in a locked room near the venue space in Liberty (every Friday night they feature a musician). On April 18, FISHER & KEAN performed FROM THE LIVINGROOM from 7 to 9 p.m. choosing: Al-bella's in Monticello, NY to support take out business, as pick-up is the only form of revenue now for eateries. All concerts are available as reruns on Facebook's FISHER & KEAN artist page, or personal artist pages. My first experimental live feed was from my driveway, in my Sunshine bus, sharing songs, peace and love in the Woodstock spirit.

I take many walks with my dog and sometimes do a car picnic while overlooking a local landscape such as the Nev-ersink Reservoir. Also, I make full use of technology and pretend that I'm an artist-in-residence and try as many projects as I can that inspire me, such as learning how to play the guitar better through online tutorials, creating line draw-

ings and paintings. Every two weeks I get a notification that my tenth-grader son's school will be closed yet another two weeks. And go to great lengths convincing my 18-year old why it's too dangerous to hang out with his friends. Life as we know it has really changed and I find myself wavering between sadness and hope & really focusing on making each day count!"

FIBER ON MAIN

And let's not forget Hurleyville's own Fiber on Main and their OPEN STUDIO page on Facebook. This is where the fans of the soft fiber arts (knitting, weaving, spinning, crocheting, embroidery etc.) still gather to show their latest projects and exchange ideas, much the same as we did in our weekly Wednesday night gatherings.

JOHNNY JULES

I have known Johnny longer than anyone else here. Perhaps he has it right.

"I work on songs alone and stay in touch by phone with my band mates. I've decided not to do anything on the internet, I'm too much of a people person and I'm just not comfortable doing it this way. I go fishing. That's normal. We all need a little normal."

*Stay well, stay safe
Until next time.....*

sion of the healthcare system, EMS is not being treated by our government leaders as essential partners in this war. For the past couple of years, EMS agencies, EMS leaders, and EMS organizations have lobbied our legislators to support the plight to officially designate Emergency Medical Services as an "essential service." Although all other emergency services are considered "essential" and receive the benefits of financial aid and grant opportunities, Emergency Medical Services is not. This is difficult to comprehend, fathom, and believe.

Bills have been written and supported by both the Assembly and the Senate; yet sit in Committee without movement.

Mobilemedic EMS, Sullivan County's primary Advanced Life Support/Paramedic Agency, has been affected by the COVID-19 virus. Five members of its staff tested positive and joined the ranks of those that needed to be quarantined. Not only were we concerned for their wellbeing, it affected the staffing levels of the agency which may have altered scheduling and fast response to those in need. I am happy to announce that all technicians are well and have returned to work to serve our community.

The apprehension and fear in the minds of our citizens is truly understandable. This is a

scary time. But it is important for our residents to follow the instructions of the local and state Departments of Health, and the orders from the Executive Office, to STAY HOME.

Should you feel ill, perhaps have a fever, cough, and some respiratory distress, FIRST call your private physician and get guidance on the next step to take. Calling an ambulance may not be the necessary thing to do. EMS is overwhelmed with non-emergency calls during this epidemic taking away valuable resources for someone that very well may need immediate care; such as victims of a heart attack, stroke, diabetic emergency, or trauma. The virus in its early stage is non-emergent and can be handled at home following a visit to your local physician and being home. If hospitalization is required, then calling for an ambulance is most appropriate.

Emergency Medical Services (EMS) is the backbone of the healthcare system in our communities. The good ole' days of your doctor coming to your home when you are ill or injured is long gone. EMS is your new "Doc-in-the-Home" professional. Give praise and respect to them. They work hard, are not paid enough, and take their job and skill to heart.

Remember...STAY HOME, WASH YOUR HANDS CONSTANTLY, KEEP YOUR FACE COVERED

HELPERS EMERGE AMID CHAOS

THINC Rises to the Challenge

by Denise Sullivan

HURLEYVILLE – The sounds of sewing machines and music float through the air in the Walter and Vera Scherr Maker's Lab at THINC, the Technology Hub and Incubator at The Center for Discovery (TCFD) in Hurleyville.

A diverse team of employees works at socially distant tables, cutting, sewing and trimming soft fabric surgical masks in a shade of orange now known as TCFD's signature color. This workshop, the largest room in the building, has been transformed into a production plant for personal protective equipment

(PPE). A large compressor interrupts the peaceful activity, reminding us that big machines and equipment live here and they will be active again soon, once the coronavirus pandemic is under control.

I am glad to be on this team. The work has soothed some of my pandemic anxiety and pushed me to reacquaint myself with my 1980s White sewing machine. The other folks on the team are a small group of friendly and delightful mask makers from distinct departments and backgrounds. Sam Rose, the Director of Recreation Therapy, thoughtfully set up the work flow and assembly

stations in the room. He can troubleshoot any machine, including the aforementioned White from the disco era. He can also sew faster than I can. Heather Riley is a new Teacher in Training, and worked with kids in the Educational Support department at TCFD. She threads elastic through narrow fabric tubes, ties knots, and trims threads from the finished masks, all with a cheerful demeanor. Molly Berghardsen is a young Recreation Specialist on the Taft team, a grant – driven group that provides enrichment activities to TCFD residential kids and adults. She is a new employee who just barely started her job when the world changed. She is upbeat and funny, sarcastically thanking us for the piles of masks that need to be inverted, trimmed, or threaded with elastic. Maria Felix is the master seamstress in the room, a TCFD Hospitality Associate ("It's a fancy name for cleaner", she tells me with a smile). She takes care of many houses and apartments that provide refuge for direct care workers during snow emergencies and scientific researchers from

around the country. She also worked as a teacher and a hairdresser in Brazil before coming to the US. Usually, she works alone but appreciates the "fun crew" of mask makers. Maria has been sewing since she was a little girl growing up in Brazil, and it shows. Not only does she precisely zoom through many masks per hour, she also leaves them all attached like a happy orange clothesline, saving time and thread. I am in awe of her. Julie Palmer, Digital media Lab Project Coordinator, learned to sew when she worked in Assistive Technology. When she's not filming or editing instructional videos, she is sewing masks or taking pictures of the process. Credit goes to Julie for most of the pictures and videos in THINC articles and social media posts. Follow THINC on Facebook and Instagram, please. Rachel Okun normally works in the Office of Strategic Outreach and Partnerships with the Research and Community Development Associate. She is also a trimmer, fabric cutter and cheerleader for the team, making sure everyone takes a

stretch break now and then. Rachel has also been assembling face shields in the sanitary "clean room", formerly known as the Discovery Lab, a room that Fallsburg middle-schoolers called home every Thursday afternoon when school was in session. The THINC team really misses those 7th and 8th graders noisily running off the bus and into the lab each week at 3pm!

Jason Kean, THINC leader and Director of Innovation relayed the impressive TCFD mask and face shield production statistics to date - 650 cloth covers for N95 masks and 1600 CDC-approved surgical masks have been completed by our team and another group of sewers in the Assistive Technology department. Every TCFD employee will get one eventually, no small feat - this is the largest employer in Sullivan County.

Face shield production at THINC has been streamlined, using the much-faster Full Spectrum laser cutter to create the latest shield version, one that eliminates the need for the slower 3D printers. Design and Fabrication Coordinator Mark McNamara re-



PHOTO PROVIDED

Finished masks pile up prior to being distributed.

ports that these shields are more comfortable to wear, easier to sanitize, and pack flat in a box. Users will be able to assemble them in under 1 minute, and because they're completely transparent, caregivers and patients can better see each other. He is on track to produce over 5 thousand face shields, which will be distributed to healthcare workers around the region, as well as to TCFD medical staff caring for sick resi-

dents.

Mr. Rogers, of the kids' TV show said, "When I was a boy and I would see scary things in the news, my mother would say to

me, "Look for the helpers. You will always find people who are helping." I could not be prouder to be among the helpers at TCFD and THINC.



PHOTO PROVIDED

The author at work sewing at THINC

County Care Center Welcomes New Administrator

MONTICELLO – Sullivan County Manager Joshua Potosek last week introduced Sherrita Alexander as the new Administrator of the Care Center at Sunset Lake. She began her tenure on April 13.

"We are excited to have Ms. Alexander join our team at the Care Center and look forward to her leadership and the knowledge and experience she brings," Mr. Potosek stated. "Ms. Alexander comes to us from the Eleanor Nursing Care Center in Hyde Park, where she served four years as administrator."

There, she was responsible for all aspects of day-to-day facility operations, including achieving and maintaining regulatory compliance and quality standards. She successfully raised the facility's quality rating within her first six months.

"I am delighted to join the hardworking team at the Care Center," Ms. Alexander said. "Despite the current challenging circumstances in the healthcare industry, I remain confident we can reach even higher levels of excellence in a facility so valued and depended upon by the community."

Ms. Alexander is a graduate of the College of New Rochelle Healthcare Administration Certificate Program and possesses a Master's in Social Work from New York University. She has served as a Director of Social Services, a Social Work Consultant, and most recently as a NYS-certified Nursing Home Administrator. She maintains a professional



PHOTO PROVIDED

Sherrita Alexander

affiliation with the National Association of Social Workers and the National Association of Long Term Care Administrator Board.

Over 17 years in healthcare, she has worked in a variety of settings, from acute and subacute care to psychiatric, dementia and Alzheimer's wards.

"I've always had a concern for others," she said. "I was brought up in a large family including my great-grandparents, and those experiences instilled in me the desire to help and respect all people - especially the elderly, frail, and distressed."

The Care Center's close-knit community played a prominent role in bringing her to Sullivan County.

"I look forward to increasing the Care Center's diverse activities for the residents and incorporating activities within the community," she said. "I will also be focusing on our billing practices to generate the most revenue for the County while maintaining the value for residents. Key to that will be ensuring a high bed census, and building community relationships and partnerships."

Ms. Alexander is a proud mother of one and grandmother of two.

FIGHTING BACK THE NATURAL WAY

Shinrin Yoku and Other Remedies

by Eve Springwald Minson

As we welcome spring this year, we are confronting the darkness of the Coronavirus pandemic which surrounds and worries us, and has created havoc with our daily lives. Our minds, bodies and spirits are overwhelmed with stress, concerns, and the real-life threat of what we are surrounded by. We are learning how to manage ourselves in the midst of the onslaught, but do we have the tools for self-care and to help build immunity to whatever comes our way? What do we need to stay strong, healthy and sane throughout the challenges that are coming at us every day?

Each year we experience a cold and flu season that, sadly, causes fatalities of the elderly and those with conditions that undermine health and weaken the ability to naturally fight off bugs. However, many of us know that besides getting a flu shot, strengthening the immune system through conscious, positive steps can make a huge difference in keeping the flu at bay or never getting it at all. Let's look at what steps we can take...

Years of scientific research supports basic steps we can take to keep our bodies as healthy as possible: sleeping enough, eating



PHOTO BY J. JAMES WALL

There are sections of the Milk Train Trail near Hurleyville that are perfect for immersing one's self in nature.

healthy foods, managing our stressors, being physically active, and, when needed, supplementing our diets with immune boosters like nutritional supplements, various herbs and teas and other substances that help us stay strong and fight off infections.

Of course, when dealing with any personal health issue or crisis, we first need to check in with our doctors to help us understand what is best for us, and to carefully consider other conditions we might be dealing with. Then we can work on crafting a healthy path for ourselves and our families to support whatever comes our way.

One of the most challenging aspects of daily health is minimizing habits that do not support health. While this is difficult, it's essential to the very notion of health.

That said, cutting out smoking, excessive alcohol consumption, and eating food with no real nutritional value comes first. Moving your body and getting in shape follows. If that happens outdoors where there is fresh air, trees and nature, even better.

We now know that what the Japanese call *shinrin yoku*, "forest bathing" or simply walking in a forest has multiple benefits. Sleeping restfully is essential since so much cellular repair takes place in the body overnight. Examining your chronic stressors and making positive changes can change your entire life, and the way you get along with your family or co-workers.

After building a healthy foundation and making positive lifestyle choices,

get more serious about the details - eat the healthiest food you can find and afford, increase veggies and fruit, decrease meat consumption and increase fish, don't eat fast food - period, minimize sugar, include probiotic food like yogurt, sauerkraut, or other fermented foods. Make delicious nutritious soups, bone broths, and yes, chicken soup! Shiitake mushrooms, garlic, culinary herbs like thyme, rosemary, sage, and oregano all have antiviral properties and taken together create tasty, powerful meals. Superfoods are easy to find at the market. You might have to learn how to cook certain foods, but dark leafy greens, avocados, ginger, garlic, broccoli, and sweet potatoes, are so delicious you'll want to include them in your daily meals.

Additionally, during times of extreme stress nutritional supplements can be helpful. This time of year we are low on Vitamin D which we normally produce naturally in our bodies when we are in the sun. Supplements worth taking are Vitamin A, B, C, D, E, zinc, and selenium. Research has shown us that certain foods and herbs support immunity - elderberry syrup, Echinacea, green tea, ginger, turmeric, medicinal mushrooms, astragalus and many more that most of us are unfamiliar with.

There is reputable information on the web to help you get started and shift onto your own new path of discovery and healing. It's worth every step and every delicious new bite you take! Stay healthy and go for a walk - with a mask of course!

Out Divine Corners Way

by Jonathan Shimkin

The seismologists tell us that in recent weeks, as activity around the globe has slowed to curtail the spread of COVID-19, the sound of the human footprint on the earth has gone from a loud stomp to a soft shuffle. The vibrations of the earth's crust can be measured (by the aptly-named seismometer), and that measure shows a radical reduction in surface noise. "The drop is seriously wild," one seismologist said, glimpsing an advantage in this circumstance: it means greater detection of vibrations that are usually obscured by "human-induced seismic noise" - vibrations at the deeper, tectonic-plate level, where earthquakes reside. It makes one wonder what else we can hear and see as a result of the pandemic. In India, the sky over Delhi, that capital of toxic smog, has been blue for the first time in a very long while.

It was already pretty quiet along Divine Corners Road and has not become noticeably more so, at least to my ears. The reduction in human activity does seem to have registered with the animal life, however. One day we saw a fox crossing the less-trafficked road at mid-day, not in haste, but with a saunter, as if its natural territory had been extended to include asphalt. The fox didn't flinch or hasten at the approach of our car. Squirrels, woodchucks, and deer all seem more in-souciant in proximity to our house, coming and going with aplomb and an absence of the skittishness that usually marks their movements when we humans are about. Clearly, we're not about; it's been noticed. In our absence, as we shelter in place, nature is easing into the empty territory we leave behind.

At the end of March, the New York Times published a Sunday supplement called "The Great Empty," 16 pages of photographs of urban spaces devoid of people. This is only one of many such collections to have appeared in

recent weeks, as people abandon public spaces for the relative safety of home. The photos exert a certain fascination: empty Times Square, empty concert halls, empty diners... As we took in the photos, I was reminded of similar collections that document dilapidated Catskill resorts, which, in turn, brought to mind the cult of ruins that arose in 18th century Europe, when wealthy estate owners would decorate their property with imported or custom-made rubble. The Germans had a word for it - ruinenlust. Every great estate had its own Greek temple or medieval abbey, designed down to the last crack and absent column. These constructions, called "folies," served as objects of contemplation, emblems of transience and mortality. Their message was: "All things must pass." The same message resonates in the photographs of decaying Catskill hotels and in the current crop of photos of vacant public spaces. All these phenomena are types of visual elegy, speaking to a sense of loss: lost lives, lost time, the lost past - all irretrievably lost, at least in the case of the 18th century folly or the abandoned Borscht Belt resort. In the case of "The Great Empty" photos, we sense something precious slipping away from us that we yet hope is retrievable. But to what extent? And in what form? And when?

The animals, for their part, seem to know that something has shifted in our human world - maybe some inner seismometer tells them so - and it's unlikely to shift back to the old position. The boundaries are in flux and being redefined. "The Great Empty" is not just geographic space, it's an inner space, where we are compelled to grieve our losses even as we acknowledge the necessity of compliance with the new regimen. The photos of vacant spaces are emblems of loss, though we don't need them to remind us of transience and mortality this season; it's in the air.

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From the Firehouse

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



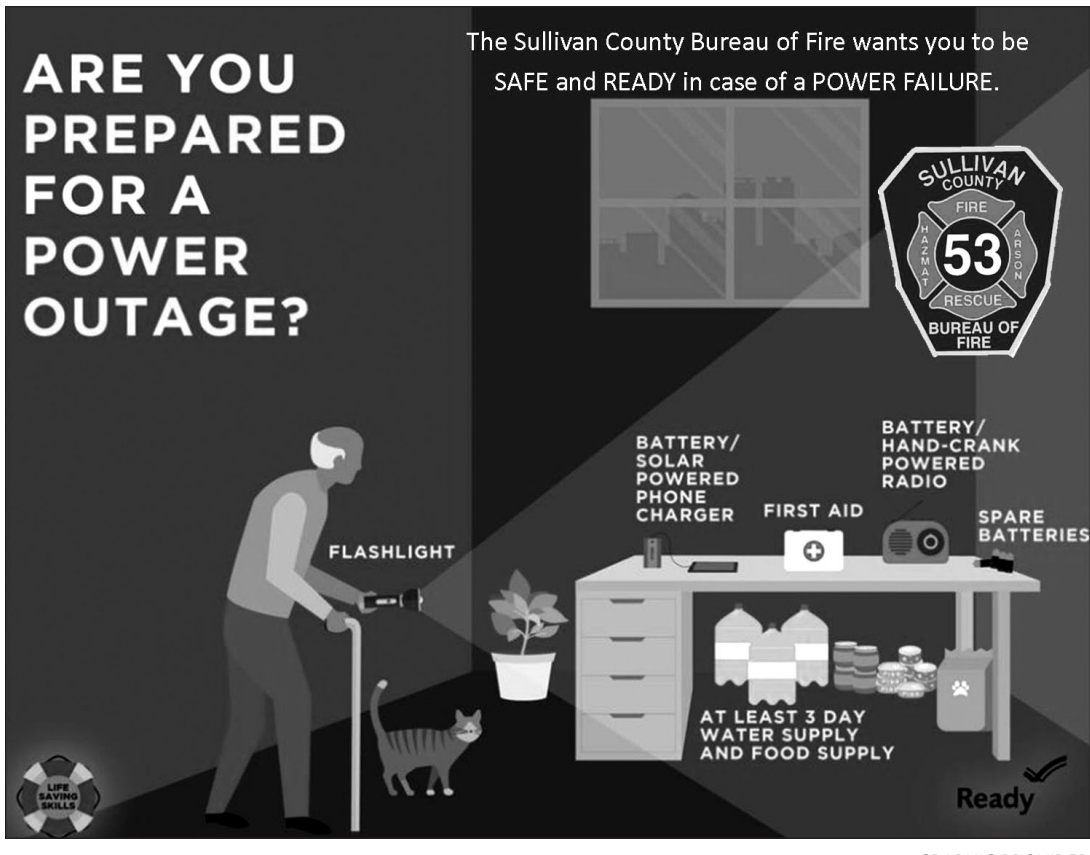
The Hurleyville Fire Department is always looking for help, to fight fire or support those who do. We even supply all of the gear and provide all of the training needed, for free. Stop by any Monday night and find out how you can help.

Well, we still could use the help but we are not in the firehouse yet on Monday nights. The end of this month is “Recruit New York” where firehouses open their doors to the general public to show them what we do and put on some type of demonstration. This is to try and recruit new members. Obviously this is not happening in the state this year.

Fire calls seem to be down as to the numbers compared to last year at the same time. Fewer cars on the road mean few accidents. After a rash of structure fires in January and February, the structure fires in March were way down.

The “Burn Ban” is still in effect until May 14. Brush fires started early in February this year because of the lack of snow cover. It seems that the weather has helped us this spring in terms of brush fires. We have had a repeated pattern of a couple of nice days in a row and then some wet days, even some late season snow. It seems that by the second nice day in a row that we start getting brush fires and illegal burns. There is no open burning between March 16 and May 14. So if you are burning yard debris in a pile it is illegal to do so during this time frame.

What we have encountered is these piles being burnt and then the homeowner throws paper into the fire and the wind then blows the burning paper and we have a brush fire. Even after the “Burn Ban” expires, you must be



GRAPHIC PROVIDED

very careful when you burn your yard waste. If it is still dry or windy, DON’T. Have a hose and or a bucket of water to contain the pile if it gets out of hand. “Burn Ban” or not it is always illegal to burn household waste.

There have been a couple of rescue calls on the reservoirs for overturned boats and there was a drowning in the Neversink Reservoir. Always wear a life jacket when boating.

There have been a number of salutes to honor the health care workers at Catskill Regional Hospital in Harris, Grover M. Hermann Hospital in Callicoon and Crystal Run Health care in Rock Hill. On a cold blustery Friday, April 10, over 60 emergency service vehicles including firetrucks, Chief cars, Ambulances and Police units honored all at both the Harris facility and Callicoon facility. Units lined up to try and honor both the outgoing shift and the incoming shift. With lights and sirens the units drove up the

driveway to surround the hospitals. There was then a minute of silence and then a five second blast of horns to honor all of the health care workers. Crystal Run HealthCare was honored on Thursday, April 21. Next up in the planning stages to be honored is the Sullivan County Adult Care Facility and Achieve Rehab and Nursing Facility, both are in Liberty. It is truly and honor to recognize these frontline health care workers.

Now on to a different topic. The 2020 Census. Apparently, Sullivan County is not doing very well in completing the 2020 Census, this is according to Jonathan Supranowitz, Senior Partnership Specialist, New York Regional Census Center, U.S. Census Bureau. He has reached out to the Chiefs of all 40 fire departments in Sullivan County to get the word out.

I know that my wife and I did not get any literature in the mail about the 2020 Census, or a packet on our door. Talking with some

other people, it appears they didn’t get any paperwork either. When my wife called the Census Bureau, she ended up doing it on the phone. That is one option or you can do it on line.

If you want to complete the 2020 Census by phone, you can use this number (844) 330-2020. On line: go to www.my2020census.gov. Once online, on the right side of the page click on “Start Questionnaire.” On the next screen you will be asked to enter the 12-digit Census ID that was either mailed to you or from the packet left on your door. Under the word “Log In” in blue, just click on “If you do not have a Census ID, click here.” You can then fill out the 2020 Census.

Be safe out there and be smart. And stop throwing your used gloves and masks in the parking lot for someone else to pick up. I hope it is not your four-year old who picks it up, or your grandchild (they shouldn’t be out shopping anyway).

FROM THE FILES OF...

THE HURLEYVILLE SENTINEL.

The Only Newspaper Published in the Town of Fallsburgh

COMPILED BY Sullivan County Historian John Conway

May 9, 1931

32 Room Boarding House Burned

On Tuesday afternoon at about 5 o’clock a 32 room house belonging to I. Meyerhoff at Hilldale near Hurleyville was burned to the ground by a fire which originated in the roof. The house was one of the pioneer boarding houses of this vicinity and was known years ago as the William Hodge farm. The loss is estimated at around \$25,000 only about \$6,000 of which is covered by insurance.

May 16, 1931

Rains May Delay Hillig Sea Flight

Continued rains which have made parts of the Liberty Golf Course swampy, may prevent Otto Hillig, Liberty photographer, starting his transatlantic flight from Liberty, it was learned Wednesday. Continued fogs over the coast it is reported, also may delay the flight, which was set for next Sunday. The huge Bellanca plane was expected Thursday driven by the pilot Holger Hoiriis, but a landing may be made at Poley field, Loch Sheldrake or it may land at Wurtsboro if the Liberty golf field does not dry out considerably.

May 23, 1931

Unknown Polish Laborer Killed at Smith Cut Near Hurleyville By Fast Freight Thursday Three Cars Pass Over Body Before Halted

An unknown man about 35 years of age was killed in Smith Hill Cut about one



PHOTO PROVIDED

Irving Wexler, alias Waxey Gordon in 1933

fourth mile east of Hurleyville by a fast west bound freight on the O. & W. R. R. at about 3:45 Thursday afternoon. The man was walking on the tracks and as the train rounded the curve the engineer saw him and blew the whistle and applied the brakes and according to train men who saw the accident the man kept on apparently obvious [sic] of the on-coming train. Three cars passed over his body before coming to a halt. The wheels passing over the abdomen just above the hips cutting the body completely in two, the legs being under the car and the trunk and head outside the rails.

May 6, 1933

County Seat Crowd Starts Riot When Red Speaker Uses U.S. Flag for Handkerchief Throng Shouting for Lynching Pursues Offender

Isadore Katzowitz, a Wodridge grocer who came to Monticello Monday night to be one of the speakers at a May day mass meeting in front of Village Hall, caused turmoil on Broadway by rather ostentatious use of the American flag as a handkerchief. Katzowitz was a target for

a shower of eggs. He used the flag to wipe the results from his face and an assemblage which previously had been good-naturedly heckling the group of radical speakers at once gave way to wrath. The speakers’ stand collapsed. Katzowitz fled amid cries of “Lynch him!”

Hurleyville Teachers Sign Contracts for Next Year

At the regular meeting of the Board of Education April 24, the question of hiring teachers for next year at Hurleyville was presented for consideration, and contracts were awarded. In awarding contracts, the Board set up a minimum salary below which no cuts were made and above which reductions of one hundred dollars per teacher become effective. This cut with other reductions will result in a total saving to the school district of nearly \$900.00 in salaries next year. This saving was made necessary by reductions in state aid to public schools during the current year.

Fireman’s Dance a Wow!!!

The dance given by the Hurleyville and Loch Sheldrake firemen last Wednesday night at the Morningside Casino proved to be one of the largest affairs of the season. Music by the Honesdale Bachelors orchestra was ll that could be desired.

Moe Kove, in his usual breezy manner, was master of ceremonies. The street singer has nothing on our singing garage man Irving Cohen, who entertained the crowd with a number of songs. “Stretch Rubin displayed unusual talent in the rendition of “I Got a Right to Sing the Blues.” The silver loving cup, offered to the fire company best represented at the dance was awarded to Chief Ed Glickman and his

firemen of South Fallsburg. Judge Fox, of Monticello was awarded the lucky number prize.

May 27, 1933

Waxey Gordon, Racketeer and Bootlegger, Captured at White Lake by State Troopers

White Lake, Sullivan County, again comes into the spotlight with the capture of the notorious “Waxey Gordon,” racketeer rated by Uncle Sam as Public Enemy No. 1. Federal agents have been searching the county for him since April 27, and he felt much chagrined, as he expressed it, “to be taken by a couple of hick cops.” He will probably have a better opinion of Sergeant Thomas Mangan and Sergeant Jack Hopkins of the State Police in the future. Gordon was held on \$100,000 bail in New York City for appearance June 5.

Largest Crowd Ever at Jefferson Dinner

More than 900 guests, including many Democratic leaders from southern New York, constituted Thursday night of last week the largest Jeffersonian dinner party ever in this part of the state. The capacity of the Flagler Hotel dining room was taxed to the limit by the crowd, which enthusiastically paid tribute not only to Thomas Jefferson, founder of the Democratic party, but also to President Franklin D. Roosevelt and Governor Herbert H. Lehman.

Vincent Dailey, state director of the Democratic Union, paid tribute to the Democratic county chairman, James M. Kelly, who, he said, had built the greatest Democratic organization in any upstate county. Dr. Victor Bourke of Livingston Manor was toastmaster.

NATIONAL COMMANDER ADDRESSES CADET SQUADRON

BETHEL – Civil Air Patrol’s Sullivan County Cadet Squadron, based at the Sullivan County International Airport, had the honor of hosting Major General Mark E. Smith via video conference Thursday evening. The squadron members have been holding their weekly meetings via the internet due to the social distancing policies associated with the corona virus outbreak. The Cadets and Senior Members had the opportunity to ask General Smith questions about his career, duties as the National Commander of Civil Air Patrol, and the future of Civil Air Patrol.

“It was an amazing opportunity to be able to hear from our National Commander,” noted Cadet Master Sargent Alexa Pishtey regarding the General’s visit. “He had a lot of knowledge to share and I learned a lot more about his future plans for CAP. I learned more about the expansion of aerospace education opportunities and new technology.”

Squadron Commander Capt. William Mason shared, “I am grateful to Major General Smith for the generous donation of his time

to visit our meeting. His stories about his time in the Air Force and Civil Air Patrol were very interesting and our cadets seemed very engaged while he talked.”

Cadet Commander, First Lt. Galen Ferrara said, “He was one of the coolest people I’ve talked to in CAP. He was able to answer any question we asked and had a great sense of humor to compliment it. I am extremely grateful that he took the time out of his day to talk to us and I hope I get to meet him again sometime in the future.”

“When I heard that the National Commander was going to speak, I just assumed it was going to be some recorded message that would include answers to a couple of questions that had been submitted in advance.” Second Lt. Pishtey added, “I did not expect what happened and was wholly impressed and then more so by his commitment to be on the meeting for as long as we wanted. He was very personable and the interest in “our little squadron” was inspiring. His answers were candid and informative, within the limits of what he could reveal. I also got the impression that he was en-



PHOTO PROVIDED

Major General Mark E. Smith

joying the meeting.”

First Lt. Claire Sullivan, the squadron’s Aerospace Education Officer, had this to say about the General’s visit, “General Smith’s attendance at our virtual squadron meeting was an honor for the Sullivan County Cadet Squadron, however, what impressed me most was his passion for Cadet Programs and his genuine, obvious enjoyment in speaking with our cadets. He struck me as a kind and generous individual, laser focused on creating the best version of Civil Air Patrol possible, with common sense and an impressive command of the wide variety of duties necessary to accomplish Civil Air Patrol’s three missions. From leading F-

15s into action during Desert Shield and Desert Storm, to leading Civil Air Patrol into the 21st Century, General Smith’s wealth of experience and commitment to our nation was a signal lesson in leadership and character development for our cadets.”

Major General Smith is Civil Air Patrol’s 24th National Commander. He leads CAP’s more than 65,000 members across the United States in fulfilling the U.S. Air Force Auxiliary’s Congressionally chartered missions of Emergency Services, Cadet Programs and Aerospace Education, in addition to the organization’s steadily increasing role in America’s Homeland Security as the newest member of the Air Force’s Total Force.



HURLEYVILLE MARKET ON MAIN

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

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

hpac FROM HOME

RESOURCES AND ONLINE EVENTS



Never have we felt more committed to our mission of bringing world-class art to our communities in the Catskills and Hudson Valley.

Art uplifts. Art provides relief. Art connects us.

Art makes life better.

We are working every day to create meaningful online programs and resources.

Our weekly series: **Art on Art** provides intimate studio tours with acclaimed visual artists.

Spice things up every Saturday night with burlesque and cabaret **LIVE from the AllWays Lounge in New Orleans.**

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From our families to yours, we hope you remain well. Stay strong and make art!

Dara, Ellyane, Erin, Janet, Michael, and Tal The Hurleyville Performing Arts Centre

Please visit our website for our complete resource guide, brand new exclusive content & streaming schedule to keep you engaged, inspired and motivated.

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Post your creative endeavors to Instagram and tag us & use hashtag

#StayStrongMakeArt

We will be showcasing some of our favorite pieces and planning some great events for the future.

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THE MESMERIC MOUNTAIN

A Sullivan County Tale by Stephen Crane

On the brow of a pine-plumed hillock there sat a little man with his back against a tree. A venerable pipe hung from his mouth, and smoke-wreaths curled slowly skyward, he was muttering to himself with his eyes fixed on an irregular black opening in the green wall of forest at the foot of the hill. Two vague wagon ruts led into the shadows. The little man took his pipe in his hands and addressed the listening pines.

"I wonder what the devil it leads to," said he.

A grey, fat rabbit came lazily from a thicket and sat in the opening. Softly stroking his stomach with his paw, he looked at the little man in a thoughtful manner. The little man threw a stone, and the rabbit blinked and ran through an opening. Green, shadowy portals seemed to close behind him.

The little man started. "He's gone down that roadway," he said, with ecstatic mystery to the pines. He sat a long time and contemplated the door to the forest. Finally, he arose, and awakening his limbs, started away. But he stopped and looked back.

"I can't imagine what it leads to," muttered he. He

trudged over the brown mats of pine needles, to where, in a fringe of laurel, a tent was pitched, and merry flames caroused about some logs. A pudgy man was fuming over a collection of tin dishes. He came forward and waved a plate furiously in the little man's face.

"I've washed the dishes for three days. What do you think I am--?"

He ended a red oration with a roar: "Damned if I do it any more."

The little man gazed dim-eyed away. "I've been wonderin' what it leads to."

"What?"

"That road out yonder. I've been wonderin' what it leads to. Maybe, some discovery or something," said the little man.

The pudgy man laughed. "You're an idiot. It leads to ol' Jim Boyd's over on the Lumberland Pike."

"Ho!" said the little man, "I don't believe that."

The pudgy man swore. "Fool, what does it lead to, then?"

"I don't know just what, but I'm sure it leads to something great or something. It looks like it."

While the pudgy man was cursing, two more men

came from obscurity with fish dangling from birch twigs. The pudgy man made an obviously herculean struggle and a meal was prepared. As he was drinking his cup of coffee, he suddenly spilled it and swore. The little man was wandering off.

"He's gone to look at that hole," cried the pudgy man.

The little man went to the edge of the pine-plumed hillock, and, sitting down, began to make smoke and regard the door to the forest. There was stillness for an hour. Compact clouds hung unstirred in the sky. The pines stood motionless, and pondering.

Suddenly the little man slapped his knees and bit his tongue. He stood up and determinedly filled his pipe, rolling his eye over the bowl to the doorway. Keeping his eyes fixed he slid dangerously to the foot of the hill-ock and walked down the wagon ruts. A moment later he passed from the noise of the sunshine to the gloom of the woods.

The green portals closed, shutting out live things. The little man trudged on alone.

Tall tangled grass grew in the roadway, and the



PHOTO PROVIDED

Stephen Crane

trees bended obstructing branches. The little man followed on over pine-clothed ridges and down t rough water-soaked swales. His shoes were cut by rocks of the mountains, and he sank ankle-deep in mud and moss of swamps. A curve just ahead lured him miles.

Finally, as he wended the side of a ridge, the road disappeared from beneath his feet. He battled with hordes of ignorant bushes

on his way to knolls and solitary trees which invited him. Once he came to a tall, bearded pine. He climbed it, and perceived in the distance a peak. He uttered an ejaculation and fell out.

He scrambled to his feet, and said: "That's Jones's Mountain, I guess. It's about six miles from our camp as the crow flies."

He changed his course away from the mountain,

and attacked the bushes again. He climbed over great logs, golden-brown in decay, and was opposed by thickets of dark-green laurel. A brook slid through the ooze of a swamp, cedars and hemlocks hung their spray to the edges of pools.

The little man began to stagger in his walk. After a time he stopped and mopped his brow.

"My legs are about to shrivel up and drop off," he said.... "Still if I keep on in this direction, I am safe to strike the Lumberland Pike before sundown."

He dived at a clump of tag-alders, and emerging, confronted Jones's Mountain.

The wanderer sat down in a clear space and fixed his eyes on the summit. His mouth opened widely, and his body swayed at times. The little man and the peak stared in silence.

A lazy lake lay asleep near the foot of the mountain. In its bed of water-grass some frogs leered at the sky and crooned. The sun sank in red silence, and the shadows of the pines grew formidable. The expectant hush of evening, as if some thing were going to sing a hymn, fell upon

the peak and the little man.

A leaping pickerel off on the water created a silver circle that was lost in black shadows. The little man shook himself and started to his feet, crying: "For the love of Mike, there's eyes in this mountain! I feel 'em! Eyes!"

He fell on his face.

When he looked again, he immediately sprang erect and ran.

"It's comin'!"

The mountain was approaching.

The little man scurried, sobbing through the thick growth. He felt his brain turning to water. He vanquished brambles with mighty bounds.

But after a time he came again to the foot of the mountain.

"God!" he howled, "it's been follerin' me." He grovelled.

Casting his eyes upward made circles swirl in his blood.

"I'm shackled I guess," he moaned. As he felt the heel of the mountain about to crush his head, he sprang again to his feet. He grasped a handful of small stones and hurled them.

"Damn you," he shrieked loudly. The pebbles rang

against the face of the mountain.

The little man then made an attack. He climbed with hands and feet wildly. Brambles forced him back and stones slid from beneath his feet. The peak swayed and tottered, and was ever about to smite with a granite arm. The summit was a blaze of red wrath.

But the little man at last reached the top. Immediately he swaggered with valor to the edge of the cliff. His hands were scornfully in his pockets.

He gazed at the western horizon, edged sharply against a yellow sky. "Ho!" he said. "There's Boyd's house and the Lumberland Pike."

The mountain under his feet was motionless.

The great American author Stephen Crane, who died of tuberculosis at the age of 28, spent much of his life in Sullivan County, where his brother William founded the Hartwood Club and another brother Edmund was a stationmaster on the Monticello & Port Jervis Railroad. His first published works were about the area.

WHERE DID HURLEYVILLE GO?

by Elaine Corrington

HURLEYVILLE -- Such a busy life-- such a short time ago. Working hours full of overflowing, responsibilities for some people, and relationships both serious and fun with lifelong or shorter friends. Keeping up with all kinds of news-- never a shortage of more information than could be accessed or responded to in so many ways. The duties of the seasons. The joys of the hobbies. Streams of TV shows that were unimaginable when you grew up and have replaced comedies with crime shows, quiz shows with re-doing old houses in ways you never would have thought, and learning about animals and people from other lands and times with...Hoarders Buried Alive?

Young eyes overtaken with the changes of aging make it impossible to read book after book after book as you did for so much of life. Hearing gone wrong-- can't tell where people are calling from and can't hear consonants so that a whole word or sentence can be understood. Old athletic abilities replaced with just keeping in the best shape you can. Who knew that Ruth Bader Ginsberg had a good exercise program? Going and buying any kind of food you want- right NOW! Gone.

Keeping up with the neighbors-- both adored and totally outrageous. And the Coronavirus Pandemic. In this perfect little town you were lucky enough to have come to in your advancing years. All of a sudden, the NEW Hurleyville life, full of purpose, selfishness, joy, great emotional variety, fun



PHOTO BY L. B. KARASIK

Taking in the beautiful scenery along the Milk Train Trail is one of the most enjoyable activities possible during the "new normal."

with people and fun times when you go home and close the door behind you is gone.

It took a while to become clear. A whole weekend off! Favorite foods, TV shows, really comfy and unimpressive clothes. Time to organize. Moving furniture and art around. Order a few things online. Everybody seems to be ok, but there are those moments when you can't help wondering if people are telling you the whole truth-- they don't SOUND right-- but you are afraid to push it. Some unexpected gifts and favored foods and drinks you had not prioritized in your planning show up at your door. Friends!

Then...all of the priorities checked off. Way down on the list of non-priorities that you would get to "someday" in spurts- boring spurts. Masks, gloves, social distancing, closed signs on every place you might want to wander...except the beautiful outdoors of Hurleyville. Check out downtown, see if people are understanding that playing in the park or on the basketball court has nothing to do with maintaining social distancing. Waving instead of

talking. Smiling and making faces underneath facemasks that hide meaning and emotion- even a crinkle of eyes is lost- and not realizing that the person nearest you is wondering why you are not responding to their active but unseen facial expressions. Ninety minutes go by like this.

And then- tired of all of that, you want to seek out what is happening on a Saturday in the late morning. The sky is blue and bright. You go out with a spring in your step to see how others are handling it all, ready to learn and take tips. Ready to communicate. And confronting...nothing. No movement of people, animals, cars, windy movements of trees and plants that have not yet really embraced Spring yet. No voice-

es. No interaction.

Over to the Firehouse, back to the blinking light. No music. Dressed so that the temperature is just right and you feel no heat or cold. You believe that you are the last person left in Hurleyville, but there is no physical sensation. Was there an explosion and you are still conscious but totally alone? Echoes of C.S. Lewis's "The Chronicles of Narnia" when the children use a ring to enter a new universe, and are just...THERE.

And then, just as your new existence is almost totally REAL- Denise Sullivan and her non-socially-distancing dog Molly come off the west side of the Rail Trail to cross the street followed by Jim Sullivan at a safe ten feet of pandemic restraint. Long time Hurleyville residents, and the only signs of life in 91 minutes. Have they experienced this before, and do they have the secrets of "The Chronicles of Hurleyville" that have gotten the town through, and will get the town through this unknown life change once again? If so, I want their secret knowledge!!

Time to go home and dream of what to keep and what to change--safely-- in this new life. How will you matter- to yourself and to others?

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BCES Adapts Healthy Kids Grant

FALLSBURG -- Last spring, Benjamin Cosor Elementary School (BCES) teacher Leah Exner applied for an Action for Healthy Kids (AFHK) Game On school grant for the 2019-2020 school year. The \$1000 grant was awarded, so Ms. Exner, along with members of the School Health Team and District-wide Wellness Committee could finish the BCES fitness trails and incorporate more nutrition education.

Criteria for the grant were 1) worthy project in need of resources to promote health and well-being for many students; 2) a project that had the complete support of the school community; 3) an activity that engaged parents and caregivers in school health; and 4) a representative team in place to implement the project fully.

Before schools had to close due to the COVID-19 virus, BCES enjoyed the fruits of the healthy kids grant during the winter months outside and inside the school building. Grant funds allowed for purchase of pedometers. Students kept track of steps in P.E. classes. They created friendly competitions between classrooms and grade levels. Teachers had students utilize math skills with the results of the competitions.

In a most interesting activity, some kids were involved in a



PHOTO PROVIDED

Two BCES teachers pose on snowshoes on the Hiking Trail.

"Walk across America" from Fallsburg to California. P.E. teacher Ryan Koval incorporated social studies lessons on the walks. Each time students "stepped" into a new state, they learned the population, the capital, the state bird and other facts.

Snow on the ground meant donning snowshoes that were donated or grant-funded on the BCES Trail and building grounds. Kids shouted with delight as they frolicked in the snow and watched each other's cheeks turn rosy. School staff

was inspired to join in and follow in the tracks of the children. Many were on snowshoes for the first time, and they relished the vigorous trudging in the crisp air. Everyone had pedometers to measure their steps.

A grant requirement was to hold a school-wide event. The date for the event was April 24, 2020, right in the midst of

the school closure. During the crisis, AFHK Organization supported Every Kid Healthy Week, April 20 through 24. They shared great web sites, Facebook Live Videos, and an array of activities for families to do together at home.

Each day of the week had a theme: Mindfulness Monday, Tasty Tuesday, Earth Day Wellness Wednesday, Thoughtful Thursday, and Fitness Friday. Ms. Exner shared the list of resources, videos and specific daily activities with BCES staff to engage students and families in the virtual classroom.

The AFHK Grant has benefited measurably the BCES students and staff this school year and will continue to do so next fall. The promotion of healthy activity and nutrition became a major part of everyone's consciousness. COVID-19 did not deter creative improvisation at FCSD. School administration and teaching staff stepped up and has more than fulfilled the intention and the spirit of the healthy kids grant by promoting good health, well-being, and family engagement in the school community.

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WRESTLING REDUX

WRESTLING RETURNS TO FCSD

FALLSBURG – Fallsburg will once again compete in high school wrestling.

After a short-lived attempt to bring a wrestling team back to the District seven

years ago, this year saw a solid effort that should sustain a competitive program for years to come.

That's good news for Superintendent Dr. Ivan Katz, who was an outstanding wrestler from Monticello, in college and later as a qualifier for the 1988 U.S.A. Olympic Trials. His personal journey provides a good backdrop for the renewal of wrestling in the District.

When asked why he thought wrestling was a great opportunity for FCSD students, Dr. Katz reminisced about his own beginnings at age 12 in middle school. His first of many lessons was how alone a wrestler is when they step on the mat. There is no place to hide, all eyes are upon you. It's great to have your team cheering for you, but it's just you and your competition on the mat.

In high school, he began to see some joy in wrestling. He was a two-time OCIAA champion and was runner up in Section IX. During his second year at the University at Albany, Dr. Katz fell more in love with the sport and gave serious thought to competing for a spot on the 1988 Olympic Greco-Roman wrestling team. The road to qualifying for the 1988 Olympic Trials was filled with bumps and some

bruises for the 8 time All-American. Dr. Katz has often said. "If it wasn't for the sport of wrestling, I would never have become a school superintendent." As a wrestler, you learn to develop your skills and self-confidence as you push yourself forward. These are some of the ideas he shared with Fallsburg fifth-grade teacher David Mellan.

David was a wrestler at Eldred High School when Dr. Katz was Superintendent in the Eldred Central School District. In his first year at Benjamin Cosor Elementary School (BCES), he spoke with Dr. Katz about resuming the wrestling program. Mr. Mellan knew that Donovan Flores, a custodian at BCES, had wrestled at Tri-Valley School District, throughout Junior and Senior High School. When Mr. Mellan offered him the chance to help build the program, he jumped at the opportunity.

In 2020, FCSD fielded two teams, varsity and modified. The varsity team coached by Mr. Mellan had 14 members; the modified team, coached by Mr. Flores, had 8 kids. They worked closely and supported each other in practices. Because several girls wanted to participate, Mr. Mellan enlisted the support of Teacher's Aide,

Yelyzaveta Levandovych (Liza), to work with them. She is very active in martial arts and enjoyed her time with the wrestling teams. All the coaches were pleased and proud when ninth-grader Synaida Wheeler became the first ever Section IX Female Division wrestling champion. Coach Flores brought the modified team out to watch her wrestle for the championship.

Support for wrestling was apparent from all the parents and students that cheered on the team during meets. One of the biggest supporters is FJSHS School Resource Officer Phil Brooks, who wrestled in high school, and helps the coaches whenever he can.

To sustain the program and generate interest in the sport, Mr. Mellan and Mr. Flores created an after-school pro-



The fifth-grade Wrestling Club at BCES with Coach Mellan at far left back row, Coach Flores at far right back row, and ninth-grade wrestler Luke Oefelein, who helps out with mentoring the younger students, kneeling in front.

gram for wrestlers that was meeting Monday-Thursday at BCES. There were two

days with 25 fifth graders; and two days with 25 sixth graders. The three adults

were very busy at each session, teaching the sport and helping get students into

condition. Wrestling has a bright future in Fallsburg.



Fallsburg High School ninth-grader Synaida Wheeler standing on the podium as Section IX Female Division wrestling champion for 2020.

SULLIVAN WRESTLING CONTINUES TO BUILD

Several Area Wrestlers Commit for Fall

by John Conway

LOCH SHELDRAKE – SUNY Sullivan wrestling coach Anthony Ng has never been one to rest on his laurels, and he has been hard at work of late building upon the milestones his program achieved during the 2019-2020 season.

Despite the current disruption to everyday life caused by the COVID-19 pandemic, Coach Ng has obtained commitments for the next fall from several area wrestlers, and expects a few more before students report for classes in September.

"We had two more All-Section wrestlers from Chester commit for the fall," Coach Ng says. "Both Dylan Bullock and Kwalin Gonzalez were All-Section twice with Kwalin finishing second this year at 170 and Dylan finishing third at 220."

Dylan Bullock will join his older brother, Liam on the Generals roster. Liam was a national tournament qualifier for Sullivan this past season. Dylan will also join his high school teammate, heavyweight Devin McGovern, who had previously committed to the Generals. Dylan Bullock



Dylan Bullock



Ryan Ellefsen

is expected to compete at the 197 pound weight class next season, while Gonzalez is expected to go at either 165 or 174 pounds.

Coach Ng also had a two-time state qualifier from New York City commit to Sullivan for the fall. Joe Ferrara competed at 120 pounds last year and was named the Most Outstanding Wrestler at his league's state qualifying tournament. Coach Ng looks for him to compete at 125 or 133 pounds for the Generals.

In addition, Goshen High graduate Isaiah Price has indicated his intention to wrestle for Sullivan next year. Price was a four year member of the Gladiators' varsity program who is expected to compete for a slot

at 141 pounds for the Generals.

Coach Ng had previously announced commitments from former two-time All-New York State wrestler Ryan Ellefsen from Goshen and Elijah Perez from Hunter Science High School in Manhattan. Ellefsen, who is expected to vie for a slot at 285 pounds for the Generals, was recently voted as one of the top ten Section IX high school wrestlers of the past decade by area coaches. Perez will look to compete at 149 or 157 pounds.

Coach Ng says he expects to have further commitments to announce in the very near future.



The 1970 Monticello High School baseball team. John Conway is kneeling fourth from the left. Coach Bucky Roche is standing far right, Neil Bell is standing fourth from the right, and Dan Briggs is standing fifth from the right.

FIFTY YEARS AGO: FALLSBURG BEAT MONTICELLO

Three Run Homer in Bottom of Seventh Decides It

by Win Hadley

FALLSBURG – The Sentinel's Editor-in-Chief says it is one of those incidents in his life that replays over and over again in his mind despite the passage of a half-century.

It was opening day of the 1970 DUSO Village League high school baseball season and the Monticello team on which John Conway played was visiting Fallsburg High. The Monties raced out to an early lead in the game, and starting pitcher Dan Briggs was in mid-season form, dominating the Comets through the first five innings. Then Fallsburg pushed across a couple of runs in the sixth to close the gap to 6-4 entering the final frame.

Monticello coach Bucky Roche called upon Conway to protect the lead, and the senior right-hander, appearing in his first ever varsity game, struck out the first batter he faced.

"I had not played baseball as a junior," Conway recalled recently. "I had dislocated the thumb on my right hand in March of my junior year and the injury had not healed sufficiently for me to play baseball. I dislocated it again my senior year, a year later

almost to the day, but I was determined to play."

He recalls being wracked by nerves when he took the mound that day, and recording the strikeout did not calm him down. He walked the next batter and then gave up a double to put runners on second and third. The 6-4 lead was in serious jeopardy, and Coach Roche visited the mound in an attempt to settle his relief pitcher down.

"I'm not sure why Coach Roche left me in at that point," Conway said. "One of Fallsburg's sluggers, Wayne Woodard, was coming up, and whether Coach knew it or not, I was panicking."

He went to a full count on the big right handed batter, and then threw a fastball that got a little—or maybe, he admits now, a lot—too much of the plate. Woodard blasted it so far over the left fielder's head that he just turned around and watched it land. The Comets won the game on the walk-off 7-6.

Conway says he knew it was a bad pitch as soon as it left his hand, and the memory of it all, letting his coach down and blowing the game after his close friend Dan Briggs had pitched so well, has haunted him ever since.

"I had a pretty good curve

ball, and I have often wondered what would have happened if I had thrown it instead of that fastball. I can't help but think, what if..." he said recently.

"Not in a Mr. Destiny sort of way," he concedes, referencing the 1990 movie with Jim Belushi and Michael Caine in which Belushi believes that his entire life is shaped by a single moment in a high school baseball game. "But I will never forget the sight of our left fielder, Neil Bell, just turning and watching that ball. It was hit a ton."

Conway never threw another pitch in a high school game.

"The only good thing about it was the next day in the Times Herald-Record newspaper in the story of the game, it said 'a Monticello relief pitcher' gave up the three run homer and thankfully didn't name me," Conway said, still grateful for that bit of anonymity.

"I played some second base that year, and played a lot of ball in the years afterward, had plenty of success, even won some championships, but giving up that home run to our arch-rivals under those circumstances is something I will never be able to forget."

Even 50 years later.

Hiking Safety for Seniors Virtual Program at Time and the Valleys Museum

GRAHAMSVILLE – Time and the Valleys Museum hosted its first public virtual program: "Hiking Safety for Seniors" on Sunday, May 3rd through a www.zoom.us meeting.

Lisa Lyons, owner of Morgan Outdoors in Livingston Manor, gave a short presentation and answered questions about hiking practices for seniors. Though some parks and trails are currently closed, there are some great ways to stay active and prepare for the future. Ms. Lyons covered ways to increase outdoor enjoyment while minimizing potential risk, including: steps to warm up and pace yourself; how to use hiking poles to increase stability and sure-footedness; and her top five suggestions for enjoying walking and hiking opportunities near where you live.

Time and the Valleys Museum is currently closed due to the COVID-19 pandemic. The Museum is located at 332 Main Street (St. Rt. 55) in Grahamsville. Adults admission is a suggested dona-



Lisa Lyons

tion of \$5. Children under 16 \$2, and children under six are free. Town of Neversink and Town of Denning residents receive free admission every Thursday. As a Blue Star Museum, the Museum offers free admission to active duty military members and up to five family members. For more information call 845 985-7700, e-mail info@timeandthevalleymuseum.org or visit www.timeandthevalleymuseum.org. Groups, camps and schools are always welcome - Guided tours are conducted for groups of 15 to 100 people throughout the year.



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