



THE OFFICIAL 2023 SULLIVAN COUNTY

WINTER SPORTS GUIDE



A special section
of the
Sullivan County
Democrat

Section W
Callicoon, NY
January 2023

- SKIING
- BASKETBALL
- CHEERLEADING
- TEAM PHOTOS
- INDOOR TRACK
- WRESTLING
- SCHEDULES
- PREVIEWS



THE
CENTER FOR
DISCOVERY®



Join the action!
Start a career at TCFD



Eldred Boys Basketball

Coach: Bill Furler
Last season's record: 0-14
Key losses to graduation: Xavier Gonzalez, Matt Ranaudo
New Additions: James Deyermond, Elijah Gonzalez
Goals for the Season: Work hard every day, play hard and grow as a team.
Need to work on: Team chemistry and rebounding.
Coach's comment: We were dealt a big blow before the season, losing Matt to injury was devastating. He was a big part of the team. He was one of the team captains. We are starting 3 freshman, so there is a lot to learn. This team will be competitive and will surprise many.

RICHARD A. ROSS | DEMOCRAT

Front row: Cooper Stutz, Elijah Gonzalez, Ruben Rausch
Back row: Coach Bill Furler, Frankie Whitmore, Sean Furler, Trai Kaufmann, James Deyermond, Keegan Baggatta.



A SUMMER OF ADVENTURE STARTS HERE

We're looking for adventurous candidates to fill multiple seasonal roles for our 2023 season!

Seasonal Roles Include:

boat handlers, front desk, food service, recreation, drivers & more



Scan here to
learn more
& apply!



KITTATINNY.com

Eldred Schedule

Boys Basketball

Jan	6	at Tuxedo	6:30 pm
	10	at Fallsburg	6:30 pm
	12	Roscoe	5:00 pm
	18	Sullivan West	6:30 pm
	20	at Tri-Valley	6:30 pm
	24	at Webutuck Central	6:30 pm
	27	Liberty	6:30 pm
	31	S.S Seward	6:30 pm
Feb	2	Chapel Field	6:30 pm
	6	Tuxedo	6:30 pm
	8	at Livingston Manor	6:00 pm
	10	Tri-Valley	6:30 pm
	14	Webutuck Central	6:30 pm
	17	at Roscoe	5:00 pm

Girls Basketball

Jan	5	Roscoe	6:30 pm
	9	at Roscoe	6:30 pm
	11	Sullivan West	6:30 pm
	13	Livingston Manor	6:30 pm
	17	Liberty	7:15 pm
	19	Roscoe	6:30 pm
	20	at Liberty	6:30 pm
	23	at S.S Seward	6:30 pm
Feb	3	Roscoe	6:30 pm
	7	at Tri-Valley	6:30 pm
	9	at Livingston Manor	5:00 pm
	13	Tri-Valley	6:30 pm

Indoor Track

Jan	18	SCCC Exhibition	3:15 pm
	20	OCIAA West Point	6:00 pm
	23	SCCC Invitational	3:15 pm
	25	SCCC Exhibition	3:15 pm
	29	Armory Invitational	5:00 pm
	30	SCCC Championship	3:15 pm
Feb	6	SCCC Exhibition	3:15 pm
	10	Section IX West Point	6:00 pm
	25	State Qualifiers	10:00 am

Wrestling

Jan	18	at Liberty	6:00 pm
	20	at Cornwall	6:00 pm
	27	at Liberty	6:00 pm
Feb	1	at Chester Academy	6:00 pm

Best of luck to the Eldred Yellowjackets for a winning season!

Yulan Service Station

Yulan, NY • 845-557-8431

105360

Eldred Girls Basketball



Coach: June Hallock

Last season's record: 4-10

Top returning players: Rayanna Quintanna, Grace Loretto, Molly McKerrell, Regan Kizer.

Key losses to graduation: Lily Gonzalez, Dana Donnelly, Jailyn Labuda, Jada Reed

Team strengths: My girls never give

up, winning or losing they play hard to the end.

Need to work on: I have a young group of girls, we need to work together as a team. It's also a rebuilding year. We lost 4 heavy scorers from last year.

Coach's comment: My goal for the girls this year is to finish the season winning the league.

RICHARD A. ROSS | DEMOCRAT

Front row (left to right): Rayanna Quintana, Sydney Furler, Regan Kizer, Destin Banach

Back row (left to right): Grace Loretto, Molly McKerrell, Marissa Gochenour, Olivia Gonzalez, Emma Rumsey, Coach J. Hallock. Missing from photo Jocelyn Bush.

Best of luck to all our athletes for a winning season!

GO GET 'EM YELLOWJACKETS!



From the Eldred Central School District Faculty Association

www.eldred.k12.ny.us

9537

Congratulations & Best of Luck to all our Eldred Athletes & Cheerleaders for a successful season.

Go Get 'em Yellowjackets!

BISLAND AGENCY

When You Need A Fair Shake You Can Count On Us!

LOW COST INSURANCE PLANS

FOR EVERY NEED. *CALL US TODAY!*

GENERAL INSURANCE

1681 Forestburgh Road, Glen Spey, NY

856-6180



95343

Fallsburg Boys Indoor Track



RICHARD A. ROSS | DEMOCRAT

Back Row, left to right: Hunter Doty, Isaias Argueta Hernandez, Treyvon Hayden, Reggie Lopez, Erli Garcia, Luke Oefelein, Yoshua Seraphin, Jamin McCullough, and Jefferson Banegas Gallo. Front Row, left to right: Isaiah Hershewsky, Justin Chavez,

Mike Aguilar Torres, Edwin Morales Jr., Kailan Odell, Isaac Hernandez Martinez, Rubin Bonilla, and Azon Laurel. Not pictured: Dominic Caston, Machi Hines, Nazir Lopez, William Martinez, Edwin Rodriguez, and German Romero Madrid.

Coach: Loren Rapaport and Danielle Halikias

Last season's record: 4th in OCIAA Division V

Top returning players: Edwin Morales Jr., Hunter Doty, William Martinez, Jefferson Gallo

Key losses to graduation: Josie Galleas Iraheta and Dante Baker

Team strengths: The boys have great teamwork, strong bonds, and dedication to improve themselves.

Need to work on: Skills and techniques within certain events, many events are new to this team and it will take time in order for them to feel comfortable in those events.

Coach's comment: With our biggest boys team yet, many boys are new this year so they are trying to find what their event is and where they fit on the team. The boys work hard and are motivated to rank higher than 4th in OCIAA divisions. We are also looking to get boys beyond State Qualifiers this year, with a young team, anything is possible.

Fallsburg Girls Indoor Track



RICHARD A. ROSS | DEMOCRAT

Coach: Loren Rapaport and Danielle Halikias

Last season's record: 2nd in OCIAA Division V

Top returning players: Gisella King, Bintou Darboe, Stephanie Granados, Cyriah Russell, Meredith Anderman, Angelina Levner, and Hayden-Marie Herrera

Key losses to graduation: Anna Dell'Aquila and Ceci Manica

Team strengths: The girls are a tight group that constantly push each other to be better and work harder. They are willing to go above and beyond to meet their personal records and to go farther in the season than ever before.

Need to work on: Conditioning, tactics, and mental toughness are the main things we are working on this season for the girls. Many athletes are trying new events which will require athletes to step out of their comfort zone. Once the girls trust their abilities, they will go far into the season.

Coach's comment: The girls are more than dedicated to earn a top spot in OCIAA and Sectionals, many athletes have their eye on qualifying times, throws, and jumps to make sure they make it to State Qualifiers. The girls have a well rounded team and are looking to rank high in championship meets and they are ready to give it all to earn their spots.

Back Row, left to right: Cecelia Norris-Yanes, Cyriah Russell, Joslyn Odell, Stephanie Granados, Amanda Murtagh, Bintou Darboe, Lee-Ann DiNapoli, Tiffany Maccagli, and Gisella King. Front Row, left to right: Angelina Levner, Aisha Dar-

boe, Lyanna Smith, Meredith Anderman, Zoey Ketcham, Natalie Fuentes, and Jaily Sebastian. Not pictured: Sanaya Aquil, Mikalah Ballard, Hyaden-Marie Herrera, and Allanah Owens. Coaches: Danielle Halikias and Loren Rapaport.

Fallsburg Girls Basketball



ANTHONY MORGANO | DEMOCRAT

The Lady Comets, top row from left, Allison Perna, Arslyn Cantave, Alana Gjeka, Jennifer Fuentes, Jordan Batista, Coach Ballard. Kneeling from left is Ashley Ingrassia, Maya Ballard, Emily Perna and Mia Irlbacher.

Coach: Michael Ballard

Top returning players: Allison Perna, Emily Perna, Jennifer Pena Fuentes, Maya Ballard, Mia Irlbacher and Ashley Ingrassia

Key losses to graduation: Ashley

Grande and Kaitlyn Cross

Team strengths: Play well defensively and communication

Need to work on: Looking down the court

Fallsburg Boys Basketball



ANTHONY MORGANO | DEMOCRAT

Front row from right to left, Coach Lionel White, Nick Storms, Terrance Hayden Jr., Carlos Alvarado, Hassan Donaldson, Lucas Parisi, Anthony Hernandez, Coach Vernon Poole
Back row from right to left, Eugene Jawang Johnson, Andrew Rein, Isaiah Young, Mateo Scanna, Josue Campos, Justin Parsons, Coach William Young

Coach: Lionel White

Last season's record: 7-13

Top returning players: Andrew Rein
Key losses to graduation: Akinde Bryan, Clayton Doolittle

Team strengths: We are a fast team and very versatile. Good mix of talent.

Need to work on: Continue to grow as a team.

Coach's comment: Our goal is always to continue to build the program. We want to be competitive and make sectionals.

Have a
Great Season!

Good Luck!

W&G
WOODBOURNE LAWN & GARDEN

Rock Salt & Ice Control Sand

Sand & Gravel • Filter Sand

Mason Sand • Bank Run

Crusher Run

Round & Crushed Various Stone Sizes

434-6628

RT 42 BEHIND TOWN BARN

DELIVERY AVAILABLE

BOX 27, ROUTE 42, WOODBOURNE, N.Y. 12788

Steingart Printing

Four Generations of Printing Excellence

A Full Service Printer!

☐ Offset & Digital Printing

☐ Design ☐ Bindery ☐ Mailing Service

Call for Prices!!

WIN BIG
COMETS!

5211 Main St., So. Fallsburg, NY 12779 • www.steingartprinting.com

845.434.4321

**Proud to Salute
Sullivan County's Winter Sports Teams!**

Sullivan County's
Own . . .



800-588-5051 • 845-434-5051

PHOTOS BY ANTHONY MORGANO

At right: Emily Perna races down and elevates for a fastbreak layup against Liberty in the Rumble in the Valley tournament in Ellenville.

Below: Isaiah Young goes airborne against Eldred in a non-league matchup against the Yellowjackets.



We Want You On Our Team!

Open Interviews

Monday - Friday 10:00 am - 3:00 pm

5 New Hope Community Drive Loch Sheldrake, NY

www.newhopecommunity.org/apply

Good Luck in the Winter Season from

East End Auto Repair

Complete Auto Repair

Fred Franke & John Hynes, owners

Discover, MasterCard & VISA accepted

36 State Rte 52, Woodbourne, NY 845-436-8689

Check Out our **LOW Tire PRICES!**

98452

Win Big!

Fallsburg Library

<http://fallsburglibrary.org>

12 Railroad Plaza

South Fallsburg, NY 12779

Phone: 845-436-6067

Fax: 845-434-1254

95293



Liberty Boys Basketball

RICHARD A. ROSS | DEMOCRAT

Top row left to right: Coach Matt Robinson, top Colin Flynn, Londyn Guara, Dylan Nichols, Jeremy Simon, Dylan Fink, Tanner Bury, Erik Pomaes, Asst. Coach Jose Bayron
Bottom from left to right Cody Ricco, Jameel McCline Logan Danzillo, Riley Totten, Elliot Lima.

Liberty Girls Basketball

Coach: Pete Dworetsky
Last season's record: 3-15

Top returning players: Angelina Rodriguez, Emily Curry, Grace Wormuth, Alli Dworetsky

Key losses to graduation: Alyssa Kavleski

Team strengths: We

have a great group of players who work hard every day.

Need to work on: We are still learning the fundamentals of the game.

Coach's comment: We hope to get better day by day and have fun.

JOSEPH MCDOAL | DEMOCRAT

Standing: Coach Pete Dworetsky, Grace Wormuth, Alli Dworetsky, Angelina Rodriguez, Angelica Rothberg (with ball), Emily Curry, Charlyanna Johnson, Natalie Morales
Kneeling: Mya Huebsch, Destiny Loyce, Lorna Dewitt, Cyah Jackson, Elaina Ramirez



Best of Luck
for a
Great Season.
Go Teams!!!

RapidRecovery
AT
ACHIEVE more!
REHAB AND NURSING FACILITY

SHORT-TERM REHAB • LONG-TERM CARE

Private Rehab Suites • Excellent Quality Care

170 Lake Street, Liberty, NY • 845-292-4200



www.AchieveRehabNY.com

95551

Wishing our Liberty Athletes & Cheerleaders a Happy & Healthy Season!
BOYES & TORRENS CONSTRUCTION, INC.

— Fully Insured —



Kitchens • Baths • Doors
Windows • Decks • Siding
Seamless Gutters • Garages
Custom Homes • Additions

boyesandtorrens@gmail.com

(845) 295-5462

844 Aden Road, Parksville, NY 12768



105453

Liberty Wrestling

Coach: Brian Vaughn

Last season's record: 3-5

Top returning players: Ethan Blumenthal, Zoe Kip

Key losses to graduation: Quintin Herzog, Andrew Scamihorn, Tim Dirie

Team strengths: Filled with motivated athletes, progressively becoming stronger in the top position.

Need to work on: Team is very young this year so we are still working on some of the basics, but I want to get the team to be more physical, aggressive, and attacking first.

Coach's comment: We have close to 30 kids this year, we finished last year with 8. Hoping to have place winners at sections for both boys and girls and finish above .500



JOSEPH MCDOAL | DEMOCRAT

Top row from left to right, Coach Brian Vaughn, Connor Brocia, Braedan Clarke, Ryan Porter, Adam Houser, Nikita Lantukh, Edwin Perez, Justin Loucks, Manuel Lopez, Colin Mangan, Zoe Kip, Irvin Guzman, Tarek Benadim, Shawn Bickham, Miguel

Guzman.

Middle Row from left, Jorge Reyes, Imani Gonzague, Rocco Sabatini, Ethan Blumenthal, Derek Wheeler
Front, Donnie Godley.

LIBERTY
Concrete & Construction

Go Indians! Liberty, NY
845 292-3933

Liberty, NY 12754 • fax: 845-295-0896 • rose@libertyconcreteconstruction.com

EFFECTIVE, NATURAL RELIEF FOR:

- Headaches, Dizziness
- Neck Pain, Tight Muscles
- Shoulder & Arm Pain
- Low Back, Hip & Leg Pain

Most insurance & HMOs accepted

Old Fashioned
Doctor Patient Relationship
in warm
comfortable atmosphere

Dr. Jorge R. Delgado

- Board Certified Chiropractic Neurologist
- 35 Years of Experience
- Member of the Sullivan and Liberty Chambers

Let's Go Liberty Indians!

Your favorite cocktails, brews, wines and spirits

Lunch • Dinner
Drinks • Coffee
Take-Out

10 School Street, Liberty, NY 12754
845-747-9969
Open 6 days a week
11 am - 10 pm • Closed Tuesdays

Providing Personalized Chiropractic care for the entire family in this community for over 28 years.

44 Lanahan Road, Monticello, NY 12701 -and- 111 Sullivan Ave, Suite 1-1, Ferndale, NY 12734
(845) 292-3455 • www.spineinorder.com

Most insurance & HMOs accepted



Liberty Girls Indoor Track

Coach: Richard Feeney

Last season's record: N/A

Top returning players: None

Key losses to graduation: Katrina Blais

Team strengths: Youth. We have a lot of freshman and sophomore girls that are still learning the sport and where they fit in. In a few years they will be essential to our team's success.

Need to work on: Reliability, trust and fundamentals.

Coach's comment: Our goal for the season is to help our athletes grow and learn the sport, but also to keep the interest up for outdoor track & field in the spring. Our numbers are climbing back up to where we should be more competitive, and hopefully that shows throughout the season.

RICHARD A. ROSS | DEMOCRAT

Front from left, Rayanna Cottman, Noellia Cruz, Elizabeth Cruz, Shirley Cando, Sydania Foster. Back from left, Madeline Kelley, Ashlyn Nivelto Cruz, Valeria Cruz, Sheyla Anguisaca Llanos, Cynthia Leon, Jill Baumander. Missing from photo, Audrey Krum, Naima Canady Byam, Vanaya Dudley, Anna Payton, Wengele Garrod, Skylar Loyce, Janiah Samuel, Tatiana Reyes, Aliza Barreto

Liberty Schedule

Boys Basketball

Jan 6	Chester Academy	6:30 pm
9	O'Neill	7:00 pm
12	at Burke Catholic	6:30 pm
16	Tri-Valley	6:30 pm
17	at Fallsburg	6:30 pm
20	at O'Neill	6:30 pm
25	at Roscoe	5:00 pm
27	at Eldred	6:30 pm
31	Fallsburg	6:30 pm
Feb 2	at Chester Academy	6:30 pm
3	Monticello	6:30 pm
6	at Goshen	6:30 pm
10	Burke Catholic	6:30 pm
15	S.S Seward	6:45 pm

Girls Basketball

Jan 9	at O'Neill	6:30 pm
11	at Roscoe	6:30 pm
13	Sullivan West	6:30 pm
17	at Eldred	7:15 pm
19	Chester Academy	6:30 pm
20	Eldred	6:30 pm
25	Roscoe	6:30 pm
27	at Fallsburg	6:30 pm
30	at Livingston Manor	5:00 pm
Feb 1	at Tri-Valley	6:30 pm
3	Monticello	5:30 pm
9	O'Neill	7:00 pm
13	at Burke Catholic	6:30 pm
16	Fallsburg	6:30 pm

Indoor Track

Jan 18	SCCC Exhibition	3:15 pm
20	OCIAA West Point	6:00 pm
23	SCCC Invitational	3:15 pm
25	SCCC Exhibition	3:15 pm
29	Armory Invitational	5:00 pm
30	SCCC Championship	3:15 pm
Feb 6	SCCC Exhibition	3:15 pm
10	Section IX West Point	6:00 pm
25	State Qualifiers	10:00 am

Wrestling

Jan 18	ESW, Burke	6:00 pm
27	ESW, Falls/TV	6:00 pm

31	Rondout	6:00 pm
Feb 1	at Chester Academy	6:00 pm

Alpine Skiing

Jan 12	Holiday Mtn.	4:30 pm
13	Holiday Mtn.	4:30 pm
17	Belleayre	10:00 am
19	Holiday Mtn.	4:30 pm
31	Mt. Peter	4:30 pm
Feb 1	Belleayre	10:00 am
2	Holiday Mtn.	4:30 pm
3	Holiday Mtn.	4:30 pm

EVERYDAY SPECIAL 2 Large Pies
\$24.00 + Tax
WE DELIVER!
PAESANO'S PIZZA
Open Daily 11AM-9PM
 10 So. Main St., Liberty, NY 12754
 (845) 292-7510
 (845) 292-7511

THALMANN'S SERVICE CENTER
Best of Luck to All the Liberty Athletes and Cheerleaders!
Locally Owned & Operated
 Brakes • Shocks • Tires • Exhaust
 AC Services • Computer Diagnostics
 Alignments • Transmissions
 Regular Maintenance
 Certified NYS Inspection Station
 188 Lake Street • Liberty, NY 12754
 CALL US TODAY! 845-292-4808

Foreign & Domestic
AUTO REPAIR & SERVICE
 and Complete
COLLISION REPAIR & BODY PAINTING

Family Owned!
 Same Great Mechanics!

Liberty Boys Indoor Track



RICHARD A. ROSS | DEMOCRAT

Front row (left to right): Andrew Figueroa, Jackson Bustillo, Jhony Maradiaga Palma, Eli Desrochers, Jacob Kelly, Konnar Williams, Eric Llanos

Back row left to right, Anthony Chocho Llaguarima, Anthony Aubain, Carlos Campos Castro, Kevin Cando, Erick Morales, Josh Katz, Nate Desrochers

**BEST OF LUCK TO THE LIBERTY WINTER SPORTS TEAMS
FOR A WINNING SEASON!**

J.B. MAK BUILDING

Harman Stoves Authorized Dealer

Installation ♦ Services ♦ Cleaning

Premium Hardwood Pellets

Lopi & FPX Gas & Wood Stoves / Fireplaces

Ph: **845-292-6338** Fax: **845-292-6352**

4 BON JOVI LANE ♦ LIBERTY, NY 12754

www.jbmakrental.com

108755



**Year-Round
Recreational
Programs
for
All Ages**
(Residents
& Non-residents)

Good Luck and Best Wishes to All Our Athletes!

Town of Liberty Parks:

**FRANCIS A.
HANOFEE PARK**

Sunset Lake Road
Liberty, NY 12754



**WALNUT
MOUNTAIN PARK**

Walnut Mountain Road
Liberty, NY 12754



**SWAN LAKE
PARK**

County Rt. 143
Swan Lake, NY 12783

Main Office: 845-292-7690 Web: www.townofliberty.org

95559



★ ★ ★

SCHMIDT'S
wholesale, inc.

150 Jefferson Street
Monticello, NY 12701
845.794.5900

www.schmidtswolesale.com

95636





ANTHONY MORGANO | DEMOCRAT

Standing from left, Coach Mike Hill, Jayson Meola, Aiden Johnston, Cameron Revicki, Russell Hodge, Anthony Teipelke
Kneeling from left, Anthony Zamenick, Robert Buck, Joseph Park, Zack Schwartz

Roscoe Schedule Boys Basketball

Jan	6	S.S Seward	6:30 pm
	12	at Eldred	5:00 pm
	14	Tri-Valley	2:15 pm
	18	at Livingston Manor	5:00 pm
	20	Tuxedo	5:45 pm
	25	Liberty	5:00 pm
	30	Chapel Field	5:00 pm
Feb	2	at Sullivan West	5:00 pm
	8	Tri-Valley	5:30 pm
	17	Eldred	5:00 pm

Girls Basketball

Jan	5	at Eldred	6:30 pm
	6	Deposit/Hancock	5:00 pm
	9	Eldred	6:30 pm
	11	Liberty	6:30 pm
	19	at Eldred	6:30 pm
	23	at Livingston Manor	5:15 pm
	25	at Liberty	6:30 pm
	27	Tri-Valley	6:30 pm
Feb	1	Livingston Manor	5:00 pm
	3	at Eldred	6:30 pm
	6	Sullivan West	6:30 pm
	10	at Livingston Manor	5:00 pm
	13	at Sullivan West	6:30 pm
	14	Fallsburg	6:30 pm

Coach: Mike Hill

Last season's record: 10-10

Top returning players: Anthony Teipelke

Key losses to graduation: Alaniz Ruiz

Team strengths: Our pre-season shooting has been a big improvement from last year.

Need to work on: Working together and knowing what to do offensively and defensively.

Coach's comment: We hope to make it to sectionals this season and compete for a section title. We are still working on the rotation of players and figuring out their strengths and weaknesses.

UHS
Delaware Valley Hospital
Walton
(607) 865-2155

Fast access to
Physical and
Occupational
Therapy Services

nyuhs.org

YOUR CARE. YOUR WAY.

Wishing All Our S.C. Athletes & Cheerleaders the Best of Luck for a Winning Season!

Food & Drinks Open 7 Days All Year

COURTYARD BAR

Outdoor Patio on Golf Course with Beautiful Views

607-498-4130 182 Rockland Road | Roscoe, NY 12776

Roscoe Girls Basketball



JOSEPH MCDOAL | DEMOCRAT

Bottom Row from left, Emily Curry, Ashlee Landenhaut, Isabella Francisco
 Top Row: Coach Evan Bowers, Kansas Miner, Sarah Gorr, Athena Niforatos, Zaylee Cox, Alexis O'Shaughnessey, Missing from Photo is Victorya Rodriguez

Coach: Evan Bowers**Last season's record:** N/A**Top returning players:** Athena Niforatos, Zaylee Cox, Sarah Gorr, Ashlee Landenhaut**Key losses to graduation:** Rebecca Stickle**Team strengths:** N/A Still working out the kinks.**Need to work on:** We are a young team with not a lot of game experience, so we are working on getting faster, more physical, while trying to stay in control. Need to work on

rebounding, boxing out, and trying to score more, be more consistent.

Coach's comment: Goals for the season are to be competitive, win some games to build up our confidence, and make it to sectionals. Not having a varsity team last year puts us behind so it is hard to determine where we will be. Roscoe was the only class D team that had JV girls basketball last year so we only played bigger schools so I am thinking that might help. But we have to pick up our style of play.

Wishing our
 athletes the
 Best of Luck
 for a
 Winning
 Season!



Guns
 ❖
 Ammo
 ❖
 Archery
 ❖
 Crossbow
 ❖
 Gunsmithing

48 Stewart Avenue, Roscoe, NY 12776 • Exit 94 - left off exit, left of light
 607-290-4227 • brothersinarmss@yahoo.com

HAVE A WINNING SEASON!

COMMERCIAL RESIDENTIAL
 LIC.#28615HI

P. Buckel & Sons

PAINTING CONTRACTORS

INTERIOR • EXTERIOR • SPRAY PAINTING

Benjamin Moore PAINTS

PAUL BUCKEL PHONE: (607) 498-5950 CELL: (631) 523-5747
 FULLY INSURED • EPA • LEAD SAFE CERTIFIED

109149

ROSCOE LUMBER YARD, INC.

PETE MERLIN J.R.

"Quick Service"

Wishing all our Roscoe Winter Teams a Winning Season!

607-498-4131 • Fax 607-498-5655

Box 100 • 25 Railroad Avenue • Roscoe, N.Y. 12776
 RoscoeLumberYard@yahoo.com

108994

**Best of Luck
 for a
 Winning
 Season!
 Go Get'em!!!**



5 Star Catskills
 Vacation getaway
 on Evolve, VRBO,
 and Airbnb and
 Certificate of Excellence
 on TripAdvisor

#Getaway
HiddenLakeFrontRetreat.com
RoscoeRetreat.com

Livingston Manor Cheerleading



RICHARD A. ROSS | DEMOCRAT

Front row from left, Emily Schleiermacher, Jewel Wright, Anastashia Matos, Michelle McKinley. Back row from left, Ashlyn Sanabria, Anthony Mendoza (Captain), Celeste D'Andrea. Missing: Megan Cristaldi, Stephanie Meade

Go Wildcats!

MANOR MOTORS INC.

Complete Auto Repair Collision Repair

(845) 439-5447

www.manormotorsinc.com

CORY GAEBEL

7am-5pm Monday-Friday 477 Old Route 17 Livingston Manor, NY 12758

105731

Livingston Manor Schedule Boys Basketball

Jan	5	Chapel Field	5:00 pm
	12	Tuxedo	6:30 pm
	14	S.S Seward	12:45 pm
	17	Sullivan West	6:30 pm
	18	Roscoe	5:00 pm
	31	Tri-Valley	6:30 pm
Feb	2	at S.S Seward	6:30 pm
	3	at Fallsburg	4:00 pm
	8	Eldred	6:30 pm
	11	at Sullivan West	2:15 pm
	15	Chapel Field	5:00 pm
	16	at Tuxedo	6:30 pm

Girls Basketball

Jan	9	Fallsburg	6:30 pm
	11	Tri-Valley	5:30 pm
	13	at Eldred	6:30 pm
	19	Pine Plains	6:00 pm
	23	Roscoe	5:15 pm
	30	Liberty	5:00 pm
Feb	1	at Roscoe	5:00 pm
	6	at Tri-Valley	5:30 pm
	9	Eldred	5:00 pm
	10	Roscoe	5:00 pm
	11	at Sullivan West	3:45 pm
	15	S.S Seward	6:30 pm

Livingston Manor Boys Basketball



ANTHONY MORGANO | DEMOCRAT

From left to right, Asst Coach Josh Evans, Josh Hendrickson, Kyle Hendrickson, Hunter Banks, Nicky Cusumano, Dan Tolbert, Morgan McKinley, Bobby Staudt, Logan Park, Joe David, Coach Charlie Hicks

Coach: Charlie Hicks
Last season's record: 3-12
Top returning players: Dan Tolbert
Key losses to graduation: Joseph Gould, Nate Bowers, Matthew Bowers

Team strengths: Defense
Need to work on: 3-point shooting
Coach's comment: Our goal is to work hard and improve everyday.

Livingston Manor Girls Basketball



RICHARD A. ROSS | DEMOCRAT

Front Row: Nevaeha Jones, Jocelyn Mills, Alyssa Peck Back Row: Coach Maggi Fitzpatrick, Mackenzie Carlson, Mya Ross, Jaida Gould, Ciarra Staudt Missing from photo: Hailey Wolcott, Savannah Ward

Coach: Maggi Fitzpatrick
Last season's record: 8-11
Top returning players: Hailey Wolcott, Mackenzie Carlson, Jocelyn Mills
Key losses to graduation: Kristina Davis
Team strengths: Speed, team defense, drive to work hard and get better every single day.
Need to work on: Making offensive reads and looking to score.

Coach's comment: I'm looking forward to watching this team grow and evolve this year. With four returning players who are all seniors and senior Mackenzie Carlson back on the team, we are looking to make a sectional run and earn a spot in the finals again. We have a large gap between our returning players and the younger girls, but that gap is closing every day, and I'm excited to see it all come together in the second half of the season.



Best of luck to all the Sullivan County Winter Sports Teams!



(845)482-4000
 www.jeff.bank



Monticello Girls Basketball

Coach: Sheila Burns

Last season's record: 10-10

Top returning players: Aaliyah Mota, Gianna Kinne, and Janee Vias

Key losses to graduation: Shayla Smalls, Karen Perilla-Buitrago, and Yamillette Escobar

Team strengths: We have five returning seniors- Aaliyah Mota, Janee Vias, Gianna Kinne, Julia

Kurthy, and Andraya Young.

Need to work on: Alongside our returning players, we have four new additions to the Varsity roster. We are looking forward to providing our new teammates with experience at the Varsity level.

Coach's comment: Despite the competition in our league, we hope to compete in playoffs again this year.

Front Row:

Isabella

Velasquez,

Kyari

Melendez,

Alex Dietz,

Janee Vias,

Morgan

Hutchins

Back Row:

Aaliyah Mota,

Julia Kurthy,

Amiah Neails,

Gianna Kinne,

Andraya

Young

Not Pictured:

Caroline

Alcantara.



RICHARD A. ROSS | DEMOCRAT



RICHARD A. ROSS | DEMOCRAT

From left to right, Dylan Hardy, Demetrius Edwards, Zach Roosa, Alem Radoncic, Rafael Li-ciaga, Christian Brown, Xavean Mitchell, Joseph

Russo, James Dempsey, Caleb Green, DeAndre Armour, Judah Brown, Coach Chris Russo. Missing from photo Daevion Sandoval.

Monticello Boys Basketball

Coach: Chris Russo

Last season's record: 11-7 (7-5)

Top returning players: Joseph Russo, Dylan Hardy, Demetrius Edwards

Key losses to graduation: Pedro Rodriguez and Michael Mingot

Team strengths: We are an energetic group that has some very good guard play and one of the best defensive anchors I have ever coached. Dylan brings an unselfish attitude and toughness to our team that is contagious. I think our defense and ability to use our athleticism and depth will allow us to play an aggressive style of defense.

Need to work on: With so many new faces, we need to develop some team chemistry on the court. We relied so much on Pedro and Michael last year, that we

need to get comfortable playing with different players. Our guys work hard and like each other so I am confident that we will make great strides quickly. These young men are sometimes too quiet and sometimes too emotional, so we have to find the right balance of what we say to each other and how we say it.

Coach's comment: We will be very competitive in our league and with class A teams in Section IX. We will rely on our defensive toughness (we drew nearly 60 charges last year) and transition style of play. Our guys like to get out/play up-tempo and it starts with defense and rebounding. We will be a bit inexperienced, but if young guys progress well will be a solid team moving forward.

Best of Luck to Our Monticello Athletes & Cheerleaders for a Winning Season. Go Get 'Em Panthers!!

BLACK BEAR FUEL OIL

PLUMBING, HEATING & A/C

REPAIRS, INSTALLATION & FINANCING AVAILABLE

**24/7
Emergency
Service**

845-791-8900

www.BlackBearFuel.com

Serving Sullivan County



Monticello Alpine Skiing

Coach: Lisa Bittinger

Last season's record: Section IX Champions, Jack Rein and Alexis Heins, MHS Boys Team Section IX Champions

Top returning players: Samuel Rein, Alexis Heins

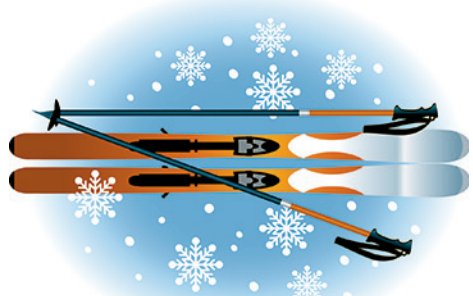
Key losses to graduation: Jack Rein, Ryan Weiner, Connor Foss, Kaitlyn Miller, Liza Mitchell and Marley Wells

Team strengths: MHS boys and girls teams have a number of developing athletes. The high school team is fortunate to build a good portion of its strength from the athletes that grew

up in the Holiday Mountain Ski Club Program.

Need to work on: Developing the great depth of younger athletes that have joined the team.

Coach's comment: As many of you may know, MHS suffered a great loss last year with the passing of Jim Bates. He was the Girl's coach for 27 years. He lived and breathed ski racing and helped every athlete in any way he could. As the coach of both teams this season, I am trying to "fill his big boots" and my own. I am hoping that our success will continue.



METRO CREATIVE SERVICES IMAGE

Monticello Nordic Skiing



CONTRIBUTED PHOTO

Bottom left to right, Yousef Elsayed, Giovanni Gutierrez, Megan Bastone
Middle left to right, Kaitlyn Morse, Baya Titus
Top row left to right, Preston Roosa, Abby Morse
Missing from Photo: Anthony LaRusso, Didi San Miguel, Hannah Titus.

Coach: Scott Fitchett

Top returning players: The Morse sisters, Kaitlyn and Abby, who were very competitive last year. We are looking forward to their improvement this year.

Key losses to graduation: Last year's Section 9 champion Evan Waterton and also Owen Bassett who both competed at the state meet.

Team strengths: Our youth. Everyone is very energetic, they work hard at practice and are eager to improve their skills.

Coach's comment: Our goals this season are to work on our fitness and to perfect our technique. We look forward to lots of snow this season so we can get outside and enjoy ourselves.

Best of Luck for a Successful Season!

24-HOUR
EMERGENCY SERVICE



**ENERGY
SYSTEMS**

A Division of Van Etten Oil & Propane



**YOUR CENTRAL
AIR CONDITIONING SPECIALIST**

(845) 794-5511

VEOEnergySystems.com

Go Get'em Panthers! Good Luck & Have Fun!

**Jim's Automotive
Service Center**

**Tires - New & Used • Brakes • Towing
Exhaust • New York State Inspection**

James J. Sheerer

74 Jefferson Street
Monticello, NY

845.794.3466



95495

Monticello Wrestling



JOSEPH MCDONALD | DEMOCRAT

Back row left to right: Coach Gomez, Leo Messenger, Matthew Finnerty, William Burns, Irvin Oestrich, Arturo Benedicto, Logan Brundage, Jesse Corces, Basel Youseff, Coach Hernandez

Front row left to right: Jasper Hance, Kenji Rodriguez, Nurse Kim Werbalowsky, Coach Gold, Jayden Stephens, Isabella Fairfield, Jack Groom, Sean Clearwater, Colin Canto, Braeden Fairfield

Coach: Paul Gomez, Tyler Gold, Isaac Hernandez

Last season's record: 1-10

Top returning players: Irvin Oestrich, Jesse Corces, Matthew Finnerty

Key losses to graduation: Isaac Hernandez, Alex Poitras

Team strengths: Youth, Dedication and Determination, Great Self-Reflection.

Need to work on: Chain wrestling and being more offensive.

Coach's comment: We have a very young team with mostly first year wrestlers. Our modified program was recently reinstated

which will allow us to rebuild for our future. Our 3 returning wrestlers Jesse, Irvin, and Matt are great leaders in the room who have all worked hard to have a successful season. Expect those three along with newcomer Arturo Benedicto to surprise some opponents this season. Our goal this year is to exceed last year's win record which we tied in our first dual meet tournament of the season, and to also get our first year wrestlers the necessary experience needed to build confidence in order to succeed in the sport.

Monticello Cheerleading

Front row (left to right): Isabella Carpione, Mia Peña, Giselle Orellena, Abigail Wynter, Aminah Nassor, Soniya Woods.

Middle row: Jayleen Molina, Agzja Lawrence, Alyssa Gandy, Jaleen Felix, Elizabeth Green, Mayah Romero, Angelina Rodriguez

Back Row: Coach Kathleen Lasher, Asia Butler (Captain), Melanie Merton, Jayda Valentin (Captain), Maria Marrero (Captain)



RICHARD A. ROSS | DEMOCRAT

MAJEK FURNITURE

30 MATTRESSES ON DISPLAY

SLEEP BETTER TONIGHT!!!!

**OVERSTOCK SALE
HAPPENING NOW!!**

MONTICELLO
312 East Broadway
(Across from Aldi's)
(845) 796-4800

Signature
DESIGN
BY ASHLEY®

**FURNITURE
FOR EVERY
ROOM
IN YOUR HOME!**

OPEN 7 DAYS

www.majekfurniture.com

108308

BRACESETTERS
ORTHODONTICS



invisalign® Clear Braces
Colorful Braces

FREE CONSULTATION | FOUR CONVENIENT LOCATIONS
www.BRACESETTERS.com (845) 342-1300



We Work with ALL Insurances, and are In-Network Providers for:

DELTA DENTAL

Empire
BLUECROSS BLUESHIELD

Cigna

MetLife

CSEA

Sun Life Financial

FIDELIO
DENTAL INSURANCE

UNITED CONCORDIA

TRICARE

106201

Monticello Indoor Track

Standing from left, Bobby Pape-Laucella, Tahir Denton, Dominic Giorgianni, Frankie Giorgianni, Mario Rivas Ponce, Max deBeer, Tyrese Shaw, Senecere Wall-Thomas, DeAndre Armour.

Front row left to right, Daniel Seminario, Michael Schnitzer, Tristyn Watson, Caleb

Joyce, Christian Corces, Jalon Fennell. Missing from the picture: Bretten Benzenberg, Chris Brush, David Cooper, William Cooper, Inacio Figueiredo, Xavier Footman, Ricky Gonzalez, Daniel Omogbai, Davon Pack, Eduardo Salinas, David Williams.

Monticello Schedule

Boys Basketball

Jan 10	at O'Neill	6:30 pm
12	at Beacon City	4:30 pm
14	at Sullivan West	11:00 am
18	Port Jervis	6:30 pm
21	Saugerties	12:30 pm
27	Goshen	6:30 pm
31	at Cornwall	6:30 pm
Feb 3	at Liberty	6:30 pm
7	at Goshen	6:00 pm
10	Beacon City	6:30 pm
15	Minisink Valley	6:30 pm
17	at Port Jervis	6:30 pm

Girls Basketball

Jan 5	Goshen	6:30 pm
6	at Fallsburg	6:30 pm
10	Fallsburg	6:30 pm
11	at S.S Seward	5:30 pm
13	Beacon City	5:30 pm
17	at Port Jervis	6:30 pm
19	at Minisink Valley	6:30 pm
27	at Sullivan West	6:30 pm
Feb 1	Cornwall	6:30 pm
3	at Liberty	5:30 pm
9	at Beacon City	4:30 pm
14	at Webutuck Central	5:00 pm
16	Port Jervis	6:30 pm

Nordic Skiing

Jan 7	Gore Mtn.	10:00 am
10	Minnewaska State Park	3:00 pm
11	Minnewaska State Park	3:00 pm

18	Minnewaska State Park	3:00 pm
Feb 1	Minnewaska State Park	3:00 pm
8	Minnewaska State Park	3:00 pm
9	Minnewaska State Park	3:00 pm
14	Section IX Championship	12:00 pm

Indoor Track

Jan 18	SCCC Exhibition	3:15 pm
21	OCIAA West Point	1:00 pm
23	SCCC Invitational	3:15 pm
25	SCCC Exhibition	3:15 pm
29	Armory Track Invitational	5:00 pm
30	SCCC Championship	3:15 pm
Feb 6	SCCC Exhibition	3:15 pm
11	Section IX West Point	1:00 pm
25	Armory Track State Qualifiers	10:00 am

Wrestling

Jan 18	at Monticello	6:00 pm
26	at New Paltz	7:00 pm
27	at Rondout Valley	6:00 pm
Feb 1	at Monticello	5:00 pm
3	at Monticello	5:00 pm

Alpine Skiing

Jan 12	Holiday Mtn.	4:30 pm
13	Holiday Mtn.	4:30 pm
17	Belleayre	10:00 am
19	Holiday Mtn.	4:30 pm
31	Mt. Peter	4:30 pm
Feb 1	Belleayre	10:00 am
2	Holiday Mtn.	4:30 pm
3	Holiday Mtn.	4:30 pm



PHOTOS BY RICHARD A. ROSS | DEMOCRAT



Let's Go Panthers!
Sedlack's Auto Body, Inc.
 The Full Service Body Shop
 Let Us Handle Your Insurance Claim
 Bill Sedlack
 3520 State Route 42 (845) 794-0648
 Monticello, N.Y. 12701 Fax (845) 794-0654
 Serving Sullivan County for Over 30 Years

Have a Winning Season from all your friends at

NEW SOUTHERN TIER
 TITLE AGENCY LLC
 Tel: (845) 791-7777 • Fax: (845) 791-7785
 info@southerntiertitle.com
 548 Broadway • Monticello • NY 12701

Best of Luck to our
 Sullivan County Athletes!

Rock Ridge Kennels
 "Where It's Always
 Reigning Cats & Dogs"
Boarding & Grooming
 89 Rock Ridge Dr., Monticello, NY 12701
 (845) 791-7444 • Fax (845) 791-7450

Standing left to right, Taina DeJesus, Meg Cruz, Chelsea Reynolds, Kalene Harris, Chole Brown, Fatima Nije. Front row left to right, Diya Patel, Reagan Zangla, Mariala Saint Eloi. Missing from the picture: Gabriella Brumbaugh, Mohua Gazi, Rohanna Patrick.

Wishing all our Sullivan County Winter Teams a Winning Season!



We Are The Regions' Proven Leaders In Podiatry
 Foot Surgery - Diabetic Shoes - All Foot & Ankle Conditions
 Foot Supports (Orthotics)

Monticello • Liberty • Callicoon • Port Jervis • Middletown • Monroe

845-692-3668



Best of Luck
 for a Winning Season

**Assemblywoman
 Aileen Gunther**

18 Anawana Lake Road, Monticello, NY 12701
 845-794-5807

gunthera@nyassembly.gov

Paid for by the Committee to Elect Aileen Gunther

Sullivan West Boys Basketball



RICHARD A. ROSS | DEMOCRAT

Front row (left to right): Jakob Halloran, Evan Ebert, Jacob Hubert, Austin Nystrom
Back row (left to right): Assistant Coach Jerry Davitt, Matt Dubois, Brandon Haas, Adam Ernst, Allyn Walter, Andrew Hubert, Coach John Meyer.

Coach: John Meyer

Last season's record: 10-10

Top returning players: Andrew Hubert, Jaymes Buddenhagen, Jacob Hubert, Matt DuBois

Key losses to graduation: Dylan Sager, Chris Campanelli, Gavin Hauschild, Tariq Gambari, and Danny Shami

Team strengths: Team first mentality and hard working

Need to work on: Always trying to improve on our skills and be the best we can be

Coach's comment: Our goal is to make the sectionals, improve as players and as a team each and every day

HIGH SCHOOL DISCOUNTS AVAILABLE!



Bring this ad to receive \$15 off next \$100 purchase.

Shoes. Apparel. Inspiration.

3 West Olive Street, Scranton, PA 18508
570-955-0921 | scrantonrunning.com

Not to be redeemed with any other offers. Expires March 31, 2023.

Wishing all our Sullivan West Winter Sports Teams the best of Luck for a Winning Season.

Go Get'em!

AMERICAN ELECTRIC, LLC
LICENSED ELECTRICAL CONTRACTORS



Don't get caught with your power down or your gas out!

CALL US TODAY FOR AN INCREDIBLE PRICE ON GENERATOR SERVICE, INSTALLATION & MONITORING ON YOUR LP GAS AND YOUR GENERATOR

FINANCING AVAILABLE

All phases of electrical work
Line Extension & Bucket Truck Service
Trusted & Dependable Electrical Contractors for 30+ Years

LICENSED ELECTRICAL CONTRACTORS
RESIDENTIAL - COMMERCIAL - INDUSTRIAL
www.AmericanElectricOnline.com
(845)932-8111 • (845)583-1015

PA (570)251-9990

See us on Facebook!

QUALITY & PRIDE BACK IN AMERICA

109167

Good Luck and Good Health to All!

The Ultimate Wood Heat.

Set the thermostat where you want for a more comfortable home.

- **More Comfort** - Thermostatically controlled wood heat.
- **Peace of Mind** - Keep the fire outside and eliminate the dangers associated with indoor wood heating.
- **Save Money** - Wood is a renewable, inexpensive and often free energy source.
- **Durability** - Long-lasting, stainless steel firebox.



Eliminate High Heating Bills!

The Classic Edge HDX is U.S. EPA Certified



CLASSIC EDGE
TITANIUM HDX

Halloran Outdoor Boilers, LLC
~ Sales & Service ~

Phone/Text - 845-594-7504
(24 Hours A Day)

email: halloranoutdoorboilers@gmail.com

CentralBoiler.com

105965

20-1102



RICHARD A. ROSS | DEMOCRAT

Sullivan West Girls Basketball

Coach: Pat Donovan

Last season's record: 12-5

Top returning players: Elanie Herbert, Georgeanne Cardona, Felicity Bauernfiend, Paige Muzuruk, Kaylee DiBiase.

Key losses to graduation: Taylor Wall, Mia Nunnari, Brielle Arnott, Riley Ernst, Grace Boyd, Taylor Brustman

Team strengths: Speed, deep rotation, defense.

Need to work on: Protecting the basketball. Communication on defense.

Coach's comment: Our goals are to compete in every game and compete in a difficult division.

Front row (Left to Right): Paige Muzuruk, Nicole Reeves, Liz Reeves, Kaylee DiBiase, Georgeanne Cardona, Abby Parucki
Back row (Left to Right): Anna Bernas, Karlee Diehl, Rahmat Gambari, Elanie Herbert, Viola Shami, Felicity Bauernfiend, Sophie Flynn

VILLA ROMA
RESORT & CONFERENCE CENTER

Get Fit for Life
— for less

\$25^{/mo}
3 Months for \$65/mo
12 Months - SAVE Even More!

VILLAROMA.COM

845-887-4881 X 7503

Flex Appeal Gym at Villa Roma is a spacious, clean 6,000 square foot facility featuring treadmills and stationary bikes for cardio workouts, machine weight stations, free weights and classes. We offer the lowest monthly membership fees in the area. Members enjoy access to our indoor racquetball courts and pool.

Have a Winning Season from all your friends at...

Bennett Lawn & Log LLC

SMALL ENGINE SPECIALIST
SALES & SERVICE FOR

Briggs & Stratton • Tecumseh • Kohler
Husqvarna • Stihl • Dolmar

Kawaski • Honda Engines and more

Bruce Bennett **(607) 637-2277** 1139 CADOSIA RD.
HANCOCK, NY 13783

PROTECT • EDUCATE • SERVE

THE WESTERN SULLIVAN UNITED TEACHERS & SCHOOL RELATED PROFESSIONALS...

...are proud of our students and their achievements. Working together, we enhance our children's future!

Affiliated AFL-CIO, AFT, NEA, NYSUT

Eldred-Sullivan West Wrestling



JOSEPH MCDOAL | DEMOCRAT

The team, top row from left are, Coach Josh Potter, Luke Potter, Walter Henry, Alec Hubert, Rally Cruz, Koen McGill. Front row, from left is Farrah DeAveiro, Logan Milk and Liam McGill. Absent from the photo is Richard Bennick and Brendon Tello.

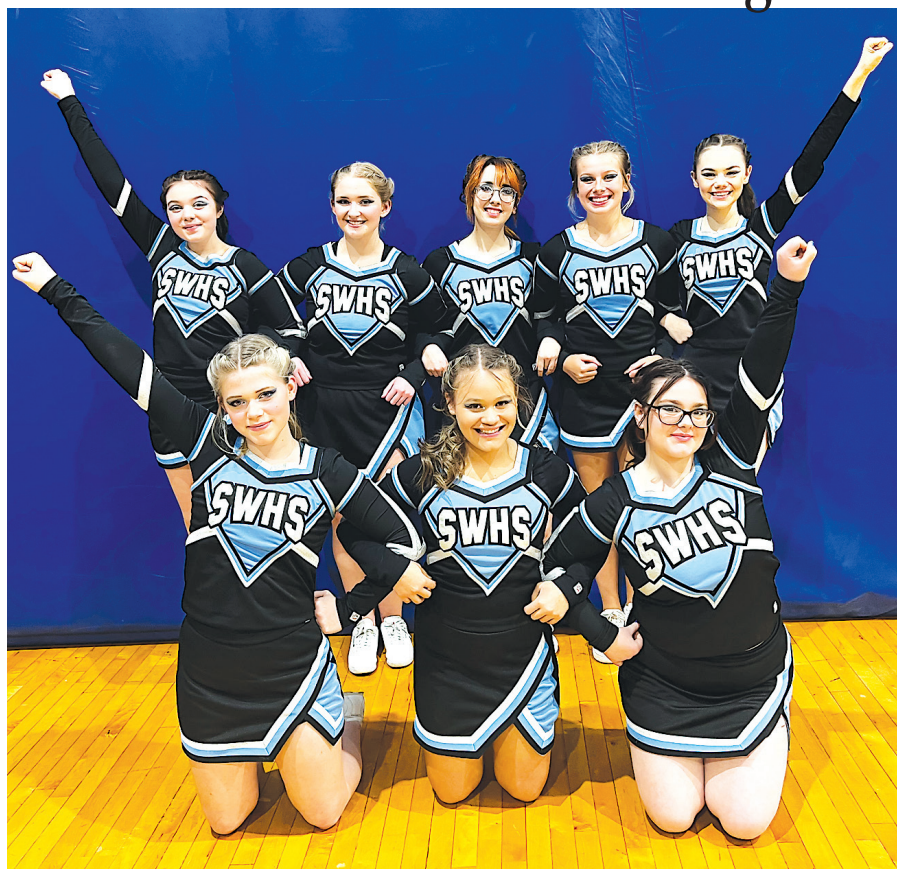
Coach: Josh Potter
Top returning players: Rally Cruz
Key losses to graduation: Kaitlyn Potter
Team strengths: Very young energetic team
Need to work on: Becoming more aggressive
Coach's comment: This is a team

with many first year wrestlers that just need more mat time and match experience. We will be forfeiting some weights so winning duals will be a challenge. Our expectations are to get better everyday and improve looking toward the future and getting a couple sectional place winners.

**GOOD LUCK THIS SEASON,
SULLIVAN WEST BULLDOGS!**
We are very proud of you!

From,
Dr. Kathleen Bressler, Superintendent

Sullivan West Cheerleading



RICHARD A. ROSS | DEMOCRAT

Front row (left to right): Hannah La-Bagh, Isabella Alicea, Kennedy DeMeis
Back row (left to right): Hanna Gibbons, Holly Barlow, Becca Brewer, Serena Harting, Bella Wagner.

*Wishing our SW Winter Teams
a Successful Season... Go Bulldogs!*

EAGLE VALLEY REALTY

6569 State Rt 97, Narrowsburg, NY

Phone 845-252-3085

Dawn Curreri, Broker/Owner
eaglevalleyrealty@gmail.com
www.eaglevalleyrealty.com



Good luck to all the
Sullivan West athletes!
**COCHECTON
SELF STORAGE LLC**

P.O. Box 268 • 6365 State Route 52
Cochecton, New York 12726

(845) 932-5140

(845) 932-8232 fax

Frank and Kasey Kratz, Owners
cochectonselfstorage@yahoo.com

70206

Rocky Rhodes, EA Rebecca L. Rhodes, EA
wedotaxes95@gmail.com happytaxes95@gmail.com

Have a
Winning Season!

family business LLC
income tax preparation
bookkeeping services

200 Mueller Rd.
Cochecton, NY 12726-5132

voice 845.482.3854
fax 845.482.5894

109156

95545

Have a Great Season Bulldogs!



Joseph Herbert Proprietor

5065 State Rte 52, PO Box 441, Jeffersonville, NY 12748 • 845-482-4460 • fax 845-482-5516

**CLEAN USED CARS & TRUCKS
FULL REPAIR & SERVICE • NYS INSPECTION STATION**

109281

GOOD LUCK SULLIVAN WEST! HAVE A GREAT 2023 SEASON!!



MIKE PREIS INC.
INSURANCE AGENCY

Auto ~ Home ~ Motorcycle

Business ~ Life ~ Long Term Care ~ Health Insurance



4898 State Route 52, Jeffersonville, NY 12748
845.482.5510 www.mikepreis.com



108917



RICHARD A. ROSS | DEMOCRAT

1st Row: Keely Schock, Kayla Wilson, Elianna Light, Sophie Wilkin, Izabel Grund. **2nd Row:** Gracyn Halloran, Sam Waldman, Jamie Hendrickson, Kaitlyn Smith, Layla Wilkin. **Missing:** Melonie Bock, Kaydence Everitt, Cheyanne Decker, Molly Zadubara.

Sullivan West Boys Indoor Track

Coach: Justin Diehl

Last season's record: N/A

Top returning players: Dillan Hanslmaier, Landon Volpe

Key losses to graduation: N/A (new coaching staff)

Team strengths: Throwing and distance events.

Need to work on: Lack of experience and small roster.

Coach's comment: The goal for the season is to see both individual and team growth as the season progresses. As well as being competitive in all of our events.

RICHARD A. ROSS | DEMOCRAT

Blaise Maher, Bradley Dubois, Dillan Hanslmaier, Kevin Lin, Hunter Ebling. Missing from the picture: Landon Volpe, Robert Davidson, Brodey Herbert.



Sullivan West Girls Indoor Track

Coach: Joe Ebeling

Last season's record: N/A

Top returning players: Keely Schock, Jaime Hendrickson, Sophie Wilkin, Kayla Wilson

Key losses to graduation: Unknown

Team strengths: Core group of veterans willing to help out their younger teammates.

Need to work on: Numbers. Small team size means we will not be able to compete in some events.

Coach's comment: Our goal this season is to keep everyone healthy and make improvements each week. This is a very young group of girls and there has been a lot of coaching turn over the past 2 years. We are trying to build up consistency within the program, for success in the future. There should definitely be some strong individual performances this year.

Sullivan West

Schedule

Boys Basketball

Jan	6	Tri-Valley	6:30 pm
	12	at S.S Seward	6:30 pm
	14	Monticello	11:00 am
	17	at Livingston Manor	6:30 pm
	18	at Eldred	6:30 pm
	31	at Tuxedo	6:30 pm
Feb	2	Roscoe	5:00 pm
	7	at Fallsburg	6:30 pm
	8	Chapel Field	6:30 pm
	11	Livingston Manor	2:15 pm
	14	O'Neill	7:30 pm
	15	at Tri-Valley	6:30 pm
	17	S.S Seward	7:15 pm

Girls Basketball

Jan	5	Tri-Valley	6:30 pm
	9	at Burke Catholic	6:30 pm
	11	at Eldred	6:30 pm
	13	at Liberty	6:30 pm
	17	at O'Neill	6:30 pm
	19	S.S Seward	7:15 pm
	25	at S.S Seward	6:30 pm
	27	Monticello	6:30 pm
Feb	1	at Fallsburg	6:30 pm
	3	Chester Academy	6:30 pm
	6	at Roscoe	6:30 pm
	9	Burke Catholic	6:30 pm
	11	Livingston Manor	3:45 pm
	13	Roscoe	6:30 pm
	16	at Tri-Valley	6:30 pm

Indoor Track

Jan	18	SCCC Exhibition	3:15 pm
	20	OCIAA West Point	6:00 pm
	23	SCCC Invitational	3:15 pm
	25	SCCC Exhibition	3:15 pm
	29	Armory Track Invitational	5:00 pm
	30	SCCC Championship	3:15 pm
Feb	6	SCCC Exhibition	3:15 pm
	10	Section IX West Point	6:00 pm
	25	Armory Track State Qualifiers	10:00 am

Wrestling

Jan	18	at Liberty	6:00 pm
	20	at Cornwall	6:00 pm
	27	at Liberty	6:00 pm
Feb	1	at Chester Academy	6:00 pm

Alpine Skiing

Jan	12	Holiday Mtn.	4:30 pm
	13	Holiday Mtn.	4:30 pm
	17	Belleayre	10:00 am
	19	Holiday Mtn.	4:30 pm
	31	Mt. Peter	4:30 pm
Feb	1	Belleayre	10:00 am
	2	Holiday Mtn.	4:30 pm
	3	Holiday Mtn.	4:30 pm

Now's the time
to save 25%
or more on your
energy bills



Attic Blanket Blown-in
Attic Insulation
99¢ per square foot
Call for free estimates

INTERSTATE
Vinyl replacement
windows \$550 installed



Tired of throwing
money away?
Save at least 20% on your
energy costs



Kohler Lumber & Building Materials, Inc.

Established 1907

(845) 482-5290 • 482-5117 • Fax 482-4270

The Kubenik Family • Rte. 52, Jeffersonville, NY 12748

Have a great Season... Go Get'em Bulldogs!

Jeff Sanitation, Inc.

— RESIDENTIAL GARBAGE SERVICE —

RUBBISH REMOVAL
DUMPSTERS AVAILABLE
10, 15, 20 & 30 YD.
ROLLOFFS AVAILABLE



P.O. Box 387, Jeffersonville, NY 12748 • (845) 482-0926



ANTHONY MORGANO | DEMOCRAT

Tri-Valley's Matt Fanslau scored a game-high 23 points in a non-league matchup against Roscoe on January 4 and was nominated for Varsity 845 Player of the Week for his performance. The Bears beat the Blue Devils 51-23.

Below: Misha Khodakovski slips a pass through Roscoe's zone defense. Misha scored six points in the win, but assisted the Bears on getting the ball around on offense to find open looks.



Fallsburg/Tri-Valley Wrestling



RICHARD A. ROSS | DEMOCRAT

Front Row left to right, Arianna Gonzalez, Alexandra Ruiz, Mike Aguilar Torres, Douglas Medina Carcamo
Back Row left to right, Coach David Mellan, Synaida Wheeler, Adam Olsen, Daris

Koljenovic, Edward Garcia Ponce, Coach Andrew Foertsch
Missing from photo, Isaias Argueta Hernandez, Aleck Drammeh, Amanda Murtagh, Coach Graziella Haffner

Coach: David Mellan, Graziella Haffner, Andrew Foertsch

Last season's record: 0-9

Top returning players: Arianna Gonzalez, Daris Koljenovic

Key losses to graduation: Allie Wiener, Cody Bound

Team strengths: We have experience from wrestlers who have wrestled since this program began years ago when they were on modified. We have true team leaders who are motivating the new wrestlers to strive to be their best. While we do not fill every weight class, the weight classes that we do fill are filled with wrestlers who are ready to compete. We also have a

wonderful coaching staff that is full of experience ranging from wrestling DI in high school to competing, wrestling, and/or coaching in clubs and at the college level. That brings a whole new excitement and intensity to this team that we did not have before.

Need to work on: Having our first year wrestlers gain valuable experience wrestling on the mat.

Coach's comment: Our goals for the season are for each wrestler to go and compete at the highest level that they can, gain experience, and improve from previous seasons. You can expect our team to go out there and compete the entire match at 110%.

Learning & Growing Child Care Center

Play, Learn and Grow Together

Tammy Haass
Melanie Jay

60 Milanville Road,
P.O. Box 137
Beach Lake, PA 18405
570-729-7853
email learnandgrowccc@gmail.com

Enrolling Now!



Coach: Janet Carey
Last season's record: Boys: 22-18
 Girls: 8-20
Top returning players:
 Boys: Austin Hartman, Daniel Winters, Collin Mentnech
 Girls: Sierra Kaplan
Key losses to graduation: Brandon Schultz
Team strengths: Strength in experience of our seniors
Need to work on: We lack depth for team scores
Coach's comment: Goal for all seniors - Sectional qualifiers



Fallsburg/TV/Liberty Alpine Skiing



CONTRIBUTED PHOTOS

Far left: From left to right: Coach Janet Carey, Grace Gozza, Austin Hartman, Collin Mentnech, Brandon Huggler
Missing from photo: Daniel Winters

From left to right: Coach Carey, Sierra Kaplan, Maddy Pantel, Colin Pavese
Missing from photo: Adam Frunzi

Tri-Valley Schedule

Alpine Skiing

Jan	12	Holiday Mtn.	4:30 pm
	13	Holiday Mtn.	4:30 pm
	17	Belleayre	10:00 am
	19	Holiday Mtn.	4:30 pm
	31	Mt. Peter	4:30 pm
Feb	1	Belleayre	10:00 am
	2	Holiday Mtn.	4:30 pm
	3	Holiday Mtn.	4:30 pm

	14	at Roscoe	2:15 pm
	16	at Liberty	6:30 pm
	18	at S.S Seward	6:30 pm
	20	Eldred	6:30 pm
	27	Fallsburg	6:30 pm
	31	at Livingston Manor	6:30 pm
Feb	2	Tuxedo	6:30 pm
	8	at Roscoe	5:30 pm
	10	at Eldred	6:30 pm
	15	Sullivan West	6:30 pm
	17	Chapel Field	6:30 pm

	11	at Livingston Manor	5:30 pm
	13	at Fallsburg	6:30 pm
	17	at Chester Academy	6:30 pm
	19	at Burke Catholic	6:30 pm
	27	at Roscoe	6:30 pm
Feb	1	Liberty	6:30 pm
	3	O'Neill	7:00 pm
	6	Livingston Manor	5:30 pm
	7	Eldred	6:30 pm
	9	at S.S Seward	6:30 pm
	13	at Eldred	6:30 pm
	16	Sullivan West	6:30 pm

	20	OCIAA West Point	6:00 pm
	23	SCCC Invitational	3:15 pm
	25	SCCC Exhibition	3:15 pm
	29	Armory Track Invitational	5:00 pm
	30	SCCC Championship	3:15 pm
Feb	6	SCCC Exhibition	3:15 pm
	10	Section IX West Point	6:00 pm
	25	Armory Track State Qualifier	10:00 am

Boys Basketball

Jan	6	at Sullivan West	6:30 pm
	12	Chapel Field	6:30 pm

Girls Basketball

Jan	5	at Sullivan West	6:30 pm
	9	S.S Seward	7:00 pm

Indoor Track

Jan	18	SCCC Exhibition	3:15 pm
-----	----	-----------------	---------

Wrestling

Jan	9	at Ellenville	6:00 pm
	18	at Fallsburg BCES	6:00 pm
	20	at Ontario	6:00 pm
	27	at Liberty	6:00 pm
Feb	1	at Fallsburg BCES	6:00 pm

Ellenville Regional Hospital

Providing The Care You Deserve

Our services:

- Digital Diagnostic Imaging including MRI | CT Scan | Ultrasound | X-Ray | 3D Mammogram
- Cardiac Rehabilitation & Wellness
- Speech & Language Pathology
- Emergency Department
- Occupational Therapy
- Ambulatory Surgery
- Pain Management
- Physical Therapy
- Subacute Rehab
- Wound Care
- Laboratory
- And more!



For more information:



ERHNY.org



845.647.6400



@EllenvilleRegional





JOSEPH MCDOAL | DEMOCRAT

Top row from left, Austin Swett, Gavin Clarke, Zachary Kitaychik, Ian Mullen, Matthew Fanslau, Coach Kevin Delaney. Bottom row from left, Misha Khodakowski, Boe Mueller, Josh Fanslau, Tony Ceballos

Tri-Valley Boys Basketball

Coach: Kevin Delaney

Last season's record: 3-14

Top returning players: Zachary Kitaychik, Ian Mullen

Key losses to graduation: Andrew Cox, Brian Kelly

Team strengths: Defense and passing

Need to work on: Rebounding and shooting

Coach's comment: Our goal for the season is to be a strong competitor in class C, trying to improve as the season progresses to have a chance to make sections and win the league.

Tri-Valley Girls Indoor Track

Coach: Tyler Eckhoff

Last season's record: No head-to-head matches, Tri-Valley girls were Division Champions in Indoor Track & Field.

Top returning players: Amelia Mickelson (Distance), Kendall McGregor (Sprints/Hurdles/Jumps), Joyce Brooks (Sprints/Hurdles/Jumps), Lily Siciliano (Mid-Distance).

Key losses to graduation: None.

Team strengths: Compared to last year, the team has great depth. The roster has expanded from 7 girls to 15 girls. Overall, athletes' knowledge of training, technical form, and race strategy is greater than last season. Athletes understand the process of how to improve themselves and compete at a high level. Our distance dual of Anna Furman and Amelia Mickelson are a tremendous strength for the team.

Need to work on: Overall, speed is a key area for development for everyone during indoor track and field. Distance runners are going from 3 miles (fall cross country) to 1 or 2 miles for racing, and sprinters are in the phase of their training where they are developing speed.

Coach's comment: Our goal is to repeat as OCIAA Division Champions and to be competitive in the Section 9 Class B



RICHARD A. ROSS | DEMOCRAT

Front row left to right, Kaylee Poppo, Emily Richardson. Second row left to right, Sariah Mulholland, Brook Mulholland, Anna Furman, Lily Siciliano. Third row left to right, Delanie Hoffman, Amelia Mickelson, Kendall McGregor, Joyce Brooks, Chrissy Wachter. Not Pictured: Tabitha Mulholland, Emily Hornbeck, Ashley Miller, Katelyn Sauer, Ariana Small

Championships. Individually, a couple of our girls will make a push to advance to the state championships.



GO TV BEARS!

Available throughout the Mid-Hudson and Catskills at Peck's Markets, Main Street Farm, Neversink General Store, Soons Orchards, Emmanuel's Marketplace and Fishkill Farms

845-985-7815

Catskill Mountain Sugar House, LLC

10 Sugarhouse Lane, Grahamsville, NY 12740

Producers of maple syrup, maple cream & sugar

Supplying local vendors year-round



WIN BIG BEARS!

EARL D. SHEELEY & Son Inc

Sheeley Oil & Excavating

Fuel Oil • Kerosene • Driveways Built

Oil & Chip • Septic Systems • Drainage Roads Built

Driveway Plowing & Sanding

PO Box 255, Claryville, NY 12725 (845) 985-2231 Fax (845) 985-0186 suesheeley@gmail.com

BEST OF LUCK TRI-VALLEY BEARS!

FIREWOOD AVAILABLE

BLOOMING GREEN LAWN SERVICE

Ben Knight

Over 25 years of Custom Lawn Service

Neversink, NY • (845) 985-0516

www.bloominggreenlawnandlandscape.com

If it grows by day, have it cut by Knight



WISHING OUR TRI-VALLEY BEARS A SUCCESSFUL SEASON.
BEST OF LUCK TO ALL OF YOU.

J.B. MAK BUILDING

Harman Stoves Authorized Dealer

Installation ♦ Services ♦ Cleaning

Premium Hardwood Pellets

Lopi & FPX Gas & Wood Stoves / Fireplaces

Ph: **845-292-6338**

Fax: **845-292-6352**

4 BON JOVI LANE ♦ LIBERTY, NY 12754

www.jbmakrental.com

**Have a
Winning Season
T-V Bears!**

**Blustein Shapiro
Frank & Barone**

**Barbara A. Garigliano,
Managing Partner**

Sullivan County
and Catskills Office
449 Broadway
Monticello, NY 12701

**845/796-1010
Fax 845/796-1040**

108178

RICHARD A. ROSS | DEMOCRAT

Front row from left, Jackson Hillriegel, Roy Leach, Logan Weyant, Kristoff Guanzon, John Woods. Middle Row: Chris Russo, Craig Costa, Dayne Wall, Noah Edwards, Van Furman, Vincent Mingo, Jacob Lucak, Connor Weyant, Matthew Klein. Back row from left, Coach Furman, Thomas Houghtaling, Noah Jucha, Mark Klein, Armaan Butler, Adam Furman, Colin Monell, Dylan Poley



Tri-Valley Boys Indoor Track

Coach: Adam Furman
Last season's record: Division Champions

Top returning players: Jacob Lucak, Armaan Butler, Adam Furman, Dayne Wall, Noah Jucha

Key losses to graduation: Brandon Kaplan, Caleb Edwards

Team strengths: Tri-Valley's

strength this year will be the versatility of the team. We have a strong distance group and have backed that up with strong mid-distance, sprinters/jumpers and throwers.

Need to work on: Indoor track is a tough sport to train in, especially in New York weather. We need to be consistent in our training and be

willing to push through those tough days.

Coach's comment: Our goals for the team remain the same as always. As a team we hope to be at the top of the Division and Section, while getting some individuals to compete at the State and National levels.



**Plan now
for your Fall and
Winter Storage needs.**

**Design your own
shed or garage
with our 3-D Builder
on our website!**

**GREY'S
WOODWORKS**
STORAGE SHEDS AND GARAGES

**FREE Delivery in Orange, Sullivan and Ulster Counties.
Large Outdoor Display at All 3 Locations.**

7862 Route 55 | P.O. Box 420 | Grahamsville, NY 12740
599 Route 299 | Highland, NY 12528 • 1A Matthews St, Goshen, NY 10924

845.985.7006
GREYSWOODWORKS.com



**Good Luck
to the
Tri-Valley Teams!**

Play Hard ~ Win Big! Go Get'em Bears!!
**Justus Asthalter
Maple Syrup, Inc.**
*Bringing our family tradition to your table
for four generations*

The Boyes Family

865 Aden Road
Parksville, NY 12768
justusmaple@gmail.com
www.justusmaple.com
(845) 292-8569

sugarhill
CONTAINERS

LEADER

**AP
of
VT**

h2o
innovation

Wishing our Tri-Valley Athletes & Cheerleaders a Happy & Healthy Season!
BOYES & TORRENS CONSTRUCTION, INC.

— Fully Insured —

Kitchens • Baths • Doors
Windows • Decks • Siding
Seamless Gutters • Garages
Custom Homes • Additions

boyesandtorrens@gmail.com
(845) 295-5462

844 Aden Road, Parksville, NY 12768



108182

RICHARD A. ROSS |

DEMOCRAT

Front row (left to right):
Jordan Dymond,
Samantha Mentnech, Abbigail
Mentnech, Clare
Verbert.

Back Row: Jenna
Carmody, Brynn
Poley, Riley
Kelly, MacKenzie
Closs, Jaelyn
Mungeer, Emily
Rusin.



Tri-Valley Girls Basketball

Coach: Jason Closs

Top returning players: Jenna Carmody, Mackenzie Closs, Riley Kelly, Abbigail Mentnech, Jocelyn Mungeer, Emily Rusin, Clare Verbert

Key losses to graduation: Theresa Conway

Team strengths: Hardworking and Coachable

Need to work on: Continuing to gain

Varsity Basketball experience and improve as a team.

Coach's comment: This year's team is hardworking, coachable and looking to improve as a team from the lessons learned last season. Our goal is consistent improvement throughout the season and to compete with every team on our schedule.

BEST WISHES TO ALL THE WINTER SPORTS TEAMS,
ESPECIALLY THE TV BEARS!!

COOMBE,
& BENDER
COMPANY

Financial Planning & Investment Management

Investment Advisors Creating and Preserving Wealth

Philip Coombe III, CFP®

Catherine M. Coombe, CFP®

Lynn McDonald

Office locations:

Main Office:

P.O. Box 333 / 6872 Route 209

Wawarsing, NY 12489

548 Broadway

Monticello, NY 12701

Call for appointment

Phone (845) 647-4800 • (800) 4 COOMBE

www.coombebender.com

Email: pcoombe@coombefinancial.com

Here's to a
Great Season!



LET'S GO BEARS!

**Home of the Tri Valley Bears Excellence
in the Classroom and in Athletics**



SUNY SULLIVAN

Discover why we are Ranked #1 Community College in New York*

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!

- ☑ Live on campus in residence halls & 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!



Sullivan County high school grads may be eligible to
Attend SUNY Sullivan with Free Tuition!

Reach out to our admissions team for details:
admissions@sunysullivan.edu or 845-434-5750 x4287

Contact an Enrollment Specialist today: admissions@sunysullivan.edu • 845-434-5750 x4287
Sullivan County Community College • 112 College Road, Loch Sheldrake, NY 12759 • sunysullivan.edu

*Ranked #1 Community College in New York State by Intelligent.com, based on flexibility, faculty, course strength, cost, and reputation.