

# GAME CHANGER!

## TCFD Partners with Homestead School to Bring High School to Hurleyville

by John Conway

HURLEYVILLE – The Center for Discovery has been instrumental in bringing numerous improvements to Main Street in Hurleyville over the past ten years, and this year will bring about what might well be the most significant addition yet.

As announced in December, TCFD and SUNY Sullivan are partnering with the Homestead School, a private Montessori school based in Glen Spey, to bring a high school program to Hurleyville.

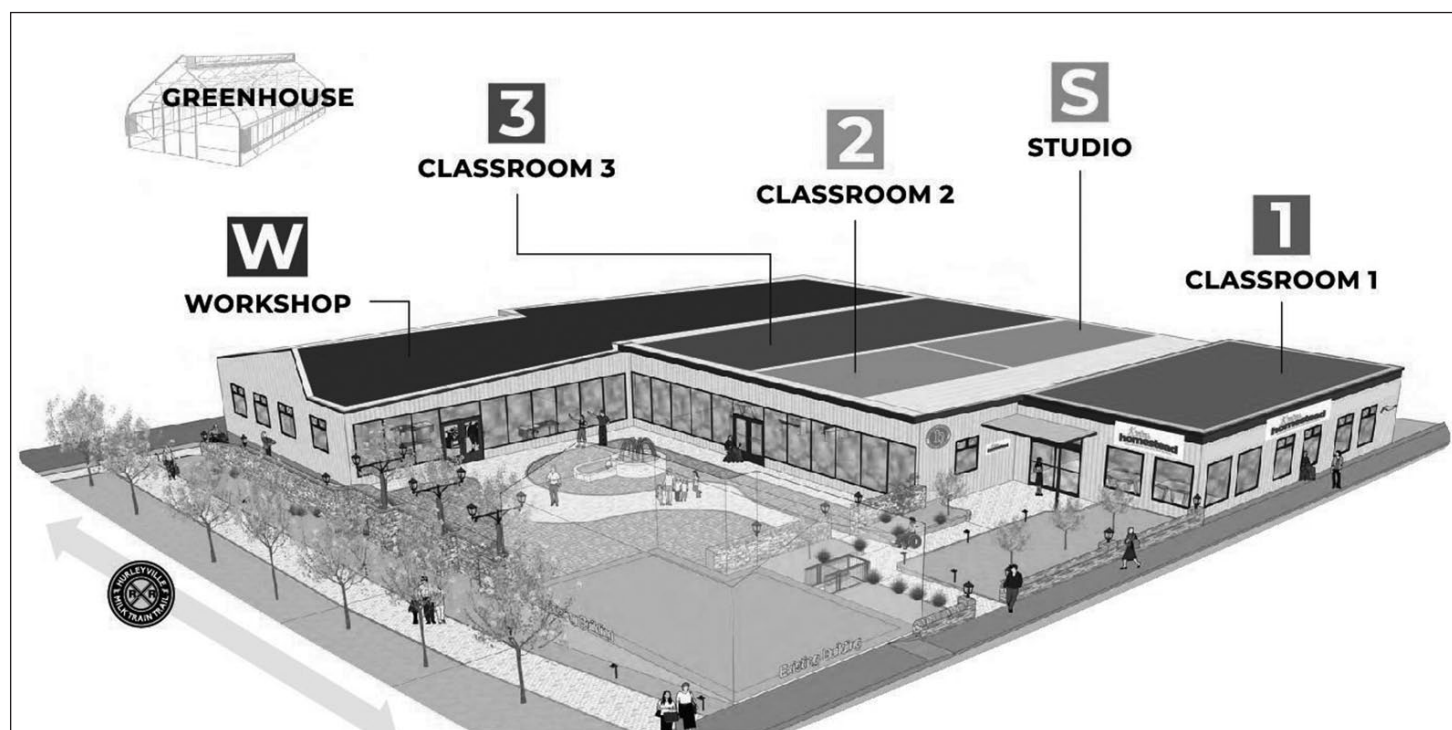
The Collaborative College High School will be based at the Technology Hub and Incubator (THIN) at 202 Main Street and will also feature programs at SUNY Sullivan's Loch Sheldrake campus, enabling students to earn an Associate's Degree along with their high school diploma.

"I can't imagine a more ideal location for the Homestead School's ex-

pansion into the high school grades," said Jack Comstock, the high school's Director. "Adding grades 9-12 to our Glen Spey campus was never a feasible option. The original Homestead campus, nestled in the quiet, wooded hills above the Delaware, is an ideal place for 3 - 12 year-olds to be nurtured during their foundational years. By 7th grade, students are feeling ready to take a hearty step out into the world. Main Street offers a safe and incredibly enriching setting for students to expand their learning environment."

The Homestead School is now accepting applications for pre-K through ninth grade for the September, 2021 school year. The school will add an additional grade in each of the next three years, eventually headquartering about 130 students and eight or nine full-time teachers in Hurleyville and on the SUNY Sullivan campus.

"Homestead Collaborative College High School



takes the mission and values of Homestead School to the level of depth and application appropriate for secondary school students," Mr. Comstock writes on the school's website. "As our students begin the incredible transformation of adolescence they are welcomed on to a new campus that speaks to the potential, the desire to explore new

things, and the opportunity for new levels of independence. The Collaborative College High School welcomes each new class of seventh grade students to a place of joyful and dedicated academic, creative, and personal study and growth."

"The Collaborative College High School maintains the low student to teacher ratio that has helped make

the Homestead such a caring and nurturing place," he adds. "CCHS, true to the Montessori approach, continues to provide individualized academic guidance in order to offer the appropriate amount of academic challenge and direction to the needs of a wide range of individuals. In tandem, the staff of the Homestead, SUNY Sullivan, and The Center for Discovery provide opportunities for mentorship and counseling that supports student growth beyond academics."

While based at the THINC building, it is envisioned that students who are interested will have access to hands-on programming at several other locations along Main Street, including the Fiber-on-Main store, and The Hurleyville Sentinel.

"With the Hurleyville

Performing Arts Centre across the street, led by a talented and inspired team of artists who are as exhilarated by the opportunities for collaboration as we are and with the proximity to SUNY Sullivan, it couldn't get any better!" Mr. Comstock told the Sentinel. "We are also thrilled to have a northern location in the county to provide a Homestead experience to students and families that found Glen Spey too far to travel for primary school or who are looking for an alternative secondary and early college experience."

He says students will also have access to TCFD's regenerative agriculture experts and the 300 acres of Organic and Biodynamic certified farms, orchards, livestock, and medicinal and culinary herbs they cultivate every day.

In addition, students will be dually enrolled at SUNY Sullivan, and will receive the full host of college services including access to the SUNY Sullivan library, sports facilities, technology, and academic support system.

"Homestead, SUNY Sullivan, and The Center for Discovery are an incredible synergistic partnership," Mr. Comstock said. "The commitment to a more just, inclusive, and environmentally responsible future, paired with decades of experience in the field of education is a fundamental alignment of mission from which this collaborative venture can build something that has never been done before."

"Hurleyville will be a place where, not too long from now, a diverse student body will find learning pathways that connect with each individual and provide rich opportunities for authentic learning, exploration, acquisition of skill, and the opportunity to have a real-world impact through service to the community. "The Center for Discovery is already a world pioneer in what I have just described when it comes to individuals with complex conditions, and through our partnership, we will have the support and expertise to build learning environments and courses of study that open doorways for an even greater diversity of learners."

Mr. Comstock was quick

to point out that while the hamlet of Hurleyville is the ideal setting for the new school's headquarters, SUNY Sullivan is key to the project, and having its campus just a mile from Main Street is a major plus.

"My intention is that the Homestead Collaborative College High School will offer a world-class and world-changing learning experience that allows families that are committed to the best education for their children to remain in Sullivan County and draws new families to settle here," he said. "Our hope is that the two Homestead campuses will help form a bridge for families between the two ends of the county inspiring a greater degree of cohesiveness, commerce, and creative interplay. It is also our ambition that our partnership with SUNY Sullivan under Jay Quaintance's visionary leadership will help New York State and the country reimagine what a community college can be."

The Homestead school was founded in 1978 by Marsha and Peter Comstock. It has most recently had an enrollment of about 200 students from Sullivan and Orange Counties in New York, Pike and Wayne Counties in Pennsylvania, and Sussex County, New Jersey. Originally serving students through grade three, the school added fourth through sixth grades in 2005 and seventh and eighth grades in 2015.

## KING AT HPAC

Reading From James Baldwin

by John Conway

HURLEYVILLE – The Hurleyville Performing Arts Centre will be hosting the talented local writer and actor Oliver King for a series of readings this month.

Mr. King will be reading excerpts from James Baldwin's 1963 bestselling book, "The Fire Next Time." The readings will be aired over six days in February to celebrate Black History Month.

Readings will air 11 a.m. on the following dates, and will remain available as the book and readings progress: Wednesday 2/17, Friday 2/19, Saturday 2/20, Wednesday 2/24, Friday 2/26, and Saturday 2/27.

In announcing the program, the Performing Arts Centre notes that Mr. Baldwin's book "galvanized the nation and gave a passionate voice to the emerging civil rights movement. At once a powerful evocation of James Baldwin's early life in Harlem and a disturbing examination of the consequences of racial injustice, the book is an intensely personal and provocative document. It consists of two 'letters,' written on the occasion of the centennial of the Emancipation Proclamation, that exhort Americans, both black and white, to attack the terrible legacy of racism."

At the time of its release, the New York Times Book

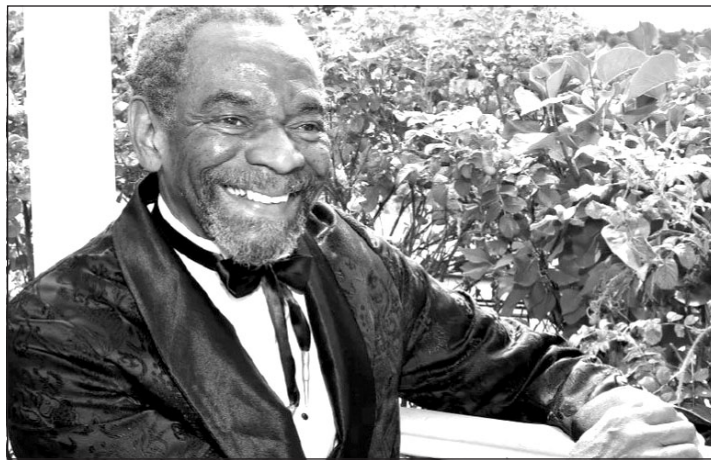


PHOTO PROVIDED

Writer/Actor Oliver King

Review described the book as "sermon, ultimatum, confession, deposition, testament, and chronicle...all presented in searing, brilliant prose."

Mr. King, who lives in Bethel, is well known in the region for his dramatic readings, for which he is in great demand.

"As a young man, I had the unique pleasure of working with Geraldine Fitzgerald

and Marketa Kimbrell, both of whom insisted I study with Lee Strasberg, who trained many of the movie stars of the 60s," Mr. King relates. "I did so, and the man literally not only changed my life, but my entire outlook on the art of 'being an actor.'"

Mr. King has made a name for himself over the years by portraying Frederick Douglass many times,

but his resume' is far deeper than that.

"I have portrayed Ebenezer Scrooge, Kris Kringle and several characters from 'It's a Wonderful Life,' all with the Sullivan County Dramatic Workshop, and I performed in and choreographed several productions with the Dealawre Valley Opera and staged four years of my version of Shakespeare-in-the-Park with At-Risk Youth and their families," he says. "I was told I was the first to produce and direct Sullivan County's first all African-American production by staging an 'upgraded' version of 'A Raisin in the Sun.'"

Mr. King has also staged orations from Martin Luther King at various venues.

For more information on these readings, please visit HPAC's website at [hurleyvilleartscentre.org](http://hurleyvilleartscentre.org)

## OPENING SOON

Main Street Mews Could Be Ready by April

by John Conway

HURLEYVILLE – Main Street could have a distinctively different look as early as this spring, as the Main Street Mews is expected to be ready for occupancy in April.

The building, located at 234 Main Street, next to the Hurleyville General Store, comprises four street level storefronts and eight apart-

ments on two floors above.

Each of the apartments measure approximately 1,000 square feet, including two bedrooms, a living room, dining room, kitchen, bathroom, laundry room, and storage room. The apartments are accessed via an elevator.

The four retail spaces on the ground floor all have entrances on Main Street. Two of the spaces measure

just shy of 1,000 square feet, one is just over that, and one is slightly larger than 1,200 square feet.

Parking for the building is being constructed in the rear and in a nearby lot.

Prospective tenants can view the space by appointment by calling 914-490-3433 or by emailing [info@234mainstreetmews.com](mailto:info@234mainstreetmews.com).

## CNN COVERS TCFD VACCINE ROLL OUT

by John Conway

HARRIS – Thanks to visionary hands-on leadership and diligent employees, The Center for Discovery has so far handled the complicated COVID-19 pandemic better than most similar facilities, and the recent implementation of a vaccination program for residents and staff is the latest aspect of that.

According to Michael Rosen, the Executive Vice President for Marketing and Communications at TCFD, by the end of this month, about 93 per cent of The Center's residents and more than 600 staff will have received the required two doses of vaccine. It is expected that those receiving the shots will achieve 95 per cent immunity from the COVID-19 virus.

TCFD's vaccination program for residents was recently the subject of a segment of the CNN news program, "Anderson Cooper 360," as correspondent Gary Tuchman travelled to



PHOTO PROVIDED

Sullivan County to cover the initial roll out of the vaccine, producing a poignant report that featured a number of TCFD residents and some parents.

"There wasn't a dry eye in the control booth when the segment aired," Mr. Rosen said. The segment can be viewed on CNN's website at [https://www.cnn.com/videos/health/2020/12/30/coronavirus-vaccine-disabled-community-relief-](https://www.cnn.com/videos/health/2020/12/30/coronavirus-vaccine-disabled-community-relief-tuchman-pkg-ac360-vpx.cnn/video/playlists/ac360-videos/)

tuchman-pkg-ac360-vpx.cnn/video/playlists/ac360-videos/.

The Center worked in conjunction with Pharm-Script administering the vaccines over the course of three dates – spanning from December, 2020 through February, 2021. The vaccine given to staff and residents was the Pfizer vaccine, which was granted Emergency Use Authorization (EUA) by

the FDA on December 11, 2020.

The entire process was seamless, and involved The Center's leadership, Nursing, and Clinical teams, along with many volunteers, all of whom "were extraordinary in their efforts to ensure the vaccinations were highly organized and enjoyable."

Not a single adverse reaction has been noted.



## The Inquiring Photographer

by Kathleen Sullivan



*Q. What's the strangest food you've ever eaten?*



**JOHN S.**

The strangest food I've eaten is a peanut butter and sunnyside up egg sandwich. I don't eat it as often as I'd like to.



**MEDIA BERGHOUT**

The strangest food I've eaten is bitter melon. It is an acquired taste and is enjoyed primarily in Asian and South American countries. The color and consistency of bitter melon are like celery. The outside is bumpy. The inside is fibrous with seeds like lima beans. My father was from Suriname. He would prepare bitter melon with a type of Chinese sausage and serve it over rice.



**LYNN DECKER AND ANDREW FROTHINGHAM**

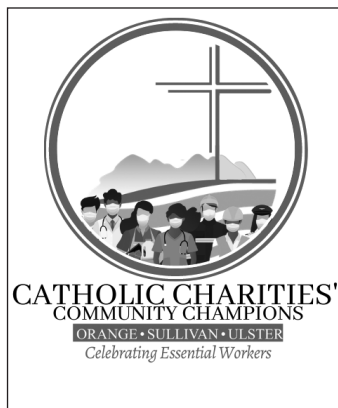
Lynn: The strangest food I've ever eaten ...thimbleberries. They are grown on the Oregon coast and are related to raspberries.  
Andrew: I once had a nutrition bar made with crickets and grasshoppers.

## SEEKING NOMINATIONS Catholic Charities to Honor 20 Frontline Workers

GOSHEN – Catholic Charities of Orange, Sullivan, and Ulster's 15th annual Celebration of Charity will pay tribute to the region's essential workers. The non-profit agency is seeking nominations for its "Charities' Community Champions" award. Twenty essential workers will be selected for their contributions to the community from the frontline in 2020. The Champions will be recognized at the virtual Celebration on Thursday, April 15.

The nomination form is available at [www.tinyurl.com/CharitiesCommunityChampions](http://www.tinyurl.com/CharitiesCommunityChampions) and through Catholic Charities' Facebook page and website ([www.ccsos.org](http://www.ccsos.org)). The deadline to submit nominations is Monday, February 15.

"While we're not out of the woods yet, 2020 was an exceptionally difficult year. We came through it thanks to the hard work and dedication of essential workers from diverse businesses and all walks of life who continued to work on the front lines each and every day to provide care, services, and support for their neighbors," said Shannon Kelly, Deputy



CEO, Catholic Charities of Orange, Sullivan, and Ulster. "The Charities' Community Champions awards will recognize 20 essential workers who kept our communities going by embodying the spirit of Caritas (love of humankind) and fulfilling Catholic Charities' mission to provide help and create hope."

Charities' Community Champion nominees should live, work, or volunteer in Orange, Sullivan, or Ulster Counties. Selected Champions will be asked to provide a one-minute personal video that will be part of Catholic Charities' virtual Celebration event on Thursday, April 15.

"Essential workers from a multitude of vocations have made it possible for our world to keep turning during the pandemic," Ms. Kelly said. "From health

care workers, delivery drivers, and restaurant staff to grocery store employees, law enforcement, teachers, first responders, and more - so many have continued to provide essential services to our community. We are incredibly grateful for their dedication and sacrifice and look forward to recognizing some who represent this outstanding community spirit that has come shining through during these unusual times."

Catholic Charities of Orange, Sullivan, and Ulster has remained open throughout the pandemic to assist those in need of care, hope, and help. Programs include a full continuum of support for individuals suffering from the disease of addiction, as well as prevention and education for youth and adults. Emergency food and shelter assistance, and other case management support has helped those struggling with food and housing insecurity, and Christmas giving programs made for happier holidays for more than 1,000 children. A complete list of programs is available at [www.ccsos.org](http://www.ccsos.org). Catholic Charities provides assistance to those in need regardless of religion or ability to pay.

The 15th annual Celebration of Charity, featuring the Charities' Community Champion awards, will be held virtually on Thursday, April 15. Typically, Catholic Charities' largest fundraising event of the year, this year's Celebration will offer sponsorship and journal ad opportunities to recognize the Charities' Community Champions and support the agency's much-needed work in the community. For more information, or to join the event as a supporter, contact Kristin Jensen, at 845.294.5124, ext. 1005 or [kristin.jensen@ccsos.org](mailto:kristin.jensen@ccsos.org).

## FROM THE WEATHER CENTER

by John Simon

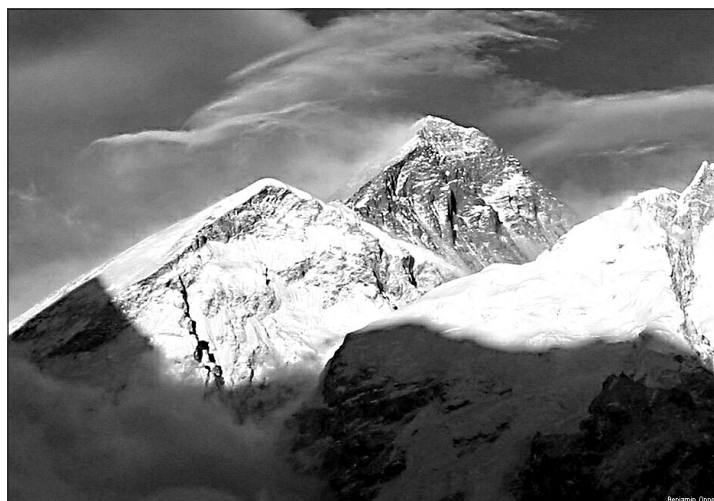


PHOTO PROVIDED

Sublimation caught on camera.

## SUBLIMATION

This time of year, people may notice that the snow sometimes disappears even on days when the temperature does not rise above freezing. This is due to a process known as sublimation.

Sublimation is most often used to describe the process of snow or ice changing into water vapor in the air without first melting into water. Sublimation occurs more at higher altitudes, where the air pressure is less than at lower altitudes. The opposite of sublimation is "deposition", where water vapor changes directly into ice—such as snowflakes and frost. In addition to snow, a known thing that often undergoes sublimation is "dry ice."

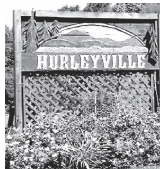
Both snow and dry ice can sublime, although more slowly at temperatures below the freezing/melting point temperature line at 0 °C for partial pressures below the triple point pressure of 612 Pa (0.0006 atm).

The loss of snow from a snowfield during a cold

spell is often caused by sunshine acting directly on the upper layers of snow. It isn't easy to observe while it's happening, but the effects of sublimation on snow are plainly visible if you are looking for them.

## Hamlet Happenings

by Kathleen Sullivan



### HURLEYVILLE -SULLIVAN FIRST

Spring is coming! It will soon be time to get our gardens, planters and barrels ready for planting. Everyone is welcome to come out and help. Work dates will be announced soon.

Please visit [www.hurleyville-sullivanfirst.com](http://www.hurleyville-sullivanfirst.com) for more information about Hurleyville-Sullivan First. You can also visit Hurleyville-Sullivan First on Facebook.

### HURLEYVILLE UNITED METHODIST CHURCH

Pre-made boxes of food are distributed to individuals and families in need by the volunteers at the Bread of Life Food Pantry. The food pantry will be open on Thursday, February 18 and on Thursday, February 25 from 3 until 5 p.m.

Personal hygiene products and COVID-19 supplies (masks, hand sanitizer and hand soap) are also being distributed at the food pantry.

The church is open for Sunday services.

The Bible study group meets at the church every Tuesday at 7 p.m.

Protocols for social distancing, disinfection and cleaning are being followed. Masks must be worn.

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 - 8 p.m. The prayer line phone number is 605-472-5491 and the access code is 251678.

"MESSY CHURCH", Youth Group meetings 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's page on Facebook.

### THE SULLIVAN COUNTY HISTORICAL SOCIETY AND MUSEUM

The Sullivan County Historical Society and the



PHOTO PROVIDED

Hurleyville-Sullivan First is always looking for additional volunteers.

## BREAD OF LIFE FOOD PANTRY



**Thursday, February 18th  
Thursday, February 25th**

**3:00pm - 5:00pm**

**Hurleyville United Methodist Church  
263 Main Street  
Hurleyville**

Museum are still closed to the public because of COVID-19.

Go to [www.scnyhistory.org](http://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 [seecil@hvc.rr.com](mailto:seecil@hvc.rr.com) if you have any questions.

### COLUMBIA HILL NEIGHBORHOOD ALLIANCE (CHNA)

No news is good news!

The developer of Gan Eden Estates has not yet submitted the new completed DEIS (Draft Environmental Impact Statement)

to the Town of Thompson Planning Board. The completed statement which must address environmental factors and concerns will be subject to public review and comment followed by a public hearing before it is considered for approval and acceptance. The Planning Board will then review the applicant's site plan application which will require another public hearing before any approval to allow site work to commence. The members of CHNA continue to monitor and to provide input on this ongoing process. Visit CHNA at [www.columbiahill.org](http://www.columbiahill.org) and on Facebook to learn how you can help to protect your environment and your community.



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## THE HURLEYVILLE SENTINEL.

*Covering Main Street and Beyond*

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Hurleyville, NY 12747

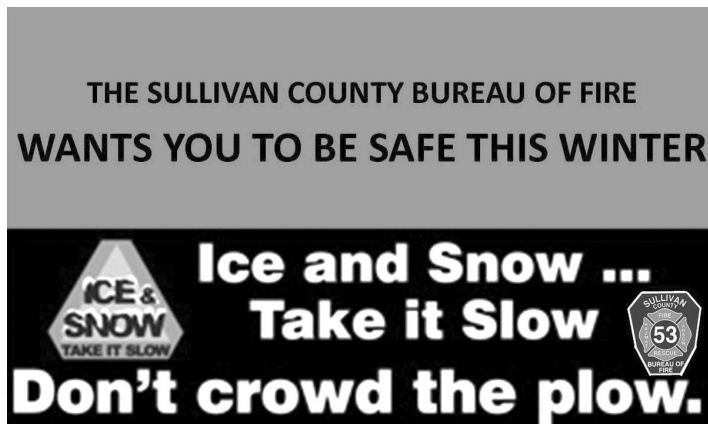
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VALENTINE'S DAY

A box of chocolate candy  
And flowers in a bunch  
Or chocolate covered berries  
And a romantic champagne brunch

What is it that you do that day  
With the one you call your mate?  
Do you try to make it special?  
Or is it just another date?

Think about how we all feel  
When the message is sincere  
When the card says "Be My Valentine"  
because I love you, dear

And what about the card that's made  
For parents by their child?  
It melts their hearts  
And they give their kid  
A big hug and a smile

On this February 14th  
Take a moment to express  
Your love for people in your life  
It can be your husband, child or mom  
But it better be your wife!

- Mimi  
February, 2021



# MAKING PEOPLE HAPPY AND REDUCING STRESS

## Organization is the Key

by Denise Sullivan

HURLEYVILLE – Being organized saves time!

How? By not spending time looking for lost items, and instills confidence by knowing where things are in the home or workplace. The stress related to lost items or lost information is greatly reduced when you practice being organized. It can also save money by not buying items you already have.

When the organic farming staff at The Center for Discovery (TCFD) asked for help organizing their gloves, tissues, and hand sanitizers in their many outdoor work areas, Sam Rose, Director of Recreation Therapy, answered the call. His department is home based at the Technology Hub and Incubator (THINC), and Sam always looks for ways to involve TCFD residents in do-it-yourself projects.

The farm staff requested an outdoor storage cabinet, so that while students were outdoors tending the chickens or feeding and watering livestock, they could remember and find the container where sanitary supplies were kept. That’s how the sanitation barn was conceived. It’s a sturdy, painted wooden box with latching doors that open easily. It has room for plenty of supplies and is designed to look like a miniature red barn. It even has shingles on the roof. It meets the standards of fit, form and function. It is also really cute, with lots of detail, like criss-cross trim on faux doors and window shutters.

Mr. Rose has learned to use modern digital tools to create the designs for DIY projects. SketchUp, a 3D modeling software used at THINC, allows the user to draw a three dimensional object, and then take it apart and lay out the pieces. The walls, doors, floor, and roof of the sanitation barn were arranged and then cut from wood on the CNC (Computer Numeric Control) router, leaving little waste. Full sheets of plywood slide in one end of the CNC and miniature barn pieces — complete with joinery cuts, pilots for mounting screws and even decorative grooving — emerge on the other. The barn door and window trim

pieces were laid out and cut laser cutter. Each project is archived in SketchUp so that with a few clicks it can be recreated at a later time.

Mr. Rose looks at each design / build project with

Oh sure, now that I am totally ticked off and not in any mood to get my hair out of my eyes, you want me to stay and pretend that this is a day of love and appreciation of all my best qualities- which I can’t even think of right now???

I have to stop singing while I drive.



This miniature red barn is actually an outdoor storage cabinet designed and fabricated at THINC.

PHOTO BY JULIE PALMER

a time formula that ensures TCFD residents participate in the construction. For every hour that he spends preparing materials, he creates 1 hour of “resident work”. Sometimes, that work is painting, learning how to pre-drill holes for finishing nails or using a nail gun with assistance for the first time. For residents in day habilitation programs outside of THINC, he delivered paint and trim wood so that more students were helping with the project. With many hands on

deck, all the trim pieces were painted quickly. TCFD adult residents also assisted in the assembly of the sanitation barns, nailing roof shingles and attaching door latches.

The sanitation barns have been installed in several farm locations, thanks to Sam Rose and his crew of students and adult residents. Supplies are dry and organized, and workers can easily locate them. Less stress and more happiness for everyone!

## Out Divine Corners Way

by Jonathan Shimkin

On a winter walk, in the neighborhood of Divine Corners, I’m struck by the wide variety of woodpiles. Each stacked bundle of foresight and hopeful provision has its own character. Some are heaps: the wood lies in a sprawling pile as if dumped on the spot, occasionally graced with a tarp. Others are standard-issue woodpiles, the stacked variety, often housed in little lean-tos of their own. My neighbor swears by criss-cross stacking, in alternating perpendicular lines, to increase air flow, maintain dryness, and prevent ice from fusing the wood together.

Then there are those supernumerary piles, where the wood’s been worked into elaborate designs. One such, just down the road, braids larger and smaller logs into an intricate pattern, so that the smaller pieces run like a vein of ore, in an undulating line, across the length of the stack. It reminds me of the layering of those stone fences one comes across in the woods, that are so cannily put together they stand for ages without mortar. In this particular woodpile, the larger logs are supported and buttressed by the smaller in a way that lends stability and elegance to the whole. I marvel at it. It wasn’t made for public display, yet ingenuity and creative force have been lavished upon it for its own sweet sake. A woodpile, after all, is built to be disassembled; its end is its own consumption.

Wasp nests, beaver dams, ant hills: all these intricate structures manifest nature’s intelligence, an ordering imperative that drives human culture as well. In the well-made woodpile one can find analogues to the canny fitting together of verse and chorus in song forms, to metrical and rhyme schemes, to the repetitive and circular structures of story-telling. When Bob Dylan composed the “John Wesley Harding” songs, he noted “there’s no line that you can stick your finger through, there’s no hole in any of the stanzas,” figuring words as a kind of lumber that can be fitted together with varying degrees of tautness and economy, suggestive of moral as well as aesthetic excellence. Allen Ginsberg, parsing Dylan’s assessment, said the songs held “no wasted language, no wasted breath...all the imagery [is] functional rather than ornamental.” The distinction between the functional and the ornamental is perhaps less absolute than we make it, given nature’s extravagance in generating forms and cycles that extend over time as well as space.

In the case of the elegant woodpile, the functional and the ornamental fuse into a seamless unity disrupted only by the eventual dismantling of the stack. We are driven to design; we are form-creating creatures, the products of a form-creating environment. The mind, a made thing, makes things that reflect its own making, and the forms it makes will, like the woodpile, eventually dissolve and metamorphose: old stories and songs are forgotten, just as old nests and hives are abandoned, their material recycled to become part of some new creation, old elements re-joined in new relation. All that we construct lives for its day and is gone, yet the impulse to build is contingent upon nothing but its own intrinsic delight.

The woodpile, constructed to be consumed, will disappear, layer by layer, log by log, over the course of the winter. If it’s a well-built woodpile, it will be transformed into heat with a minimum of damp sputter; it will spread warmth through the house; it will sustain life. As I pass those houses on my winter walks, I smell the distinct scent of woodsmoke rising from chimneys, a woodpile dispersed into air. You can breathe it in.

Jonathan Shimkin, writer and editor, may be contacted at jonathanshimkin@gmail.com, or via his website: jonathanshimkin.weebly.com.

## Keeping Local Families Warm Performing Arts Centre’s Winter Clothing Drive

HURLEYVILLE – Over the last two months, staff members at the Hurleyville Performing Arts Centre have been receiving and cataloguing hundreds of brand new winter clothes donated by community members as part of HPAC’s annual Winter Holiday Clothing Drive.

“Being able to help make a positive impact on our community has been truly heartwarming,” says Dara Perlman, who has been leading the effort.

More than 500 items for adults and children—sweaters, jackets, socks, hats, gloves, scarves and more—will be distributed to families in need in the Monticello, Fallsburg, and Liberty Central School Districts.

“We’ve had such a powerful response from community members who know how tough it is out there for local families right now,” Ms. Perlman added. “We’ve received so many beautiful pieces and we just can’t wait to get them into the hands of those in need. I am happy to help and

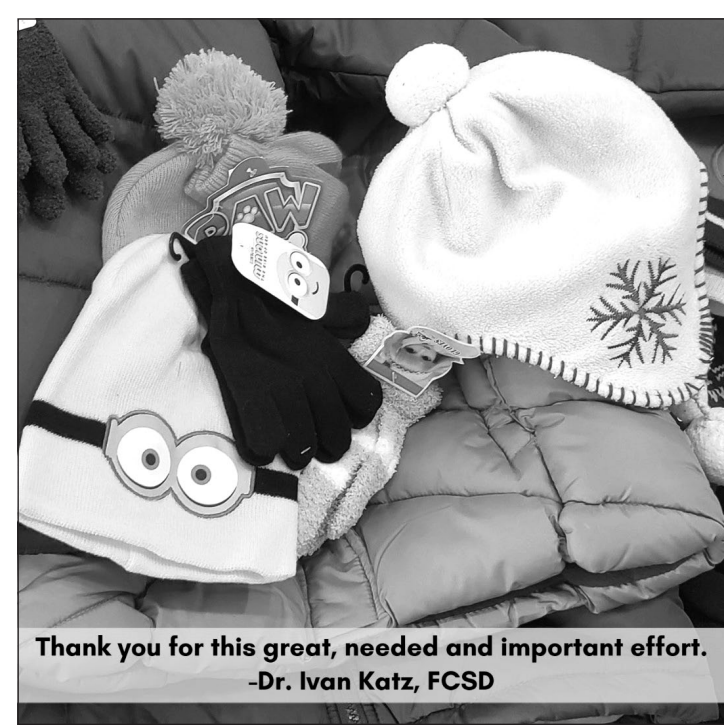


PHOTO PROVIDED

forever grateful for HPAC.”

The donations are sorely needed, too.

“This opportunity couldn’t have come at a better time,” wrote Dr. Aleta Lymon, Family & Community Liaison at the Fallsburg Central School District. The items will be delivered to community advocates and social workers in schools in Liberty, Monticello, and Fallsburg and will be distributed to families of children in need throughout those school districts.

This is the third time the Hurleyville Performing Arts Centre has led a Winter Holiday Clothing Drive. This year, drop off locations included Gallery 222, the Cal-

licoon Pantry, the Hurleyville General Store, and Forge and Gather in Mountandale.

Janet Carrus, HPAC’s founder and artistic director, is thrilled with the program. “The arts are all about bringing people together,” she said. “I’m very proud of the work Dara and our team have been doing and thankful I live in such a generous community here in Sullivan County.”

Although HPAC’s Winter Holiday Clothing Drive is over for this year, any additional donations of clothing, winter or otherwise, can be made to The United Way in Monticello. Located at 33 Lakewood Ave., Monticello, NY 12701. They accept donations from 9 a.m. to 3 p.m., Monday through Friday.

For more information please visit HPAC’s website at hurleyvilleartscentre.org. We are also accessible through our social media channels on Instagram and Facebook.

The Arati Store

Health

Beauty

Spirit

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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 that 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.

As we move into February, things do not look much better. Our firehouse is still closed to the general public and more public offices, bank lobbies, etc. are also closed.

Once again, I am sad to report that we lost two more members. Phil Featherby is a Past President of the Fire Department and Past Commissioner of the Fire District passed away. In recent years Phil lived in Florida. The second is Mark Carlson. Mark and I grew up together attending Fallsburg High School and joining the fire department as two of six classmates from the Class of 69 to join.

If it were not for the virus, we would have received our 50 year pins at the family picnic last year that was cancelled because of the virus. Mark was a 51 year life member and was a line officer for many years. He served the Fire Department with pride and dignity. My last fond memory of Mark will be my wife Mary Ann and I having breakfast with Mark and Lorayne at the end of our 50th Class of 1969 class reunion. Rest in peace brothers.

Even with the virus, life goes on. During the week-end snow storm of January 16 & 17, the Liberty fire department had two working structure fires about one hour apart. The first call came in at about 3 a.m. Sunday with the second call about an hour later.

THE SULLIVAN COUNTY BUREAU OF FIRE  
WANTS TO KEEP YOU SAFE

**Prevent clothes dryer fires.**

Clean lint filters every time you use the dryer. Clean your dryer vent ductwork every year.

**CLEAN LEAVES AND SNOW FROM THE OUTLET**

PHOTO PROVIDED

er. The snow was wet and heavy and coming down very hard. Roads were not yet plowed and it was treacherous traveling. I was dispatched to the first call and the Hurleyville Fire Department was dispatched as mutual aid to the second one. An outstanding job was done by all departments involved under adverse conditions.

Another victim of the virus is the 33rd Annual Hurleyville Fire Department Ice Fishing Contest scheduled for Saturday, February 13, 2021. Because the Hurleyville firehouse is still closed and the Town of Fallsburg office's (Morningside is owned by the Town of Fallsburg) are still locked down, this year's contest will be cancelled.

On a brighter side, some vaccines were offered to the 1b group that includes emergency services personal. I did receive my first shot and will get my second in 28 days. Watch the Sullivan County Public Health web-site on the Sullivan County web-site ([www.co.sullivan.ny.us](http://www.co.sullivan.ny.us)) for more dates. The 1b group also includes those 65 and older. I am writing this in late January, so things can change. If

you do not have access to the internet, PLESAE find a friend to keep you informed and help you sign up. By the time you read it in the paper there may not be any vaccines left.

We are in the middle of winter. Sometimes I do wonder with one day in the forties and then the next down in the teens. We have not had much snow to date but you never know what is next. Here is some information and safety on snow removal..

National Safety Council recommends the following tips to shovel safely:

- Do not shovel after eating or while smoking
- Take it slow and stretch out before you

begin

- Shovel only fresh, powdery snow; it's lighter
- Push the snow rather than lifting it
- If you do lift it, use a small shovel or only partially fill the shovel
- Lift with your legs, not your back
- Do not work to the point of exhaustion
- Know the signs of a heart attack, and stop immediately and call 911 if you're experiencing any of them; every minute counts

Don't pick up that shovel without a doctor's permission if you have a history of heart disease. A clear driveway is not worth your life.

### Snow Blower Safety

- If the blower jams, turn it off
- Keep your hands away from the moving parts
- Be aware of the carbon monoxide risk of running a snow blower in an enclosed space
- Add fuel outdoors, before starting, and never add fuel when it is running
- Never leave it unattended when it is running

*Be Safe out there.*

## NAMI FUNDRAISER ONGOING

MONTICELLO – The holidays have come and gone and a New Year is upon us. NAMI Sullivan wishes everyone a Healthy, SAFE and Happy New Year –and would like to point out that our NAMI A Taste of Sullivan cards will be available all year long.

A Taste of Sullivan is a discount card that can be used at over 20 local eateries all over the County. A Taste of Sullivan is raising much needed funds for NAMI Sullivan County, the local affiliate of the National Alliance on Mental Illness. Your one time purchase of \$25 for the discount card is a tax-deductible donation to NAMI Sullivan. The card entitles you to unlimited use from January 1 thru December 31 of 2021 at participating businesses for the offer they're extending, be it a discount on eat-in or take out or a free item with purchase.

Special thanks to all of the restaurants taking part – Frankie and Johnny's, The Pickled Owl (Hurleyville) Tavern on Main (Jeffersonville), Dhani's Curry Melt, Liberty Diner, Star Bar and Grill (Liberty), Albella, Ciao Bella, Colosseo, Miss Monticello Diner, Salt & Pepper the Kitchen, Solaia, Yanni's (Monticello), The Heron, Narrowsburg Inn (Narrowsburg), Bernie's Holiday Restaurant, The

FROM THE FILES OF...

# THE HURLEYVILLE SENTINEL.

The Only Newspaper Published in the Town of Fallsburgh

COMPILED BY **Sullivan County Historian John Conway**

February 19, 1937

### Defer Braddock Bouts

Heavyweight Champion James J. Braddock's two charity exhibition bouts scheduled Monday night have been postponed until late in March because of lack of public interest, it was announced.

### Work To Begin On N.Y. Water Shafts

Boring of the first of three excavation shafts for the New York City water supply project will begin within the next two weeks. Contractors assembled plans and machinery this week at the three sites and checked details preliminary to actual excavation. The three shafts will range in depth from approximately 750 feet to approximately 1500 feet. They will provide the bores through which excavation of the huge sixty-mile water supply conduit will be made.

The contracting company, Dravo, Inc., had not yet begun hiring workers, it was reported, but was expected to select what local labor it requires shortly. Key jobs on the three shafts such as rock drillers and others requiring experience necessarily would be filled

outside the region, it was believed. The contractors will have their headquarters at Kerhonkson.

### G.O.P. Speakers Ask Fight On Court Change

All the speakers at the Lincoln Dinner last Friday night at the Lenape Hotel made a plea to fight President Roosevelt's proposal to enlarge the United States Supreme Court. As a source of inspiration for patriotic Americans of today, speakers proclaimed Lincoln's faith in the power of righteousness and his confidence in the innate soundness of the American people.

Speakers were Senator Thomas C. Desmond, Frank L. Wiswold, former Senator from Albany County, and Assemblyman Chauncey B. Hammond of Elmira.

Desmond, in referring to his resolution to memorialize Congress, requested that "under no consideration should it accede to the President's demand to change the present Supreme Court setup."

### Young Doctor To Open Offices Here

Dr. Victor Drucker, of the Bronx, New York City, will open offices in Hurleyville for the general practice of medicine on April 15th next.

In accordance with a lease which he entered into with Mrs. Rachel Penski, she is required to remodel her house so as to make two apartments, one on the first or ground floor, which will be occupied by the doctor, and one on the second floor for her own family.

Dr. Drucker, who will be married next month to Viola Abramowitz, only daughter of Dr. and Mrs. Benjamin Abramowitz of Monticello, has an extensive practice in the Bronx, but because his intended wife would rather live near her parents and in the country, where she spent the greater part of her life, he has decided to build up a practice here.

Dr. Drucker has received his Bachelor of Science degree at the City College of New York, and his Doctor of Medicine degree from the University of Maryland.



SENTINEL FILE PHOTO

**State Police Sergeant Thomas J. Mangan is involved in the search for suspected killer Ike Luckman.**

### Ferndale Triplets Gain Strength In First Week

The triplets born February ninth at Maimonides Hospital to Mr. and Mrs. Oscar Henry of Ferndale are reported gaining in strength and vitality under the care of Dr. Luther F. Grant, who attended their birth.

The infants, two boys and a girl, have been dubbed the Triple –A or AAA because all three were given names beginning with the letter A. The children are Albert George, Arthur Francis, and Alice Jane.

Mrs. Henry, twenty-six, already has one daughter, four. Mr. Henry operates an ice route.

February 26, 1937

### Renew Search For Luckman

Bulletins have been issued by the New York City police offering a reward of \$1,000 for the arrest of Ike Luckman, brother of Meyer Luckman, one of three men convicted and sentenced for the murder of Sam Drukman of Brooklyn, found dead in the Luckman garage.

Luckman has several times been the object of a search in Sullivan County, the last time in December when he was reported living at a Fallsburgh hotel. Two New York detectives, accompanied by Sergeant Thomas J. Mangan, checked the report, but without success.

### Week-end Business Good, Hotel Managers Report

Hotels and boarding-

houses throughout the County reported unusually good patronage for the Washington's Birthday week-end. In spite of bad weather, hundreds came to the County by rail, bus, and private car. Sunday's heavy rains ruined skating and kept a majority of visitors indoors during their entire stay. Hotelmen reported there had not been a comparable mid-winter week-end crowd during the recovery period.

### School Children Entertain Crowd With Operetta

The operetta, "Hansel and Gretel," presented at the school here last Friday evening provided a musical treat long to be remembered by the large crowd which attended the entertainment.

The presentation of the operetta, a miniature version of the opera given at the Metropolitan Opera House in New York City, was splendid with Alida Lounsbery as Hansel and Molly Wood as Gretel.

The costumes of the thirty-three members of the cast were cleverly planned by Mrs. Howard Wood, and the scenery in charge of Mrs. Peter LaBaugh, added the final authentic touch to the stage setting. Superior acting, under the dramatic supervision of Miss Lois Hussong, and the musical selections, which ranged from solos to choruses, under the competent direction of talented music teacher Miss Ruth Horne, made the operetta one of the best dramatic and musical hits ever produced by children in the Hurleyville school.

In addition to the two leading characters, the cast included Albert Lounsbery, Ruth Fromowich, Lillian Greenspan, Jimmy Lounsbery, Rose Cohen, Sonia Silberman, Arnold Feinstein, Dolly June Levine, Seymour Rofsky, Marcia Feinstein, Vincent Eltz, Millie Van Keuren, Hyllia Ennist, Gwendolyn Skinner, Anna and Sophia Kostiff, Catherine Toohey, Richard Tremper, Nicholas Andresky, William Kostiff, Eleanor Quick, Cecile Wellingham, Marguerite Bowers, Margaret Toohey, and Helen Lengyl.

## FCSD Welcomes New Principal to Junior/Senior High School

FALLSBURG – Fallsburg Central School District (FCSD) Superintendent Dr. Ivan Katz introduced Mr. Kyle Roddey as the new Principal of Fallsburg Junior/Senior High School on January 7, 2021. Mr. Roddey was approved at the January 6, Board of Education meeting and he will begin his duties on February 8.

Mr. Roddey is currently the Assistant Principal at Goshen Central High School. Prior to Goshen, Mr. Roddey served as a Dean of Students and social studies teacher in the Enlarged City School



PHOTO PROVIDED

**Principal Kyle Roddey**

District of Middletown, NY. In addition to being a school leader, Mr. Roddey served as the Mayor of Goshen for seven years and has a strong track re-

cord for improving building climate and culture. He is currently working on his Doctorate in Educational Leadership with an anticipated graduation in 2022.

On behalf of the District, Dr. Katz looks forward to Mr. Roddey's tenure as the new Junior-Senior High School Principal. He knows that Mr. Roddey is excited to begin working on this new chapter of his career. The Superintendent ended his welcome of Mr. Roddey with a wish that the new year will bring the FCSD community all great success at every level.

To celebrate Black History Month join us online all February long to hear **James Baldwin's The Fire Next Time** read by Oliver King.

This FREE program will air on Wed. 2/17, Fri. 2/19, Sat. 2/20, Wed. 2/24, Fri. 2/26 and Sat. 2/27.

Visit **HURLEYVILLEARTSCENTRE.ORG** for more info and to watch.

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# THE MADNESS OF THE Q

EXCERPTED FROM THE LATEST NOVEL  
BY GRAY BASNIGHT

## Extraordinary Delusions

### Chapter Six

Friday, March 14, 2025

Sam Teagarden mistook the tiny drones for a swarm of ravenous bugs drawn to the apple core on the corner of his desk, the remains of a late lunch. He swatted absently while grading the last of the day's midterm exams.

That afternoon marked the traditional Friday kick-off of spring break. The annual craving for south Florida was getting underway later than usual because of February's terror attack in Manhattan, which set the academic calendar

back by one week. Fourteen people were killed, and dozens injured by a series of remote-controlled bombs spaced around the city. After paralyzing Manhattan for several days, the NYPD said it was the work of a single suspect—a thirty-three-year-old carpenter from Enfield, North Carolina named Jeffery Nash. Angry about a new prohibition on the sale of assault rifles, Nash blamed New York City as the incubating capital of un-American liberality. Fearing they'd be next, community groups in Chicago, L.A., and other equally big and liberal cities demanded that the FBI verify that Nash wasn't part of a wider network.

As individual stories of the New York victims emerged, national mass media found one to be particularly poignant. A father was walking his seven-year-old daughter to her public school when it happened. He was killed; she survived, though just barely. Unidentified at first, the hospital listed her as Little Girl Blue because of her blue dress. Finding it endearing, the press and public became fixated with sympathy which made her a cause célèbre. The collection of flowers, balloons, and stuffed animals grew so large it had to be moved from the hospital room, to the hospital lobby, and finally to a makeshift shrine in a military tent erected in a nearby park. Additionally, the hospital began releasing daily updates on Little Girl Blue's condition.

It was small compensation that the delay of spring break was accompanied by early arrival of spring weather, allowing Teagarden to open his office windows in the Columbia University math building. Outside, the air smelled of photosynthesis, and the few students still on campus were already wearing tees and flip-flops. Some cited the season's prematurely warm temps as the

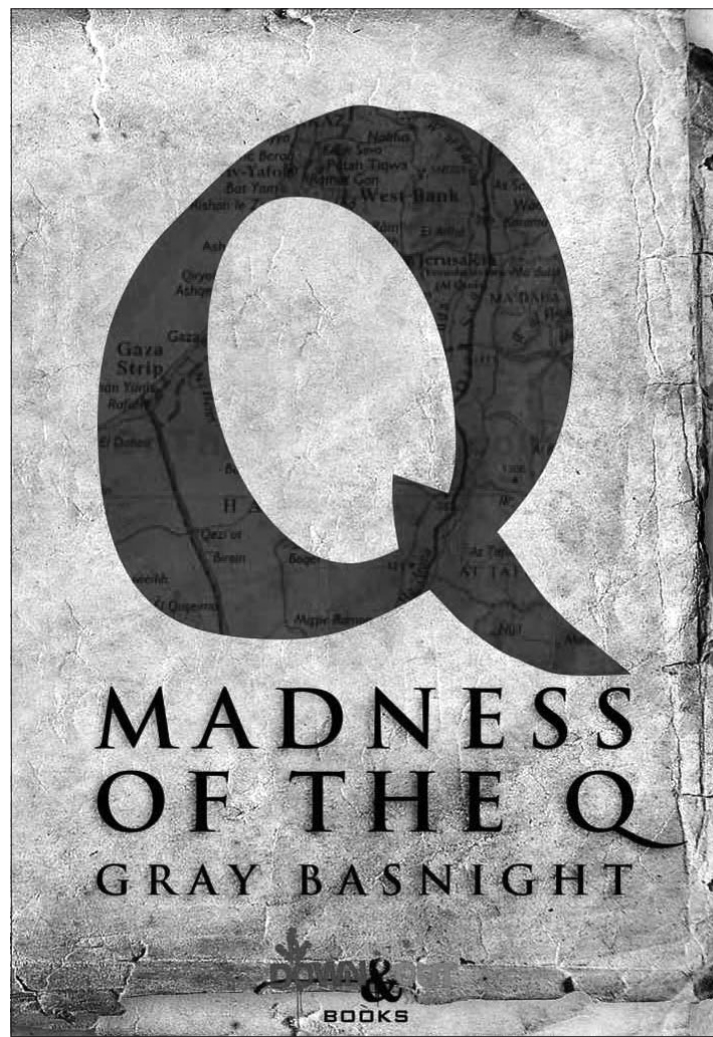


PHOTO PROVIDED

latest evidence of ongoing climate change, yet no one complained.

For a second time he waved with distraction at the buzzing. Reaching with one hand, he folded the wrapper to seal the apple core and scraps of bread crust from his turkey sandwich.

The final paper belonged to his star pupil, a brilliant young man named Aken

Okeke from Namibia, who breezed through a previous course on Fluid Dynamics. This class was a graduate-level calculus requirement called Advanced Probability, though the midterm subject had been a curve ball about Random Patterns. A surprise that ruffled feathers for everyone, including Okeke, it was an experiment to see if anyone retained creative thinking

after weeks of hard number-crunching. The test challenged them to find, analyze, and interpret useful patterns in things like stock market trading, traffic accidents, public health crises, even terror attacks. Once discovered, the theory goes, a hidden pattern might be put to good use by making money on the stock market, preventing traffic accidents, avoiding public health crises, and even intercepting terror attacks. After all, what's the use in being a math whiz if all you become is a tax accountant? Most students did poorly on the exam. A few did moderately well, particularly the two women in the class. At a quick glance, it appeared that Okeke would be among those who scored average at best.

After a third swipe at the irritating bugs, Teagarden snatched the wadded wrapper to heave into the wastebasket in the corner, hoping it would send them in pursuit. When they didn't budge, he looked closer and saw that they were not flies, gnats, or insects of any kind. In that moment, his spinal fluid stopped flowing.

*They're drones. Ultra-mini drones!*

Teagarden froze. About the size of a housefly, each

had pore-like openings resembling the eyes of a spider. Below their egg-shaped bodies was a set of tiny rotor blades that tilted to adjust for altitude and flight path. When close, they made a vague buzzing noise. When not hovering, they flew around so fast he couldn't count their number, but estimated at least ten, maybe fourteen.

*No. Not again.* Teagarden had been in this position before. Six years earlier, the drones were about the size of a baseball, sent to kill him and retrieve what became known as The Dear John File. It was no surprise that these were smaller. Recent advances had turned the U.S. Air Force into a military branch consisting almost entirely of UAVs, unmanned aerial vehicles. They ranged in size from regular planes, to dragonfly-sized machines that spit fire, poison, and micro-bombs by the hundreds of thousands, all with great precision.

He had no idea why these were in his office, but he had no intention of waiting to find out. The nastiness of that previous odyssey in 2019 made the idea of a sequel a big "no thank you."

*Been there, done that.* He made a snap decision

not to bolt. If these bugs were armed, it would be unwise to run like a fox. Instead, he casually eased back from his desk, slowly stood, and shifted toward the open door as calmly as he could manage. He watched to see if they were more interested in him, or the test papers examining consistencies in the law of large numbers.

*Uh-oh!* They split the difference. About half stayed with Aken Okeke's open test booklet, the other half followed him. He took two sidesteps closer to the corridor. The pattern was the same. He turned and made two strides. Still, they were evenly divided. He glanced to the hallway, hoping someone walking past may scare them off.

*This is an excerpt from the new book, "Madness of the Q" by Gray Basnight, published by Down & Out Books, and is used with permission. Gray Basnight lives in Sullivan County, and his previous novel, "Flight of the Fox," was partially set in the county. "Madness of the Q" can be purchased from Amazon and other online booksellers.*

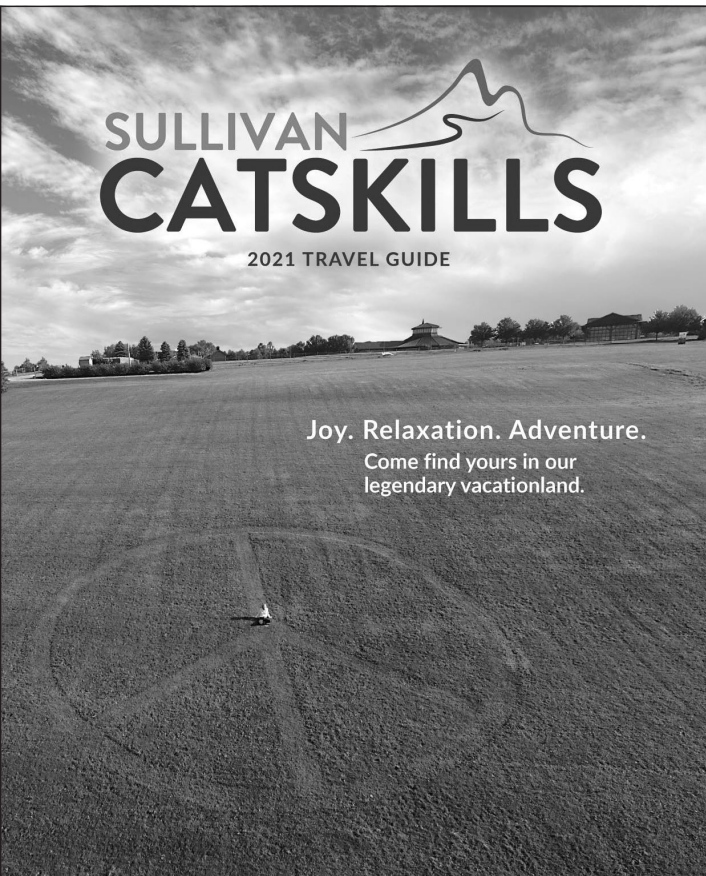


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## SCVA RELEASES TRAVEL GUIDE

### New Year, New Beginnings

LIBERTY – The Sullivan Catskills Visitors Association (SCVA) is excited to announce that its new 2021 Travel Guide is published and ready for immediate distribution.

The SCVA team worked diligently in the past year to adjust to our changing times and steward its member businesses through so many of the confronting obstacles. They are now looking forward to the new year, with a fresh perspective and a brand-new Travel Guide leading the way.

"Our travel guide is a portfolio of the best-of-the-best experiences, telling the story of who we are as a world class destination. We have evolved into a place that appeals to those from all over the globe seeking wellness, luxury, outdoor adventure, authentic main streets and superior farm-to-table cuisine. All eyes are on us! We have been named top places to visit by Lonely Planet, Fodor's Travel and Harper's Bazaar. This year's new guide showcases all that we have to offer for those who desire a memorable getaway. The Sullivan Catskills is truly the trending place to be and our guide is one of our best pieces of advertisement," said Roberta Byron-Lockwood, President, SCVA. "It is also an excellent resource to educate residents on things to do with their family and friends in

their own backyard."

The Travel Guide aligns with SCVA website ([www.sullivancatskills.com](http://www.sullivancatskills.com)), which is designed to make things easier to find and for those who want more information on attractions, lodging, restaurants and events. In addition to the featured guide, the SCVA has niche Trail Brochures, which are updated annually, for those who desire specialized experiences such as the famed Dove Trail, Craft Beverages, Arts & Culture, Antiques, Pottery and more...

"This year's Travel Guide is truly a piece that captures the essence of who we were and where we are now in the travel and tourism industry," Ms. Byron-Lockwood said. "The cover photo, taken by local photographer Jerry Cohen encapsulates that we are a place that has a profound legacy and a getaway where one can experience solace and distance with the backdrop of our majestic Catskill Mountains."

In previous years, SCVA Travel Guides have won numerous American Graphic Design Awards, as well as the prestigious Hermes Creative Award.

For more information on the SCVA or how to obtain a 2021 Travel Guide, visit [sullivancatskills.com](http://sullivancatskills.com) or call 845-747-4449.

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

February is for lovers... Library Lovers that is! February is National Library Lovers' Month and we hope you'll help us celebrate by taking advantage of at least one of the many services available to you through your local library. Although the COVID-19 pandemic has altered the way in which we are able to offer many of our services, we're still here working hard to be here for you!

We are continuing to offer curbside services, so if you are uncomfortable with coming into the Library to browse, just give us a call or send us an email with what books and/or movies you are interested in – we'll gather up what we have, check them out to you, and bring them outside to you. If you are comfortable coming into the building to browse and/or use one of our Internet computers, be sure to call or email us to set up an appointment to do so. We're still limiting the amount of people we can have in our building at any time, so we cannot guarantee in building availability if you do not set up an appointment prior to arriving.

As a reminder, you also have access to thousands of e-books, e-audiobooks, e-videos, and e-magazines with your library card. Just download the OverDrive

and/or Libby apps to your computer or device to get access today! We are constantly adding to our e-content to try and accommodate all of you as best as we can.

We know many of you enjoyed attending programs at the Library, and although we still are not able to welcome you back to programs within the library, we are offering 'Take and Make' crafts for both children and adults. This month, kids can make some cute foam and felt flowers for their valentine, while adults can make a heart shaped trinket holder made out of clay. Crafts will be available the second week of February for pick up. Call Miss Amanda at 845-436-6067 ext. 102 or email [aletohic@rcls.org](mailto:aletohic@rcls.org) to reserve yours today as supplies are limited.

Thank you for your continued support and understanding as we continue to adapt. As it is winter, please remember that sometimes we may close early, open late, or close entirely depending upon the weather. Please be sure to contact us before venturing out if the weather is looking iffy. A reminder of our contact information: 845-436-6067, [fbr@rcls.org](mailto:fbr@rcls.org), [www.fallsburglibrary.org](http://www.fallsburglibrary.org). We hope to see you soon!

## BCES Announces First Quarter Honor Roll

FALLSBURG – Benjamin Cosor Elementary School announced the following students for the Honor Roll during the First Quarter of 2020-2021.

**Fourth Grade Superintendent Honor Roll:** Jonathan Padgett, Jr., Easton Pugh, Benjamin Teri, and Yamein Wheeler.

**Honor Roll:** Evangeline Capicchioni, Nicolas Ciorciari, Layla Cruz, Michael Damms, Michael DeMondo-Gernant, Liam Doyle, Sara Abigail Flores Ramos, Leily Nicolle Garcia Menjivar, Ariyanna Laudadio, Lindsay Lopez Landaverde, Andrew Machado, Nelson Machado III, Emily Mackerley, Michelle Maradiaga, Rebecca Moocz, Alena Nicholson, Daniel Perez Martinez, Samantha Saciolo, Brooke Sevrering, Alena Tarabichi, Kristopher Tiritilli, and Kimberly Zempoaltecatl.

**Fifth Grade Superintendent Honor Roll:** Addison Alvarado, Natalia Evangelista, Carlos Granados Reyes, Layla Hermann, Camdyn Hoefling, Sophia Jacobs, Pedro Pineda Ortiz, Keily Rosales Charuc, Jahnnny Sebastian, Zayd Amir Hamid Snead, Joshua Tetteh.

**Honor Roll:** Elenora Ahmetaj, Leila Basic, Ayden Brown, Makenzie Collins, Gianna Colombo-Gonzalez, Aaliyah Davis Feeney, Mad-

delynn DeMondo-Gernant, Mariama Gai, Amhara Gillmer, Eriberto Gonzalez Jr., Stephon Harris, John Anthony Ketcham, Emmet Kleingardner, Dalila Koljenovic, Alisson Esmeralda Lagos Guardado, Nazareth Manjarrez Paredes, Brandon Mariaca, Josue Martinez-Lopez, Madelyne Maxwell, Jania McGriff, Paola Nicole Melendez Deras, Ronny Mendoza, Kileen Milligan, Gabriella Moreno, Jaysi Nicanor-Perez, Lillian Odom, Dillan Padilla-Avila, Jiya Patel, Shiv Patel, Henry Reyes, Kayden Saraviera, Kiara Sauer, Zoey Saunders, Luca Sinigaglia, Joslyn Smith, Connor Torres, Helen Vasquez, Avery Wall-Carty, and Lavante Ward.

**Sixth Grade Superintendent Honor Roll:** Shaun Brenner Jr., Emma Cenovic, Jordyn Cerrone, Carissa Ciorciari, Riley Gorr, Adryana Kozachuk, Ashton Lowe, Trevor Machado, Efram Rodriguez, Layla-Marie Russell, Leah Russell, Peyton Varner, and Tyler Wright.

**Honor Roll:** Juliana Barreto, Robert Blake Jr., Je-niah Cannonier, Ayden Carpenito, Maiya Davis, Ashleigh Fuentes Arden, Guiseppe King, Connor McManus, Dominic McPherson, Tristin Miller, Eric Moocz, Alexa Smith, Abigail Toledo, Alisha Tremper, Sierra Velazquez, and Xavier Young.

## MONTICELLO DELAYS KINDERGARTEN REGISTRATION

MONTICELLO – Monticello Central School District's Kindergarten Registration Week, originally scheduled to take place March 22-26, has been postponed to later in the school year.

As in years past, registration will be by appointment only. However, this year, registration will take place at the school which the incoming kindergartener will attend. Children who will attend Emma C. Chase Elementary School will register

at Chase, and children who will attend the George L. Cooke Elementary School will register at Cooke.

The changes were made to facilitate a more socially distant registration process. The district will share more information about registration dates as soon as it's available. For more information, please contact District Registrar Jeanne Wilkowski at 845-794-7700, ext. 78905, or by email at [jwilkowski@k12mcsd.net](mailto:jwilkowski@k12mcsd.net).



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# SENTINEL SPORTS



## BUNDLE UP!

### TRAIL ACTIVITIES IN WINTER

by *Emilia Benton*

HOUSTON, TX – As the COVID-19 pandemic surges on, more and more people are choosing to exercise outdoors to stay safe while being active and connecting to nature. Being active outdoors is not a challenge for many people in the spring and summer, but as the weather gets colder and the days get shorter, some people may be entering uncharted territory as they seek to keep using trails for their physical and mental health. But common outdoor activities such as walking, hiking, running and cycling can be done safely in the fall and winter, as long as you're adequately prepared and plan to recreate responsibly. Ask pretty much anyone who's ever trained for a marathon or half marathon what weather conditions they prefer, and chances are they'll tell you cooler ones. As a runner living in Houston—which is known for its long, hot and oppressively humid summers—I live for that first touch of fall and have run my best long-distance race times when we've been fortunate enough to get race day temperatures below 60 degrees (in my opinion, 40 degrees is ideal).

For someone like me, preparing for colder run days doesn't require much other than a switch to long sleeves or tights when we see large temperature dips. But if you

live farther north, you'll definitely want to give it more thought. According to Rebekah Mayer, a USA Track & Field (USATF) Level 2 coach and wellness advisor at E Squared Health in the Minneapolis area, the amount of clothing you need to stay warm, safe and dry in the late fall and winter depends largely on the climate. While these tips below are designed for running, they can be adapted to walking as well, with climate and body temperature (walking vs. running) kept in mind. "I recommend dressing in layers when possible, because once you start getting warmed up on a run, it often feels like it's 20 degrees warmer than it is outside," she explained. "If you overdress, you can always pull off a layer, if you have multiple layers on."

As far as fabrics and materials, Mayer advised that your base layer be made of a wicking synthetic fiber to wick the sweat away from your body, as cotton or natural fibers tend to absorb sweat, which can lead you to experience chills as you continue moving. Depending on the climate you're in, you may need a thicker but lightweight mid-layer to stay warm, such as fleece. Your outer layer should still be something breathable, especially if you're on a longer run, she said. However, if you're on a



PHOTO BY CLARK MAXWELL

Regardless of your age, proper clothing is the key to enjoying the trails in winter.

shorter run in which it's raining or snowing, you might be better off wearing something less breathable, like a windbreaker or waterproof jacket, to keep moisture from coming in and getting your inner layers wet. If you live somewhere where winter temperatures tend to dip well below freezing, it is still possible to safely get your miles in outside from a health standpoint, Mayer said. However, that depends on being able to dress appropriately for the temperatures. Mayer herself trains outdoors until it gets to be well below freezing, though she moves her runs to the treadmill if she has a key speed workout on tap, or if the roads and trails

are particularly snowy or icy, as these factors can affect the power and stride length needed to run and execute specific paces. "I would look at zero degrees for a threshold for average recreational runners who have a decent amount of winter gear," she said. "I personally don't move well when it's that cold or physically get as much out of my run as I would on the treadmill, and I can't run fast outside in the cold or on bad footing." One option for navigating less-than-ideal footing is shoe traction cleats such as Yaktrax, which can help you stay upright when covering packed snow or slick ice, Mayer said. You can also



PHOTO BY JOHN CONWAY

There are many sections of the Milk Train Trail that take on a particular beauty in winter.

put hex screws into the sole of an older pair of shoes to serve as spikes that can be less intrusive than large attachments like cleats. "You can put a few around the heel and toe part of the shoe when you're in thicker rubber; just make sure the screws are short enough that they wouldn't go all the way through the rubber and the cushioning and into your foot," she says. "If you're constantly running on bad footing, and just know you'd rather be outside than inside regardless of the conditions, then it's probably worthwhile to purchase the cleats." It can also be beneficial to choose the terrain you'll be running on based on con-

ditions and potentially bad footing you may run into, Mayer said. Singletrack trails (mountain biking trails) often aren't plowed at all, so that's something to keep in mind as well. A few inches of untouched fresh snow can be fun to run in, but older snow that a lot of people have stepped in can be more dangerous, because it's crusty, and it can be easier to sprain an ankle. "In my area, gravel trails that were formerly old rail beds are some of my favorite places to run in the winter—when they've been plowed—because even if there's a bit of snow or ice, the gravel underneath provides grippiness," said Mayer. "This is a much better surface option

than paved trails that have been plowed, because those tend to have more icy-ness underneath with no grip to help you out." When running outdoors in extremely cold temperatures, Mayer advises watching out for symptoms of frostbite and hypothermia as signals to move indoors as soon as possible. For frostbite, watch out for whiteness, redness or blisters on exposed areas, as well as localized pain and numbness, even in covered areas like gloved hands. Carrying a hand warmer inside a glove or mitten can help prevent this from happening. For hypothermia, watch out for shivering, confusion, sudden extreme fatigue, drowsiness,

fumbling and clumsiness, like you can't manage or hold anything in your hands. From a safety standpoint, if you're walking or running when it's dark out in the early morning or in the evening, it's important to ensure you can see and are able to be seen, especially if you're running on roads or trails that aren't well lit, Mayer said. Headlights are a good option, as are blinking or light-up vests, and reflective clothing. Finally, don't forget about hydration in the winter. This can be extra-challenging in colder months, because public outdoor water fountains may be turned off to keep pipes from freezing, and the contents of a hand-held can potentially freeze as well. Mayer recommends a fuel belt or hydration pack under a jacket, as wearing it closer to your body can help prevent freezing. Putting an electrolyte mix in your bottle can be helpful too, as any liquid with higher salt concentration is less likely to freeze. *This text was originally published in November 2020 in Rails-to-Trails Conservancy's TrailBlog. It has been reprinted here by permission. Emilia Benton is a Houston-based freelance writer and editor who specializes in topics including in health, wellness, personal finance and social justice. Follow her on Twitter @emmiemarieB.*

## FIFTY YEARS AGO...

### Fallsburg Skiers Continue Winning Ways

by *John Conway*

SOUTH FALLSBURG – It was February of 1971, and the Fallsburg High School boys and girls ski teams were in the midst of another very successful year. The Fallsburg boys, who had not been on the losing end of a meet the previous season, had already beaten arch-rival Monticello in January when they took to their home slopes at the Pines Hotel on Thursday, February 4 to host an allways tough Liberty team in a DUSO League match-up. Despite Liberty capturing the top two spots, the Comets came away with their sixth straight league win, and eighth victory overall on the year against a single loss, by a score of 182.35 – 188.4. Liberty's standout senior, Gary Allees took top honors in the meet, traversing the Pines course in 34 seconds flat. Teammate Kevin Mullen finished second at 34.3. But Fallsburg took the next five spots to seal the

win. Wayne Griffin, Bruce Perlstein, Al Greenblatt, Jay Shapiro, and Pete Stangel were the Fallsburg skiers who took third through seventh place in the meet. In the girls' competition, Liberty was able to enter only three skiers, two fewer than the five necessary to compete, and lost by forfeit. Fallsburg girls turned in the five best times before Toby Goodman of Liberty was able to break the string. Sheila Klein led the way for Fallsburg, finishing with a time of 42.35, just ahead of teammate Pat Hinckley. Both Fallsburg teams would face upsets just two weeks later, when Valley Central of the Orange County League travelled to Holiday Mountain Ski Area in Bridgeville for a non-league encounter and scored twin victories, despite the Comets Sheila Klein turning in the best time in the girls' competition with a run of 36.539. Ray Smith led the Fallsburg boys, but his 33.745 was good for no better than fourth place overall.

## SUNY SULLIVAN SPRING SPORTS UPDATE

by *Win Hadley*

LOCH SHELDRAKE – Chris DePew, Dean of Student Development Services and Director of Athletics at SUNY Sullivan, has issued a statement updating the status of spring sports at the college. In the wake of ongoing COVID restrictions, Mr. DePew says Sullivan is "working to find a safe path to return to competition" in baseball, track & field, and golf. He emphasized, however, that plans are still being refined and are contingent upon guidelines set by the National Junior College Athletic Association and others. SUNY Sullivan had previously cancelled its entire winter sports schedule in all sports. Here is the full text of Mr. DePew's letter: *SUNY Community Colleges, that are members of the National Junior College Athletic Association (NJCAA), have continued collaborative efforts to assess and plan for what we hope will be the safe resumption of spring sports, including traditional fall sports that have been moved to spring,*



*per NJCAA 2021 Sports Guidelines. Campuses will have the option to either cancel intercollegiate athletics, sponsor Return to Play/Practice (RTP) or Return to Competition (RTC) Plans. RTP Plans offer the option to hold on-campus workouts and training with student-athletes, in a structured and monitored environment, without engaging in competition. Detailed, sport-specific RTC Guides have been developed, and while there will be autonomy on each campus for health and safety policies, SUNY CCs will adopt RTC requirements that each member in-*

*stitution will be expected to follow in order to compete. RTC Guides were informed by governing athletic associations, and made to be consistent with CDC, NYS Guidelines, SUNY and local DOH, and institutional recommendations and protocols. Each institution's RTP and/or RTC Plans are dependent on local COVID-19 data, being able to safely resume operations and being approved by their respective local DOH. NJCAA SUNY Community College decisions will continue to be guided by best practice and cautious adherence to health and safety protocols*

*intended to safeguard the well-being of our student-athletes, staff, campuses, and communities. We commit to ongoing collaborative efforts in support of our student-athletes. At this time, SUNY Sullivan is committed to working to find a safe path to return to competition in the traditional Spring sports of Baseball, Men's & Women's Track and Field, and Men's & Women's Golf. It is our hope that we will be able to provide opportunities to our dedicated student-athletes that have worked hard to put themselves in a position to compete for our nationally recognized Athletic Program. We realize that our stance is fluid and contingent upon standards and guidelines set by SUNY, NYS, and Sullivan County. All of our plans will continue to be developed and refined in accordance with SUNY Sullivan's COVID Re-Opening Plan, the NJCAA Guidelines on Return to Competition, and our local Health Department recommendations. If it is safe and possible, we will provide an environment for our Generals to once again return to competition. Go Generals!*



**BALLGAME  
BAFFLERS**  
BY BRIAN

Here are five ballgame bafflers for your consideration. The first person to email the most correct answers to hurleysent@hotmail.com will win a prize. Have fun!

*Super Bowl Trivia:*

1. Which team has made the most Super Bowl appearances?
2. What two teams have won the most Super Bowls?
3. How many points were scored in Super Bowl LII by both teams combined?
4. Who has made the most Super Bowl appearances as a player?
5. Which team played in four consecutive Super Bowls?

Last month's answers:

1. How many goals did Wayne Gretzky Score in his National Hockey League career?  
**894**
2. What National Hockey League team has won the most Stanley Cup championships?  
**Montreal Canadiens (24).**
3. How Many Canadian cities have had NHL franchises at one time or another?  
**Nine. (Montreal, Toronto, Quebec, Ottawa, Hamilton, Winnipeg, Edmonton, Calgary, Vancouver)**
4. What two teams played in the first Winter Classic Game?  
**The Pittsburgh Penguins beat the Buffalo Sabres in a 2-1 shoot-out at Ralph Wilson Stadium in Buffalo in 2008.**
5. Which NHL team won four straight Stanley Cups in the early 1980s?  
**NY Islanders.**