

THE FIRST OF ITS KIND

\$35 Million for TCFD Children's Hospital

SENATOR SCHUMER SAYS SURGE OF FEDERAL \$\$\$ WILL BRING FIRST-OF-ITS-KIND CHILDREN'S HOSPITAL TO NY, INCREASE ACCESS FOR NY'S CHILDREN AND FAMILIES, AND CREATE 400-PLUS JOBS

ROCK HILL – Following his tireless advocacy for children with complex conditions, U.S. Senator Charles E. Schumer has announced an unprecedented \$35 million loan for The Center for Discovery's (TCFD) first-of-its-kind Children's Specialty Hospital in Rock Hill, through the U.S. Department of Agriculture (USDA) Office of Rural Development's Community Facilities Program.

The funding will allow New York's first short-term inpatient assessment program for children with complex conditions to begin construction, creating over 400 healthcare jobs and 150 construction jobs in Sullivan County while improving access to quality care and services for

Upstate New York's most vulnerable.

Senator Schumer explained that, through its groundbreaking research, the Children's Specialty Hospital, slated to break ground this June, will provide comprehensive, clinical assessments to diagnose underlying physiological, medical, and mental health problems. The hospital will create targeted treatments and interventions for children and adolescents to receive care that allows them to remain in their homes, saving the state millions each year by reducing the need for long-term residential care.

Furthermore, the senator said, the project will include an Education Academy to expand TCFD's



PHOTO PROVIDED

An architect's rendering of TCFD's Children's Specialty Hospital in Rock Hill.

existing programs with special education schools. Construction supported by the USDA investment announced today will include new classrooms, accessible bathrooms, a full-service kitchen, dining hall, gymnasium, athletic fields, a traffic circulation system for school buses, and paved walking and biking paths for physical education and recreation. By building this critical infrastructure, TCFD will serve 60 additional students from surrounding communities while building on its pre-existing relationships with 250 school

districts. Schumer said that the new hospital will create a nationwide model, transforming the standard of care for those with complex conditions.

"From day one of this pandemic, I have worked with The Center for Discovery to make sure they had all the federal resources necessary to continue providing high-quality care for their vulnerable patients with complex disabilities," Senator Schumer said. "As a lead negotiator for last year's COVID relief bills, and as Majority Leader this year, I have fought tirelessly

to make sure that the Center has all of the tools it needs to rebuild and recover from the pandemic. That's why, after months of our tireless advocacy, I'm happy to announce this historic \$35 million USDA loan for The Center for Discovery's Children's Specialty Hospital.

"This first-of-its-kind hospital will support our most vulnerable New Yorkers and their families while creating over 400 new jobs in Sullivan County. I am proud to continue my support for the essential role carried out by the Center for Discovery as

both a health care provider and the largest employer in Sullivan County, and I will not rest until they have all the federal resources they need to continue their service for all of Upstate New York."

"We are so thankful to Senator Schumer for his support," said Patrick H. Dollard the CEO of The Center for Discovery. "The Children's Specialty Hospital will transform the model of care for people with complex conditions. It will offer families a place to turn at first diagnosis, and expertise on a path forward. The Sen-

ator has always understood that. We are grateful that he has been such a champion for our cause."

In early 2020, USDA's New York State Director of Rural Development, Richard Mayfield, visited the site at Senator Schumer's request to discuss the USDA Community Facilities Program. A few days after the visit, COVID-19 cases surged in Sullivan County, creating unprecedented challenges for TCFD and its employees and those they serve. The pandemic's disruptive health and economic impacts resulted in roughly \$5 million in lost revenue for TCFD on top of the disabilities nonprofit experiencing millions in additional costs so it could continue safely caring for 350 medically and highly vulnerable patients. These added costs included additional PPE, compensation, benefits, emergency childcare, and more. As TCFD faced unprecedented financial burdens, the \$35 million USDA investment, announced by Senator Schumer today, became increasingly critical to keep the Children's Specialty Hospital project on track.

Senator Schumer said the hospital's development will directly impact rural communities beyond Sullivan County, including Broome, Chenango, Columbia, Delaware, Greene, Orange, Otsego, Ulster, Schoharie, and other rural counties across New York and in surrounding states that lack access to this critical specialized care.

The senator has been a champion for the TCFD throughout the pandemic. After learning that TCFD only received \$14K from the U.S. Department of Health and Human Services (HHS) CARES Act Provider Relief Fund, he brought the issue directly to Secretary Azar at HHS, eventually delivering over \$1M to TCFD. Furthermore, the Senator helped TCFD cut through red tape with the Federal Emergency Management Agency (FEMA) securing over \$1.5M for PPE, quarantine housing, and for other critical supplies that were log-jammed in the system for months.

TCFD provides extraordinary residential, medical, clinical, and special education programs for over 1,200 children and adults with complex conditions each year in Sullivan County, New York. The senator has visited TCFD many times over the years, meeting many of the Center's over 1,600 dedicated doctors, nurses, occupational therapists, speech pathologists, physical therapists, adaptive recreation experts, therapists, special educators, farmers, orchardists, nutritionists, chefs, researchers, and other support staff. TCFD is Sullivan County's largest employer acting as the economic anchor for a community where, according to the Census Bureau, 15.6% of residents are below the poverty line and roughly 20% of the population is living with a disability.

"The Center for Discovery will now be the Center of Hope for New York families and children."

- U.S. Senator Charles E. Schumer

CONNECT WITH WHERE YOU LIVE

Community Supported Agriculture Shares Available

by John Conway

HARRIS – The Center for Discovery is about to embark on another year of its venerable Community Supported Agriculture program and there will shortly be shares available to purchase.

According to The Center, "Community Supported Agriculture (CSA) is a means through which people can connect with the place they live through fresh, local food. CSA is a two-way relationship; members share in the bounty of the season's harvest for a financial commitment in the spring. This mutually beneficial relationship ensures the health of the farm and the nourishment of the CSA members."

The Center's Thanksgiving Farm CSA program started in 1996 with 50 members, and by the following year membership had reached 120. In ensuing years, the program became so popular that shares became highly coveted. Currently, shares are available for as little as \$375 for an individual (sized for one to two people). A family share, sized for a family of four, costs \$635. With the purchase of a share, participants can expect at least six to eight different vegetables each week.



PHOTO PROVIDED

TCFD'S Community Supported Agriculture (CSA) program features certified organic and biodynamic produce.

The Center for Discovery's farms produce certified organic and biodynamic produce, which is superior to what is typically available at most supermarkets or grocery stores.

"Thanksgiving Farm follows certified organic and Demeter certified growing practices which make certain the vegetables are grown in a manner that restricts the use of health harming chemicals and practices that can often be found in conventional farming," Jennifer Franck, a Registered Dietitian who is assistant chief of the Department of Nourishment Arts (DNA) at The Center, says.

"In terms of nutrition, the CSA share is a fantastic way for individuals to obtain fresh, local produce that can translate into plant-focused meals for their families," she adds. "Research is strong

in supporting the intake of at least 5 servings of vegetables each day for optimal nutrition. Buying vegetables through the Thanksgiving Farm CSA ensures the vegetables you consume are recently harvested at their peak of ripeness, sometimes even the morning of pick-up, which guarantees the highest possible nutrient content."

Distribution this year will begin on June 1 and continue through November 6. Pick-up is either Tuesday afternoon from 3:15 to 6 p.m. or Saturday mornings from 10 a.m. until noon. The pick-up location is 507 Old Route 17, Monticello.

Information on how to purchase a Thanksgiving Farm CSA share will be available on The Center's website shortly.

LIBERTY – COVID-19 cases are on an upward track, and Sullivan County Public Health Services is urging everyone – vaccinated or not – to take proper precautions.

Community transmission is widespread, and nearly 28% of the local March cases thus far are among those 24 years old or younger – making young people the most impacted age group by COVID-19 in Sullivan County currently.

"For the past two weeks, we've seen a steady increase in active coronavirus cases across the County," notes Public Health Director Nancy McGraw. "To go from 142 cases at the beginning of the month to 265 as of yesterday may not sound like much, but that is an 86% increase. Sullivan County's 7-day average percentage positive rate is 6.7%, just below Orange County at 7.1%, and that's got our attention. We are seeing about 30 new positive cases per day."

The number of quarantined/isolated people in Sullivan County – 765 as of March 25 – is more than double what it was at the beginning of the month, and two more deaths were logged during March, for a total of 68 in the county since the pandemic began a year ago.

Based on population density, the spread can be attributed not to specific places,

but to human behavior and congregation of susceptible people. The most important and vital measure people can take to prevent the spread and potential overwhelming of the healthcare system is to get vaccinated when they are eligible, regardless of which vaccine is available. All – Moderna, Pfizer and Janssen – are equally proven to drastically reduce the chances of serious illness, hospitalization and death. Additionally, it is still imperative to wear a mask in public spaces and practice good hand hygiene, as well as social distancing.

"This increase is looking similar to the rise we saw after the holidays, when people discovered they had contracted the virus from a friend or loved one at a party or family gathering," Ms. McGraw observes. "With schools out for spring break this coming week and residents travelling to other states and locales for vacation, we're concerned this upward trend of active cases will continue."

Public Health Services and a range of community providers are actively delivering COVID-19 vaccine doses to thousands of people every week, and as of March 25, 24% of the total population of Sullivan County has completed their full series of vaccinations (one or two shots, depending on the vaccine).

"We have not achieved 'herd immunity,' so the risk of widespread community transmission remains very present and very real," MS. McGraw warns. "We urge everyone – whether they were vaccinated yet or not – to continue wearing masks, social distancing, washing hands regularly, and staying away from close gatherings with people they don't see daily and/or who are not yet fully vaccinated."

Vaccines are available at pharmacies, hospitals, mass vaccination sites operated by New York State, local health departments, and other providers statewide – please contact your provider of choice to schedule your vaccine appointment. More info is available at www.sullivanny.us/departments/publichealth/covidvaccines.

Eligible New Yorkers can receive a vaccination through a network of State-run sites distributing vaccine statewide – to determine eligibility and schedule appointments at New York State-run vaccination sites only, use the "Am I Eligible?" app. Eligible New Yorkers can also make an appointment at a New York State-operated vaccine site at www.ny.gov/vaccine or through the New York State COVID-19 Vaccination Hotline at 1-833-NYS-4-VAX (1-833-697-4829).

County Says Be Vigilant COVID On the Rise Again

SUNY Sullivan Ranked No. 1

LOCH SHELDRAKE – SUNY Sullivan has been named the number one community college in New York State by the online service, Intelligent.com.

The website recently released its 2021 rankings, which were compiled after reviewing "institutions of various sizes, from small liberal arts colleges and midsize colleges to large research institutions. The evaluations were based on tuition fees, credit requirements, and the available formats for coursework (i.e., on-campus or online classes)."

In all, Intelligent.com evaluated 214 academic programs at 201 universities and colleges in New York. Sullivan was ranked #14 overall with a score of

89.12 out of 100, the top score of any community college, and ranking behind such highly respected schools as NYU, Columbia, Cornell (the top three), Vassar (#7) and Binghamton (#10), and ahead of Colgate (15), Skidmore (18), Marist (19), RPI (21), Hamilton (24) and Ithaca (40), among others. Sullivan was the only two-year school to earn a top-50 ranking.

Only accredited institutions were evaluated, using a unique scoring system including student engagement, potential return on investment and leading third party evaluations.

The complete list can be viewed by visiting the website: www.intelligent.com/best-colleges-in-new-york

The Inquiring Photographer

by Kathleen Sullivan



Q. What was your most embarrassing moment?



ALEXIS FADER

While playing tag outside with my kids I slipped in a puddle of mud and got mud all over my left leg.



DONALD MORTON

I was in the first grade in school in Fallsburg. Our teacher, Miss Peters, asked us what our parents did at work. My dad worked at IBM in Fishkill. I thought that was boring. I replied that my father worked in

the circus and travelled a lot. Miss Peters believed that until a parent-teacher conference a few months later. She said to my father, "I've been waiting for you and I have some questions." My father had no idea what she was talking about. She asked about all the travelling he did. My father replied, "I go to work every day. I work in Fishkill." Miss Peters called me out in front of the whole class the next day.



JOHN SIMON

It happened when I was in church. I almost drank the whole cup of wine at communion. I didn't have a hangover, BUT I was happy afterwards.

FROM THE WEATHER CENTER

by John Simon



ICE JAMS



SENTINEL FILE PHOTO

A Delaware River ice jam at Port Jervis.

An ice jam can happen when chunks of ice clump together to block the flow of a river or stream. Ice jams are usually caused by melting snow and ice in the springtime. Warm temperatures and spring rains cause snow and ice to melt very rapidly. All this extra water causes frozen rivers and streams to swell up and the layer of ice on top of the river or stream begins to break up.

Ice jams can form almost anywhere that has winters cold enough for rivers to freeze, such as areas in the northeast, the midwest and Alaska.

There have been serious ice jams from time to time in the Delaware River, and they have impacted parts of Sullivan and Orange County, with the city of Port Jervis being particularly hard hit several times in the late 1970s and early '80s.

Hamlet Happenings

by Kathleen Sullivan



HURLEYVILLE - SULLIVAN FIRST

Hurleyville-Sullivan First has applied for a 2021 Sullivan Renaissance Community Beautification Grant to use for the care of the projects that make Hurleyville an oasis in the Town of Fallsburg.

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

Save the date – Saturday, June 5...2–6 p.m...weather permitting. The Hurleyville Performing Arts Centre and Hurleyville-Sullivan First invite everyone to "CELEBRATE HURLEYVILLE." The event will feature fun activities and entertainment for the whole family. Protocols for social distancing, disinfection and cleaning will be followed.

Please visit www.hurlevilleny.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. Easter Services will begin at 9 a.m. on Sunday, April 4.

The Bible study group meets in the sanctuary at the church every Tuesday at 7:00pm.

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.

Pre-made boxes of food, personal hygiene products and COVID-19 supplies 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, April 22 and on Thursday, April 29 from 3 until 5 p.m.

Protocols for social distancing, mask-wearing, disinfection and cleaning are being followed at all activities.

"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 has been closed to the public for the past year because of COVID-19. It's hoped that the building will be able to reopen in the spring. Dedicated volunteers have been working on research requests during the closure.

The members of the Historical Society look forward to expanding the group of volunteers at the museum. Anyone interested in genealogy and/or

BREAD OF LIFE FOOD PANTRY



Thursday, April 22nd
Thursday, April 29th

3:00pm – 5:00pm

Hurleyville United Methodist Church
263 Main Street
Hurleyville

PHOTO PROVIDED

the history of life in Sullivan County can send an email to info@scnyhistory.org for information on volunteering. Volunteers work on a variety of tasks including research, creating displays, managing the vintage clothing collection and gardening. Senior citizens may qualify for travel reimbursement through the Sullivan County RSVP program. Community service requirements for Sullivan County students may also be fulfilled by volunteering at the museum.

Thanks to Myron Gittell and his publishing company, Load N Go Press, for the re-publication of "Seeking Our Fortunes in the North" by Myra B. Young Armstead, Ph.D. This fascinating, well-documented work explores the history of the African-American population of Sullivan County from 1930-1980. The book costs \$10.00 and is available at the Hurleyville General Store, the Kristt Company, The Canal Towne Emporium, the Kiamesha Mobil Station and the Miss Monticello Diner. The book can also be ordered by mail. Send a check for \$13.00 (includes tax, shipping and handling) to the Sullivan County Historical Society, Post Office Box 247, Hurleyville, New York 12747.

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.

COLUMBIA HILL NEIGHBORHOOD ALLIANCE (CHNA)

No news is still good news for everyone who lives in the area surrounding Columbia Hill!

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 Scene

Music and Entertainment in and around Hurleyville



by Jane Harrison

With so many Sullivan County residents being vaccinated along with the relaxing of restrictions statewide, I'm seeing more venues opening up for live music. My second dose was Saturday, March 27, and I'm looking forward to getting back out into the world a bit more.

I'm not changing much in my "going outside" life. I will remain masked, I will still carry hand sanitizer and wipe down surfaces, I will still have my "inside clothes" and my "outside clothes"-- the outside clothes being hung in direct sun when possible and if not, tucked in a large bag that has been sprayed or wiped down with disinfectant. Obsessive? Yes, probably. Every year since I was sixteen and had both pneumonia AND pleurisy I have been afflicted with something every winter... upper respiratory infection, bronchitis, bronchial pneumonia.... the list goes on, but this year? Not even a mild cold.

The weekend of March 19-21 is what gave me hope for the summer. Not only was the weather summer-like but CABERNET FRANK'S in Parksville and RAFTERS in Callicoon both opened their doors and outside stages to live music.

SOUL CAKES from the city shared the stage

The members of CHNA continue to monitor and provide input on this ongoing process.

The CHNA steering committee holds a monthly Zoom meeting to share information and discuss strategy in preparation for when the development comprised of 535 residential units next appears on the agenda of the Town of Thompson Planning Board for review or action.

- There are many concerns yet to be addressed by the numerous agencies involved in the process including:

- Do the development's wells have the actual capacity to serve the thousands of potential residents of the development?

- Will ongoing storm water runoff problems be addressed?

- What kind wastewater treatment plant will be built?

- Is there a viable discharge route for the treated effluent which will flow into the nearby East Branch of the Mongaup River (a Class B trout stream)?

- Have hazardous traffic conditions been identified and addressed?

- Will the problem of light and noise pollution be resolved?

The developer's application to the Delaware River Basin Commission for a groundwater withdrawal project to supply a proposed public water supply system is still pending.

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

Friday night in Parksville with NICK HEATHEN and CASWYN MOON. All three are fantastic on their own, but to have them back-to-back on the same night was pure pleasure! Saturday had THE JOHNNY JULES BAND, and you know how I feel about them!

RAFTERS opened their outside stage on Sunday afternoon to their wonderful OPEN MIC, which, I was happy to see, did still bring musicians and bands from Brooklyn all the way to Pennsylvania.

And by the amount of people that showed for all events, I'm not the only one starved for the company of others in the presence of wonderful live music! I'm so sorry I can't give you pictures! My phone face cracked right over the camera and is now in for repair.

With all of the hopeful news, there's also a few pieces of disturbing news. CABERNET FRANK'S neighbor Joe Peters, continues his harassment of the owners NOT because of the music venue. After constant harassment over the last five years (Peters has only lived there for six), the Sullivan County court system slapped him on the wrist with 45 days in jail for continuously violating the restraining orders...then let him out after only 25 days.

Upon returning home, the first thing he did was stand in the middle of the street yelling about anything and everything in violation of the condition of his release.

Next to the music venue is BEAVERKILL STUDIOS which was a growing multimedia studio also owned by the couple bringing much needed tax dollars into the county. Growing, until Peters allegedly started physically threatening people who came to do business there. The court system did nothing, and the business dried up. CABERNET FRANK'S is a bit different. Peters doesn't dare physically threaten as it's not uncommon to see off duty officers not just from the county, but from New York City, New Jersey and Pennsylvania who have second homes here, as patrons.

As often as the couple tried to get a restraining order to get Peters to cease and desist, it was years before the court system granted them one. Peters ignored it, and all subsequent ones. The harassment only escalated until the court system finally took notice, which landed him in jail.

The real question is "Why?" I'll let you all read between the lines.

Stay masked, stay strong and stay well.... the music will be here again soon!

Until next time.....

Scholarships Available for Volunteers

Volunteer for a Sullivan Renaissance Project to be Eligible

LIBERTY – Sullivan Renaissance has announced that its 2021 scholarships are now available. The scholarship program recognizes volunteer efforts in projects that support the Sullivan Renaissance mission to build beautiful, active communities in Sullivan County. Communities and organizations participating in the 2021 Sullivan Renaissance grant program welcome volunteer assistance in gardening, beautification, caring for public spaces, project documentation and outreach.

Sullivan Renaissance Scholarship

The Community Foundation of Orange and Sullivan Counties, through a donor-advised fund established by Sullivan Renaissance, offers a limited number of scholarships to Sullivan County

residents who volunteer in a significant way with a Renaissance project. Scholarships are announced in August and are applied toward the 2022 spring semester at an undergraduate college of one's choice.

SUNY Sullivan Scholarship

The SUNY Sullivan Foundation will also award scholarships ranging from \$750 to \$1500 for Sullivan County residents attending SUNY Sullivan.

Applicants for both scholarship programs must volunteer for a 2021 Renaissance project. They must show, either by submitting an essay of approximately 500 words,

a photographic portfolio or a video of their participation in the project, "How have I, as a member of my community, been part of Sullivan Renaissance?"

Applications must include a letter of recommendation from the leader of the Renaissance project.

A list of the groups and projects is available from Sullivan Renaissance at 845-295-2445. For information about the SUNY Sullivan scholarship, call 845-434-5750 x 4327. Both applications are available online at www.SullivanRenaissance.org/growth. The deadline for each scholarship is listed on the application.



by Mimi

SPRINGTIME IN HURLEYVILLE

Rainbow-colored eggs or
After a tough season of snow upon snow
We can't wait to see the first crocus grow
Or the delicate blossoms of daffodils
And flower boxes jutting from window sills

Let's make this Spring one that can't be beat
By helping to beautify our Main Street
Join the band of gardening volunteers
To plant barrels and garden that bring heart-warming cheers

Yes, we are a small hamlet
But don't put us down
We can make every effort
To be the toast of the town

Let's use our creativity and our zeal
By amping up our hamlet's curb appeal
You will feel so good when you step outside
Mother Nature will feel a sense of pride

It will lift your mood and brighten your heart
That you have selflessly taken part

- Mimi
April, 2021

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

DESIGN THINC-ING FOR COMPLEX SOLUTIONS

by Denise Sullivan

HURLEYVILLE – Design Thinking is a solution-based approach to solving complex problems, and a methodology that is used constantly at the Technology Hub and Incubator (THINC) in Hurleyville.

It is extremely useful in tackling the types of challenges presented by staff at The Center for Discovery (TCFD), an internationally renowned provider of research and programs for children and adults

with complex conditions. A small wrist talker, a tool grabber, or a wireless switch interface device created at THINC for an individual at TCFD could be a small part of a big solution, or a major game-changer for someone working towards independence in daily living skills. By understanding the human needs involved, by re-framing the problem in human-centric ways, by creating many ideas in brainstorming sessions, and by adopting a hands-on approach in pro-

totyping and testing, design thinking embodies the skills needed to succeed in an organization centered on the care and success of people with disabilities.

“A solution is never perfect when it is first created and tested”, says Mark McNamara, Design and Fabrication Coordinator at THINC. The results generated during the testing phase are often used to inform the understanding of the users, the conditions of use, how students think, behave, and feel, and to empathize.

Even during this phase, sometimes called “torture testing”, alterations and refinements are made in order to rule out problem solutions and derive as deep an understanding of the device and its users as possible.

In the design of the Wrist Talker, an augmented and alternative communication device adapted and recreated by McNamara at THINC for children at TCFD, eight different iterations of the device were tested. “The Wrist Talker was being used and broken, and staff requested

that we revisit the design to see if it could be worn on another part of the body so that it wouldn’t be in the line of fire each day”, McNamara said. He used a 3D printer to recreate the back of the device so that it could accommodate a clip that can be attached to a belt or other sturdy article of clothing.

A new design creation at THINC is the Bluetooth Cause-Effect Learning Tool. This device helps educators, clinicians and caregivers increase children’s participation in cause-effect learning by using their own motivating digital content, like a favorite video or piece of music. The device connects with a phone, tablet or computer, and by pressing a simple button or switch, the

child can control video or sound functions. It features a novel timing element (5, 15, 30, and 60 seconds) which after setup, allows a child to control their content for specified durations of time, chosen by the clinician.

After designing and 3D printing the box that holds the device’s electronic components, the THINC team chose to source and purchase a smaller, prefabricated box, that Mr. McNamara customized using a CNC router to machine through-holes, and laser cutter to create a template for labels and graphics.

Testing and reiterating efforts are all part of the design thinking process, fostering innovation and



PHOTO BY MARK MCNAMARA

A wireless switch interface designed by THINC.

creativity that ultimately learning and success of the students.



Out Divine Corners Way

by Jonathan Shimkin

our plans and good fortune, we are in some pre-Copernican mode of perception that puts us at the center of things, with the sun circling round.

We’re fated to read nature like a book, interpreting as we go. We can’t help but describe ourselves as we describe our world, and vice-versa; the objective and subjective elements complement and complicate one another. The finest nature writers know this and strike a fine balance between descriptive acuity – seeing what’s there – and seeing what “what’s there” means to them, usually by means of metaphor. This balancing act lends depth and texture to their prose.

When Thoreau writes about his bean-field in “Walden,” he is as exacting in his literal descriptions as he is free in his flights of figuration. Reflecting on why he pursues the “small Herculean labor” of tending a bean field, he concludes that “some must work in the

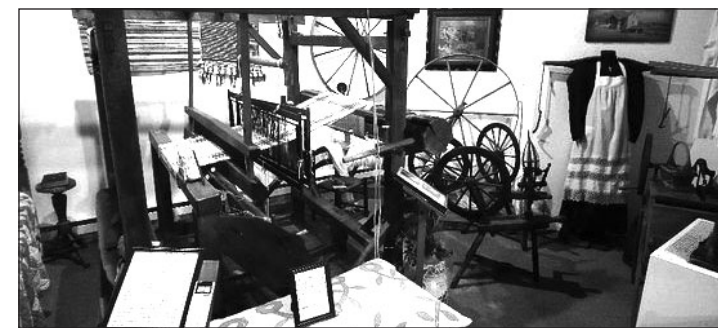
fields if only for the sake of tropes and expression, to serve a parable-maker one day” (the Parable of the Sower, from Matthew 13, comes to mind, as does the entirety of “Walden,” a book-length parable of sorts). It’s a key statement: Thoreau’s beans are planted in rows of prose as well as of soil, and will sprout one day into the very book he is writing. His determination to “know beans” is as much a philosophical project as an agrarian one.

This interplay is not just some literary conceit; we are indeed subjects of a natural world that subsumes us (for we are part of it) even as we take it as an object of our scrutiny. Thoreau plays with this paradox, honoring it with a complicating reflexivity (“this doubleness,” he calls it elsewhere). He is averse to a sentimental reduction of nature, which impoverishes our perception and our language. When we naively project our moods onto nature, e.g., my mo-

rose deer, or when we subdue nature to our egoism, impressing it in service of a personal agenda, we sentimentalize nature. Such a simplification all too readily curdles into kitsch. Nature enfolds us, but it doesn’t privilege us.

The figure of the Snow Man, in the great Wallace Stevens poem, presents an alternative to the subsuming of nature by the ego. The Snow Man’s “mind of winter” allows him to hear the wintry wind without any attribution of meaning, to perceive without projection. He sees “nothing that is not there” – his descriptive precision would be sharp. And he sees “the nothing that is” – the nature he looks upon neither answers to our moods nor offers approbation to our plans. He sees what simply is, as the deer in a snowy field simply are, moving through seasons with a transparency we arrive at only through the complicating lens of our reflexive human consciousness.

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



SENTINEL FILE PHOTO

The Sullivan County Historical Society needs volunteers at its Museum in Hurleyville to help maintain exhibits like this.

HISTORICAL SOCIETY SEEKING VOLUNTEERS

For Museum in Hurleyville

by John Conway

HURLEYVILLE – The Sullivan County Historical Society is looking for a few good men—and women.

SCHS, headquartered at the Sullivan County Museum at 265 Main Street in Hurleyville, is seeking volunteers to help out with its newsletter, to create and maintain exhibits, perform general office work, such as filing and answering correspondence, and to help with various other aspects of the

group’s activities.

SCHS is an all-volunteer organization dating back to 1886. It was formally incorporated in 1929. In recent years, however, the group’s contingent of dependable volunteers has been steadily declining, putting an added burden on those who are still active.

“For a number of reasons, the all-volunteer crew of the Society has been shrinking in terms of the number of folks volunteering,” Bill Gronwald, a member of the SCHS Board of Directors told The Sentinel. “Many key people have moved away, some have retired; and sadly, several important members have passed away. If anyone has any spare time, they should give us a call (best on Tuesdays) at 845-434-8044, or email us at: info@scnyhistory.org.”

Mr. Gronwald says volunteers are also needed to assist in planning and facilitating the various history programs the Society hosts for the general public, and to assist Sharon Thorpe, who curates the group’s Costume Room “where the Society has a large collection of antique clothing and accessories.”

Although the Museum is currently closed due to the COVID-19 pandemic, it is hoped that it will re-open during this summer. In the meantime, volunteers are working in the building one day a week.

While most of the work for which additional volunteers are needed occurs inside the Museum, there are also tasks to be performed outside for those who might prefer that kind of work, including watering and grooming the Museum’s gardens.

“We need your help!” Mr. Gronwald says.



PHOTO PROVIDED

From Left: Kiwanis President Marvin Rappaport, Board Member Robert Green, Medical Director for S.C. Public Health/Monticello Kiwanian Dr. Bruce Ellsweig, and Public Health Nursing Staff Christine Haff, Amanda Wolfe and Beverly Franskevitz.

MONTICELLO KIWANIS THANKS PUBLIC HEALTH STAFF AND VOLUNTEERS

MONTICELLO – On March 24, the Monticello Kiwanis Club, in conjunction with the Miss Monticello Diner, delivered 60 lunches to the SUNY Sullivan Paul Gerry Fieldhouse to say thank you to the Sullivan County Public Health Services professional staff and volunteers who were administering vaccinations against Covid-19.

County Public Health Director Nancy McGraw said the salads were truly appreciated. The Monticello Diner co-sponsored the

meals in memory of Stavros “Papou” Niforatos, the late owner of the Blue Horizon Diner in Monticello.

Last month, the Monticello Kiwanis Club delivered lunches to the nursing staff and volunteers administering vaccinations at the Public Health Nursing location in Liberty. Kiwanis president Marvin Rappaport stated the club will continue to support the community in these trying times and pay tribute to the essential workers and volunteers.

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From the Firehouse

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



The Hurleyville Fire Department is always looking to recruit new members. You can stop in on any Monday evening at 7 p.m. to get an application or see what we are all about. If you don't want to fight fire we can use fire police or work behind the scenes and support the front line fire fighters. We do more than just fight fire. We even provide all of your training and gear for free.

March has been a very busy month. There have been numerous structure fires in the county this month. The number of structure fires for the months of January and February of 2020 were 27 and for 2021 we had 47. This past weekend (3/20 and 3/21), there were four major structure fires. This was also the third time in recent weeks that there were two major fires in the county going on at the same time.

Unfortunately one of these fires was one of our own: Ralph LaVecchia, a Past Chief of the Woodbourne Fire Department lost his home to a fire. Ralph and his son lost everything.

So what do you do after a fire?

If your home was destroyed by the fire a number of tasks will have happened during the course of the fire. The Chief may have called for fire investigators, water department, electric company and code enforcement.

The water needs to be turned off and the electric meter needs to be pulled. This is all going on at some point during the fire.

You need to call your insurance company. Your insurance company will

THE SULLIVAN COUNTY BUREAU OF FIRE

WANTS YOU TO BE SAFE

DURING AN EMERGENCY

Emergency lighting during severe weather

Never use candles for emergency lighting.
Use flashlights and stock up on extra batteries.

- ✓ Use flashlights for emergency lighting and stock up on batteries.
- ✓ Never use candles for emergency lighting. Many things in your home can catch fire if they come too close to a candle's flame.

PHOTO PROVIDED

probably do its own investigation. It might include getting fire reports from the fire department and, if the Sullivan County Bureau of Fire Fire Investigator were called, a copy of their report. These reports must be requested through a FOIL.

You will need to contact your utility companies and discontinue your services.

The Red Cross may have been called to assist you with some immediate help in housing and getting some clothes.

Take care of your pets. Be aware that some hotel/motels will not allow pets.

Is there anything that can be salvaged? Take care of that as soon as possible.

How are your finances? You'll still need to make mortgage payments even if your home is destroyed. You'll also need to continue any car payments and replace any credit or debit cards that may have been destroyed in the house fire.

If your house only had

damage and cannot be inhabited you need to take a different route. If the power was shut off you need to drain your pipes so they do not freeze, getting a clean-up. Your insurance agent should also be able to help you secure your property and offer recommendations for cleaning up or restoring salvageable items.

This step is very important: Take care of your family's mental health. Disasters can make it difficult to cope. This is particularly true of children. Be patient with yourself as you work through any stress caused

by the fire. If you or others in your family are having difficulty coping seek help.

Now is the time to go over your insurance needs before a disaster occurs.

We are about to pass the mud season and move into the brush fire season. The New York state **BURN BAN is in effect from March 16 thru May 14.** There is no open burning during this time frame. One small glowing ember or a small piece of burning paper, a little wind and we have a brush fire.

Please use some common sense and be safe out there.

Mastodons at Time and the Valleys Museum



PHOTO PROVIDED

GRAHAMSVILLE – Time and the Valleys Museum is offering an on-line virtual program: Mastodons of Orange County on Sunday, April 11 at 2 p.m..

A large, extinct, elephant-like mammal of the Miocene to Pleistocene epochs, more than 80 mastodon remains have been recovered in New York State. Several mastodons have been recovered in the Orange County area, the first in 1811 by American painter, soldier, scientist and naturalist Charles Willson Peale in Montgomery, Orange County.

Speaker Gary Keeton has participated in several exhumations of New York state mastodons in the local area.

Mr. Keeton will discuss the modern recovery of these creatures that roamed the area more than 10,000 years ago.

Admission to the Museum's virtual events is EASY. Just email the Museum at info@timeandthevalleysmuseum.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.timeandthevalleysmuseum.org/support/membership/> or just send a check to Time and the Valleys Museum, P.O. Box 254, Grahamsville NY 12740.

FROM THE FILES OF...

THE HURLEYVILLE SENTINEL.

The Only Newspaper Published in the Town of Fallsburgh

COMPILED BY **Sullivan County Historian John Conway**

April 7, 1909

New Court House

The Board of Supervisors last week, by a vote of 11 to 3, adopted a resolution to build a new court house and jail to take the place of the one now rapidly going to decay. The court house problem has been a serious question for several years. The State Prison Department has repeatedly recommended more sanitary quarters for the prisoners and better facilities for handling them, but owing to the small building which has been in commission for about half a century, it was impossible to meet the demands of the Department. The walls of the old building began to crack and bulge and it became apparent that it was "up to" the county legislature to do something.

It is to the credit of the Board that it took a broad business view of the situation.

An architect was employed and when it was found that it was impossible to enlarge and repair the old building so as to have it meet the growing needs of the county, it was decided to erect a new and modern fireproof building, one that would be large enough for the years to come.

Under the present condition of the buildings our records are exposed to the danger of being destroyed by fire, while, when the new court house is erected, this danger is eliminated.

The Board has a plan by

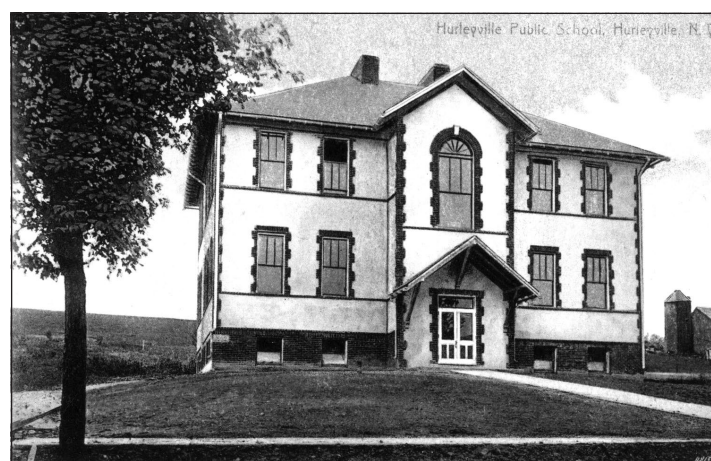


PHOTO PROVIDED

The Hurleyville School on Main Street was built in 1912.

which no taxpayer will feel the cost of the building and the constant expense of patching up the old court house will be stopped.

The Board is to be congratulated on its foresight and wisdom in taking a broad view of the matter, and of every man will become familiar with the situation before expressing criticism of the Board's action, as he should, no fault will be found by anyone with what has been done.

April 28, 1909

Contract for Building the New Court House Let

The contract for building the new court house at Monticello was awarded Saturday morning for \$142,000 to Cantwell & Dempsey of Kingston, New York. It will be built of Ohio stone.

April 9, 1913

New School Recognized

Mr. B.F. Evans, Trustee of the Hurleyville school, has

received the following letter from Frank H. Wood, Chief of the Inspection Division of the New York State Education Department regarding the new school: Dear Sir – I am pleased to advise you that Mr. Hall reports that the test and inspection of your new school building were entirely satisfactory.

The Test showed that the amount of fresh air received and the amount of foul air exhausted were in excess of requirements. The district is to be congratulated on the possession of such a good modern school building. Very truly yours, Frank H. Wood

Mud on Hilldale Road

Numerous complaints have been received at this office in regard to the condition of the Hilldale Road. It is stated that no less than five automobiles have been stuck in the mud at the Lehigh place during the past week.

There is probably little sympathy felt for the man with an automobile who

gets stuck in the mud there, but those who have to travel this road daily are becoming very indignant. Residents of the Hilldale Road who answered the call last fall for volunteers to permanently repair the road near the four corners feel that those who did not turn out at that time should be willing to do just a little work on the road adjoining their property.

April 23, 1937

Town of Fallsburgh Established 111 Years

This month marks the 111th anniversary of the Town of Fallsburgh, according to time-yellowed records on file in the offices of Town Clerk Mortimer Michaels.

The Town of Fallsburgh was first established on Tuesday, April 4, 1826 at the first town meeting, held in a school house near Neversink Flats. An act had been passed the previous week to erect a new township from parts of the Towns of Thompson and Neversink.

At their first meeting, the few citizens present elected their entire board without dissension. Herman Hardenburgh was chosen Supervisor; Rachel Reading, Town Clerk; James Brown, John Crawford, and Cornelius Eller, Assessors; Harvey Ludington, Henry Misner, and John Eller, Commissioners of Highway; Elmarter Starr, Thomas Lawrence, and James Hill, Commissioners of Common Schools.

A VISIT WITH... SULLIVAN PARANORMAL

By John Simon and John Conway

HURLEYVILLE – The Sullivan County Museum at 265 Main Street in Hurleyville has long been a popular stop for those interested in local history or in tracing their family's roots, but ever since the publication of Lynda Lee Macken's book, "Catskill Ghosts: History and Haunting in the Catskill Mountain Region" in 2019, the Museum has become a destination for another group, as well.

Ghost hunters.

Ms. Macken's book dedicates a short chapter to the Museum, and notes that "on multiple occasions, the Sullivan Paranormal Society (SPS) investigated the museum due to feelings of unease experienced in the building."

But just what is the Sullivan Paranormal Society?

One of the organization's founders, Barbara O'Rourke, says the group was formed about eight years ago by a few friends and is "a volunteer group



PHOTO PROVIDED

Members of Sullivan Paranormal: (left to right) Nicole Nelson, Darren Steele, Barbara O'Rourke and Howard Gorr. Ms. O'Rourke says they are "a well-oiled, ghostly, machine."

dedicated to paranormal research and investigation."

"One of the first experiences we ever had was in a local cemetery, where we were walking through with an electronic voice phenomenon recorder running," Ms. O'Rourke says. "When we finished our walk and played back the recorder, we heard a voice say very clearly, 'sightseeing, are we?'"

That's when the group became really serious about what they were doing.

Ms. O'Rourke says that Sullivan Paranormal's investigation of the Museum in Hurleyville entailed several visits to the building, and revealed some surprising results.

The group began by studying the history of the building, so they could be better equipped to ask questions when ethereal energy was encountered. They learned that the building had been built as an elementary school in 1912, had later be-

come a high school as well, with the last class graduating in 1945, and had been owned by the Hurleyville Fire Department before the County purchased it.

The group measured quite a bit of paranormal activity in one of the rooms on the second floor of the building, a former classroom currently utilized for storage that Ms. O'Rourke described as "pretty creepy."

She says a voice clearly told them, "I love this room," and when they asked if the spirit was that of a firefighter it responded, "a teacher."

They also found activity in the room dedicated to polar explorer Frederick Cook, a Sullivan County native whose journals and records are housed in the Museum.

The SPS has other favorite places to investigate in the area, including the Rivoli Theatre in South Fallsburg, currently home to the Sullivan County Dramatic Workshop, and the Stone Arch

Bridge in Kenoza Lake, scene of the only hex murder ever committed in Sullivan County. They are hoping to branch out to a "a lot of new places" in the near future, and have a growing list of sites to visit. Near the top of that list is the Smith Hill Cut on the Milk Train Trail.

"We hope to get there this spring," Ms. O'Rourke says of the cut, located just a few yards from the scene of a 1907 train wreck that claimed three lives. "I have walked through it, and I believe there is paranormal activity there."

Ms. O'Rourke says the group has a few simple rules, the most important of which is to always "respect the spirit."

"We always try to be respectful and to remember that we are visiting their home," she says.

And she assures people that the presence of ghosts in any given location should not be a cause for alarm, since "99.9% of ghosts" are not malevolent.

"In the eight years I have been actively doing this, I have never run into anything negative or evil," she says.

The Sullivan County Museum in Hurleyville is currently closed to the public due to COVID restrictions, but that could change at any time. Visit the website of the Sullivan County Historical Society for up-to-date information about the Museum's hours, www.scnyhistory.org.

CELEBRATE EARTH MONTH WITH US!

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Historian John Conway

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THE YOUNG PITCHER

Excerpted from the novel by Zane Grey

CHAPTER ONE

Ken Ward had not been at the big university many days before he realized the miserable lot of a freshman.

At first he was sorely puzzled. College was so different from what he had expected. At the high school of his home town, which, being the capital of the State, was no village, he had been somebody. Then his summer in Arizona, with its wild adventures, had given him a self-appreciation which made his present situation humiliating.

There were more than four thousand students at the university. Ken felt himself the youngest, the smallest, the one of least consequence.

He was lost in a shuffle of superior youths. In the forestry department he was a mere boy; and he soon realized that a freshman there was the same as anywhere. The fact that he weighed nearly one hundred and sixty pounds, and was no stripling, despite his youth, made not one

whit of difference.

Unfortunately, his first overture of what he considered good-fellowship had been made to an upper-classman, and had been a grievous mistake.

Ken had not yet recovered from its reception. He grew careful after that, then shy, and finally began to struggle against disappointment and loneliness.

Outside of his department, on the campus and everywhere he ventured, he found things still worse. There was something wrong with him, with his fresh complexion, with his hair, with the way he wore his tie, with the cut of his clothes. In fact, there was nothing right about him. He had been so beset that he could not think of anything but himself. One day, while sauntering along a campus path, with his hands in his pockets, he met two students coming toward him. They went to right and left, and, jerking his hands from his pockets, roared in each ear, "How dare you walk with your hands in your pockets!"

Another day, on the li-

brary step, he encountered a handsome bareheaded youth with a fine, clean-cut face and keen eyes, who showed the true stamp of the great university.

"Here," he said, sharply, "aren't you a freshman?"

"Why--yes," confessed Ken.

"I see you have your trousers turned up at the bottom."

"Yes--so I have." For the life of him Ken could not understand why that simple fact seemed a crime, but so it was.

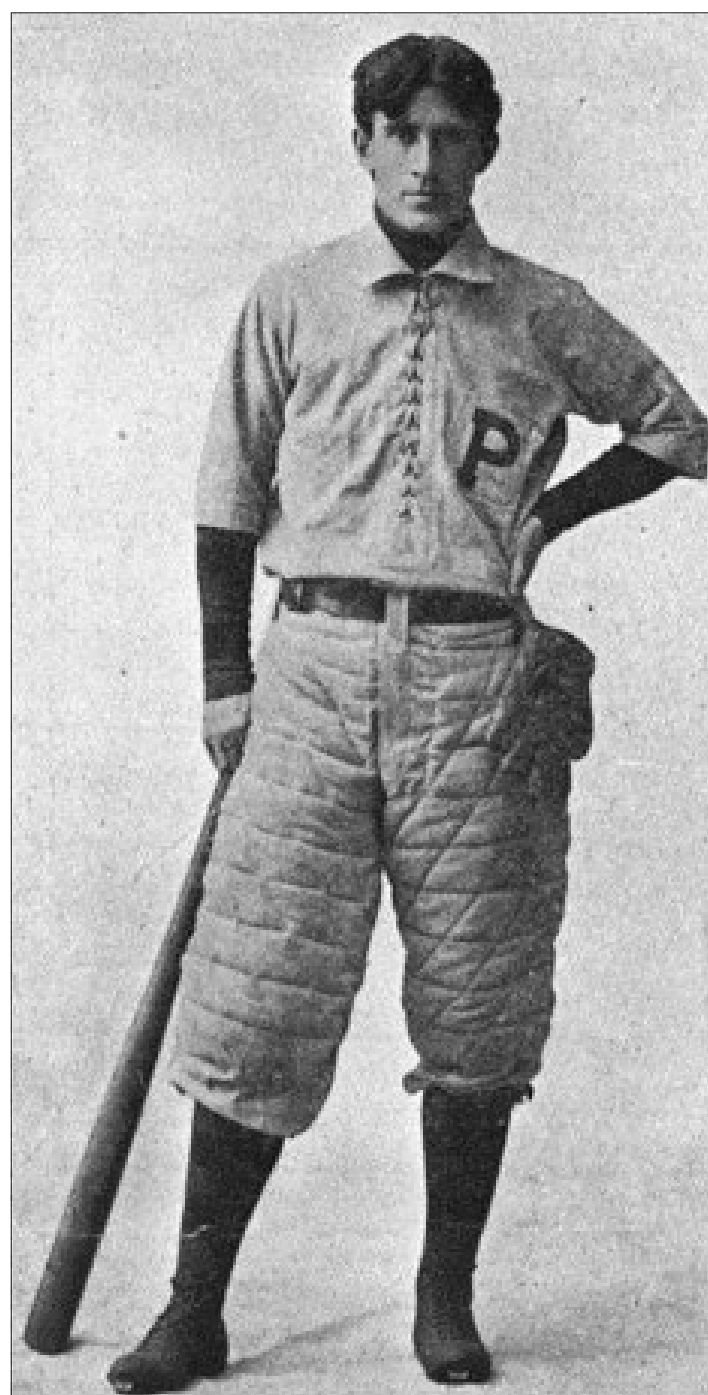
"Turn them down!" ordered the student.

Ken looked into the stern face and flashing eyes of his tormentor, and then meekly did as he had been commanded.

"Boy, I've saved your life. We murder freshmen here for that," said the student, and then passed on up the steps.

In the beginning it was such incidents as these that had bewildered Ken.

He passed from surprise to anger, and vowed he would have something to say to these upper-classmen. But when the oppor-



tunity came Ken always felt so little and mean that he could not retaliate. This made him furious. He had not been in college two weeks before he could distinguish the sophomores from the seniors by the look on their faces. He hated the sneering "Sophs," and felt rising in him the desire to fight. But he both feared and admired seniors. They seemed so aloof, so far above him. He was in awe of them, and had a hopeless longing to be like them. And as for the freshmen, it took no second glance for Ken to pick them out. They were of two kinds--those who banded together in crowds and went about yelling, and running away from the Sophs, and those who sneaked about alone with timid step and furtive glance.

Ken was one of these lonesome freshmen. He was pining for companionship, but he was afraid to open his lips. Once he had dared to go into Carlton

Author Zane Grey in his University of Pennsylvania college baseball uniform.

PHOTO PROVIDED

Time for Spring Cleaning, Sullivan County!

Roadside Litter Pluck Has Returned

MONTICELLO – The Sullivan County Legislature is pleased to announce that Sullivan County's Annual Roadside Litter Pluck Event is now underway through June 30, 2021.

The County is waiving the waste disposal fee for roadside litter plucked bags, through the County's Parks, Recreation and Beautification Department and the Division of Public Works.

Parks, Agriculture & Sustainability Policy Committee Chair and District 6 Legislator Luis Alvarez,

whose district includes Hurleyville, encourages County residents to check with their local municipalities, as there are several organized litter pluck events being planned throughout the County.

"Participation in a town--or village-- organized litter pluck event is a great opportunity for our residents to help combat litter at a local level," Mr. Alvarez said.

"We need to look our best, and Litter Pluck is a hassle-free, cost-free way to spruce up our communities – and a

great way to get out of the house to cure that COVID-induced 'cabin fever'!" added District 7 Legislator Joe Perrello, chair of the Public Works Committee.

Residents who wish to participate in the County's Roadside Litter Pluck may pick up their free labeling stickers (which adhere to clear garbage bags to identify them as roadside litter) along with program guidelines at their town or village hall or County-operated transfer station.

While no coupons are

required, all Roadside Litter Plucked refuse must be placed in clear bags and an event sticker adhered to the bag. Participants will be asked to register at the County-operated Transfer Station at the time of disposal. Please follow all required social distancing guidelines.

For more information about Litter Pluck, please call Sullivan County Department of Parks, Recreation, and Beautification at 845-807-0287 or email separks@sullivanny.org.

Civil Air Patrol Cadet Earns Prestigious Mitchell Award



Cadet Christian Vargo (left) receiving insignia matching his new promotion. His father is at right.

PHOTO PROVIDED

SWAN LAKE – Civil Air Patrol (CAP) Cadet Christian Vargo recently earned CAP's Billy Mitchell Award. This award is presented at the culmination of two and a half years of work and is the second in a series of five awards available to Cadets as they progress in CAP's Cadet Program.

Cadet Vargo joined CAP's Sullivan County Cadet Squadron prior to the pandemic and quickly promoted through the ranks. Despite the COVID pandemic forcing his squadron to meet virtually for most of the past year, he continued to earn promotions, overcoming the complications.

Only 15% of CAP cadets earn the Mitchell Award,

which requires the cadet to pass comprehensive leadership and aerospace exams as well as a rigorous physical fitness test. The cadet also must complete an encampment, an eight-day camp that

challenges cadets through exercises in teamwork, fitness, leadership, and self-reliance. The award marks the cadet's entry into phase three of the cadet program where they are expected

to lead other cadets in the squadron. With the award comes a promotion to Cadet Second Lieutenant. It is a difficult but rewarding achievement.

Cadet Vargo credits his squadron's commander, Captain William Mason, for his success, saying "It took many failures to learn all that I needed for this achievement. Captain Mason's patience, guidance, and instruction was the most valuable. I would not have earned this achievement without his encouragement. I failed the exams for this promotion many, many times and he urged me to push through. With each failed test I learned new things."

Hall, the magnificent clubhouse which had been given to the university by a famous graduate. The club was for all students--Ken had read that on the card sent to him, and also in the papers. But manifestly the upper-classmen had a different point of view. Ken had gotten a glimpse into the immense reading-room with its open fireplace and huge chairs, its air of quiet study and repose; he had peeped into the brilliant billiard-hall and the gymnasium; and he had been so impressed and delighted with the marble swimming-tank that he had forgotten himself and walked too near the pool. Several students accidentally bumped him into it. It appeared the students were so eager to help him out that they crowded him in again. When Ken finally got out he learned the remarkable fact that he was the sixteenth freshman who had been accidentally pushed into the tank that day.

So Ken Ward was in a state of revolt. He was homesick; he was lonely

for a friend; he was constantly on the lookout for some trick; his confidence in himself had fled; his opinion of himself had suffered a damaging change; he hardly dared call his soul his own.

The novel, *The Young Pitcher* was originally published in 1911 by Zane Grey, who would go on to become a prolific author of popular westerns such as *Riders of the Purple Sage*. Beginning in 1900, Grey began spending time visiting the Delaware River, and his first published story was about the river. In 1905, he and his wife purchased a home in Lackawaxen, PA, with a porch overlooking the Delaware...and Sullivan County, NY just beyond. Today, his former home is operated as the Zane Grey Museum by the National Park Service. The *Young Pitcher* is one of a handful of baseball stories he wrote. It is in the public domain, and as a tribute to the opening of baseball season in April, we offer this excerpt.



The Art of Being

by Deborah Chandler, Ph.D.

Identity

How do I know who I am? The first influences were the family. I embodied the obedient child, desperate for the conditional love available. In those years, the me you could encounter was the projection of my parents idealized child. Adorable, crocheted into knots of acceptability.

I submerged my being in silent depression. Terrified of what wasn't pliable and obedient, I raged toward suicidal destruction to vanquish the impudent devil within. In my early twenties, I gave up the expectation of others and was left bereft, hollowed out, shamed at my core. I failed—to meet expectations. But am I? Could I be?

I had one secret consolation. I danced. I danced to live, to allow my being to be alive. I've spoken with other women who also found solace and confirmation of their being through the silent world of dance. Behind all the discipline of formalized dance, lurks the uninhibited, sexual, wild child who finds a secret embodiment of the unacceptable.

Dance revealed a truth about myself that took years to accept into my non-dance being.

Human development follows two arcs. One arc is the outer arc of moving from untamed baby to civilized adult. The second arc in the inner journey to the core of

being. There is no way to stabilize ourselves on the path of outer conformity. The rigors of this outer path are a constant drain on our being. There is never enough stuff, enough success, enough love to relieve us of the burden of proving our value.

The inner arc offers respite and wonders. To travel this arc requires devotion to an ideal and courage to face our inner doubts. My own inner journey has taken me to many therapists and teachers. I've learned from each. I've had the good fortune to leave most before the path got perverted into someone else's journey, before becoming a fixture in another's gratification.

At the same time, I've had the good fortune to settle down into a path that offers renewal and inspiration without re-creating the outer arc of subjugation. We are susceptible to teachers and flim-flamers who promise easy access to our core. We need great discernment not to be deluded by quick answers and easy adulation. Am I a bauble for another's ego, or am I shining in my own light?

When I traverse my inner arc, I encounter the light within my own being. I transcend my history of suppression and expand my capacity for love. Sometimes I fear the engagement and get side-tracked. But my courage grows as I rely on the inner arc to take me to my own mesmerizing core. May we all meet in the light.

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

FROM THE FALLSBURG LIBRARY by Kelly Wells & Amanda Letohic

Happy April everyone! We have officially been in this pandemic for more than one year now, and we are definitely feeling the pandemic fatigue.

We cannot wait to be able to open fully like we once were so long ago BUT for the time being, please note that we are still doing 30 minute in-library appointments for browsing and/or computer use. We can still only allow one 30 minute session per day per person as we are still operating under limited capacity. We are making plans for when we can open a bit more than we are currently, but we are still unsure of when that time will be.

Meanwhile, we are still offering curbside services for book pickups, faxing, photocopying, and printing (you can email us at fbr@rcls.org whatever you need printed off if you are still uncomfortable with coming in the library to use a computer). And remember – you have 24/7 access to all of our digital resources including Rosetta Stone, OverDrive/Libby apps for ebooks, and now...Kanoopy for video streaming! If you have questions about

any of these resources just send us an email, or give us a call 845-436-6067.

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. We have a feeling April's adult craft will make you jump! 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 always, thank you for continued support and patience. We wouldn't be able to do what we do without your support. Be well!

Fiber on Main

As Fiber on Main is taking preventive measures to ensure the health and safety of all, open studios and classes are cancelled until further notice.

We are open to the public Saturdays 11AM to 4PM. Two customers will be allowed at a time and masks are required.

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CELEBRATE TRAILS DAY

HURLEYVILLE HISTORY HIKE IS APRIL 24

by Win Hadley

HURLEYVILLE – The Rails to Trails Conservancy has announced that the second annual Celebrate Trails Day will be held nationwide on Saturday, April 24. The organization began the special day back in 2013 as Opening Day for Trails, and changed the name last year.

The celebration is intended to encourage people all across the country to get outside and enjoy the nation's exceptional trails and trail systems.

The Conservancy's 2020 event was a virtual one, due to the pandemic. The national broadcast featured

Dr. Jim Sallis, distinguished professor emeritus of family medicine and public health at the University of California, San Diego, and an RTC board member, discussing the importance of trails for enabling people to be active in the outdoors, manage stress and be more physically resilient to COVID-19.

Last year's unique event also included Brandi Horton, RTC vice president of communications, who reminded everyone that as we seek to be active outside, it's vitally important that we all practice self-care, adhere to expert guidelines on how to safely use trails and parks, which will also help

protect them against forced closures due to overcrowding, and practice proper trail etiquette. Of course, some of the guidelines put in place last year have been eased, but others remain in effect.

This year, Celebrate Trails Day will be commemorated locally for the first time, with Sullivan County Historian John Conway leading another of his heralded Hurleyville History Hikes along the westbound leg of the Milk Train Trail at 2 p.m.

"The History Hikes we do are by design more of a saunter," Mr. Conway says. "The idea is to get outside, enjoy the incredible scen-

ery, and experience the majestic beauty nature has bestowed on our area, so we want everyone to be able to participate, regardless of stamina or mobility issues. And they can learn some local history at the same time."

Mr. Conway says the historical topics covered on the hike—make that saunter—will include the impact of the railroad on the farms and resorts of the Hurleyville area, the Native American Lenape tribe, their language and their culture, the tanning industry, and more.

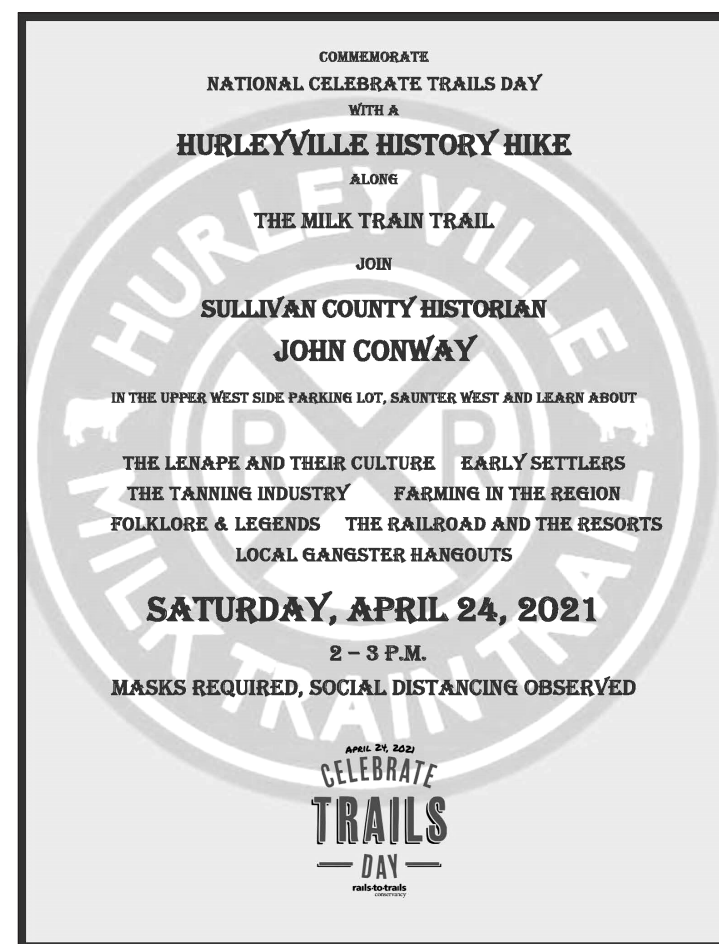
"Both farming and the tourism industry in Sullivan County owe much to

the railroad," Mr. Conway says. "And in fact, Hurleyville was really created with the arrival of the Midland Railroad in the 1870s. There wasn't much here prior to that. It is pretty cool that the thing that established the community in the first place has been reincarnated as a trail that is the linchpin of the revitalization of the community today."

Mr. Conway says that after the long, exceptionally grey winter season, the Hurleyville History Hike presents an opportunity for everyone to improve their mood, boost their energy level, and exercise their mind as well as their body.

"We always say that regular use of the Milk Train Trail is a way to a happier, healthier life," he says. "The Rails to Trails Conservancy's Celebrate Trails Day is the perfect chance for people to find out for themselves what we're talking about."

The Hurleyville History Hike will be conducted under strict COVID guidelines, meaning masks WILL be required and social distancing will be observed. In the event of inclement weather, the hike will likely be postponed. Any final determination will be announced on Mr. Conway's Sullivan Retro-spect Facebook page.



SULLIVAN NAMES WOMEN'S BASKETBALL COACH

Former Assistant Ben Newberg Returns

LOCH SHLDRAKE – Ben Newberg has been named the new head coach of the SUNY Sullivan women's basketball program, Director of Athletics Chris DePew announced in March.

"Ben is a proven program builder and we are elated to have him lead our women's basketball program," DePew said. "He has had great success during his time at the Borough of Manhattan Community College and understands how to recruit to a school like SUNY Sullivan. We are excited to see him build upon the success Coach Marchione had here."

Newberg has spent the last two years as the head women's basketball coach at Medgar Evers College, where he was able to help them achieve the most wins in more than 10 years. Prior to Medgar Evers, Newberg was the head coach at the Borough of Manhattan Community College, where he brought his teams to one Region XV final appearance and two CUNY finals. He also has experience as an assistant at CCNY, Mercy College, SUNY Sullivan, and SUNY New Paltz.

Newberg was raised here in Sullivan County where he attended Monticello High School. He went onto receive his bachelor's degree from SUNY Albany and also has an MBA from Mercy College.

"I'm very grateful for this opportunity to continue the success the SUNY Sullivan women's program has had," he said. "I am confident our program will be successful on the court, in the classroom, and involved in the community. I would like to thank Chris DePew and President [Jay] Quaintance for their belief in me. Go Generals."

While in college, New-



PHOTO PROVIDED
New SUNY Sullivan women's basketball coach Ben Newberg

berg served as student manager for the SUNY Albany Great Danes under head coach Will Brown. Newberg started his college coaching career at SUNY New Paltz as the top assistant men's basketball coach. He then went on to assistant coaching positions at SUNY Sullivan, Mercy College and City College of New York. In 2015, Newberg was appointed Head Wom-

en's Basketball Coach at Borough of Manhattan Community College (BMCC). In his first season there, he guided the team to both post-seasons (CUNYAC & Region XV). In 2016-17, BMCC finished with a 20-7 record overall, the best record in over a decade for the women's program. That season also included two championship final appearances in the CUNYAC & Region XV. In the 2017-18 season, BMCC had their best CUNYAC record (8-2) under Newberg, and finished 18-7 on the year including another championship appearance in the CUNYAC.

Newberg received a B.A. in English from SUNY Albany in 2010, and earned his Master's degree in Business Administration from Mercy College in 2014.

HEATHER QUAINANCE

Licensed Real Estate Salesperson

heather@countryhousearealty.net
C. 518.382.9107
O. 845.985.5116

www.countryhousearealty.net
7991 State Route 55, Grahamsville, NY 12740

TOWN OF FALLSBURG RESIDENTS 2021 SPRING CLEANUP

PROOF OF RESIDENCY IS REQUIRED

DATES: April 16, 17, 18 HOURS: 9:00 AM - 5:00 PM

**BRING MATERIALS TO: Morningside Park
11 Morningside Road, Hurleyville, 12747**

- 1 COVERED PICKUP TRUCK LOAD PER HOUSEHOLD
- ALL MATERIALS MUST BE SEPARATED
- ITEMS MUST BE CUT 4 FEET OR LESS IN LENGTH
- DRUMS & TANKS MUST BE EMPTY & CUT OPEN OR CRUSHED
- NO LIQUIDS: ONLY EMPTY PAINT/PETROLEUM/HAZARDOUS CANS
- NO BRUSH, YARD WASTES, BAGS OF LEAVES, STUMPS OR ROCKS
- NO HOUSEHOLD GARBAGE OR COMMERCIAL WASTE OF ANY KIND
- NO COMPUTERS, MONITORS, LAPTOPS, TV's, FLOURESCENT BULBS
- NO TIRES

BE BOLD CHOOSE HEALTH

Bold Gold Media, Sullivan 180 Partner

MONTICELLO – Bold Gold Media is partnering with Sullivan 180 on a yearlong campaign called "Be Bold Choose Health." This initiative celebrates local Health Heroes and highlights local health and wellness programs through Public Service Announcements, Podcasts, Social Media, and live interviews on Sullivan County's local radio stations: Thunder 102 & 104.5, 98.3 WSUL and 95.9 VOS-FM.

"The idea came about when I participated in Sullivan180's Coach to SK program with my friends and family, and I realized that I wanted to encourage others to work toward making small changes in their lives to benefit their health and wellness," Bold Gold New York Office General Manager Dawn Ciorciari said. "If we can do this on a broad scale, we can really help improve the overall health out-



SENTINEL FILE PHOTO
Amanda Langseder

comes of Sullivan County. Local radio is the perfect platform to do that."

Sullivan180's partnership with this initiative is important because they are a vehicle to foster and support community efforts to improve the health of our residents," Amanda Langseder, Director of Sullivan 180, said. "The healthcare heroes are deserving of every ounce of gratitude and respect we can give them right now. They need our continued support, but they also need us to make

changes in our communities to live healthier lives, build stronger immune systems and reduce chronic disease. We know there are unsung health heroes in Sullivan that are making grassroots changes in their communities to help the people around them live a little healthier each day."

The "Be Bold Choose Health" campaign has been created to raise these heroes up, celebrate them and share their stories.

"Our hope is that listeners hear how small changes like starting a walking club, creating a meditation space at work, encouraging friends and family to get cancer screenings, supporting co-workers with quitting smoking, or inspiring kids to drink more water, all add up to big health gains for our county. And these are just a few examples," Ms. Langseder said.



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!

Opening Day - Major League Baseball

1. What major leaguer had the most hits on Opening Day during his career?
2. What pitcher stuck out the most batters in an Opening Day game?
3. Two players have hit home runs in their first Major League at bat in an Opening Day game, and they did it in the same game. Who were they?
4. Only one player in history has ever hit for the cycle in an Opening Day game. Who was he?
5. Four players have hit three home runs in Opening Day games. Who are they?

Last month's answers:

1. What school was the only #16 seed to ever defeat a #1 seed in the NCAA Basketball championship tournament? **University of Maryland Baltimore County defeated Virginia in 2018.**
2. What two teams once played a six-overtime game in the postseason Big East basketball tournament? **Syracuse beat Connecticut in six overtimes in the 2009 tournament.**
3. What was the last college team to win the NCAA basketball championship with an undefeated season record? **Indiana in 1976.**
4. Which player has had the most career appearances in the NCAA basketball tournament? **Christian Laettner of Duke played in 23 tournament games.**
5. What school has appeared in the most Final Fours in the NCAA basketball championship? **North Carolina has been in 20 Final Fours, more than any other school.**

There was no winner last month.

FIFTY YEARS AGO...

Monticello, Fallsburg Are Denied Admission to the Orange County League

by John Conway

MONTICELLO – Fifty years ago this month, in April of 1971, both Monticello and Fallsburg school districts applied for admission to compete in the Orange County Interscholastic Athletic Association, or the Orange County League for short.

It was not the first such application for either school. Monticello had been denied admission to the league twice before, and both schools had had applications denied in January of 1971, even though at that same meeting OCIAA officials voted to amend league rules so that out-of-county schools could be admitted. The OCIAA was scheduled

to consider each school's latest application at its April 21, 1971 meeting.

The OCIAA had never made public its reasons for denying the applications, but a little sleuthing by Times Herald-Record sportswriter Lou Hansen uncovered some of the reasons for the negativity, at least in regard to Monticello.

Hansen wrote in an April 10 column that he had been told after the last vote denying Monticello admission to the league that "the general feeling of OCIAA members was that incidents of rowdiness made Monticello undesirable, and that the school would have 'to clean its own house before its application could be seriously considered.'"

Monticello Athletic Director Edward Kennedy told Hansen he had ascertained that there were four reasons the school was denied admission to the league, the accusations of rowdiness being one of them. Kennedy said a low caliber of play, travel distance, and the fact that the school was not located in Orange County were the other reasons.

While Kennedy admitted that there had been one incident of "rowdiness" following a game the previous January, he said that in general, "the overall conduct of our teams and spectators, although not angelic, seemed to at least be on a par with the conduct of our opponents."

Furthermore, Kennedy

said, the caliber of play was a cyclical phenomenon, and Monticello just happened to be in a down cycle at present. He pointed out there was little the school could do about the fact that it was not in Orange County and that it was a certain distance from Orange County schools.

Those who knew better could have pointed out that for years Monticello had played basketball and soccer in the DUSO League, which included teams from Poughkeepsie in Dutchess County, Kingston in Ulster County, and Newburgh and Middletown in Orange County as well as Monticello from Sullivan County. The distances between Poughkeepsie and Monticello, Kingston and Monticello, and Newburgh

and Monticello was likely greater than that almost any of the Orange County League schools would have to travel to away games should the Monties be admitted.

Hansen wrote that it was his opinion that the OCIAA officials were hypocritical, and called for them to be better community members and admit the two schools, both of whom were struggling to fill their schedules following the demise of the DUSO and DUSO Village Leagues.

Despite Kennedy's reasoning and Hansen's advocacy, the OCIAA once again denied both Monticello's and Fallsburg's applications at its April meeting, this time citing the league's financial woes.