

SNOW MORE!

Hurleyville Digging Out After February Storms



PHOTO PROVIDED

Julie Palmer

DIGITAL MEDIA LAB HAS NEVER BEEN BUSIER

by Denise Sullivan

HURLEYVILLE – Have you been watching more TV during the pandemic? Have you tried streaming services with a smart TV, or taken an on-line course? How many of us are now more familiar with video conferencing tools like Zoom and Skype?

At schools and businesses, these tools are essential for teaching students in Kindergarten through college, and for training employees both new and veteran. Like many organizations, The Center for Discovery (TCFD) has shifted to online teaching for kids as well as for professional development. As a result, the Digital Media Lab at the Technology Hub and Incubator (THINC) has never been busier.

Julie Palmer, THINC Videographer and Project Coordinator, spends most of her work day with a camera or a computer, carefully recording or editing. TCFD staff are often in front of the green screen and camera in the lab with Julie. However, departments and staff members have embraced the use of video so much so, that they often do their own recordings of activities and deliver the raw footage to Julie, who consults with them to discuss the objectives of the final product. Julie uses Final Cut Pro, a professional and robust video editing application. Her mastery of this tech tool is deep. She will layer effects and words on top of video to make it more entertaining or relevant. She adds color, symbols or still pictures for non – readers. When audio is difficult to hear, she adds graphics to aid understanding. Julie is an expert when it comes to

accessing stock photos or music. She picks the just – right jingle that adds lightheartedness or tugs at the heartstrings. Her finished work is enormous, and all final products are archived on a TCFD network, where they can be accessed by employees any time of day or night.

Julie recently worked with a new department at TCFD, Animal Assisted Intervention Education (AAIE). They are creating fun videos to bridge that gap between student visits with the therapy dogs, rabbits, mini goats, and mini ponies. For Valentine's Day, staff filmed a game of bingo in the barn, with therapy dogs and mini ponies that press a large button on command - both cute and amazing to watch. The button activates a spinner that lands on a symbol on students' bingo boards, allowing them to play at home while watching. The adorable animals are motivating fragile students to interact, and are used during therapy sessions. After all, who wouldn't walk a little further if they were holding a lead attached to a tiny pony?

Recording in a kitchen at the Department of Nourishment Arts (DNA), Julie filmed an executive chef teaching staff how to part, or cut up, a whole chicken. Other DNA videos include how to cut and use unusual root vegetables grown on site. An entire series of videos are being created for employee engagement, an effort to support TCFD staff, heroes that insure the safety and quality of life for vulnerable residents each day. Julie Palmer records their efforts, creating video stories with knowledge, skill and compassion.



PHOTO BY JOHN CONWAY

Streets and sidewalks bore witness to the unusual accumulation of snow in Hurleyville during the month of February.

by John Conway

HURLEYVILLE – After the month of February began with a two-day storm that dumped up to 24 inches of snow on most of Sullivan County, persistent smaller storms throughout the remainder of the month added to that initial accumulation, and left the streets of Hurleyville clogged with piles of the white stuff, making parking difficult, and crossing the street an adventure.

Most residents seemed happy to see March arrive,

especially after a light but steady rain gave way to bright blue skies late in the day on Monday, March 1. Strong winds added to the illusion of spring as the new month got underway. Not even a brief snow squall around sunset March 1 could dampen the enthusiasm of what forecasters predicted would be a period of relatively quiet weather over the succeeding ten days.

Despite the hopes for an early spring, high winds, below zero wind chills, and scattered power outages the first two days of

this month served as a reminder that March weather in Sullivan County can be terribly unpredictable. Still, the area fared better than further upstate, where wind and snow and bitter cold made for treacherous conditions. But throughout the upstate region, temperatures had reached the 40s by Wednesday.

Historically in Sullivan County, the average total new snowfall in the month of February is about 11 inches. This year, that average total was exceeded by the second day of the month.

When all was said and done, the National Weather Service recorded more than 43 inches of new snow in Sullivan County for February this year.

Temperatures in Sullivan County for the month of February this year were much closer to normal: the average high for the month was 31.8 degrees Fahrenheit, compared with a normal average high of 34.2. The average low for the month this year was 14 degrees, compared to a normal average low of 11.2 degrees for February.

Garnet, Public Health Collaborate to Get Vaccines to More People



HARRIS – Sullivan County Public Health Services and Garnet Health Medical Center-Catskills continue to partner to mount clinics to get COVID-19 vaccine out to residents.

As of Friday, February 26, Public Health had administered 2,155 vaccines (which includes 1,617 first doses and 538 second doses of the Moderna vaccine) in just over a month. The majority of the individuals receiving the shots have been essential workers as defined in category 1B by the State, and those age 65 and over.

Garnet Health Medical Center-Catskills has administered 3,600 doses, which includes 1,811 first doses and 1,789 second doses.

The groups have partnered since December, even sharing staff and resources through a memorandum agreement. Weekly planning calls are also held to touch base with additional partners, including the Cen-

ter for Discovery and Sun River Healthcare, and to redistribute vaccine as it becomes available.

"Garnet and Public Health have long been close allies in the constant quest for better health in Sullivan County, and the coronavirus pandemic has brought us even closer," Sullivan County Public Health Director Nancy McGraw said. "Using our notification list of residents who are eager to be vaccinated, our collaboration will result in several hundred more people receiving their first dose of the COVID-19 vaccine this coming week."

Public Health expects to receive additional doses

early next week from the regional distribution hub, in addition to the weekly allocation of 300-400 doses that it has been ordering. Knowing that Public Health has a list of over 10,000 people interested in being vaccinated, Garnet leaders are willing to commit to working in collaboration with the County, utilizing its notification list. Individuals can sign up at www.sullivanny.us/departments/publichealth/covidvaccines, or those without access to the Internet can call 845-807-0925, which will be answered by a live person during business hours Monday through Friday.

"We are gearing up to have a much larger clinic at SUNY Sullivan shortly, and we will use the notification list to make that announcement simply because there are so many people on it who have been waiting," Ms. McGraw said.

Garnet Health Medical Center-Catskills will also be able to benefit from the County's growing notification list to reach the public to notify them about upcoming clinics in Harris at their campus.

"Every dose we give to someone in Sullivan County is a welcome step forward in keeping everyone safe and in returning to normal life," Ms. McGraw said. "I thank Garnet, our Emergency Community Assistance Center, the State and all our partners for 'thinking outside the box' and helping us reach high-risk people who might otherwise face significant challenges in registering for a clinic."

Booklet Reprint Highlights

Fallsburg History

"Seeking Our Fortune in the North"
Available Again

by John Conway

HURLEYVILLE – An important booklet documenting the history of one of the earliest migrations of African Americans into Sullivan County is available again thanks to Myron Gittell and his Load N Go Press.

Mr. Gittell has reprinted the 1998 booklet, "Seeking Our Fortune in the North" by Dr. Myra Young Armstead, with profits from the sale of the booklet going to the Sullivan County Historical Society and Museum in Hurleyville and the Sullivan County chapter of the Association for the Study of Afro-American Life and History.

"Seeking Our Fortune in the North" is an academic study highlighting the relationship between the evolution of the resort industry and the migration of African Americans from the American South into Sullivan County in the 1950s, and focuses on the town of Fallsburg, where Dr. Armstead grew up.

It is one of the few dedicated studies on the subject.

"The African Americans who came to populate Sullivan County between 1930 and 1980 were largely of southern origin," Dr. Armstead concludes. "In the words of one, 'We were seeking our fortune in the North.' For the most part, they found what they wanted. Apparently mostly from economically depressed towns and rural areas devoted to agriculture, they were pleased to make new homes in the communities of the Borscht Belt. In their new setting, they enjoyed the familiarity of small town life, the beauty of the mountains, the plethora of jobs - albeit mainly unskilled - in a then healthy tourist economy, a degree of upward occupational mobility, relatively progressive racial attitudes, and the satisfaction of developing new and autonomous black institutions."

Dr. Armstead notes that Fallsburg hotels such as the Brickman and the Irvington were in the forefront of extending employment opportunities to African Americans, a notion borne out by the fact that the town of Fallsburg has traditionally been home to a larger number of African Americans than any other Sullivan County town.

"Brickman hotel chef Sam Marin-- who worked in Flor-

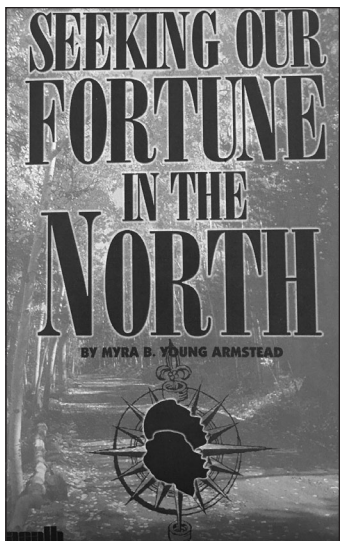


PHOTO PROVIDED

ida during the winter - was largely responsible for that establishment's use of southern black seasonal workers after 1951 or so," she writes. "Marin informed the hotel owner, Ben Posner, of the availability of laborers from the western Georgia/eastern Alabama area and of their need for work. Posner then facilitated these workers' arrival in the county by sending them transportation monies. Very quickly, what began as a trial engagement of a dozen or so of these migrants ballooned within a few years to the regular summer employment of over 90 individuals."

Dr. Armstead estimates that beginning in 1950 through its close in the 1980s, the Brickman's average summer staff of 300 was typically one-third African American. Most of these workers were employed in the kitchen or as maintenance workers, she writes.

Of course, not all African Americans worked in the hotels. Dr. Armstead notes that many of the women who first arrived here found work as domestics. Others took jobs in one of the several commercial laundries operating in the county in those days, and by the end of the time period covered in her study, she writes, blacks had gained access to virtually all avenues of employment.

Mr. Gittell says the book will be available at the Kristt Company in Monticello, Canal Towne Emporium in Wurtsboro, and at the Hurleyville General Store. Sale price is \$10.

The Sullivan County Historical Society will be donating copies of the booklet to school and public libraries, museums, historical societies and other nonprofit groups in the county.

The Inquiring Photographer

by Kathleen Sullivan



Q. It's been a cold and snowy winter. Why are you excited about the arrival of spring?



KADEIDRA DEAS

I like the spring because we don't have to wear coats.



HAYDEN GIBSON

I am excited for all the nice warm sun so I can go to the beach and for when the virus is over to play with my friends at my house.



HEATHER GIBSON

I am looking forward to sunny days and getting back into my She Shed; which I developed last spring as a mental wellness project to get through COVID restrictions. I can't wait to fill it with flowers and veggies and sit there again in the early morning with my cup of coffee and late nights under the twinkle lights.

Hamlet Happenings

by Kathleen Sullivan



PHOTO PROVIDED

Hurleyville- Sullivan First has applied for a 2021 Sullivan Renaissance Community Beautification Grant which will be used to care for completed projects including three Hurleyville signs at the entrances to Hurleyville, two signs at the Rails to Trails and the historical kiosk and Little Free Library at the Hurleyville Firemen's Park.

HURLEYVILLE -SULLIVAN FIRST

Hurleyville-Sullivan First has applied for a 2021 Sullivan Renaissance Community Beautification Grant. The grant will be used for the care and maintenance of projects that continue to make Hurleyville an oasis in the Town of Fallsburg.

Volunteers will be needed to help get gardens, planters and barrels ready for planting. Work dates will be announced soon.

Please visit www.hurleyville-sullivan.com for more information about Hurleyville-Sullivan First. You can also visit Hurleyville-Sullivan First on Facebook.

HURLEYVILLE UNITED METHODIST CHURCH

The Hurleyville United Methodist Church is open for Sunday services.

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

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. The prayer line phone number is 605-472-

5491 and the access code is 251678.

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, March 18 and on Thursday, March 25 from 3 until 5 p.m.

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

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

"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 MUSEUM AND HISTORICAL SOCIETY

The Sullivan County Museum and the Historical Society are still closed to the public because of COVID-19.

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)

No news is still good news for Hurleyville!

The developer of Gan Eden Estates has not yet submitted the new DEIS (Draft Environmental Impact Statement) to the Town of Thompson Planning Board. The statement which must address environmental factors and concerns will be subject to public review and comment 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 provide input on this ongoing process.

Visit CHNA at www.columbiahill.org and on Facebook to learn how you can help to protect your environment and your community.

The Scene

Music and Entertainment in and around Hurleyville



by Jane Harrison

It's been a very long few months. Between the storms every few days in February and a few personal tragedies, I'm very much looking forward to the spring-like weather predicted and the rejuvenation it will bring.

Even the music scene seems to be itching to make a comeback with "incidental music" popping up from High Falls to Parksville. Incidental music refers generally to solo artists and sometimes duos that pop into eating establishment and play a few tunes. The few I've been privileged to run into, diners are socially distanced and generally sparse and fully masked when leaving their tables. COVID is still a very real concern and everyone is playing by the rules. And those who don't have been shown the door. I'm very impressed.

If you've been following the COVID numbers like I do, you've noticed a drop in confirmed cases. I honestly don't believe it is because Sullivan County has finally awoken to the dangers, but more that people are chasing the vaccine. When someone I know from Nevversink drove to Callicoon for her first dose, I thought that was crazy. Then I started hearing from others who received the vaccine. One went to Monroe, NY for the first dose and to Middletown for the second (because they couldn't get an appointment for the second in Monroe). Another drove to Rochester. Still others drove into the city and the Javits Center. The average time spent on the computer to obtain these appointments is six consecutive hours. What do people who



PHOTO BY JANE HARRISON

During my "COVID vacation," I have finished five pair of socks and working on a sixth!

don't have a computer do? And what happens if the antibodies only last three months as they do in people who have had COVID, as was told to me by a health professional?

I had a really bad day last month. You know the kind, the kind where every contact with the outside world frustrates you to no end. I was recounting...ok, complaining... to friend CASWYN MOON of my rotten day to which he graciously shared a new song, still a work in progress, with me. As I've said before here, I'm a lyrics person. Lyrics are the poetry of message set into the delivery system of the music. And the lyrics here resonated with my day and I found these and the music absolutely delightful (a description that I'm sure Caswyn would not appreciate being an incredibly deep thinker and rather taciturn by nature). And the tentative name of this song? "Screwed." It's a love song.

The hope rides high with the tentative scheduling of an outdoor concert at the ARROWHEAD RANCH in Parksville in August. This is a unique concert to honor a regular guy named Lon who garnered an association with the Vermont band TWIDDLE. Lon died suddenly recently of natural causes in his fifties. How Lon became so venerated not only by the band,

but hundreds of fans of the band, is unclear. Friends who have known him for 40 years, attended Jam Cruise and countless other music venues with him, are just as baffled. But there it is in the form of LonCon Fest, an apparent mash-up of his first and last names. I sincerely hope this happens because I would love to know more.

Another high point of this last month was the reopening of FIBER ON MAIN. The hours are limited to Fridays from 3 to 6 p.m. and Saturdays from 11 a.m. to 4 p.m., and only two people in the store at a time. I'm looking forward to visiting and checking out the new yarns from The Center for Discovery farms and from Berroco. The weekly Wednesday get-together of fiber artists will now be continuing virtually, which is exciting....If I can figure it out. My friends all laugh at me, I can do so many things but I haven't figured out video chat/conferencing/anything. I do need to figure this out. I do want to show off "what I did on my COVID vacation."

Socks. Five pair so far, and working on a sixth. And my Penance Blanket, the one that is not my taste or style but I had SO much acrylic yarn. My penance. Keep the faith.

Stay strong, stay well, stay masked. Until next time.....



by Mimi

EASTER EGG HUNT

Rainbow-colored eggs or
Ones dyed with onion skins
Kids running round to hunt for them
And wondering who will win

The winner gets a basket
It's who has collected the most eggs
They'll be breathless and might
Wobble on their tired little legs.

But won't it be such fun to know
What the basket holds inside?
The winner's cheeks blush rosy
And she feels a sense of pride.

The other children gather
As she tears the plastic wrap
The grass around the candies
Is now sitting on her lap.

She pulls out the chocolate bunny
That was nestled very deep
Then sees one of her favorites
How she loves marshmallow peeps.

There were M&M's and Reese's cups
More than she'd ever seen
And a load of candy kisses and
A bag of jelly beans.

Then it dawned on her that though she'd won
It would be oh, so unfair
To eat every bit of candy
Without a thought that she should share

So she asked the kids to cup their hands
And began to dole sweets out
They squealed with glee and her heart filled up
Because that's what sharing is all about!

- Mimi
March, 2021

FROM THE WEATHER CENTER

by John Simon



ICICLES

We have all seen icicles...they can form during bright, sunny, but sub-freezing weather, when ice or snow melted by the sunlight or some other heat source (such as a poorly insulated building) re-freezes as it drips off under exposed conditions. Over time, continued water runoff will cause the icicle to grow.

The growth rate of an icicle can exceed 1 centimeter (0.39 inches) per minute!

Also, in the right conditions, icicles may form in caves (in which case they are known as ice stalactites). Large icicles that form on cliffs near highways have been known to fall and damage passing motor vehicles. In 2010, for example, five people were killed and 150 injured by icicles in St. Petersburg, Russia after a heavy snow

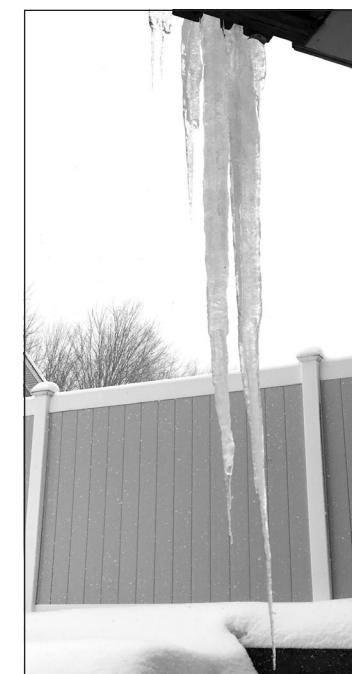


PHOTO BY JOHN SIMON

A hanging icicle in Hurleyville.

that also caused apartment building roofs to collapse, as well as water damage to private homes and to the National Library of Russia.

PHILIP HOLLAND
GOAWAY TRAVEL, INC.
845-353-3447
GOAWAYMORE@GMAIL.COM

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

**MAKING TRAVEL DREAMS COME TRUE
SINCE 1982.**

CALL GOAWAY, TO GETAWAY!

neoxion
American Society of Travel Agents

Hurleyville
GENERAL STORE
EST. SINCE 2019

- THERE'S NO STORE LIKE THE
HURLEYVILLE GENERAL STORE -

HOMEGOODS WITH PURPOSE

We supply custom crafts and items made with love by children and adults with special needs and circumstances. Help be a part of something extraordinary!

MORE INFO: 845.640.6906
www.hurleyvillegeneral.com

THE HURLEYVILLE SENTINEL.
Covering Main Street and Beyond

227 Main Street - P.O. Box 179
Hurleyville, NY 12747
845-707-6000
hurleysent@hotmail.com
www.hurleyvillesentinel.com

Editor-in-Chief John Conway
Website Editor Kathleen Sullivan
Circulation Editor Elaine Corrington

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

HPAC Hurleyville Performing Arts Centre

Isabella Rossellini's
Sex and Consequences
Online March 5, 2021 at 8:00pm

Hula For The Family
FREE Virtual Workshop
March 14, 21, 28 at 4:00pm

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

For more info and to Support the Hurleyville Performing Arts Centre
visit HURLEYVILLEARTSCENTRE.ORG to
Become a Member, Corporate Sponsor or Make a Donation

SPRING INTO SEEDING!

At Time and the Valleys Museum

GRAHAMSVILLE – The Time and the Valleys Museum is hosting an on-line virtual program entitled “Spring into Seeding!” on Sunday, March 7, at 2 p.m.

Think Spring! John W. Story of Story’s Neversink Plant Co. in Neversink, NY will demonstrate how to start vegetable seeds and how to make cuttings of common flowering garden plants. Using step by step instructions, each step will be demonstrated and explained. Participants will be able to easily replicate the steps to have a successful garden this spring. An introduction begins the program and a question and answer session will follow.

Admission to the Museum’s virtual events is EASY. Just email the Museum at info@timeandthevalleymuseum.org to receive a reply email invitation with information on how to log in for the program.

Programs are provided FREE for Museum members. To become a member (only \$25 for a full year) go to: <https://www.timeandthevalleymuseum.org/support/membership/> or just send a check to Time and the Valleys Museum,

P.O. Box 254, Grahamsville, NY 12740.

While the program is free, a donation of \$5 or \$10 from non-members to help the Museum cover the cost of providing educational programs for non-members is appreciated. Go to: <https://www.timeandthevalleymuseum.org/support/donate/> to make a donation via Paypal. For more information on this or other upcoming programs, please call 845 985-7700 or go to info@timeandthevalleymuseum.org.

About the Time and the Valleys Museum: Connecting Water, people and the Catskills, the Time and the Valleys Museum is currently closed, but will open Memorial Day to Labor Day, Thursday to Sunday, from noon to 4 p.m. and weekends in September.

The Museum has everything in place to protect the health of both visitors and staff. Staff will be wearing masks at all times, using hand sanitizer frequently and thoroughly cleaning all touched surfaces several times a day. Visitors to the Museum and 1930s Lost Catskill Farm must wear masks, practice social distancing and use hand sanitizer frequently throughout their visit.



PHOTO PROVIDED

Exhibitions:

- Water and the Valleys, an exhibit on the history of the Rondout and Neversink watershed area from early geological times to the 20th century. This newly renovated exhibition includes a section on the Lenape Native Americans, early area settlers, farming, local industries and more.
- Tunnels, Toil and Trou-

ble: New York City’s Quest for Water and the Rondout-Neversink Story, an engaging exhibition on NYC water supply system and the towns that were removed to build the system, includes why New York City needed water, a description of the three water systems, the heartache of the people who had to give up their homes and how the com-

plex system was built.

- 1930s Catskill Family Farm is an outdoor, open air experience with several early farm buildings all illustrating life on a Catskill family farm during the 1930s, about to be removed for the building of a NYC reservoir. Building include a farm house, 1870s barn, electric plant, milk house, outhouse and

workshop with WORKING waterwheel.

- One Teacher, Eight Grades, One Room a temporary exhibition on one room schools in the Tri-Valley area.

The Museum is located at 332 Main Street (St. Rt. 55) in Grahamsville. Adults admission is a suggested donation 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.

PAPER CLIPS...

by Elaine Corrington



A Whole Year of the Ides of March...

After a few weeks at the beginning of 2020 of increasingly sad stories of people from different areas of the earth being infected by what turned out to be a new virus, it was becoming clear that things were getting worse and worse in numbers and affected territories.

It had not yet really hit most of us personally, but we were paying a little closer attention to the media. What the heck WAS this? Let’s wash our hands more. Cover your mouth and nose when you sneeze. Don’t we have a cure or a treatment plan in case somebody travels outside our area and gets it?

We were not really thinking about changing school, work, family, social, holiday, health, shopping, covering up at least 50% of our face, cleaning a lot more, even though everything looks ok, and community improvement plans. We were thinking “Well, if I don’t feel well, I will just stay home a couple of days and get better- and then I won’t get it again...like the flu or a cold.”

You might have even heard someone say in line at the store that they might pretend to have it for a few days planned around a weekend for a little mini-vacation. On March 11, 2020 the World Health Organization (WHO) presented the first major world-wide media awakening to COVID, although the severity had not been determined fully. Without much information or analysis about what would become the most extensive and powerfully potent pandemic of any of our lifetimes began, we were slowly becoming accepting that we were going to have to BE(A)WARE, each and every one of us, for ourselves and for everybody else.

By March 15, “The Ides of March,” most of us were trying to fathom how much we would have to change our lives to have a chance of survival. It was new. Not everybody chose to believe that it was real, growing, spreading, gaining potency- and that we were responsible for doing our part to help control the spread and treat the victims. We were no longer on the outside looking in.

“The Ides of March” was originally just a time divider for our planet. It occurred between the March 13 and March 15, and it marked the first full moon of the month. Although month names and timing were not shared by everyone, full moons were. “The Ides of March” was eventually when the New Year was shared, celebrated and rejoiced. It was also when debts were to be paid- another thing to celebrate if you could meet that deadline!

When Shakespeare wrote “Julius Caesar,” his characters’ death on the Ides of March was used to warn everyone that it was a time you could confront death and destruction. “Beware the Ides of March!”

Many years later, even Homer Simpson had to fight that earthly peril.

Now we are facing “The Ides of March” again, and so much has happened. The fear of no vaccine was replaced by the fear of taking a vaccine that was developed “too fast” to be considered safe- much, much faster than effective vaccines previously. Many people find vaccines of any kind unacceptable- and their friends, neighbors, family, and co-workers may feel threatened about the increased danger they may be to themselves and others if they do not take it when it is available to them. Politics, holidays, health care realities, and distribution needs have affected abilities to control the effects of the pandemic.

Every part of life on the planet, in your country, in your hometown, in work and schools, in acquiring what is needed, in having peace, happiness, learning, joy, humor, and confidence; is affected by this pandemic. Some things will be “controlled”, some things will be “solved”, and some things will just “never be the same.”

“The Ides of March” are here again, leading us to wonder, “one year from now—in 2022-- where will we be?”

It is good to know that vaccines and health and lifestyle interventions are faster to share now. It is good to know that many people are working for the protection of us all in ways big and small. It is good to demand sharing information and providing care for all who will take it. And it is good to take a look at yourself and think about any choices you need to make and get support you may need.

And don’t forget: humor, friends, and perhaps chocolate are well-known to cure “The Ides of March,” if not the virus itself.

Or that might just be me...but I don’t think so.



Out Divine Corners Way

by Jonathan Shimkin

In January I watched the ice-fishermen gathered on Morningside Lake. They were spread out in a rough line, not far from shore, each station marked by its own ice-cutting and its own ice shanty, a tall oblong shack for shelter and supplies. The ice shanties gave the lake the look of a Victorian seaside scene, with bathing machines dotting the strand.

The fishermen seemed confident about their position out there on the frozen lake. I recalled a time when I went walking across wintry Echo Lake and was startled to find, at mid-point, my steps leaving shallow indentations in the ice and water starting to pool in them. I held my breath at the sight of that and stepped back, most gingerly, till I was sure of firmer ground, then hightailed it back to shore.

Ice is less unyielding than it looks. For all its seeming solidity, it has a labile quality and is subject to swift changes of form. You can hear this in the sounds it makes in winter. On a walk by the pond on the Milk Train Trail, in Hurleyville, I heard – and felt – what sounded like a subdued sonic boom, a “whoomp! whoomp!” that I took for echoes of construction activity coming from town. I was mistaken; it was the sound of the ice itself,

contracting and expanding in response to fluctuations of temperature, making its unique winter music.

Thoreau, our most astute observer of ponds, heard such sounds emanating from Walden on February 24, 1850 (I love that he recorded the date) and wrote: “Who would have suspected so large and cold and thick-skinned a thing to be so sensitive?... The largest pond is as sensitive to atmospheric changes as the globule of mercury in its tube.” The ice is indeed a mercurial membrane, a compound of solid and liquid, land and water, stasis and motion. It confounds these opposites, which makes it a particularly apt element for the clamorous winter of 2021.

Wind can sculpt ice. The nor’easter of early February shaped icicles off my neighbor’s roof that curved upwards, like curled fingers gripping the underside of a handle, reaching back towards the house with a certain ferocity about them. My neighbor, viewing them from inside the house, said they looked like teeth ready to take a bite out of the siding. The icicles vanished in the next day’s sun, like something we had dreamt or hallucinated.

Winter makes a point of icicles. Once I hiked

to Verkeerderkill Falls, out from Sam’s Point, in mid-January. The Falls is nearly 200 feet tall. As you approach it through the woods you hear the whoosh of water increasing from trickle to roar. On this frigid day, however, there were no sounds at all as I approached the site. Coming out of the woods, onto the ledge that overlooks the Falls from the west, I saw why: the water had frozen from top to bottom. Verkeerderkill Falls had turned into a two-hundred-foot icicle. Small trickling rivulets were visible through the ice, but the huge immobility of the scene was stunning. It was the reverse of the Hurleyville pond, where I saw stillness and heard motion; here, I anticipated motion and met stillness.

Ice: a border where contraries meet, the most commutable of elements. I salute the faith of fishermen and skaters and walkers over frozen fields of water, all those who take the risk that the surface will hold and provide a solid foundation for their efforts. Winter, especially this one, is the season for such tests of faith.

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



A Fiber Arts Studio hosting workshops for everyone, expanding the Makers Movement on Main Street.

FIBER ON MAIN
227 MAIN STREET
HURLEYVILLE NY, 12747
845.794.1400 - EXT. 6769

For registration, workshops and events listings:
www.hurleyvillemakerslab.org



Follow us on Face Book & Instagram



PHOTO PROVIDED

Monticello Kiwanis Treasurer Linda Barriger (left) presents Heart-a-thon donations to Bold Gold Media Group Senior Operations & Marketing Consultant Helena Manzione, who is also a Kiwanis member.

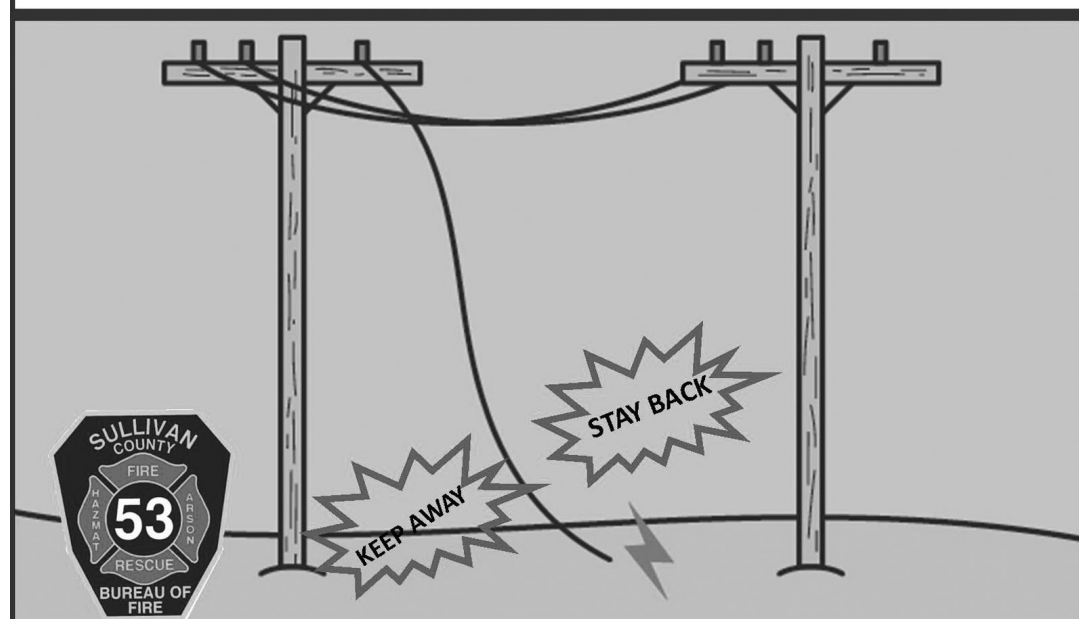
Monticello Kiwanis Club Contributes To Heart-A-Thon

MONTICELLO – The Kiwanis Club of Monticello has continued its tradition of supporting the 98.3 WSUL Heart-a-thon once more this year. The club members, along with their families and friends, raised \$1,540, which will

benefit the Garnet Health Medical Center Catskills Cardio-Pulmonary Department.

For information about Monticello Kiwanis, contact the group’s president, Marvin Rappaport, at 845-701-1655.

**THE SULLIVAN COUNTY BUREAU OF FIRE WANTS TO KEEP YOU SAFE.
TREAT ALL DOWNED WIRES AS IF THEY ARE LIVE (HOT)
DO NOT TOUCH MOVE OR DRIVE OVER THEM**



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.

Nothing much has changed in the firehouse this past month. We are still closed to the general public and continue to respond to all calls.

This past month there were a few calls of note. One call resulted when a person threw hot wood stove ashes out and caused a structure fire. There have also been a number of CO (carbon monoxide) alarms.

Make sure that you are putting your wood ash into a metal container and storing them away from the house.

With amount of snow we are getting make sure that all emergencies services can find you. Unfortunately, the fire department can see the smoke and fire but we cannot see the CO alarm or the ambulance can't see the medical alert alarm. If

There is another problem that fire departments are now encountering and that is that the snow piles are hiding your 911 numbers at the head of your driveway.

BURN BAN IN EFFECT
MARCH 16TH — MAY 14TH



Burn Ban In Effect
During this time period, no open burning shall be allowed.

PHOTO PROVIDED

Try to uncover them so that all emergencies services can find you. Unfortunately, the fire department can see the smoke and fire but we cannot see the CO alarm or the ambulance can't see the medical alert alarm. If

you do not have your 911 number posted PLEASE make plans to get one up as soon as the weather lets you.

As I write this month's column it is snowing quite hard. But you know it will stop and start to melt at some point. With the frozen snowbanks it may be hard for the snow melt to get off of the road and it will create puddles (called ponding). Add in some rain and we can have some problems. Do not drive through these big puddles. You do not know what is under them; the road could be washed out.

This is the March column so I need to rant and rave about the "Burn Ban." The Burn Ban dates are March 16 thru May 14. **NO OPEN BURNING.** Looking outside as I type this column not only is it snowing but we have two-plus feet of snow on the lawn and in the fields around my house. I promise you it will start to melt. So what happens is that we go from snow to mud and dry conditions. How quickly this happens is anyone's guess. But rest assured that the brush fire season will be here soon. Spring rains can and will help melt the snow. So when you get on your lawn to take care of spring clean-up, **DO NOT BURN** your debris piles. All it takes is

a gust of wind in dry conditions when the terrain has not yet greened up and we have a brush fire. So please: no burning of anything after you clean up your lawn!

With the snow storms and ice storms that we have been having, there have been some downed electric lines. NEVER, EVER touch any kind of downed wire. It may look like a phone wire or TV cable and appear to be dead, but do not know what is happening down the road. There could be a live electric line energizing the innocent looking phone line. Here are some safety tips if you encounter a down wire:

- If you see a downed power line, move away from it and anything touching it. Keep a distance of 35 feet, as the ground around downed power lines may be energized.
 - Assume ALL downed power lines are live.
 - If you see someone in direct or indirect contact with a downed line, DO NOT touch him/her. You could become energized as well. Call 911 for assistance.
 - NEVER attempt to move a downed power line or anything else in contact with it using an object such as a broom or stick. Non-conductive materials like wood or cloth can conduct electricity if slightly wet.
 - Don't step in water near downed lines.
 - Never drive over a downed power line.
 - If your vehicle comes in contact with a downed power line while you're in the vehicle, stay inside the car. Call 911 or honk your horn to get help, but tell those rendering aid to stay away from the vehicle.
 - If you must exit the vehicle for life-threatening reasons — jump out and away from it, making sure to land with your feet together and touching. Then, shuffle away with your feet touching until you reach a safe distance. NEVER attempt to get back into a vehicle that is in contact with a power line.
- Be safe out there.*



PHOTO PROVIDED

Regina McKenny-Snead

Fallsburg Alumni Association Honors Regina McKenny-Snead

FALLSBURG — The Fallsburg Alumni Association is proud to present its first ever Lawrence Kotin Award. This award recognizes and honors a Fallsburg Alumnus whose dedication and contributions on behalf of children with special needs is outstanding.

Lawrence Kotin graduated FCHS in 1958. He earned a B.A. from Columbia College in 1962, a Certificat de Langue Francaise from La Sorbonne, and a J.D. from the Columbia University School of Law in 1966. He has had an outstanding legal career and has won awards for his advocacy for students with special needs. He drafted much of the Massachusetts legislation outlining the rights of children with disabilities and was instrumental in its passage in 1972. He later drafted the regulations from that statute and was a consultant to the Department of Education in the first years of the law's implementation. This legislation became the federal Education for All Handi-

capped Children Act three years later. This award is to honor and remember his lifetime of work on behalf of children with special needs

The Fallsburg Alumni Association has chosen Mrs. Regina McKenny-Snead to be the recipient of this honor and award. Mrs. McKenny-Snead is a 1989 graduate of FCSD. In her words, "I always knew that my purpose in life was to be of service to others...I am extremely proud to be a part of what is now known as The Arc Greater Hudson Valley. I appreciate being deeply rooted in an organization that promotes, among other things, advocacy, inclusion and independence for people with developmental disabilities."

Mrs. McKenny-Snead has dedicated most of her career to SullivanArc and was promoted to her current position as Associate Executive Director of SullivanArc in 2007. The FAA is delighted to have her, the current President of the FAA, as the first recipient of this new and well-deserved award.

County, NYU Collaborate on Diabetes Survey

Survey Participants Being Chosen Randomly

LIBERTY — Sullivan County Public Health Services and the NYU School of Medicine have partnered to perform a health survey sponsored by the National Institutes of Health to better understand the health and dietary patterns of residents in Sullivan County and the prevalence of diabetes. The project is titled "The Impact of the Food Environment and Other Environmental Exposures on the Risk of Diabetes in Rural Settings."

"Households will be randomly chosen to participate in this health survey,"



SENTINEL FILE PHOTO

District 2 Legislator Nadia Rajsz

said Public Health Director Nancy McGraw. "The survey takes only 5 to 10 minutes, and you will receive a \$10 gift card by mail from NYU School of Medicine,

FROM THE FILES OF...

THE HURLEYVILLE SENTINEL.

The Only Newspaper Published in the Town of Fallsburgh

COMPILED BY **Sullivan County Historian John Conway**

March 12, 1937

County Bar Opposes Larger High Court

The Sullivan County Bar Association by a unanimous vote Monday adopted a resolution condemning President Roosevelt's Supreme Court enlargement plan as a menace to the Constitution and to individual liberties.

The Association also informally condemned the proposal of the March Grand Jury for a sharp increase in legal filing fees and recommended that a committee appear before the Board of Supervisors to explain the attitude of the bar toward the proposed \$15 filing fee suggested by the Grand Jury.

Two speakers criticized the Roosevelt court plan. They were Ellsworth Baker, Republican, and Lazarus I. Levine, former special judge, a Democrat.

The resolution, introduced by Joseph Cooke, and seconded by Mr. Baker, read in part:

"Resolved that any legislation affecting the membership of the Supreme Court of the United States is disapproved and that the secretaries be directed to send copies of this resolution to all Senators and Representatives from the State of New York."

Plane Shuttle is Considered

An airline operating company has shown interest in the proposed Sullivan County airport, it has been learned, with a view to establishment of a daily shuttle service between Sullivan County and the metropolitan area.

Leon S. Miroff, who operates a ticket brokerage business in Monticello said he had received inquiries from one of the three major airlines which he represents, regarding prospects for construction of the field. This company, according to Mr. Miroff, is prepared to institute a daily plane service between New York City and the Swan Lake field.

It has been pointed out that such a passenger service would yield considerable revenue to the County. In other counties where such publicly owned fields



SENTINEL FILE PHOTO

The Sullivan County Bar Association adopted a resolution condemning President Roosevelt's Supreme Court enlargement plan.

are used by commercial operators, revenue is based either on a fee for each passenger handled or a fee for each plane landed.

March 19, 1937

Localite Awarded \$500 for Injury

Francis Lawrence of Hurleyville, employed by Fallsburg township, won a lump sum award of \$500 for loss of hearing in his left ear suffered in the Autumn of 1935 when a box of dynamite blasting caps exploded accidentally on a town truck on which he was riding.

Lawrence was working on a town road near Hashrouck when the explosives were jarred out of place by a bump in the road and fell from the seat to the truck floor. He suffered severe injury to his left arm and left side. Pieces of metal embedded themselves in the flesh. Lawrence was represented by Edwin L. Greene of Monticello.

Hurleyville Woman Dies

Mrs. Mary Zelinsky, sixty-nine, resident of Hurleyville for many years, died at the home of her son-in-law, John Julkerski, here last Saturday. Her daughter, Mrs. Julkerski, died several

operator. The price is expected to hold up well this year, early run syrup already having brought from \$2 to \$2.30 in other parts of the state. Most of the Sullivan County production is sold locally.

March 26, 1937

Jacobson Damage Suit Settled

A settlement of the damage suit instituted by Mrs. Max Jacobson of Hurleyville for injuries suffered in an accident last year was made in court on Monday. The settlement with the insurance company was reached before the completions of the trial before Justice Sydney F. Foster and a jury. Mrs. Jacobson was represented by Lazarus I. Levine.

The suit was the outcome of an accident that occurred January 12, 1936 on the Wurtsboro Mountain as she and her son, Perk Jacobson, were returning from New York. Their car crashed into the back of a truck driven by William Hardcopf of Hackensack, N.J. and the plaintiff suffered several painful injuries. Hardcopf was represented by Gross & Orseck of Liberty. The amount of the settlement could not be ascertained.

Easter Food Sale

An Easter Food Sale, under the auspices of the Ladies Aid of the local M.E. Church, will be held on Saturday afternoon, March 27 at two-thirty in the George Van Keuren store. The food for sale will include home made potato salad, rolls, biscuit, bread, baked beans, cakes, and pies.

McCarthy's



CATSKILL AMUSEMENTS
SINCE 1949

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

845.434.5343

P.O. BOX 204, 231 MAIN ST.
HURLEYVILLE, NY 12747

Join our Center for Discovery Family
for the Best Salaries, Benefits, and
a Career Second to None!

Start a Career and Make a Lifetime of Difference

TOP HOURLY RATES
Highest Starting Salary in Region!
Starting Salaries \$15-\$17
NO MANDATED OVERTIME SHIFTS



COMPETITIVE BENEFITS



ENHANCED EDUCATION and TRAINING OPPORTUNITIES



GREAT JOB GROWTH
Opportunities in First Six Months

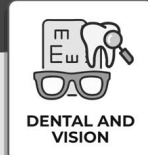


Benefits Include:

#WhatHappensHereMattersEverywhere



MEDICAL



DENTAL AND VISION



WELLNESS OFFERINGS



RETIREMENT SAVINGS/401K



CSA FARM SHARE



DAY CARE

Find out more at **tcfd.org/buildacareer**

Voted 'Best Place to Work' in 25th Annual River Reporter Readers' Choice Awards

THE MADNESS OF THE Q

Excerpted from the latest novel
by Gray Basnight

Chapter Forty

It was one of the ultra-new, hyper-fast trains that allowed Italy to leap past China in the evolving technology. Elevated enough to allow wildlife to pass under, it was neither a monorail, nor a maglev. It operated on old-fashioned electricity, with over-and-under wheels like a roller coaster. The engine was the length of an eighteen-wheeler and shaped like a Maserati. It pulled eight elongated bullet-shaped cars down a swath of the ancient boot that was once the heart of the heart of the Roman Empire. This particular fast train traveled from Venice to Rome in the seemingly impossible time of one hour and five minutes. This meant moving so fast that the view out the window was dizzying. Consequently, each

window was also a video screen that displayed a new snapshot of the passing terrain every five seconds.

Once in motion, the effect was tranquilizing. The nearly silent hum of the sleek engine, the gentle sense of movement, and the monotonous sequence of photo images combined to lull Teagarden into a shallow trance. He dreamed the images were a funeral mass of the recent dead, starting with Wechter. They kept coming, flashing like clickbait on Motherboard, the death masks of Eveillard, Cole, Sanchez, Nasri, Kanakaris, and now, Almonti. He jolted from the video requiem when the train suddenly lurched to an unscheduled stop, causing all video screens to revert to their function as regular windows. The name of the town was Arezzo. It didn't

seem to matter because La Volpe Romana barely halted before it was again tearing south at a speed approaching three hundred miles per hour.

"Why don't we have this in the States?"

It took Teagarden a moment to realize the woman was speaking directly to him. In the seat facing his, she plopped her high-gloss magazine onto the narrow table separating them. It was *Cose di Casa*, in Italian, yet she spoke English like an American. He'd studied her before departure and everyone else for any sense of threat. None of them moved the needle. They all seemed to be what their appearance suggested: tourists, business people, grandparents visiting their grandbabies. His primary goal was to be certain Elad was not onboard. He wasn't. At least, not in his car.

"Pardon me?" he said to the woman, investigating her appearance a second time. Elegant and professional, with a model's good looks, she was black, about thirty-five, with intelligent eyes and short hair streaked with multiple shades of light brown.

"I said, 'why don't we have this?'" She was admiring the latest full-window



PHOTO PROVIDED

Author Gray Basnight

snapshot: a pastoral olive field with sheep grazing in the foreground, rolling Tuscan hills in the background.

"Oh, right. Actually, the U.S. does have olive vineyards out west. California maybe." He pursed his lips to indicate indifference.

"Oh, not the vineyards," she said. "I meant fast trains. They're such a wonder. It seems like every president

since Ulysses Grant promised them. Yet here it is 2025 and Americans are still clunking along like hobos in

boxcars. We get the hustle, while Europe gets the real deal."

He turned to their shared window displaying a new image of the passing Tuscan hills, now with a tidy stone farmhouse in the near distance. He didn't want to talk but feared unwanted attention by being dismissive.

"Oh, yes," he said. "If we had a service this fast, we could go from midtown Manhattan to downtown Washington in about forty-five minutes. Only teleporta-

tion would be faster."

"Now there's an idea. When that gets invented, I hope they prevent spiders and flies from getting stuck inside the teleport terminal. Did you ever see that old black-and-white movie about—"

Boing-buong!

She stopped to listen to the announcement made in Italian, letting him know she wasn't just looking at photos in the magazine. She spoke the language.

"La tua attenzione, per favore. Come controllo di sicurezza per la tua sicurezza, gli agenti della Polizia di Stato passeranno attraverso il treno per ispezionare i tuoi documenti di viaggio. Ti preghiamo di preparare i tuoi documenti identificativi."

A moment later, the same announcement was repeated in English: "Your attention, please. As a safety check for your security, officers with the State Police will be passing through the train to inspect travel documents. Please have your identity papers ready."

Uh-oh.

He tried to collect his thoughts. That explained the unscheduled stop. They must have boarded at Arezzo. Could Elad be behind it? The answer was—yes.

Yes, he most certainly could

be. Like Teagarden's rule for never underestimating the power of mathematics to explain the infinity of the universe, he was resolved to never underestimate that man. Yet, would he merely check passports? Then it dawned on him—Almonti. It wasn't Elad or FFG. It really was the Italian State Police, which meant they'd found the doctor's body and ordered a canvas of all trains, planes, and buses that recently departed Venice. They were likely searching for someone using a passport under the name Mateo Sakonnatayak Blackhorse Sanchez, which he no longer possessed, or Dr. Niccolò Almonti, which he did. There was one other possibility. They could be looking for someone using a passport with the name Sam Teagarden.

This is bad. Getting arrested and hiding in prison could be good. Unfortunately, nobody would believe this story, which would be bad. Still, avoiding Elad and FFG in a jail cell would be good. On the other hand, getting beat to death in prison by someone hired by Elad or FFG would be bad.

Everything is so complicated.

The announcement came again, this time in French,

and again the woman across from him listened intently: *"Votre attention s'il vous plait. En tant que contrôle de sécurité pour votre sécurité, les agents de la police d'état traverseront le train pour inspecter vos documents de voyage. Merci d'avoir vos papiers d'identité prêts."*

The woman put her shoulder bag on the narrow table, dug inside, and withdrew her passport as he retrieved Dr. Almonti's passport from his jacket pocket. Behind him, at the end of the long car, the doors swished open, sounding like the doors on the Starship Enterprise. Straining to look over his shoulder, he saw a man and a woman. The man was plain-clothed in a light full-length duster. The woman was uniformed in a light blue skirt and darker brass-buttoned blazer.

No question. Those two are definitely Italian State Police.

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 here. "Madness of the Q" can be purchased from Amazon and other online booksellers.



The Art of Being

by Deborah Chandler, Ph.D.

Anxiety

Anxiety in hard wired into all of us. Since we are going to be living with this response, understanding anxiety gives us a better chance of managing its effects.

Anxiety is part of the peripheral sympathetic nervous system. This part of the nervous system prepares our bodies for emergencies. A signal of danger triggers the sympathetic nervous system, preparing us to fight or flight. This response occurs with or without our conscious mind taking notice. So sometimes, we do not know why we are anxious.

Anxiety is different from fear. Fear is right now. The scary dog is in front of us. Anxiety is the anticipation of the scary dog. When experiencing anxiety, there is no dog there. We are fearing what might happen. Anxiety is always about the future.

Anxiety impacts along four dimensions.

- A slew of **emotions** flash through the anxiety experience. These include anger, guilt, rage, unlovable, unworthy, shame, depression.
- **Cognitively** anxiety interferes with thinking, leading to distractiveness, confusion, memory impairment.
- **Physical** responses include body tension, sweaty palms, queasy stomach, tightness in the head, bladder and bowel urgency.
- **Relationships** are impacted by difficulties with trust, fears of rejection, clinginess, vacillations between pulling others close and pushing them away.

Non-anxious and anxious persons both experience activation of the sympathetic nervous system. However, anxious people are genetically more reactive to stress and novel situations. Non-anxious responders will return to lower activation levels more quickly. A non-anxious person will

also integrate a challenging experience more quickly into their life view. The difference between those who identify as anxious and those who do not can be minimized by techniques that create feelings of well-being in the present moment.

We can learn to reset our nervous system by taming our inner fears. All techniques rely upon ways to focus on the moment. In the moment, the anticipated danger is not present. The more we practice these techniques, the more efficient we will be in managing our anxiety:

1. Spend time in nature.
2. Get a massage.
3. Practice meditation.
4. Breathe, making the in breath equal to the out breath in duration.
5. Focus on a word that is **soothing** such as **calm** or **peace**.
6. Play with animals or children.
7. Practice yoga, chi kung, or tai chi.

All these activities strengthen our focus on the here and now.

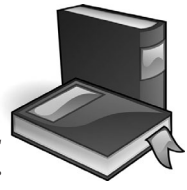
Personally, anxiety increases the closer I get to certain family members who I associate with judging and shaming. I have personified this anxiety as a demon that lives in my belly. When this demon is activated, I feel angry, rejected, and shamed. By embracing this demon, I have tamed the beast. My demon trusts me to be protective and to be calming in the moment. Now when I encounter my demon, I see him as a child who wants to laugh, have fun, and share love in the moment.

Anxiety will always be with us. We manage anxiety by creating a sense of safety for ourselves in the present moment.

Dr. Chandler is a psychologist in private practice in South Fallsburg. Read more of her "The Art of Being" at www.riverrreporter.com/the-art-of-being.

FROM THE FALLSBURG LIBRARY

by Kelly Wells
& Amanda Letohic



It's finally March, which means spring is just around the corner – and after all the snow February brought us, spring can't get here soon enough!

We have some exciting news to share about a new service that Fallsburg Library will be offering within the coming weeks. We are in the process of starting up Kanopy for Fallsburg Library patrons! What's Kanopy, you ask? Well, it's a video streaming service, which with your Fallsburg Library card, you'll be able to utilize to watch various documentaries, movies, children's content, and even some "Great Courses" titles – all without having to leave the comfort of your home and without having to mess with a DVD/Blu Ray player.

While we're still ironing out the details, and we can't share specifics, such as how many titles you'll be allowed to "checkout" in a month – we wanted to share that it will be coming, as so many of you have been asking! Be sure to check our website and Facebook page for an announcement next month detailing more information.

While we are still operating under COVID restrictions, we are continuing to offer "Craft Kits to Go!" Be sure to check our

Facebook page, or request to be added to our email list, to see what the latest offering is. You can call Miss Amanda at 845-436-6067 ext. 102, or email her at aletohic@rcls.org to see about reserving your kit today! Just please be sure to pick up your kit(s) if you reserve one – you could be keeping someone else from making a fun craft otherwise, as a limited number of kits are made.

No library card? No problem! Just give us a call or send us an email, and we'll let you know what we need from you to get a card set up. For a Fallsburg Library card you must live within the Fallsburg Central School District – if you do not and you are unsure of what library is your "home" library, give us a call and we can direct you to the right library.

Stay up to date with the latest library updates by following our Facebook page or visiting our website, www.fallsburglibrary.org. As a reminder with winter weather, please be sure to call the Library before venturing out as our schedule may change depending upon the weather and road conditions. As always, thank you for continued support and patience. We wouldn't be able to do what we do without your support.

Be well!



Fine & Applied
ART SERVICES

NYC gallery framer for over 25 years,
also in Hurleyville since 2001!

highest gallery standard custom picture framing
by appointment - your place or ours - sullivan ct / nyc

Richard Seehausen
rpseehausen@gmail.com

917.692.1700

Hudson Valley Honor Flights Suspended

Suspension is Nationwide Through End of June

WALDEN – The national Honor Flight Board of Directors has recently decided to suspend all flights for all Honor Flight hubs nationwide through June 30, 2021.

Hudson Valley Honor Flight (HVHF) is a 501c3 nonprofit organization that honors our nation's veterans by transporting them to Washington, D.C. to visit their memorials at no cost to the heroes. While flights are currently suspended, HVHF is continuing to make preparations for potential fall flight dates and encourages local veterans to submit an application.

The suspension of all flights nationwide is based on a number of factors, including the status, timing and availability of COVID-19 vaccine for all age groups likely to participate in an Honor Flight (veterans, guardians and volunteers); group-gathering

restrictions in Washington, D.C.; and a suspension of all group-gathering permits issued by the National Park Service.

"The difficult decision to suspend all honor flights was made after significant discussion and consideration of many factors beyond our control. While it is disheartening that we cannot fly this spring, we want our Hudson Valley veterans to know that we are not resting on our laurels," said Frank Kimler, Chairman of Hudson Valley Honor Flight and member of the National Honor Flight Board of Directors. "We remain dedicated to our mission of honoring our local veterans and are busy with hopeful planning for an exciting fall of 2021."

"If the suspension is indeed lifted at the end of this June, we will be ready to once

again offer our local veterans the flight of a lifetime! We are currently accepting applications from veterans and guardians and encourage anyone interested in participating to apply as soon as possible. We are eager to once again offer this one-of-a-kind day of honor and thanks to our local veterans," Executive Director Jennifer DeFrancesco said.

Hudson Valley Honor Flight (HVHF) is a local nonprofit based in Walden which honors Hudson Valley area veterans for all their sacrifices

by bringing them to Washington, D.C. to visit their respective war memorials at no cost to them. HVHF is also the local hub of the National Honor Flight Network, which has more than 100 independent nonprofit "hubs" nationwide.

HVHF is currently seeking sponsorship for future missions, as there are many worthy and eligible veterans and HVHF wants to continue honoring them. To learn more, call 845-391-0076 or visit: <http://lvhonorflight.com>.

PERRY GIPS - COREY GIPS
(845) 434-6210
partymaster.us

The Arati Store

Health Beauty

Spirit

The Catskills award winning specialty store

278 Brickman Road, Hurleyville, NY 12747
845-436-8818
aratistore@hotmail.com
Open every day, year around

pub fare, craft brews

Thursday-Sunday 12-8pm
Closed Monday-Wednesday

lunch, brunch, & dinner
take-out available

218 Main Street
Hurleyville, NY
(845) 693-5322
www.pickledowl.com

County Extends Redemption Date

MONTICELLO – Properties in Sullivan County subject to this year’s tax foreclosure proceeding can now be redeemed through May 3, 2021.

“The current redemption deadline is February 26, 2021,” explained County Treasurer Nancy Buck. “The State’s COVID-19 Emergency Eviction and Foreclosure Prevention Act of 2020, however, created a stay of the foreclosure proceeding based on the hardships on property owners created by the coronavirus pandemic. In consultation with my staff, I chose May 3, 2021 as the new redemption date.”

County Court Judge James R. Farrell agreed with the extension and issued a Court Order confirming it.

State law permits owners of properties facing foreclosure to “redeem” those properties – removing them from the foreclosure list – by paying the outstanding taxes and associated penalties before a foreclosure sale is conducted.

“While I could restrict



PHOTO PROVIDED
**Sullivan County Treasurer
Nancy Buck**

this extension just to those who can prove a COVID-19-related hardship, I don’t believe my office should be picking and choosing,” Ms. Buck added. “We want everyone to remain in their homes and keep their properties for as long as they are able. The very last resort is foreclosure – which we undertake reluctantly and carefully, according to State law.”

“If this extra amount of time is the key to someone retaining their home and land, I’m glad that we can offer it to the taxpayers,” she said.

For more information, contact the Treasurer’s Office at 845-807-0200.

EMS Beat

by Albee Bockman, AEMT-P



“WHAT GOES UP, MUST COME DOWN!”

I remember as a little boy learning the Laws of Gravity when I went to the Hurleyville School across from what is now Mobilemedic’s building here in town. As an adult, I also learned that in order to go to Monticello, I must go UP Columbia Hill; and to return home I must go DOWN Columbia Hill. Bet you never looked at it quite that way.

Where the Laws of Gravity does not work so well is when it comes to high blood pressure.

When that goes up, it doesn’t necessarily come down. High blood pressure, also known medically as Hypertension, is a condition in which the force of blood against the artery walls is too high. We have been taught that a normal blood pressure is a systolic reading of 120 and a diastolic reading of 80. Hypertension is defined as a blood pressure above

140/90. In the world of Paramedicine, a person is in a “hypertensive crisis” when a reading is found at levels of 180/130 - - or greater. Readings of this nature need to be addressed immediately by seeking professional medical assistance.

Hypertension is a very treatable condition that requires a medical diagnosis and lab tests. However, if left untreated, can lead to a heart attack or Cerebral Vascular Accident, commonly known as STROKE. Both can be very debilitating and may lead to death.

The crazy thing about high blood pressure is it often has no symptoms. You may possess it for years and not even know it. This is why seeing your physician for a yearly physical exam and blood work is so critical. The risk of high blood pressure increases as we age. It is more com-

mon amongst men. Women are more likely to develop this condition after age 65. Also important to note is hypertension tends to run in the family. When you see your doctor for those yearly visits, let the Doc know your family history. Our weight plays a major role as well. The more we weigh the more blood you need to supply oxygen to the tissues. As the amount of blood blow through our blood vessels, the more pressure against the artery walls.

We have always been told how important exercise is to having good health. Sometimes our busy lives tend to hamper physical activity. Even the smallest effort to move a little more helps greatly. Parking a little further away from ShopRite or Walmart and walking a few extra yards is a great start. You will find walking as a super way to shed a few pounds and find yourself even sleeping a little better at night.

One serious risk factor is SMOKING. Not only does smoking immediately raise your blood pressure temporarily, but the chemicals in tobacco can damage the lining of the artery wall. This causes the arteries to

narrow and increase your risk of heart disease. Another important risk factor is STRESS. High levels of stress can lead to an increase in one’s pressure. Stress-related habits such as eating more, using tobacco, or drinking too much alcohol can lead you down this path of destruction.

In summation, you can address hypertension in a couple of ways. Self-care is a good first step. Walking, watching your stress levels, quit smoking, eating better, and watching your blood pressure by using home blood pressure monitors can get you started in the right direction.

Should your blood pressure readings continue to be elevated, it just may be time for the addition of medication. Antihypertensive drugs work! Not only do they bring your pressure down but they allow you to lead a healthier and safer lifestyle.

Don’t hesitate dropping by our office to have your blood pressure checked by one of our Technicians. “A pound of prevention is worth a pound of cure”.

Stay well and safe, Hurleyville!

Keeping Babies And Moms Healthy

County’s Public Health Services Excels

LIBERTY – Sullivan County Public Health Services is excited to share that they have worked in conjunction with Dutchess County to mirror the program Dutchess implemented to reduce the number of infants born with Neonatal Abstinence Syndrome (NAS), a form of post-natal opioid withdrawal.

“Babies are some of our most vulnerable residents, which is why in 2020 the Sullivan County Drug Task Force, in collaboration with Child Protective Services (CPS) and the County’s Health & Human Services Leadership team, secured an experienced Maternal Child Health Nurse to offer services to mothers who are using opioids,” explains Deputy Public Health Director Wendy Brown. “The information obtained from Dutchess County highlighted the reality of substance use in pregnant women and the effect of NAS not only on babies, but on the health of our communities, and the need for more to be done to address this segment of the substance use crisis.”

“Since May 2020, our nurse has made more than



SENTINEL FILE PHOTO
**Sullivan County Public Health
Director Nancy McGraw**

249 visits,” Ms. Brown added. “Referral to treatment and information on services available in the County are given if requested or if the need is identified.”

“The ultimate goal of this program is to reduce the number of babies born with NAS in Sullivan County. Public Health Services will monitor success by evaluating the number of clients engaged and number of referrals this program generates. As increased need is demonstrated, we hope to expand the program and continue to see improving health outcomes,” noted Public Health Director Nancy McGraw.

For more information about the program, contact Public Health Services at 845-292-5910.

SENTINEL SPORTS



FIFTY YEARS AGO...

World Champion Barrel Jumper Crowned

by Win Hadley

LIBERTY – Barrel jumping, or attempting to long jump over a string of barrels laid side by side while wearing ice skates, dates back to the 18th century, but the sport gained worldwide attention here in Sullivan County.

Fifty years ago this month, in March of 1971, another in a long line of barrel jumping championships was held at Grossinger’s Hotel in Liberty, and a 33-year old self-employed building contractor from Northbrook, Illinois emerged as the new World Champion.

Former North American speed skating champ Richard Widmark (not the actor) cleared 15 barrels—or 26 feet seven inches—to capture the crown, dethroning defending champion James Papreck, also from Northbrook, and world record holder Jacques Favero of Montreal along the way. Widmark had previously won the 1968 competition at Grossinger’s.

Joseph LeBrecque, a carpenter from Montreal, finished second with a jump of 24-7.

“When you manage to get yourself going 45 miles an hour on the ice, then attempt to sail a couple of car lengths through the air, forget about trying to land on both feet,” reporter Jean Chatoff wrote in the Times Herald-Record newspaper in a March 14, 1971 article about the Grossinger’s competition. “Instead, hope the wall in front of



PHOTO PROVIDED
Barrel jumper Richard Widmark at Grossinger’s in 1968.

you is well-cushioned and make sure your ski pants are liberally padded with foam rubber in all the right places. That’s the way champion barrel jumpers do it.”

Barrel jumping had originated in Holland, where skaters would jump over beer barrels, which were also occasionally stacked pyramid-style to add height as a factor. It became an organized sport in the 1920s, and the first recognized world record was 14 barrels, cleared by Ed Lamy in 1925.

When Olympic speed skating champion Irving Jaffee left the Laurels Country Club in Sackett Lake to work as Winter Sports Director at Grossinger’s, he arranged to hold the World Barrel Jumping championships there. The sport’s popularity soared when it became a regular feature on ABC television’s in a March 14, 1971 article about the Grossinger’s competition. “Instead, hope the wall in front of

Jaffee’s, and included the 1962 World Championships on the show in 1962. It had become an immediate hit, and soon barrel jumping and Grossinger’s had become synonymous.

GENERALS SURRENDER SEASON

No Baseball For SUNY Sullivan This Year

by John Conway

LOCH SHELDRAKE – There will be no college baseball in Sullivan County in 2021.

SUNY Sullivan Athletic Director Chris DePew has announced that the school has cancelled its 2021 schedule due to ongoing concerns about the COVID pandemic.

“The cancelation of dozens of programs across the Northeast, including three within our conference and over a dozen within our region, resulted in the inability to confirm a schedule that meets the needs of our NJCAA DII scholarship program,” Mr.



SENTINEL FILE PHOTO
Sullivan Athletic Director Chris DePew

DePew said. “That, coupled with the NCAA’s current stance on waivers for spring sports at this time, has put us in a position to cancel our season in the best interest of our student/athlete’s future and opportunities.”

Mr. DePew said school ad-

FALLSBURG – With the arrival of the pandemic and remote learning in March 2020, Fallsburg Central School District (FCSD) has altered or temporarily lost many programs both in-classroom and after school. One of the most special programs was Warrior Kids.

Brought to FCSD and a few other Sullivan County schools by Cornell Cooperative Extension of Sullivan and Orange Counties (CCE) and Garnet Health Medical Center-Catskills (GHMCC), hundreds of children enrolled in this after-school program. Because the program focused on healthy eating and rigorous exercise, the sponsors wanted to revive it at a time of great need for the school children. They also added a mental health component to promote well-being during the challenges of the pandemic.

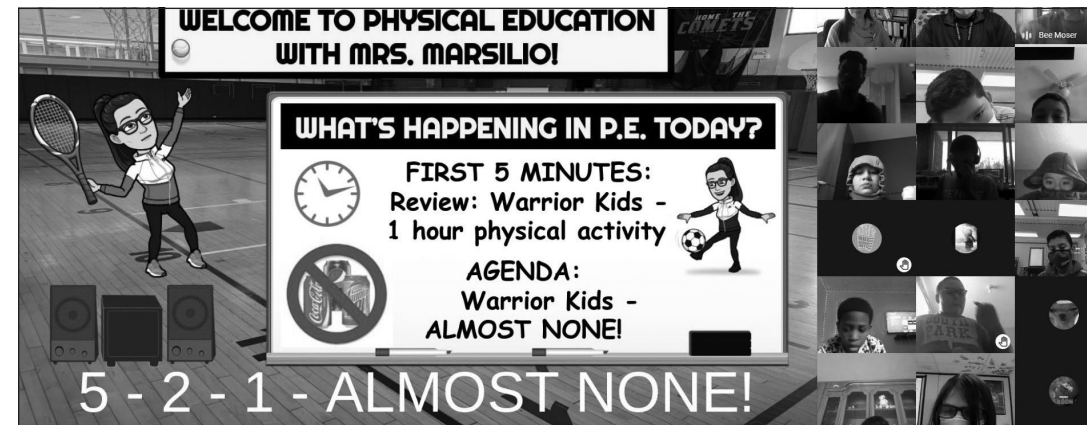


PHOTO PROVIDED

CCE and GHMCC welcomed the Warriors back to FCSD in January as a pilot hybrid program. More than 200 fifth and sixth graders participated for four weeks, three days a week, with two classes every Wednesday, Thursday and Friday from 2 to 3:30 p.m.

Benjamin Cosor Elementary School (BCES) physical education teacher Vanessa Marsilio led a group in each period on campus in a classroom. CCE’s Nutrition-

ist Bee Moser and Warriors’ trainer Damola Akinyemi performed the healthy foods and exercise elements from their homes via Google Meet for all the students in Ms. Marsilio’s classroom and at their homes.

Nutritionist Bee Moser is an advocate for Eat Smart NY, and The Warrior Kids is a program in conjunction with Eat Smart NY and SNAP-Ed and Ayo Fitness. She passionately encourages using the 5-2-1-Almost None formula for being a healthy kid: eat 5 or more servings of fruits and vegetables per day; no more than 2 hours of screen time per day; get 1 hour of physical activity per day; Almost None of your drinks are sugary beverages.

The lead trainer, Damola, is a dynamo. His deep, resonating voice and chiseled muscular body are in constant motion. The children love him and try their best to keep up with his instructions of “move this way,” “jump that way,” “stand strong, hands raised, legs moving.” He is a benevolent pied-piper. His energy is infectious. He has charisma. To witness the children in the classroom and on the computer monitors is thrilling.

Moira Mencher, Manager of Physician Relations

& Community Health at GHMC, did a wonderful job managing and coordinating the entire program. She and the aforementioned leaders were delighted at the response of children, parents and FCSD Administration.



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!

MARCH MADNESS

1. What school was the only #16 seed to ever defeat a #1 seed in the NCAA Basketball championship tournament?
2. What two teams once played a six-overtime game in the postseason Big East basketball tournament?
3. What was the last college team to win the NCAA basketball championship with an undefeated season record?
4. Which player has had the most career appearances in the NCAA basketball tournament?
5. What school has appeared in the most Final Fours in the NCAA basketball championship?

Last month’s answers:

Super Bowl Trivia:

1. Which team has made the most Super Bowl appearances?
New England Patriots (11)
2. What two teams have won the most Super Bowls?
New England Patriots and Pittsburgh Steelers (6 wins)
3. How many points were scored in Super Bowl LII by both teams combined?
74 (Eagles 41 Patriots 33)
4. Who has made the most Super Bowl appearances as a player?
Tom Brady (10)
5. Which team played in four consecutive Super Bowls?
Buffalo Bills (they lost all four)

There was no winner last month.