

BE MY VALENTINE!

Haverstraw Center News

Volume 2, Issue 1

February 2012

Village of Haverstraw/Haverstraw Center

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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UNITY IN THE COMMUNITY – ALL TEEN, ALL NIGHT LOCK IN

Something new is happening at the Haverstraw Center—a high school all-nighter! On February 21st, the high school students who have completed the proper paperwork will assemble at the Center gymnasium at 8:00 PM for a variety of activities. The programs will end at 5:30 AM on Wednesday, February 22nd. Sponsored by the **Haverstraw Collaborative**, this activity is being held due to the changes in the school calendar. Normally, the students have a mid-winter recess in which the Haverstraw Collaborative would offer four days of workshops, activities and food to North Rockland students to keep them happily occupied and fed while school was not in

session. The school calendar this year offers President's Day and two additional days instead of the usual four days. Thus, the Haverstraw Collaborative is hoping to sponsor such a week in April this year, during the Spring recess. Please stay tuned to the newsletter for updates.

The all-nighter will include a dance, activities, workshops and more. Food will be provided by Collaborative agencies. Volunteers from Americorps, the RC Department of Mental Health, Hudson River HealthCare, Rockland Family Shelter, Planned Parenthood and Fidelis will help to chaperone or provide services for this event. It is open to the first fifty appli-

cants. For more information contact Tanya Soto or Tim Sanders at 845.429.5731.

FEBRUARY 21-22, 2012

8:00 PM—5:30 AM

Location: The Haverstraw Center

*50 W. Broad Street
Haverstraw, NY 10927
845-429-5731 ext 17*

All youth must have a signed parental consent form to participate. Please pick up forms at the Haverstraw Center.

Registration begins at 8:00 PM.

Only the 1st 50 youth will be allowed entrance.

Youth must remain in the center until 5:30AM.

VALENTINE'S DAY WISHES

- * Love and kisses to Ava and Emmett!! P.K.
- * Happy Valentine's Day Mom!! Thank you for everything you've done. N.H.
- * I want to wish the staff at the Haverstraw Center a Happy V-Day. C.J.
- * Happy Valentine's Day Wayne from "Lucy"
- * I hope everyone has a great Valentine's Day. J.T.
- * Happy Valentine's Day Pete, from the Self-Expressions Group
- * To the ladies at Reachout, Happy Valentine's Day from "Kevin"
- * Happy Valentine's Day Tanya. Love the Teen Advisory Board
- * Happy Valentine's Day Jean and Peggy from Girls' Club
- * Happy Valentine's Day to all from the Boys' Council

Be Mine



*Giara Castillo
Thank you for your service!
We miss you!*



GREAT NEWS!

Rockland County BOCES received a grant from LOWE'S to beautify the Haverstraw Community Garden. Expect to see students working side by side with their instructors to create wheelchair accessible walkways throughout the garden and other unique additions to the garden.

Work is to begin in April.



Student workers playing "Family Feud" at the Monthly Youth Celebration

GET IN WITH FIT ~ Tanya Soto

Get in with Fit is a 9-week fitness program for female teens in 10th – 12th. The group meets Wednesdays from 6:00PM – 8:00PM. The facilitators offer lessons on body image, stress eating, how to read nutritional labels, fast food, portion con-

trol and included a trip to a local bodega. Also incorporated into the program are physical activities such as zumba, hip hop dance and yoga. The Haverstraw Center is working in collaboration with Hudson River Health Care, CASA and the

Rockland County Health Department.



MONTHLY YOUTH CELEBRATION

The December and January youth who celebrated birthdays or who were "Caught Being Good" received their recognitions on January 31, 2012. The Haverstraw Center offers this celebration as a way of showing appreciation for the youths' random acts of kindness, good behavior, improvement in study habits, or helpfulness at the Center. By rewarding positive behavior, the incidence of risky behavior is reduced. At each monthly celebration, the youth are treated to a fun activity and/or entertainment and a tasty meal. This month the youth enjoyed chili and rice cooked by staff members Frankie Vazquez. The entertainment was provided by the student workers who devised their own version of "Family Feud."

Those who received certificates for Caught Being Good are:

11/23/11 Franklin Bennet, Jorny Gomez, Danny Hernandez, Musshia King, Pam Miceus, Krystal Morris, Pablo Rivas, Justin Williams, Nigel Williams

12/1/11 Kayla Alicea, Rony Cruz, Jorny Gomez, Danny Hernandez, Musshia King, Claude Lartigue, Nathaly Lopez, Mekei McCrae, Ivan Real, Antoine Remy, Jade Roché, Kaitlyn Santana, Jerrie Thifault, Cynthia Tlneo, Kiarra Toussaint

12/8/11 Kayla Alicea, Nyimma Bartee, Johanna Castro, William Chavez, Carlos DeJesus, Naté Harris, Joel Henriquez, Mekei McCrae, Mathew Miceus, Krystal Morris, Anthony Rutherford, Kevin Taylor, Kiarra Toussaint

12/15/11 Johanna Chulde, Lucy Cousar, Keysha Gonzalez, Justin Moronta, Antoine Remy, Pablo Rivas, Dante Roché, Jade Roché, Anthony Rutherford, Edwin Santana, Osmeiry Santana, King White, Adarra Wiley, Nigel Williams

1/5/12 Johanna Chulde, Kwani Harris, Keysha Gonzalez, Erica Lopez, Aisha Lundi, Dante Roché, Edwin

Santana, Kara Santana

1/12/12 Kayla Alicea, Johanna Chulde, Rony Cruz, Liana Encarnaçon, Julissa Estevez, Erica Lopez, Mekei McCrae, Mathew Miceus, Devin Nifaros, Alicia Noel, Merline Louis Pierre, Jade Roché, Rolanda Sand, Edwin Santana, Kaitlyn Santana, Kara Santana, Jerrie Thifault

1/19/12 Dymmond Bartee, Derek Chulde, Keysha Gonzalez, Janecia Lopez, Aisha Lundi, Anthony Pierre, Ivan Real, Pablo Rivas, Nathaly Rivera, Jade Roché, Anthony Rutherford, Edwin Santana, Kaitlyn Santana, Kara Santana, Jerrie Thifault, Debria Thomas

1/26/12 Dymmond Bartee, Nyimma Bartee, Johana Castro, Rony Cruz, Liana Encarnaçon, Kwani Harris, Tiara Johnson, Ashley Taveras, Sherley Taveras, Jerrie Thifault

CONGRATULATIONS !!!!

Happy January Birthday to three staff members:

Marion Breland Oswald,
Nikki Merriman and
Jeanmarie Zubko!

HEART HEALTHY RECIPES FOR VALENTINE'S DAY

Lori's Chicken Soup – Will Warm Your Heart

6 cups chicken broth
low in salt/sodium
and fat.
1 lb. boneless chicken
thighs
1 cup chopped celery
1 cup onion (chopped)
1 cup carrot (sliced)
1 tsp. minced garlic
1 bay leaf
¼ tsp. pepper
2 cups uncooked me-
dium egg noodles

Put broth, chicken,
celery, onion, carrots,
garlic, bay leaf, and
black pepper in
large pot, cover and
bring to boil.

Reduce heat and simmer
for 25 minutes or until
chicken or vegetables are
cooked.

Remove chicken, add egg
noodles to soup and
cover –
simmer 10 more minutes,
then shred chicken and
put back into soup and
serve.

Enjoy this delicious and
healthy soup anytime!

Rockland County Department of Health

C. Scott Vanderhoef,
County Executive

Joan H. FaceIle, MD,MPH
Commissioner of Health

www.rocklandsteps.org

Thank you to Michelle Klein-
man, Rockland County Depart-
ment of Health for sharing this
recipe she received from the
Gerald F. Neary School.



24 Top Heart-Healthy Foods

1. Salmon
2. Flaxseed (ground)
3. Oatmeal
4. Black or Kidney Beans
5. Almonds
6. Walnuts
7. Tuna
8. Tofu
9. Brown Rice
10. Soy Milk
11. Blueberries
12. Carrots
13. Spinach
14. Broccoli
15. Sweet Potato
16. Red Bell Peppers
17. Asparagus
18. Oranges
19. Tomatoes
20. Acorn Squash
21. Cantaloupe
22. Papaya
23. Dark Chocolate
24. Tea



[www.webmd.com/food-
recipes/features/25-top-
heart-healthy-foods](http://www.webmd.com/food-recipes/features/25-top-heart-healthy-foods)

LEAP DAY

When : February 29, 2012;
February 29, 2016

Leap Day is every four
years....almost. It's every
four years except years
ending with "00" that are
not divisible by 400. The
year in which this occurs,
is called a Leap Year.

**Why the fancy calcula-
tion?** The earth rotates
around the sun once every
365 and about 1/4 days.
So, by adding an extra day
every four years, we get
mighty close to keeping the
calendar consistent with
the earth's annual trip
around the sun. And to be

very precise, the earth or-
bits the sun every
365.242190 days. So, on
years ending in "00",
(except those not divisible
by 400) we skip Leap Year
and Leap Day. With all that
fancy calculating out of the
way, let's just celebrate
the day.

Did you know? There are
occasional "Leap Sec-
onds". We will spare you
the detail on those.
If your birthday is on
Leap Day, congratulations,
you finally get to celebrate
your birthday on your birth
date. Just how many of us

are celebrating our Birthday
on Leap Day? Only about
one in 1461 people. So, if
you were born on this day,
consider yourself very, very
special.

Reprinted courtesy of:
[http://holidayinsights.com/
other/leapday.htm](http://holidayinsights.com/other/leapday.htm)



Volunteer of the Month **Dan & Sue McPartland**

This month the Haverstraw
Center acknowledges two
very important people that
have been supportive of the
Haverstraw Center with the
spirit of giving. Your gener-
ous monetary donations
have made it possible for the

children who participate at
the Center to have Christ-
mas gifts, to view televi-
sion on a flat screen and to
play video games. This, to
name a few, was all pro-
vided with the generosity
of two long time North

Rockland residents, Dan and
Susan McPartland, who are
anonymous to the children
but hopefully no longer. It is
with gratitude and a thankful
spirit that we at the Haver-
straw Center say a continued
thank you for all that you

have done and continue to do.
It is one thing to receive a dona-
tion but it is another to see the
wonderful spirit that it is deliv-
ered. You have made a tremen-
dous difference in your own
backyard and it is duly appreci-
ated.



Village of Haverstraw/Haverstraw Center



Frankie Vazquez cooking up something special!

50 West Broad Street
Haverstraw, NY 10927

Phone: 845.429.5731
Fax: 845.429.5796
E-mail: CommunityCenter@VoHny.com



The Haverstraw Center Mission 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



February Special Events and Notable Days

- 2/1 Haverstraw Collaborative
- 2/1 Renew Haverstraw meets at 7
- 2/2 Ground Hog Day
- 2/4 ESL Level II Begins (contact Haverstraw Kings' Daughter Library for more information)
- 2/8 Boy Scout Day
- 2/11 Make a Friend Day
- 2/14 Valentine's Day
- 2/17 Random Acts of Kindness Day
- 2/20 President's Day
(CENTER CLOSED)
- 2/21-2/22 Teen All Nighter (you must be registered to attend) NO SCHOOL
- 2/24 National Tortilla Day
- 2/29 Leap Year/Sadie Hawkins Day

AMERICAN HEART MONTH
BLACK HISTORY MONTH
NATIONAL CHERRY MONTH

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	SATURDAY ESL—LEVEL II Offered by HKDL 11:00AM—1:00PM
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
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		SUNDAY HPAL 8:00 AM—5:00 PM Ito's Basketball Club 7:00PM—9:00PM
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 GET IN WITH FIT 6:00PM—8:00PM	Teen Advisory (10th—12th grade) 3:00 PM—4:00 PM Teen Group (10th—12th grade) 4:00 PM—5:00 PM		
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						