

STATE SENATE SHOWDOWN

METZGER, MARTUCCI MATCH-UP

by John Conway

HURLEYVILLE — New York’s 42nd Senatorial District becomes an unlikely election battleground this year as one-term incumbent Jen Metzger, a Democrat from Rosendale in Ulster County, faces a challenge from Republican Mike Martucci of New Hampton in Orange County.

Races in the district are not at all common, as prior to announcing his retirement in 2018, 20-year incumbent Republican John Bonacic had run unopposed six times. Bonacic’s predecessor, Charles D. Cook, routinely ran unopposed in his 20 years in office. Two years ago, Ms. Metzger won the seat over Republican Annie Rabbitt as Democrats wrested control of the Senate after years of Republican control. The GOP’s urgency to regain control of the Senate ahead of the redistricting that is coming up has added an extra incentive to this year’s race.

Ms. Metzger, a progressive environmentalist, had previously chaired the Town of Rosendale Environmental Commission as well as serving two terms on the Rosendale Town Council, and as Deputy Supervisor. On her campaign website, she lists five main issues for the upcoming term, starting with the need to build a strong education system that does not depend on property taxes for its funding.

“Our current way of



State Senator Jen Metzger

SENTINEL FILE PHOTO

paying for public education creates a vicious cycle, forcing people from their homes while closing off opportunities for the next generation,” she says. “Only our state government can fix this, and we can’t put it off any longer.”

As the Chair of the Senate’s Agriculture Committee, Ms. Metzger also cites preservation of the area’s agricultural heritage as one of her priorities.

“Small farms and scenic open spaces are vital to the character and economic health of our beautiful region. Dairy farming in Sullivan and Delaware Counties, the Black Dirt region of Orange County, and the small farms of the Wallkill and Rondout Valleys, all support a network of agricultural businesses

across the area. But these small family businesses have to work against an industry and regulatory framework that advantages big agriculture interests,” she writes.

“As chair of the Agriculture committee, I have worked very hard to preserve working farms and open space in our district. We have saved several small family farms in the area from being sold to developers, by locating new funding sources and helping them restructure obligations.

“I have also worked to preserve non-farm open spaces through legislation that enables towns to more actively protect open space from outside development. Every town should have the right to

determine its own community character.

“I support direct purchasing of local, healthy agricultural products by schools, hospitals, and other institutions, as well as creative linkages between farms and our growing tourism economy. I will also fight for greater access to land, capital, and markets for our local farmers, to help level the playing field. We must also be forward-thinking, and create opportunities to grow new agricultural products. Last year, I sponsored breakthrough legislation to create a legal framework for farmers to grow hemp products, which was signed into law.”

Another major issue Ms. Metzger addresses is the revitalization of the re-



State Senate candidate Mike Martucci

CAMPAIGN PHOTO

gion’s small-town communities, including the creation of new recreational trails and scenic byways to help small-town economies.

“Healthy small towns are vital to our quality of life,” she writes.

She also touts “a government that represents people, not lobbyists and corporate donors, and vows to continue to fight “the opioid crisis on every front.”

Mr. Martucci has stressed two main points in his campaign: his business experience, and the fact that he is not Jen Metzger. He proudly hails his entrepreneurial accomplishments—he built a major school bus transportation business from a single bus he purchased at the age of 22—and the fact that he

gives back to the community through the Michael and Erin Martucci Family Foundation he and his wife started in 2019 to “help support local women and children in need, farmers, job creation, and education.”

He has been highly critical of Ms. Metzger’s brief tenure in office, particularly the yes vote she cast for New York State’s controversial bail reform bill.

“Metzger has a habit of being reckless with her votes and leaving a long devastating trail of victims in her wake,” Mr. Martucci writes on his website. “Whether it is supporting dangerous bail elimination that puts the rights of criminals ahead of families, voting to give drivers licenses to illegal immi-

grants, or voting for a tax on opioid medications that has made these medications more expensive and less accessible for people suffering from chronic debilitating pain – Metzger has demonstrated that she is consistently on the wrong side of the issues.

“Voters in the 42nd Senate District deserve a representative that will put their needs first and protect their families. Progressive social justice policies like Metzger’s bail elimination law only serve to further victimize law-abiding citizens while coddling criminals. In this regard, and so many others, Senator Metzger and I could not be more different.”

In addition to his strong law and order position, Mr. Martucci also cites the

environment as one of his priorities, but again sharply contrasts his approach to that of Ms. Metzger.

“Protecting our environment is crucial to healthy communities,” he says. “Unfortunately, our progressive state senator would rather dictate burdensome policies to New Yorkers instead of supporting an open discussion of ideas that unleash the power of innovation. As a small family-farmer I know how important it is to be a steward of the land, and I will support sustainable initiatives that balance our freedoms with the needs of our communities.”

Mr. Martucci has pledged to say no to new taxes and to “fight against stifling regulations, high taxes, and bossy government bureaucrats who think they know best.” He also criticizes Ms. Metzger for putting school children in danger with her vote on the bail reform issue.

“We must fight for our local schools to ensure they are safe and properly funded,” he says. “Unfortunately, our progressive state senator passed laws that shortchanged our local schools and threatened their safety by allowing criminals who bring a weapon on school grounds to go free without bail. “

As of press time, one debate between the two candidates has been scheduled, for Monday, October 19 at 5:30 p.m. The debate can be viewed on Facebook LIVE.

TIME AND THE VALLEYS MUSEUM NOW OPEN THROUGH THE END OF THE MONTH

GRAHAMSVILLE — After being closed for COVID, the Time and the Valleys Museum on St. Rt. 55 in Grahamsville, will be open to the public on Sundays only, noon to 4 p.m., through the end of October.

Pleased to open for the first time in 2020, the Museum has everything in place to protect the health of both visitors and staff. Staff will be wearing masks at all times, using hand sanitizer frequently and thoroughly cleaning all touched surfaces several times a day. Visitors to the Museum and 1930s Lost Catskill Farm must wear masks, practice social distancing and use hand sanitizer frequently throughout their visit.

Exhibitions:

- *Water and the Valleys*, an exhibit on the history of the Rondout and Neversink watershed area from early

geological times to the 20th century. This newly renovated exhibition includes a section on the Lenape Native Americans, early area settlers, farming, local industries and more.

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

- *1930s Catskill Family Farm* is an outdoor, open air experience with several early farm buildings all illustrating life on a Catskill family



PHOTO PROVIDED

An extensive exhibit on the New York City Water Supply System is just one of many exhibits at the Museum.

farm during the 1930s, about to be removed for the building of a NYC reservoir. Building include a farm house, 1870s barn, electric plant, milk house, out-house and workshop with WORKING waterwheel.

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

donation of \$5, Children under 16 are admitted for \$2, and children under six are free. As a Blue Star Museum, the Museum offers free admission to active duty military members and up to five family members.

For more information call 845 985-7700, e-mail info@timeandthevalleys-museum.org or visit www.timeandthevalleysmuseum.org.

COUNTY ANNOUNCES HEATING ASSISTANCE GUIDELINES

LIBERTY — As one Home Energy Assistance Program (HEAP) season comes to a close, another is about to begin.

“The 2019-2020 HEAP eligibility period is now ending after an unprecedented nine months,” notes Sullivan County Director of Temporary Assistance Giselle Steketee. “It was extended several times because of the ongoing COVID-19 pandemic, before ending on August

31. However, the Heating Equipment Repair & Replacement (HERR) and the Heating Equipment Clean & Tune (C&T) components remain active through September 30. They provide funding to have trained professionals inspect, service and even replace furnaces, boilers, stoves and other heating equipment.”

The 2020-2021 HERR and C&T programs will begin the very next day, October 1, while HEAP’s Regu-

lar component will start November 2. The Regular component of HEAP provides a one-time payment to help pay for the fuel to heat a home. Eligibility and benefits are based on income, household size, the primary heating source, and the presence of a household member who is under age 6, over age 60 or permanently disabled.

Income thresholds for 2020-2021 Regular HEAP:

Household Size	Monthly Income Maximum
1	\$2,610
2	\$3,413
3	\$4,216
4	\$5,019
5	\$5,822
6	\$6,625

Note that Sullivan County’s new 4% Energy Tax will apply to recipients of HEAP who are not otherwise on Public Assistance. The tax is assessed on all heating fuel deliveries in Sullivan County, regardless of where the fuel vendor is located (including out-of-state vendors).

To apply for a 2020-2021 HEAP grant, go to <https://mybenefits.ny.gov/mybenefits/begin>. The Sullivan County HEAP Office can be reached at 845-807-0142 or heap@co.sullivan.ny.us. The fax number is 845-292-4651. In-person applicant interviews will NOT be required this year, due to coronavirus. All interviews will be conducted via phone.

The Inquiring Photographer

by Kathleen Sullivan



Q. "What are you doing to stay healthy?"



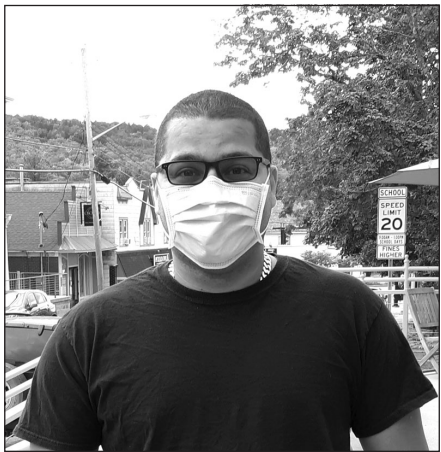
LORRAINE ALLEN

I wear a mask in public. I carry and use a hand sanitizer. I don't touch things I don't need to touch.



RACHEL CARRIGAN

I grow my own vegetables.



URAYOAN CABRERA

I'm eating right, staying active and breathing fresh air.

FROM THE WEATHER CENTER

by John Simon



A GHOST STORY

It is possible that the weather can explain one of Sullivan County's favorite ghost stories, which is set in Kenoza Lake.

The story goes that in 1892, a man named George Markert was murdered by his brother-in-law Adam Heidt and Adam's son Joseph. They believed that George was a warlock who had placed a hex on Adam, and that the hex was activated whenever George did something three times, and could only be lifted by killing him three different ways.

So George was lured onto the Stone Arch Bridge and stabbed, beaten and shot, and then his body was thrown into the frozen, misty waters of the Callicoon Creek.

From that time to now

some people say they have seen George Markert's ghost on the bridge, usually on cold winter nights. It is possible that the weather has to do with those sightings.

Mist is water droplets that hang in the air and when the warmer air from over the water encounters the cooler land it forms mist. Heavy mist is called fog. And that can be mistaken for a ghost.

Of course, that doesn't explain why when the Sullivan Paranormal Society traveled to the Stone Arch Bridge last January they confirmed that the bridge is haunted and members of the SPS saw an apparition of a person they believe was George.

Weather may explain a lot, but not everything.

THE HURLEYVILLE SENTINEL.

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Hamlet Happenings

by Kathleen Sullivan



HURLEYVILLE -SULLIVAN FIRST

Volunteers from Hurleyville-Sullivan First are working with community volunteers and staff from the Hurleyville Performing Arts Centre to maintain the Hurleyville Firemen's Park. The gardens will continue to be cared for and the historic kiosk will be preserved.

Learn more about Hurleyville-Sullivan First at www.hurleyvillenyny.com or on Facebook.

HURLEYVILLE UNITED METHODIST CHURCH

The Hurleyville United Methodist Church has reopened for Sunday services. Protocols for social distancing, disinfection and cleaning are being followed. Masks must be worn.

The volunteers at the Bread of Life Food Pantry provide pre-made boxes of food to individuals and families in need. The food continues to be distributed outdoors at the ramp at the side door of the church. The food pantry will be open from 3:00pm until 5:00pm until on the third and fourth Thursday of the month.

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

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

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

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

THE SULLIVAN COUNTY MUSEUM AND HISTORICAL SOCIETY

The Sullivan County



PHOTO PROVIDED

Hurleyville-Sullivan First volunteers, staff from the Hurleyville Performing Arts Centre, and volunteers from the community working at the Hurleyville Firemen's Park

Museum and the Historical Society are still closed to the public because of Covid-19.

Some volunteers are working on a limited number of research requests that have been sent to the Sullivan County Historical Society since the museum was closed due to the pandemic.

The annual meeting and dinner where the History Maker and History Pre-server are honored will not take place this year. The dinner journal, the major fundraiser for the society, will not be printed this year.

Members of the society are working on a way to hold elections before the end of the year. Elections were usually held at the annual meeting.

The volunteers look for the days when the museum is open again for visitors and researchers. Please continue to support the historical society and the work that the society is doing to preserve the history of Sullivan County.

Go to www.scnyhistory.org for more information on the Sullivan County Historical Society and the Sullivan County Museum. You can also visit the Sullivan County Historical Society and Museum on Facebook.

Please email Suzanne Cecil at scecil@hvc.ny.us



In August, the hills were emerald green
The trees were in their prime
They cooled us as we walked the Trail
Giving shade that felt so sublime

So many trees of different kinds
Surround our homes and streets
The cones and needles fall to the ground
They encircle both our feet

And now we're in October
The process will begin
The trees will start undressing
As Fall is ushered in

But just before that happens
Our eyes will get a treat
There'll be a leaf kaleidoscope
A sight that can't be beat!

The reds, the golds and the oranges
Will have our trees aglow
And the peepers' hearts will fill with joy
After this autumnal show

- Mimi

if you have any questions.

COLUMBIA HILL NEIGHBORHOOD ALLIANCE (CHNA)

The Town of Thompson Planning Board at their September 23, 2020 meeting adopted the final version of Gan Eden Estates Scoping Document. A representative of Delaware Engineering, the Planning Board's consulting firm, noted that the document has developed for some time by the applicant and that some changes were included in the final version resulting from the public comment process and scoping session. There were no comments from the Planning Board members and the vote to accept the final version was unanimous. The document will be circulated to the involved agencies including the Town of Fallsburg, NYS Department of Conservation, NYS Department of Health and the Delaware River Basin Commission. The final scoping document will be uploaded to the Town of Thompson website as well for public access.

The final scoping document outlines various environmental elements and issues that the developer must address and incorporate into their new DEIS (Draft Environmental Impact Statement) under the NYS SEQRA (State Environmental Quality Review Act) law. Upon completion of that form, it will be submitted to the Thompson Planning Board and be subject to public review and comment followed by a public hearing before the DEIS being considered for approval and acceptance. Then the Planning Board will begin to review the applicant's site plan application which will require another public hearing before any approval to allow site work to commence. The Columbia Hill Neighborhood Alliance plans to continue being an active participant in monitoring and providing input on this ongoing process.

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

The Scene

Music and Entertainment in and around Hurleyville



October has always been my favorite month. I'm a Halloween kind of person, but this year has the feeling of living in a terrifying fun house daily. Instead of "Yay! Halloween!" it's more like "Now what?"

September weather cooperated in allowing outside venues to offer live music, for which the musicians, venues and I are most grateful. October looks iffy, at best. Not only are new COVID cases ticking up in the County, but the temps will start to drop soon, making outside venues untenable.

Throughout September, I went out to as many performances as I could in venues I felt were safe. I have asthma, so I had to be more careful than most. Top of the list, and the venues I frequented the most were CABERNET FRANK'S in Parkville and THE DISTILLERY in Bethel. I also would recommend RAFTERS in Callicoon. Outside tables are placed more than the recommended distance apart, and patrons/friends respected my need to be distanced from them. Have I mentioned CABERNET FRANK'S is moving more toward 'farm to table' in association with BEAVERKILL FARMS?

Labor Day kicked off for me on a Friday night with a New York City extravaganza hosted by CASWYN MOON at CABERNET FRANK'S. The night began with a solo performance by NICK HEATHEN (Hearmon), who expertly wended his way through a few covers with his delightful British accent, then launched into an original that was written about 2020 with the most appropriate refrain of "Everything sucks!" And then came CASWYN MOON. This man continually surprises me. This is the first time I have seen him with a band, usually I've seen him solo. INCIDENTAL MUSIC, which could be attributed to the band or the evening in general, comprised STEVE TANCZYK on drums, and ZEB KANDROS on bass and NICK HEARMON, brought up on keys, lent even more depth to CASWYN MOON'S originals.

Also, on the advertised bill was SOUL CAKES, a trio comprised of flute, bass

and guitar and including STEVE TANCZYK brought up on the drums. This group came up from the city and are amazing, in part because I can't put their music into a category. It's an easy rocking sort of sound but with incredible energy. I would definitely see them again.

THE JOHNNY JULES BAND appeared on Sunday afternoon live music offering there. Always a pleasure to see my friends. Beyond that, this band has worked more in more venues than any other group over this very difficult summer. I think that says a great deal about the caliber of what they offer. I have watched audiences of New York City-ers who fled the city for the less virus dangerous air of Sullivan County clapping and singing along with their music. I have watched mixed crowds, the city-ers and loyal fans singing along and clapping, and in some cases dancing, to their music.

The professionalism of JOHNNY JULES, BOBBY D, and DAVID D'ARCY has built a following that crosses all socio-economic lines that is extremely rare and I'm proud to call them friends.

They were joined on that Sunday by the wonderful PAUL SHARP, first on Mandolin, then sweetening it all with the fiddle. And then, when they took a break, one of my new favorites took the stage, JESSICA CAMPBELL of Beaverkill Farm. This lady

is relatively new to music in general, but you'd never know it. Not only does she cover known songs, throwing her own unique spin on them, but she owns that stage once she takes it. This is extremely rare with newbies, and makes her someone to watch in the future.

The following Sunday, went to see DAVID MILLNER. This Canadian born performer also commands the stage, but in a very quintessential Canadian way. His style is easy going, and you can't help but just plain like him...and then you realize just how talented he is. He kind of sneaks up on you. Once again, I had not planned to stay past a one set and ended up staying until he packed up. And I wasn't the only one.

Those who were there when I got there, a little after 4, stayed. They had ordered food, weren't drinking heavily, they stayed for the music. Through the rain...yes, it rained. A random audience member rushed to set up the huge umbrellas on hand to keep the rain off David so he could continue. Like I said before, it's that Canadian thing.

No one knows what October will bring in the music community, so there will be no schedule. These are trying times, indeed.

Enjoy your Halloween. I'm buying candy and not opening my door.

Stay well, stay strong.

Until next time.....



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CREATIVE ENERGY ABOUND AT THINC

Transitions in Response to COVID Handled Smoothly

by Denise Sullivan

HURLEYVILLE — It's Fall harvest time in and around Hurleyville, a beautiful time to enjoy the outdoors and all the fruits and vegetables that are ready to pick. At the Technology Hub and Incubator (THINC) at the Center for Discovery (TCFD), mini raised bed gardens were built, planted, watered and harvested by residents and staff. Bowls of tomatoes and eggplants were picked from the THINC garden beds before the hard frost and they'll be cooked at the residence of the "Main Street Men" who have been attending "day hab" activities at the lab.

Several day habilitation activities are taking place at THINC due to the COVID safety protocols at TCFD, which have been recognized as exemplary by state leaders.

The dayhab program provides vocational opportunities that focus on reinforcing basic life skills, fostering social experiences and building a vocational foundation.

Residents have also been creating art, working in the accessible workshop, and making videos at THINC. Handcrafted garden stepping stones surround each raised bed with colorful mosaic patterns made from pennies, shells and recycled ceramic chips. Colorful bird houses have been crafted in the accessible workshop and painted outdoors in the courtyard with Sam Rose, Recreation Director at TCFD.

In the Digital Design Lab, Julie Palmer is producing a group video with residents. The Digital Media Project Coordinator at THINC is engineering and editing the video, which revolves around each resident taking a hot air balloon ride, made possible by the lab's gigantic green screen. Each resident must make decisions about music and background scenery, and if they make suggestions for the direction of the video, their ideas are incorporated into the final project.

During the last weeks of September, many TCFD res-



PHOTO BY DENISE SULLIVAN
Tomatoes and eggplant were grown in raised garden beds at THINC, each of which was surrounded by handcrafted stepping stones.

idents participated in apple picking at TCFD's organic and biodynamic orchards. The Recreation team, which is based at THINC, organized the activity for residents, who were supported

by teachers, therapists and assistants. Apple picking is a fun activity that incorporates meaningful work but also allows residents and younger students to move around outdoors and work on goals



PHOTO BY DENISE SULLIVAN
Produce from the raised bed gardens was harvested before the first frost.

in physical therapy, occupational therapy and speech therapy. Each class or house group took apples back to school or home, where they participated in preparation and cooking of the fruit.

TCFD's Seed to Belly philosophy is a trademarked concept similar to the farm-to-table movement. It is a commitment that emphasizes and teaches the importance of excellence along

the entire food chain. It continues from the farm into the kitchen, and then ultimately to the most important part of the chain — the bite. If you have not seen the thoughtful and colorful video that illustrates the concept, please search for it. The video can be seen on YouTube or Vimeo.

An innovative new piece of equipment is in development in the Assistive Technology Lab at THINC, and

we hope to highlight and share more about it the near future. As usual, THINC staff are collaborating with education and other departments at TCFD to design equipment that assists the most vulnerable among us. Based on the principals of universal design, the new development will assist residents in the area of communication. More to come next month!

Out Divine Corners Way

by Jonathan Shimkin

The photo on the front page of the Sunday Times on August 23 was hard to decipher — almost black, with lines of red rising from the bottom of the frame and converging at the top. It took the caption to convey the import: trees burning at Big Basin Redwoods State Park, in California. The words led the eye back to the terrible image. Those were redwoods — on fire!

I was as shocked as if I had opened the paper to the obit of an old friend. All those centuries of slow growth consumed in a flash; the world's patrimony diminished in a manner comparable to the burning of Notre Dame, that occasioned a global outpouring of lament. Notre Dame will eventually be rebuilt, and one hopes the regenerative powers of the surviving trees will make good the losses of the Big Basin fire. As I write this, the California Department of Parks and Recreation is still assessing the extent of the damage and the status of redwoods.

Two of Big Basin's most venerable trees, the Mother and the Father of the Forest, are reported to have survived.

The immediate cause of the fire was lightning, but the fire's ferocity and range were due to anthropogenic factors: unprecedented heatwaves parching the groundcover; the dwindling "marine layer" — that protective coating of fog that rolls in from the ocean, moistening and cooling the terrain, reducing flammability. This critical layer has decreased by a third in recent years. Basically, the lightning struck a tinderbox, which then exploded.

I visited the redwood stands of California on several occasions and was awed by their beauty and the sense of presence — of arboreal consciousness — you feel amongst them. Their silence evoked one's own, a shared silence that gave me mixed feelings of kinship and difference. Many naturalists and poets have sensed a homologous relationship between trees and people, what Emerson called "an occult re-

lation between man and the vegetable."

This correspondence has been posited as anatomical (humans, too, are trunked and limbed), or neurological (the root-and-canopy networks of the forest likened to the axons and dendrites of the human brain), or sociological (the forest apprehended as a community and the trees as social, not solitary, beings), or mythic and magical (see Ovid's "Metamorphoses" and Tolkien's Ents). When the blind man, in the Gospel of Mark, has his sight restored by Jesus, the first thing he says is, "I see men as trees, walking." Maybe he saw deeper than he knew.

It's now common knowledge that some form of green percipience spreads through the entirety of a forest. Elemental exchanges of chemical markers pass between leaves and branches; roots fuse to form single organisms out of many single-standing trees; the forest canopy is a leafy internet of active communication.

And in what manner do trees communicate to us, or how do we read what they signal? The same week as the Times story, I noticed, outside my window, the first sign of autumn in a sumac tree, a single splotch of red standing out against a field of green, like an advance scout of autumn. This certainly spoke to me, whatever the sumac's intention. It spoke of the beauty of the season to come. It spoke of the essential benignity of trees: their slow respiration that complements so perfectly our own breathing; their exquisite calibration to fluctuations of weather and air and water and sun; their poised symbiotic balance with the entirety of their environment, which includes us, just as our environment includes them.

Trees, it seems, model many qualities we'd do well to cultivate. We are connected to them in a single ecosystem that is our mutual home, and this makes clear another analogy: trees and people share a global fate; what happens to the trees happens, sooner or later, to us.

MONTICELLO LIBRARY OFFERS

LOCAL GHOST STORIES

County Historian to Present

MONTICELLO—In keeping with the spirit of Halloween, the Ethelbert B. Crawford Public Library in Monticello is offering a presentation on local ghost stories taken from the pages of Sullivan County history. The program, featuring Sullivan County Historian John Conway, will be conducted via ZOOM, and is scheduled for 6 p.m. on Thursday, October 22.

Mr. Conway, who has been the official County Historian since 1993 and speaks frequently throughout the area, will narrate a PowerPoint presentation that examines the historical accounts of five different events believed to be connected to the reported sightings of ghosts or other paranormal activity.

These events include the February 13, 1907 explosion of an O&W passenger train moments after it exited the Smith Hill Cut in Hurleyville. Three crewmen were killed in a gruesome fashion in the explosion, and from time to time since then there have been reports of paranormal activity in and around the rock cut, which is now part of the popular section of rail trail dubbed the Milk Train Trail.

The presentation will also include Sullivan County's favorite ghost story, the haunting of the Stone Arch Bridge over the Callicoon Creek in Kenoza Lake by the spirit of local farmer George Markert. Markert was murdered on the bridge in January of 1892 by his brother-in-law, Adam Heidt, who believed Markert had placed a hex on him and his family, and that



PHOTO PROVIDED
Sullivan County Historian John Conway presents "Ghost Stories from Sullivan County History" via ZOOM for the Crawford Library in Monticello.

murder was the only way to end the hex.

Adam Heidt and his oldest son, Joseph lured Markert to the middle of the Stone Arch Bridge one evening because they believed that sorcerers, or hexenmeisters, were powerless over running water, and killed him, dumping his body into the frozen waters of the creek. Since that time, Markert's spirit is said to haunt the bridge, a legend that has been lent credence by multiple investigations by paranormal groups in recent years.

Participation in the ZOOM program is free. Contact the Ethelbert B. Crawford Public Library in Monticello for more information on how to take part. The phone number is 845-794-4660.

Sullivan County DMV Switches to Appointments Only

License and Registration Renewals Can Be Mailed In

MONTICELLO — As of September 28, the Sullivan County office of the NYS Department of Motor Vehicles (DMV) is no longer offering the DMV drop boxes for transaction processing.

"While the boxes played an integral part in helping the public during the height of the COVID pandemic, it is now prudent to have all transactions done with a scheduled appointment," Sullivan County Clerk Russell Reeves, who oversees the local DMV office, said.

"The Sullivan County DMV office has not stopped and will not stop helping the public," he added. "We have been working hard to continue to serve the constituents of Sullivan County, and this new change will prevent

delays in transactions due to errors and omissions, which can be more readily addressed with in-person communication."

Appointments can be made for the DMV by going to www.sullivanny.us/Departments/Clerk/DMV. Click on the "Schedule DMV Appointment" button. You'll then be presented with transaction options to make an appointment. Hours for appointments are 9 a.m. to 12 p.m. and 1:15 to 4:15 p.m. every weekday.

License and registration renewals can be mailed directly to the Sullivan County DMV, 100 North Street, Monticello instead of the State DMV address in Utica.

"The County retains 12.7% of all revenue from transactions performed in our office," Mr. Reeves said.

New vehicle registrations and plate surrenders,

however, need to be done by appointment.

"The DMV is still in the process of getting all County constituents' lapsed licenses and registrations renewed due to the three-month COVID closure," Mr. Reeves said, "but we are starting to see the light at the end of the tunnel."

"Presently, the majority of transaction appointments are about a month out, in comparison to two months ago when they were twice that or more (8-10 weeks out). Without the inefficiencies of the drop boxes we hope to cut down the wait times to schedule appointments."

"We will continue to operate on an appointment-only basis for Sullivan County residents per the Governor's Executive Order while continuing to follow all CDC safety protocols."

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Speech Language Pathologists
Cooks

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.

We have resumed Monday night drills, but the Firehouse is still closed to the general public. Because of that, the Halloween Parade is cancelled and our Annual Pancake Breakfast is also cancelled.

On a sad note, we lost our most senior member. Life member, Ed Orlowsky has answered his last alarm. Ed just celebrated his 93rd birthday and he has 73 years of service to the fire department. Ed was an outdoorsman extraordinaire, and loved the outdoors. He was my Boy Scout leader in Hurleyville Troop 88. Some of the great memories from those days were the time he took us camping on Slide Mountain in early October on a beautiful sunny day only to wake up to 6" of snow, helping us build a sled for the Boy Scout Klondike Derby and taking us to the Camporees. These were only a few of the great memories. His wife Eleanor was my Cub Scout leader. Rest in peace Ed.

The call volume in the county continues to climb. Since last month, there have been a number of large scale structure fires and hikers are still getting lost.

When getting ready to hike a new area, get a map of the trails you plan to hike on. A


The SULLIVAN COUNTY BUREAU OF FIRE

OBSERVES FIRE PREVENTION WEEK OCT. 4TH - OCT. 10TH

Serve Up Fire Safety in the Kitchen

Why cooking safety matters

- Cooking is the #1 cause of home fires and home fire injuries.
- Unattended cooking is the leading cause of fires in the kitchen.
- Scald burns are the second leading cause of all burn injuries. Hot liquids from coffee and even microwaved soup can cause devastating injuries.



number of lost hikers that we have searched for had a map on their phone and when they got into the woods or the trailhead there was no cell phone signal, therefore no map. Down load the map onto your phone before you leave your house. Better yet, print it out. When hiking where there is no service, your phone is constantly looking for a signal and this is killing your battery. After a few hours your phone is dead. No map and no way to call for help. Don't forget to take enough water and have the supplies to spend the night if you get lost. Stay put. The searchers have a better and hopefully a quicker time of finding you. When moving around you may end up in an area already searched and delay your rescue. Use common sense out there.

Fire Prevention Week this year is **October 4 – October 10**, and this year's theme is **"Serve" Up Fire Safety in the Kitchen.** Why cooking safety matters:

Cooking is the #1 cause of home fires and home fire injuries

Unattended cooking is the leading cause of fires in the kitchen

Scald burns are the second leading cause of all burn injuries. Hot liquids from coffee and even microwaved soups can cause devastating injuries.

Now is the time to get ready for the winter heating season. Get your heating devices serviced and ready. Clean your chimney. In September we had a couple of frosty mornings and we already had two chimney fires. Get ready now when it is nice out.

Now the Hurleyville Fire Department needs your help. Jim Kaufman, a Past Chief and the Chaplin of the Hurleyville Fire Department, needs a kidney. Jim is an ac-

tive decorated Hurleyville Firefighter. He has a kidney disease that will affect his quality of life in the next few months. If anybody can possibly help, please contact Miranda Behan, the President of the Hurleyville Fire Department, at (845) 434-3908 or (845) 701-9292 as soon as possible.

Three-year old Lucy Bishop, the daughter of Loch Shel-drake firefighter Jennifer Barrett and the granddaughter of Past Chief of the Loch Shel-drake fire department Harry Barrett, is battling Stage 4 High Risk Neuroblastoma Cancer. The Hurleyville Fire Department, with support from the Hurleyville United Methodist Church, will be hosting a drive-thru Corned beef sandwich supper to support our brother and sister firefighters. The supper will be held Friday, October 30, from 4 p.m. until we run out, at the Hurleyville Firehouse, 166 Main Street, Hurleyville, NY 12747. The cost will be a free-will donation. All proceeds will go toward Lucy's expenses. Checks can be made out to the Hurleyville Fire Department, and on the memo line put "Lucy." You can mail a check if like to the Hurleyville Fire Department, P.O. Box 357, Hurleyville, NY 12747.

Thank you in advance for your continued support.

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PHOTO PROVIDED

Rhodesia Jones with her high school diploma.


In accordance with Section 29C of the New York State Education Law, the Commissioner of Education is required to develop a program whereby any veteran of the armed forces who has served on active duty, and who was unable, for any reason, to complete a secondary education, may be awarded a high school diploma based on knowledge and experience gained while in service. Proudly, Dr. Sharkey telephoned into the virtual Board of Education meeting to introduce Ms. Jones and turned the program over to Superintendent Dr. Ivan Katz.

"Dear members of the Board of Education, as Superintendent of Schools, it is my honor and great pleasure to present to you the newest graduate of the Falls-

burg Central School District, Rhodesia Jones," Dr. Katz said. "Thank you for your service to our country and to this school district. Fallsburg is proud of you and your accomplishments. You are an inspiration to all Fallsburg Graduates."

At that moment, Dr. Sharkey presented Ms. Jones the diploma. You can see how happy she is to earn this honor in the attached photo, smiling and in her cap and gown. Be assured the Board members and the Superintendent shared in the graduate's happiness on this memorable evening. Can you imagine how much joy Dr. Sharkey must have felt during the ride up to and back from Albany?

It was an evening that everyone participating will never forget.



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FROM THE FILES OF...

THE HURLEYVILLE SENTINEL.

The Only Newspaper Published in the Town of Fallsburgh

COMPILED BY **Sullivan County Historian John Conway**

October 4, 1916

Dairymen Meet Tonight

The Dairymen are to hold a meeting tonight in the Grange Hall at eight o'clock to organize a Dairymen's League. The farmers are making a brave fight for their rights, and in Jeffersonville, Liberty, Stevensville and White Sulphur Springs they have held their milk out almost as a unit, but in spite of the fact that many have stayed out, milk is being brought in from Hasbrouck and this creamery is shipping as usual, but we hear very strong talk against those who have not struck and the sentiment of ill feeling is waxing stronger every minute. What the outcome will be, time alone will tell. At any event if the farmers unite they can have anything they want. Right is might but sometimes might makes right.

October 11, 1916

Farmers Organize

On Friday evening a meeting of the farmers was held in the Grange Hall in this place to talk over the milk question and organize a Dairymen's League. Mr. Richardson of the Farm Bureau and Mr. Schrieber of Chester, Orange County, spoke. Nearly all the farmers in this vicinity were present and were not disappointed as the



PHOTO PROVIDED

Boatswain Mate 3rd Class Ashley Feldman

Earns U.S. Coast Guard Certification

HURLEYVILLE – The U.S. Coast Guard Station in Jones Beach, Long Island announced in September that Boatswain Mate 3rd Class Ashley Feldman of Hurleyville has earned certification as a boat crew member in both the Response Boat-Medium (RBM) and Response Boat Small-II (RBS-II) classifications.

The daughter of Laurie Tremper-Feldman and Lee Feldman, Ashley is a graduate of Monticello High School.



PHOTO PROVIDED

Farmers in Hurleyville organized a branch of the Dairymen's League in 1916.

meeting proved to be very interesting. The principal point brought out was that "in unity there was strength" and that if all would stick together they were sure to win out. On Saturday evening at the same place a Hurleyville branch of the Dairymen's League was formed and there was a large attendance, but there was a few farmers here who have not yet joined. The following officers were elected; President, J S Kile; Secretary, Fred W Mitteer; Treasurer, George LeRoy.

Hebrews Meet

The Hebrews of Hurleyville held a mass meeting at the synagogue Sunday evening for the purpose of reorganizing the Talmud Torah here. There was a large attendance and the difficulties which surmounted them in the past were all very amicably settled and it was decided to reopen the Hurleyville Hebrew School on Sunday October 15 with Ellis Gardner from Mountain-dale as teacher.

October 18, 1916

Grocery Sale

On account of the building in which I am located having been purchased by another party, I am forced to move and therefore will sacrifice my entire stock of groceries, dry goods, crockery, notions, etc., at prices 25 percent below cost. The sale will open next Monday, October 23d. This is

your opportunity to secure your winter's supply far below prevailing prices. These goods are strictly fresh, first class and not purchased for any such sale.

David Ness, Hurleyville

For Sale

1914 automobile equipped with demountable rims, crown fenders, extra rim and tire, slip covers, Prest-o-lite tank, electric horn and all in first class running order. Also one double barrel hammerless Ithaca shotgun as good as new. one Marlin rifle as good as new. Apply Dr. W. H. DeKay, Hurleyville.

October 25, 1916

Barn Burns

Nancy Lawrence was awakened twenty minutes to five Thursday morning by the sound of crackling, burning boards and discovered Floyd Durland's barn in flames. She gave the alarm and called up central for help, many going from here in autos. Lawrence succeeded in getting out the cattle but Floyd could not get the fine team of grays out as that part was all aflame. Everything in the barn went including 50 tons of hay, 27 barrels apples, 200 bushels oats, potatoes, all farming machinery, silo, etc., and it was only through diligent hard work that they were enabled to save the other buildings. There was but \$1,175 insurance and \$4,000 would not begin to replace it. He is

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Hurleyville, New York 12747
845-434-4161 phone 845-434-3042 fax

Marinda Behan, President

Charles Payne, Chief

When we take the oath in becoming a firefighter, we pledge to serve and protect our neighbors, residents, and visitor of our fire districts. We also pledge to assist our Brother and Sister Firefighters in protecting their communities as well. But who pledges to serve and protect us?

The Members of the Hurleyville Fire Department are sending an urgent plea for help. One of our Firefighters need all of us to come to his aid. He has been diagnosed with a form of Kidney Disease which will lead to Kidney Failure. Our Brother Firefighter has been given 2 months of quality time unless he receives a kidney transplant.

The Hurleyville Fire Department is asking for your assistance in considering being tested for possible donation. We understand that this is a BIG ASK one that should not be taken lightly but given our fullest thoughts and consideration. Time is of the essence in this case as the disease will become fatal in a short time.

Our Firefighter James "Jim" Kaufman needs our assistance. Jim is a dedicated active firefighter with many years of service. He is a Life Member, Past Chief and presently our Chaplin. Jim has been there for others in their time of need during many emergencies and non-emergencies. Jim has been there for others to help heal their souls as well. We are sending this request as Jim needs our help now.

The Hurleyville Fire Department is sending this request out not lightly but after a great deal of discussion as this is a life changing ask. If anyone is interested or may know someone that is interested in being tested for possible donation, please contact Hurleyville Fire Department President Miranda Behan at 845-434-3908 or 701-9292.

Please share this message as Jim needs our help.

Thank you, Stay Safe, Stay Healthy,
Miranda Behan, President
Hurleyville Fire Company No.1

PATRIOTS ARE BORN PART IV

An original short story by John Conway

It is May of 1775, and our young brothers, Andrew and Morgan Worth, their big black dog, Boson, and a passenger, wealthy statesman Alexander McDougall, have taken a raft of timber down the Delaware River to Philadelphia, where McDougall is hoping to persuade New York's representatives to the Continental Congress to vote in favor of independence. They have just pulled over for the night when they are surprised by a group of armed men, presumably the same men who had been pursuing McDougall...

We had just finished our supper, and the three of us were sprawled on the ground talking about the relative merits of declaring independence from England, when Boson sprang to his feet and began barking at the darkness. We rose, but before we could react further, what must have been a dozen men advanced toward us

from all sides. "You'll do well to remain still and not make any sudden movements," one of the men said as he walked toward us. "You're surrounded." Boson stood firm, eyes riveted on the man, and his barking turned to a low growl. "Who are you and what do you want?" Morgan blurted out. The man moved a bit closer, his musket fixed on McDougall. "It doesn't matter who we are," he said. "We know who you boys are, and we have no quarrel with you. We are willing to let you be on your way. We just want this here traitor." "You know nothing of being a traitor," McDougall said in a raised voice. "Why don't we let the local magistrate decide, then," the armed man said. "That's where we're taking you, to Mr. Robert Land." I noticed that Boson's growling had changed a

bit and found it odd that his focus had shifted from the man with the musket to the brush to our left. I couldn't see anything, but it sure seemed like he sensed something was happening there. Suddenly, an ear-piercing war whoop broke through the night, catching all of us off guard. The man with the musket turned his attention from McDougall for a split second, looking in the direction of the yell. At that moment, Boson launched his 175-pounds at the man, knocking him down. The man lost his grip on his musket, and McDougall was able to get hold of it. Meanwhile, two natives, screaming loudly, burst forth from the brush, brandishing clubs, crashing into a number of the other men before they could react. McDougall fired the musket into the air, and the men began to disperse, wasting no time running into the brush. A snarling Boson still straddled the leader, who was flat



ILLUSTRATION PROVIDED
"You'll do well to remain still and not make any sudden movements," one of the men said as he walked toward us. "You're surrounded."

on his back, one leg pinned awkwardly under him, so that he was not going anywhere. Morgan wasted little time grabbing his own musket and getting it primed and loaded. I grabbed one of the lanterns, lit it, and held it aloft, providing the dim-

most of light, just enough to see who the two natives were who had come to our rescue. "Ben Shanks!" I exclaimed to the taller of the two. "We are in your debt." The long-legged man, clad only in a deerskin loin cloth and waistcoat, bowed

in a mocking gesture. "Happy to assist, Andrew Worth," he said in nearly perfect English. "As is my friend, Canope." The other native, considerably shorter and stockier than his companion, nodded almost imperceptibly. McDougall stepped toward the two men and spoke. "My name is McDougall, and I wish to add my gratitude for your actions to that of my friend. I, too am in your debt, as is the cause of freedom." "We don't much believe in causes," Ben Shanks said. "We believe in people. Andrew Worth is one of our people. We did this for him." "Hey, don't forget about me," Morgan piped up, advancing from the shadows. He and Ben Shanks exchanged a bear like embrace. "We were lucky tonight that you two were in the vicinity." "We are trapping up and down the river," Ben

Shanks said, and Canope nodded. "We have many pelts. Will trade them soon for food." "We are on our way to Philadelphia," I said. "Our raft is over there. Those men have been following us." Boson barked at that point, reminding us that he still had the leader of the men pinned to the ground. "Get this dog off me, he's breaking my leg," the man finally said. McDougall leaned over the man and roughly grabbed his lapels, pulling him up and provoking a growl from Boson. "Get your treasonous hands off me," the man told McDougall through clenched teeth. "So, you are going to take me to the magistrate, are you?" McDougall replied. "I think not. But here's something you can take to him. You can tell him that the Continental Congress is meeting in Philadelphia and I, Alexander McDou-

gall from Albany, plan to be there advocating for independence. We are the Sons of Liberty, we aim to be free, and you can join us or die!" At that point, Boson yielded, and McDougall yanked the man to his feet. He reached inside the man's coat and pulled out a large knife, which he then used to cut the strap of the man's powder horn, which was slung over his shoulder. "You won't be needing these," he said, holding the tip of the knife directly under the man's chin. "Now away with you. And don't forget to deliver my message to Mr. Robert Land. Join us, or die!" *This raft trip to Philadelphia isn't over yet, and it just might turn out to be the most perilous journey Andrew and Morgan Worth have ever taken. Don't miss the next exciting chapter of our story, Patriots Are Born, in the next edition of The Hurleyville Sentinel.*

THE HOLIDAYS MAY BE THE WORST EVER

by Elaine Corrington
HURLEYVILLE – It could be you, or perhaps you know somebody who has had the "Horrible, Terrible, No-Good, Very Bad Day." The worst day of their life. Whether precipitated by a long-expected series of events; a lifetime of sad and frustrating experiences; very poor life decisions; a single incident involving a friend (or even a foe); emotional hurts and depression; a lack of chocolate; or a happening that creates misery, it is No Holiday for SURE. As the fall season started, many people realized that 2020 is perhaps the worst and most accurate year to know many people for

whom life will never be as they want. The year of the Pandemic- COVID-19. Even if your worry about yourself, family and friends is apparent, it is increasingly becoming alarmingly real that all will fall victims to the disease itself and the very real sad outcomes that cannot be prevented, especially because there are many people who care less about doing everything possible to accurately admit the possible and as-yet-unknown possible dangers to themselves; but also the dangers that their poor choices and actions can bring to everyone around them. They do not protect themselves, and they do not protect anyone else. As we contemplate the

fall holiday season, the loss seems even more horrendous and sad-- the loss of celebration, remembrance, love, surprises, laughter, and traditions. The worst holidays EVER...but does that have to be true? Do we ignore the dangers, cross our fingers, and stick with traditions, thinking that we will be protected from missing what we love? Or will we change everything we can think of and need, to move forward with as little harm to others as we can create and put in place? We will never forget this year, but can we look back and appreciate the value of loving and smart actions that kept it from being worse that it could have? Will we have not only allowed a longer and better future, but will we be smart and active enough in preventing horrible outcomes for more people over a much longer time? Will we have supported the pride we can take in thinking not only about ourselves, but also everyone else? Pride that we can re-create over a lifetime by finding other

opportunities to not participate in the worst outcome, but to support the best chances for us all. Starting with Halloween, think carefully about the usual practices for that and other holidays. Be smart! Be creative! Invent games, activities, donations that create some better moments for those who are going through a worse time than you are! Decorate up to your "Owballs" (as a youngster I knew well used to say) and then take a safe walk around and appreciate the beauty and humor that people in your neighborhood came up with. Who knew that could happen? This IS an awful time, but it is also time to make the best choices and have better outcomes. All news sources are trying to help us make everyday and holiday choices and celebrations. It is a time when things won't be perfect, and you won't be perfect, but you may have the opportunity to be a more powerful person for the immediate and future good of all. That is sort of perfect, isn't it?

FROM THE FALLSBURG LIBRARY

by Kelly Wells & Amanda Letohic



We are excited to announce that system-wide ILLs (Inter-Library Loans) have resumed, so you can once again order materials from any of the 47 libraries in RCLS and have them sent to your home library for pick up! We are still offering in building use – for browsing or computer use - by appointment only. As a reminder, appointments are limited to one 30-minute session per day per person. Proper face coverings must be worn the full time you are in the library. If you are not comfortable with coming in just yet, that's okay, we're still offering curbside services as well! Some things to keep in mind as we continue to adapt to changes being made: all materials returned to the library will be placed in quarantine for 6 days before being checked in, so you may still see it on your account a few days after placing it in our book drop – we are checking everything in FINE FREE after the 6



PHOTO PROVIDED
The FCS.D van at Main Street Houses in South Fallsburg, where masks were handed out.

Fallsburg CSD Kicks Off School Year

FALLSBURG – To welcome back students, Fallsburg Central School District (FCS.D) held a special parade through thirteen key locations along school bus routes in the Town of Fallsburg on September 11. The event was sponsored by the Comet Chapter of My Brother's Keeper (MBK). Leading the event to its first destination was the Director of Family and Community Engagement and Advisor to MBK, Dr. Aleta Lymon. Following her were a Prestige Production van filled with school supplies and ice cream treats and cars with the Superintendent of Schools Dr. Ivan Katz, BCES Principal Mary Kate Stinehour, and Chair of the FCS.D Wellness Committee and Athletic Director Suzanne Lendzian, with her dog Huckleberry. Also supporting the event were the Advisors to the FHS Student Government Association (SGA) Elisa Baum and Isabel Mejia; Boys Modified Basketball Coach Michael Ballard; SGA Volunteers Emily Collura and Tamia Caston; Special Education Teacher Sharon Blake and her husband Jimmy, who is a cafeteria monitor at BCES; and Prestige staff Corey Gips and Jaison Rivera. Everyone was busy setting up at


each location, handing out the goodies to eager children, and then packing up for the next stop. The event observed social distancing protocols. 6-foot perimeters and traffic patterns were set up at each location. In order to receive goodies every participant wore a mask. To ensure that people did not stay and linger only 20 minutes was allotted for each location. The van was equipped with music and a sound system, including the jingling bells of an ice cream truck. It was quite a sight to watch kids and families streaming out of their homes as the van approached each residence area. The piper bells truly awakened the taste buds of the children. It was an afternoon delight for a few hundred happy students that began at BCES at 1:00 PM and ended in the Mountandale Municipal Lot at 7:00 PM. "Preparing for remote learning has been a challenge for everyone," said Dr. Lymon. This event provided a great opportunity for students and parents to ask any remaining questions regarding the challenges of remote learning. Parents also received resources on wi-fi hot spots while their children obtained needed school supplies.

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Day of the event only Firehouse # (845) 434-4161

Lucy Bishop is the daughter of Loch Sheldrake firefighter Jennifer Barrett and the granddaughter of Loch Sheldrake Past Chief Harry Barrett.
3 year old Lucy is battling
Stage 4 High Risk Neuroblastoma. Donations will help offset treatment and hospital cost.
Help us support our Brother and Sister firefighters.


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SILVOTHERAPY ON THE RAILTRAIL

REAPING THE BENEFITS OF BEING OUTDOORS

by John Conway

HURLEYVILLE – Even before the impact of the COVID-19 pandemic, there was a health crisis in Sullivan County. Every year since 2010, for example, the County has ranked either 60 or 61 out of 62 counties in New York State in health outcomes according to the Robert Wood Johnson Foundation, and even though the most recent ranking (60) has shown some signs of improvement for the first time since the rankings began, the statistics remain dismal.

And Sullivan County is not unique. Americans in general seem to be adopting more sedentary lifestyles, and spending less and less time outdoors. A study by the U.S. Environmental Protection Agency, reported in Time magazine in 2018, found that the average American spends 93% of his or her time indoors.

Fortunately, there are simple ways to improve your health without breaking a sweat, and one of the most effective methods is particularly convenient to those who live or work in Hurleyville. Regardless of how active or inactive you might ordinarily be, or how healthy you might feel, there are demonstrable physiological and psychological benefits to spending time on the Milk Train Trail.

There are a series of rail trails throughout Sullivan County, including stretches

in Liberty and Parksville and from Mountindale to Wodridge, but the Milk Train Trail in Hurleyville has distinct advantages not found on other trails. For example, only Parksville and Hurleyville feature interpretive signs along the route explaining historical and natural highlights. And a significant portion of the Hurleyville trail is paved.

The rail trails on both sides of Hurleyville's Main Street provide a smooth, level surface that makes moving along them safe and comfortable. And the trails in both directions offer enough of an opportunity to commune with nature that they provide another benefit, as well: silvotherapy, or what the Japanese call shinrin yoku, or forest bathing.

According to Dr. Qing Li, a medical doctor at Tokyo's Nippon Medical School, a visiting fellow at the Stanford University School of Medicine, and one of the world's foremost experts in forest medicine, reaping the benefits of being surrounded by nature is something virtually anyone can experience, regardless of physical condition.

"This is not exercise, or hiking, or jogging," Dr. Qing writes. "It is simply being in nature, connecting with it through our senses of sight, hearing, taste, smell and touch. Shinrin-yoku is like a bridge. By opening our senses, it bridges the gap between



PHOTO BY JOHN CONWAY

Both sides of the rail trail heading out of Hurleyville provide opportunities to spend time among trees.

us and the natural world."

Research conducted by the Japan Forestry Agency has shown that people who have walked in the forest have much lower levels of cortisol, the stress hormone, in their blood than people who have walked the same distance on a street. Other research has indicated that people experience a decrease in

blood sugar and blood pressure after spending just two hours in nature.

The best part is that you don't have to be deep in some primeval forest to experience the benefits of silvotherapy or shinrin yoku.

"You can forest-bathe anywhere in the world – wherever there are trees. In hot weather or in cold; in rain,



PHOTO BY JOHN CONWAY

The type of trees encountered on the west side of the Milk Train Trail vary from one end to the other.

sunshine or snow," Dr. Qing writes. "You don't even need a forest. Once you have learned how to do it, you can do shinrin-yoku anywhere – in a nearby park or in your garden."

Just remember next time you are out on the trail, is isn't about getting anywhere. Take the advice of naturalists such as John Burroughs

and Henry David Thoreau, and saunter rather than walk. Stop frequently, taking in the color palette that surrounds you, and breathe, savoring, in Dr. Qing's words, "the sounds, smells and sights of nature and letting the forest in."

You'll be demonstrably better off for it.

Catholic Charities Golf Outing Raises Nearly \$40,000

GOSHEN – Masks when not on the golf course, physical distancing, plentiful hand sanitizer, and no post-golf festivities made Catholic Charities of Orange, Sullivan, and Ulster's 2020 Golf for Charity Outing a tournament to remember. Catholic Charities hosted 18 foursomes at West Hills Country Club for its 14th annual golf outing to raise much-needed funds for the non-profit agency's programs in the community, including emergency food and shelter assistance and addiction prevention and treatment. Nearly \$40,000 was raised to support Catholic Charities work in Orange, Sullivan, and Ulster Counties.

"This year's outing will certainly be one we'll talk about for years to come," said Tom Larsen, Esq., Board Member, Golf Committee Chair, and Senior Vice President of Government Relations at Mediacom Communications. "It has been a long six months coping with the pandemic and everyone who joined us was happy for the opportunity to



PHOTO PROVIDED

The family foursome of (l tor) Mark McLoughlin, Eddie McLoughlin, Maggie Smith, and Bryan McLoughlin enjoyed a beautiful day at West Hills Country Club for Catholic Charities' 14th annual Golf for Charity Outing.

have some socially distant interactions and a small return to normal. We are grateful to the golfers, sponsors, and other supporters who helped make the outing a success and raised funds for Catholic Charities' work in the community. As the pandemic lingers on, the requests for assistance are growing daily," added Mr. Larsen.

Catholic Charities of the Archdiocese of New York, Garnet Health, Armistead

Mechanical, 24Seven Enterprises, and ShopRite Supermarkets signed on as the golf outing's premiere sponsors. Other top sponsors included Sterling National Bank, Mediacom Communications, Susan and Skip Tetz, A. Gurda Produce, and Ulster Savings Bank, and the hole-in-one contest was sponsored by Healey Brothers. Roscoe Brewery, ShopRite Supermarkets, and Pepsi of the Hudson Valley generously provided refreshments for the golfers.

Due to the revised program, winners were announced the following day and prizes were delivered by mail. Winning the top spot for women was the foursome of Kim Corkum, Janet Grahm, Mary Juliano, and Linda Stephan. Earning first place for men was the foursome of Jake Kriney, CJ LaCosta, Tom Larsen, and Greg Luffy. Bella Pevzner and Dylan Dembeck were winners of the longest drive contest, and Joe Labelle earned top honors in the closest to the pin contest. All winners received gift certificates to the West Hills Pro Shop.

Catholic Charities launched its Reverse Mega Raffle at the golf outing. Tickets are \$100, the top prize is \$5000, and only 300 tickets will be sold. Mega Raffle tickets may be purchased by contacting Catholic Charities at 845.294.5124, x1005. Catholic Charities will also be hosting a 2020 version of the annual Goshen Christmas House Tour on Saturday, December 5. This year's Tour will be a driving tour and feature outdoor light displays. For information, contact Kristin.Jensen@ccsos.org.

FIFTY YEARS AGO...

SULLIVAN BOOTERS KNOCK ORANGE FROM RANKS OF THE UNBEATEN

by Win Hadley

HURLEYVILLE – There was a pretty fierce rivalry between the soccer teams at Sullivan County Community College and Orange County Community College back in the 1960s and '70s, and both teams typically fielded strong squads.

Fifty years ago this month, on October 13, 1970, the Sullivan Generals squeezed past the Colts of Orange County 2-1 to take over first place in the National Junior College Athletic Association's Mid-Hudson Conference. The game was played on the Generals' home field at Morningside Park in Hurleyville.

It was OCCC's first loss of the season, and came despite the fact that Sullivan managed only 14 shots on goal in the entire game.

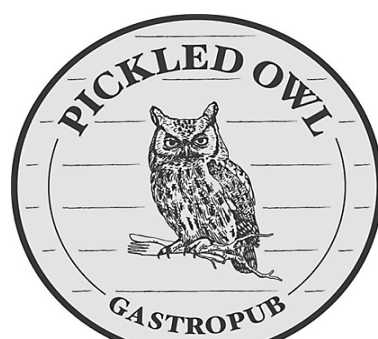
Generals' goalie John Bory was outstanding on the afternoon, accounting for 15 saves, including several outstanding stops. In fact, after Orange got on the scoreboard first with just 1:37 gone in the opening quarter, Bory was

perfect the rest of the way. Jack Smithlin recorded the Colt score.

Tony DeCruz got Sullivan on the board with two minutes remaining in the opening stanza, and Larry Rycyk added a penalty kick with four minutes remaining in the half to put the Generals up 2-1. Neither team scored in the second half, as the defenses dominated play.

With the loss, OCCC fell to 2-1 in the conference on the season and Sullivan improved to 2-0.

The two teams fell into a three way tie for second place in the conference just one week later, when Sullivan was upset 6-2 on its home field by a surprising Rockland County Community College eleven, and Orange played to a 6-6 tie with Westchester. The win over the Colts was the highlight of Sullivan's season, which went downhill from there. Orange didn't lose another conference game, and finished the season in second place in the conference behind Westchester, with a 3-1-1 record, ending up 8-2-1 overall.



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BALLGAME BAFFLERS

BY BRIAN

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

1. How many games is Joe DiMaggio's major league record hitting streak and in what year did he do it?
2. In what year did the Dodgers leave Brooklyn to move their team to Los Angeles?
3. In what year did Major League Baseball retire #42 in honor of Jackie Robinson?
4. Who was the first New York Yankee to have his number retired and what was the number?
5. Who has the major league record for the most stolen bases in a season?

Bonus: Who got the walk-off game winning single in Game Seven of the 2001 World Series between the Arizona Diamondbacks and the New York Yankees?

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