

SUCH SPLENDID PURPOSE

New High School Set to Explore New Technologies

by Denise Sullivan

HURLEYVILLE – When the ribbon is cut on August 13 at the new Homestead Collaborative College High School at the former Technology Hub and Incubator (THINC) building at 202 Main Street in Hurleyville, plans will be in place for students to use technology in the building to learn about their new environment.

Robert Osterhoudt, a teacher on the new faculty team at the school, will be leading young adolescents to develop both a sense of place and a sense of self by examining and exploring their new surroundings. That goal, he says, is the first part of a new course in regenerative planetary studies that will include deep dives into ecological practices that improve or sustain the environment, such

as the permaculture movement.

Students will begin with mapping and modeling the environment around them, using technology that is integrated into the curriculum. Geography, land surveying, and topography of the land around them will naturally require kids to apply math and science that they have studied in their last few years at the Homestead school in Glen Spey, integrated with new concepts related to their projects. In order to make a map and build a scale model of their surroundings, they will need to rely on basic concepts as well as new, deeper learning.

Mr. Osterhoudt seems to be the perfect guide for the new ninth graders as they embark on the learning journey. With a background in engineering and aircraft maintenance and manu-



PHOTO PROVIDED

facturing, he has taught at the college level and also worked at Schatz Bear-

ing Corporation, a Hudson Valley business that makes custom bearings that are

currently in use on a Mars Rover in the space program. A Sullivan County native

and Tri Valley graduate, Osterhoudt learned to fly at the airport in Wurtsboro, where

he currently resides.

Students from the Homestead School were regular visitors to their new building at 202 Main Street when it was the Hurleyville Maker's Lab (HML). Eighth graders at the school were required to do a Micro Business project, taking a useful product from prototyping and development through production and sales. Since the school hadn't yet acquired a laser cutter, students traveled to the lab after school in order to complete their creations.

The new school will provide students with access to the tech tools used in the design / build sector – 3D printers, computers with design software, and a CNC router. But they will also be immersed in the full range of making – using hand tools, woodworking, ceramics and metalworking, with a big focus on safety,

of course. The tools they use will be driven by their projects. And the THINC team, now located in Rock Hill, will be able to consult with students, if needed.

This integrated approach to learning and making in a technology-rich environment is a dream come true for kids who like to learn by doing, as well as for parents who want their kids to be prepared and excited for future careers. It will be exciting for everyone to see what this group of learners will achieve.

While seventh, eighth and ninth graders will be schooled here in Hurleyville this year, tenth grade will be added in the next school year, with an additional grade added in each of the succeeding two years until the senior high school includes all four grades, ninth through 12.

COUNTY TO CREATE MEDICAL RESERVE CORPS

LIBERTY – Sullivan County Public Health Services has always wanted a reserve of volunteers to call upon, but when the COVID-19 pandemic struck, that long-held desire became a pressing need.

"As part of our response to the onslaught of coronavirus, we quickly coalesced a group of volunteers to aid us at our community clinics," recalled Public Health Director Nancy McGraw. "They were incredibly helpful during the entire extent of the crisis."

As of June 2021, 354 volunteers with Public Health Services had given 11,653 volunteer hours, mostly at 49 community clinics held from January through June. Some handled paperwork, others directed participants to the

correct location, and some took on medical duties, including dispensing vaccines. Thanks to the hard work of Sam Avrett, MPH, who as a Health Services Advisory Board member volunteered to coordinate this effort and get it off the ground during the mass vaccination clinics, the team was able to organize very quickly.

"Over 40 of our volunteers possess a medical degree or license, allowing them to work alongside our nurses and other skilled professionals," acknowledged McGraw. "We even had a pharmacist and two dentists assisting!"

The success of the effort means it's not going away. Sullivan County is in the process of applying to create an official Medical Reserve

Corps through the U.S. Department of Health & Human Services.

"With COVID-19 cases creeping back up around the nation, it's prudent we have a cadre of dedicated volunteers ready to help Public Health respond to a potential increase locally," noted District 2 Legislator Nadia Rajsz, chair of the Sullivan County Legislature's Health & Family Services Committee. "It's also good to know that we'll have hundreds of talented, trained locals for other health crises in the future. They will strengthen our Public Health team, which is the backbone of our response efforts."

Everyone who is registered on the ServNY website with Sullivan County will be considered part of the Medi-



PHOTO PROVIDED

County Legislator Nadia Rajsz, left, listens to volunteer Lori Orestano James discuss the registration of participants in a recent COVID-19 vaccination clinic at SUNY Sullivan.

cal Reserve Corps, when it is officially established and approved by the Federal government. For those who would like to be a part of the Corps, go to www.sullivan.ny.us/Departments/PublicHealth/clinicvolunteer for details and signup instructions.

"Registration in ServNY is open to any health care or mental health professional, as well as laypersons who are

willing to serve in administrative or support roles during public health emergencies," explained McGraw. "I encourage anyone who's over 18 and interested to put themselves on the list. They will be key to helping us increase our health rankings in the years to come."

Examples of non-medical volunteers include greeters, line monitors, registration, inventory, data entry and logistics. To learn more, public health staff welcomes calls to (845) 292-5910, or emails at volunteerMRC@sullivan.ny.us.

The MRC network comprises more than 200,000 volunteers in roughly 800 community-based units throughout the United States and its territories. MRC units

organize and utilize local volunteers who want to donate their time and expertise to prepare for and respond to emergencies and to support ongoing preparedness initiatives. MRC volunteers include medical and public health professionals as well as other community members without healthcare backgrounds who want to improve the health and safety of their communities.

Examples of activities that MRC volunteers participate in and support include the following:

- Emergency preparedness and response trainings and exercises
- Emergency shelter operations and medical care
- Disaster medical and behavioral health support
- Medical facility surge support

Mass dispensing efforts (e.g., medication, water, other supplies)

Disease testing and surveillance

Community vaccination clinics

Veterinary care

Support services to disaster call centers, family assistance centers, and reception/evacuation centers

Emergency operations center and communications support

Patient movement support

Search and rescue operations

Disaster clean-up and recovery support

First aid and medical support during large public gatherings

Community education and outreach

Emergency preparedness and response planning, logistical, and administrative support

More information is available at www.phe.gov/mrc.

BAGEL FESTIVAL HAS HURLEYVILLE ROOTS

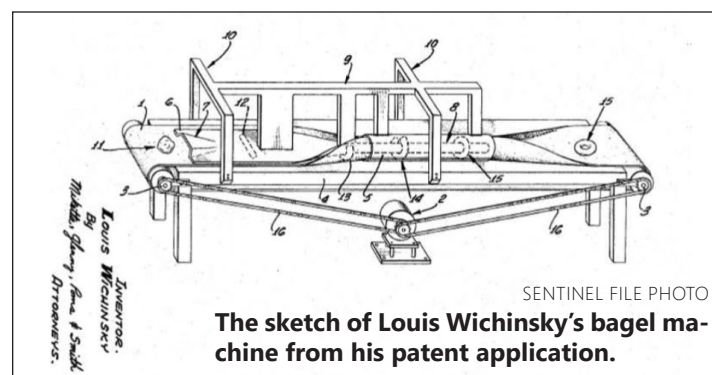
Monticello's Signature Event is August 8

by John Conway

MONTICELLO – The village of Monticello, officially proclaimed far and wide as "the Bagel Capital," will host its ninth annual Bagel Festival on August 8, and, as usual, the proceedings will have a distinctive Hurleyville flavor.

That's because one of the inspirations for the festival—the brainchild of Monticello native Jeff Siegel—was the fact that Hurleyville's Louis "Lebel" Wichinsky patented a bagel making machine in 1968.

It took Mr. Wichinsky—a Hurleyville baker and former aircraft mechanic the New York Times once described as strongly resembling Mel Brooks, another inventive personality with a Hurleyville



SENTINEL FILE PHOTO

The sketch of Louis Wichinsky's bagel machine from his patent application.

connection—more than 20 years of tinkering to finally perfect his machine, but its output of 600 dozen bagels an hour forever linked the distinctive circular pastry to Sullivan County.

Mr. Siegel used that connection, and the fact that the Monticello Bagel Bakery has become a veritable institution on Broadway in the village, as his motivation for creating the first Monticello Bagel Festival

in 2013. The inaugural event drew an estimated 5,000 participants, and it has grown steadily ever since.

The Monticello Village Board, the Thompson Town Board, and both houses of the New York State Legislature have all passed resolutions over the years proclaiming Monticello as "the Bagel Capital."

This year's event will run from 9 a.m. till 4 p.m. and will

feature more than 40 vendors and 30 community organizations participating. Food and drink vendors range from the obligatory Monticello Bagel Bakery and Grizzly Bagels to Spacey Tracy's Deep Fried Pickles and Angelina & Adriana's Italian Ices.

Another Hurleyville connection with the Bagel Festival is that Albee Bockman, a native and longtime business owner in the hamlet, will open the day's activities with his rendition of The Star Spangled Banner. Various musical performances and other entertainment continues throughout the day, with just about something for everyone. All activities will take place on Broadway, which is temporarily being re-christened as "Bagel Boulevard."

by John Conway

HURLEYVILLE – The Hurleyville Performing Arts Centre drew a big crowd to the hamlet on Saturday afternoon, July 24, teaming up with the Brooklyn-based House of Yes to host the "Yes Yes Yes Hurleyville Pride" event.

The festivities, which ran from 2 p.m. to 7 p.m., featured live music, a live circus performance, vendors, and a parade. Things started slowly, but by mid-afternoon, the crowd of attendees had swelled to an impressive size.

"There wasn't a parking space to be had anywhere in town," one longtime resident told The Sentinel. "It was a great turnout and everyone seemed to be enjoying themselves."

The unique event was free to

NOT A PARKING SPACE TO BE HAD

Pride Day Draws Big Crowd to Hamlet



PHOTO COURTESY SULLIVAN COUNTY DEMOCRAT

Among other activities, the Pride Day event in Hurleyville featured a colorful parade around the hamlet.

the public, although donations were accepted. HPAC Executive Director Erin Dudley, who oversaw the event, was pleased with the turnout, and promised more similar programs in the future.

There was plenty of local representation among the performers, but the star of the show was clearly The House of Yes,

which has become internationally recognized over the past few years for, according to publicity, "producing exceptional nightlife parties, cabaret shows, circus spectacles, immersive cinema, and creative experiences that defy categorization and transcend genre."

The Hurleyville Performing Arts Centre's website described

the venture as being named the "2 Best Thing to Do in the World" by Time Out New York.

"The House of Yes is a creative collective and theatre-infused nightclub based in Bushwick, Brooklyn founded in 2008 by Kae Burke and Anya Sapozhnikova. The performance-fueled venue has become a destination for creative culture and outrageous dance parties since opening their Bushwick location in 2015."

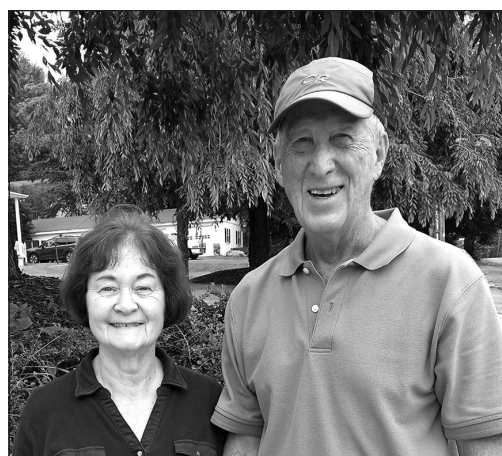
The Hurleyville Performing Arts Centre was founded in 2016 with a mission to "celebrate the environmental and social diversity of the Catskill region through performance, film, and visual art. HPAC presents bold programs that create shared experiences to inspire, challenge, and connect audiences."

The Inquiring Photographer

by Kathleen Sullivan

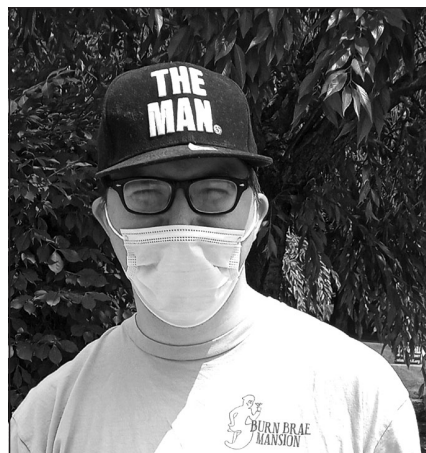


Q. What is your favorite “one-day vacation”?



Mary Jo and Peter Warren

Our favorite one-day vacation is going to Longwood Gardens in Pennsylvania. It's one of our favorite places to visit.



John Simon

My favorite one-day vacation is spending time exploring and relaxing on the Rail Trail in Hurleyville.



Denise Sullivan

My favorite one-day vacation is driving to Manasquan, New Jersey and spending the day on the beach.

FROM THE WEATHER CENTER

by John Simon



RAINBOWS



PHOTO PROVIDED

Rainbows are caused by the reflection, refraction, and dispersion of light in water droplets, resulting in a spectrum of light appearing in the sky.

The resulting spectrum takes the form of a multi-colored circular arc.

Rainbows caused by sunlight always appear in the section of the sky directly opposite the sun. Rainbows can be full circles, however, the observer normally sees only an arc formed by the

illuminated droplets above the ground, and centered on a line from the sun to the observer's eye.

Rainbows can be double rainbows, twinned rainbows, full-circle rainbows, or so on. Rainbows can sometimes form in the moonlight at night, and there occasionally can be fogbows or sleetbows, as well.

Also, we don't know why, but there are so many songs about rainbows and what's on the other side.

Hamlet Happenings

by Kathleen Sullivan



PHOTO PROVIDED

Hurleyville-Sullivan first volunteers have been busy this summer.

HURLEYVILLE - SULLIVAN FIRST

The members of Hurleyville-Sullivan First are busy this summer.

The historical kiosk at the Hurleyville Firemen's Park is getting some needed repairs and maintenance. The signs at the entrances to Hurleyville and at the entrance to the Rails to Trails are getting a painting “refresh”. New larger weather-proof cabinets are being created for the Little Free Library at the Hurleyville Firemen's Park.

The plants in the barrels on Main Street and in the planters at the entrances to Hurleyville and at the Hurleyville Firehouse are blooming. Send an email to izzysaunt@verizon.net if you're interested in helping to keep them beautiful by weeding and watering.

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

HURLEYVILLE UNITED METHODIST CHURCH

The Bread of Life Food Pantry has resumed choice distribution indoors at the Hurleyville United Methodist Church. The food pantry will be open on Thursday, August 19 and on Thursday, August 26 from 3 until 5 p.m. Anyone who is not vaccinated should wear a mask when visiting the food pantry.

Sunday services at the church begin at 9 a.m. The Bible study group meets in the sanctuary at the church every Tuesday at 7 p.m. Fully vaccinated churchgoers do not have to wear a mask in the church.

Pastor Jorge is delivering

sermons online on Facebook at 11 a.m. on Sundays.

You can pray with others over the phone on the church's prayer line on Sundays from 7 – 8 p.m. The prayer line phone number is 605-472-5491 and the access code is 251678.

“MESSY CHURCH”. Youth Group meetings and the women's group meetings are still 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

Good news! The Sullivan County Museum and Historical Society have re-opened.

Volunteers are busy refreshing the exhibits that have not been visited for the last year and a half.

Visitors are welcome to the museum. Group tours can be scheduled by contacting the museum office.

The reading room is open for research. Researchers must schedule an appointment.

Planning is underway for the Sullivan County Historical Society Annual Dinner and Meeting that will be held in October.

Plans for the “First Sunday” concerts have not been announced yet.

Anyone interested in genealogy and the history of life in Sullivan County can send an email to info@scnyhistory.org for information on volunteering at the museum.

Please call the museum at 845-434-8044 or email info@scnyhistory.org for more information or to schedule appointments and group tours.



CAN YOU TASTE THEM?

The “flavors of greens”
That's how she described it
All the shades of the shrubs and the trees
Along the Rail Trail one could imagine
A barrel of green beans or peas
The lighter greens conjured up bunches of lettuce
Or maybe robust stalks of leeks
And mosses dampened by puddles of mud
Might help you envision seaweed
Is the flavor of spinach or collards
Beginning to dance on your mouth?
Or might you be thinking of kale chips
That you eat for a snack on your couch?

One could really have made a big salad
From the greens that this poem talked about
But the one lovely veggie
That won't enter her mind
It's the one that she hates
... Brussel sprouts!

- Mimi
August, 2021

The Scene

Music and Entertainment in and around Hurleyville



by Jane Harrison

So much music and so little print space!

On July 2, I went out to CABERNET FRANK'S to see CRAWDADDY, that I'd heard so much about from other musicians. Each in their own right is a musician of note, and to see them together was just extraordinary!

Front man, JIMMY EPARD, filled in with THE BAND when RICK DANKO wasn't available and as a result, he played often with my friend SHREDNE VOLLMER who passed away in November of 2013. SHREDNE was legendary among musicians as a harp (musician speak for harmonica) player. JIMMY EPARD, himself, is a legend among guitar players. Watching him play incredibly intricate leads with the ease of my buttering bread was astounding to watch.

The saxophonist, TONY AIELLO, is noted for extensive touring with the JOE JACKSON BAND (Steppin' Out; Breaking Us In Two, in case you need song references). What a privilege so see him live!

Drummer HARVEY SORGEN was introduced to his first touring gig on drums by his mentor, the great JOHN DeJOHNETTE, legendary Jazz drummer, who is also considered the most influential jazz drummers of the 20th century. That very first gig

was with none other than the great AHMAD JAMAL. And later, as the drummer for eight years with ELECTRIC HOT TUNA.

Bassist LeROY SEALS toured extensively and most notably with CYRILLE NEVILLE and was asked to join the NEVILLE BROTHERS. Locally, he has performed with LITTLE SPARROW, both at the SULLIVAN COUNTY MUSEUM'S FIRST SUNDAY and with them at area hospitals. I knew he and his bass style were familiar!

And finally, the great STUART SPECTOR on keyboards and vocals. STUART SPECTOR is known for the guitars and bass guitars he has lovingly handcrafted for over 50 years. There is not a guitarist or bass guitarist I have ever known who hasn't lusted mightily after his work, including my late husband.

There is a music festival scheduled for August 27 -28 at the ARROWHEAD RANCH IN PARKSVILLE. This in itself is not surprising. What is surprising is that LONCON FEST even exists. There was a man named Lon Gellman who worked in a concession stand at MADISON SQUARE GARDEN for decades. He worked and went to concerts and festivals. Big ones, small ones, nondescript ones all over the United States. This was his life. His nickname

was “Lon Conscious” (hence LONCON) that I asked one of his childhood friends (40+ years) about, who laughed and said “God only knows. We (meaning his longtime childhood friends) always called him that.” That conjured up a group of 10-year old boys making good natured fun of each other while laughing hysterically.

Lon Gellman died suddenly last year. Within a month, the idea of this festival was born, the brainchild of the son of one of those childhood 40+ year friends. He and his band mates turned to a funding website and within a short period of time the fund grew to headshaking numbers. Along with the small donors were gifts of thousands from surprising sources and LONCON FEST on its way to becoming a reality.

The bands/performers so far include BAKED SHRIMP, MAHALI from TWIDDLE, AQUEOUS, and DOGS IN A PILE. If you haven't heard of any of them, you should. Most are touring bands well known up and down the Eastern Seaboard.

As his friend put it, the late Lon Gellman would have been totally baffled by all of this. The truth is, none of us know how many people we touch until we're gone.

Until next time.....

Time and the Valleys Museum Hosts Program on Winton

GRAHAMSVILLE – The Time and the Valleys Museum is sponsoring its first dual in-person and virtual program: The History of Winton, A Grand Neversink Estate, on Sunday, August 8 at 2 p.m. on Zoom and at the Museum on St. Rt. 55 (332 Main Street) Grahamsville.

Summer resident and descendant, Laura Brock will speak about the history of Winton, an estate built by her great grandfather, Clarence Roof in 1882. An avid fly fisherman, he purchased miles of land along the Neversink River in Claryville. Mr. Roof's adopted daughter, Jenny Franklin Hovey Roof, married surgeon and inventor Karl Connell who developed the first all American gas mask used in World War I. They raised their family at Winton in the 1920s and '30s.

Admission for members is free, and for non-members



PHOTO PROVIDED

The Winton estate will be the subject of an upcoming program at Time & the Valleys Museum.

is \$5. Attendance is limited to 30 and registration is required. To register please email info@timeandthevalleysmuseum.org with your name and number of attendees, and put **In-Person Registration** in the subject line, or call 845 985-7700. To attend the program virtually on Zoom, email info@timeandthevalleysmuseum.org for the link, and please put **Zoom Program Regis-**

tration in the subject line.

About the Time and the Valleys Museum: Connecting Water People and the Catskills, the Museum is open weekends Memorial Day to Labor Day, noon to 4 p.m.. Located at 332 Main Street in Grahamsville (St. Rt. 55), Sullivan County, admission for adults is a suggested donation of \$5, children under 16, \$2, and children under six are free.

Sullivan Renaissance in South Fallsburg

LIBERTY-- For its second 2021 Clean Sweep, Sullivan Renaissance teamed up with the Town of Fallsburg to spruce up areas in and around Brian Ingber Park and Main Street in South Fallsburg.

Staff, along with steering committee members, volunteers, and interns, planted trees, renovated gardens and litter plucked as a demonstration to encourage the community to care for areas they live, work, and play in. NYSEG and the Town of Fallsburg DPW also removed some compromised trees along the river. The teams visited the Rivoli Theatre and Murray's Chicken to thank them for their continued

beautification of Main Street, even during the COVID pandemic.

“We enjoyed spending time in the South Fallsburg community planting. In addition to gardening and clean up, we also offered a planting activity to children and families as a reminder to care for the environment,” said Christy TerBush, Sullivan Renaissance Program Coordinator, who led the Clean Sweep Project. “Gombo's Bakery and Numell Hair Salon were sites for pop-up gardening sessions where passersby watched containers and garden beds transform into cheerful spots to brighten the Main Street.”

Sullivan Renaissance will continue the effort by working with interested Main Street Businesses through their Business Assistance grant program.

Follow Sullivan Renaissance on Facebook and Instagram for event updates, how-tos, and ways to volunteer.

Sullivan Renaissance is a beautification and community development initiative principally funded by the Gerry Foundation with support from NYS Assemblywoman Aileen Gunther, Bold Gold Media Group, The River Reporter, The Sullivan County Democrat, and WJFF Radio Catskill.

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FALLSBURG ALUMNI ASSOCIATION AWARDS AND FCSD HALL OF FAME INDUCTION

FALLSBURG – July 17 was a very special day in the history of Fallsburg Central School District. The Fallsburg Alumni Association (FAA) held its annual reunion and presentation of special awards to graduating seniors, alumni, and former staff members from the school district. The FCSD was also inducting four new members into the school’s Hall of Fame (HOF), including three from last year’s canceled ceremony.

The paths that honorees took to come to Fallsburg were quite divergent, yet there were amazing connections between them and the fulfillment of their life’s purpose. At least four generations of Fallsburg residents were represented in the audience and on the podium. The scene of the ceremonies was the Benjamin Cosor Elementary School(BCES), named in memory of the grandfather of Jamienne Studley, one of the day’s HOF inductees.

FAA President Regina



PHOTO PROVIDED

Award-winning graduating seniors (L-R) Daniel Milov, Gabrielle Pantel, Ava Anderman, Dolce McPherson, Haddy Gai, Jamie Rein, and FAA President and award winner Regina McKenny-Snead. (Janelly Santos Lopez was unable to attend to receive her FAA scholarship award).

McKenny-Snead welcomed everyone to the school cafeteria at just a little past 11 a.m. Staff Honorees of the FAA were retirees, nurse Lonnie Lindsey, and BCES teacher Leah Exner. Alumni Awards went to Lisa McAdoo and Stanley Gilmore. Graduating seniors receiving FAA Awards were Ava Anderman (a family

going back several generations in Fallsburg), Haddy Gai (born in Gambia), Daniel Milov (whose family came from Eastern Europe), Jamie Rein (whose grandparents were Greek immigrants), and Janelly Santos Lopez (a recent immigrant from Central America).

The Sheryl Kalter Memorial Award for outstanding

citizenship and community service went to Daniel Milov and Gabrielle Pantel (whose family goes back four generations in Fallsburg). The Robynne Anderman Award presented by her mom and Board of Education Member Arlene Anderman Hussey, went to her great niece, Ava Anderman. Ava welled up with tears as



PHOTO PROVIDED

(L – R) Letise Buckner (Dr. Myra Young Armstead’s sister), Dr. Myra Young Armstead, retired FCHS teacher Jay Kasofsky (who accepted Dr. Jamienne Studley’s HOF plaque), sisters Roxanne Young and Vanessa Young, mother Bethsheba Young, and Margo Lemberger, daughter of HOF recipient Dr. Louis Lemberger.

she remembered her loving and generous cousin, Robynne.

Eileen Kalter presented the FAA Award of Jack Leshner to Dolce McPherson (a track and field star athlete like one of the HOF honorees). The final honor was to Regina McKenny-Snead—the first ever

Lawrence Kotin Award for dedication and contributions on behalf of children with special needs. A 1958 FCHS graduate, Mr. Kotin received several awards during his lifetime for advocacy for students with special needs. Ms. McKenny-Snead’s family emigrated to Fallsburg from

the South in the 1950s. She knew ever since her early days at Fallsburg schools that her life’s purpose was to be of service to others. For many years, she has been an executive leader of Sullivan Arc, now known as The Arc Greater Hudson Valley.

After receiving the Ko-

tin Award, Ms. McKenny-Snead handed the microphone over to FCSD Superintendent Dr. Ivan Katz for the Hall of Fame Inductions. Dr. Jamienne Studley was first, and she joined the ceremony remotely. She was especially honored that the event was in the school where her grandfather, Benjamin Cosor, devotedly served for over 30 years on the BOE. Dr. Studley’s dedication to education was shaped very much by her grandparents. She served in the administration of three U.S. Presidents, Carter, Clinton and Obama. In the latter service, she was the Deputy Secretary of the Education Department.

One of Dr. Studley’s schoolmates at Fallsburg Central, and a fellow inductee to the HOF, is Myra Young. Her grandparents were among that generation of African-Americans leaving the segregation and economic dislocation of the

Continued on page 5

PARTNERING TO BRING RESOURCES TO SENIORS

FERNDALDE – Sullivan County Office for the Aging and Sullivan 180 have announced “OFA on Wheels!,” a mobile resource for seniors in Sullivan County. The “OFA on Wheels!” is a bus, retro-fitted with laptops and internet connection, that will be brought to local towns across the County to allow seniors to get help accessing and signing up for resources and benefits.

The “OFA on Wheels!” will be manned by Sullivan 180’s Project Intern and local EMT, Samantha Dorn, to help seniors sign up for Office for the Aging services, register for their COVID-19 vaccine if needed, and receive their farmer’s market coupon booklets. Seniors will be able to have their blood

pressure checked and complete a pre-diabetes assessment if they would like. Also, every senior, age 55+, who visits the bus will get a free diabetes prevention tote bag full of gifts from our partners.

All seniors are welcome to visit the bus at any location, on Thursdays and Fridays in August and September from 9 a.m. to 2 p.m. at these locations:

- August 5 & 6 at the Callicoon (Train Depot Parking Lot)
- August 12 & 13 in Liberty (Sullivan BOCES Parking Lot)
- August 19 & 20 in Livingston Manor (Fire Dept. Parking Lot)
- August 25 & 26 in Narrowsburg (Location TBD)
- September 2 & 3 in Nev-ersink (Fire Dept. Parking Lot)

- September 9 & 10 in Roscoe (Fire Dept. Parking Lot)
- September 16 & 17 in South Fallsburg (Fire Dept. Parking Lot)
- September 23 & 24 in Wurtsboro (Fire Dept. Parking Lot)

For more information about the “OFA on Wheels!,” please email Samantha Dorn, Project Intern, at sdorn@sullivan180.org, call 845-295-2680 or visit www.sullivan180.org. To contact the Sullivan County Office for the Aging, please call 845-794-3000 Ext. 0241 or visit their website at www.sullivanny.us/Departments/Aging.

Sullivan County Office for the Aging’s mission is to be the lead advocate for the older population of Sullivan County

and is made possible by the Sullivan County Legislature, NYS Office for the Aging and the Older Americans Act. OFA envisions wellness and independence in aging through adequate and accessible community-based supports.

Sullivan 180’s mission is to foster and support community efforts to improve the health of all residents. Our goal is to turn this ranking around by 180 degrees. With the understanding that this is a long term effort, Sullivan 180 is committed to change by degrees, the kind of slow, steady and enduring transformation that is thoughtfully conceived and implemented.

Summer Sightings:

1) Deer

Driving down Old Liberty Road, I spotted a deer poised on the left shoulder and slowed way down, not knowing if she would bolt or freeze, or do some unfortunate combination of bolting and freezing, which is about all I’ve seen deer do under such circumstances.

But this one did something I had never seen before: she looked to the left, she looked to the right, just like we were always told to do as kids, and waited patiently till I passed. I was the only car on the road. I checked the rear-view and watched her watching me go by; then she looked back to her right and, as all was clear, sauntered across into the brush along the right shoulder.

Had she figured out this “look both ways before crossing” maneuver on her own? Perhaps another deer had taught her, and, if so, would that knowledge be passed on to her offspring, in some Lamarckian fashion? Was the human environment producing smarter deer? All species are, in some measure, reciprocally adapted to each other and



Out Divine Corners Way

by Jonathan Shimkin

to the environment they inhabit. Maybe deer are learning something from our human traffic. Is there some equivalent knowledge we have yet to learn from deer? *****

2) Snake

I’ve been long familiar with the warning sign about rattlesnakes at the head of the trail at Sam’s Point Preserve, but I’d never seen the creature until this summer. It was right out there, very visible, half in the road, half in the brush, just across from the Berry Pickers’ shacks, with a thick, dark-toned body and the distinctive segmented rattle on its tail. I didn’t move; the snake didn’t move; I watched it for a while, until it very slowly withdrew into the brush. The encounter wasn’t too unnerving. I felt kind of honored to have actually met one after so many years; it was like encountering a legend.

When I got home, I looked up “snake” in a dic-

tionary of animal totems and read that the creature represented the “energy of wholeness” and “the knowledge that all things are equal in creation, and that poison can be eaten, ingested, integrated, and transmuted if one has the proper state of mind.” The “poison” part is a clear metaphoric extension of the snake’s venom; as to what constitutes “a proper state of mind” for ingesting the snake’s message, I’m still investigating that part. *****

3) Bird

A robin went bonkers in our yard and started attacking our parked cars. We had no idea what got into it. It perched on the right side-mirror and started pecking away furiously at the glass. Maybe it caught a glimpse of itself and thought the reflection was another bird, igniting some territorial instinct. Maybe it was nesting and avid to protect its young. In any case, the rob-

in first went after our neighbors’ car. Each time they chased it off the bird would settle within view and fly straight back to the side-mirror as soon as the bothersome humans went away. Eventually our neighbors got fed up chasing it off and wrapped a paper bag around the offending mirror. As the robin took no interest in the left side-mirror, this covering prompted it to redirect its efforts to our car – same manic hammering on the right-side mirror. So, we put a paper bag over ours as well. We wound up with a row of cars with paper bags over their mirrors, which mollified the bird, who eventually dropped its deranged project.

One day, in the midst of this whole drama, I drove off forgetting to remove the paper bag. Half-way down Divine Corners Road the wind whipped the bag off the mirror and it flew across the windshield, startling the hell out of me. I thought it was a bird.

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

JULIAN DAWSON RECOGNIZED WITH “EVERYDAY HERO AWARD”

MONTICELLO – The Kiwanis Club of Monticello presented its “Everyday Hero Award” to Julian Dawson in grateful recognition of his two decades of service to the community through his work at United Way of Sullivan County and his volunteer service to several other communal organizations.

Mr. Dawson is employed at United Way of Sullivan County since 2002 and has been Chief Professional Officer since 2014. In that capacity, he works with Kiwanis and other civic organizations to coordinate Project Care Thanksgiving and Holiday Food Drives to provide meals and gifts for those holidays.

He also serves as Vice Chair of the Monticello Housing Authority, member



PHOTO PROVIDED

Julian Dawson (left) receives his “Everyday Hero Award” Plaque from Marvin Rappaport, President of Monticello Kiwanis.

of the Sullivan County Land Bank, and has helped provide Narcan overdose train-

ings throughout the county with Opioid and Heroin Educational Awareness semi-

nars.

He also is an umpire for Monticello Little League and a referee for various adult and children recreational sports leagues. He is a graduate of Monticello High and SUNY Sullivan.

“It is one thing to be a dedicated professional, but Julian takes his job as his life’s mission, helping others in need at any time,” said Marvin Rappaport, President of Monticello Kiwanis. “We are proud to recognize Julian’s distinguished service to our community.”

Kiwanis is a service organization of local volunteers dedicated to assisting our children and improving our community through scholarships, distributing food baskets, and donating toys and books.

PAPER CLIPS...

by Elaine Corrington



Viruses, Climate Change and Me... I'm Old- But I'm Not THAT Old! And I'm Younger Than I Will Be Tomorrow.

If you see a still tall white-haired woman walking around Hurleyville, enjoying all this small town has to offer, it could be me. Everything from gorgeous views, wonderful entertainment options, desserts, exercise heaven Rail Trail, work I love, and everything I NEED from food to toilet paper is within a short walk. In earlier decades, I thought a lot about wishing I had been born later so that I could enjoy it all and enjoy the people, the changing work options in a field I have always loved, the community projects, and the joys life has brought me for more time. After all, I have only been in Sullivan County for a little over 25 years! In the last two years, I have become totally appreciative of the years I have been alive-- and aware that I have made wise choices that I knew were right for me (even when others were telling me I was making the wrong choices--the fools). I love being in Hurleyville in my later years.

My choices were good for my interests, skills, and joy. I appreciated that other people had choices that were important to them, and that I respected, and to me they were not primary, but I appreciated the importance of them. Now I can increasingly appreciate the need for a united effort to undo some of the damage caused over the years as our planet becomes less able to provide for its own needs.

The health of the many natural earthly “foods” necessary for life on the earth is suffering from Climate Change. The thousands of years of increasing and migrating populations of people and animals, increasing creation of welcome energies to

support physical comfort and fun, and the increasing population density make life harder to support.

The rainy days this summer have reminded me of the rainy winters in the San Francisco Bay Area when I was a kid. There are choices to be made for supporting these grave problems--some you can make either publically or personally with like-minded people. And, now we have the juxtaposition of a pandemic that also threatens the population of the planet.

Early pandemics could not travel as far as they can now. Fewer people, birds, and animals populating far less territory could limit the spread of a virus to a family, or a territory, or even a continent. You got sick or you didn’t-- and there were fewer opportunities for a virus to be carried forward.

The oldest record of a virus that I could find was smallpox, described in the year 910, and it was eradicated when a powerful leader saved his family by making a treatment from dry pox skin cells with which to expose his family members in the year 1000. How did he know what to do? World-wide eradication was reported in 1977, due mainly to vaccination efforts. But there are those who worry about the leftover smallpox virus being “safely” stored in case it is needed again. Measles, mumps, polio, chicken pox, diphtheria, meningitis, etc., all harmed people I knew in my lifetime. There are several dozen viral inoculations that are recommended for people in early years and at various points in life. They can help keep many more people safe, even if not 100% effective. They are effective and less harmful than the diseases they are intended to eliminate. Still, some choose life not as protected as it could be, even now.

Political, economic, social education, and protective global cooperation and mobilizations are needed to create the opportunity that I wish for everyone to have so that they can look back on their life in the future and feel very, very lucky to have lived when they lived and to have the kind of joyful memories I am now experiencing.

Right here in Hurleyville.

From the Firehouse

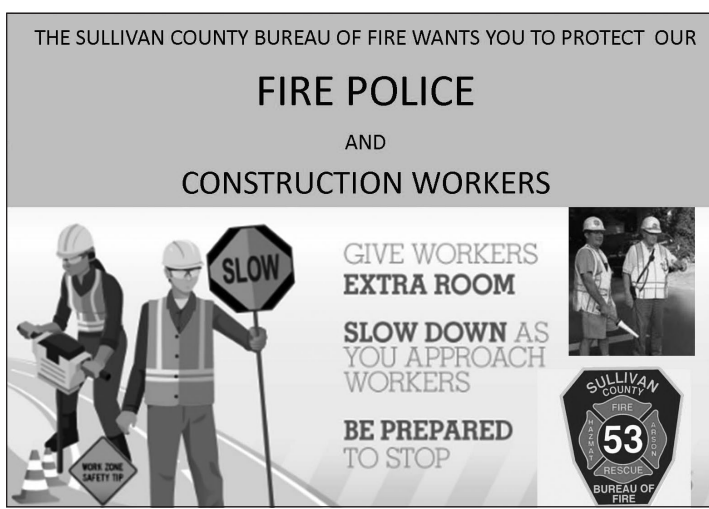
by Jack Halchak, Past Chief H.F.D.



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 or get an application.

It is with great sadness that I report that the Fire Department lost 49-year member Lionel “Lee” “Uncle” Berger. Lee was a past Commissioner of the Hurleyville Fire District and a very active member of the Hurleyville Emergency Relief Squad. I worked many days and calls with Lee on the ambulance squad. He would always ask how I was, how is MaryAnn and how is Austin? What’s going on in the Fire Department? Then we would usually solve one or two problems of the world. He will be missed by all. Rest in Peace, Lee.

On a positive note the Fire Department traveled to the Hancock Parade and Field Days and had a great day. They came home with three trophies; Best Ap-



pearing Rescue Truck, Best Appearing Sullivan County Fire Department, and Best Overall in the Parade. Hancock is in Delaware County, and they awarded trophies for best appearing in Sullivan County and Pennsylvania and best overall. Everybody had a great time.

Looking ahead the 10th Annual Bill Carlson Golf Classic is Saturday, August 21 at Tarry Brae golf course with a shotgun start at 1 p.m. For more information, you can call John Jaycox @ (845) 866-6431. Then the Fire Department will travel to Hortonville for their annual field day on Saturday

August 28. In September, the Sullivan County Volunteer Firefighters Association parade will be held in Grahamsville this year on September 18.

Fire calls continue to be up this summer with more drownings on the Delaware and there was one in Old Falls on the Neversink. The rivers are unforgiving. With all of the rain that we have had the rivers are higher than normal and the current is stronger. If you are a weak swimmer or even a strong swimmer, wear your personnel flotation device (PFD) whenever you are near the edge

of a water body. Motor vehicle accidents are also on the rise along with activated alarms. If you have an alarm system hooked up to a service, please maintain it to help prevent false activations.

Traffic in town is also on the rise. Most stores do not have a back entrance, so all of the deliveries are coming in through the front door of the business. Delivery trucks are blocking a lane to unload with most parking spaces occupied during the day. Please be aware when opening your vehicle door into traffic.

Also, remember that a firetruck is wider than a car and we need a little more room to get through town when both sides of the road have parked cars and there is a delivery truck parked on Main Street.

If you don’t have your 911 number posted in front of your house please do it now. Help the emergency services find you. We can see the smoke but you cannot see a CO alarm or a heart attack.

Hudson Valley Honor Flights to Return

WALDEN – Hudson Valley Honor Flight (HVHF) is thrilled to announce that it will be resuming flights to Washington, D.C. this fall. Flights are scheduled for Saturday, Oct. 9, 2021 and Saturday, Nov. 6, 2021. All partici-

pants must be fully vaccinated against COVID-19.

The Oct. 9 flight will depart from New York Stewart International Airport and the Nov. 6 flight will depart from Westchester County Airport. Applications can be found



at hvhonorflight.com/how-to-participate. Priority is given to World War II and Korean War veterans; however, all veterans who have not yet participated in an Honor Flight are encouraged to apply.

“We are beyond excited to get back to our mission of honoring our Hudson Valley veterans with the flight of a lifetime,” said HVHF Chairman Frank Kimler. “For safety purposes, Hudson Valley Honor Flight is following guidance from the National Honor Flight Network requiring all flight participants to be vaccinated for flights this fall.”

“We thank our many veterans who have been waiting patiently for their opportunity to take part in the Honor Flight experience,” said Jennifer DeFrancesco, HVHF Executive Director. “We are anxiously preparing for these two upcoming flights and couldn’t be more excited to welcome them back!”

HVHF provides a once-in-a-lifetime flight to Washington, D.C., where veterans are

transported around the city by bus to visit war memorials, attend a dinner in their honor and then return home. Each veteran is escorted by a personal guardian and the HVHF flight team for the day-long trip. Honored veterans fly free! Guardians pay a fee of \$400.

For more information, visit <http://hvhonorflight.com>.

By John Simon

HURLEYVILLE – I recently worked with a small team on a lengthy project restoring two vintage Singer sewing machines from the 1950s, and one from 1910. Working on those machines led me to learn a lot about the Singer company, including some interesting connections to Sullivan County and to Hurleyville!

First, we discovered that the sewing machines we were restoring had been in use at Hall’s Bungalow Colony, which operated for many years on Main Street in Hurleyville. But that wasn’t the best part of the



FROM THE FILES OF...

THE HURLEYVILLE SENTINEL.

The Only Newspaper Published in the Town of Fallsburgh

COMPILED BY Sullivan County Historian John Conway

August 9, 1916

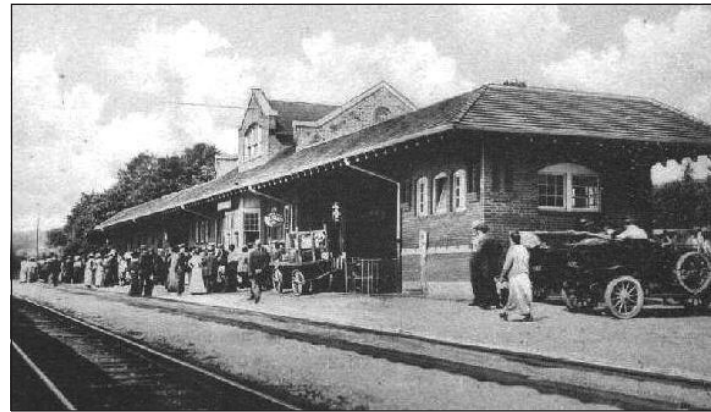
A Close Call for Harris

Roy Harris, who is employed as a lineman by the Murray Electric Co., of Monticello, came very near leaving this little sphere one day last week. It seems that the Murray Company is running a new line from their power house to connect with the village of Fallsburg and Harris was stringing the wire on St. John Street. He was perched on a cross piece on top of a thirty foot pole in front of Geraghty’s garage, when he came in contact with a real line which is supposed to have carried 2,400 volts and the shock of the surprise at finding a real current in it so upset him that he lost his balance and fell to the ground. Fortunately he did not strike the sidewalk but landed on the sod beside it, as he weighs about 190 pounds and his chances would have been very slim indeed, but as it was, he sustained a dislocation of his right shoulder. Everyone admits that it takes considerable to shock Roy, but this was evidently too much for him. The accident must have happened in the morning for there is considerable more “juice” in the wire at Monticello, for it wouldn’t shock a chirping bird here after six o’clock.

August 23, 1916

Local and Personal Items

Last Friday night, Will Connolly was returning to Hurleyville alone in his Ford about half past eight o’clock when in front of Morgan



SENTINEL FILE PHOTO

The O&W Railway Station in Hurleyville circa 1916.

Divine’s house he noticed a wagon about to turn into the road to Marvin LeRoy’s and pushed out his clutch and allowed the car to coast until past the rig. George Quick was walking toward Sheldrake and was on the side of the road. Connolly dropped the clutch in and started the car again and just then Quick stepped and turned half way around and before the car could go past him, he took a couple of steps directly in front of it. Connolly was running very slow and attempted to turn the car far enough out to avoid hitting him but the front hub cap struck his leg, breaking it below the knee. Connolly got out and placing him in the car hurried to Dr. DeKay’s office and summoned Dr. Laidlaw also. Upon examination it was found that he was suffering only from the broken limb and after this was set, he was removed to the home of his father, Adm. Quick. The accident was undoubtedly due to a nervous affection of Mr. Quick and he attaches no blame to anyone but himself.

August 23, 1916

Local and Personal Items

August 30, 1916

Local and Regional Items



PHOTO BY KATHLEEN SULLIVAN

At right: John with one of the Singer sewing machines he helped restore.

DISCOVERING SINGER’S HURLEYVILLE CONNECTION

story, not by a long shot.

We also learned that the Singer Sewing Machine Company was a big part of Sullivan County history, because the company’s fourth president, George Ross Mackenzie, spent much of his later life at an estate he built in Glen Spey, which he first visited in 1869. In fact, Mr. Mackenzie founded and named Glen Spey, building a large home there he called the Homestead in the 1880s.

Just down the road from George Ross Mackenzie’s property, his friend William Fash Proctor, who was vice president of the Singer Sewing Machine Company,

built an elaborate estate he called Loch Ada. Some of his property is still in the Proctor family today.

Each of George Ross Mackenzie’s seven children built impressive mansions in Glen Spey that they used as summer cottages. Three of those mansions still stand in the community today. The newest of those, Burn Brae, which was built for Margaret Mackenzie Elkin in 1908, is supposed to be haunted and regularly



PHOTO PROVIDED

Above: Burn Brae mansion in Glen Spey as it looks today.

PHOTO PROVIDED

At left: Isaac Merritt Singer (left), George Ross Mackenzie (center) and Isslee Hooper.

welcomes visitors to witness the paranormal activity there. The George Ross Mackenzie elementary school in Glen Spey, part of the Eldred School District, is named for Mr. Mackenzie and built on what used to be his property.

It is rumored about town that the O&W will have to put on extra cars on Friday and Saturday to carry the many friends of the Columbia Minstrel Band who will be hurrying along from New York and Brooklyn to be on time for the greatest show in Sullivan County to be held at the Columbia on Saturday evening. Part of the Minstrel Band will arrive Friday evening. The old favorites Joe Higman, John Higman, Ed Quinn, Dan Farrell, Bill Harry and Ed Donnelly will arrive on the “scoot,” if they don’t be delayed at “Peppers.”

August 29, 1917

Suffragists Here Last Friday

Mrs. Grant and Miss Sara Walker of Tarrytown, accompanied by Mrs. C W Montgomery, district Assembly leader of the Suffrage Party of Sullivan County, were present at the meeting of the Red Cross, Friday afternoon of last week. Mrs. Grant and Miss Walker each gave a very interesting talk; Mrs. Grant on Suffrage and Miss Walker on Red Cross and White Cross work.

In the evening Miss Walker spoke on suffrage to a crowd near the post office. She pointed out to those present how existing evils could be improved if women could help with their votes; that they did not want men’s political appointments or take their work away from them, but only to improve existing conditions.

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THE COLUMBIA COP CAPER PART II

An Original Short Story by Jack Robbin

Fallsburg Constable Bronco Kelly is back, and this time his job has taken him to Hurleyville's Columbia Farm hotel, where he will be working for a weekend for the hotel's owner, Ben G. Knapp, who is expecting a large contingent of New York City police officers at his hotel...

It was early on a Friday morning that I made my way to Ben Knapp's small office in a well-shaded corner room on the ground floor of the main building of the Columbia Farm, reporting to work in my new temporary job as head of security.

I had left my house just a few minutes before, having helped Irene with the packing for our weekend, and she had asked if she could meet me at the hotel a bit later in the day so she didn't have to get ready so early. I walked to the hotel, leaving the car behind, and arranged with our neighbor to use it to drive Irene up the hill to the hotel when she was ready.

Ben Knapp was a dynamo, moving from one thing to an-

other, obviously both nervous and excited about the impending arrival of more than 200 New York City policemen and their families.

"The hotel will technically be overbooked, Kelly," he said to me in between directing other staff members to do this or that. "There will be cops in nearly every room, and in a couple of closets. Some have their families with them. In fact, other than the room that you and Irene will be occupying on the middle of the third floor, the cops have booked everything except for Mrs. Corning's rooms. She is our only other guest."

"Mrs. Corning? Why does that name sound familiar to me?"

"Louise Corning. She has been coming here for years, the last couple as a widow. She takes the same three rooms every year. You must have heard of Ed Corning, he was a big-time Albany politician; died a couple of years ago. Was Lieutenant Governor once, I believe."

"So she's here now?"

"Yes. Been here all week.

Will be leaving Sunday. She's got rooms 101, 102 and 103, directly above us. She's with her son and a couple of staff."

"Okay, that's good to know."

"Folks should start arriving here about 2 o'clock or so. Most of them get settled in their rooms and then head to either the golf course or the pool for most of them. Some will just go for a walk. They will start partying in the rooms and the hallways a little before dinner and then head to the dining room. It's after dinner that the real fun will start. Most of them will be at the bar and they'll dance until we kick them out. Some will keep partying after that, back in their rooms."

"So what do you want me to do?"

"Well, take the morning to get familiar with the place again. I know you used to work here, but things have changed a lot and there are quite a few new staff. Once you start to see them lining up in the dining room, just be available. No one needs to know who you are, just try to blend in."



ILLUSTRATION PROVIDED
She appeared to be about 50 years old, attractive in a well-groomed but matronly sort of way.

"They'll know right away I am not one of them."

"Some will, but most won't give it a thought. You're just another guest. That shouldn't be too hard to sell, since Irene will be with you some of the time."

"Okay."

"Just keep your eyes open for any trouble. And be prepared to stay up late. A lot of these guys don't seem to ever sleep."

"Will do."

"Here's the key to your room. You might want to go up and open the windows before Irene gets here. Could be a little stuffy in there other-

wise."

I walked up the stairs to the top floor, which was considered the fourth floor, but was actually five stories above the ground, since there were no guest rooms on the ground floor, rooms on the next story above were considered "first floor" and numbered in the 100s. The floor above that was the 200s, and so on.

I had expected that Ben Knapp would stick Irene and I in a dark and dingy attic room, but the accommodations actually turned out to be quite nice. Not luxurious, by any means, but certainly decent. I was happy, and I was

sure that Irene would be too, though with her health issues the walk up the stairs might be a bit of a challenge.

"Oh hell," I thought. "I'll carry her up if I have to." I was certain she would enjoy having someone cook for her for a change and to have a chance to just relax for the weekend.

On my way back down the stairs a short time later I passed by an extremely well-dressed woman and a teenage boy. They were standing on the landing to the first floor rooms and appeared to be arguing, quieting down as I approached.

She appeared to be about 50 years old, attractive in a well-groomed but matronly sort of way, while the boy looked to be about 16.

"Good Morning, ma'am," I said, as casually as I possibly could, and kept on walking.

"Excuse me, young man, may I ask you something?" the woman spoke in a commanding voice with just a trace of a British accent, which caused me to stop immediately and turn and face her.

"Why certainly, ma'am. How can I help you?"

"My son was just saying that he would really like to learn to play golf, and I understand the course here is excellent for beginners..."

"Mother, I did NOT say that..." the boy interrupted.

"I was just wondering if you played and might be willing to teach him, Mr..."

"Kelly, ma'am."

"Mr. Kelly, this is Edwin. Edwin, Mr. Kelly. My name is Louise Corning. I am a long time guest here."

"Hello, Edwin, very nice to meet you."

"Mr. Kelly, I assure you, I am not that anxious to learn to play golf. It was mother's idea, so please don't trouble yourself on my account. I am certain you have better things to do with your time."

"Actually, I do have some time, and golf sounds like fun. I haven't played a lot, but I can teach you the basics. Why don't you reconsider?"

Before the boy could answer, his mother spoke up in that commanding tone of hers.

"Edwin, go play golf with

Mr. Kelly. I will meet you in the dining room for lunch. Don't be late."

And that's how I spent my first morning as a security officer at the Columbia Farm... babysitting a teenage boy. But it was a chance to play golf on the nifty little nine hole course the hotel had built a couple of years before, so how bad could it be, I thought. How bad could it be?

Bronco Kelly is helping out his old boss, Ben Knapp, owner of the Columbia Farm Hotel, by serving as security for the weekend while more than a hundred New York City cops let their hair down. A round of golf with the son of the only other guest at the hotel sounds like fun, but our hero is about to embark on another adventure. Find out more in the next edition of The Hurleyville Sentinel. Our story is fictional, and although Ben Knapp, Louise Corning and Edwin Corning are real people, no representation is made as to the accuracy of their characterizations here.



The Art of Being

by Deborah Chandler, Ph.D.

Anger

Anger releases the energy of repulsion. In contrast, love releases the energy of attraction. I ask myself, "How do I want to engage the universe?"

There's no doubt, anger sets off vibrations. In a feedback loop, anger begets more anger as it ricochets between people. Once this reciprocal action begins, it's difficult to back down. Why? Because, with anger we are fighting to have it our way. With anger we are demanding to be heard and to be right.

What does anger do for us? When we're angry we feel strong, puffed up. We feel untouched by disappointment and rejection. Anger helps us create an illusion of power. This is an illusion based on fear.

In its relationship to fear, anger is often triggered by the awakening of traumatic memories. Traumatic memories are not mediated intellectually. Trauma in encoded in the cells of the body and can be awakened by sensory associations. These associations could be to a smell, a sight, a pain. Once triggered by the traumatic associations, the body is ready for fight or flight.

Anger is part of trauma's aggressive protective response. I may awake from a bad dream, triggered and ready to defend myself. I have to remind myself that I am safe, breathe consciously, and begin to lower my reactivity. Otherwise a defensive

anger leads off my day and reverberates through my activities.

Like any bad habit, anger starts off by giving a false sense of security. Slowly that security gives way to self-doubt and loss of confidence. I could either intensify my anger, driving forward for dominance. Or I could back off, address my inner pain and choose a better way to operate. This brings in the wonderful virtue of humility. Acknowledging being wrong has its own solace.

Sometimes anger seethes under the surface. We act as if nothing is bothering us. But anger leaks out. The more we try to cover it over, the more we subtly communicate our dissatisfaction in ways we call passive-aggressive. So I may say I support your efforts, but show up late and unprepared when action is called for. You hear my words of support but you see my actions and feel the lack of support. With his conflict between words and actions, we have the delicate task of not getting trapped on either side of the mixed message and carefully extricating ourselves. A gracious thank you for the effort helps, with a follow-up of no further expectations of support.

Anger informs us of our unresolved hurts and fears of rejection. When we allow anger to lead us into self-inquiry, we learn more about ourselves and how we can more lovingly relate to others.

FROM THE FALLSBURG LIBRARY

by Kelly Wells & Amanda Letohic



And just like that it's August and we're winding down on summer reading and looking forward to the fall...where did summer go?

If you've missed out on our Page Turner Adventures so far this summer, no worries, as there is still time to hear Safari Stories the week of August 2, and learn about Creepy Crawlies the week of August 9. As with the earlier weeks of summer reading, a new story or craft video will be available to watch each day Monday-Friday, and you can view them at your own pace. Contact Miss Amanda at aletohic@rcls.org or call 845-436-6067 ext. 102 for more information on how to access the videos and to sign up - it really isn't too late! This series is best suited for those in K-3 grades.

For kids and teens - if you've signed up for summer reading (or sign up before August 12), and you keep track of what you've been reading - you can just bring in your reading list to be entered into a raffle


to finish out the summer! We know this summer has continued to be anything but normal, but we hope you've enjoyed the virtual programs offered and we are looking forward to returning to the in person summer reading programs you've grown to love next year. Thank you for your continued support and be sure to keep an eye out next month for our fall program announcements!

Please note that while we have mostly returned to business as usual for regular library business (checking in/out materials, using computers, faxing, etc.), face masks are still required to be worn by all individuals over the age of 2 years - regardless of vaccination status - while in the 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!

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FALLSBURG ALUMNI

FROM PAGE 3

post-WW II South to seek opportunity in the burgeoning Catskill resort industry of the Fallsburg area. After receiving a PhD. in History, Dr. Myra Young Armstead taught American History and received honors from organizations throughout the world. She has pioneered efforts in the field of education for women in prisons. Currently, she is Associate Professor of History and Vice President for Academic Inclusive Excellence at Bard College.

Dr. Armstead's book, "Seeking Our Fortune in the North: The African-American Population of Sullivan County, New York from 1930 to 1980," tells the story of black migration from the South whose descendants are now fourth and fifth generation students in the Fallsburg Central Schools. Names such as Young, McKenny, and Gilmore are very familiar, and on this day, a McKenny, a Young and a Gilmore were sharing the same podium of high honor.

The third HOF honoree of the day was Dr. Louis Lemberger, an MD and a PhD, whose parents were two Eastern European immigrants. He grew up in Fallsburg. His daughter, Margo Lemberger, received the award for her



PHOTO PROVIDED
Margo Lemberger (left) receives HOF plaque in honor of her father, Dr. Louis Lemberger, from FCSD Superintendent Dr. Ivan J. Katz.

late father. To her, he exemplified the American Dream. Dr. Lemberger discovered and developed many life-saving drugs, including the anti-depressant Prozac, the first drug of its kind. Later he helped develop the anti-psychotic Zyprexa, the anti-emetic Cesamet, and Permax for treatment of Parkinson's disease. He was the first physician to administer these compounds to humans. Wherever he went, said his daughter, people would shake his hand and tearfully thank him for the drug that saved the life

of a close family member. To Louis Lemberger that was his greatest reward.

Dr. Lemberger loved Fallsburg basketball games, and sports was a major connection at the HOF event. Honoree alumnus James Gilmore was one of the stars of FCHS basketball and other athletic teams in the 1970's. Lisa McAdoo received a basketball scholarship to Clarion University. She thanked the late Fallsburg physical education teacher and coach Esther Grossman for mentoring her. FCSD honored Mrs. Grossman as the lone inductee to the Hall of Fame for 2021.

Growing up in India as a teenager, Esther Lelah was a star on the Olympic track and

field team. She had an opportunity to emigrate to the United States and Sullivan County where she earned a full scholarship to Brooklyn College in Physical Education. After graduation, she took a position at FCSD as a physical education teacher and coach.


She became a mentor to thousands of young students over 30 years in the classroom, gymnasium and playing fields. Girls, with no sense of athletic ability, heeded Ms. Grossman's words to come try out for teams and learn how to play. They became poised and at ease on the volleyball court or field hockey pitch.

Many, like Ms. McAdoo, went on to college and played sports on that level. They also learned to appreciate the games of tennis and golf so they played them into older adulthood as Mrs. Grossman said they would.

Her dear friend up until the day Esther passed away and the person that nominated her for the Hall of Fame, Donna Rae Robataille, received the HOF plaque, with the blessings of the Grossman Family. Esther's son Jeff, a class of 1979 FHS graduate, spoke lovingly about his mother and how honored the family was.

Many people, many different paths to Fallsburg, and all of them honored for academic achievement, civic contributions and making a difference in the Fallsburg community and beyond.

BREAD OF LIFE FOOD PANTRY



Thursday, August 19th
Thursday, August 26th
3:00pm - 5:00pm
Hurleyville United Methodist Church
263 Main Street
Hurleyville

Movement Mondays

Hurleyville Rail Trail
Mondays 6-8PM



SENTINEL SPORTS



NEW COACHES AT THE HELM

SUNY SULLIVAN ADDS ANOTHER NEW COACH

by John Conway

LOCH SHELDRAKE – The Generals of SUNY Sullivan will open the fall cross country season with a new head coach. Brian Dobens will head up both the men and women harriers, as well as men's and women's track & field in the spring.

Ashley Weintraub, who has been head coach of all four programs the past several years, resigned last spring to continue her education.

The announcement of Mr. Dobens' hiring came from Sullivan Director of Athletics, Chris DePew.

"We are excited to have Brian on board," Mr. DePew said. "He competed collegiately at NCAA DI

SUNY Albany and has extensive high school coaching experience. We are looking forward to having him on board."

Mr. Dobens holds a Bachelor's degree in Exercise & Movement Science from Lehman College, and is a nationally certified Strength & Conditioning Specialist. He also holds technical certification Level 1 & 2 from the USA Track & Field Association. In addition, he is a nationally certified personal trainer from the American College of Sports Medicine.

Mr. DePew added that the school is continuing its search for a new head wrestling coach following the departure of Anthony Ng last spring. Although the search is progressing, no



SENTINEL FILE PHOTO

Chris DePew

final decision has yet been made on a replacement.

"We are in the final

stages of our search for a new head men's wrestling coach," Mr. DePew said. "I



PHOTO PROVIDED

Brian Dobens

should have an announcement soon on that."

Mr. DePew said that the

decision to add women's wrestling and other new intercollegiate sports at the

school has been put on the back burner for the time being due to ongoing uncertainty about the impact of the COVID pandemic on sports.

"After careful consideration, we have decided to wait one year to start to add new intercollegiate offerings to our program," he said. "The continued unknowns led us to that decision. We fully expect to expand our offerings in the '22-'23 school year."

Mr. DePew said he is looking forward to the new school year, and hopes to see intercollegiate sports return to some semblance of normality. In particular, he said, he is anxious to see the school's renowned basketball program get back on track.

"We are extremely excited about our men's and women's basketball and men's baseball scholarship programs," he said. "All three programs have been working overtime to attract quality student/athletes and we cannot wait to get them back out on the court and field."

Women's basketball will begin the season with a new head coach, as Monticello native Ben Newberg assumed the helm in March, replacing Derek Marchione, who spent just one season in Loch Sheldrake, leading the Lady Generals to a 29-2 record and the 2020 NJCAA D-II Region XV Championship. The team lost two games in November, then reeled off 24 consecutive victories.

Liberty Man Earns National Accolade

From Soap Box Derby

by John Conway

AKRON, Ohio – The 83rd Annual All-American Soap Box Derby is now history, and although the six racers who travelled to Akron, Ohio from Sullivan County for the event did not capture any championships this year, all of them returned home with great memories and the undeniable achievement of getting to the "big show."

Three of the Sullivan County racers advanced past the grueling first round of competition.

And one returned home with a prestigious national award.

Twenty-year-old Morgan Van Keuren of Liberty was honored with the Derby's 2021 President's Youth Volunteer Service Award. The



PHOTO PROVIDED

Sullivan County's qualifiers for the All-American Soap Box Derby in Akron, Ohio. Morgan Van Keuren, who won the President's Youth Volunteer Service award, is top center.

award, established in 2015, recognizes a youth under the age of 21 who has made a positive impact on the Soap Box Derby program by volunteering and mentoring on the local or national level.

Mr. Van Keuren, who finished third in the world in

the Rally Masters Division in his previous trip to Akron in 2019, was competing in his final race, since he will be too old to compete next year. He accepted the award with his characteristic modesty, and promised to continue to work with younger

racers going forward.

"I've gotten to meet tons of wonderful people from across the country and make friends and memories that will be with me for a lifetime," Mr. Van Keuren said. "I'm very thankful for being honored in receiving the President's Youth Volunteer Service Award, and this isn't goodbye. I still have a lot of cars to build for the next generation of Barn Buddies (racing team). I'm happy to have had such a long and successful career in the sport that I truly love."

In addition to Mr. Van Keuren, Sullivan County racers who qualified for the Akron championships this year included Brooke Nichols, Brooke Roth, Cora Freidenstine, Mason Smith, and Cassie Wolcott.

FORTRESS BIKES OPENS NEW POSSIBILITIES

Biking on Milk Train Trail Easier Now

by John Conway

HURLEYVILLE – The popularity of the Milk Train Trail as a favorite exercise destination has been enhanced in recent weeks by the opening of Fortress Bikes, which is now renting bikes, inline skates, and-- in the winter-- snowshoes from its location at 194 Main Street in Hurleyville.

The new business is located in the front part of the building log occupied



PHOTO PROVIDED

by PartyMaster, which continues to operate in the back

section.

And owner Hal Simon, who runs the operation with his wife Lori, wants people to know that there is more to his business than just providing reliable wheels to individuals looking to burn off a few calories.

"Fortress Bikes wants everyone to know that biking on the O&W Rail Trail can

be a great team building or corporate event," he says. "We have beautiful, brand new bikes that you and your teams can take out on the trail for a 2-hour ride, and we can even incorporate a scavenger hunt if you wish."

Mr. Simon says customers can also utilize the business's front lawn for picnics after their ride.

"We can even make the arrangements to have it catered or folks can bring their own grills," he says.

Those wishing to rent bikes for team building exercises or corporate outings should contact Mr. Simon ahead of time to check availability and make reservations. He can be reached via email at: fortressbikes@gmail.com or by phone at 845-843-9555.



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!

Trivia:

1. The only mother and son Olympians in USA history are from Sullivan County, NY. Who are they?
2. What 1964 Olympic gold medal winner later played wide receiver for the Dallas Cowboys?
3. Who is the only person to win both an Olympic gold medal and a Super Bowl ring?
4. What is Usain Bolt's middle name?
5. Jim Ryun was a 3-time Olympian at 1,500 meters. What was his best showing in the Olympics?

Last month's answers:

1. What Year did Atlanta host the Summer Olympic Games? **1996**
2. Who has won the most Olympic medals for Men's Swimming? **Michael Phelps, 28**
3. What Year will Paris host the Olympic Games? **2024**
4. Who has won the most Olympic medals for Women's Swimming? **Jenny Thompson, 12**
5. What Sullivan County, NY resident was an Olympic gold medal winner? **Isador "Jack" Niflot, Wrestling in 1904.**

There was no winner last month.

FIFTY YEARS AGO...

Monticello Duo Wins Lochmor Championship

by Win Hadley

LOCH SHELDRAKE – It was 50 years ago this month—on August 18, 1971—that the duo of Harvey Stoloff and Marvin Newman clinched the championship in the Wednesday Night Golf League at the Lochmor golf course in Loch Sheldrake.

Mr. Stoloff was an industrial arts teacher in the Monticello School district, while Mr. Newman was an attorney with an office on Broadway in the village.

The pair clinched the championship with one week remaining in the 16-week schedule by capturing all four points in their contest against Per Hellevig and Mack Rosen.

"Stoloff carded his season low of 39 in the nine-hole

match to assure his team of first place in the league competition," the Times Herald-Record newspaper reported in its August 21, 1971 edition. "The second place team of Joe Drobysch and Bob Akers were stymied by Clem Leffer and Bruce Silverman when they lost 2-1/2 points, subsequently being knocked out of contention for the league leadership."

The Record reported that the duel for second place would thus be decided on the last week of play the following Wednesday because of a strong showing by the team of Martin Van Fleet and John Halchak, who recorded three points on the night to move into contention.

The results of that final week of play were not reported.

MAKING MOVEMENT MONDAYS MEMORABLE

by Win Hadley

HURLEYVILLE – Dawn Ciorciari says the pandemic made her do it.

As the result of the COVID-19 pandemic and the resulting restrictions, Ms. Ciorciari, the General Manager of Bold Gold Media Group's New York radio stations, was motivated to start walking more with her family last year, and Hurleyville's Milk Train Trail became their favorite place to do it. Eventually, she invited other families to join them.

"The pandemic created an obvious void in physical activity, particularly among our local youth, who were doing remote school most of the past year and had all of youth sports put on hold," Ms. Ciorciari says.

Ms. Ciorciari used the local radio stations she managed, WSUL, WVOS, and Thunder 102, to spread the word, then enlisted the participation of Sullivan 180, the Sullivan O&W Rail Trail Alliance, and the Fallsburg Youth Commission, and Movement Mondays was born.

"It's simple," she says. "Each Monday we invite families to join together to walk, run, hike, or bike on the Sullivan O&W Rail Trail in Hurleyville anytime between 6-8 p.m. This program is designed to get our community moving with other families on a regular basis. The hope is that this will be duplicated at the other rail trails throughout the County, and ultimately has a positive impact on the overall health of our community."



PHOTO PROVIDED

Dawn Ciorciari

Ms. Ciorciari says that on Monday, August 30, Sullivan County Historian John Conway will join in the walk, and provide some narration describing some of the historical events that relate to the trail, such as the explosion of the boiler of a passenger train just before it arrived in Hurleyville in February of 1907. Three crew men died in the explosion, and a dozen passengers were injured. Today, an interpretive sign explaining the event has been erected near the site of the explosion, but there are several interesting sidelights to the story that are not included in the text of the sign.

Mr. Conway says the story of the train wreck is just one of many he will be talking about during the walk. The walks begin each Monday evening at 6 p.m., with participants meeting at the Milk Train Trail trail head near the basketball courts just off Main Street in Hurleyville.



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