



A HAPPY NEW YEAR

Special points of interest:

- HAVERSTRAW CENTER offers many programs free of charge (See schedule)
- COUNSELING for help with: alcohol, tobacco and other drug use, family problems, boyfriends/girlfriends, school
- RECREATION and homework help
- FAMILY ACTIVITIES



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Haverstraw Center News

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Village of Haverstraw/Haverstraw Center

Haverstraw Holiday Party (continued on page 2)

The Haverstraw Center hosted its annual holiday party on Monday, December 19th with a gym full of over 250 excited youth and their families. Music set the mood as did the festive decorations. This is truly a community event which could not take place without the expert direction of Nikki Merriman. Nikki has been coordinating this venture for years and is very grateful for the support of her staff, especially

Marion Breland Oswald and Tanya Soto.

Thank you to the Sparta family and Red Rock Café for their donation of the magnificent tree! **Toys for Tots** supplied the many presents that were wrapped by staff and volunteers and opened with delight by the children who received their gifts from Santa! A delicious buffet dinner was served by volunteers, the Commissioner of the Department of

Youth and Family Services, Emily Dominguez and Mayor Michael Kohut.



Santa AKA Prentiss Breland has been volunteering for more than 25 years!! Thank you!!!

NEW YEAR RESOLUTIONS

A resolution is simply an annual goal people make when they want to improve some area of their life. For a grown up it may be smoking, weight loss or relationship changes. For youth it may be to keep your room clean, make the team, or improve your grades in school. Some of the "New Year's Resolutions" from the Haverstraw Center youth are:

* Be kind with my family and friends. J.G.

* I want to work on losing weight and helping kids more. J.P.

* Help my mom and other family members with anything. D.R.

* I would be nice to my elders and be nice to my brothers and sisters. A.R.

* Is to get better grades and be better at school and not get in fights. M.K.

* Is to help my mom. J.R.

* Help my family more, get good grades, not to fight and to be a better kid. M.R.

* I want to have a fun time with my family and friends for New Year's Eve. K.T.

* Be happier with the new year and stop eating candy. Be nicer. L.E.

* To work hard and stay committed to a healthy lifestyle by working out more often. C.C.

* Be kind and share with others. K.S.

* Be kind to my little brother, my mom and my dad. N.R.

* Every Christmas I will give an even amount of gifts and be kind and share with others. K.S.

* "Work smarter not harder" Also to continue to provide a positive and safe place for kids to have fun and learn. T.S.

Haverstraw Holiday Party (continued)



The food was donated by staff and community members: Manny Mavrorasakis, Marina Gutierrez, Tomika Ashby, Alexis Kastner, Rhonda Berrian, Barbara Welch, John Henry Beamon, Harvest Assembly Church, Town of Haverstraw and Village Hall Staff Damaris Torres, Isabel Gonzalez, Theresa Alderson, Beverly Swift, Nelly Ariza, Gloria Harrison, Jessica Oms-Mendez, Toni Jones, Frank Vazquez, Mayor Kohut,

Trustee Emily Dominguez, and Clerk/Treasurer Judith Curcio.

The "guys" from Open Arms made preparation and clean up a breeze for the staff and we are so appreciative of the hours of time they donated.



A great time was had by all!!

THANK YOU!!!

Holiday pictures
12/19/2011

US MARINE CORPS RESERVE TOYS FOR TOTS PROGRAM



The Haverstraw Center would like to recognize Rocky Graziano and the amazing work he does on behalf of the youth in Rockland County through the US Marine Corps Reserve Toys for Tots Program. According to their website: <http://www.rocklandusmc.com/ToysforTots.html>, the goal of this program is to "deliver, through a shiny new toy at Christmas, a message of hope to



needy youngsters that will motivate them to grow into responsible, productive, patriotic citizens and community leaders."

Mr. Graziano and his volunteers from the US Marine Corps Reserve have

been very generous to the Haverstraw Center and we are so very grateful to you. Thank you for providing that message of hope to all.

Much thanks also to those who donate to the Toys for Tots program! Your donations make the holidays special for so many.

For information or to make additional donations: P.O. Box 191 Haverstraw, NY 10927



CASAC School

The Haverstraw Center has been the home for the training of Credentialed Alcohol and Substance Abuse Counselors (CASAC) for the past four years. The school offered valuable training to many of the employees in the Village of Haverstraw and awarded scholarships to outstanding community members interested in gaining expertise in the field of addiction counseling.

Under the leadership of exceptional administrative staff and teachers, the school underwent some major changes

its Board of Directors felt were needed to best deliver the program.

Anyone who attended in the early days will never forget James Ferguson for his dry humor and his amazing tales of courage of those battling addiction. James succumbed to lung cancer in 2009 leaving a legacy of compassion and caring to all who knew him. George Serdinsky, Debbie Maidman, Steve Oswald, & Barbara Tabala were instrumental in lively classroom discussions, finding amazing speakers and running a

school with efficiency.

RCADD, under the direction of Ruth Bowles, assumed sole responsibility for running the school in 2010, while continuing to offer valuable service to the community. However, with the completion of their own facility in Nanuet, classes will now be offered at that location.

The Haverstraw Center is proud to have been able to serve in this capacity. Thank you for the opportunities and education; much success in your new facility and in future endeavors.



Healthy Recipe for the New Year Sausage Lentil Soup



Ingredients

- 1 medium onion, chopped
- 1 celery rib, chopped
- 1/4 pound reduced-fat smoked sausage, halved and thinly sliced
- 1 medium carrot, halved and thinly sliced
- 2 garlic cloves, minced
- 2 cans (14-1/2 ounces each) reduced-sodium chicken broth
- 1/3 cup water
- 1 cup dried lentils, rinsed
- 1/2 teaspoon dried oregano

- 1/4 teaspoon ground cumin
 - 1/4 teaspoon pepper
 - 1 can (14-1/2 ounces) stewed tomatoes, cut up
 - 1 tablespoon Worcestershire sauce
- 1 cup chopped fresh spinach
- ### Directions

- In a large saucepan coated with cooking spray, cook and stir onion and celery over medium-high heat for 2 minutes. Add the sausage, carrot and garlic; cook 2-3 minutes longer or until onion is tender.
- Stir in the broth, water, lentils, oregano, cumin and pepper. Bring to a boil. Reduce heat; cover and simmer for 25-30 minutes or until lentils and vegetables are tender.
- Stir in the tomatoes, Worcestershire sauce and spinach; cook until heated through and spinach is wilted.

Yield: 6 servings.

Nutrition Facts: 1 cup equals 180 calories, 1 g fat (trace saturated fat), 7 mg cholesterol, 639 mg sodium, 31 g carbohydrate, 12 g fiber, 14 g protein. **Diabetic Exchanges:** 2 lean meat, 1 starch, 1 vegetable.

<http://www.tasteofhome.com/Recipes/Healthy-Sausage-Lentil-Soup>

New Year's Resolutions You'll Want to Keep

<http://www.healthcastle.com/eat-healthy-new-year.shtml> Gloria Tsang, RD

- Fill the plate with colorful vegetables: When you fill up your stomach with veggies, you will be less likely to feel the urge to binge on other high-fat or processed foods.
- Snack on fruits—fresh or dried: When feeling like snacking, grab a fruit instead of chips or cookies. Like vegetables, fruits are high in antioxidants and fiber and low in calories. Dip in low-fat yogurt for added calcium and protein.
- Look for alternatives to processed meat: Instead of always packing sodium-loaded processed ham sandwiches, try using leftover high-quality protein from the night before.
- Choose whole grains: Use whole-grain instead of white bread when making sandwiches. Toss brown rice, wild rice or barley in your vegetable soup. Or snack on popcorn instead of chips.
- Eat breakfast: Many people skip breakfast, but studies have shown that people who eat breakfast regularly are more likely to control their weight than those who skip breakfast.

Volunteer of the Month **Wayne Ford**

"My name is Makeyah Cousar. I think that Wayne is nice, caring, and funny. I like Wayne Ford because he spoils me and he shows me that he cares about me. He plays games with me and most of all he gives me attention. Wayne is my favorite volunteer!! I am always

happy around him."

Ask anyone at the Haverstraw Center and you will hear the same response. Wayne is a wonderful role model and a pleasure to have volunteering with us.

THANK YOU WAYNE!!!!



GOOD LUCK FOODS FOR THE NEW YEAR

- In many cultures (among them Ireland, Hungary, Switzerland, Germany and Austria) the custom of eating **pork** on New Year's is based on the idea that pigs symbolize progress. They are considered good luck because they root forward, symbolizing progress, and the fatty meat is also symbolic of fattening wallets.
- In Spain, Portugal, Mexico, Cuba, Ecuador, and Peru, it is often traditional to eat **12 grapes** at the stroke of midnight, one for each month in the coming year.
- Long associated with abundance and fertility, **pomegranates** are eaten in Turkey and other Mediterranean countries for luck in the New Year
- Thought to resemble coins, **lentils** are eaten throughout Italy for good fortune in the New Year.
- In many Asian countries, **long noodles** are eaten on New Year's Day in order to bring a long life. One catch: You can't break the noodle before it is all in your mouth.
- A common good luck food in the southern United States, **black-eyed peas** are thought to bring prosperity, especially when served with collard greens.

Village of Haverstraw/Haverstraw Center



Hope
to
see
you
there

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Haverstraw, NY 10927

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E-mail: CommunityCenter@VoHny.com

DMI
Drug Market Intervention)
"an innovative and effective
program to reduce drug deal-
ing in the community."

UPDATES: January 24, 2012
at 6 PM at the Haverstraw
Center.



The Haverstraw Center Mis- sion Statement

The Haverstraw Center serves all residents of the Village of Haverstraw by providing and hosting high-quality, comprehensive services for youth, families, adults and elders, promoting the health, safety, and well-being of community residents of all ages, and raising the quality of life for all people of our diverse community in a spirit of non-partisanship and cooperation.



We're on the WEB!
http://www.voh-ny.com/dept_youth.htm



Holiday Party at
the Haverstraw
Center 2011



Haverstraw Center General Schedule

Location	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/SUNDAY
Computer Room	Homework Help 3:00 PM—7:00 PM	Homework Help 3:00 PM—7:00 PM	Homework Help 3:00 PM—7:00 PM	Homework Help 3:00 PM—7:00 PM	Homework Help 3:00 PM—7:00 PM	
Game Room	3:00 PM—7:00 PM	3:00 PM—7:00 PM	3:00 PM—7:00 PM	3:00 PM—7:00 PM	3:00 PM—7:00 PM	
Multi-purpose Room	Homework Help B 3:00 PM—7:00 PM Boys' Group 8-10 4:30PM—5:30PM Back to Basics 7:00 PM—9:30 PM	Homework Help 3:00 PM—6:00 PM	Homework Help B 3:00 PM—7:00 PM Boys' Group 10-13 4:30PM—5:30PM	Homework Help 3:00 PM—6:00 PM	Homework Help 3:00 PM—7:00 PM	
Gymnasium	Youth Basketball 3:00 PM—5:00 PM Steve's Basketball 7:30 PM—9:30 PM	Youth Basketball 3:00 PM—5:00 PM JUMP 6:00 PM—7:30 PM	Youth Basketball 3:00 PM—5:00 PM 35 & Over Basketball 8:00 PM—10:00 PM	Youth Basketball 3:00 PM—5:00 PM Steve's Basketball 8:00 PM—10:00 PM	Youth Basketball 3:00 PM—9:00 PM	SATURDAY Sharp Shooting Academy Co-ed Middle School Youth 9:00 AM—11:00 AM Steve's Basketball 11:00 AM—1:00 PM SUNDAY HPAL 8:00 AM—5:00 PM Ito's Basketball Club 7:00PM—9:00PM
Conference Room	Homework Help 8th—12th grade 3:00 PM—5:30 PM RFS Empowerment Group 6:30 PM—9:00 PM	Homework Help 8th—12th grade 3:00 PM—5:30 PM Clinical Staff Meeting 12:00 noon—2:00 PM	Homework Help 8th—12th grade 3:00 PM—5:30 PM	Homework Help 8th—12th grade 3:00 PM—5:30 PM Staff Meeting 12:00 noon—2:00 PM		
Group Room	Girls' Group Middle School 3:30PM—5:00PM RFS—babysitting 6:30 PM—9:00 PM	Girls' Group Fieldstone 3:00PM—5:00PM Self Expressions 5:15 PM—6:15 PM	RCDOH Health Insurance Assistance 2:00 PM—5:00 PM Girl Scouts 5:00PM—6:00PM	Teen Advisory (10th—12th grade) 3:00 PM—4:00 PM Teen Group (10th—12th grade) 4:00 PM—5:00 PM	Teen Nutrition Class	
Art Room	Homework Help 3:00 PM—6:00 PM	Homework Help 3:00 PM—6:00 PM	Homework Help 3:00 PM—6:00 PM	Homework Help 3:00 PM—6:00 PM	Homework Help 3:00 PM—6:00 PM	
Kitchen						
Counseling Room						
Other						