Staying safe and sane in the season of snow

A publication of the Sullivan County Democrat & 2022

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Make sure your driveway is clear after a snowstorm, so emergency personnel can reach you in case of a crisis.

Being safe during winter!

STORY AND PHOTOS BY PATRICIO ROBAYO

inter in the Catskills can seem magical as you drive along the scenic byways and view the snow-covered mountain peaks and clear, cool water splashes along snow-covered banks of the Delaware.



The winter can also be dangerous and life-threatening if you do not prepare. Whether you are just spending a weekend with friends or making the Sullivan Catskills home, preparing for a safe and healthy winter is vital.

Vehicle Prep

Having your car ready to tackle the winter is essential to ensure safe travel for you, your loved ones, and other motorists on the road.

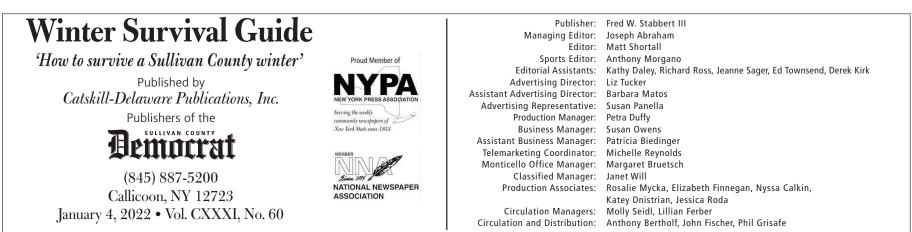
Before the cold wind of winter blows in, you should have your car's radiator serviced and have the correct amount of antifreeze, according to the Center for Disease Control (CDC).

Maintaining the correct tire pressure is essential, along with making sure the tires are 'roadready.' Inspect the tire tread and replace when necessary with allweather or snow tires.

During extremely cold weather, things freeze, like gas tanks. The CDC says it is a good idea to keep the tank full to avoid ice in the tank and fuel lines.

Your windshield will get dirt from the leftover snow or dirt picked up from the roads when

PLEASE SEE SAFE, 4W



4W WINTER SURVIVAL GUIDE





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SAFE FROM 3W

driving.

To ensure your windshield is clear, always have a full windshield wiper fluid tank maintained at the proper levels. And it is suggested that a winter formula be used on the windshield to aid in melting the ice that can build up when driving in cold weather.

When walking in the snow and ice around your vehicle or home, it is an excellent idea to have ice spikes for your shoes. The spikes slip over our shoes or boots and help keep you safe on icy days.

If you ever get stranded on the road, you will be glad you prepared an emergency kit.

Your car kit can include a cell phone, a portable charger, and extra batteries. Some items to keep in your car to keep you warm alongside the road are extra hats, coats, mittens, blankets, or sleeping bags.

Also, you should carry water and extra food in the trunk along with booster cables, flares, a tire pump, and a bag of sand.

Also, a first aid kit is a must in the car, along with plastic bags to use for sanitation.

Home

the ice. Invest in safety

gear, like these slip-on

safe manner.

footwear "chains", so you

can trek the outdoors in a

Your home is where you are safe and where you can get away from it all. But are you safe?

The silent killer in one's home is carbon monoxide (CO) poisoning. A CO detector in your home is recommended to warn you of this odorless but deadly gas that can build up in the house.

Some symptoms of CO poisoning are headaches, dizziness, weakness, upset stomach, vomiting, chest pain, and confusion. If you are experiencing these symptoms, seek emergency medical help.

Before each heating season, it is recommended that you have your heating system inspected and serviced, working at the most effective and safe operation.

Have your fireplace cleaned and your chimneys inspected and swept if you use a wood stove to provide your heat.

Install winter weather stripping in and around storm windows to help keep the cool air out and the warm air in.

Freezing pipes can be a significant problem in the winter, and you want to make sure that any water lines along the exterior walls of your home are insulated.

It is crucial to clear your driveway during a snowstorm when it is safe to do so. This is so not only for your car to exit but also for emergency vehicles to make their way to your home, if necessary.

The winter can be a beautiful season, and if you prepare, you can enjoy the season safely and healthily!

Winterizing your home can help prevent

disasters like these frozen pipes.

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JANUARY 2022







Rusty Palmer's is now conveniently located at 1175 Texas Palmyra Hwy in Honesdale, PA.



Rusty Palmer's has gear designed to keep you and your loved ones safe and warm while weathering the outdoors. They've also sold and serviced Honda products for over 40 years, and carry children's sizes to keep your younger loved ones safe and warm.

Thrive outside with Rusty Palmer's

for a temporary location to house

tled down in the currently former

Moving locations once again,

Rusty Palmer's continues to survive

in order to remain a reliable

provider of all their customers

could ever need in terms of recre-

ational vehicles, riding gear de-

signed to keep riders warm and

Rusty Palmer's stated mission is

best and quickest experience pos-

location on Route 6.

usty Palmer's Inc. has been a certified, award-winning the business. Eventually, they set-Honda provider and servicer for over 40 years, and offers a large selection of equipment and parts available for outdoor heavy machinery and recreation vehicles.

In February of 2005, disaster struck when Rusty Palmer Inc. and Rusty's Cafe burned to the ground, eaving behind nothing.

But to Rusty Palmer's, survival safe, and attentive service. meant everything.

They continued to push on to maintain a high level of cuswhere other dealers may have tomer satisfaction by providing the given up when Rusty purchased the former Tri-State Sports Center sible.

STORY AND PHOTOS BY DEREK KIRK

With a wide variety of riding gear, such as helmets, gloves, snow gear for men, women, and children, Rusty Palmer's keeps its mission statement as a one stop shop for the wintery outdoors this season.

Combining safety and style, the products on display in the showroom are eye-catchers and are a must have for recreational riders looking to not only survive the great outdoors this season, but thrive in their environment.

Be aware that the showroom recently moved from its former location just off of Route 6.

SULLIVAN COUNTY DEMOCRAT

WINTER SURVIVAL GUIDE



Rusty Palmer's is now set up at 1175 Texas Palmyra Hwy in Honesdale, PA.

They are open and available from 8 a.m. to 5 p.m. Monday through those who are looking to thrive in Friday, 8 a.m. to 4 p.m. on Saturdays, and closed on Sundays.

> For more information, call ahead at (570) 253-4507, or visit their website at rustypalmer.net.

> To view and experience Rusty Palmer's vast selection of motor gauges, gear, and services firsthand, stop by their storefront and gather all that you may need to survive for the ongoing Winter season!





Rusty Palmer's showroom (pictured above) alight with holiday decorations and displays of all the amazing products available. Headgear is a top safety priority with no shortage of styles and colors to choose from!

Enjoying the season

METRO CREATIVE SERVICES PHOTO

Skiing is a fun winter activity that the whole family can enjoy. Holiday Mountain in Monticello and the Villa Roma are two places in our county which offer skiing opportunities. BY ANTHONY MORGANO

ven though the temperatures are cold and the sun sets early, there is still tons of fun to be had in the winter months. Activities like snowmobiling, ice fishing, skiing and snowboarding are all fun things to do if you like to brave the winter weather.

So far this winter, snow has come at a premium, but that can change in the coming months. It's cold enough outside for ice to



Ice fishing is a great way to get outside during the winter months, and there are a few different local tournaments to participate in. The King of the Ice is one such tournament (pictured here), and it will be back in 2022.

start forming on lakes and for artificial snow on the ski slopes to not melt.

The Villa Roma offers ski slopes as well as snow tubing. Holiday Mountain also offers a different venue for snowboarding and skiing.

Ice fishing is another fun outdoor activity to do in Sullivan County, and once the ice gets thick enough it'll be the perfect time to see what you can catch.

The Smugglers Nob Rod and Gun Club is hosting their first annual Youth Ice Fishing Tournament this year. The event is scheduled for February 5, 2022 at Mitchell Pond in Cochecton.

Also, the 32nd Annual Hurleyville FireDepartment/Town of Fallsburg Youth Commission Ice Fishing Contest is slated to take place on Saturday, February 12 at Morningside Lake in Hurleyville.

And then, the 2022 King of the Ice Tournament, hosted by the Sullivan County Conservation Club, is scheduled for February 20.

Snowshoeing is another popular outdoor winter activity, and there are plenty of trails throughout the county to spend a day out in the snow.

Something new to look forward

to this year is the Twin Village Winter Park, set to open in January 2022. Weekly events, larger festivals, ice skating, snowshoeing, cross country skiing, hiking and more will be available in Roscoe this winter. You can also check out the Catskill Lantern Festival on February 19, tickets will be on sale soon.

While some enjoy braving the winter weather for outdoor activities, some would rather enjoy the colder months from the comfort of their homes. There are plenty of indoor activities you can do if winter is not for you.

Reading a good book, playing board games with your loved ones, and trying to make something new in the kitchen are just a few examples of indoor fun.

Even if you are unable to visit your loved ones in person, there are virtual ways to connect, like Zoom, so you can still have a game night, even if it is done remotely.

During the winter you can also check out your favorite winter sports, with local high schools participating in basketball, indoor track, wrestling, skiing, and cheerleading. SUNY Sullivan is also back to playing basketball, if you want to see some of the

WINTER SURVIVAL GUIDE **9W**

METRO CREATIVE SERVICES PHOTOS

Whether you're snowshoeing in the great outdoors or staying warm by the fire getting lost in a good book, there are many memories to be made this time of year. See the next page for a list of upcoming events. If winter isn't your thing, hold on tight, spring and summer are right around the corner.

most talented collegiate athletes in the region.

There are also a plethora of events around the county throughout the winter months, like the Roscoe Beer Company's Winterfest, scheduled for January 29.

Keep your eye out and be sure to check your favorite restaurants and hang out spots to see if they have any fun winter events.

Surviving in the winter can be tough, not only for you but for a lot of the small local businesses

as well.

A fun winter activity that you could do, weather permitting, is take a day or two to peruse some of the local shops in your town and try to find a gift for someone, considering you only have eleven and a half months until the holiday season starts again!

Whether you like winter or not, you have to try to hunker down and make the best of the the colder months.

PLEASE SEE EVENTS, 10W



Snowshoes in the Catskills



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Saturday, January 8

Delaware Highlands Conservancy Winter 2022 Eagle Watch Bus Tours 10 a.m. - 2 p.m. Join the Conservancy on a guided eagle-viewing bus tour, scheduled on select weekends in January and February. Learn from an expert guide and take a scenic drive on a heated bus throughout the Upper Delaware River region to look for and learn about bald eagles and their habitat. All current COVID safety guidelines will be followed and masks will be required while riding on the bus. Seats on trips are limited and advance reservations are required, so reserve your space today for the following 2022 winter trips (Fee: \$15 for Conservancy members, \$25 for non-members). Get tickets online at www.DelawareHighlands.org/events or call 570-226-3164/845-583-1010. The trips commence at the Delaware Highlands Conservancy's Van Scott Nature Reserve in Beach Lake, PA. Dress warmly in layers and wear waterproof boots. Bring binoculars, camera, and snacks. Snow dates for the trips are the Sundays immediately following. Check www.DelawareHighlands.org for the most up-to-date information. Refunds are not provided in the event of cancelled reservations.

Germinating Native Seeds with Pam Golben 1 -2:30 p.m. It's not too early to think Spring! Learn about seed stratification techniques, simple methods to germinate native seeds, and how to care for native seedlings from an expert in gardening. Cost \$5/person, \$15 family cap. Mamakating Environmental Education Center, 762 South Rd, Wurtsboro. Call (845) 644-5014 to resgiter. Mamakating Environmental Education Center, located near the unique and beautiful Bashakill wetland, is a community center supporting local history and environmental education.

Thursday, January 13

E.B. Crawford Public Library Program 6 p.m. 'I Have a Dream' Oliver King presents, virtually, a reading of Martin Luther King's 'I have a Dream' speech. Oliver, respected actor, performs the powerful and iconic speech that Martin Luther King Jr. delivered during the march on Washington in 1963 on the steps of the Lincoln Memorial. King was born on January 15, 1929 and became the most visible spokesman and leader in the civil rights movement. King advanced civil rights through his non-violent activism and in 1964 he won the Nobel Peace prize. He was assassinated in 1968. This program, offered by the Ethelbert B. Crawford Public Library, will be presented on ZOOM as well as on YouTube Live. Registration is required and is limited. Visit ebcpl.org, hover over 'Events' then click Adult Calendar to register.

Saturday, January 15

Delaware Highlands Conservancy Winter 2022 Eagle Watch Bus Tours 10 a.m. - 2 p.m. Join the Conservancy on a guided eagle-viewing bus tour, scheduled on select weekends in January and February. Learn from an expert guide and take a scenic drive on a heated bus throughout the Upper Delaware River region to look for and learn about bald eagles and their habitat. All current COVID safety guidelines will be followed and masks will be required while riding on the bus. Seats on trips are limited and advance reservations are required, so reserve your space today for the following 2022 winter trips (Fee: \$15 for Conservancy members, \$25 for non-members). Get tickets online at www.DelawareHighlands.org/events or call 570-226-3164/845-583-1010. The trips commence at the Delaware Highlands Conservancy's Van Scott Nature Reserve in Beach Lake, PA. Dress warmly in layers and wear waterproof boots. Bring binoculars, camera, and snacks. Snow dates for the trips are the Sundays immediately following. Check www.DelawareHighlands.org for the most up-to-date information. Refunds are not provided in the event of cancelled reservations.

Wandering the Bashakill with Elly Knieriemen 1 2 p.m. Need a taste of summer? Join educator Elly Knieriemen as she shares her photographs taken at the Bashakill Wetland. If you've visited MEEC, you've seen some of her beautiful photographs gracing the walls. Elly has spent the last 32 years living near and photographing the jewel that is the Bashakill and its inhabitants. She is also an amazing educator who makes you laugh as you are learning. Not to be missed! Cost \$5/person, \$15 family cap. Mamakating Environmental Education Center, 762 South Rd, Wurtsboro. Call (845) 644-5014 to resgiter. Mamakating Environmental Education Center, located near the unique and beautiful Bashakill wetland, is a community center supporting local history and environmental education.

Thursday, January 20

E.B. Crawford Public Library Program 6 p.m. 'Entertaining Stories and a Delectable Dish.' Johnny Ciao delivers this virtual presentation. The Culinary Rocker assembles a delicious dish as he shares excerpts and stories from his 3rd book titled 'Eating Life'. He talks about the unique culinary experiences that he has had



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with many famous celebrities. Johnny explains how he was able to live one life all his life without any separation of work, play, family, music while enjoying himself throughout his 40 plus years as an entrepreneur in the entertainment world. From his desire, drive, determination, direction and discipline to respecting and loving his family and people from all walks of life, you will enjoy hearing his stories as he show how to go about creating 'Fruit Boats', a delectable treat. This program, offered by the Ethelbert B. Crawford Public Library, will be presented on ZOOM as well as on YouTube Live. Registration is required and is limited. Visit ebcpl.org, hover over 'Events' then click Adult Calendar to register.

Saturday, January 22

The Benefits of Beeswax 1 - 2:30 p.m. Back by popular demand! Discover how honeybees make wax, how they use it in their hive and how beeswax is harvested and prepared for candle making. Have fun creating your own hand-rolled beeswax candle and a beeswax lotion bar to soothe dry winter skin. Cost \$10 for supplies + \$5 admission (\$15/person). Mamakating Environmental Education Center, 762 South Rd, Wurtsboro. Call (845) 644-5014 to resgiter. Mamakating Environmental Education Center, located near the unique and beautiful Bashakill wetland, is a community center supporting local history and environmental education.

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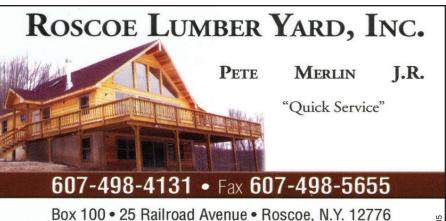
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