



# Tri **TOWNSMAN** Valley

"The Best Journal Published by a Dam Site!"

VOL. 6 NO. 21 GRAHAMSVILLE, NY 12740

MAY 27, 2010

FIFTY CENTS

## ONE DOLLAR/ONE LINE/ONE ITEM AD FLYER IN THE MAY 6th ISSUE

The *Townsman* will include a **ONE DOLLAR/ONE LINE/ONE ITEM AD** flyer in the first issue of each month. All ads for the June 3rd **One Dollar, One Line, One Item**, flyer must be received in our office by **Friday, May 28th at 3:00 pm**. You may either mail your ad along with \$1 to: The *Townsman*, P O Box 232, Grahamsville, Ny 12740, drop it in the drop box on the porch of the Grahamsville First Aid Building or email it to: [tvtownsman@yahoo.com](mailto:tvtownsman@yahoo.com)

If you have something you want to sell, this is a great opportunity to get your item advertised!

## 7th ANNUAL TROUT PARADE IN LIVINGSTON MANOR ON JUNE 12th

The 7th annual Trout Parade, Sullivan County's own version of Mardi Gras, is scheduled for Saturday, June 12 in Livingston Manor, rain or shine. Attendees can expect to find lots of fishy fun along Main Street from 11:30 a.m. to 3:00 p.m. including an arts and crafts fair, specialty foods from local vendors and children's activities, as well as discounts and special offers from participating merchants. (Contd. Pg. 4)

## LIBERTY FREE THEATRE CONTINUES LONELY PLANET



James Sullivan as Carl and John Neails as Jody in *Jody's* -Photo by Ted Waddell

Liberty - The Liberty Free Theatre will continue its performances of Steven Dietz's play, *Lonely Planet*, May 27-30. Performances are Thursday, Friday and Saturday at 7:30 P. M. and Sunday at 3:00 P.M. Admission is free. Seating is limited and reservations are recommended. The audience is invited to gather after the performance for food, drink, and music. The theatre is located at 109 South Main Street, Liberty. Call 292-3788 for reservations and information.

## DVAA OFFERS SCHOLARSHIPS IN THE ARTS

Delaware Valley Arts Alliance is offering three scholarships for high school seniors who will pursue higher education in the arts. Each scholarship has been established to assist young people who are furthering their studies in a specific artistic discipline. Scholarships have been funded by private contributions and benefit events. (Contd. Pg. 8)

## RENAISSANCE YOUR STORE-FRONT! -Sometimes First Impressions are the Only Impression One Gets to Make

How to make a good first impression is the focus of a seminar on "Looking at Your Store with New Eyes" to be held on Wednesday, June 2, 2010 at 7:00 p.m. at the CVI Building in Ferndale. The seminar is sponsored by Sullivan Renaissance and the Sullivan County Chamber of Commerce. (Contd. Pg. 3)

## HISTORY OF THE NEVERSINK RIVER



*History of the Neversink River*, an illustrated talk by John Conway, Sullivan County Historian, will be held on Sunday, June 6, 2010 at 2 p.m. at the Neversink Town Hall on St. Rt. 55 in Grahamsville, Sullivan County.

Co-sponsored by the Time and the Valleys Museum and the Town of Neversink, this Sunday afternoon program is FREE and open to people of all ages who have an interest in the history of the Neversink River. (Contd. Pg. 3)

## BILL BRENNER ANNOUNCES NY SENATE RUN AGAINST CHARLES SCHUMER

Republican William A. Brenner, a popular, respected attorney and politician in Sullivan County, New York, has declared his intent to run against Charles Schumer in the 2010 New York Senatorial election.

The announcement was made in the form of a letter to various New York State Republican and Conservative Committee Chairmen. (Contd. Pg. 3)

## COALITION TO CALL FOR MORATORIUM ON NATURAL GAS DEVELOPMENT IN NYS

This past Monday a coalition of nearly twenty-organizations and individuals including Mark Ruffalo, actor and Sullivan County resident, Roger Downs of Sierra Club Atlantic Chapter and Wes Gillingham of Catskill Mountainkeeper, who are concerned about the health and safety of all New Yorkers, called on the New York legislature to enact a statewide moratorium on permitting horizontal drilling and high volume hydraulic fracturing in natural gas development. Claiming these technologies generate large amounts of contaminated wastewater and toxic waste and have been linked to drinking water contamination, air pollution, and negative health impacts, their use has never been permitted in New York and should not be as long as these practices remain hazardous to public health.

## SHHH! CAS SILENT AUCTION BENEFIT

On May 29, 2010 5-7pm The Catskill Art Society will be hosting an opening reception for its new exhibition, SHHH! CAS Silent Auction Benefit. All are welcome and light refreshments will be served. (Contd. Pg. 8)

## FLAG EXCHANGE CEREMONY SET FOR MEMORIAL DAY

On Memorial Day, Monday, May 31st, the annual Spring Flag Exchange Ceremony will be held near the flagpole at the Grahamsville Rural Cemetery at 11:00 am. This program, which has become a bi-annual tradition for many residents in the Tri-Valley area is open for all to attend and share this memorable occasion.

## NEW & DIFFERENT ANTIQUE SHOP CALLIOPE-ON-MAIN OPENING IN LIVINGSTON MANOR

On Friday, May 28th, a new NOT-FOR-PROFIT antique shop, CALLIOPE-ON-MAIN, is opening at 36A Main Street in Livingston Manor.

This antique shop is DIFFERENT from other



shops in that all proceeds from the shop will go to the Time and the Valleys Museum in Grahamsville, New York. The unique relationship between Calliope-on-Main and Time and the Valleys Museum is one of creative and cooperative collaboration. Museum supporters will staff the antiques store and contribute items for sale. And the store will support the museum.

The public is invited for a special OPENING DAY on May 29th, between 10 a.m. and 5 p.m., to look around and to share homemade treats, surrounded by the lovely artifacts of days gone by. (Contd. Pg. 3)

## MUSEUM BENEFIT AUCTION MEMORIAL DAY WEEKEND

An AUCTION to benefit the Time and the Valleys Museum will be held on Memorial Day Weekend, Saturday, May 29th, 2010 starting at 11 a.m. (viewing at 10 a.m.). It will be held RAIN OR SHINE in the 4 H building at the Grahamsville Fairgrounds on St. Rt. 55 in Grahamsville, Sullivan County, New York.

Guest auctioneer Richard Larsen will auction off many donated items, including antiques such as furniture, dolls, equipment and O&W memorabilia, like-new items, collectibles including silver and glassware, furniture old and new, and gift certificates to local area stores and businesses, among many other items. To see a partial listing of our auction items please go to our website [www.time-andthevalleys.org](http://www.time-andthevalleys.org) or [auctionzip.com](http://auctionzip.com) or call 845 292-7838 for more information.

"It's going to be an exciting auction, with something for everyone," according to Auction Chair Dorothy Muthig, "Come down to support the Museum, have fun and get a bargain." Food and drink will be available. If possible, please bring a chair. All funds raised from the auction will help create an exhibition on the history of the watershed areas, to be installed in the Museum's new home at the Daniel Pierce Library addition.

We are still accepting GOOD donated items! Anyone who is interested in donating items can call (845) 292-7838, or e-mail [historian@townofneversink.org](mailto:historian@townofneversink.org). Pick up is available. (Contd. Pg. 3)



**YE OLDE TRI-VALLEY TOWNSMAN**  
OFFICIAL NEWSPAPER FOR THE TOWN OF  
DENNING AND THE TOWN OF NEVERSINK

Ye Olde Tri-Valley Townsman (USPS #009 398 - ISSN 1558-9013) is published weekly except Thanksgiving, Christmas and New Year's week for \$22.00 per year by Gnome Home, Inc.. Periodical postage paid at Grahamsville, NY. POSTMASTER: Send change of address to:

The Townsman • P.O. Box 232 • Grahamsville, NY 12740  
EDITOR: Linda Comando - 985-0501  
COLUMNIST/NOTICES/TYPIST: Barbara Slater - 434-3969  
HERE AND THERE: Polly Hill - 985-2255  
NEVERSINK NEWS - Hulda Vernoy - 985-2268  
DAYS OF 'YORE' - Barbara Slater  
GETTING IN TOUCH WITH NATURE - Peggy DeWire  
COLUMNIST/TYPIST - Karen Curry  
LEGALS - Gloria Beavers  
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Website: [thetownsman.com](http://thetownsman.com)

**POLICY ON SUBMISSIONS AND LETTERS TO THE EDITORS:**

1. **ALL submissions** should be typewritten or printed legibly.
2. Letters should contain no more than 300 words.
3. Letters should offer worthwhile comments and avoid libel or bad taste.
4. Letters must be signed with the writer's own name. No letter will be published without a signature.
5. The writer must provide his/her full name, address and telephone number (for verification). This information will be kept on file in the YE OLDE TRI-VALLEY TOWNSMAN office.
6. Copies of letters or third-party letters will not be accepted.

**Opinions expressed in Ye Olde Tri-Valley Townsman belong to the writers and are not necessarily the viewpoint of Ye Olde Tri-Valley Townsman or its staff.**

To renew or receive a new subscription to the TOWNSMAN, please fill out the form below. Mail form to the address above or place in the TOWNSMAN drop box located on the porch of the First Aid Building in Grahamsville. Make checks payable to: *Ye Olde Tri-Valley Townsman*

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

PHONE \_\_\_\_\_

SUBSCRIPTIONS: **\$22.00 PER YEAR**

NEW \_\_\_\_\_ RENEWAL/DATE EXP. \_\_\_\_\_ Check # \_\_\_\_\_

**Subscription renewals must be received by the last Saturday of the month preceding subscription renewal date to avoid interruption of the paper or renewal notices.**

A change of address must be received a month prior to change in order to make the necessary changes in our computer. All changes of address, whether seasonal or permanent, are the responsibility of the subscriber.

**ADVERTISING DEADLINE:**

**3:00 P.M. FRIDAYS • FIRM** - Drop Box, FAX, Mail or Email

**WEEKLY ADVERTISING RATES**

Classified ads - \$5.00 for the first 20 words and 15 cents each additional word.  
1" Boxed ad (1" x 3") - \$5.00 per week (\$1.67/col in)  
Business card ad (2" x 3") - \$10.00 per week (\$1.67/col in)  
(3" x 4") - \$20.00 per week (\$1.67/col in)  
(3" x 6") - \$30.00 (\$1.67/col in)  
(4" x 6") - \$40.00 (\$1.67/col in)  
1/4 pg (5" x 7") - \$58 (\$1.67/col in)  
(6" x 8") - \$80.00 (\$1.67/col in)  
1/2 pg (7" x 10") - \$115 (\$1.67/col in)  
(Full page - 10" x 14") - (\$1.67/col in) \$230 B/W  
(Full back page - 10" x 14") - \$300 B/W

Rates are based on **B/W Camera-ready copy**. All other display advertising will be based upon \$2.50 per column inch. Guaranteed placement is available for a 25% surcharge on a first-come, first-served basis on all pages except the front page, page 2 & page 3. All advertising must be pre-paid unless other arrangements have been made.

All inserts/fliers must be pre-paid. Please send the correct amount of money along with **1,000 copies** of your flyer. If the insert/flyer is printed only on one side, the rate is \$17.00 per week. If the insert/flyer is printed on both sides, the rate is \$32.00 per week. The customer must provide the correct number of pre-printed flyers. If you wish *Ye Olde Tri-Valley Townsman* to print the flyers the charge for a one-sided flyer based on 1,000 copies (white paper) will be \$70.00. If both sides of the flyer are to be printed the charge based on **1,000 copies on white paper** will be \$125.00.

**Deadline for all submissions is 3:00 p.m. Friday.**

**NO EXCEPTIONS**

If you are submitting your advertising by email, our email address is: [tvtownsman@yahoo.com](mailto:tvtownsman@yahoo.com) If you do choose to send ad copy via the internet please send it in either PDF (Acrobat) files or JPG format. All press releases/articles should be sent as Microsoft Word Documents (**Word Document with an extension of .doc**).

Have a question- please call: Linda Comando (845) 985-0501.  
As always, thank you for your support.

Ye Olde Tri-Valley Townsman  
P O Box 232  
Grahamsville, NY 12740

Email: [tvtownsman@yahoo.com](mailto:tvtownsman@yahoo.com)

Ye Olde Tri-Valley Townsman on-line: <http://thetownsman.com>

**ON THE FRONT BURNER** : And if thou draw out thy soul to the hungry, and satisfy the afflicted soul; then shall thy light rise in obscurity, and thy darkness be as the noon day.

Isaiah 59:10

**DAYS OF YORE....**

**Today's History**

**May 24, 1950** - Mrs. Grace Burney of Arlington, Va., announced the engagement of her daughter, Miss Peggy Burney to Corporal Edward Van Dover of Grahamsville, son of Mr. and Mrs. Howard Brooks. Miss Burney is a government employee in the Dept. of Defense in Washington, D.C. Corporal Van Dover is with the General Staff of the U.S. Army in the Pentagon in Washington. Plans are being made for a wedding in July.

Mr. Robert Dymond who is in the maple syrup business, as well as running a dairy farm with a herd of 84 cows, tapped over 6,000 trees this spring making over 500 gallons of syrup and about that many pounds of maple syrup.

Preston Whipple, 66, of Liberty died last Wednesday morning at Maimonides Hospital in Liberty. He was born at Frost Valley on May 15, 1884 to John and Elizabeth Burton Whipple.

The place to stop crime is not in the electric chair but in the high chair. - Envoy J. Stanley, Director Men's Prison Bureau

**May 25, 1960** - Gene Walter received the highest award a Future Farmer may be given within a State Association of FFA at the State Convention banquet of the New York Association in Wellsville Central School on May 14. He is the son of Mr. and Mrs. Albert Walter of Divine Corners and is a senior at Tri Valley Central School in Grahamsville.

Mr. and Mrs. Anthony Fairbairn are the parents of a boy, Rickie Randall, born on Sunday, May 22. The baby weighed 7 lbs. 2 oz.

Mr. and Mrs. Herbert George of Sundown celebrated their 41st wedding anniversary with a dinner at Wenig's in Napanoch on Sunday. In the evening they called on Mr. and Mrs. Vernon Gridley Sr. of South Hill.

Anniversaries: June 5, Mr. and Mrs. Vernon Stratton - 6 years; June 3, Mr. and Mrs. Franklin Smith - 4 years; June 1, Mr. and Mrs. William Clark - 3 years.

On Saturday, May 28 at 1 p.m., the Daniel Pierce Library will hold its yearly fund raising Bake Sale at Anderson's store. It is expected that the General Electric 10-cup coffee maker which the library plans to raffle off will be on exhibit.

**May 27, 1970** - Walter Garigliano has earned the highest Boy Scout rank attainable - the coveted Eagle Scout award. The son of Mr. and Mrs. P. Garigliano of Grahamsville, Walter is the first member of Scout Troop 87 of Neversink to become an Eagle Scout.

Something strange has been going on in Claryville! The County grader was parked on the Frost Valley Road and had not been used by the County crew for several weeks, yet tracks of the machine were seen up by Percy Bunton's briar patch. Was someone joy-riding on a grader, someone somewhat inexperienced in its operation, judging by the erratic path of the tracks? The machine was returned undamaged to its original place, and the key put back in its hiding place.

Funeral services were held Friday for Mrs. Jane D. Evans, 88, of Grahamsville who died Wednesday at Liberty Loomis Hospital. Surviving are three sisters, Mrs. Ray Erath of Grahamsville; Miss Harriet Decker and Miss Janet Decker, both of Hawley, Pa.

**May 29, 1980** - Mrs. Ethelyn Garigliano and Mr. Calvin Parrow will be the guests of honor at a retirement dinner to be held June 7, 1980 at King's Catering House in Livingston Manor. The Tri-Valley Teacher's Association, sponsors of the event, extends a cordial invitation to community friends and neighbors to join them in honoring Mrs. Garigliano and Mr. Parrow.

The boys' and girls' track teams won the WSL Championship by placing first in the WSL Championship meet and defeating Eldred in their final league contest.

Mrs. Catherine Weston, former pastor at the Lows Corners Baptist Church, now living in Topeka, Kansas, is spending some time in town at the home of Mr. and Mrs. Donald Erath.

Mr. William Conrad, 27, of Woodbourne, died Saturday at his home. Mr. Conrad, a television technician, was born June 11, 1952 in Liberty to William A. and Helen Sosnowski Conrad.

Dr. Robert Greenwald, age 55, of Mt. Vernon died at Cobleskill Hospital on May 14.

Dr. Greenwald was married to the former Linda George, daughter of Mr. and Mrs. Herbert George of Sundown, on July 4, 1946.

**FROM SC SHERIFF'S OFFICE -**

An internal report prepared by the Sullivan County Sheriff's Office indicates that the former Sullivan Annex in Woodborne may not be the best choice for a new county jail site.

The report compared medical and court transports of inmates from the currently approved "Mapes" site in Monticello near exit 104, and the abandon Sullivan Annex. The study found that an average of 85.3 hours to transport inmates to doctor's visits from the "Mapes" site at exit 104 would mushroom into 415.3 hours of manpower if the jail were located in Woodbourne. The average mileage driven by deputies would go from 1909.1 miles annually to 7074.4. In the case of court transports, Deputies would spend an average of 583.3 hours and drive 12,216.2 a year if the jail was located in Monticello. From the Sullivan Annex it would increase to 1233.5 hours of manpower and 21,871.7 miles to take prisoners to court.

Four of the top five courts in the county, that deputies transport prisoners to, are located in the Monticello area.

"From an operational standpoint, the approved site in Monticello makes more sense", said Sheriff Mike Schiff. "Transportation costs are not a onetime expense, they go on forever. The cost of fuel will increase in the future and with the concern over reducing our carbon footprint, keeping the jail central to all the activity is a wise move".

**FROM U. C. SHERIFF'S OFFICE**

Deputies from the Ulster County Sheriff's Office report the arrests of Rodney Cooper, 48 yoa, of Latham and James Lambert, 45 yoa of Latham for Attempted Grand Larceny in the 3rd Degree.

Rodney Cooper and James Lambert turned themselves in on May 20, 2010 after learning that they had warrants for their arrests. Rodney T. Cooper, a third defendant, had previously turned himself in. All were charged with Attempted Grand Larceny in the 3rd Degree, a class E Felony. Rodney Cooper, Rodney T. Cooper and James Lambert were involved in a driveway sealing scam where they preyed upon an elderly homeowner offering to seal her driveway for a reduced price due to the homeowner's age. They advised the homeowner that the job would only cost her a few hundred dollars. When they were finished, the cost had jumped into the thousands of dollars. The homeowner did not have the money they were asking for and they offered to drive the homeowner to the bank to remove the funds for payment. An alert bank employee stopped the transaction before it could be completed and alerted authorities.

Rodney Cooper and James Lambert were arraigned at the Kingston City Court and were remanded to the Ulster County Jail with no bail. They will return to the Town of Marletown Court May 24, 2010 at 5:30PM. Rodney T. Cooper was arraigned on May 11, 2010 and remanded to the Ulster County Jail on \$5,000 bail.

**Neversink Fire Department  
Annual Spring  
Horseshoe Tournament**

**June 6, 2010**

**9 a.m. Rain or Shine**

**Covered Pits**

**Prizes**

**1<sup>st</sup> - \$300**

**2<sup>nd</sup> - \$200**

**3<sup>rd</sup> - \$100**

**Double Elimination**

**\$30.00 per person**

(Covers food and refreshments)  
Bring your partner or pick one here.

**For advanced registrations**

**985-0280**



**HERE AND THERE**

See what happens when you 'keep thinking warm thoughts'? This week's forecast holds a promise of temperatures in the 80s! Good work, gang!

We don't usually back-track two months to recognize a 'special day,' but this one deserves to be the exception. On April 25, Ed and Leona (Hamilton) Goethe celebrated 62 years of marriage! That makes them the new title-holders of "Longest Married Couple," - at least, of those in our listing. The Goethes can often be seen at Sunday services in the Grahamsville United Methodist Church, usually sitting next to sister-in-law Barbara Slater. Neither of them looks old enough to have been married that long. (Ed does carry a cane, but it just makes him look more debonair.) Congratulations, folks; that's a lot of meals together!

Many local residents who were students or parents of students in the 1950s and '60s will undoubtedly remember Jim McCarthy, long-time educator at Tri-Valley, where he taught sixth grade and later high-school English. Word has reached us that Jim is not in good health right now, and would enjoy hearing from former friends and neighbors. Our thanks to Lenny Bernstein for providing this information, as well as the address below:

James McCarthy  
41323 N. Rabbit Brush Trail  
Queen Creek, AZ 85140-8149

Our community has lost several friends and neighbors this past month: Albert Nash, May 9; Ashley Campiglia, May 13; Nancy Conjura, May 16; and most recently, Andy DuBois, May 22. We all mourn their passing, and extend our heartfelt sympathies to their families.

We'll close with a reminder that the Memorial Day Flag Exchange Ceremony, including the dedication of several plaques, will be held on May 31, 11:00 a.m., at the Grahamsville Rural Cemetery. We hope to see you there. .... (pah)

**NEVERSINK NEWS - Hulda Vernooy**

Condolences to the family of Andy DuBois who passed away on Saturday, May 22nd.

Happy Birthday to Ethel Clark of Hasbrouck on June 1st, and Paul Hernandez is having a birthday on June 4th. Enjoy your day, Ethel and Paul.

Jennifer Taggart, daughter of Valerie and Andy Taggart and granddaughter of Lee Shader, graduated on May 8th from the University at Buffalo with a Doctorate in Pharmacy. Jennifer has accepted a position in Ithaca, NY as a pharmacist at Wegman's. Congratulations, Jennifer!

Have a Happy and Safe Memorial Day, everyone! (Call Hulda at 985-2268 with your Neversink news.)

**MUSEUM BENEFIT AUCTION MEMORIAL DAY WEEKEND**

The Time and the Valleys Museum is a living and interactive resource that preserves the past, educates the present and ensures the uniqueness of the Rondout and Neversink watersheds for all generations. Currently located in the Neversink Town Hall, the Museum provides educational programming for the public, preserves a large collection of historical artifacts, photos, rare books and documents relating to local history, and actively raises funds to install exhibitions in the Museum's future home, co-located in the new addition to the Daniel Pierce Library.

**NEW & DIFFERENT ANTIQUE SHOP CALLIOPE-ON-MAIN (From Pg. 1)**

The shop will feature many unusual antiques, including white Ironstone serving pieces, blue sponge ware pitchers and mottled brown Bennington pie plates. 19th century quilts, homespun coverlets and bright paisleys will be for sale. The shop also features furniture, glassware and toys, as well as a selection of other 19th and early 20th century items. And the Willowemoc flows just below the back deck.

The focus of the store is the appreciation of items used in the everyday life of 19th and early 20th century America; and the focus of the museum is the role of water in the everyday lives of people in Sullivan County from the days of the Native Americans, through the period of relocation and reservoir building in the 1930s and 40s, to the present. Both Calliope-on-Main and the Time and the Valleys Museum celebrate the daily life of those who lived in a time now past, but still interesting and valuable.

Barbara Martinsons, the organizer of Calliope-on-Main, is in the process of moving to Sullivan County and has collected 19th century antiques for many years. She has recently retired as a teacher in the College Program at the Bedford Hills Correctional Facility and Marymount Manhattan College. She founded College and Community Fellowship to support women leaving prison wishing to continue college and graduate school and is currently a Vice

President at LyonsPride Realty in Yonkers, NY.

Starting on May 28th, Calliope-on-Main will be open Thursday through Sunday 10 a.m. to 5 p.m.. For more information please call 845 439-3300 during business hours.

**HISTORY OF THE NEVERSINK RIVER (From Pg. 1)**

John Conway, Sullivan County's Historian and author of *Retrospect: An Anecdotal History of Sullivan County*, and Dutch Schultz and his *Lost Catskills' Treasure*, will give an enlightening talk on the complex history of the Neversink River. According to John Conway, "In addition to its long history as one of America's most famous fishing venues, the Neversink River has an equally long pedigree as the center of commerce and the source of what has been called "almost inexhaustible" water power."

Refreshments will be available immediately following the program. For more information, please contact the Time and the Valleys Museum at 845 985-2262 ext. 313, or email [historian@townofneversink.org](mailto:historian@townofneversink.org).

The Time and the Valleys Museum is a living and interactive resource that preserves the past, educates the present and ensures the uniqueness of the Rondout and Neversink watersheds for all generations. Currently located in the Neversink Town Hall, the Museum provides educational programming for the public, preserves a large collection of historical artifacts, photos, rare books and documents relating to local history, and actively raises funds to install exhibitions in the Museum's future home, co-located in the new addition to the Daniel Pierce Library.

**BILL BRENNER ANNOUNCES NY SENATE RUN AGAINST CHARLES SCHUMER (From Pg. 1)**

William A. Brenner, 70, is an attorney with 45 years experience in political, family court, tax and criminal law. In addition to his thriving law practice, he is best known in New York as President of Brenner Income Tax Centers, Inc., with many offices throughout Sullivan, Ulster and Orange Counties.

In 2006, Mr. Brenner narrowly lost the Republican nomination to run against Hillary Clinton for U.S. Senate, despite significant grassroots support from upstate New Yorkers. He became a media darling, featured on the cover of the *Village Voice* and numerous other publications.

"The 2006 Senate race was an incredible experience," said Brenner. "This time out we're better organized, better financed, and better able to speak for the countless suffering New Yorkers who are getting battered by this brutal economy."

According to David E. Brenner, Communications Director for the 'Brenner for U.S. Senate' campaign (and also candidate Brenner's son), "Bill is an experienced politician who has run for Congress twice, and narrowly missed out on the Republican Senate nod in '06. He's also an authentic, honest human being, which is exactly what New York needs right now."

The aspiring Republican candidate is a life-long New Yorker whose campaign will focus on the economy and bringing jobs and core industries back to New York. Mr. Brenner has never hidden his dislike for incumbent Senator Schumer, whom he deems "sadly out of touch with the economic problems of real Americans".

**RENAISSANCE YOUR STORE FRONT! (From Pg. 1)**

A panel of local experts will share their years of retail and design experience to offer helpful and practical suggestions to make ones store more appealing to new customers and help retain existing ones. The panel includes:

-Kate Kennedy, design professional and former owner of Goode & Plenty in Jeffersonville

-Lisa Lyons, owner of Morgan Outdoors in Livingston Manor

-Joe Tinari, owner of the Fosterdale Motor Lodge

"As summer approaches, merchants begin to prepare for an influx of visitors to Sullivan County. We restock our shelves, but sometimes forget to consider how our business might look to someone visiting for the first time," said Richard Sush, Community Organizer for Sullivan Renaissance, and the seminar's moderator. "Over time, gradual changes occur that influences a customer's decision to enter. Customers will notice normal wear and tear much more quickly than those of us who are there every day. This seminar will help you to look at your store with 'new eyes'."

Merchants are encouraged to bring a picture of their own storefront for targeted suggestions.

Space is limited, pre-registration is requested. Refreshments will be provided. For more information or to register, contact Sullivan Renaissance at [www.sullivanrenaissance.org](http://www.sullivanrenaissance.org) or 845-295-2445.

Sullivan Renaissance is a beautification and community development program principally funded by the Gerry Foundation. Additional funding has been secured by NYS Senator John J. Bonacic and Assemblywoman Aileen M. Gunther. Sponsorships have been provided by WSUL/WVOS for Category A projects and by Bofd Gold Media Group/Thunder 102 for Category B projects.

**RAIN BARRELS ON PARADE Students from Three Schools Collaborate on Environmental Project**

A colorful, creative way to conserve thousands of gallons of water is on display throughout Sullivan County. The "Rain Barrel Connection" - a collaboration of almost 100 students from three schools - has created 30 beautifully painted rain barrels that will be auctioned off on June 12th at the Livingston Manor Trout Parade. The barrels have the potential to save homeowners 1300 gallons of water during peak summer months. (Contd. Pg. 12)

**BUMBLEBEES**

By Peggy DeWire



I sat beside a blueberry bush in full bloom watching a terrific air show between bumblebees that were bump-fighting each other for the bonanza of pollen like ace pilots in a dog fight.

As they buzzed back and forth, I thought they really lived up to their name, Bombus.

Usually hardworking and not aggressive except to defend nest and food sources, these queen bumblebees sideswiped neatly.

Yellow and black bumblebees are the largest true bees with "pollen baskets" and six hairy legs. The first pair cleans the antennae. The second pair, covered with stiff hairs, combs the pollen from the body and packs it into the baskets (corbicula) on the third pair of legs. More hairs line the basket and securely anchor the pollen load for balanced flight.

Bumblebees are fine pollinators because their extra long mouth parts can reach nectar in flowers that no other bees can, particularly red clover.

Unlike honeybees, Bombus live as a single family, usually underground. The group consists of workers, drones and a queen, the most important of all.

A young queen mates in autumn and begins searching a safe place to overwinter - a hollow log or small burrow in the ground. All the rest of her family die as cold weather sets in.

When spring comes, the young queen starts a new home by herself, usually a deserted underground mouse hole which she lines with soft grass. For the next several weeks she works at a frantic non-stop pace.

On a cushion of grass and soft downy leaves, she builds a waxen egg cell, primes it with a paste of pollen and honey, lays several eggs and caps the cell. She also makes a wax honey pot and fills it with nectar to feed herself on rainy days.

Meanwhile she patches any cracks in the nursery cell and guards her eggs against marauding mice and voles. In a week, larvae hatch and their mother feeds them liquid honey and special jelly for about ten days until the larvae are fully developed into fat white grubs that spin their own cocoons and pupate.

Two weeks later the first young bumblebees to emerge are small sized sterile daughters who are workers. Later in summer the queen will lay eggs producing males (drones) and mating females. The life cycle of the Bombus goes on.

As super pollinators, bumblebees are vitally important to humans. They carry pollen to many plants and crops that produce fruit and seeds we eat to live. So the next time a big bumblebee buzzes past you, treat her kindly - she's a queen.





**LEGAL & PUBLIC NOTICES:**

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PLANNING BOARD  
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GRAHAMSVILLE, N.Y. 12740  
(845) 985-2262**

**PUBLIC NOTICE**

Please take notice that the Town of Neversink Planning Board will hold a Public Hearing, pursuant to Section 274-a, Town Law, on the application of the Russell Scheirer for the purpose of a Site Plan Review for a Greenhouse located at 7826 State Route 55, Grahamsville, NY. (SBL # 25-1-32.5)

Said hearing will take place at the Neversink Town Hall, Grahamsville, N.Y. on Wednesday, June 2, 2010 at 7:30 P.M. at which time all interested parties will be given an opportunity to be heard.

BY ORDER OF THE PLANNING BOARD  
TOWN OF NEVERSINK  
JAMES STANGEL, CHAIRMAN

5/20, 5/27

**THE TRI-VALLEY CENTRAL SCHOOL  
DISTRICT'S BOARD OF EDUCATION**

Will hold a Regular Board Meeting  
On Tuesday, June 10, 2010 at 7:00 P.M.  
In the Secondary School Lower Library Level

**GUNTHER: LEGISLATIVE PACKAGE HELPS  
MINIMIZE OBSTACLES FOR NEW YORKERS  
WITH DISABILITIES**

In recognition of Legislative Disabilities Awareness Day, Assemblywoman Aileen Gunther (D, C, I-Forestburgh) announced the Assembly passed a comprehensive package of bills aimed at improving the quality of life for New Yorkers with disabilities. The legislation would also acknowledge the incredible struggles and accomplishments of people living with disabilities by designating Oct. 18 Disabilities History Day in New York (A.10853-A).

"In observance of Legislative Disabilities Awareness Day, we're taking critical steps toward leveling the playing field for New Yorkers living with disabilities," Gunther said.

Accommodating voters with disabilities "Voting is the linchpin of any democracy," Gunther said. "That's why it's so critical that we ensure that those who wish to exercise that right can do so without difficulty."

The Assembly's legislation would improve voter access by: enabling blind and visually impaired voters to request in advance that Braille or large-print absentee ballots for all elections be sent to their homes, or that ballots in these formats be made available at their polling places to be used in lieu of voting machines on Election Day for school district elections (A.3738-A); expanding the pool of available handicapped-accessible polling places by requiring that buildings that obtain tax abatements, exemptions or other public benefits are to be made available for use as polling places (A.5707); ensuring polling places, whenever practicable, be located on a public transportation route

(A.7850); and Assemblywoman 98th Assembly District requiring polling places to be accessible to voters with physical disabilities and establishing basic accessibility guidelines to ensure consistency and encourage compliance at polling sites (A.10946).

Ensuring equal and appropriate access to everyday tasks, housing

"Too often, everyday tasks become a burden for people with disabilities due to accessibility issues," Gunther said. "Making ATMs, homes and gas stations more accessible can make a world of difference."

The legislation: requires ATMs to use both audio and visual systems of relaying messages to customers (A.4766-A); requires gas stations that provide both full and self service to provide full service to people with disabilities with a valid New York State handicapped parking permit at the self-service price, between 7 a.m. and 7 p.m. (A.629); requires that the services of sign language interpreters be made available upon the request of a hearing-impaired individual at public hearings and meetings (A.2102); adds to the membership and organization of the Most Integrated Setting Coordinating Council (MISCC) and changes the requirements for the appointment of its chairperson (A.8699-A); adds "disability" to areas of the Human Rights Law where it has been omitted - which will strengthen protections - and (Next Col.)

clarify that "reasonable accommodation of a disability" may include "reasonable modification" to the common use portions of a dwelling (A.10771); prevents housing and rental discrimination based upon a prospective buyer's or tenant's source of income by declaring it illegal under the New York

State Human Rights Law (A.10689-A); and expands accessible housing opportunities for people with disabilities by ensuring that housing protections offered to people with disabilities under Section 504 of the Federal Rehabilitation Act are enforceable on state and local levels (A.9757).

Assisting people with disabilities in emergencies-To meet the needs of those with disabilities, the Assembly passed bills: ensuring the safety of people with disabilities living and working in high-rise buildings by requiring that such structures and their owners adopt up-to-date emergency evacuation plans that specifically pertain to the disabled community (A.10841); and requiring counties to maintain a registry of residents with disabilities who opt to be on the list for the purpose of locating, evacuating and providing shelter for them during a disaster (A.520).

"Emergencies, especially those that are life-threatening, require swift and calculated action," Gunther said. "Unfortunately, the unique needs of people with disabilities are frequently and tragically left out of the equation. These bills would rectify that lapse and help to avert future disasters."

Making handicapped parking easier -Finding and parking in a handicapped space shouldn't be an ordeal, Gunther said. To simplify the process, the Assembly package includes bills to require that the access aisles of handicapped parking spaces be marked with signs and diagonal stripes to further deter people from parking in such spaces (A.7848), and be at least eight feet wide to ensure that they are wide enough for people with disabilities to enter and exit their vehicles (A.7849).

"All too often people thoughtlessly and inappropriately park in handicapped spaces - we've all seen it happen," Gunther said. "By improving the signs and clearly defining the designated spaces, there can be no confusion about their intended purpose."

Getting New York in line with the Americans with Disabilities Act -It's crucial that the Americans with Disabilities Act (ADA) function in accordance with its goal, Gunther said. That's why she helped pass bills to clarify the scope of protections against discrimination on the basis of disability in services provided by public entities in New York State by making the state Human Rights Law consistent with Title II of the ADA (A.10676). She also supported a measure that would waive the state's sovereign immunity to liability under the ADA and certain other federal acts (A.3651).

"As legislators, it's our responsibility to deliver equity wherever possible, ensuring all New Yorkers enjoy the same freedoms," Gunther said. "For that reason I'll continue working to safeguard the rights of those living with disabilities."

**TROUT PARADE (From Pg. 1)**

The Trout Parade will step-off promptly at 1:00 p.m., led by Grand Marshall Austin "Mac" Francis, author of "Land of Little Rivers," and Town Supervisor Edward Weitmann, the day's honorary Sturgeon General.

Catskill Art Society is producing this year's Trout Parade in partnership with the Livingston Manor Chamber of Commerce, and with support from businesses and individuals from around the community. Proceeds from the event will benefit the Livingston Manor Central School's Art and Music Programs.

Look for pre-parade entertainment to include Stilt walking by Tannis Kowalchuk of NACL (North American Cultural Laboratory), fiddlers from Catskill Puppet Theatre, Karen Hudson of Karen Hudson River Band and face painting by Miss Sunshine. Come early to secure parking and a prime viewing spot along Main Street.

To date, confirmed parade participants include: Bud's Giant Brook Trout, Catskill Art Society, Catskill Mountainkeeper, Catskill Puppet Theatre, Cornerstone Community Church, Hamish & Henry Booksellers' Wonky Tonk Book Club, The Janice Center, Jeff Bank, Johnny Darling puppet, Karen Hudson of Karen Hudson River Band, Kate Hyden and Valerie Beaman, Livingston Manor Girl Scouts, Livingston Manor Free Library's 3 Apples Book Club, Mid-Atlantic Basset Hound Rescue, MountainTones Community Band and the Rain Barrel Connection Project.

Immediately following the parade, 30 painted rain barrels - created by students representing the Tri-Valley Natural Resources Program, BOCES Career & Tech Auto Body students and art students from Liberty Central School - will be auctioned in Renaissance Park. The money raised will be donated to student scholarships.

Look for green and yellow balloons to find special offers at participating merchants: Chinatown Kitchen, Flour Power Bakery, Fur Fin and Feather, Hamish & Henry Booksellers, Hot Corner Sports Collectibles, The Lazy Beagle Pub & Grill, Madison's Main Street Stand, Manor Dollar, Morgan Outdoors, Peck's Market, The Plunk Shop, Pronto Pizza, Sunoco (Next Col.) Gas Station, Wildlife Gift Shop, and Willow and Brown.

For more information and details on how to become a sponsor or to participate in the 2010 Trout Parade, contact Catskill Art Society at 845-436-4227; or go to [www.troutparade.com](http://www.troutparade.com).

**EMERSON RESORT & SPA RAISES FUNDS FOR ULSTER CO SPCA**

Emerson Resort & Spa is celebrating the opening of the new Catamount Dog Park with live music, a crowd-pleasing "Is Your Pet a Star?" contest, police dog search and rescue demonstrations, a silent auction and more. Festivities take place on Sunday, May 30 from 3:00 p.m. to 7:00 p.m. and admission proceeds will benefit the Ulster County SPCA, a no-kill, not for profit shelter providing the community with adoptions, spay/neuter services and humane law enforcement. Suggested donations for this event are \$10 for adults and free for children and dogs.

The Catamount Dog Park is Emerson Resort & Spa's newest guest amenity. Featuring a dedicated play area just for canines with a dog run and doggy shower, the Catamount Dog Park is the perfect complement to the resort's popular PupGrade. "Our PupGrade option gives guests the opportunity to pamper their pets with a cozy dog bed, gourmet dog biscuits, toy and dog walking services during their stay at our pet-friendly Lodge," says Naomi Umhey, chief executive officer. "We also donate \$10 from the purchase of each PupGrade to the Ulster County SPCA." The park is only available to Emerson guests, but will be used for pet-related charity events to benefit the community. Additional guest offerings include grooming services and agility training information.

The grand opening celebration begins at 3:30 p.m. with a ribbon-cutting ceremony followed by entertainment from leading New York City DJ, Miss Guy. Miss Guy, a popular musician in his own right, is best known for collaborating alongside legendary musicians Deborah Harry and Boy George.

For those who feel their pet has star quality, animal specialist Cathryn Long will make an appearance as the celebrity judge for the "Is Your Pet A Star?" contest. Long, who works with New York's premier animal agency, All Creatures Great & Small, has over 25 years experience as an animal trainer, handler and shoot consultant.

Other highlights from the day will include a search and rescue demonstration with the K9 unit of the Ulster County Sheriff's Department, and a silent auction including wardrobe pieces worn by Gidget also known as "Baby," Samantha's (Kim Cattrall) dog in the Sex and the City movies. While the grand opening of the Catamount Dog Park is Sunday, May 30, special events will be taking place throughout Memorial Day weekend including a Flea Market, family BBQ and Saturday evening campfire performance by rising new recording star, Kailin Garrity. For more information and event details, call (845) 332-9267 or visit [www.emersonresort.com](http://www.emersonresort.com).

**TRIAD'S COMMUNITY EMPOWERMENT FOR AGING IN THE COMMUNITY PLANS COMMUNITY ACTION MEETING**

Community Empowerment for Aging in the Community Plans Community Action Meeting

TRIAD of Sullivan County has planned a meeting to discuss "Community Empowerment," a statewide concept aimed at creating livable communities for people of all ages and abilities. The grass-roots campaign aims at beginning the discussion on how to create better neighborhoods and positive living environments for New Yorkers who would like to "age in community."

The meeting will be held on Tuesday, June 15 at 6:30 pm in the Town of Liberty Senior Center. All residents and seniors in Liberty and surrounding neighborhoods that are interested in safe, secure communities that enhance the ability to age in place are encouraged to attend. Share your motivation, skills and talents to enhance our future community. Registration is appreciated (contact Bonnie Lewis at 292-5250 at the Cooperative Extension) but is not required. Light refreshments will be served.

The local meeting is being organized by TRIAD, an organization created over two years ago to focus on senior violence and elder abuse prevention and improving the quality of life for our older citizens. Representatives of the TRIAD steering committee (Bonnie Lewis, Priscilla Bassett, Carol Smythe, Joan Howard, Deborah Allen, Barbara Slater and Kathi Hitt) will be present at the livable community's action meeting with ideas and programs that are currently being utilized in New York State.


"It has been clearly documented that older New Yorkers want to live independently and age with dignity in the community, but may not be able to if needs and preferences can't be met. Our community has a rapidly growing aging population and TRIAD is interested in fostering a supportive community for all ages and abilities. Liberty residents' ideas are needed to determine what specific needs must be addressed to create an age friendly community" said Bonnie Lewis, RN/Coordinator of the Caregiver Resource Center and Coordinator of TRIAD's Community Empowerment for Aging in the Community project.

For more information about this local meeting, call (Bonnie Lewis, 292-5250 or [bjl25@cornell.edu](mailto:bjl25@cornell.edu)). For more information about the Community Empowerment Initiative, visit:

[www.aging.ny.gov/empoweringcommunities](http://www.aging.ny.gov/empoweringcommunities)



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The evening will begin at 5 p.m. with the silent auction viewing and a cocktail reception, wine and refreshments provided by the Board of Directors of the Belleayre Conservatory. The live auction will feature the dynamic duo of Belleayre's own Tony Lanza and Kassie DePavia, country singer and star of 'One Live to Live.' The auction will include original paintings, exciting trips (Paris/Milan/Orlando), Sting concert tickets, Broadway Theater and sports tickets (Giants/Jets/Mets), jewelry, antiques and collectibles plus priceless experiential lots. In celebration of Catskill arts and crafts, live and silent auctions will feature unique paintings and crafts of Catskill artists and artisans. Enjoy the fun, come and bid or just enjoy the playful banter! The BBQ dinner follows. Guests will have the opportunity to visit the silent auction, bid on their favorite items and dance the nights away. Tickets to this one-of-a-kind Memorial Weekend event are available for \$65 for adults and \$40 for children under 14 by calling 845 254-5787.

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**LONELY PLANET** (From Pg. 1) *Lonely Planet* is the story of Jody and Carl, two gay friends played by John Neails and James Sullivan, trying to navigate their way through the troubling times of the late 70s and early 80s.



Surrounded by the maps in Jody's map store and a rising death toll, the two men attempt to fight off cynicism and despair with humor and imagination. The play is a testament to the profound value of human friendship in the face of a mysterious plague of disease and the vicious scapegoating that is its social consequence.

The production is made possible in part with funds from the 2010 Decentralization Program, a regrant program of the New York State Council on the Arts, administered in Sullivan County by Delaware Valley Arts Alliance.

Photo: Ted Waddell

**SHHH! CAS SILENT AUCTION BENEFIT** (From Pg. 1) This exhibition will feature works by artists that visitors can bid on, win, and take home the day the exhibition closes. Participating artists at press time, who generously donated their work, include: John Adams, Suzanne BeVier, Jane Biron, Richard Brachman, Joel Carreiro, Ursula Clark, Claire Coleman, Brett DePalma, Joel Edwards, Elizabeth Ennis, Cecily Fortescue, Donna Greenthal, James Karpowicz, Frank Mullaney, Joan O'Connor, John Rosis, David Sandlin, Fred Sklenar, Ginger Smith, Linda Sokolowski, Naomi Teppich, and Nancy Wells. Gallery hours for this exhibition are Thursday - Saturday from 11am-6pm, Sunday 11am-3pm. The CAS Arts Center is wheelchair accessible. CAS Arts Center is located at 48 Main Street, Livingston Manor.

**DVAA OFFERS SCHOLARSHIPS IN THE ARTS** (From Pg. 1) The guidelines are as follows:

**Stanley Segal Visual Art Scholarship (\$500)** New this year, the Stanley Segal Visual Art Scholarship is open to high school seniors in Sullivan County, NY and Wayne County, PA. The applicants should send 10 to 12 images of their work with a script that describes the title (works can be untitled), size, medium, and creation date. Also required is a brief statement about yourself, where you intend to pursue your studies and what you hope to gain by your advanced study. An application form can be downloaded at [www.ArtsAllianceSite.org](http://www.ArtsAllianceSite.org) or picked up at DVAA offices. Deadline is June 4, 2010.

**DVAA/D&H Photography Scholarship (\$500)** is open to all Sullivan County, NY high school students who wish to pursue photographic study beyond high school. This scholarship was funded by the D&H Photography Society. While it is not necessary that the applicant major in photography, it is expected that the advanced study be with a professional photographic studio, school, or individual. The applicants should send 10 to 12 images of their work with a script that describes the title (works can be untitled), size, and medium. Also required is a brief statement about yourself, where you intend to study and what you hope to gain by your advanced study. An application form can be downloaded at [www.ArtsAllianceSite.org](http://www.ArtsAllianceSite.org) or picked up at DVAA offices. Deadline is June 11, 2010.

**Jane and Barry Bodenstein Music Scholarship (\$500)** is open to seniors at Sullivan West Central High School. One Music Advancement scholarship in the amount of \$500 will be awarded. At the discretion of the jury, a \$100 Music Achievement prize may also be awarded. Candidates must attend a juried audition held on Friday, June 11, 2010, starting at 3 p.m. at the Delaware Arts Center, 37

Main Street, Narrowsburg, NY. Auditioners must present a New York State School Music Association (NYSSMA) Level VI or higher solo. Candidates should bring an accompanist if needed. Call 845-252-7576 to make an audition appointment.

Delaware Valley Arts Alliance reserves the right to select no scholarship winner if the portfolios or auditions do not meet typical standards of State music or art evaluations.

Delaware Valley Arts Alliance (DVAA), a 501(c)(3) non-profit membership organization, was founded in 1976 by a group of citizens and arts professionals who were committed to developing, nurturing, presenting, and promoting the arts and artists in the Sullivan County and Upper Delaware River region.

For application forms or information visit [www.ArtsAllianceSite.org](http://www.ArtsAllianceSite.org), email [info@ArtsAllianceSite.org](mailto:info@ArtsAllianceSite.org), visit DVAA offices at 37 Main Street, Narrowsburg, NY, or call 845-252-7576 Tuesday through Friday from 9 a.m.-5 p.m. and Saturday from 10 a.m.-4 p.m.

### THE NATIONAL INCLUSION PROJECT AWARDS GRANT TO FROST VALLEY YMCA FOR DAY CAMP CHILDREN

Claryville, NY - The National Inclusion Project recently awarded a \$10,000 grant to the Frost Valley YMCA to implement Let's ALL Play Inclusion in Recreational Programs. The grant will allow children with developmental disabilities to enjoy a successful summer camp experience in an inclusive setting at the camp, which has served children with special needs for over thirty years.

The National Inclusion Project has been actively developing its Let's ALL Play Program since the program's inception in 2004. Today, the Project supports over 35 recreational programs across the country. Providing this grant to Frost Valley YMCA is another exciting step toward National Inclusion Project's goal of full inclusion. 'We feel that partnering with Frost Valley will help us further our mission to open doors in communities nationwide for children with disabilities to experience everything life has to offer,' says Jerry Aiken, Executive Director. Through the Let's ALL Play Program, the Project supports recreational programs in their efforts to implement inclusive camps by providing a program model, funding, and training.

Let's ALL Play helps bring an inclusive recreational experience to children with disabilities. It gives children with developmental disabilities the same experience as those without. Children with disabilities and their peers who are typically developing come together to participate in recreational activities such as swimming, arts and crafts, community service, physical fitness and more.

In 2008, the organization enlisted the services of The Center for Social Development and Education at the University of Massachusetts-Boston to assess the implementation of Let's ALL Play. Overwhelming evidence showed that children with disabilities improved self-esteem, social skills, confidence to participate, and sport and motor skills. Campers of all abilities were equally likely to develop friendships with each other.

'We are very excited to work with National Inclusion Project to further open Frost Valley's Day Camp program to children with disabilities,' said Kelly Daly of Frost Valley. 'This will help enable us to give more children the chance to participate in activities they and their families may have never thought possible.'

About The National Inclusion Project: The National Inclusion Project provides services and financial assistance to promote the full integration of children with disabilities into the life environment of those without. The Project strives to create awareness about the diversity of individuals with disabilities and the possibilities that inclusion can bring. To learn more about National Inclusion Project or ways to get involved visit their Web site at [www.inclusionproject.org](http://www.inclusionproject.org).

Financial assistance is available for campers. For pricing and registration information, please call 845 985-2291, e-mail: [info@frostvalley.org](mailto:info@frostvalley.org) or visit: [www.frostvalley.org/day-camp-local-events/](http://www.frostvalley.org/day-camp-local-events/). Keep up with daily happenings at Frost Valley on twitter at [twitter.com/frostvalley](http://twitter.com/frostvalley).

Frost Valley YMCA is eight miles from Claryville and 14 miles from Big Indian in the Catskill Mountain High Peaks. It's open every day through four seasons, welcoming school children, family, group and business retreats every week from September through June. The camp is just 2.5 hours drive from metro NY/NJ and about 1 hour from Kingston

### TONY TRISCHKA AND FRANK VIGNOLA IN CONCERT AT TUSTEN

Stellar string players Tony Trischka (banjo) and Frank Vignola (guitar) perform together at the Tusten Theatre on Saturday, May 29 at 8 p.m. It is not enough to say that award winning Tony Trischka is the teacher of one of the most in-demand banjo artists on the contemporary music scene today, Bela Fleck; that he has been called back several times to the David Letterman Show to perform before a national television audience; or that he is presently the teacher of a new rising banjo star on the concert circuit: musician, comedian, movie star, Steve Martin.

A native of Syracuse, Trischka's interest in banjo was sparked by the Kingston Trio's "Charlie and the MTA" in 1963. Two years later, he joined the Down City Ramblers, where he remained through 1971. Today he is one of the most recorded artists in the music genre known as 'roots.'

On May 29, Trischka shares the stage with Warwick resident and accomplished guitarist Frank Vignola, one of the most multi-dimensional players working today. Vignola plays proficiently in every genre, from jazz to bluegrass. He recently sold-out the Pavilion of the Lycian Performing Arts Center with his tour de force critically acclaimed group, Hot Club, in a 100th Anniversary Salute to Django Reinhardt. Tusten Theatre audiences may recall he played in 2009 with jazz master Bucky Pizzarelli.

Don't miss Tony Trischka & Frank Vignola on Saturday, May 29 at 8 p.m. at Tusten Theatre, 210 Bridge Street, Narrowsburg, NY. Tickets are \$22. DVAA members receive a \$2 discount on advance sales. For tickets, call the theatre box office at (845) 252-7272. For more information, visit [www.ArtsAllianceSite.org](http://www.ArtsAllianceSite.org).

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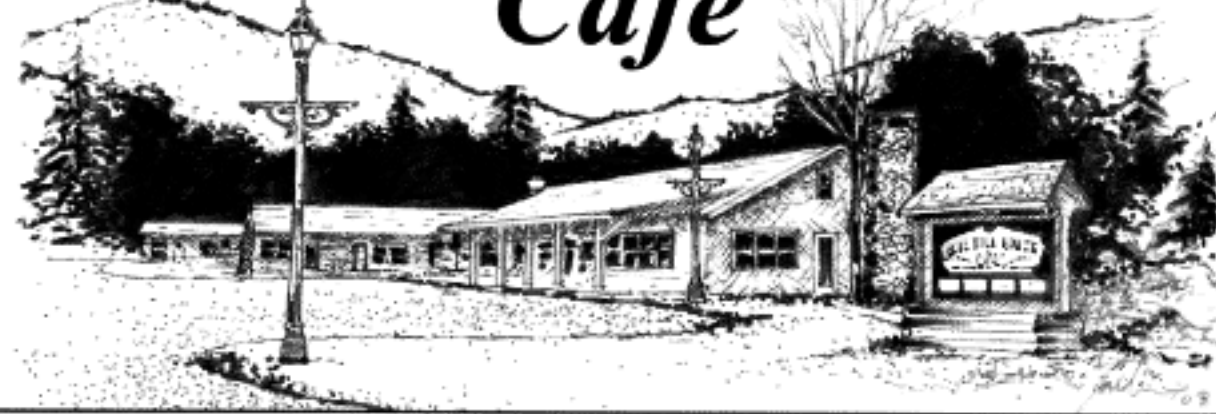
USAI, a local non-profit organization, is looking for families who would like to host for 3 weeks students ages 11 to 17 from Spain and France who will be attending Frost Valley Day Camp this summer. Hosting an international kid is a great cross-cultural experience for the entire family and may result in unique friendships.

Families, with or without children, are expected to treat the student like a member of the family. Weekly stipend available for food and entertainment.

If you would like to find out more about the USAI/Frost Valley Day Camp program, please call USAI at 845-688-2434.

[www.usaimmersion.com](http://www.usaimmersion.com)

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**MEMORIAL DAY TRADITION HAS ITS ROOTS IN NYS!**

Memorial Day, originally called Decoration Day, falls on the last Monday of May and seems to mark the beginning of the summer holidays. As a 'youngster' it was the weekend we came up to our summer home in Sundown and were happy to know we once again would have running water, and that my father could leave the water on for at least the next ten weeks! Not only my father, but other neighbors who made Sundown their summer home joined in the harmonious melody that came from their lawn mowers. The smell of freshly mowed lawns was refreshing. It was time to tell the mice to leave their winter abode and make room for us, as we would soon be spending the summer in the little cabin.

Not only was it a weekend for family and friends to get together for picnics and fun, but Memorial Day was a day to remember the men and women who died while serving in the American military.

Like everything, Memorial Day has evolved from its beginning in 1865, when Henry C. Welles, a druggist in the village of Waterloo, NY, mentioned at a social gathering an idea to honor the patriotic dead of the Civil War by decorating their graves. Again, in the Spring of 1866, he again mentioned this idea to General John B. Murray, Seneca County Clerk. General Murray embraced the idea and a committee was formed to plan a day devoted to honoring the dead.

The townspeople embraced the idea wholeheartedly. Wreaths, crosses and bouquets were made for each veteran's grave. The village was decorated with flags at half mast and draped with evergreen boughs and mourning black streamers.

On May 5, 1866, civic societies joined the procession to the three existing cemeteries and were led by marching veterans. At each cemetery there were impressive and lengthy services including speeches by General Murray and a local clergyman. The ceremonies were repeated again on May 5, 1867.

The first official recognition of Memorial Day as such was issued by General John A. Logan, first commander of the Grand Army of the Republic. This was General Order No. 11 establishing "Decoration Day" as it was then known. The date of the order was May 5, 1868, exactly two years after Waterloo's first observance. That year Waterloo joined other communities in the nation by having their ceremony on May 30.

By 1965, a committee of community leaders started plans for the Centennial Celebration of Memorial Day. Their goal was "to obtain national recognition of the fact that Waterloo was the birthplace of Memorial Day through Congressional action" and "to plan and execute a proper celebration for such centennial observance." In May of 1966, just in time for the Centennial, Waterloo was recognized as the "Birthplace of Memorial Day" by the United States Government. While other communities may claim earlier observances of honoring the Civil War dead, none can claim to have been so well planned and complete, nor can they claim the continuity of observances that Waterloo can.

The Centennial Celebration that year brought dignitaries from government, military, veteran's organizations and descendants of the original founders of Memorial Day. A once luxurious home on Waterloo's Main Street, built in 1850, was purchased from the county and restored. Now the Memorial Day Museum, it houses artifacts of the first Memorial Day and the Civil War era.

In addition to national observances, many individual communities hold memorial observances for fallen soldiers who were from that town by having a ceremony in a church or town memorial park.

It has become a growing custom in the Tri-Valley to have such a ceremony, the annual Spring Flag Exchange Ceremony, which is part of a bi-annual tradition for many residents. This year the Flag Exchange Ceremony will be held on May 31 at 11:00 a.m. near the flagpole in the Grahamsville Rural Cemetery. All are welcome and we hope you will join us in this observance of our community's 2010 Memorial Day service.

As we prepare to greet the warmer weather, longer days and summer fun that lies ahead, we shall not forget those who died for our freedom.

**CONCESSION STAND GENERATION**

Since reporting to my latest coaching assignment I've been consistently floored by the new skills I'm required to learn. Not least of which is the athletics' utilization of the concession stand as a means of revenue. Due to lack of funds many schools have resorted to selling less than desirable foods to fund school programming. Ironically these sales tend to primarily fund athletic programs. Arguably there are more profitable and morally sound endeavors, but this is the product that sells and the sugary fix keeps them coming back. Many schools counter by counting the number of "healthy choices" available to students. In the case of my concession stand we have water available out of over a dozen choices. For the vast majority of schools one must really question even the "healthy choices." Many of the healthy options are still comprised of processed materials, high fructose corn syrup or other preservatives. This is not withstanding the fact that given a choice most kids do not choose the healthy options.

I truly believe a piece of my soul dies every time I serve a hot dog or 'Sullivan Crack' as I call it. And believe me when I say, "There is nothing healthy coming out of a concession stand." Ironically I find myself peddling a product and supporting a behavior that I have been fighting against for well over a decade. As I stand in turmoil at the apex of this paradoxical state of affairs I struggle to find the silver lining. In an effort to rise to the occasion I use this as an opportunity to get a behind-the-scenes look at the human response to processed garbage.

Just when I think I've seen everything, I am surprised again. Each concession stand sale (say that 3 times fast) is more shocking than the last. But perched upon this dispenser of partially hydrogenated chemical equations, I find a unique vantage point for observing human behavior. I have grouped these observations into three categories of symptoms: human perception, the "dumbing down" and child control. As my mind spins through the litany of qualitative data, each more baffling than the last, I am reminded to keep my eye on the prize. Introspection is king. That which kills us, physically, emotionally, intellectually, lies in our inability to assess ourselves in space and time. This is our failure to look outside ourselves and cast judgment on our behavior and actions.

**Human Perception**

There is a number of assessments I could make regarding this topic but all are anecdotal. I point them out non-the-less as you may look for them in your own lives. Humans see the concession stand (and fast food...boxes) as a means of finding nourishment. One could argue they gravitate willingly toward these institutions or is it that we stay away from home far too long? I am constantly planning endeavors around my kitchen whereas others seem to seek out the box. Perhaps?

Enough time and information has circulated, so we know (inherently) what "bad food" is, right? I do not believe today's adult approaches processed food and says "hmm, this is an excellent choice." Or do we? What strikes me most about working in a concession stand, consistently, in the same geographical location, is the number of repeat offenders. That is the number of people who visit the concession stand (adult or child) more than three times during the course of an event. Three children come up and buy eight 12 ounce sodas, then return separately on two more occasions for hot dogs, candy or more soda. A very, very large woman comes to the stand and asked if we had "juice other than Gatorade?" I'm shocked as I did not realize Gatorade was a "juice!" (Contd. Pg. 15)



**RAIN BARRELS ON PARADE** (From Pg 3)

The project - supported by Sullivan Renaissance, Sullivan County Division of Planning and Environmental Management and the Delaware Highlands Conservancy - brought together the talents of students from the Tri-Valley Natural Resources Program, BOCES Career & Tech Auto Body students and art students from Liberty Central School.

The Tri-Valley and BOCES students built the rain barrels, outfitting a 55 gallon food-grade plastic barrel with a spout, overflow and lid that lets water in, but keep mosquitoes out. They were then painted by the Liberty art students, who turned the plain blue barrels into individual works of art.

"This project allowed so many students to become more aware of their environment AND their abilities - in creating, in giving and in being a part of a multifaceted project," said Liberty High School Art Teacher, Kathy Lambert.

The goal of the project is to raise awareness about the benefits and impacts of storm water runoff. The use of rain barrels to collect rooftop runoff can save homeowner 1300 gallons of water per summer season. Lawn and garden watering makes up nearly 40% of total household water use during this time period.

The barrels also help to protect the environment by diverting storm water runoff, which is the leading type of non-point source pollution in streams and rivers. Plants also thrive when watered with rainwater, which, unlike tap water, is free of chlorine and minerals.

Want to own a rain barrel? The barrels are on display throughout Sullivan County [a location map is available] for a firsthand look. On May 18 and 19, photos of the barrels will be on display at Liberty High School, where bidding on a silent auction will begin. On June 6 they can be seen at the Liberty Museum (Main Street, Liberty) during the Liberty High School Art Show opening from 12:00 noon to 2:00 p.m. The barrel's final destination is the Trout Parade in Livingston Manor on June 12, where they will be auctioned off following the parade. The money raised will be donated to student scholarships.

Sponsors have the rain barrels on display at these locations: Ethelbert B. Crawford Library and the Sullivan County Government Center in Monticello, Morgan Outdoors; Livingston Manor Free Library and Peck's Market in Livingston Manor; David Sager Chiropractic and Peck's Market in Jeffersonville; Catskill Hudson Bank in Neversink and Tri-Valley Central School in Grahamsville; The Bashkill Vineyard in Wurtsboro; Fosterdale Motor Lodge in Fosterdale; Dutch's Tavern in Rock Hill; Sullivan County Airport in White Lake; Delaware Valley Arts Alliance and Peck's Market in Narrowsburg; Peck's Market in Eldred;

Peck's Market in Callicoon; Roscoe Renaissance in Roscoe; CVI Building in Ferndale; Liberty Central School in Liberty.

**CAHILL LEGISLATION EXTENDS POWER FOR JOBS PROGRAM**

The Assembly passed legislation authored by Assembly Energy Committee Chair Kevin Cahill (D-Ulster, Dutchess) that extends New York's Power for Jobs program uninterrupted through June 2nd. The bill (A.11101) will ensure participating businesses continue to receive the low-cost power while the Legislature and the Governor finalize negotiations on reforming the program. The Senate followed the Assembly's lead and passed the measure, which is headed to the Governor for approval.

"This program needs reform and we must use this opportunity to produce a real solution, one that will hold businesses accountable for creating jobs and investing in their New York operations," Assemblymember Cahill said. "This extension will give us the opportunity to negotiate the few remaining differences with the Executive and the Senate so we can finally enact a permanent program that protects upstate ratepayers while providing businesses with the energy stability they need to create and retain jobs."

Power for Jobs offers employers some relief from the high energy costs. This extender is important to hundreds of businesses and not-for-profits that depend on this program. The legislation is a temporary fix for entities that are currently receiving benefits, while allowing more time to negotiate a new program.

Currently there are four similar legislative solutions that have been put forth by the Assembly, Senate and Executive. Each initiative proposes the creation of a stable and permanent program to give New York State the flexibility it needs to help companies effectively address their energy challenges in exchange for job retention and growth, capital investment and energy efficiency.

"There is no question that we must become more energy and cost efficient in order for our economy to fully recover. New Yorkers pay some of the highest energy prices in the country. I look forward to working with the Senate and the Governor's office to finalize a proposal that protects rate payers and has strong accountability measures that will provide the long term energy stability that businesses need to commit to New York."

Power for Jobs has required annual extensions for the last five years. While the program maintains incentives for current participants, it is closed to new businesses. Moreover, year to year extensions provide little predictability that businesses need to invest in their New York

operations and limits the ability of the state to plan ahead, maximize resources and administer economic development incentives effectively.

**NEW CCE DIRECTOR HIRED**

The Board of Directors of Cornell Cooperative Extension of Sullivan County is pleased to announce the hiring of Mr. John Selover as Executive Director.

Mr. Selover, who is originally from the Cooperstown area, has had several years experience in educational administration, financial management and grantsmanship. He served as K-12 Principal of Worcester Center School in Worcester, NY from July 2001 to December 2005 and became Superintendent in January 2005. During his 3 year tenure he administered a 7.7 million dollar budget and oversaw a staff of 75 along with 440 students.

John's most recent experience has been at the Imagine School at Land O'Lakes, Florida. He is the Founding Principal of this new K-8 Charter School and was responsible for all aspects of the school start-up including leasing of the site, purchase of all equipment and furniture and hiring of all staff.

John began his teaching career at Bellview High School in Ocala, Florida as a Social Studies teacher from 1997 to 2000.

John is anxious to return to his roots in New York and believes strongly in the outreach mission of Cornell Cooperative Extension.

CCE Board President Marc Jaffe said that the Search Committee was highly impressed with John's financial management skills and his vision for CCE Sullivan. He expressed great confidence in John's ability to lead the Association through the difficult economic times ahead and to help direct strong educational programs for all the people of Sullivan County.

Mr. Selover was chosen from a field of 30 applicants. It is expected that he will assume his new responsibilities in early July.

**GILLIBRAND FIGHTS FOR NEW LEGISLATION TO PREVENT FORECLOSURE FOR THOUSANDS IN HUDSON VALLEY WHO ARE OUT OF WORK AND STRUGGLING TO REMAIN IN THEIR HOMES**

As families across New York and across the country struggle to find work after losing their jobs for no fault of their own, U.S. Senator Kirsten Gillibrand is advancing legislation to provide temporary mortgage relief for struggling families to stave off the threat of foreclosure. The Homeowners' Relief and Neighborhood Stabilization Act of 2010 would provide \$3 billion for loans for up to 24 months for out of work homeowners so they can keep their families in their homes.

Senator Gillibrand is working with her colleagues Senators Bob Casey (D-PA) and Charles E. Schumer (D-NY) to include the legislation as an amendment to the financial regulatory reform bill now being debated in the Senate. The House-passed version of financial regulatory reform includes a similar provision.

"During these tough economic times, when thousands of New Yorkers are looking for work but struggling to make their mortgage payments, we need to do more to help prevent foreclosure," Senator Gillibrand said. "When a family is foreclosed on, vacancies rise, property values plummet, crime increases, and the entire neighborhood suffers. This amendment will help keep thousands of families in their homes protecting neighborhoods across this region."

According to RealtyTrac, more than 50,000 New York homes were foreclosed on from 2008 to 2009. Nationally, foreclosures increased more than 20 percent, reaching a record of nearly 9 million foreclosure filings in 2009 alone. In March, over 350,000 properties nationwide received foreclosure filings, their highest monthly total since RealtyTrac started reporting numbers in 2005.

In the Hudson Valley, over 8,500 homes were foreclosed on from 2008 to 2009.

Modeled after an effective Pennsylvania-based initiative in, key provisions of the Homeowners' Relief and Neighborhood Stabilization Act of 2010 include: Directing \$3 billion in TARP funds to a program established at the U.S. Department of Housing and Urban Development (HUD) called the Emergency Homeowners Relief Fund; Allowing homeowners facing a temporary loss in income due to unemployment, underemployment or medical condition to receive low-interest loans for up to 24 months to assist in their monthly mortgage payment. Homeowners must be at least 3 months behind on their mortgage payments and have received a notice stating that the holder of the mortgage intends to foreclose; Instructing the HUD Secretary to take a homeowner's ability to repay into account when establishing the terms, conditions and rates of the loan. Interest rates shall be fixed for the life of the loan and capped at FHA rates and prepayment penalties may not be assessed; Providing \$1 billion to the Neighborhood Stabilization Program, created in the Housing and Economic Recovery Act of 2008, to provide grants to state and local governments and eligible entities to purchase and redevelop foreclosed and abandoned homes and residential properties.

Additionally, Senator Gillibrand is pushing another amendment with Senator Al Franken (D-MN) and Senator

Olympia Snowe (R-ME) to improve the administration's existing foreclosure prevention program by establishing an Office of the Homeowner Advocate modeled on the successful Office of the Taxpayer Advocate program at the IRS.

Many homeowners about to lose their home have struggled to receive assistance through the existing Home Affordable Modification Program (HAMP), facing unresponsive loan servicers with few resources to turn to. The new Office of the Homeowner Advocate would have an independent director, charged with helping homeowners resolve difficulties with the HAMP program, identifying areas where the program is not effectively assisting homeowners, and proposing administrative and legislative changes to make it easier for struggling homeowners to keep their homes.

**CAHILL PUSHES TO LOWER EDUCATION COSTS FOLLOWING LOCAL SCHOOL BUDGET VOTES**

Assemblymember Kevin Cahill (D-Ulster, Dutchess) renewed his call for passage of the "21st Century Schools Act" (A.9510) on the heels of school budget votes that sought to resolve issues surrounding skyrocketing education costs. The bill, which has broad bi-partisan sponsorship, is designed to curb school spending through shared services and consolidation.

"School districts across the state proposed budgets riddled with layoffs and program cuts while simultaneously increasing property taxes, leaving no question that our current system is unsustainable. My legislation addresses runaway costs by streamlining and ending duplication," said Assemblymember Cahill. "We must take better advantage of economies of scale and improve the delivery of services to our kids and teachers. Consolidation and smart purchasing will save hundreds of millions of dollars while preserving the quality and local character of our schools."

The state Comptroller's office estimates the state could save close to \$400 million if school districts took better advantage of back-office services already offered by BOCES. Building on that concept, the 21st Century Schools Act would maximize the use of BOCES and increase cooperative participation, using expanded regional approaches to pay for bigger ticket items like transportation and special education.

The measure also calls for a complete reexamination of school district lines. "District lines have not been comprehensively redrawn since the 1950s. Population shifts and community growth often mean boundaries drawn sixty years ago no longer make sense today," Assemblymember Cahill said. "For example, of the 700 school districts in our state, 200 serve less than 1,000 students each. It is time we took a fresh look at school district boundaries."

The legislation would create an implementation board modeled after the successful Commission on Health Care Facilities, better known as the Berger Commission. The 21st Century Schools panel would assure the goals of modernization, educational excellence, efficiency and cost reduction.

"This is not another powerless blue ribbon panel. The Berger Commission succeeded by bringing together people in all levels of health care to address complex issues. That process led to a consolidation of services that reduced costs and strengthened our health care delivery system," said Assemblymember Cahill. "My plan calls for input from local activists, parents, teachers, administrators and taxpayers. It then puts their ideas to work. The 21st Century Schools Commission blueprint would go into effect unless voted down in its entirety by the Legislature."

**GILLIBRAND STATEMENT ON FINAL PASSAGE OF FINANCIAL STABILITY ACT Reform Protects Taxpayers, Holds Banks Accountable, Prevents Future Catastrophes**

As the U.S. Senate passes the Restoring American Financial Stability Act, U.S. Senator Kirsten Gillibrand issued the following statement:

"Today, taxpayers and middle class families are getting the protections they deserve after experiencing the worst financial crisis since the Great Depression.

"The Restoring American Financial Stability Act establishes new, common sense rules of the road to protect taxpayers, ensures the stability of our economy, and prevents future catastrophes. It holds banks and lenders accountable, reins in excessive risk, looks out for consumers, and keeps New York the center of the world's financial markets.

"The bottom line is that this legislation will keep our economy stable, growing, and working for all."

**ALCOA FOUNDATION, CAREY CONSTRUCTION, JOIN CAHILL'S OFFICE FOR ABCD BUILDING CLEAN UP DAY OF PUBLIC SERVICE**

The Alcoa Foundation and Carey Construction joined members of Assemblymember Kevin Cahill's (D-Ulster, Dutchess) office for a day of public service helping to transform the long dormant St. Peter's School into a youth focused community center. The efforts included landscaping and clean-up for the project which was launched last December by Agri-Business Child Development (ABCD), a New York-based charitable organization, upon receiving a \$2.15 million dollar grant secured by the Assemblymember. (Contd. Pg. 14)



**HUGE, TENTED YARD SALE TO BENEFIT SULLIVAN COUNTY RELAY FOR LIFE**  
 Many great Items, from Multiple families, under a tent, Rain or shine  
 Saturday, 5/29/2010, 8am to 4pm, no early birds please  
 Look for Yard sale signs off the Rock Hill exits of Rt 17 - Location: 186 Lake Louise Marie Rd, Rock Hill, NY Directly across from the entrance to Frontier Insurance  
 100% of proceeds go to the American Cancer Society!!

The Ulster County Department of Health  
**FREE RABIES VACCINATION CLINIC**  
 Saturday, May 29 • 12 pm - 2 pm  
 Kingston Animal Hospital  
 456 Albany Ave., Kingston  
*no appointment necessary*



- Dogs must be on a leash
- Cats and ferrets must be in a carrier
- Please bring your animal's last rabies history certificate.

For more information about rabies, please call (845) 340-3021 or visit our website: [www.UlsterCountyNY.gov/health](http://www.UlsterCountyNY.gov/health)

**MULTI-FAMILY MEMORIAL DAY WEEKEND YARD SALE**  
 in Sundown - Greenville Road  
 May 29 - 30 - 31  
 Tools - Collectibles - Dolls - Books - Baby Items - Camping - Dishes - Lamps - Furniture - Desk  
 Too Much To List!  
 9 am - 5 pm  
 For directions  
 Call if you like 985-0072

**Take a Child Fishing**



Sunday, June 13, 2010  
 10 am to 2 pm  
 Beaver Dam Lake  
 Beaver Dam Road, Grahamsville, NY

- Children must be accompanied by an Adult
- Open to Children 14 years and under
- Bring a pole if you have one
- Bait and some poles are provided by the Club
- Refreshments are free
- A prize for every child that fishes

Sponsored by Beaver Dam Club and Grahamsville Rod & Gun Club

CLARYVILLE FIRE DEPT.  
**ALL YOU CAN EAT PANCAKE BREAKFAST**



SUNDAY, JUNE 20  
 Serving 7:00 until 12:00 Noon  
**ADULTS \$7**  
**CHILDREN AGE 5-11, \$3**  
**UNDER 5 YRS. FREE**  
 \$50 FROM THE BREAKFAST IS DONATED TO USMC SGT EDDIE RYAN

**PENNY SOCIAL IN CLARYVILLE**  
 Saturday June 5 at 5:00 pm / calling 6:30.  
 Refreshments, Door Prizes, and 50/50.  
**Claryville Reformed Church Hall**  
 946 Claryville Road on Rt. 19 (near Ulster/Sullivan border (5 mi. from Curry intersection on Rt. 55)).  
 Inquiries 845-985-2041.

Vendors Wanted: Roscoe Independence Day Parade and Festival Saturday, July 3rd 10:00 am - 4:00 pm Main Street (Stewart Avenue) \$25.00 a spot. P/C Fran at 607-498-5777



**HUGE LAWN SALE**  
 Saturday, May 29  
 8am-1pm  
 At the Grahamsville United Methodist Church, on the parsonage lawn  
 356 Main Street, Grahamsville  
 To benefit Grahamsville UMC's Aug. 2010 Mission Trip to Henderson Settlement, Frakes, KY  
**Something for everyone!**  
 For more info, call 985-2283 or 985-7427  
 Thanks for helping us get to Kentucky!

**TRI-VALLEY LIONS RABIES CLINIC**  
 June 2, 2010 from 6 to 8 pm  
 at the Grahamsville Fairgrounds

Your pet needs to be at least 3 months old in order to receive a vaccination.  
 If you bring the last proof of rabies with you, your pet can receive a three-year rabies vaccination.

GRAHAMSVILLE REFORMED CHURCH LADIES AID  
 ★★ **Bake Sale** ★★  
 and  
 \*White Elephant Sale\*  
 May 29, 2010  
 Saturday, 9am till sold out!

Homemade cakes, cookies, brownies, pies & other assorted treats.  
**PLUS:** Attic treasures, books, crafts, kitchen ware, linens, knic knacks, jewelry, plants, tools, & toys/games.  
*Something for everyone!*

For more information call: 845 985 7480


**THE SUNDOWN WSCS LADIES**



will be holding a Yard Sale  
 Saturday, June 12th  
 From 9 am - 3 pm  
 at the Sundown Church Hall  
 Rain or Shine!  
 For the Benefit of The Sundown United Methodist Church  
**COME AND JOIN US!**

**CrossWay Assembly of God**

Service Times  
 Sunday School 9:30 am  
 Sunday Worship Service/Children's Church 10:30 am  
 Monday Night Home Bible Study 7 pm  
 Tuesday Night Youth Home Bible Study 7 pm  
 Friday Youth Night 7 pm



**Ismael Berrios**  
 Lead Pastor  
 P. O. Box 480  
 507 Hasbrouck Drive  
 Woodbourne, NY 12788  
 845-434-8263  
 Email: [crosswayaog@aol.com](mailto:crosswayaog@aol.com)  
[www.crosswayaog.com](http://www.crosswayaog.com)



**ST. ANDREW'S EPISCOPAL**  
 The Little Church with the Big Heart  
 Sundays 8:15 a.m. - Communion  
 Music by Susan and Fred Van Wagner  
 Coffee hour follows service  
 All are welcome!  
 For Information: Mother Joan LaLiberté 845-887-4742


5277 State Rt. 42 South Fallsburg



**Sundown United Methodist Church**  
 Sunday Worship Service • 8:30am

**Grahamsville United Methodist Church**  
 Sunday Worship Service 10:30am  
 985-2283

**Claryville Reformed Church**



Claryville Road  
 Claryville, NY 12725  
 845-985-2041

Bible Class 9:00 am  
 Worship Services @ 10:00 am  
**Rev. Paul Nulton**  
 John Bult, Organist

Covered Dish Supper  
**Covered Dish Supper**  
 June 5, 2010  
 Sundown United Methodist Church at the Sundown Church Hall



**Thrift Sale 9-2 & Luncheon 11-1**  
 Grahamsville United Methodist Church  
 Tuesday June 1, 2010

**RAMSAY'S FUNERAL HOMES, INC**  
 Serving Sullivan County Since 1896

66 John Street, Monticello, New York (845) 794-2700  
 275 S Main Street, Liberty, New York (845) 292-7100  
 Route 55, Kauneonga Lake, New York (845) 583-5445

**Loucks Funeral Home**  
**Geoff and Heather Hazzard & Anthony Perito**  
 79 North Main Street  
 Ellenville, New York  
 (845) 647-4343

**CATHOLIC PARISH OF THE IMMACULATE CONCEPTION** (embraces Fallsburg, Neversink, Sundown and Ulster Heights)  
 6317 Rte. 42, Woodbourne.  
 Weekend Mass schedule:  
 Saturday afternoon: 5:00.  
 Sunday morning: 9:00 am and 11:30 am  
 Holy days of obligation: as announced in church bulletin.  
 Daily Mass schedule:  
 Monday afternoon 5:45 (Holy Rosary at 5:30); Tuesday, Wednesday, Thursday, Saturday mornings: (includes Morning Prayer)- 8:50 am  
 Saturday afternoon confessions: 4 to 4:45.  
 Rev. John J. Lynch, Ph.D., Pastor. 434-7643.

**Grahamsville Reformed Church**  
 Sunday School 9 A.M.  
 Worship Service 10 A.M.  
 Hymn Sing & Covered Dish Supper 5:30/630 P.M. - 1st Sunday of the Month  
 Looking for a Lifeguard?  
 Ours walks on water!  
 Rev. Paul Z. Ruter, Pastor



**ALCOA FOUNDATION** (From Pg. 12)

"At a time when support for disadvantaged families is being threatened, hunger is growing and local public recreational programs for children are at risk, it is important that we unite as a community to assure the availability of services for those most in need," said Assemblyman Cahill. "The Alcoa Foundation and Carey Construction are to be commended for their commitment to moving this project forward."

Once completed, the facility will offer child care and development services, a youth recreation center, and provide facilities for a food pantry. Since 1946, ABCD has provided child care, social services and nutrition to children of eligible families employed in the agricultural industry. The project will also make facilities available for the Ulster County C.Y.O. Basketball League and provide offices for the Archdiocese of New York.

The Alcoa Foundation works alongside Alcoa Fastener employees and municipalities as partners on issues and projects that address priority challenges locally. Alcoa Fastener staffers play an active role in strengthening the social fabric of their communities, contributing over 650,000 volunteer hours in 2009. "I am especially appreciative of the Alcoa Foundation's support and contributions to this voluntary day of public service," said Assemblymember Cahill.

An economic development boon for the Rondout area of the city, this project is providing jobs for local contractors and will employ 25 permanent staff members at the center. The Carey Construction Company of Kingston, who volunteered for today's event, has been retained as the prime contractor for the renovation. This community effort will restore a prominent and historic building which played an important role in the development of German-American social life in the community.

**SENATOR GILLIBRAND STATEMENT ON VETERANS' AFFAIRS COMMITTEE HEARING ON HER AGENT ORANGE LEGISLATION**

Washington, DC - U.S. Senator Kirsten Gillibrand released the following statement for this morning's Veterans Affairs' Committee hearing on the Agent Orange Equity Act of 2009.

Senator Kirsten Gillibrand will introduce new legislation to ensure that more than 800,000 Vietnam veterans exposed to the powerful toxin Agent Orange would receive the health coverage they have earned. During the Vietnam War, the U.S. military sprayed approximately 20 million gallons of Agent Orange in Vietnam to remove foliage. This toxic chemical had devastating effects for millions serving in Vietnam. In 1991, Congress passed a law requiring the Veterans Administration (VA) to cover all illnesses that were directly linked to Agent Orange exposure. However, in 2002 the VA determined that it would only cover Veterans with "boots on the ground," during Vietnam. This exclusion bars as many as 800,000 sailors and airmen - including at least 13,500 New York veterans - who may have still received significant Agent Orange exposure from receiving presumptive treatment.

"Because of technicality in the law, hundreds of thousands of American veterans are being denied the health care benefits they need and deserve," Senator Gillibrand said. "Our government must fulfill its commitment to the service members who have fallen victim to Agent Orange-related disease and enact new legislation that will provide our vets with the benefits they have earned. Agent Orange is a very difficult chapter in our nation's history. It is time that we correct the errors of the past."

During Vietnam, the U.S. military sprayed 20 million gallons of Agent Orange. Blue Water Navy Vets - veterans that were on duty in the air, land and sea around Vietnam, but did not have "boots on the ground" - were often exposed to Agent Orange on a daily basis. Agent Orange contaminated water sources on ships, infected veterans onboard ships or aircraft that transported barrels of Agent Orange, and ships and aircraft deployed in close proximity or even downwind from Agent Orange drop sites. Even veterans who served on Johnston Island, where Agent Orange was stored, shipped, and incinerated, are excluded from VA coverage.

This summer, a study by the Institute of Medicine cited exposure to Agent Orange resulted in an increased change of developing serious heart problems and Parkinson's disease. A 1990 study by the Centers for Disease Control and Prevention (CDC) showed Vietnam veterans had a rate of non-Hodgkin's lymphoma 50 percent higher than the general population. Agent Orange is behind a range of other diseases, including several blood and respiratory cancers, type II diabetes, prostate cancer and more.

In 2005, the VA's former Director of Environmental Agents Service Dr. Mark Brown publicly acknowledged that there was no scientific basis for the exclusion of Blue Water Vietnam veterans, but the VA has continued to refuse these veterans the presumptive benefits Congress initially intended. In his article in the Journal of Law and Policy, Dr. Brown wrote, "Science does not back up the VA's policy on the Navy."

This week, Senator Gillibrand introduced the Agent Orange Equity Act of 2009, which would clarify the

existing law so that Blue Water veterans and every servicemember awarded the Vietnam Service medal, or who otherwise deployed to land, sea, or air in Vietnam would be fully covered by the VA. The bill would make it easier for the VA to process Vietnam War veterans' claims for service-connected conditions by extending the VA's presumptive coverage of Agent Orange benefits to all Vietnam veterans.

In addition, Senator Gillibrand also introduced legislation entitled the Agent Orange Children's Study (AOCS) that would require the VA to complete a study the effects Agent Orange has on the children of veterans exposed to Agent Orange. Vietnam veterans' children have long been thought to be vulnerable to the effects of Agent Orange, which is suspected of having an effect on human stem cells and thereby on future generations. While the Veterans Benefits Act of 2003 ensured that spina bifida benefits were extended to children of Vietnam veterans, this is currently the only birth defect the VA recognizes as being associated with Agent Orange exposure. As part of the study, the Secretary of Veteran Affairs would review and evaluate the available scientific evidence regarding associations between diseases in children, including multiple sclerosis and asthma, and the exposure of their parents to dioxin and other chemical compounds associated with Agent Orange.

For more information go to: <http://gillibrand.senate.gov/newsroom/press/release/?id=5b6a9085-6c91-4f0d-a762-f1cd8a8b7a11>

**CAHILL RENEWS CALL FOR SPECIAL ELECTIONS TO FILL VACANCIES IN STATEWIDE OFFICES**

Assemblymember Kevin Cahill (D- Ulster, Dutchess) has renewed his call for a constitutional amendment (A.580 and A.581) that would allow for special elections in the event of a vacancy in a statewide office. The legislation was first introduced in 2007 following an opening in the State Comptroller's Office. Currently, four out of six statewide offices are held by individuals who were not elected to their respective positions.

"I have long believed that voters should be afforded every opportunity to choose their representatives in government. This year, every statewide office is up for election," said Assemblymember Cahill. "Especially when considering the events of the last four years, it is clear that the issue of succession is one that deserves thorough discussion and debate. I would encourage any candidate running for statewide office to take a clear position on this matter."

Currently, in the event of an opening, the Governor is charged with the task of appointing an individual to the U.S. Senate while the legislature is required to fill the office of the Attorney General and Comptroller. The proposed Constitutional Amendment would reform this process and permit the governor to call for a special election for these statewide offices to be held within forty five to sixty days after the proclamation.

"We must reform the process, but changes cannot come about at the expense of the State Constitution. That is why I am calling for an amendment that would allow for special elections," said Assemblymember Cahill. "It is important to the integrity of our system of government that individuals serving in these statewide offices are duly elected by the people of New York."

**FEDERAL WAIVER OPENS WAY FOR COUNTY PUBLIC SAFETY BROADBAND APPLICATION**

A move by the Federal Communications Commission (FCC) to approve 21 waiver applications for states and municipalities-including New York-to use the 700 MHz spectrum for public safety broadband has revived a state-wide county application for a multi-million federal stimulus grant.

On the heels of FCC's announcement, the US Department of Commerce announced that these 21 entities were now eligible to apply to the National Telecommunications Information Administration (NTIA) for federal stimulus funding for public safety broadband projects.

NYSAC, in partnership with New York State, plans to reapply for these funds and ensure counties have access to the resources they need to help them build their networks. Counties will be getting more information on these efforts in the coming weeks. For more information on this effort, please email [broadband@nysac.org](mailto:broadband@nysac.org). (Katy Vescio)

**STATE BUDGET UPDATE**

Progress in resolving the \$9 billion plus State Budget gap remains slow, but with both parties' upcoming state political conventions, having an announcement of a general budget deal or framework would allow legislators to attend. Also several recent actions may be signs that a three-way budget deal may break soon. Signs include the Governor's proposal to furlough state workers, which was stopped by the State court, as well as the court directing the Governor to fund the scheduled 4 percent salary increase for state workers.

In addition, Senate Democrats are now reconsidering some of the Governor's revenue raisers that they initially rejected. Finally, a third federal stimulus bill is being considered that could steer over \$1 billion in new aid to New York school districts. (Dave Lucas)

**COUNTY LEADERS TO CONVENE TO ADDRESS NURSING HOME CHALLENGES**

On Wednesday NYSAC assembled a nursing home summit to address some of the issues facing the operation of county nursing homes. The summit, which was held in the Ulster County legislative chambers included a review of the history of county homes, the current economic challenges and opportunities and alternative long term care options. The summit has been streamed live over the Internet at <http://totalwebcasting.com/live/nysac>.

**BELLEAYRE MUSIC FESTIVAL 2010**

On July 3: Red, White & Bluegrass Ricky Skaggs and Kentucky Thunder - followed by fireworks, July 10: Broadway Superstar Patti LuPone, July 16: Hip singer-songwriters Joseph Arthur and Meghan Wolf, July 17: Belleayre Festival Orchestra Plays Romantic Classics with John Covelli, conductor and soloist, July 24: Country Legends Charlie Daniels Band, July 30: Javon Jackson Quintet, July 31: Virtuoso jazz violinist Regina Carter's 'Reverse Thread.'

Also: Aug. 6: John Scofield/Joe Lovano Quartet. Aug. 7: Grammy-winning vocalist Patti Austin ('For Ella,' Aug. 14: Classic rock band America - the 40th Anniversary Tour, Aug. 21: '50s Dance Party: 'The Day the Music Died' The Music of Buddy Holly, Big Bopper, Ritchie Valens, Aug. 28: Belleayre Festival Opera presents Rossini's Cinderella, Aug. 29: Children's Opera Theater 'Three Little Pigs' and Sept. 4 at 8 p.m., Aaron Neville Quintet featuring Charles Neville.

For additional event information and for this season's concert information and tickets check out the festival website, [www.belleayremusic.org](http://www.belleayremusic.org).

Tickets for all shows in the 2010 summer concert season at the Belleayre Music Festival, are on sale via Ticketmaster. For additional information, please call 800 942-6904, ext. 1344 or visit: [www.belleayremusic.org](http://www.belleayremusic.org). The festival's e-mail address is: [festival@catskill.net](mailto:festival@catskill.net).

For information on where to stay, dine, shop or to simply enjoy the great outdoors when you're in town for the Belleayre Music Festival, please visit: [www.catskill-highpeaks.com](http://www.catskill-highpeaks.com), [www.ulstertourism.info](http://www.ulstertourism.info) or [www.greatwesterncatskills.com](http://www.greatwesterncatskills.com).

Belleayre Music Festival concerts are held on the grounds of Belleayre Mountain in Highmount. Belleayre Mountain is located in the heart of New York's Catskill Mountain region. The area is located just off Route 28 and is 37 miles west of Thruway Exit 19 at Kingston; 55 miles southeast of Oneonta on Route 28; 40 miles from the Route 17 exit at Roscoe; and 95 miles southwest of Albany and just two hours north of NYC.

**CHEMUNG COUNTY MOVES FORWARD TO GATHER INFORMATION ON NEW NATURAL GAS DRILLING TECHNIQUE**

A special panel has begun to gather information so Chemung County can move forward if the state approves a new natural gas drilling technique.

With nearly two dozen members, the Chemung County Executive's Advisory Commission on Natural Energy Solutions first met April 29, and three or four of the panel's eight subcommittees have already begun meeting. County Executive Tom Santulli said Wednesday.

The environment, water quality, public safety, impact on roads and economic opportunities are among the commission's areas of focus.

"I'm very supportive of natural gas exploration. We want to do it right. We want to make sure we're prepared," Santulli said. "What the public expects is for it to be done in a safe way, and that's what this group is all about, working with all the different agencies that are in place. That's our goal. That's our objective. That's what we're going to do. We want to be prepared when the day comes when we can move forward."

"This isn't a group that's meant to reach some conclusion that we want them to reach. These are people that deal with the environment, public safety, roads, engineering, emergency services every day of the week," Santulli said. "They're the logical people. All the people that really care about the quality of life in this community are there."

The subcommittees will make recommendations to the commission that will be forwarded to Santulli. He will then take recommendations to the county Legislature, which will enact countywide protocols related to gas exploration. The commission will become a clearinghouse for information so the county will have ready answers, he said.

While there will likely be some unanticipated issues, he expects that the county will have completed 90 percent of what needs to be done by the time the state issues a decision, he said.

"This is going to be an ongoing process. We want to be ready for when this occurs, when we get the green light from the DEC to proceed, that we're not then wondering what do we do," Santulli said.



**Town of Neversink Parks & Recreation Department**  
[www.townofneversink.org](http://www.townofneversink.org)  
 (845) 985-2262 extension 312 **SOUTH**

**RED CROSS BABYSITTER TRAINING CLASS** - Saturday, June 19. \$40 per person must be paid no later than June 8.

**SCRANTON/WILKES-BARRE Yankees vs. Toledo Mud Hens** Thursday, July 15. Sign up by June 8.

**ALBI CONCERT & LUAU** Sunday, July 18. Outdoor Stage Town Hall Parking Lot 5-8 pm. Rain or shine!

**ZOOM FLUME** Saturday, August 7. Waterpark East Durham, NY- Sign up by June 8.

**STATUE OF LIBERTY & ELLIS ISLAND** September 18. \$52 per person Sign up by June 8.

**PAINT YOUR OWN POTTERY** - October 16 \$10 per person must be paid no later than July 27.

**GAMES & SOCIALIZING** -FREE fun every Friday afternoon 1 pm - 4 pm in the upstairs meeting room in the Town Hall. -

SUUJI WA TANSU NI KAGIRU  
 answer

3	9	7	4	6	2	5	1	8
4	2	1	9	5	8	6	7	3
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6	4	3	8	2	7	1	9	5
1	8	9	6	4	5	3	2	7
2	7	5	1	3	9	4	8	6
7	5	2	3	8	1	9	6	4
8	3	6	2	9	4	7	5	1
9	1	4	5	7	6	8	3	2

5/27/10 Time and the Valleys Trustees Meeting 7:00 pm  
 5/29/10 Grahamsville Methodist Church **Huge Lawn Sale** benefit trip to Kentucky - 8m-1pm call 985-2283  
 5/29/10 **Benefit Auction** - Grahamsville Fairgrounds - Time and the Valleys Museum 11 am Rain or Shine  
 5/31/10 Town of Neversink Holiday - MEMORIAL DAY  
 5/31/10 **FLAG EXCHANGE CEREMONY** 11:00 am -Flagpole at the Grahamsville Rural Cemetery  
 6/1/10 Tri-Valley Lions Dinner Meeting - Nardis - Info call 292-5839  
 6/1/10 Town of Denning Town Board Meeting -Sundown Church Hall  
 6/2/10 **Tri-Valley AARP #1604** Meeting- 12 noon Installation luncheon (Place to be announced)  
 6/2/10 Town of Neversink Planning Board Meeting  
 6/3/10 **First Thursday Readers Group** - Daniel Pierce Library 1:00 pm  
 6/4/10 7:30 p.m., Grahamsville UMC Social Hall DPL First Friday Book Discussion Group Annual Tribute to a Local Author, featuring Marianna Boncek.  
 6/5/10 Sundown Methodist Church **Covered Dish Supper** 5:30 pm Sundown Church Hall  
 6/5/10 Grahamsville Reformed Church **Baked Ham Dinner** 4 - 7 pm  
 6/7/10 Time and the Valleys Museum Work Committee Meeting - 12:30 pm  
 6/8/10 Grahamsville Methodist Church **Thrift Sale** (9-2) and **Luncheon** (11-1)  
 6/9/10 Town of Neversink Board Meeting  
 6/10/10 **Dept. of Motor Vehicles Neversink** Town Hall 10:00 am - 2:30 p.m.  
 6/12/10 Sundown WSCS Ladies **Yard Sale at Sundown Church Hall** 9 am-3 pm  
 6/15/10 Town of Neversink Zoning Board of Appeals  
 6/16/10 **Tri-Valley AARP #1604** Meeting-1:30 pm Neversink Town Hall  
 6/16/10 Neversink Rondout Antique Machinery Association

**SAVE THE DATE!**

Time and the Valleys Museum Olde Time Fair-July 31  
 Grahamsville Little World's Fair - Aug 13, 14 & 15, 2010  
 25th Annual Giant Pumpkin Party Saturday, October 2, 2010 Rain or Shine!

Town of Denning Message Board: <http://www.denning.us>  
 Town of Neversink Website: <http://townofneversink.org>  
 Daniel Pierce Library - <http://www.danielpiercelibrary.org>  
 Time and The Valleys Museum - <http://timeandthevalleysmuseum.org>  
 Ye Olde Tri-Valley Townsman On-Line Edition: <http://thetownsman.com>  
 To find out what is happening at Tri-Valley CSD: <http://tvcs.k12.ny.us>

Ye Olde Tri-Valley Townsman is now available at the following retail stores and restaurants:

- |                             |                                    |                         |
|-----------------------------|------------------------------------|-------------------------|
| SUNDOWN CAMP & BAIT SHOP    | ARATI GIFT SHOP (Brickman Rd.)     | LIGHTHOUSE DELI         |
| GRAHAMSVILLE DELI           | E & H PAINTBALL (Loch Sheldrake)   | NAPANOCH FLORIST        |
| GRAHAMSVILLE AUTOMOTIVE     | VALERO MINI MALL (Loch Sheldrake)  | JAME'S NAPANOCH GROCERY |
| CANNIE D'S                  | WOODBOURNE CITGO STATION           | MATTHEW'S PHARMACY      |
| BLUE HILL LODGE             | MO'S GAS STATION (Woodbourne)      | NAPANOCH APPLIANCE      |
| 3 GOLDENS CONVENIENCE STORE | P.D. SMITH ENTERPRISE (Woodbourne) | PETER'S MARKET          |
|                             | AGWAY • J.B. MAK (Liberty)         |                         |

**AL-ANON MEETINGS**

Every Saturday night 8:00 p.m. **Al-Anon Meeting** Presbyterian Church, 81 South Main Street, Liberty  
 Every Monday night 7:00 p.m. **Al-Anon Meeting** Liberty Ambulance Building, 178 Mill Street, Liberty  
 Every Thursday night 7:00 p.m. **Al-Anon Meeting** Immaculate Conception Church Annex, 6317 Route 42, Woodbourne

**CONCESSION GENERATION** (From Pg. 10)

When I indicated there was no juice, she quickly spotted Brisk and identified that as "juice." I reflexively responded, "Brisk is not a juice," but she retorts "yes it is."

Without realizing it I blurted out "are you kidding me!?" Funny as it may be, it points out a real misconception we have regarding food. Throwing soda or processed food away is not waste. If it is not real food to begin with how can you waste it? The actual conception of waste occurs when you make the purchase.

When you really understand what this processed food consists of and when you see it prepared it loses credibility as nourishment. We maneuver our days around what is convenient rather than simply planning. To some extent this even includes seemingly "healthy" choices.

**The Dumbing Down**

It does not seem surprising that many people who approach the concession stand can strike one as ... not bright. An individual approaches the concession stand and asked "is this the coat check?" If I had a dollar every time someone entered the building, walked past the stairs, came to the concession stand and asked "how do I get downstairs?" I'd be a millionaire. This also includes coming to the concession stand to ask for directions to the bathroom, which is located near the stairs, thus making it invisible to the human eye. It is indeed difficult to watch patrons waddle up and stammer over choices from a menu five items deep. This does not even take into account the intricate decision making process that unfolds when asked what flavor soda they desire!

Clearly health disorders via poor nutrition are most definitely socioeconomic. The lower one's education and/or income the more likely they are to have fewer resources, make poorer choices and ultimately experience more uniform health issues. So finding the "bad news bears" at your concession stand window is a distinct possibility. I would argue, however, yes and no. To a large degree we are all contributing some form of "dumbing down" to our system.

I am reminded of a 1950's (give or take the year) commercial of a big business tycoon speaking to the American public about this fantastic new substance discovered to feed cattle. Corn Syrup! In the commercial the suited gentleman openly states that feeding this to cattle makes them "just the way we like 'em; fat, happy and docile." This very same symptom is happening to Americans as we shove processed sugars down our throat. Massive consumption of corn syrup, excessive carbohydrates, processed foods and other simple sugars is making us a nation of brain-dead zombies. How many times have you been in public and thought "I'm surrounded by morons!" That is an oversimplification but there is some truth.

Consider this: when an all natural health plan is implemented in a school where it did not previously exist, the first change educators note is overall improved behavior among all students. Overall improvement is defined as students who remain alert throughout the day, improved grade point averages, fewer incidents of outbursts or other distractions, better overall behavior. This has been studied among dozens of schools (including alternative schools) throughout the U.S. and Europe. For nearly five decades researchers have been collecting data showing a real balanced diet (40% carbohydrate, 30% fat, 30% protein), of natural whole foods to have drastic improvements on sleeping disorders, mild behavioral issues and emotional disorders (anxiety, depression, ect). We know there is a non-medicated approach to achieving balance and consistency throughout our lives but we all too often choose option B.

**Child Control**

This category is exactly what it says. Do you control what your child eats starting with your own habits? The number of children who frequent the concession stand alone is staggering. Of all the choices we make, failing to supervise our child's eating habits is the worst one yet. Shocking still is the number of parents who come to the stand to purchase food for their kids. Often parents will simply stand there and ask the child "what do you want?" More often a child will make repeated trips to buy whatever their heart desires, completely devoid of any parental intervention. Certain aspects of freedom of choice are enacted once the individual has reached an age and understanding capable of making such choices. When we simply allow our children to do whatever they want, especially when it comes to eating, they grow up with bad habits. I hate to break it to parents but mealtime is meant to be a challenge! I hated vegetables as a child but now that is all I eat. Lessons come full circle in time but they will never get off the ground if they are never taught.

It all sounds so perfect when it is preached but the challenges are very real on the day-to-day. I certainly do not concede it is easy and people are stupid for not getting it. I fully understand the difficulties we face with the perfect storm of information that surrounds us in this country. What I am suggesting is a certain level of ATD (Attention to Detail) on the day-to-day. Take some personal responsibility for what you consume, create healthy habits and implement those habits with your children. When a parent tells me "yes, but it's hard." I respond, "It's only hard if you think it's hard." If you feel absolved from the concession stand syndrome, think again! The concession stand speaks volumes of the bigger picture in habits and perceptions we have as humans.

Start by asking yourself critical questions about the foods you consume and challenge what you think.

Misinformation is not limited to the lower socioeconomic class. Do you really eat in moderation at every meal (40/30/30)? Of all the food in your shopping cart, how much of it has a food label? Does this food label look like a NASA code for a shuttle launch? Do you shop the perimeter of the grocery store or do you spend all your time in the middle? Do you buy local foods? At each meal how much protein and fat is present on your plate? Do you know how to seek good sources of fat and protein? Do you know how to look for natural or organic foods if you wanted them? Do you frequently eat out or grab things "on the go?" Do you avoid high starch, high grain, and low fat foods?

There is a host of good questions you can ask yourself every day. Often people want the simple answer, "tell me what to eat." Sadly this is the difference between being given corn and shown how to plant corn. Speaking of corn... Have you ever wondered if the settlers treatment of the Indians is coming back to haunt us in the form of corn?! They "taught" us to plant a crop that is in effect killing us and our economy today. Never stop asking yourself critical questions and never stop seeking those answers!

**About the Author**

Rob Barrese is a health, fitness, and educational professional residing in Sullivan County, NY. He has worked with a wide range of organizations such as Michigan State and Lock Haven Universities, Professional Ski Instructors of America, Therapy Dog International and Therapeutic Recreation Facilities.

Rob is an ex-military, paleo-eating, free lance writer who spends most of his spare time outdoors with his Golden Retriever, Troy. His lifelong dream is to see Americans wake up from the sleepwalk of everyday life. Ever the gentleman, Mr. Barrese would be happy to answer your health, fitness, or life inquiries. Email: [rob1977b@aol.com](mailto:rob1977b@aol.com)

**FAMILY YARD SALE**  
**SOMETHING FOR EVERYONE!!**  
**OLD AND NEW ITEMS**  
 Date: Saturday, May 29th and  
 Sunday, May 30th  
 Time: 9 a.m. to 4 p.m.  
 Place: Sunrise Trailer Park,  
 Hasbrouck Rd., off Rt. 42





**Daniel Pierce Library**

**HOURS:**  
 Tuesdays & Thursdays - 11 a.m.-9 p.m.  
 Wednesdays & Fridays - 11 a.m.-5 p.m.  
 Saturdays 9 a.m.-5 p.m.  
 Closed Sundays and Mondays

*The Library Board of Trustees meets at 7:30 p.m. on the third Wednesday of each month.*  
*On occasion, a meeting date is changed.*  
*Please call ahead to confirm.*  
 845-985-7233

**Time and the Valleys Museum** has copies of every **Townsmen** printed since the beginning in loose-leaf binders classified by year for anyone to research. For further information, contact the historian's office in Grahamsville at 985-2262 x313, e-mail: [historian@townofneversink.org](mailto:historian@townofneversink.org), or visit [www.timeandthevalleymuseum.org](http://www.timeandthevalleymuseum.org)

**REAL ESTATE**



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 New York State Licensed Real Estate Broker  
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<http://www.grahamsvillerealty.com>

**LISTINGS WANTED**

845-985-0501

**FOR SALE: Established Hardware Store in Grahamsville**

**WANTED - Hunting property, acreage 40 - 100 acres; preferably near state land. BUYER WAITING!**

**Neversink, Tri-Valley**

4 BDRM, 2.5 bath, garage+storage, 2 acres -- \$257,500  
 3 Acres approved building lot, views ---\$74,000  
**Resort Realty, Alla Sienitsky (845)798-4749**  
[www.resortrealtyny.com](http://www.resortrealtyny.com) pd 5/27

**RENTALS**

**BUILDING FOR RENT: In Grahamsville (Old Post Office) Rent - 985-7411.**

**Two Bedroom Apartment in Grahamsville.** Upstairs with balcony, \$500.00 a month plus security. No pets. Available immediately. (845) 985-7411. tfn

**Cabin on rural road.** One bedroom. \$500.00 a month plus security. No pets. Available April 15th. (845) 985-7411. tfn

**Three Bedroom, two Bathroom apartment in Grahamsville.** Available July 1st, \$800 per mo. Lease, security, Ref., No dogs. Call: 985-2829. pd 5/27

**Grahamsville, 1 bedroom \$600 per month plus utilities.** Includes EIK, LR and bath. Call 718-490-9722. pd 6/10

**1- Bedroom apartment \$600 per month + security Heat & utilities included.** No pets, No Children 985-7790 pd 6/3

**1 - Bedroom apartment large space - 1 + 1/2 bathrooms \$725 per month + security Heat & utilities included, No pets, No children 985-7790** pd 6/3

**FOR SALE**

Learn about exciting new Health Products and how you can become part of the Waiora team and effortlessly enjoy the benefits of an extra income, too.  
<http://www.mywaiora.com/581155>

**"LIVE Christmas Trees from seedlings to 5' tall.** Price based on size and amount you dig and take. 845-747-4350 - Located in Bradley."

**HELP WANTED**

Help Wanted: **Certified Lifeguard** Summer Season beginning Memorial Day at Neversink River Campgrounds -845-434-8926 tfn

Help Wanted - **Grahamsville Deli.** Call 985-0107 tfn

**YARD SALES**

**YARD SALE - Memorial Day Weekend 5/29 - 5/30 & 5/31 - 9:00 a.m. - 4:00 p.m.** Rain or Shine, Indoors & Out 7585 State Route 42 Grahamsville, NY

**Multi Family Yard Sale - 5/29 & 5/30 - 9 a.m. to 5 p.m.** - 911 Thunder Hill Road, Woodbourne, NY Furniture, Electronics, Housewares, Tools, Jewelry, Art, Toys and MUCH more!

**FAMILY YARD SALE - SOMETHING FOR EVERYONE!! OLD AND NEW ITEMS**

Date: Saturday, May 29th and Sunday, May 30th • Time: 9 a.m. to 4 p.m. • Place: Sunrise Trailer Park, Hasbrouck Rd., off Rt. 42

**SERVICES**

**Charlie Blume, NYS Certified Arborist**  
 845-985-7689  
[www.luckydogtreeservice.com](http://www.luckydogtreeservice.com)

**Lawn maintenance, Crusher Run driveways installed and repaired, Stump grinding, Spring Clean ups, Power raking, Patios, Koi ponds, and drainage work. Fully Insured. Semonick INC. established 1994 845-985-2315**

**CONSTRUCTION/HOME MAINTENANCE**

**K & A CONSTRUCTION - affordable General Contracting Company.** Reliable, reasonable, hard-working & negotiable. **FREE ESTIMATES & DESIGN IDEAS!** Call and leave a message (845)985-5004

**Painting, Roofing, Home improvements. 24 yrs. Exp. Quality workmanship, personal service, affordable rates. Call Handy Andy for Free Estimate 352-289-3364** pd 6/10

**YOGA/REIKI CLASSES**

**YOGA • REIKI**

Close to Neversink Dam on Lindholm Road

Morning **YOGA** classes include gentle stretches to ease and prevent back and joint pain

**REIKI** Spiritual Energy Healing Sessions and classes by appointment  
 Call: **JOY @ 845-292-7870**

**Denning Democrats On the Local Scene**

A recent *New York Times* story entitled **"Drilling Was Allowed Despite Warning"** powerfully reinforces the strong need to have **effective regulations, monitoring and penalties** in place before beginning to extract minerals from the earth. How can we, our Governor or the DEC think that we can do the same thing here and get a different result from the catastrophe taking place in the Gulf of Mexico? The *Time's* story reported that **"the federal Minerals Management Service gave permission to BP and dozens of other oil companies to drill in the Gulf of Mexico without first getting required permits from another agency."** In addition they also **"routinely overruled its staff biologist and engineers** who raised concerns about the **safety and the environmental impact** of certain drilling proposals."

**Environmental Dangers of Hydro-Fracturing the Marcellus Shale,** Whether it is wildlife dying off, or life-long businesses being destroyed as in the Gulf, or drinking water in the northeast with contaminated wells, and wells blowing up in Pa., or medical personal winding up in intensive care after **treating a patient exposed to fracking chemicals,** like Cathy Behr, an Emergency Room nurse in Durango, Colorado. In April 2008, Ms. Behr was **exposed to hydro-fracturing fluid** that was on the clothing of a natural gas industry worker who had come to the hospital after a spill. She subsequently spent **30 hours in intensive care** after her liver, heart, and lungs began to shut down (Durango Herald, "Nurse Sick After Aiding Gas Worker" [7/17/08]).

To protest this injustice to our environment, or for more information, join, and sign our petition at **Catskill Mountainkeeper** in calling on the New York State Department of Environmental Conservation (DEC) to **hold up issuance of their final SGEIS** on gas drilling using hydraulic fracturing until they can study and integrate the conclusions of the U.S. Environmental Protection Agency (EPA)'s report on gas drilling. The EPA is commencing a comprehensive research study to investigate the potential adverse impacts of hydraulic fracturing on water quality and public health. To keep our water pure and learn more go to the **Catskill Mountainkeeper website, www.catskillmountainkeeper.org/** and let us all, keep working together to protect the Catskills.

**Andrew Cuomo** has announced his candidacy for **Governor of the State of New York.** (Next Col.)



**Grahamsville/Claryville/Sundown:**

- **BACK ON MKT:** 4 BR/2BA eyebrow colonial on 15+ gracious acres w/screened porch, fab views and utter quiet. \$369k
- **NEW** Lakefront cabin on Round Pond w/5 acres + 850 shared acres. Rare opportunity, only 9 other owners. \$699,000
- **NEW:** Simple cabin in secluded ravine flanked by creek and waterfalls, plus separate 2,400 sq ft "retreat space". \$325,000
- **REDUCED:** Renovated 3 bed/1 bath farmhouse with wraparound porch, creek off the Neversink on 1 acre \$249k
- **NEW** The Lodge: Super for entertaining. 3 bed/2 bath, 3+ acs with Great Room, open plan kit/din/lounge. \$269,000
- **NEW** 15+ peaceful acres at end of dead end road, partially cleared to enjoy views. Adj. to YMCA-owned land. \$120,000
- **REDUCED** 3 bed/1+ bath farmhouse on 1 acre on stream. Beautiful floors, deck, farm view, new windows. \$145k
- Quiet, pretty, level 1 acre, buildable lot. \$22,500
- 3 bed/2 bath restored farmhouse on 1.3 acs with dramatic ultra-modern addition, fine fixtures \$395,000

For our full roster of real estate listings, visit our site:

**www.CountryHouseRealty.net**

[jennifer@countryhouserealty.net](mailto:jennifer@countryhouserealty.net)

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Tom DiNapoli has announced his candidacy for election as NYS Comptroller and there are at least five candidates for New York State Attorney General.

**David Sager of Jeffersonville NY, current Sullivan County Legislator,** has announced his intention to run for State Senate on the Democratic ticket, opposing veteran **John Bonacic, for the 42nd District** in New York. Rolling like a steam roller, Sager has picked up Liberty, and many other towns in the 42, and his position of **opposing Marcellus Shale drilling** is pushing him forward. The **Delaware County Democratic Committee** is thrilled to **unanimously endorse David Sager.**

The **Democratic Committee of the Town of Denning endorses Andrew Cuomo for Governor of the state of New York and David Sager for the 42nd Senate seat.**

This is your Democratic Party. If you care about you country get involved. Email: [denningdems@yahoo.com](mailto:denningdems@yahoo.com) or call 845 985 0501

Democratic Committee Chair  
 Frank Comando

**Knarf's "Classic Movie Trivia" - Midway,** is a 1976

Spectacular film re-creation of the World War II battle that turned the tide for the U.S. in the Pacific War? Cast: Charlton Heston, Henry Fonda, and Robert Mitchum. Directed by: Jack Smight. C-131 mins, TV-MA on TCM, Saturday, May 29, 2010. At 5:30 pm

**Quiz:** A. Name the actor in this film who played Rear Admiral Raymond A Spruance?

B. Name the actor in this film who played Admiral Isoroku Yamamoto?"

**What's going on in the Gnome Neighborhood™ this week? It's Memorial Day Weekend-Drive Safely.** This Memorial Day let us not forget our men, and women who have fought so bravely and gave their lives to protect our freedom. Thank you to our service men, women, and their families, and to our friends and neighbors that have endured the ultimate sacrifice protecting our rights that allow us all to enjoy sitting safely in our homes and enjoying our freedom.

**"A Patriotic Gnome Must,"** when at a public function or school event, show your respect for our country, our flag, our military, and our form of government by standing and placing your hand over your heart, or using the appropriate salute for military personal, and verbally voice the Pledge of Allegiance, sing our national anthem with pride, without embarrassment or fear. Support our country, our Constitution, and the men and women who have died to preserve these rights.

**Grahamsville NY Memorial Day Spring Flag Exchange,** at the Gahamsville Rural Cemetary near the flag pole at 11:00 am. All are welcome.

**Ellenville, NY** First Annual "Taste of the Valley" Wine Tasting Event at Honor's Haven Resort & Spa - Saturday, May 29, 4pm-6pm, 1195 Arrowhead Road, Ellenville, NY 12428, 845 210-1600. Wine, dine and unwind at the 1st annual "Taste of the Valley" wine tasting event, hosted by Honor's Haven Resort & Spa. Indulge your palate with the Hudson Valley's finest wines paired with a delicious sampling of hors d'oeuvres, set among breathtaking panoramic mountain views. \$10 per taster, \$25 buffet dinner, overnight packages available. [info@honorshaven.com](mailto:info@honorshaven.com), [www.honorshaven.com](http://www.honorshaven.com)

Thanks and Have a Great Day!

Knarf Odrapoc  
 Gnome

**ANSWER TO KNARF'S MOVIE TRIVIA**

A. Glenn Ford B. Toshiro Mifune