

Young Professionals

TAKE
ONE
FREE

'FEATURING II UP AND COMERS
IN OUR BUSINESS
COMMUNITY'



A special
section of the
**SULLIVAN
COUNTY
DEMOCRAT**
March 24, 2023
Section Y
Callicoon, NY

TIRE DISCOUNT CENTER

BUY *for* LESS



HUGE SAVINGS

Auto Alignment World

COMPLETE FRONT END SERVICE



WHEEL ALIGNMENTS

2 WHEEL THRUST ANGLE

\$54⁹⁵

TOTAL 4 WHEEL

\$84⁹⁵

SAS calibration on and additional \$10 On Most Cars

*SAS effects vehicle stability/traction/and controls ESC (Electronic Stability Control)



BRAKE RELINE SPECIALS

- Replace 4 Disc Pads
- Inspect Calipers and Rotors
- Includes OEM Hardware

FRONT OR REAR

\$129⁹⁵

INSTALLED PER AXLE On Most Cars



BRAKE RELINE & ROTOR SPECIAL

- Replace 4 Disc Pads
- Inspect Calipers and Replace Rotors
- Includes OEM Hardware

FRONT OR REAR

\$279⁹⁵

INSTALLED PER AXLE On Most Cars

REPLACE WORN PARTS WITH MOOG PROBLEM SOLVERS

- ★ HELP MAINTAIN ALIGNMENT ★ EXTEND TIRE WEAR
- ★ IMPROVE STEERING CONTROL
- ★ REDUCE FRONT-END NOISE AND VIBRATION

www.AutoAlignmentWorld.com

176 EAST BROADWAY MONTICELLO NY
(845) 794-4453
Mon-Fri 8 AM - 6 PM

86 DOLSON AVENUE, MIDDLETOWN NY
(845) 342-2076
Mon-Fri 8 AM - 6 PM

SERVING YOUR AUTOMOTIVE NEEDS SINCE 1968!

Alignments • Brakes • Tire & Wheel Services • TPMS • Nitrogen Axle & CV Joint Repair • Steering & Suspension • Vehicle Inspection



THREE LOCATIONS TO SERVE YOU!

176 EAST BROADWAY, MONTICELLO, NY
(845) 794-4455
Mon-Fri 8 AM - 6 PM

76 DOLSON AVE, MIDDLETOWN, NY
(845) 342-2036
Mon-Fri 8 AM - 6 PM

395 ROUTE 211 EAST, MIDDLETOWN, NY
(845) 343-3328
Mon-Fri 8 AM - 6 PM

Visit us online at www.TireDiscountCenter.com!

Carl McGuire

It's not easy to be extraordinary, but Carl McGuire, Logistics Supervisor at Bethel Woods Center for the Arts, sure makes it look like it is.

Carl joined Bethel Woods in 2016, making the 800-acre campus, and site of the 1969 Woodstock festival, his workspace. From concerts to festivals, education programs to light shows, even the occasional wedding, an event does not happen without Carl prepping, managing, and breaking down the site. When a tent needs to be put up at the last minute, and when that tent then needs a table and chairs, and even when you've forgotten to charge your electric drill and need to borrow one, Carl is the one you will look for. And it's usually pretty easy to spot him because he drives a van with a disco ball hanging from the mirror.

CONTRIBUTED PHOTO
Carl McGuire, at left, providing support ahead of the first-ever pie-eating contest at the Harvest Festival in 2022.

In 2022, Carl took on a critical position managing the entire logistics team throughout Bethel Woods' busiest year ever, which included more than 200,000 visitors during the Pavilion season alone. Rising to the occasion, he was promoted to Logistics Supervisor at the onset of 2023. "Over the years, Carl has grown up before our eyes. His passion, drive, and energy inspire everyone



around him and set an example for others to emulate," Eric Frances, Chief Executive Officer, said of Carl's success.

Being recognized as an outstanding Young Professional does not come as a surprise to anyone

who has had the pleasure of working with Carl, as his willingness to help others is intrinsic to his being, and comes without thought or hesitation.

CONTINUED ON PAGE 7



Whether you're putting up tents or constructing a light show, we know we can always find you working with a smile.

Congratulations

Carl McGuire, Logistics Supervisor,
on your well-deserved promotion.

CONGRATULATIONS CARL

on your special achievement and recognition.
WE ARE ALL VERY PROUD OF YOU.

Mom, Dad, Opa,
Grandma, Selby,
Brody, Piper, Will,
Cayla, Kevin, Anna
and all your aunts,
uncles and cousins.

Grandpa is sending along
a big Thumbs Up



111676 "Make Every Day Your Self Portrait and Sign it with Excellence"

a
single
bite

Food for Thought

One in three Americans say they were never taught about healthy food options. And **20% of households** in Sullivan County can't provide enough food for their families.*

A Single Bite's **Family Meal Program** is combating hunger in Sullivan County by preparing and delivering healthy meals while the **Real Food Education Program** teaches students about nutrition and making better food choices.



*The Del Monte Foods' 2020 State of Healthy Eating in America Study

To learn more or contribute call our office or visit our website.

ASingleBite.org 845-482-1030

P.O. Box 595 • Youngsville, NY 12791

A Single Bite is a nonprofit organization founded by **FOSTER SUPPLY**
HOSPITALITY

Sara Hazelnis

BY JOSEPH ABRAHAM

As a freshman at Brandeis University, Sara Hazelnis thought she was going to be a clinical psychologist. However, an immersive summer semester focusing on the intersection of nutrition, diabetes, and healthcare access in the Boston area set her on a new path.

Hazelnis, 31, has always had an interest in food, with fond memories of baking with her grandmother, and a love of cooking that blossomed while she was in college. This passion for food, nutrition, and a desire to leave a positive impact on her community and the youth, is why she's been a perfect fit at A Single Bite.

The Youngsville-based nonprofit was started by Foster Supply Hospitality Co-Founders Sims and Kirsten Harlow Foster as a program educating students about why good food is important.

Its initial goal was to empower Sullivan County students to care about real, healthy food and where it comes from. During the COVID-19 pandemic, they shifted their focus to also provide meals for local families in need.

As the Director of Operations for A Single Bite, Hazelnis manages the vast majority of the organization's day-to-day activities including the development and implementation of their two core programs, the Family Meal Program and Real Food Education

Program, the integration of A Single Bite merchandise and promotional materials into Foster Supply properties, the maintenance of financial records and social media for the organization, as well as any and everything else the small organization needs.

Hazelnis and the team are currently working on growing the non-profit, including relocation, the expansion of current programs, and the implementation of three novel programs, details of which will be shared in the near future.

A trip south and return home

Hazelnis, a 2009 Liberty High School graduate double majored in Psychology and Health: Science, Society and Policy at Brandeis.

After college she joined FoodCorps, who partners with schools and communities to nourish kids' health, education, and sense of belonging. Their members serve alongside educators and school nutrition leaders to provide kids with nourishing meals, food education, and culturally affirming experiences with food that celebrate and nurture the whole child.

That journey led her to the Mississippi Delta, where she taught gardening and nutrition to public school students and began moonlighting as a manager at a fine dining restaurant. Following her FoodCorps experience, she became Food Service Director at a

Thank you to
Sara Hazelnis
for your hard work and dedication to
A Single Bite!

And congratulations to all of the young professionals honored.
You make our community shine!

FOSTER SUPPLY
HOSPITALITY

Join our team! Find more info at fostersupplyco.com



PHOTO BY RACHEL COLLURA
Sara Hazelnis

where she continued to develop her passion for child nutrition. Hazelnis was then asked to return to the same fine dining restaurant in the Delta as General Manager, where she remained for two years.

During the first year of the COVID-19 pandemic, Hazelnis decided to pivot back into the nutrition field and returned to Sullivan County to pursue an online Master's Degree in the subject. Shortly after, she began volunteering with A Single Bite, before joining their staff in the summer of 2021.

Hazelnis said the thing she enjoys most about her work with A Single Bite is being able to give back to the community where she grew up.

"I think if we can get through to kids specifically, as they're the most malleable, it can make the largest impact, in terms of the health of our county, going forward," said Hazelnis, adding that our area has a lot to offer in terms of food and culinary experiences.

Hazelnis notes that getting kids excited about real food and cooking is something she loves to share

with them.

"Even if they don't remember who I am, that doesn't really matter," she said. "What matters is that the little seed gets planted and that has the potential to grow into something positive."

On advice to other young professionals, Hazelnis said it's ok to see where things take you. For example, she didn't think she'd ever work in a restaurant before her time in Mississippi, yet that experience allowed her to develop management, interpersonal, and multi-tasking skills, all in a fast-paced environment.

She also stressed not being afraid to seek advice.

"Talk to other people who [professionally] interest you, whether you're doing the same thing or not. See how your experiences compare to theirs and what you might be able to learn from each other," said Hazelnis. "I think a lot of times we see our careers as somewhat of a competition, but they don't have to be. It's really about raising each other up and, in many ways, doing the most good."

Thank you Sara!
Your **intelligence, dedication,** and **amazing work ethic** help our organization feed our neighbors and inspire healthy eating.

Congratulations to Sara and all of the Young Professionals.

The Board of Directors,
Volunteers, and your Teammates

a single bite

asinglebite.org

A Single Bite is a nonprofit organization founded by **FOSTER SUPPLY**
HOSPITALITY

The Villa Roma Resort wants to

THANK YOU, Kyle Norman,

for lifting our recreation
and recreation facilities to a new level.

Keep up the great work!



356 Villa Roma Rd, Callicoon, NY 12723
 (800) 533-6767
www.VILLAROMA.com

CONTRIBUTED PHOTO
 Kyle Norman shows off his own
 fitness skills.



111429

Kyle Norman

BY NIC BIRGLER

Kyle Norman grew up in Dingmans Ferry, PA just over the border in Pikes County.

A 2016 graduate of Delaware Valley High School, he went on to become a corrections officer in the Wayne County Prison. “It was a challenging but rewarding experience. As a corrections officer, I had the opportunity to interact with individuals who were in difficult situations and provide them with guidance and support. Being a role model to those who needed it the most was an honor, and I learned a lot about the importance of empathy, patience, and understanding” stated Norman.

In 2019, wanting to follow his passion for fitness, Norman accepted his current position as Fitness Manager at the Villa Roma Resort and Conference Center in Callicoon.

At the Villa Roma, he helps create a welcoming environment that motivates people to reach their fitness goals,

whether it be vacationers or locals alike.

When asked what he enjoys most about his position, Norman replied, “You only have one body to carry you through this life and being able to provide the tools needed to help our guests maintain their temple is fulfilling”.

Norman urges other young professionals to reap what they sow, stating “there are many people sowing many different things, and some may even sow in our garden. Allow others to plant good seeds that grow into beautiful flowers while also planting seeds of your own. And don’t forget to regularly weed your garden. Applying this analogy to your professional and personal life will help you to refine yourself and continue to achieve your set goals”

Norman is proud to be part of the Villa Roma team and cannot wait to continue to help, learn and grow in his position.

CARL McGUIRE

CONTINUED FROM PAGE 3

“Carl is the person you want to run into when days feel long,” says Bridget Smith, Associate Director, Marketing and Communications. “I am instantly refreshed by his enthusiasm for the work he does and his overall energetic disposition.”

His other coworkers agree that he will put a pause on his work at a moment’s notice to assist a teammate, and is the first one to volunteer for jobs beyond the call of duty. In fact, he may have even frightened you during Peace, Love & Pumpkins. Yes, that was him jumping out of the shadows in a black wig, cheetah-printed frock, and a large walking stick as a cave dweller in the dinosaur section of the walk-thru experience.

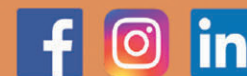
This zest for life and excitement to collaborate with others extends into all facets of Carl’s life. In his (limited) free time, he coaches skiing at Belleayre Mountain Ski Center and runs a local disc golf league at Walnut Mountain Park – and while many of his colleagues are not league-ready, he has taught quite a few the game.

The next time you wander lazily through a tent at Harvest Festival, marvel at the setup of the Event Gallery, or sit yourself in a chair on the lawn, think of Carl and know that he curated this experience with a smile on his face (and probably a signature dance move or two).

Congratulations
to all of the 2023
Young Professionals!



(845) 482-4000 • www.jeff.bank



Congratulations to all the Young Professionals

Including

Brian Conaty
Acting District Attorney



On behalf of the
Sullivan County
District Attorney's Office

111534

CONGRATULATIONS TO ALL THE HONOREES!

From all of us at



ROLLING V BUS CORPORATION

Motor Coaches • School Buses

Locally Owned & Family Operated
ROUTE 42 SOUTH FALLSBURG

845-434-0511

44869



Kristt K Kelly
Office Systems Corp.

369 Broadway, Monticello, NY 12701
845-794-6639

Home office Specialists:

- ◆ Computer Desks
- ◆ Desk Chairs, Chairs, Chairs
- ◆ Low Volume Printers & Multifunction
Black & White & Color
- ◆ Laptops
- ◆ Desk Computers
- ◆ Supply Items

Commercial Office Specialists:

- ◆ Kyocera Printers & Multifunction
Black & White & Color
- ◆ Office Furniture
- ◆ Computer Supplies
- ◆ Office Supplies
- ◆ Commercial Vacuums
- ◆ Computer Furniture

In Addition:

- ◆ Extensive Copy Center
- ◆ Authorized Fedex & UPS Shipping Center
- ◆ Extensive Art Supply Shoppe
- ◆ All Types of Framing

94615

Brian Conaty



STORY AND PHOTO
BY DEREK KIRK

Brian Conaty, turning 31 on March 26, is currently the Acting District Attorney (DA) of Sullivan County and has held the position since his appointment late last year.

A local Sullivan County resident and high school graduate from Burke Catholic in Goshen, Conaty set his sights out for something higher.

His parents, Betsy and Phil Conaty, instilled his passion for the work he does through their own careers. His mother, a graduate of Eldred HS, earned her doctorate in sports management after attending the University of North Carolina as a three-times national champion in soccer and an all-American Athlete. His father had a successful career as a lawyer with a local tie, serving as Assistant District Attorney in the Sullivan County DA's Office from 1979 to 1985.

Initially following in his mother's footsteps into the world of sports management, Conaty attended college and earned his undergraduate degree at West Virginia University. After graduating, his career focus shifted to that along the lines of his father – attending school at the Touro Law Center.

After his graduation from Touro Law Center as Magna Cum Laude, he was invited to begin his employment in Sullivan County's legal scene by former DA Meagan Galligan, serving under former DA Jim Farrell. In succession, Galligan became DA after Farrell, and since her ascension to the bench as New York State's Third Judicial District Court Justice, Conaty has risen to take the reins of the office.

Conaty said that he drew inspiration from what his father told him, quoting him saying that "being a prosecutor is the best job in the legal profession," to which Conaty said he found to be accurate.

The Acting DA said that he is proud to have support from the community, and that he hopes to continue to do so in the future, as the General Election will be held in November.

As iron sharpens iron, Conaty understands the struggles of being a young professional in Sullivan County.

"It's becoming possible for young professionals to stay in Sullivan County to find and develop meaningful careers," Conaty said.

In a word of encouragement to other young people of the area, he said to "Find your passion – and be bold enough to chase it."

Elise Yamen

BY NIC BIRGLER

Twenty-Two-year-old Elise Yamen is the Administrative Assistant at Sullivan 180 in Liberty, which focuses on making Sullivan County a better place to “play, work, and raise a family,” which is exactly what Yamen strives to do every day.

A Sullivan County local, Yamen graduated from Roscoe Central School and went on to graduate from SUNY Albany with a bachelor’s degree in East Asian Studies.

After graduating Yamen took her passion for helping others back home to Sullivan 180 where she created a resource directory for the county.

“I noticed the number one problem people had [was a] lack of knowledge of resources this county has,” says Yamen.

Now her directory is the num-

ber one tool used to share the resources Sullivan County has to offer.

Yamen provides administrative support for the entire Sullivan 180 office with her organization and communication skills. Additionally, she is the company’s go to person for logistics and planning for meetings, conferences, special functions and events at Sullivan 180.

When asked what advice she’d have for other young professionals Yamen said, “Know your skills and value and put them where it matters most.”

Yamen hopes to grow in her current position and looks forward to creating more events and initiatives for a better and healthier Sullivan County.

CONTRIBUTED PHOTO
Elise Yamen



Congratulations Elise!

Thank you for all that you do for our organizations and our community.

*"Life's most persistent and urgent question is:
What are you doing for others?"
— Martin Luther King, Jr.*



GRANITE
ASSOCIATES

SULLIVAN 180

Bethel Woods
CENTER FOR THE ARTS

Dakota Lent

BY DEREK KIRK

Keeping the gears turning and the service station in order is Dakota Lent of Honesdale, 24, Service Manager at Firmstone's Tire and Auto Services in Honesdale, PA.

A graduate of Honesdale High School, Lent operates in his role to keep his local customers' tires to the pavement. He is tasked with overseeing all aspects of the day-to-day service operations relating to automobile repairs, as well as handling the scheduling of work and billing customers.

A loyal employee to Firmstone's for 10 years, Lent took on his current position as Service Manager just under a year ago.

Lent said that he chose this career due to his father's passion for automobiles.

"My dad has worked on cars my whole life, so I've felt like it was only natural to do something automotive related, based on what I grew up around," Lent said.

Although sometimes facing challenges in juggling all of his responsibilities at once around the garage, one of the perks of the job for Lent is the ability to interact with customers and help people as much as he can with their automobile-related troubles

and beyond.

Lent said his favorite moments on the job are "too many to count" and that he enjoys his interactions between coworkers and customers alike.

Staying on top of it all is the key to staying organized, Lent explained. Doing as much as you can to prepare and execute the job, never pushing things off until later.

"Be calm, be patient, and do not be afraid to ask for help or questions. This job can be overwhelming at times, but it helps to slow down and focus on one thing at a time," Lent said.

Lent noted that his spare time is often enjoyed alongside his wife and their beloved pets – including a bulldog puppy, Winnie, and rescue cat, Pierre.

"My family inspires me. Between my parents, Michael and Tara Lent, my brother Cody, and my loving wife, Emma," Lent said. "They all keep me motivated to be the best man I can be each and every day."

CONTRIBUTED PHOTO

Dakota Lent



Young Professionals

'Featuring the up and comers in our community'

Published by
Catskill-Delaware Publications, Inc.

Publishers of the

SULLIVAN COUNTY
Democrat

(845) 887-5200

Callicoon, NY 12723

March 24, 2023 • Vol. CXXXIII, No. 83

Proud Member of
NYPA
NEW YORK PRESS ASSOCIATION
*Serving the weekly
community newspapers of
New York State since 1853*

MEMBER
NINA
Since 1915
NATIONAL NEWSPAPER
ASSOCIATION

Publisher: Fred W. Stabbert III
Managing Editor: Joseph Abraham
Editor: Derek Kirk
Sports Editor: Anthony Morgano
Editorial Assistants: Nicole Birgler, Kathy Daley, Richard Ross, Jeanne Sager
Advertising Director: Liz Tucker
Assistant Advertising Director: Barbara Matos
Advertising Representative: Susan Panella
Production Manager: Petra Duffy
Business Manager: Sara Wendell
Assistant Business Manager: Patricia Biedinger
Telemarketing Coordinator: Michelle Reynolds
Monticello Office Manager: Alexis Rothfeder
Classified Manager: Janet Will
Production Associates: Elizabeth Finnegan, Nyssa Calkin, Rosalie Mycka, Ruth Huggler, Justin Mednick
Circulation Manager: Lillian Ferber
Circulation and Distribution: John Fischer, Phil Grisafe, Allan Davis



Sheeley Oil & Excavating **EARL D. SHEELEY & Son Inc**

**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

KOHLER LUMBER Find all your lumber, hardware, siding, or flooring needs... and more.



MARVIN
Marvin makes windows and doors inspired by how you live.

Trex **PPG PAINTS** **WOLF CLASSIC Cabinetry**

845-482-5290 • kohlerlumber@yahoo.com

Krista Chilson

BY NIC BIRGLER

As a senior microbiologist at Sullivan Labs, located in Ferndale, Krista Chilson strives to help her local community through her passion for environmental conservation.

A 2017 Liberty High School graduate, she began working at Sullivan Labs four years ago behind the scenes while she pursued her associate's degree in liberal arts and sciences at SUNY Sullivan.

Upon completion of her associate's, and discovering the enjoyment she had working at Sullivan Labs, Chilson decided to continue her educational journey at SUNY Oswego, studying zoology.

It was at Oswego that she learned exactly how animals interact with their environments and how to limit the impact humans have on wildlife habitats.

After graduation, Chilson con-

tinued her hard work in her hometown when her professional career started to take off. As a senior microbiologist at Sullivan Labs, she is part of a team of locals working to provide accurate laboratory analytics on all types of Sullivan County water. She helps produce accountabilities for all our water supplies by testing for compliance in water regulations, illness-causing bacteria and more. This in turn provides a safer local ecosystem for everyone.

Chilson states she looks forward to "continue growing career wise in my current [role] and continue to service to my hometown."

She urges other young professionals to take all opportunities given to them, as her story proves, you never know when your career may take off.

DO ONE BETTER!™

POPCORNERS®

THE CRUNCHY AND WHOLESOME POPPED-CORN SNACK



BORN IN LIBERTY

We are Here in Sullivan County!



89 Mill Street,
Liberty NY 12754



www.pepsicocareers.com



111640

98793

CONTRIBUTED PHOTO
Krista Chilson



What's in your water?

Trust our Certified Laboratory to help you find out...



**Congratulations to SCL's Young Professional,
 "K1" (aka Krista Chilson)
 and ALL of our Microbiology & Chemistry
 Department Stand Outs!**

**Bridget Hart • Julius Krentz
 Krysta Kelly • Megan Langeland
 Abigail Gorr • Olivia Klys
 Kaylin Kratz • Arianna Rivera**

Free Bacteria Test

(retail \$33.00)

with the purchase of a homeowners Package

(retail price \$140.00)

Limited time only. CODE: YOUNG

"Tested Water is Trusted Water"



**SULLIVAN COUNTY LABS
 AG Environmental RSC LLC**

PICK UP SERVICES AVAILABLE *Find us on Facebook*
 845-704-8151 • Ferndale, NY • sullivancountylabs.com

COOMBE, & BENDER COMPANY

Financial Planning & Investment Management

**Congratulations
to this year's
chosen
Professionals**

Investment Advisors

Creating and Preserving Wealth

Philip Coombe III, CFP® • Catherine M. Coombe, CFP® • Jarryd Killian, CFA®

Office locations:

Main Office:

129 South Main Street
Ellenville, NY

Phone (845) 647-4800 • www.coombebender.com • Email: pcoombe@coombefinancial.com

111565

Merrell Benco INSURANCE AGENCY

We offer our clients complete insurance coverage.

Our knowledgeable staff will provide comprehensive, cost-effective policies **for your home, auto and business.** We'll work with you to find **the right coverage** for your needs. Call us today!

Personal Coverage

- Automobile
- Boats
- Homeowners
- Umbrella policy

Business Coverage

- Business automobile
- Liability, fire, crime, marine
- Package policies
- Workers' compensation

Merrell Benco Insurance Agency

67 East Broadway
Monticello, NY 12701

(845) 796-1500

Instant online quotes at: mbagency.com

59455

Brina Cohen

BY PATRICIO ROBAYO

For Brina Cohen, the Music Coordinator for New Hope Community in Loch Sheldrake, the quote, “Where words fail, music speaks,” really describes her work for the people New Hope Community supports.

Cohen has been with New Hope for almost 10 years, starting as a job coach and later moving to residential before becoming the music coordinator. She uses music as a therapeutic tool for the people that New Hope Community supports.

On any given day, Cohen starts her day by working with different program groups and organizing activities geared towards adults with varying intellectual and developmental disabilities, like karaoke, music crafts, and music-themed bingo, among others.

Cohen also plays music for the people she supports and has recently worked on a music-themed Candyland-inspired board game.

When the COVID-19 pandemic set in, Cohen was separated from the people she supports by a screen in order to keep them as safe as possible. However, working through a screen just wasn't the same.

“All of the recreation coordinators were using Zoom. I was able to play music and teach the people we support about musicians and some music theory. It was really tricky, but we made it work for the time being,” added Cohen.

After the pandemic, Brina was able to organize talent shows, lip sync battles, and a percussion ensemble, among other things.

Cohen says that using music as a therapeutic tool has unique benefits and challenges for the people New Hope Community supports. Cohen believes that music gives individuals who may not be able to express themselves the opportunity to do so.

For Cohen, one of the most rewarding moments of her work was

during their first percussion ensemble concert. For the 12 members, Cohen said she was proud of their hard work. They learned basic rhythms, dynamic changes, and about different percussion instruments from all over the world. They met once a week and had two concerts in 2022.

“The percussion members were so excited to learn something new and be able to perform and showcase their talents for their friends and family,” added Cohen.

Cohen herself is a musician and has been playing saxophone since she was eight years old, starting when she attended Liberty Central School district. She sings and plays the ukulele, piano, and a little bit of drums. Although she does not play actively in a band outside of work, she enjoys picking up her instruments. Also, outside of work, Cohen enjoys spending time with her family and friends, especially her two nephews.

Cohen is also the advisor for several organizations. She serves as an advisor for New Hope as some of the people supported are in the Kiwanis Aktion Club of Sullivan County. She also advises New Hope's Self-Advocacy group and is a certified coach for the Special Olympics of New York. These roles provide opportunities for the people she supports to connect with others, give back to their community, and develop new skills.

Currently, Cohen is studying psychology at Southern New Hampshire University and says to young professionals who want to live and work in Sullivan County, “If you're passionate about something, stick



CONTRIBUTED PHOTO

Brina Cohen

with it. There's always an opportunity to find something that fits you.”



NEW HOPE
Community

Congratulations
Brina Cohen

Your dedication to our mission is music to our ears



110447

www.newhopecommunity.org

Cooper Arias, LLP

Accounting & Accountability



Individual Taxation	Corporate, Partnership & LLC Taxation
Estates & Trusts	Government & Fire District Auditing
Not-for-Profit Accounting	
Financial Statements	

892 State Route 17B
Mongaup Valley, NY 12762
845-796-1800

2527 Route 17M
Goshen, NY 10924
845-343-2215

133 Route 304
Bardonia, NY 10954
845-623-0300

Certified Public Accountants
www.cooperarias.com

58970



Jessica

Stepping into your father's shoes to run Thalmann's Service Center is admirable. You are a true inspiration among young professionals.



Barbi



Congratulations to all the young professionals and thank you for your dedication to enhancing Sullivan County's business community

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

103236



with Great Deals!

Spring is right around the corner and there is no better time to get your business ready for warm weather than now.



"Sullivan County's Community Newspaper for 132 Years"

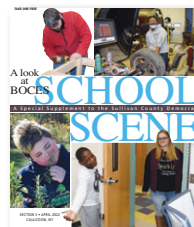
Call 845-887-5200 to place your ad today!

With Offices in Callicoon
SCDEMOCRATONLINE.com

**WHEN ADVERTISING DOLLARS COUNT...
COUNT ON THE DEMOCRAT TO DELIVER
READERS TO YOUR DOORSTEP**

Let your customers know what you are planning by placing an ad in one of these great special sections.

EDUCATION



BOCES School Scene
"A Look at Activities in the BOCES District"
Advertising Deadline: **March 31**
Publication Date: **April 7**



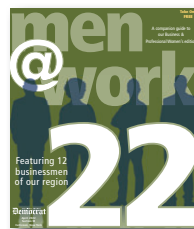
SUNY Sullivan School Scene
"Taking you inside Sullivan County's Only Community College"
Advertising Deadline: **April 10**
Publication Date: **April 18**

REAL ESTATE



Home in the Country
"Award-winning real estate guide focuses on local market"
Advertising Deadline: **March 29**
Publication Date: **April 7**

BUSINESS



Men@Work
"A look at our workforce from a male perspective"
Advertising Deadline: **April 12**
Publication Date: **April 21**

HEALTH



Health & Wellness
"Great ideas for keeping your body healthy in the spring and summer"
Advertising Deadline: **May 8**
Publication Date: **May 16**

TOURISM



Catskills Confidential
"Sullivan County's Premier Visitor Resource Guide"
Advertising Deadline: **April 27**
Publication Date: **May 15**

March bill flyer 2023_HatTabHorizontal

Jessica Thalmann Osterhout

BY JOSEPH ABRAHAM

Up until recently, 29-year-old Jessica Thalmann Osterhout didn't know how to conduct a car inspection or do an oil change. This is despite growing up at Thalmann's Service Center, which was started by her father, the late Daniel Thalmann, in 1993.

"The most I did [growing up] was push a broom and clean the bathroom and coffee station," she jokes, also reminiscing of bicycle rides in the parking lot.

However, when her father passed away unexpectedly from a heart attack last spring, Jessica and her older sister Alyssa (a fifth grade teacher at Liberty) jumped in and kept the family business running smoothly.

The sisters now co-own the shop, and while Alyssa assists on weekends, Jessica serves as the manager, arriving each day between 7:15 a.m. and 7:30 a.m. It's in that quiet period before the shop opens that she prepares the list of jobs each mechanic has for the day. She also handles the billing and banking for the shop.

At first the sisters looked for someone to replace their dad, but in their eyes, no one could measure up. Then, Jessica decided that she wanted to stay at the shop full-time and learn mechanics, which Alyssa gave her blessing for her to do.

"That meant the world to me," Jessica said, adding that that night she had a dream of her father giving her a hug and telling her he was proud of her. "From there it just fell into place."

Thalmann, a 2012 graduate of Liberty High School, earned her Associate's Degree in Humanities from SUNY Sullivan, before attending SUNY New Paltz where she earned her Bachelor's in Sociology. She's currently attending Grand Canyon University online, pursuing her Master's Degree in Teaching, while leading the day-to-day at the shop.

She continues to enthusiastically learn the different aspects of mechanics, most recently adding mounting and balancing tires, as well as changing brakes to her repertoire.

While completing her Master's is still the goal, Jessica said she sees herself being at the shop for the rest of her life, not just because it was her father's business, but because she's fallen in love with it.

"Not many people get to wake up and say they love going to work, but I do," she said. "I love the guys here, I love the community and I love the customers."

Jessica is very active in the community, as a member of both the Liberty Rotary and Lions Clubs. She is also a member of the Professional Women of Sullivan County, just jumped in Berean Lake to raise awareness/funds for the Alzheimer's Association as part of Team Strike Out Alz, a member of the Sullivan County Chamber of Commerce, and recently took her father's seat on the Liberty Republican Committee.

When not working or taking part in those organizations, Jessica is very busy with family. She's married to Andrew Osterhout and has three children - Blake (8), Lucas (5) and Thomas (1.5), with the older two very involved in scouting and/or youth wrestling.

On her advice to other young professionals, Jessica said, "Follow your dreams and believe in yourself, even if everyone around you is saying you can't. Hold your dreams near and dear and run with any support you get."

She also thanks the community for all the support they've given her family as well as the shop. She also is grateful for her family and coworkers.

"None of this would be possible without my sister, Alyssa Thalmann, the lead mechanic Troy Nietzel, and mechanics Jim, Joe and Sam," she said. "Troy is the foundation of it all; he was with my dad for 25 years and has been the biggest supporter and help through this all, teaching me the ins and outs of how dad ran the business."

To learn more about Thalmann's Service Center, visit thalmannservicecenter.com, or call 845-292-4808.



Jessica Thalmann Osterhout

CONTRIBUTED PHOTO

Erin Denman

STORY AND PHOTO BY JOSEPH ABRAHAM

At the age of nine, Erin Denman, now 23, got started with Cornell Cooperative Extension (CCE) Sullivan County's 4-H Youth Development program, specializing in horses. By the end of her high school career, she'd earn the prestigious Norman F. Gabriel award. The Tri-Valley alum had initially decided to attend SUNY Cobleskill, a college where many go for a career in Equine Studies.

"That's what everyone expected me to [pursue] but I threw them for a loop," Denman said with a smile. As a self-professed "writing geek" in high school, she instead chose to study communication and technology. "I wanted to see where I went with that," she added.

Denman eventually transferred to SUNY New Paltz, where she majored in English Literature and Analysis, with the goal of working in communications and publishing. "I love working in all things communication," she said, "web-site design, social media marketing, press releases, published writing."

She's now in pursuit of a Master's Degree in Creative Writing from her alma mater, while working at Cornell Cooperative Extension Sullivan County (CCE), where she was hired as Association Operations Coordinator at the beginning of 2022. When she applied for the position, CCE staff recognized the familiar face. "Everyone was like 'hey it's the 4-Her,'" Denman jokes.



Erin Denman

At CCE, she manages everything relating to their building in Liberty, including taking all general calls, emails and inquiries through social media, working with CCE's financial department on managing incoming and outgoing statements, handling meeting coordination and logistics as well as setting up/booking events and rooms at the facility, as well as IT support. She also utilizes her writing talents in managing CCE's monthly magazine.

Denman is also on CCE's Diversity, Equity and Inclusion Committee, which focuses on reimplementing and reworking policies to be more racially, gender and equity friendly.

"I love doing a whole bunch of things because you never get bored. There's always something else to do," she said. "And in the end, you'll learn a lot and become skilled in pretty much everything. So wherever you go, you're going to have that knowledge to take with you."

Denman, a Grahamsville resident, is an only child, but has a large extended family. When she

isn't working, reading or writing, she also enjoys traveling. So far she's been to Sweden, Finland, Denmark and Norway. She also has a love of theater that began in high school.

Denman, who was SUNY Cobleskill's Theater Club President for a time, is still active with SUNY New Paltz's theatre department, having recently served as dramaturg for one of their recent plays, "Unnatural Acts: The Secret Court of 1920."

On advice for young professionals, Denman encourages them to be open to connections, to meet people, make new friends, as well as be open to new experiences.

"Learn everything you can," she said. "Even if at first you don't end up doing what you love, be open to getting your foot in the door, everywhere. Whether it's starting as a food server at a restaurant, watching someone's dog or working on a farm. It's all the little things, different levels of responsibility and learning and all the experiences that connected in my life and brought me to where I am now."

Congrats!



You keep
CCE
shining!



Sullivancce.org



Kristen Johnston

BY ANTHONY MORGANO

Sometimes, a career opportunity falls into your lap that will be a perfect fit on the first try. For Kristen Johnston, who is approaching 14 years with Johnson & Johnson Inc. this May, that certainly seems to be the case.

Johnston has been with the company since college, LaSalle University, where she started as a co-op before being accepted into their Financial Leadership Development Program. She has been there ever since, and now holds the title of "Senior Finance Manager, Mergers and Acquisitions."

One of Johnston's responsibilities in her current role involves financially evaluating prospective businesses that J&J is interested in acquiring. She then presents her findings to management with the ultimate goal to execute transactions that add value to J&J and their shareholders. The best part? She works remotely from her home in Callicoon.

Though Johnston regards her current role as both her favorite and most challenging thus far, there are plenty of other roles that she has performed. "J&J typically rotates our roles every two to three years," Johnston explained.

Some of her former roles include being responsible for a multi-billion dollar Global Consumer Selling, General and Administrative (SG&A) reporting and analytics, co-leading the governance and development of global strategic initiatives for gross profit margin improvement and providing strategic leadership as the Finance lead for the Vice President of the Drug Channel in delivering their sales targets.

When talking about her current role Johnston said, "I like it because no two days are the same, and I work with all of the functions including legal, supply chain, quality and commercial, so I'm continuously learning something new."

Johnston also has to deal with

CONTRIBUTED PHOTO

Kristen Johnston

tight deadlines when a deal heats up quickly, increasing the hours and intensity of work to avoid missing an opportunity. "It's often difficult to manage my time with my family or not feel guilty for working."

While every job has their challenges, Johnston's role with J&J has also afforded her some unique opportunities.

"A few years ago I was the finance lead for a global project rolling out a financial return on investment system at our J&J sites in Spain and the Phillipines. Traveling to those countries was quite a unique cultural adventure that I would not have experienced had it not been for work," she explained.

When not working, Johnston is busy with her two babies, Callaghan and Fiadh as well as her step-children Riley and Seamus. She spends a lot of time after work attending sporting events, and likes to run outside, vacation at the beach and go out to dinner.

With a remote job, work and home life can fuse together and many of the skills can apply to other places in life. For Johnston, influencing without authority is a skill that she has carried over from work.

"At work I need to influence my business partners, most of whom are more senior than I am, so doing so confidently and using fact-based data is something I've had to accomplish," Johnston explained. "In my personal life, this has carried over. I rarely make emotional decisions, even when it comes to my children, which can be difficult."

Balancing work and family is hardly an easy task, but Johnston finds ways to succeed in both, alongside the support of her husband, Pete.



MIKE PREIS INC.

INSURANCE AGENCY

Personal ~ Commercial

Health & Benefits

Congratulations

Kristen, Brian & Sara

& all of the 2023 Young Professionals

111167



4898 State Route 52
Jeffersonville 845.482.5510



www.mikepreis.com



This year has been a whirlwind of losses for our family; through these losses I have watched my sister Jessica blossom into an entrepreneur and active community member.

Through our challenges Jessica used that loss as the energy to run Thalmann's Service Center, day-to-day operations. With her passion and devotion to keeping our father Daniel Thalmann's legacy alive, she is an empowered young woman, ready to make change. Watching her interact with customers is magical; she is exactly where she belongs. Jessica is very empathetic and shows compassion to every customer, as our father did. By running the day-to-day operations of Thalmann's Service Center, Jessica oversees the work of several mechanics, interacts with customers, communicates with a variety of parts stores, manages repair orders and money - she is for all intents and purposes the owner and manager, and she is excelling with the responsibility of it all.

In the past year, this impressive young woman was pinned as a member of the Liberty Lions Club and Rotarian. She is also an active member of the Sullivan County Chamber of Commerce and the Republican Party. Jessica completed the Start-Up Entrepreneur Training through the Chamber this past February. In addition, she is a 2023 Subzero Hero for the Team Strike Out Alz.

Jessica is a mother of 3 young boys who are active in Liberty Cub Pack 717 and Wrestling with Deep Roots Wrestling Club.

I know that our father and mother are looking down at us proudly. I am so full of pride for Jessica and admire her energy and devotion!

I love you, Jessica!
Alyssa

"It is often the small steps, not the giant leaps, that bring out the lasting change."
- Queen Elizabeth II

I am proud of you,
love Andrew.

