

SUFFERN VILLAGE NEWS - FALL 2019 EDITION

Welcome to the Village of Suffern Fall 2019 Newsletter!

A Message from Mayor Markunas



Throughout this edition of the Suffern Village News, articles highlight how residents continually step up and take the lead to make our Village a wonderful place to live and visit. Throughout the year, Suffern honors our great American Heroes through memorial services and ceremonies in tribute to Veterans, those who lost their lives as a result of September 11th, the Commemoration of Pearl Harbor Day, and those that are serving our great Nation. Through community events such as the Suffern Christmas Parade, Not Just Battery Saturday, Stamps for the Wounded, and the Suffern Lions Dog Day, community-minded volunteers are always in action. DARE

Programs provide fun and exciting activities for our youth with events coordinated by volunteers that truly care. Our first responders, who are always ready and prepared to keep residents safe, also serve our community as volunteers assisting many through the fund-raising activities and community functions they coordinate. Suffern's growing business community provides the opportunity for neighbors to shop with neighbors in a thriving historic downtown setting. Great things are happening in the Village of Suffern, and I am pleased to highlight the hard work and dedication to Suffern represented in the Fall 2019 Edition of Suffern Village News.

I wish everyone a happy holiday season and bright and healthy new year!

Sincerely,

Mayor Ed Markunas

Suffern Celebrates the Holiday Season With the 2019 Village of Suffern Christmas Parade



It's never too early to start thinking about the holiday season! Planning has been underway for Suffern's Annual Christmas Parade which will be held December 7, 2019 at 6:30 p.m.

Pearl Harbor Survivor Armando "Chick" Galella will lead Suffern's holiday spectacular this year as the Parade's Grand Marshal! The Christmas Parade

features holiday floats, drumlines, bands, choirs, twirlers, brightly decorated fire engines from municipalities throughout the region and, of course, Santa, who will be arriving at the end to greet crowds of excited children of all ages! Following, Santa will visit the Community Center to continue Suffern's holiday celebration. Visit with Santa and share refreshments with your friends and neighbors and celebrate all the joy of the holiday season!



Suffern's Annual Christmas Parade has grown each year to become one of the biggest and best, drawing thousands of visitors to enjoy the sights and sounds of the holiday season. Groups interested in participating in the parade can email cmills@suffernny.gov for further details.



Suffern Police Holiday Toy Drive is Underway



The Suffern community will come together again for the 29th Annual Suffern Police DARE Toy Drive. Under the guidance of Suffern Police Chief Clarke Osborn, this incredibly heartwarming experience ensures children in need will have toys for the holiday season. “I want to thank everyone who has donated and volunteered their efforts to this cause as we literally help hundreds of families every year and have consistently kept to our mission of helping others. As we gather toys that have been thoughtfully selected by residents for children in need, please note that your help does not go unnoticed”, said Suffern Police Chief Clarke Osborn.



Volunteer Elves of all ages work tirelessly at the Community Center sorting toys and placing them on labeled tables indicating the gender, age range, and activity of the toys. Volunteers get "shopping lists" and bag after bag are filled for distribution throughout the community.

The Suffern Police Department is asking for your help in providing new and unwrapped toys. Those interested in helping can drop off items at the Police Department located in the bottom floor of Village Hall through December 20. We thank Chief Osborn and his Team for pulling together this touching annual community event.



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Taking Fallen New York City Police Officer Brian Mulkeen Home

On Friday morning October 4th, thousands stood in salute for fallen New York City Police Officer Brian Mulkeen as a motorcycle procession made its way from New York City, lights flashing, to Sacred Heart Church in Monroe.



Along his journey home, Police Departments, Fire Departments, and residents saluted the funeral procession in honor of New York's fallen hero. Suffern Fire Department together with Tallman Fire Department displayed the colors of our great Nation as the funeral procession passed Suffern as it traveled on the New York State Thruway.



An emotional and touching video of Police Officer Mulkeen's journey home showing the many heartfelt displays in his honor along the way, including the Suffern and Tallman tribute, can be viewed at:

<https://www.youtube.com/watch?v=I56S0mKCvAg>



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T-Shirt Fund Raising Drive Raises Money for the Maintenance and Repair of the Village of Suffern September 11th Memorial



On behalf of the Village of Suffern, Mayor Ed Markunas accepted a donation in the amount of \$11,223.25 which was presented on October 7th by Suffern Police Chief Clarke Osborn. The Suffern Police Department and DARE Program held a September 11th T-Shirt fund raising drive to raise money for the maintenance and repair of the September 11th Memorial located outside Village Hall.



The September 11th Memorial was transformed two years ago by Eagle Scout Daniel Munitz who, as part of his Eagle Scout Project, added seating areas, landscaping and lighting to create a peaceful and beautiful location to reflect upon and respect those who gave the ultimate sacrifice to their country and community.

The Suffern Police Department created the customized September 11th Memorial shirt that was sold by volunteers at various times and locations throughout the Village. The two-sided navy shirts with multiple logo colors honored the “Heroes of September 11th”.



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September 11th Candlelight Vigil

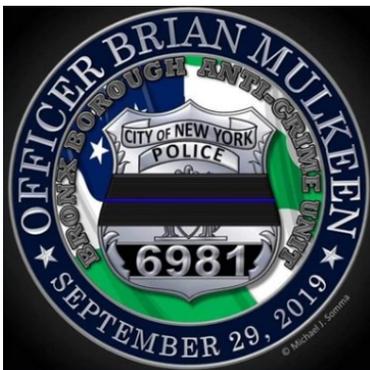


A solemn and touching ceremony was held in the Village of Suffern at the newly completed September 11th Memorial. The Memorial provided the backdrop for the evening tribute to the victims who tragically lost their lives September 11th, 2001, as well as those that lost

their lives as a result of September 11th related illnesses. The glow from the Candlelight Vigil lit the evening sky in solemn remembrance during the ceremony honoring our American Heroes.



Suffern Police Department T-Shirt Fundraising Event for Fallen Police Officer Brian Mulkeen



The recent loss of NYPD Officer Brian Mulkeen was nothing less than tragic. The Suffern Police Department conducted a T-shirt fundraiser in honor of Officer Brian Mulkeen to raise funds to aid his family. "We are fortunate to have many people on our team who helped with this effort including graphic artist Michael Somma who designed the T-shirts and Royal Tees in Suffern who worked extra hours to produce them", said Chief Clarke Osborn. The Village is thankful for the Suffern Police Department's continued work to help families

facing tragic situations through their community fundraising efforts.

September 11th Tribute in Lights

Suffern Fire Department participated in the September 11th Memorial Parade held in Hoboken, New Jersey. To commemorate the lives of all those lost on September 11th, 2001 in the attacks on the World Trade Center, the Pentagon, and United Flight 93, a “Tribute in Lights” was created using spot lights to shine two vertical columns toward the heavens representing the memory of the Twin Towers.

The Suffern Fire Department was honored to be invited to take part in a photoshoot with the Tribute of Lights visible in the background.

WE WILL NEVER FORGET.



Photo courtesy of Brian Duddy

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Remembering Our Nation's Veterans on Veteran's Day



This year marked the 100th year of our Nation's November 11th observance to reflect upon the sacrifices made by the men and women who have served in our Nation's armed forces. On a beautiful crisp Monday in the Village of Suffern, Veterans Day was observed with a Lafayette Avenue Parade that ended with a solemn

ceremony at Suffern's Historic Soldiers Monument. The Parade, which included Veterans, local officials, and hundreds of Boy Scouts and Girls Scouts, was led up Lafayette Avenue by the brilliant sounds of the Suffern High School Marching Band.



On November 11, 1919, a hundred years earlier, President Woodrow Wilson issued the first Armistice Day message following the end of WWI... "To Americans the reflections of Armistice Day will be filled with solemn pride in the heroism of those who died in the country's service, and with gratitude for

the opportunity it has given America to show her sympathy with peace and justice in the councils of nations".

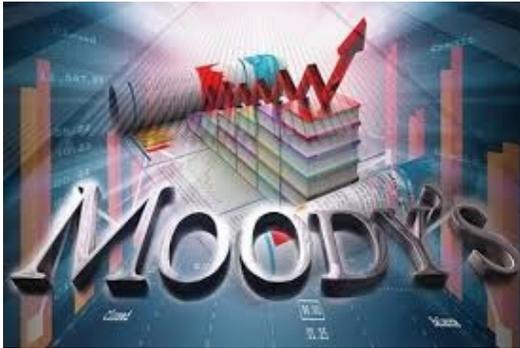


In 1926, Congress adopted a resolution requesting that President Calvin Coolidge issue annual November 11th proclamations with appropriate ceremonies. In 1945, WWII veteran Raymond Weeks requested that Armistice Day celebrate all veterans, not just those who died in World War I. In 1954, a bill establishing the

holiday was signed into law by President Dwight D. Eisenhower along with an amendment that year replacing "Armistice Day" with "Veterans Day," for which it has been known as since. With solemn pride and thankfulness, Suffern honors the men and women who served and are serving in our Nation's armed forces.



Moody's Upgrades the Village of Suffern Rating to A2



It took four years of planning, tough decisions and a commitment to make things right, but it all paid off when the Village of Suffern was advised on October 8, 2019 that Moody's Investors Service upgraded the Village of Suffern rating from Baa1 to A2. "The Village Board and I worked with Treasurer Michael Genito, department heads, employees and volunteers as a team to bring the Village back from the abyss and this is something Suffern can be truly proud of. Due to outstanding financial leadership of Treasurer Michael Genito, the Village's dedication to fiscal stability was recognized by Moody's two-step upgrade", said Mayor Markunas.

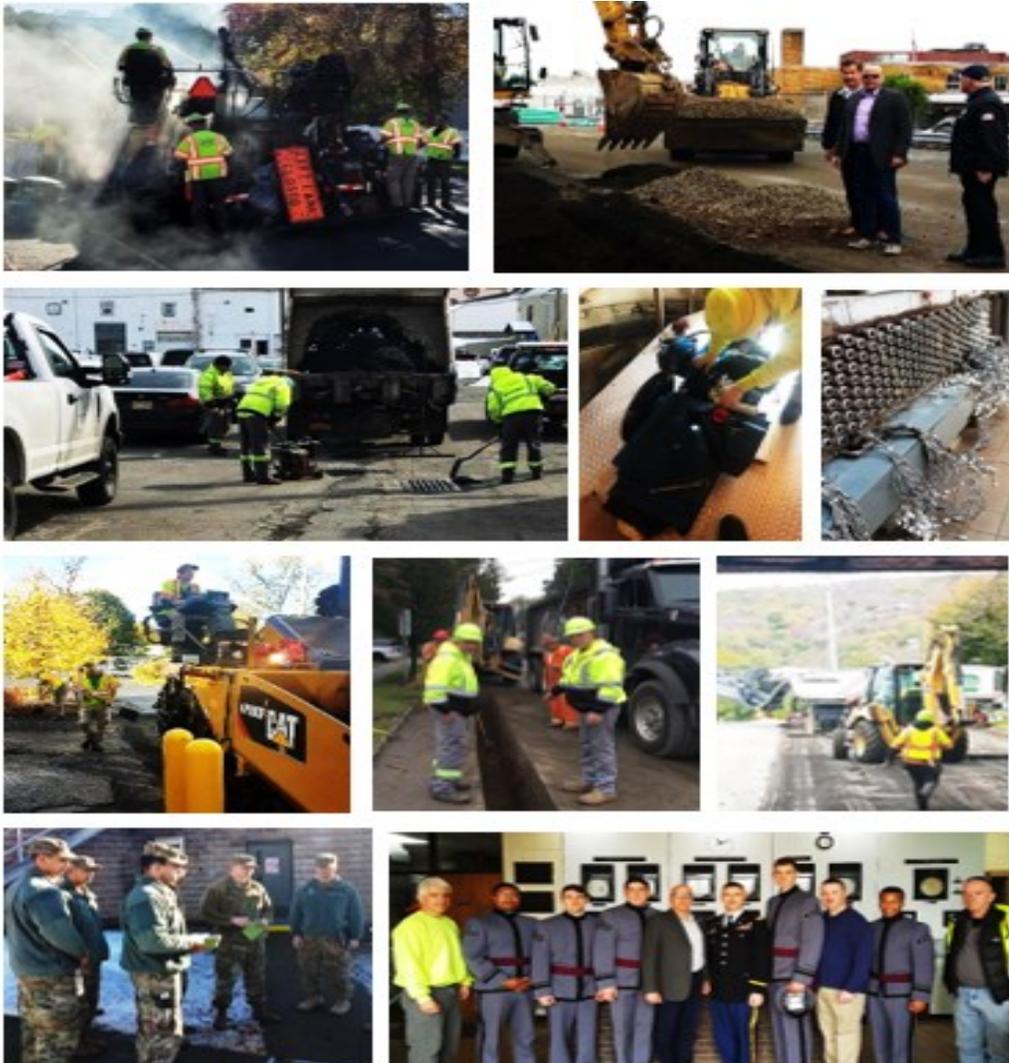
The Village of Suffern has risen from being the state's most financially stressed community five years ago to getting one of Moody's Investor Services' highest bond ratings — a measure recognizing Suffern's improved fiscal health. The first good news came in May of 2018, when Moody's upgraded the Village from a Baa3 to a Baa1 rating with a highly unusual two-step increase reflecting the Village's significantly improved financial position driven by deficit financing and improved budget management. And now on October 8th, Moody's upgraded the Village from Baa1 to A2, an additional two-step increase, in part because the Village "...benefits from significantly improved fiscal management as evidenced by strong operating results over the past three fiscal years."

As noted in the Moody's report, Suffern still has challenges, especially with its Sewer Fund operations and maintenance, but the Village has taken the necessary steps to ensure compliance with all environmental requirements while providing dependable sewer service to its residents and businesses. "Our hard work is paying off ", said Mayor Markunas. "And, we will continue to do what is best for our residents, businesses and those who come to the Village of Suffern to enjoy all that it has to offer." The Moody's report on Suffern can be accessed at: https://www.moody's.com/research/Moodys-upgrades-Suffern-NYs-GOLT-issuer-rating-to-A2--PR_906072837

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Infrastructure Projects Prepare the Village for the Future

The Village of Suffern has been actively working to upgrade the Village's critical infrastructure. Projects include Roadway Improvements, Sanitary Sewer Abatements, Municipal Parking Lot Repairs, Waste Water Treatment Plant Upgrades and Modifications, Orange and Rockland Gas Main Replacement Projects, Right of Way Improvements, the Wayne Avenue Sidewalk Project, and the Water Department South Street Pump Station Improvement Project. The Village of Suffern is extremely grateful for the ongoing assistance provided by the Cadets and Staff of the West Point Systems Engineering Department for their work on the Municipal Parking, Municipal Lighting, Infrastructure Security, and Water Systems Studies which have been conducted on behalf of the Village of Suffern for projects currently planned or underway.



The Suffern Fire Department Battles November 10th Structure Fire at Ramapough Cirque



On November 10th the Suffern Fire Department was dispatched to the Ramapough Cirque. Deputy Chief Jeremy Kaufer who arrived on scene within three minutes of the dispatch observed heavy smoke billowing from the top floor of a three-story townhouse. Deputy Chief Kaufer notified Rockland County Fire Dispatch upgrading the incident to a working structure fire which signaled automatic mutual aid from the Tallman Fire Department for F.A.S.T. (Firefighter Assist and Search Team). Mahwah Fire Department and Hillburn Fire Department aided at scene while Sloatsburg Fire Department assisted with standby at the Suffern Hose Company to answer any additional calls for service within the Village.

Suffern Hook & Ladder Company worked on the heavy fire visible from multiple third floor windows. Crews entered the structure and started a primary search for the possibility of trapped residents. The Suffern Hose Company secured a water source from a nearby hydrant and two hose lines were deployed. Within minutes, a large portion of the fire was extinguished. Additional on-scene assistance was provided by Tallman Fire Department and Hillcrest Fire Department. Sloatsburg Fire Department was later redirected to the scene with the Monsey Fire Department dispatched to provide standby within the Village for all other calls for service.



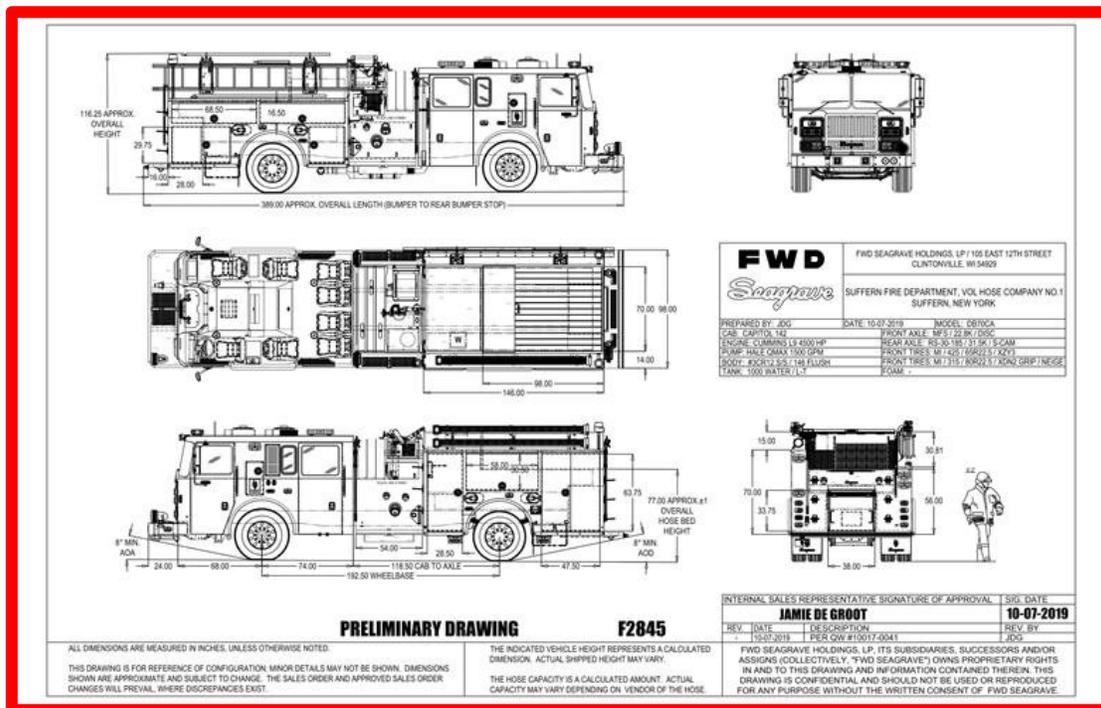
The fire was contained to the third floor of the residence with smoke and water damage throughout. Firefighters were able to prevent the spread of fire to many additional residences except for a minor extension in the attic of one adjoining unit. The incident was brought under control in just under two hours. The Suffern Fire Department thanks mutual aid departments, both on scene and providing coverage to the Village, EMS personnel who stood by in the event of any injuries, Rockland County Deputy Fire Coordinators, the Suffern Police Department, the Rockland County Sheriff's Department Arson Investigation Unit and Fire Dispatch, the Village of Suffern Fire and Building Inspectors, and Orange & Rockland for their assistance.

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Suffern Fire Department Outlines Specifications to Replace the Department's Twenty-Seven-Year-Old Fire Truck

The landscape of the Village of Suffern is ever-evolving and in order to ensure the safety of Village of Suffern residents the needs of our fire department must be continually evaluated. Fully staffed by over 100 volunteers, the Village of Suffern Fire Department is committed to the safety of residents during a time of crisis.

Over the past thirteen months, a committee of fire department members have been working diligently in creating a list of specifications for a new fire engine to replace their twenty-seven-year-old fire truck. It is critical that the apparatus meet the standards of the NFPA to ensure the safety of both firefighters and village residents.



A special meeting of the Village Board of Trustees will be held 7:00 p.m., November 21st at the Hose Company to allow Board members the opportunity to discuss the specifications outlined for the proposed new fire engine. Residents are encouraged to attend to learn more about this vital project. The members and Chief officers of the Fire Department recognize the continuous support received by the community throughout the years and thank residents for their continued support.

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Suffern Remembers Pearl Harbor Day with a Sunday, December 8th Memorial Ceremony



Pearl Harbor Day, December 7th, 1941 ... a "day that will live in infamy" will be remembered at a Memorial Ceremony to be held in the Village Hall auditorium on Sunday, December 8th. The Village of Suffern ceremony keeps the valor, heroism and sacrifices of that day alive each year with the Pearl Harbor Remembrance Day Commemoration. Pearl Harbor Survivor, Armando

"Chick" Galella, who is the 2019 Grand Marshal for the Suffern Christmas Parade, will describe the harrowing events that took place in 1941 as we remember the American Heroes who lost their lives that fateful day in pursuit of freedom.



Good Samaritan Hospital Unveils its Bariatric Surgery Center



Good Samaritan Hospital, part of the Westchester Medical Center Health Network, unveiled its new Bariatric Surgery Center on October 23rd. The hospital held a ceremony heralding the official opening of the new center which offers advanced bariatric surgery techniques for severely obese patients. "The 6,000-square-foot Bariatric Surgery Center, along with Good

Samaritan's new Orthopedic and Infusion Centers, represent a \$9 Million investment in our community", explained Mayor Markunas who attended the unveiling with Village Trustees Frank Hagen and Moira Hertzman. The Bariatric Unit includes seven private en suite rooms designed for accessibility, sensitivity and safety. Extra space is allotted in each room, doorway and hallway to allow for safe movement and transportation, and rooms are equipped with state-of-the-art digital monitoring equipment and modern accommodations. The design elements were selected to promote a quiet environment and comfortable experience.

107th Annual Rockland County Volunteer Firefighters Association Parade is Celebrated in the Village of Suffern



Saturday, September 7th was an exciting day in the Village of Suffern. Suffern Fire Department, in conjunction with the Tallman Fire Department, was honored to host the 107th Annual Rockland County Volunteer Firefighters Association parade on a beautiful September afternoon. All twenty-six Rockland County fire departments and seven guest fire departments participated including the Freiwillige Feuerwehr Homburg and accompanying band from Homburg, Germany.



More than 1,000 volunteer firefighters from the more than 30 participating departments marched in the parade. Close to 100 fire trucks and emergency vehicles, marching bands, ladies' auxiliaries and community organizations took part. Marchers passed a review stand at the corner of Lafayette Avenue and Chestnut Street on the way to the Suffern Volunteer Hose Company.

Following the parade, trophies were awarded as the participating fire companies gathered for refreshments in celebration of Rockland County's 107th Annual Event that features the men and women who serve as volunteer firefighters to keep the residents of our community safe.



The Suffern Community Foundation Leads “Not Just Battery Saturday”



Not Just Battery Saturday took place at Suffern Village Hall on Saturday, November 2nd. Hundreds of residents stopped by to recycle batteries, paint cans, and other items. The event, which was a huge success, was a great way for the community to work together to recycle. In all 10 tons of materials were collected! The Village

of Suffern is thankful to the Suffern Community Foundation for organizing the event and for the outstanding help of volunteer CSEA members. The Village also thanks Bruce Simon for his lead role as well as Suffern Girl Scouts and Boy Scouts, students, and volunteers who came out to help.



The Village of Suffern Community Foundation, Inc. is a not-for-profit organization that provides funding to support Village programs and initiatives. Since its inception, the Foundation has worked to promote community-based programs, including purchasing microphones, assisting

with the replacement of the stage curtains for Clifford Theatre, as well as other programs that have assisted Suffern children, seniors, and families.



The Foundation's funding primarily comes from donations, and they ask for your help so their good work in the community can continue. Donations to the Foundation help many programs in Suffern, including the annual DARE Toy Drive, the Soup Kitchen at Christ Episcopal Church, and early education programs at RP Connor Elementary School, just to name a few. Your donation helps people throughout the community

all year long. To donate to help the Foundation, visit their website at sufferncf.org or send a check to Village of Suffern Community Foundation, Inc., 61 Washington Avenue, Suffern, NY 10901.

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The November 15th Special Premier of the Irishman at the Historic Lafayette Theater Brings Excitement to Downtown Suffern



BEFORE the rest of the world got to see it... Only certain movie theaters in California and New York were selected to take part in a limited opening release of Martin Scorsese's blockbuster movie filmed in part in the Village of Suffern. During the special engagement at Suffern's Historic Lafayette Theater, Suffern moviegoers

had the chance to see *The Irishman* before its formal release and were the **FIRST** to see our hometown on the "Big Screen".



The crew of the *Irishman* worked for over four months in the Village, planning and preparing. The hard work paid off as moviegoers cheered and applauded for scenes featuring Suffern's historic downtown and surrounding area. Filming activities were coordinated with Villa Roma Studios through the Village Clerk's office. A filming team, including the Suffern Police Department, Suffern Fire Department, Department of Public Works, Building

Department, and Village Clerk's Office, worked together to execute the project. The Village's participation was acknowledged in the film's credits.



"I am proud of the Village Clerk's Office for working hard to bring additional revenue into the Village and for coordinating the activities that made this project a huge success", said Mayor Markunas. "The Village was buzzing with activity on November 15th as residents visited the restaurants and shops on Lafayette Avenue

before the show... There was just an amazing excitement downtown that everyone could feel."

DARE Teaches Students Decision Making Skills to Lead Safe and Healthy Lives



With phones raised, swaying to the rhythm of the music, pictured are Suffern youth enjoying a DARE Dance at the Community Center. The Suffern Police Department DARE Program, formed in 1993, has proudly become one of the most active

DARE units in the region largely due to support received from the community. Suffern's program currently serves over 2,200 students from the Suffern Central School District and Sacred Heart Schools.



Besides teaching the informative and educational DARE curriculum, the Suffern DARE program sponsors many extracurricular activities. "Thanks to the many volunteers that help with Suffern DARE, we are able to teach students how to have fun without using drugs or alcohol", explained Police Chief Clarke Osborn. "By promoting community service and community spirit, events such as DARE Dances allow the opportunity for our youth to have fun with friends while providing them resources to learn how to have safe and healthy lives".

Information on DARE events can be found at the Suffern Police Department website at: <https://pd.suffernny.gov/d-a-r-e/>

DARE Hockey Blends Volunteerism and Sportsmanship in a Vital Youth Program



The Suffern Police Department DARE Street Hockey League, formed in the winter of 1998, plays an important role in our community blending volunteerism and sportsmanship. Coordinated by Police Chief Clarke Osborn, the league has a dedicated volunteer coaching staff and a team of

knowledgeable officials that are devoted to this important youth program. DARE Hockey has a fall division consisting of players in grades 2 through 6 and a spring league consisting of players in grades 6-12. The games are played in sneakers with players wearing full equipment which is provided by the league.



“The Suffern Police Department prides itself on community involvement and the Village is grateful to our Officers that volunteer to coach”, said Chief Clarke Osborn. Highlighted in the photo from left to right are volunteer coaches Sgt. Jim Giannettino, PO Andrew Yorke and PO Billy Osborn.

Registration for the DARE street hockey league is open to students in the Suffern Central School District. For further information, please call 845-357-DARE, Extension

5. Registration forms can be obtained online at the Suffern Police website at pd.suffernny.gov.



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Make a Big Impact Shop in the Village of Suffern November 30th for the Small Business Saturday Event



MAKE A BIG IMPACT SHOP SMALL
SMALL BUSINESS SATURDAY

SHOP SMALL

SATURDAY, NOVEMBER 30th
11am-4pm!
NEW RIDDLES!!
PRIZES!!!

SUFFERN CHAMBER SCAVENGER HUNT!
Win Gift Cards
...Gifts Baskets
...and more!!

Enjoy 20% Off Lunch with Family and/or Friends!

Scan the QR code with your smartphone camera for details or go to

www.suffernchamber.org/shoplocal

Suffern Chamber of Commerce is once again organizing the Village's Small Business Saturday which will take place Saturday, November 30th from 11:00 a.m. to 4:00 p.m. Visit the Suffern Chamber of Commerce Website for more information about how you can make a big impact by visiting the shops and restaurants in downtown Suffern.

Suffern's small businesses provide residents the opportunity to shop with friends and neighbors. Suffern's merchants contribute to our local economy and stimulate additional economic growth through the employment opportunities they provide.

The Village of Suffern is proud to recently welcome new businesses to Suffern's diverse and growing business community and look forward to the future businesses that are planning to make our Village their home. Below are just a few of the new businesses that have joined Suffern's merchant community.

Make a Big Impact – Shop and Eat in the Village of Suffern!



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Suffern: A Pedestrian-Friendly Place with City Access



Suffern was featured in the August 21st edition of the New York Times in an article entitled *Suffern: A Pedestrian-Friendly Place with City Access*, written by Kathleen Lynn. The New York Times article highlighted the growing interest that has been shown by developers, businesses, and homeowners seeking all the Village of Suffern has to offer.

The article included an interview with a new Village of Suffern resident who recently relocated from Annapolis, Maryland. In making the determination for a new home, he sought a pedestrian-friendly neighborhood near transportation options and a shopping district. “He found what he was looking for in Suffern when he recently moved into a new apartment building close to the commuter rail station and Suffern’s shopping district”, explained Kathleen Lynn.

Suffern is considered the gateway to New York State offering unfettered access to all major highways, strategic proximity to all major airports, passenger train service to the New York metropolitan area, and an integrated bus transportation system. “Our growing community has been the recent focus of attention”, said Mayor Markunas. “We were proud to be contacted by Kathleen Lynn of the New York Times and were pleased that she had the opportunity to visit and write about our historic and thriving Village”.

A copy of the complete New York Times Article is available at:

<https://www.nytimes.com/2019/08/21/realestate/suffern-ny-a-pedestrian-friendly-place-with-city-access.html>

Photo of Outdoor dining at Curley’s Corner by Katherine Marks for The New York Times

Neighbors Helping Neighbors at the Repair Café



The October 20th Repair Café was a great success. Volunteers helped Village residents repair a variety of items including home appliances, lamps, digital devices, clothing and jewelry **FOR FREE!** The 4TH Annual Event was a great opportunity for neighbors to help neighbors and we are looking forward to the next Repair Café. The Village of Suffern thanks all those who served as volunteers. **Toss it? NO WAY!**

Stamps for the Wounded



Korean War Veteran Pat O'Brien is leading the effort to collect stamps in the Village of Suffern for our Nation's Wounded Warriors. "The Stamps for the Wounded Program was founded in 1942 in response to an appeal from the Armed Services Hospitals", explained Pat as he visited the Village Hall on one of his stops to gather over 20 pounds of donated stamps.



Stamps provide bedridden, long-treated, and convalescent veterans a consuming interest. Wounded Warriors sort and mount stamps, even when confined to bed or wheelchairs, making them into fanciful greeting cards, decorative boxes and other crafts. "Stamps for the Wounded help fight the deadliest of foes... idleness, boredom, loneliness, and despair", said O'Brien.



To participate, collect ordinary postage stamps on envelopes; the kind that would just be thrown away. New stamps, both US and foreign, stamps on envelopes with special postmarks, and other philatelic materials are particularly sought after. Donations can be dropped off at the Village Clerk's Office in envelopes marked "Pat O'Brien – Stamps for the Wounded". The Village thanks Pat for his long-standing effort in helping Wounded Warriors. For more information see: <http://www.angelfire.com/va2/ayrhill/SFTW.htm>

Have a “Healthy” Holiday Season



We all want to enjoy the Holiday Season, having fun, being festive, enjoying family and friends, while staying healthy. Incorporating some of these tips throughout the holiday season may help... and remember, it's not all or nothing, do the best you can and enjoy the season.

1. **Mindful eating:** Eat a variety of seasonal fruits and vegetables to ensure intake of vitamins, minerals and dietary fiber. Limit your portion sizes and foods high in fat, salt, and sugar. Crowd-out unhealthy options by filling up with nutritious, energizing foods; when dessert time comes, you will feel satiated and will easily limit portions.
2. **Stay Active:** Go for a walk, a park or mall. Hit the gym, take a spin class, try yoga to relax and strengthen your body, mind and spirit. Time constraints; break your exercise time into small pieces.
3. **Manage stress:** Give yourself a break if you feel stressed out or overwhelmed. **Slow down and breathe deeply.** Take a few minutes to sit in silence and practice some deep, slow breathing. It will ground and center you, help with digestion, calm and balance your nervous system.
Spend time in Nature. Go for a walk, spending time outdoors makes you happier, improves your circulation and concentration.
Essential Oils. Essential Oils are known to have a direct effect on the parts of the brain that control stress. Lavender oil is a perfect way to help you relax.
4. **Stay Hydrated:** Hydration is essential. Being hydrated has very tangible benefits to a healthier you. The rule of thumb is to drink half of your body weight in ounces of water.
5. **Limit alcohol Consumption:** Alternating water or seltzer between each alcoholic beverage will help one to be mindful. Choosing drinks that are low in alcohol is an easy way to stay festive with a clear head. Better yet, try a “mocktail”. These trendy drinks are now offered routinely. They are delicious and alcohol free!
6. **Give:** Be kind to yourself and others, offer your help when you can, take time to connect with people, donate toys to those in need, or donate to your favorite charity.
7. **Sleep:** It's tempting to stay up late checking for upcoming deals but try to put the phone/computer down. Your body and mind will thank you. Getting enough sleep will ensure you have the energy and focus throughout the season.
8. **Take your vitamins:** Supplementing will provide you with extra protection, keeping your immune system strong.
9. **Take probiotics and digestive enzymes:** Boost your immune system with yogurt, kefir, fermented foods and/or probiotic supplements. During a big meal, take digestive enzymes to help you digest and assimilate with ease.

Enjoy the Holiday Season: Remember the reasons for the season and focus on the joyful moments.... Happy Holidays to all!

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TEXT YOUR ZIP CODE TO 888777 TO OPT-IN

Police Fire EMS



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Text 10901 to 888777	Opt in and reply with your e-mail address	You Are All Set
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SIGN UP FOR CONSTANT CONTACT

To sign up to receive Recreation and Event Notices, email nchristopher@suffernny.gov or omills@suffernny.gov and provide your email address.

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It was Spooky in Suffern this Halloween

It was spooky in Suffern as brightly painted Halloween-themed paintings, created by Suffern School District Students, adorned the windows of businesses throughout the Village. Halloween festivities took place in the Community Center, despite the rain, allowing the fun of costume parades and judging to take place. Suffern Lions provided treats to all who participated. The winners of the Window Painting Contest were: 1st Place - Sofia Mahotsko and Adena Velasquez, 7th grade, Sushi Bada Window; 2nd Place - Grace Wilson-Cahill, Keisha Resignac, and Cassidy Sheldon, 6th grade, Dunkin Donuts Window; and, 3rd Place - Maya Martino and Eloise Pinotto, 6th grade, Licata Insurance Window.



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Suffern Lions Dog Day Event Helps the Visually Impaired in our Community



The Suffern Lions and the Village of Suffern hosted the 3rd Annual Dog Day on September 14th; a beautiful fall day at Yorkshire Drive Park. Dog Day participants and their canine friends competed for prizes while enjoying an afternoon with friends and neighbors. Chief Clarke Osborn grilled hot dogs and provided refreshments



for participants during the DARE Hockey event under way across the street. The proceeds from the event went to the Guiding Eyes for the Blind Program. Along with the Annual Dog Day Event, Suffern Lions holds various fund-raising activities throughout the year, including White Cane Day and the Taste of Suffern, to raise money for the visually impaired. Residents can help by donating unused prescription eye glasses which can be dropped off

at the Village Clerk's Office for distribution to those in need by the Suffern Lions.

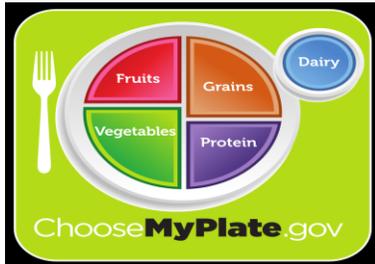
Village of Suffern Fall Leaf and Brush Collection



The Suffern DPW will be collecting leaves curbside until December 15th. Residents are asked to place leaves curbside on lawns, not on the street, to avoid obstructing the flow of traffic on narrow roadways. Residents are also asked to avoid putting leaf piles around obstacles such as vehicles, mailboxes, power lines, utility poles and sign posts.

Leaves can also be placed in paper lawn refuse bags for pick up. Brush and lawn clippings in paper leaf collection bags will continue to be picked up by the DPW curbside on Mondays and/or Tuesdays, weather permitting. Brush that does not fit in collection bags must be 4 feet or less in size and tied into bundles with a maximum weight of 50 pounds. Small brush can be placed into paper leaf collection bags. Leaf collection bags are available for residents to pick-up at the DPW Garage during normal business hours.

The Village of Suffern Nutrition Corner The Healthy Plate Option



Each day science is proving that food is an incredible value when it comes to preventative health and reversing chronic diseases. While traditional medicine is required when addressing specific conditions, food can act as a preventative and medicinal tool. Notice how you feel when consuming unhealthy foods. Some may feel ill when quite often the body is responding to the food choices that were

made. Sugar, processed foods and saturated fats can cause one to feel tired, anxious, congested, inflamed, achy, while causing digestive issues.

Moderation is the key, and by incorporating MYPLATE, the dietary guideline suggested by the USDA, into your lifestyle, one can make the transition to a healthier diet with ease. MyPlate is a visual tool illustrating the various food groups one can easily incorporate daily, while adding more nutritious foods containing nutrients, minerals, and fiber into their daily meals.

It is not necessary to make radical adjustments. Nutritional awareness can start with incorporating healthy foods into our diet, including seasonal and super-foods. When we add healthy options, we crowd out unhealthy foods. We are not on “diets” but making healthy lifestyle changes. An example of this is leafy greens, a nutritional powerhouse full of vitamins and minerals. It is easy to add a salad to your lunch and enjoy all the health benefits. Adding Fall fruits and vegetables is another great place to begin. Choosing just a few is not easy, but let’s focus on some fall superfoods that have nutritional healing benefits.

Sweet Potato: Loaded with potassium and magnesium, dietary fiber, folate, vitamin A and C. Adding a sweet potato will boost your immune system.

Apples: Full of antioxidants which can help prevent chronic illness and slow the aging process. Adding cinnamon will help stabilize blood sugar, while getting an additional dose of antioxidants.

Pumpkin: Rich in beta-carotene making it nutritionally good for healthy skin, good eye health which is also known for boosting our immune system.

Beets: High in essential vitamins and minerals, making them an excellent addition to your diet. Beets help reduce inflammation, support your heart, and protect your digestive, brain, and eye health.

These are just a few examples of how to become more mindful when choosing our foods because after all, “we are what we eat.” “Let food be thy medicine and medicine be thy food”... Hippocrates

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Suffern Day 2019



Suffern Day 2019 was a HUGE success. The Recreation Department coordinated a fun-filled day with activities for everyone to enjoy. Mayor Markunas, the Village Board of Trustees, Suffern Police Department, Suffern Fire Department, the Department of Public Works, Water Department, and Recreation Board Members worked together to create an exciting Suffern Day Event. The

Village thanks our Emergency Services, Suffern Day Sponsors, Local Civic Organizations, participating local restaurants, Chamber of Commerce, Performers, Total DJ, NY Sports Club, Walgreens, Country Fresh, Town of Stony Point, Legion Fireworks, as well as all of those who volunteered their time to make Suffern Day a success.



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Summer in Suffern Was Filled with Warm Breezes and Fun for Everyone



The Village of Suffern was a great place to enjoy the summer season. Highlighted are pictures taken during summer activities. This year's summer events included the Summer Concert Series, Art in the Park, Movie Night in the Park, daily fun at the Suffern Memorial Pool including the new "Suffern Snack Shack" and craft days at the pool, the DARE Program Swimming Pool Party, Yoga in the Park Summer Session, and the Clifford Summer Theater. A special thank you goes to the Suffern Recreation Department for arranging summer activities that were enjoyable for all!



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Summer in Suffern...



Saturday, August 3 ~ 2pm & 7pm

Clifford Theater

Presents:

Matilda ~ the Musical

