



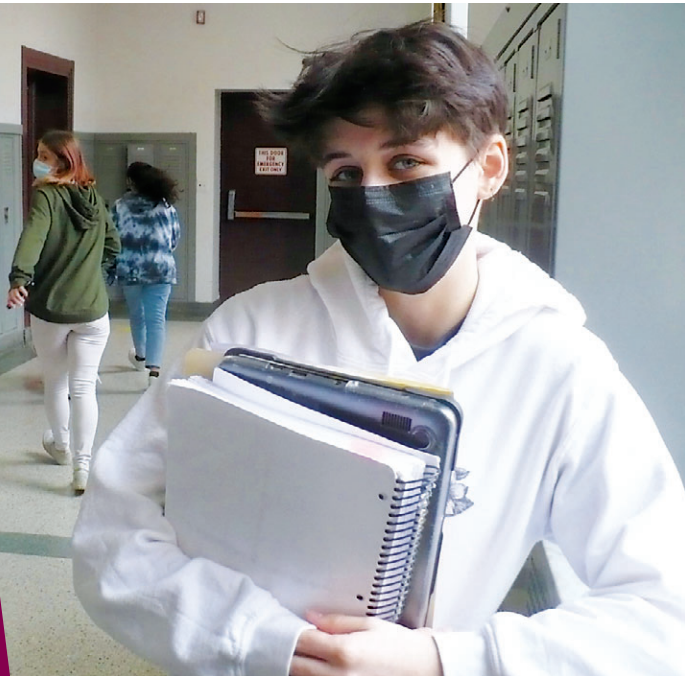
# SCHOOL

A Special Supplement to the Sullivan County Democrat

# SCENE

A look at activities in the  
Livingston Manor School District

SECTION L  
MARCH 2022  
CALLICOON, NY





# 'Agvocating' for farming, forestry and an FFA student program

STORY AND PHOTO  
BY KATHY DALEY

**S**eventeen kids who, by and large, are unfamiliar with farm life are jazzed about the high school's newest elective: Agricultural Science.

Juniors and seniors are participating in classroom and lab activities that focus on environmental and natural resources, animal and plant systems, farming, food and forestry.

"Ag science is a part of everyday life," said teacher Jessica Freidenstine, who also instructs Living Science and Forensics classes.

A 16-year veteran at the high school, Freidenstine is delighted to broaden her workload to engage kids in a field of study flourishing throughout New York State. Eventually, students in Ag Science might find jobs in veterinary science, greenhouse and landscape management, forestry, wildlife management, pest management and more.

For Freidenstine, it's simple: "I want kids to appreciate the environment, and how humans affect other organisms."

"And I want them to know where their food actually comes from," she continued. "Some students might know what a butcher is, or they might work at Peck's Market or Main Street Farm (both in Livingston Manor) – but they don't

know how their food is made or how it gets to the store."

The teacher herself grew up on a dairy farm north of Honesdale and majored in dairy science at Delaware University in Doylestown, PA. Her further education was at Marywood University in Scranton.

She married into a farming family: the Freidenstines of Fremont Center, Sullivan County.

So this school year, she is happily engaged in opening new worlds to students: agriculture's history, for example, and the details of plant, animal and soil science, agricultural economics, food science and so on.

Hands-on work is common in the course, with Freidenstine's students fashioning holly wreaths at Christmastime and, in February, tapping maple trees for sap.

Come spring, they will teach the elementary school children about soil and plant health prior to the younger students planting seedlings in an outdoor garden.

Then there's the burgeoning chapter of the National FFA, the respected career and technical student non-profit that promotes leadership, personal growth and career success through agricultural education. The school is in the beginning stages of its connection with FFA.

In the meantime, Ag students are "digging" the course. One stu-



dent commented to Freidenstine "I never thought I could grow something." And another went further: "I think I want to go to school for this."

KATHY DALEY / DEMOCRAT

Agricultural Science teacher Jessica Freidenstine checks in on a classroom hydroponic tower that grows greens in water rather than soil.

**MANOR MOTORS INC.**



**Complete Auto Repair**      **Collision Repair**

**(845) 439-5447**  
[www.manormotorsinc.com](http://www.manormotorsinc.com)  
**CORY GAEBEL**

7am-5pm Monday-Friday  
7am-12 Noon Saturdays

477 Old Route 17  
Livingston Manor, NY 12758



**FUR, FIN & FEATHER  
SPORT SHOP LLC**

P.O. Box 757, 109 DeBruce Rd., Livingston Manor, NY 12758  
**(845) 439-4476**  
Custom Tied Flies • Bait & Tackle of All Kinds



**New & Used Guns**  
**Bought, Sold & Traded**

Black Powder & Accessories • Ammo  
Camping, Trapping & Archery Supplies  
**FLY FISHING HEADQUARTERS**





# Thompson Sanitation

Waste Management and Recycling Services Since 1986

## 845-796-1032

## KEEP IT LOCAL!

- Sullivan County's #1 Garbage & Recycle for Over 30 Years, Same Owner/Operator
- Competitive Pricing & Superior Service
- Servicing Local Communities throughout ALL of Sullivan County
- Keeping Jobs and Money in Sullivan County
- Residential Program... Roll-Offs... Commercial... Special Clean-Ups



[www.thompsonsantiation.net](http://www.thompsonsantiation.net)

**Don't Get Left On the Curb! Call Thompson Sanitation TODAY!**



# Journalism class keeps school and community in the know

STORY AND PHOTO  
BY KATHY DALEY

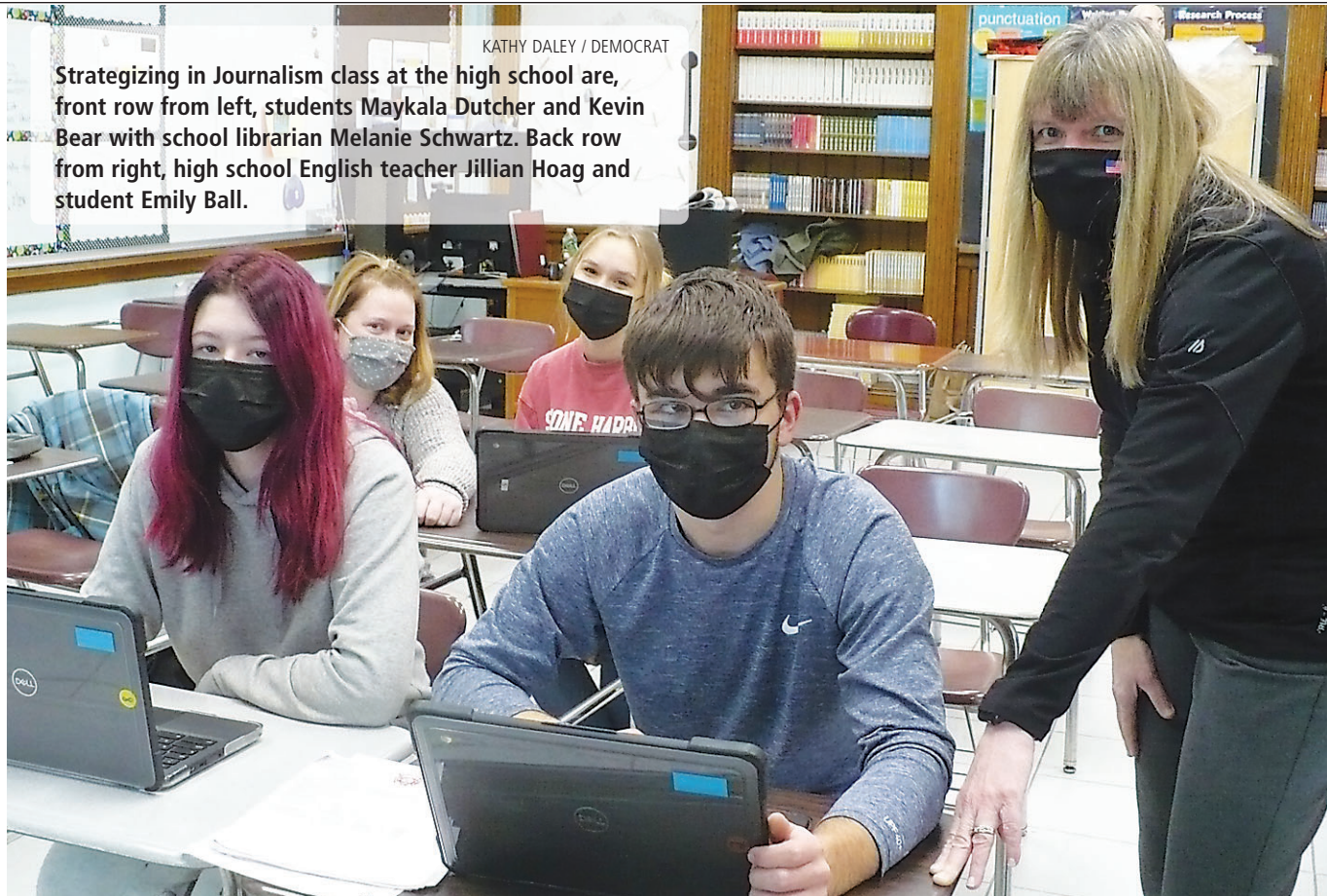
Tenth grader Makayla Dutcher writes for the student-led Livingston Manor community newspaper, Manor Ink, and also writes for her school's own four-page monthly newsletter entitled, appropriately, Manor Monthly.

In class, Dutcher is studying journalism: learning about researching, investigating, interviewing, reporting and writing.

"I've been writing since I was a child," said Dutcher, who recently interviewed new health and gym teacher Jan LeMyre for the Manor Monthly.

Manor Ink, Manor Monthly and the Journalism class, an elective at the high school, are all linked.

"We work in tandem with Manor Ink (written largely by students)," said Jillian Hoag, English teacher for eleventh and twelfth graders at



the high school.

The focus of Hoag's Journalism class is to teach students how to "do" journalism and to write the Manor Monthly, which showcases news, events and ideas within the school community.

Student Emily Ball wrote for the community newspaper Manor Ink in younger years, but like other older high school students, she has less time for writing the newspaper. But she has done reviews of books and movies for the in-school newsletter, and hot button topics when they arise.

Fellow senior Kevin Bear's sports writing on, say, football and bas-

ketball, appears in Manor Monthly and also Manor Ink. He is paid for the latter.

"When you write something for yourself or for your teacher, they are the only ones to see it," Bear said. "You put something in Manor Ink and the whole town sees it."

The journalism course takes place each September. For two months, students learn about newspaper reporting and writing: "September is a teaching month – in October, we gather information," said Hoag.

Then the students launch into writing for the Monthly with formatting and photos handled by

school librarian Melanie Schwartz.

Maykala Dutcher, has written about an upcoming blood drive or about the work of school advisors. In the February edition, Emily Ball wrote about the pros and cons of social media. Bear covered the girls/ varsity basketball team against Fallsburg (the Livingston Manor Wildcats won).

Should their written work appear in Manor Ink, the banner LMCS Insider appears on their story. Ball's work on the issue of social media appeared on page 15 of Manor Ink's February edition.

"It's good," said Ball, "to have an influence over things."

Become  
a Foster  
Parent  
Today!



BERKSHIRE  
FARM CENTER

Learn more at  
[Berkshirefarm.org/foster](http://Berkshirefarm.org/foster)  
1-844-427-5747




90940

Children grieve differently than adults. Hospice of Orange & Sullivan Counties' Thriving Families virtual support group allows all members of the family to process loss in the way that's healthiest for them.

Our bereavement services are available to all members of the Orange and Sullivan community, regardless of whether their loved one benefited from hospice care. See how hospice's compassion continues beyond a patient's final days.

 Thriving Families: Building Resilience  
A Virtual Family Grief Program



ORANGE & SULLIVAN  
HOSPICE  
A Plan For Living  
845-561-6111 | [hospiceoforange.com](http://hospiceoforange.com)

95686





SUNY SULLIVAN

## Discover why we are the #1 Ranked Community College in New York / 2021!\*

Tour our eco-friendly campus • Learn about our championship athletics program



+400 acre scenic campus & trail network • organic farm • diverse & inclusive student body



Over 40+ academic programs including Media Arts, Graphic Design, Theater & Nursing

### Get the full college experience

We've got residence halls & eco-friendly townhouses

- ✓ We will walk you through application, financial aid, and registration.
- ✓ Instant Acceptance with Valid High School Transcript!
- ✓ Receive a two-year Presidential Scholars award with a 90+ high school average.
- ✓ Didn't finish High School? We can help with that too!

We can help you find your fit –  
contact an Enrollment Specialist today!

Visit [sunysullivan.edu](https://sunysullivan.edu)

[admissions@sunysullivan.edu](mailto:admissions@sunysullivan.edu)

toll-free: 800-577-5243

\*Ranked #1 Community College in New York State for 2020-21, and #14 of all New York State institutions of higher education by Intelligient.com, based on flexibility, faculty, course strength, cost, and reputation.



Sullivan County Community College • 112 College Road, Loch Sheldrake, NY 12759 • toll-free: 800-577-5243 • [sunysullivan.edu](https://sunysullivan.edu)



It's nearly mid-March, and the new garden begun last year is stretching its legs to the sun.

Strong and sturdy on school property, the enclosed space at LMCS features 12 raised beds that last year served up veggies and greens, nourished and cared for by elementary school students and, later in the season, by the older students.

"Now, teachers are starting seeds in their classrooms from seed grow-



## Green thumbs set to sprout on students at new garden

STORY AND PHOTO  
BY KATHY DALEY

ing kits," said Meagan Edwards, school counselor for Manor's middle school.

Edwards and two other staff members spearhead the garden project. They are Rene Carlson, kindergarten through third grade remedial math teacher, and Calley Erlwein, remedial reading teacher for kindergarten through fourth grade.

Awarded an Edible Garden Project Grant from Sullivan

Renaissance, the school garden welcomed farmers in the fall, who came to talk to students about their work. High school science teacher Jessica Freidenstine and her students worked on composting and created an on-campus greenhouse.

By May of this year, the school will also welcome a new outdoor classroom designed to offer learning in the beauty of nature. The project has received a \$2,000 grant and pledges each upcoming year from

Sullivan 180, the local nonprofit that fosters and supports efforts to improve residents' health.

The outdoor learning space will sit at the edge of the school property along the Willowemoc River.

It's a five-minute walk from school and will feature tables and benches just right for science lessons or math, for example.

Outdoor classrooms are popular for their ability to allow students fresh air, away from computer

KATHY DALEY / DEMOCRAT

Organizers of the new school garden are from left, Meagan Edwards, school counselor for the middle school; Rene Carlson, K-3 remedial math teacher; and Calley Erlwein, remedial reading teacher for K-4.

screens, and in environments that can also feature up-close learning on plants and animals.

"It's a way to connect with nature," said Carlson, "and to walk, observe and let off steam."



*Building a Healthy Community, One Degree at a Time.*

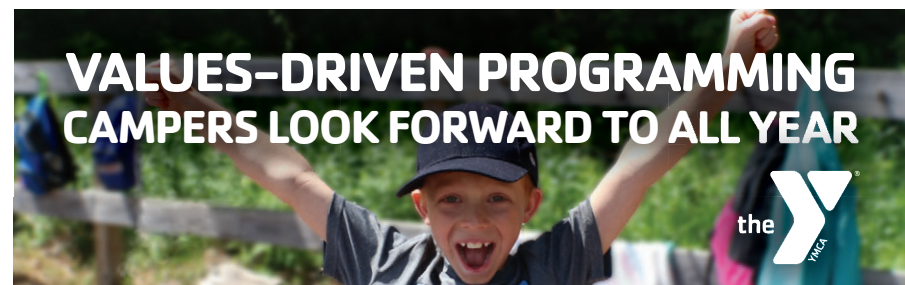
Sullivan 180 would like to thank Livingston Manor's Healthier Generation Advisors for their hard-work on the *Empowering a Healthier Generation* program and continued dedication to promote health and wellness among students, staff, parents and their communities!

**Rene Carlson - Elementary School**  
**Calley Erlwein - High School**



To Learn More About *Empowering a Healthier Generation*, check out [www.Sullivan180.org](http://www.Sullivan180.org)  
(845) 295-2680 | [info@sullivan180.org](mailto:info@sullivan180.org)

## VALUES-DRIVEN PROGRAMMING CAMPERS LOOK FORWARD TO ALL YEAR



### Frost Valley YMCA Summer Day Camps

Safe affordable fun for ages 4-16! Bus stops in Sullivan and Ulster Counties.

- Teen Camps
- Horse Camps
- Farm Camp
- Specialty Camps



SCAN THE  
QR CODE  
TO LEARN  
MORE.



CALL: 845-985-2291 EMAIL: [daycamp@frostvalley.org](mailto:daycamp@frostvalley.org)





Multi-Specialty Doctors

Serving  
your family  
at every age.

Garnet Health Doctors delivers exceptional primary, specialty and urgent care services and a commitment to the best patient experience possible. Our experienced providers are Board-certified physicians, family nurse practitioners and advanced practice professionals.

Our expert healthcare services include:

- |                       |                           |
|-----------------------|---------------------------|
| • Behavioral Health   | • Orthopedics             |
| • Breast Surgery      | • Pediatrics              |
| • Cardiology          | • Primary Care            |
| • Endocrinology       | • Rheumatology            |
| • General Surgery     | • Urgent Care             |
| • Infectious Diseases | • Urology                 |
| • Neurology           | • Women’s Health and more |
| • Oncology            |                           |

Make sure your children and teens stay up to date with their vaccines, including COVID-19.

Our convenient locations:

- Bethel
- Callicoon
- Goshen
- Harris
- Livingston Manor
- Middletown
- Monroe
- Monticello



Garnet Health  
DOCTORS

To make an appointment, call (845) 333-7575.

Download the Garnet Health app.





# School Chef: 'If it's not from scratch, it's not good food'

Six years after he graduated from Livingston Manor High School as 2010 class valedictorian, Stephen Rogers hired on as food service director at his alma mater.

As a student, he began his career in Sullivan BOCES' culinary program and while still in high school, served as sous chef for the Beaverkill Valley River Pub in Manor.

He holds degrees from the Culinary Institute of America and from SUNY Oneonta, where he earned his bachelor's degree in food service and restaurant administration and then taught at the college. He worked as a sous chef at the Dancing Cat Saloon in Bethel.

Here, he offers his take on healthy cooking.

**Democrat:** What are kids eating these days at Manor?

**Rogers:** We make everything from scratch: meatballs, sauces, stocks, side dishes, main dishes.

Our students are offered a fresh-

made soup du jour everyday and then up to 10 to 12 different lunch items. Almost all of our menu items have some sort of fresh or local product in it, whether it be the vegetable offered with the meal, or fresh apples.

My philosophy is that if it's not from scratch it isn't good food.

**Democrat:** Why are you determined to serve healthy food?

**Rogers:** I have a huge issue with what's considered healthy food and what's not. There are some items that we are allowed to serve, for example, Lucky Charms cereal. The cereal is considered healthy because it's whole grain – but there are multiple ingredients in it that serve no purpose.

I've always wanted to make food for LMCS that was restaurant quality and of the freshest and best quality we can get.

**Democrat:** How do you access healthy food?

**Rogers:** Ever since I started



BY KATHY DALEY

CONTRIBUTED PHOTO  
Livingston Manor Food Service Director Stephen Rogers started out, above, at the The Culinary Institute of America in Hyde Park.

working at the school I wanted to do a Farm to School program. It happened this past year with the approval of our Board of Education and administration and help from Sullivan 180, and Cornell Cooperative Extension.

Last summer we were able to process, seal and freeze 4,200 pounds of fresh vegetables, meat and fruit for use throughout the school year. We are also fortunate to be working with the Catskills Food Hub in Liberty – they've been able to get greenhouse-grown local fruits and vegetables and meats from other areas in New York State.

We're also working with Sullivan County Cornell Cooperative Extension and they have donated wire racks, dunnage racks, a blast chiller and a Cryovac machine to

allow us to process fresh products.

Later in the school year we'll start processing food in season.

My goal is to eventually make everything in house. As of now we make our own rolls for "burger days." I want to make everything from scratch right down to the bread that's used daily in our sandwiches.

**Democrat:** How does the school community respond to your cooking?

**Rogers:** I get great comments from teachers, staff and students. I ask about new items they would like to see on the menus and we try to accommodate. Recently, one student asked me if I could show the student's mother how I made meatloaf because mine was better than hers.

## School Scene

*A Look Inside the Livingston Manor CS District*

Published by  
*Catskill-Delaware Publications, Inc.*

Publishers of the

**SULLIVAN COUNTY  
Democrat**

(845) 887-5200

Callicoon, NY 12723

March 11, 2022 • Vol. CXXXI, No. 79

Proud Member of  
**NYPA**  
NEW YORK PRESS ASSOCIATION  
Serving the weekly  
community newspapers of  
New York State since 1853

MEMBER  
**NNA**  
Since 1915  
NATIONAL NEWSPAPER  
ASSOCIATION

Publisher: Fred W. Stabbert III  
Managing Editor: Joseph Abraham  
Editor: Matt Shortall  
Sports Editor: Anthony Morgano  
Editorial Assistants: Kathy Daley, Richard Ross, Jeanne Sager, Derek Kirk  
Advertising Director: Liz Tucker  
Assistant Advertising Director: Barbara Matos  
Advertising Representative: Susan Panella  
Production Manager: Petra Duffy  
Business Manager: Susan Owens  
Assistant Business Manager: Patricia Biedinger  
Telemarketing Coordinator: Michelle Reynolds  
Monticello Office Manager: Margaret Bruetsch  
Classified Manager: Janet Will  
Production Associates: Rosalie Mycka, Elizabeth Finnegan, Nyssa Calkin, Jessica Roda, Mike Bratland  
Circulation Managers: Lillian Ferber  
Circulation and Distribution: Anthony Bertholf, John Fischer, Phil Grisafe



# Buoyant newcomers arrive at Manor to make their mark

STORY AND PHOTOS BY KATHY DALEY

YoMary Rodriguez was teaching in Yonkers when, last summer, she agreed to take on a summer teaching job at Sullivan BOCES in Ferndale.

Mostly the students from across the county needed a scholastic boost after the well-known losses in learning caused by the Covid crisis.

As the summer progressed, Rodriguez began to think: "I know these kids, they know me. I can help them. I can be the one to do it."

As of September, Rodriguez is happily ensconced at Livingston Manor High School, teaching math for ninth and tenth graders and spearheading a math preparation class for the SATs, the standardized test that students take to enter college.

She is also a member of the school's Trauma Committee.

"We are a Trauma Informed School," said Rodriguez, explaining

that teachers and staff receive training to identify and deal with students experiencing stress or anxiety.

For generations and everywhere, some students suffer from lives of neglect, impacting on student success at school.

"Students suffer from abuse, separation from their home, drug activity in the home," said Rodriguez. "And sometimes, a student experiences trauma around learning, even if he or she has the best of home life."

Trauma-informed education helps teachers to move from "why isn't this student paying attention" to "what does this student need to reach her or his potential?"

A Long Island resident for years, Jan LeMyre is teaching healthy and physical education to seventh through 12th graders at Livingston Manor.

Her education degrees are from Springfield College in Massachusetts and Adelphi University.



"We do our best to see through a trauma-informed lens," said Rodriguez.

Appropriately enough, another new teacher this year is physical education teacher Jan LeMyre whose background is in mind-body work: holistic wellness, nutrition and stress management.

For 10 years on Long Island before getting her teaching degree, LeMyre owned her own business as a certified holistic health coach. She is skilled in gymnastics, dance and fitness along with reiki and yoga.

"The friendliness here is nothing I



YoMary Rodriguez is originally from Westchester County and received degrees from Manhattanville and Siena colleges. After teaching in Yonkers, she signed on to a summer teaching job at Sullivan BOCES, which led to a full-time job at Livingston Manor, teaching math.

ever experienced on Long Island," said LeMyre, who substitute taught on Long Island and then worked full-time as a leave replacement. "Here, I can really make a difference. Knowing students right through their years will allow me to really get to know them, to delve in. I'm thrilled."



## Get paid to train & paid to care

### Are you caring and compassionate?

#### Become a fully-certified CNA with the Sunset Lake family.

Our paid train-to-work program includes an 16-hour course, on-the-job training and shadowing – plus, your full CNA certification in as little as 30 days.

#### What's a CNA?

A CNA is a Certified Nursing Assistant. Our CNAs help feed, clothe, care for and help create a stable compassionate home for our elderly residents. You'll start as a NAT (Nurse Aide Trainee), and in as little as 30 days be eligible to complete training and earn your full CNA certification.

- ◆ Full Time Positions  
(All Shifts Available)
- ◆ Competitive Pay
- ◆ Medical, Dental & Vision
- ◆ Pension
- ◆ Paid Time Off

**Full CNA  
certification  
in as fast as  
30 DAYS**



# 'Me encanta el español' and who couldn't love Spanish?

STORY AND PHOTO BY KATHY DALEY

KATHY DALEY / DEMOCRAT

After more than two decades away from home professionally, Livingston Manor native Julie Potossek teaches Spanish to seventh graders and at the high school, Spanish I, II and III along with a SUNY Sullivan Spanish college course on the high school campus.



## Volunteering is Smart!

Sullivan Renaissance offers opportunities for volunteers of all ages.

If you need community service for school, church group, honor society, scouts or 4-H, time spent with Sullivan Renaissance may help fulfill your requirements.

Sullivan Renaissance also offers paid summer internships and college scholarships.

BE A CHANGE MAKER. GROW WITH US!

 SULLIVAN RENAISSANCE **Learn More** [SullivanRenaissance.org](https://sullivanrenaissance.org)  
Follow us on    Call 845-295-2445

“As soon as I was introduced to Spanish, I loved it,” said teacher Julie Potossek.

That was years ago, when Potossek was a student at Livingston Manor Central School, fascinated by the language taught by Spanish instructor Barbara Kelly.

Potossek, whose grandmother and mother (Freda and Gloria Smith) taught at the school, went on to excel in Spanish and made it her life's career.

For 23 years, she taught the language at the Liberty school district. Then, this September, she made the shift to introducing students in her own hometown to the wonders of learning a second language.

“Speaking a second language gives students the ability to connect and communicate with other people in an increasingly interdependent world,” she said. “And a second language opens students’ eyes to positive attitudes and an awareness of other cultures.”

There are other benefits as well. For example, learning Spanish or another language improves one's first language.

“It also allows for practicing the 21st century skills of collaboration, communication, critical thinking and creativity,” she said, “along with the higher order thinking skills of analyzing and evaluating.”

Project-oriented, the teacher gives students numerous opportunities to present what and how they have learned. From creating homemade holiday ornaments to building personal sculptures and posters, she gives students an opportunity to “own” their own learning.

Learning a second language is a win-win, from broadened career options to cognitive enhancement, she said. And teaching continues to delight her.

“I love bringing joy to learning Spanish,” said Potossek, who is married to Sullivan County manager Joshua Potossek. “At the end of the day, I love what I do and I love the students.”



# On the front lines of caring, calming and making it feel better

STORY AND PHOTO  
BY KATHY DALEY

**S**omebody has a headache. Someone else's stomach hurts.

There's a student who pulled a muscle in gym. And a small child is coughing (oh no!)

It's all in a day's work – actually all in about 15 minutes – at the nurse's office where Mary Davis, R.N. is fully in charge.

"It's wonderful when the children appreciate your help and guidance," said Davis. She signed on in 2005 with Livingston Manor school district and never left. Even Covid has not daunted her.

"It has complicated many things – you no longer just have a cold," she said, pointing to the realities of testing, vaccines, paperwork.

These days, calming people falls to the wisdom of school nurses, whether the concerned are students, parents or staff. "I don't know all the answers," said Davis,



KATHY DALEY / DEMOCRAT

School Nurse Mary Davis checks on a student with a sore arm. Davis moved from the Bronx to Liberty when she was a senior in high school. Having to choose a major quickly, she saw a poster on the wall featuring a school nurse. The rest is history.

"I but can refer you to more reliable, knowledgeable people or a trusted website."

"So many are trying their best from the CDC, NYS Department of Health and our local Public Health

Nursing," Davis said. "They are all doing a great job – especially our local epidemiology department in Liberty."

She's glad about her new quarters: a suite that allows for a room where a child showing possible symptoms can be temporarily separated from the school population, with an exit door that leads into the parking lot should a child or adult test positive.

"Sadly, coronavirus is here to stay with all its strains," said Davis, "and together we need to figure out the best way to proceed."

In between calming a teenage girl who needs something for cramps, Davis notes that "I work with an amazing staff and incredible administrators."

And as for the kids. "I love their stories," she said. "They have a different perspective on life and are especially funny when they don't realize they ARE funny. It's very satisfying to watch them grow up and mature."

## KLINGER

Power Sports

33 West Street, Walton

Phone: (607) 865-6326



can-am



KYMC



Kawasaki  
Let the good times roll.



CFMOTO



ski-doo

ATVs, Mule UVs, Teryx, Dirt Bikes, Motorcycles,  
Can Am Spyders/Rykers, Snowmobiles & Trailers

**Hours:** Mon-Thur, 9am - 5:30 pm;

Fri, 9am - 5pm; Sat, 9am - 4pm

Visit Us At: [www.klingerpowersports.com](http://www.klingerpowersports.com)

100100

*"If We Can't Find Your Dream Home  
We'll Have It Built For You."*



CAROLE  
**EDWARDS REALTY**  
& MODULAR HOMES

Ryan Edwards, Salesperson

23 Edwards Lane • 7 Main St. • Livingston Manor, NY 12758

Office: 845-439-3620 • Cell: 914-799-5075

[livmanor.com](http://livmanor.com)

90297





# TRANSPORTING THE MOST PRECIOUS CARGO

**Our drivers go above and beyond when it comes to the safety of our passengers.**

Each year, Rolling V drivers are responsible for the safe transportation of more than 7,000 school children. School is back in session, so please remember to drive carefully – it could be your child on a bus nearby!

To learn more about our commitment to providing safe transportation for the children in our community, visit [rollingv.com/parent-portal](https://rollingv.com/parent-portal)

To join our winning team, visit [rollingv.com/recruitment](https://rollingv.com/recruitment)

**845-434-0511**  
**[www.RollingV.com](https://www.RollingV.com)**

**ROLLING V**  
**BUS CORPORATION**

