

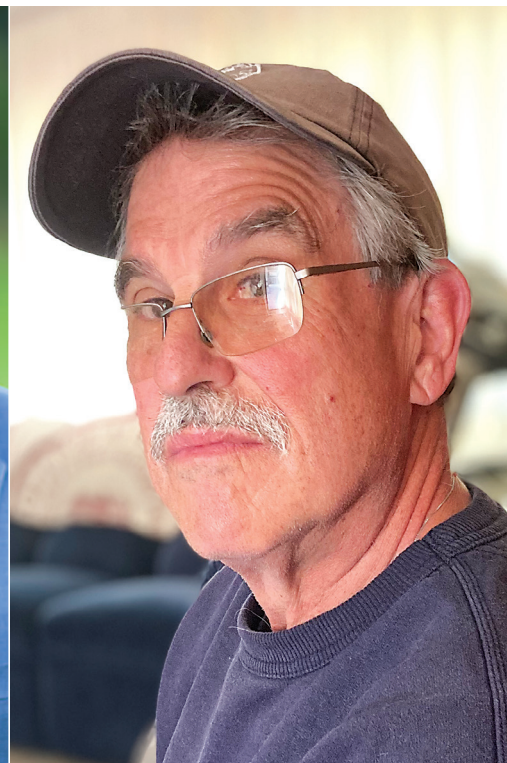
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Jerry Dunlavey

STORY BY DEREK KIRK

Age: 58

Education:

- Iona University, BBA in Finance 1987
- Iona University, MBA 2012
- Palmer College of Chiropractic, Doctor of Chiropractic October 1996

Place of employment:

Garnet Health

Current title and duties:

Interim President & CEO – Garnet Health Chief Operating Officer – Garnet Health Medical Center – Catskills

Years of experience: 25

Why did you choose this career?

I was drawn to work that allowed me to help other people. After completing my undergraduate degree in finance, I knew there was something different that I wanted to do, something with a health and human services focus. I considered education and healthcare and was ultimately drawn to healthcare. I soon recognized that the combination of my finance and

clinical background provided me with the necessary tools to pursue a career in hospital management.

Favorite part of your job:

Spending time with front line managers and staff. You can learn so much about what is working and not working just by connecting and speaking with your front-line staff. I'm so proud and impressed with the commitment, resilience, and dedication of our staff as they truly are the heart and soul of our organization.

Most challenging part of your job:

Healthcare is not easy, you are often challenged with managing and meeting significant demands with limited resources.

Favorite on-the-job memory:

Every time we introduce a new or expanded service to the community that we serve. I have been blessed to be part of a health system that is constantly looking forward and trying to expand the quality and breadth of clinical services that we offer.

How do you manage your time?

I'm up early every day, usually

around 5:30 am. I find that I am most productive at that time and it allows me to get a jump on what is usually a very busy day. I try to manage my daily calendar in a way that allows for meeting time, work time, as well as being visible and available to everyone in the health system and our community. I also try to have protected time to take care of myself, something that we all need to be focused on to ensure our mental and physical well-being. The balance doesn't work every day as different issues arise, but it's what I strive for each day.

What advice do you have for someone entering your field?

I would make sure that anyone entering a career in healthcare is aware of the wide variety of settings they could work in throughout their career. There are so many clinical disciplines to choose from as well as a variety of administrative and clinical support roles. I would strongly recommend spending some time as a volunteer or intern to determine what setting best matches your interests. It's also im-



portant to know that your interests can change over time, so be sure to keep your options open. For example, many people start their career in a clinical role but then eventually move into management.

Who inspires you?

I find inspiration in so many different people each day. It could range from a variety of people including patients that I meet who are dealing with significant challenges to the loved ones who are there to support them. Then there is the team of people taking care of these patients and their family. Our doctors, nurses, as well as clinical

continued on page 5M

Congratulations, Jerry Dunlavey.

Interim President and CEO, Garnet Health
Chief Operating Officer, Garnet Health Medical Center – Catskills

Congratulations to Jerry Dunlavey for being recognized as one of the *Sullivan County Democrat's* Men at Work for 2023. Jerry's unique combination of business expertise and medical knowledge has made him a trusted leader since he joined our organization nearly 25 years ago. We celebrate his extraordinary contributions to Garnet Health and salute his tireless commitment to our patients, our staff and our community.



Ezekiel Romero

STORY BY NIC BIRGLER

Age: 26

Education: High School Diploma

Place of employment: Jeff Bank in Jeffersonville, NY

Current title and duties: Technology Generalist, Responsible for installing, troubleshooting, and maintaining system hardware and software. Performing backup and recovery operations. Complying with operating policies and procedures established for the network; communicating with appropriate personnel; responding to inquiries or requests for support; and providing assigned reports.

Years of experience: 6

Why did you choose this career?: I always had a knack for technology. When I was a young teen, it seemed like I was watching the world change from the early flip-phone pre-internet era to our modern information era where everyone is carrying essentially a computer in their pocket. I had done my best to keep up to date with all the new products as they

were released, and because of this I had grown a real interest in all things technology. I built my own computer when I was 17, and in high school I took a computer science class to pursue my interest. A side effect of this is that I became the family troubleshooter, and everyone would come to me for help with their various tech. I was always willing to help because I enjoyed it, and it was often an opportunity to learn something new. So when I was told that there was an open position in Jeff Bank to be a computer operator, I jumped at the opportunity in hopes I could learn even more.

Favorite part of your job: Solving problems. There's no better feeling than finally figuring out the solution to a project after wrestling with it for a while. It truly feels like a victory.

Most challenging part of your job: Also solving problems. While the end of a project is a great relief, some projects really rattle your brain and working to troubleshoot and research and fail then try



something different is very challenging. I'm always studying and learning new things in preparation for new challenges that come my way.

Favorite on-the-job memory: My favorite recent memory is our Business Continuity test going very smoothly. Essentially, we ensure that the bank can function running through another one of our branches. It required coordination with multiple departments as well as my own. Everyone was great

and efficient, and the test was successful in record time thanks to my teammates and fellow coworkers. Putting the plan into practice and seeing it work was a great feeling.

How do you manage your time: I usually create daily tasks in my calendar, and organizing certain projects throughout the day. I create blocks of time and delegate tasks to each block, that way I don't end up trying to multitask and distract myself. I always make sure to integrate breaks throughout the day, not only to rest my body but also to get a different perspective on whatever I was working on. I find that sometimes if you step away for a minute and come back, you often find something you missed before.

What advice do you have for someone entering your field?: Always be learning and get hands on. In the tech industry experience is always what is valued. I'm working on getting a degree, so it is still important, but what's most important is applicable knowledge. Every day there's a new product, a new cyber threat, a new system, so being up to date and knowledgeable is an invaluable skill.

continued on page 5M

Congratulations

to all the hard working men of
Sullivan and Wayne Counties and a
special congratulations to our very own
Ezekiel Romero!



Ezekiel Romero
Technology Generalist



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James Reilly

STORY BY DEREK KIRK

Age: 52

Education: Franklin Pierce University, BA Mass Communication

Place of employment: Bethel Woods Center for the Arts

Current title and duties: Senior Director of Production; Manage stage operations including production personnel, stage crew, audio, lighting, video, artist hospitality, artist transport and other concert tour logistical and technical needs.

Years of experience:

28 years

Why did you choose this career?

From my first job after college as a Production Assistant at my local amphitheater, I knew the concert/live entertainment industry was the field I wanted to work in.

Favorite part of your job: The variety each day brings, each day/show has its own challenges and rewards.

Most challenging part of your job:

Trying to make everyone happy. There aren't too many opportunities for a do-over in live entertainment, so getting it right the first time is very important.

Favorite on-the-job memory: Working with the Bethel Woods team to produce the 40th and 50th Anniversary celebrations of the 1969 Woodstock Festival.

How do you manage your time: It is important for me to try to find balance between work and time with my family which can be a challenge because my work sched-

ule includes holidays and week-



of your career and help you achieve your goals.

Who inspires you?

Entrepreneurs, Inventors. People who can take an idea and build it into a business and/or an industry.

Favorite movie or TV show: James Bond movies

Favorite actor and/or actress: Clint Eastwood

How do you spend your spare time?

Hiking, kayaking, snowboard-

ing, sailing

Favorite vacation spot:

St. John, US Virgin Islands

Family: Wife Karen, son William, daughter Megan

If you could have any job, what would it be?

Astronaut

Jerry Dunlavey

continued from page 3M

and non-clinical support staff never cease to amaze me in all that they do in the name of patient care.

Favorite movie or TV show:

Favorite movie - Gladiator

Favorite actor and/or actress:

I can't say that I have a favorite, I enjoy all artists and the unique skills they have.

How do you spend your spare time?

Primarily with my family. I coach my youngest son's flag football team and have done so for the past three years. I do my best to stay healthy and get plenty of exercise, including skiing and getting to the gym a few times a week. I also enjoy gardening.

Favorite vacation spot:

Any place where there is warm sun, clear water, and white sand beaches. I love the Caribbean and

South West Florida.

Family:

I'm the youngest of 7, from a large Irish family and I have four children:

Haley, 25, living in Manhattan, working in the theatre industry.

Julia, 21, living in New Paltz, getting ready to start Grad School in Colorado.

Liam, 20, living in Goshen, starting college in the fall.

Nathan, 12, living in Goshen working his way through 7th grade.

If you could have any job, what would it be?

If I was 20, it would be a member of the NY Rangers Hockey team. In my current state, the job I have now is exactly what I would choose. I wake up every day faced with challenges, but would not change a thing. As far as what will I do after my career in healthcare, I would be most happy working in nature with people, plants and trees.

How do you spend your spare time?: I like to read, play video games, and spend time with family

Favorite vacation spot: Costa Rica

Family: Father: Jose Romero
Mother: Marisol Romero and 2 younger sisters Mayah and Jenaya Romero

If you could have any job, what would it be?: I've always been into history. I think if I wasn't in IT I'd like to be a history teacher.

Ezekiel Romero

continued from page 4M

Experience allows you to grow and evolve, and if you're familiar with a system or piece of tech you will always find someone in need of your expertise.

Who inspires you? Fred Hampton

Favorite movie or TV show: The Boys

Favorite actor and/or actress: Pedro Pascal

ule includes holidays and week-

What advice do you have for someone entering your field?

No matter where you start or what job you might take, work hard, always keep networking and building your contacts. You never know who you might meet that will help you to the next level

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George Spielman

STORY BY ALEX KIELAR

Age: 54
Education: BBA Event Management
Place of employment: Rolling V Bus Company
Current title and duties: Executive Assistant to the Vice President
Years of experience: 20
Why did you choose this career?
 I worked for SUNY for 10 years and wanted a career change.
Favorite part of your job: Working in a team environment.
Most challenging part of your job: Learning new techniques in the private sector instead of the state.
Favorite on-the-job memory:
 When your company allows your dog to come to work because of separation anxiety.
How do you manage your time: I am an organized individual who sets priorities.
What advice do you have for someone entering your field? The Executive Assistant needs to be a

detail-oriented and hard-working individual.
Who inspires you? My wife and two sons have always been my inspiration and support.
Favorite movie or TV show: My favorite movie is The Greatest Showman because it includes diversity, equity, and inclusion.
Favorite actor and/or actress: I don't watch much television or movies. I love sports and the Dallas Cowboys and North Carolina are my favorite teams.
How do you spend your spare time? My family loves the outdoors. We do a lot of fishing and hiking. We also love to go to the beach in the summer.
Favorite vacation spot: Brigantine, NJ
Family: My wife is Cynthia, and my two sons are Keenan and Quinn.
If you could have any job, what would it be? I would love to be a Doctor but I started my college career late in life.



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STORY BY ANTHONY MORGANO

Age: 34

Education: Sullivan West High School 06'

SUNY Oneonta 10' BS Biology/Chemistry

Rutgers University 12' Professional Golf Course Turf Science

Place of employment: Villa Roma Resort and Conference Center

Current title and duties: Golf Course Superintendent (Oversees Golf Course Maintenance)

Years of experience: 17 Years

Why did you choose this career: I love the game of golf and being outside.

Favorite part of your job: Hearing compliments about the course from the golfers, and educating people on why we do what we do.

Most challenging part of your job: Keeping Grass Alive

Favorite on-the-job memory: Having a fox follow me around for four holes while I mowed greens

How do you manage your time: By making sure that there is always time for family and myself.

What advice do you have for someone entering your field: Treat your staff with respect. Also, it's a marathon, not a sprint.

Who inspires you: My parents. The hardest working people you'll ever meet. "Your dreams are never out of reach."

How do you spend your spare time: Spending time with family, friends, and loved ones.

Favorite vacation spot: Anywhere warm or new.

Family: Mr. & Mrs. O'Brien and my younger sister.

If you could have any job, what would it be: I don't think I'd rather have any other job. I love what I'm doing currently.

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Anthony Martinez

STORY BY ALEX KIELAR

Age: 34

Education: High school diploma with some college

Place of employment: New Hope Community / Hope Farm

Current title and duties: Farmer Associate

Includes general maintenance of the farm, plant care, harvesting, and assisting in educational experiences for residents of New Hope Community as well as other community-based organizations like SUNY Sullivan, BOCES, and Workforce Development.

Years of experience: 7

Why did you choose this career? I chose this line of work because I enjoy being outside and being in a peaceful environment.

Favorite part of your job: I really enjoy educating people on where their food comes from. I find it amazing that there's such a disconnect between what's on their plate and how it is produced.

Most challenging part of your job: One of the most challenging aspects

of working on a farm is that the work is very timely, which means when something needs to be done, it can't wait until tomorrow. Therefore, it always seems like there's so much to do and always not enough time. Another challenge is finding tasks that people with different abilities can participate in. Farm work is looked at as a low-skill profession, but there's a lot that goes into it and not everyone can do it.

Favorite on-the-job memory: There are so many times that I can remember where just in the moment we would all be smiling because of a wholesome experience.

How do you manage your time: On a farm, time management consists of stuff that needs to get done, and stuff that has to get done, and stuff that should get done, but won't. So, it's all about prioritization and knowing what is critical.

What advice do you have for someone entering your field? Toughen up buttercup. Farming isn't for the faint



hearted but the rewards are truly unbelievable.

Who inspires you? Mother nature inspires me. I find so much amazement in watching plants grow as well as the intricacies of the natural world.

Favorite movie or TV show: I believe everyone should take a look at the movie Big Little Farm even though those people have much more of a budget than most of us.

Favorite actor and/or actress: I find myself to be a remarkable character.

How do you spend your spare time?

Farming is a very physical job, so my free time is spent relaxing.

Favorite vacation spot: Can't really get away in the summertime, so a great place to go on vacation in the winter is Florida.

Family: I have a partner named Natasha who I live with.

If you could have any job, what would it be? I would love to be a professional gamer.

If you could have any job, what would it be? I would love to be a professional gamer.



Congratulations

Anthony Martinez

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Evan Irwin



STORY AND PHOTO
BY ANTHONY MORGANO

Age: 37

Education: Regents Diploma
From LMCS

Place of employment: Peck's
Market of Livingston Manor

Current title and duties: Store
Manager/ I oversee all phases of
the store.

Years of experience: I've worked
in this store for 22 years

Why did you choose this career? I started working here as a
high school student and worked
my way up to the top. I guess you
could say the job chose me.

Favorite part of your job: Work-
ing with and being part of our
community.

Most challenging part of your job: Interacting with disgruntled
customers and employees.

Favorite on-the-job memory:
When Covid hit our crew here
really came together to keep our
store running as smooth as possi-
ble. I was really proud of our staff.

How do you manage your time:
I spend much of my day coordi-
nating with my staff and vendors,
while accommodating the needs
of our customers. I also write or-
ders for merchandise and supplies
for our store.

**What advice do you have for
someone entering your field?**
Prepare for long hours, always
being on call, and working busy
holidays. Be diligent, pay atten-
tion and treat everyone with re-

spect.

Who inspires you? My children
inspire me to be a good father and
a better person.

Favorite movie or TV show: Yel-
lowstone

Favorite actor and/or actress: I
don't really have a favorite. I like
many.

**How do you spend your spare
time?** I enjoy playing and watch-

ing sports, fishing, hiking, and
spending time with my family.

Favorite vacation spot: Ocean
City, Maryland

Family: I have a beautiful wife
and 3 wonderful kids. Two girls
and one boy.

**If you could have any job, what
would it be?** One day I would like
to own and run a company.

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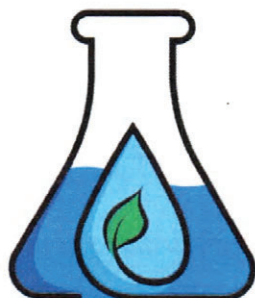
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Julius Krentz

BY JUSTIN MEDNICK

Age: 25

Education: Bachelor's Degree, Chemistry from SUNY New Paltz

Place of employment: Sullivan County Labs (Ferndale, NY)

Current title and duties: I am the Technical Director of Chemistry as well as a Senior Analytical Chemist. I'm in charge of many things, but among my most important duties are making sure that analyses in my department are conducted safely, correctly, and in a timely manner to ensure customers get accurate results without undue delay. In addition to our already established tests that we offer to the public, I also work to set up the laboratory for new kinds of tests, some of which involve cutting-edge technology that can detect pollutants down to the parts per trillion. (Imagine being able to detect a single drop of food coloring in an Olympic-sized swimming pool)

Years of experience: I currently have 5 years of laboratory work experience

Why did you choose this career?

While in High School, I found that the sciences, and chemistry especially, were very intuitive. As part of my studies at SUNY New Paltz, I took some advanced courses that could best be described as a hybrid between chemistry and engineering, which pretty much cemented my ideas of what I wanted to do. In addition to it coming naturally, chemistry also has potentially limitless possibilities- everything is made of chemicals. There are so many branches of chemistry, along with many subdisciplines, that it should pretty much guarantee that my job won't be boring or unrewarding.

Favorite part of your job: I get to use my scientific background to work through and solve most problems that arise, as well as teach others.

Most challenging part of your job: It can be a major challenge to try to make sure everything runs smoothly, especially during days where the amount of samples we analyze can number in the hundreds. You really need to have



a lot of flexibility when customers come in with samples that sometimes need to be analyzed within a matter of minutes before they go out of hold (hold time is the maximum amount of time that can elapse between when a sample is collected from a source and when the sample needs to be analyzed to get accurate results. Some tests have hold times of less than 48 hours). In some ways it's like a restaurant; customers will order something specific and you need to be able to deliver on that order. While restaurants have less time to finish an order, the consequences of messing up someone's order in a restaurant is much less than messing up laboratory results.

Favorite on-the-job memory:

Probably any of the times where I train an analyst to perform a new test by demonstrating how it's done and it involves a color change. Out-of-context chemistry is just magic.

How do you manage your time:

Thinking about how to accomplish everything in the most efficient way possible. For example, preparing samples for analysis on one of our instruments and while that analysis is running, prepare another set of samples for a different analyzer. Imagine playing Tetris, but the pieces are the various analyses that need to be completed and trying to fit everything together with the least number of empty spaces.

What advice do you have for someone entering your field?

If you've already taken it upon yourself to study chemistry, or really any scientific discipline, take classes that will make you more marketable. For example, for chemists I strongly recommend classes that teach you how the various kinds of instruments that are used in the industry work- at

continued on page 11M

Julius Krentz

continued from page 10M

New Paltz it was “Instrumental Techniques”. While it wasn’t super easy it was more than worth it and I can’t thank my advisor Dr. Ferguson enough for recommending it to me.

Who inspires you? There are a lot of people who could be mentioned here, but I take inspiration from the great scientific and philosophical minds of the Enlightenment Era, such as the founding fathers.

Favorite movie or TV show: This is a tough one. I am a man of many tastes, but one of my favorite genres is “stupid and cheesy but fun to watch”, which in my opinion they just don’t make anymore. A prime example of this kind of movie is “Big Trouble in Little China”. For an example that’s a bit newer, think “Scary Movie” or “Dude where’s my car?”

Favorite actor and/or actress: This is also difficult. For classic movies it’d be between actors like Clint

Eastwood, Charles Bronson, and Sean Connery. For newer movies it’s a bit tricky since I don’t know many by name. Maybe Keanu Reeves or Tobey Maguire.

How do you spend your spare time? Usually just unwinding from a long day of work. I visit the gym every so often, hang out with friends, but that’s about it at the moment.

Favorite vacation spot: I haven’t gone on too many real vacations. I’d like to think I’d visit some hotspots

in Florida in the future.

Family: My family has been supportive in the things I do (I don’t really have much to say)

If you could have any job, what would it be? Constraining my options to something realistic, I think doing chemical research would be pretty cool. If I didn’t have to worry about money/deadlines this question becomes a lot harder since there’s so much I’d like to do/see! Maybe something that involves traveling around the world.

Patrick Mickelson

BY JUSTIN MEDNICK

Education: High school Tri-Valley class of 1985

Place of employment: RA Mickelson & Son LLC

Current title and duties: Owner/member, working in the field with employees, communicating with customers, ordering materials and supplies, estimating, day-to-day operations of a contracting business.

Years of experience: 40+ years

Why did you choose this career? I enjoyed working with my hands creating things and bringing peoples’ visions to reality.

Favorite part of your job: Meeting new people, convincing potential customers to choose our company versus other contracting firms, putting our personal touch into every job we do.

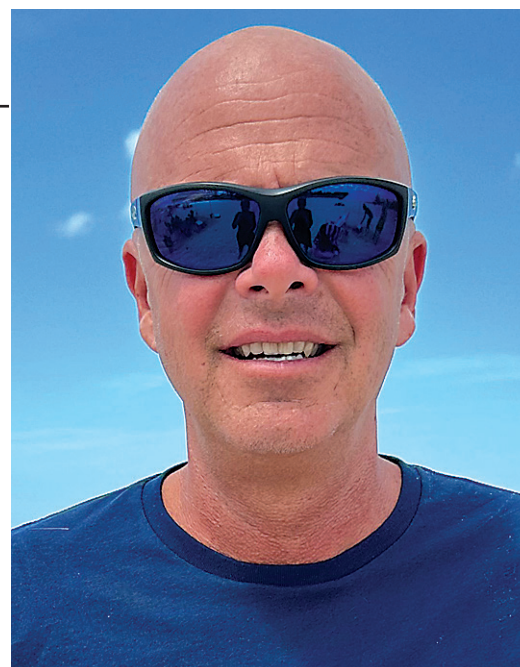
Most challenging part of your job: Changing people’s perception of what a contractor is, and we are not all the same. Making customers expectations lineup with real world possibilities for example timelines, material delays, damaged products, etc.

Favorite on-the-job memory:

When I was in high school I started working with my Dad, and some of my uncles and cousins. A lot of great memories. Being able to work with my Dad everyday when I started. Not going to lie, it was challenging at times, as any family business is, but looking back being grateful for all the time spent with my Dad and family.

How do you manage your time: One of the hardest parts of being a contractor, time management. You need to wear many hats, payroll manager, estimator, customer relations, material ordering, human resource dealing with employees’ needs and desires.

What advice do you have for someone entering your field? Be patient with your vision of what you want your company to be. Growth and success takes time. Surround yourself with people that have the same visions and want to be successful with you. I am very fortunate to have some great employees. Be humble, realize you are not who you are without the support of them. Help your employees become successful also. Give back to your community whenever you can. Be grateful that



they have given you so much.

Who inspires you? My wife Tara, my children, Michael, Colin and Sierra. I want to provide the best quality of life possible for my family. They are truly the reason I get up everyday and do it again.

Favorite movie or TV show: The time required to run a small business doesn’t afford a lot of tv time, but when I do have time we watch various Netflix series, two that come to mind are Peaky

Blinders and Supernatural.

Favorite actor and/or actress: I enjoy Samuel Jackson.

How do you spend your spare time? Anything family related, whether visiting my kids, spending time with them. I am very blessed to have a group of friends, affectionately called the Loopy group, who have become more like family than friends, who we vacation with throughout the year or just get together for an impromptu dinner or night out. A tremendous amount of laughs whenever we get together.

Favorite vacation spot: Holden Beach, with “loopy group” and other friends.

Family: Father Ray, who started the business, brother Garth, wife Tara, sons Michael and Colin, daughter Sierra. Fur babies, dogs; Maggie, Sadie and newest addition Oakland and cat; Rusty.

If you could have any job, what would it be? As corny as it may sound, I love my job. I would do it all over again. As I tell my kids, the day it is no longer fun, I will do something else.

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*Tara, Michael,
Colin and Sierra*

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Cornelius Alexy

STORY BY NIC BIRGLER

Age: 79
Education: Electronics
 Norwalk State Technical College
Place of employment: Alexy
 Ultrasonics Corp. Bethel, NY
Current title and duties:
 President of company.
Years of experience: 62

Why did you choose this career? Was at the right place at the right time – no other plants are located in the area. In 1973 I left a Production Manager job at a Major manufacturer of ultrasonic equipment and started Alexy Ultrasonics in Connecticut. We moved to Bethel, NY in the mid 1980's.

Favorite part of your job: Redesigning equipment to customers' needs or designing special cleaners

Most challenging part of your job: Solving tough cleaning jobs. Hypodermic needles were very challenging and hard to clean during manufacturing like 20 million a day.

Favorite on-the-job memory: Setting up the ultrasonic cleaning line that super cleaned all the parts used to build the Lunar Landing Limb in 1966.

How do you manage your time: Tough one, days are so short I never finish.

Who inspires you? God.

Favorite movie or TV show:



Cool Hand Luke – One Flew Over the Cuckoos Nest.

Favorite actor and/or actress: John Wayne

How do you spend your spare time? Make peace signs out of the 1969 Woodstock Fence. Do professional Fireworks shows. Did all the fireworks at Bethel Woods for the last 10 or 12 years.

Favorite vacation spot: Florida

Family: Wife Sharon is a Registered Nurse. Sons James and Jeremiah are deceased. Son Joseph works with me and married to Chantel Alexy with children Zoey and Nate. Daughter Elizabeth Alexy Model in New York City.

If you could have any job, what would it be? Happy with what I am doing. Alexy Ultrasonics is celebrating our 50th anniversary this year. 1973 - 2023

STORY BY NIC BIRGLER

Age: 45
Education: Jeffersonville
 Youngsville Central Highschool,
 Binghamton University Bachelors
Place of employment: Alexy
 Ultrasonics Corp. Bethel, NY

Current title and duties: Vice President. Help industrial engineers solve critical cleaning problems during manufacturing.

Years of experience: 22

Why did you choose this career? Family business

Favorite part of your job: Redesigning equipment to customers' needs or designing special cleaners

Most challenging part of your job: Solving tough cleans, problem solving.

Favorite actor and/or actress: John Kennedy

Joseph Alexy

How do you spend your spare time? Boating or with my family

Family: Wife: Chantel Alexy
 Children: Zoey and Nate.

If you could have any job, what would it be? Happy with what I am doing.

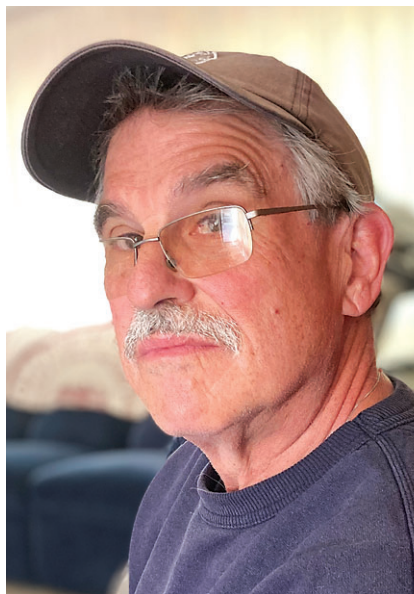
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Martin Colavito

BY DEREK KIRK



Age: 65
Education:
 Master of Human Science from Lincoln University.
Place of employment/Volunteer:
 Cornell Cooperative Extension, Sullivan County (Employment), Sullivan Allies Leading Together (SALT, Volunteer)
Current title and duties:
 Community Cupboard team member
Years of experience:
 40 + years in community service
Why did you choose this career?
 To be honest, I think it chose me.
Favorite part of your job:
 The people I work with and serve.
Most challenging part of your job:
 Dealing with the flaws within statewide systems that affect food, healthcare, mental health, and social services.
Favorite on-the-job memory:
 There are a lot!
How do you manage your time:
 Good thing I have a calendar – but I'm working on getting better about this.
What advice do you have for someone entering your field?
 If it is not worthwhile for you, then it probably will not be your career.
Who inspires you?
 The folks who allow me to serve them, and my wife of 43 years,

Lynn.

Favorite movie or TV show:
 Stepbrothers
Favorite actor and/or actress:
 Will Ferrell
How do you spend your spare time?
 I like to walk and hang around with Lynn.
Favorite vacation spot:
 Italy
Family:
 Two daughters and three granddaughters and a dog.
If you could have any job, what would it be?
 I do not know. I think I am happy with the one I have with the Sullivan Fresh Community Cupboard, CCE, and the community stuff I do!



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Harold Hilliard

BY JUSTIN MEDNICK

Age: 61
Education: 10th grade
Place of employment: Achieve rehab & nursing
Current title and duties: rehab tech:
Years of experience: 13 years
Why did you choose this career? Cares about people.
Favorite part of your job: Fixing wheel chairs for the residents modifying the wheel chairs.
Most challenging part of your job: Staying focused.
Favorite on-the-job memory: Making my residents laugh.
How do you manage your time: Just working and taking care of

my bills in my line of work you have to stay focused.
What advice do you have for someone entering your field? Be professional.
Who inspires you? My parents
Favorite movie or TV show: The expendable 1-2 and 3.
Favorite actor and/or actress: Denzel Washington
How do you spend your spare time? With family & friends
Favorite vacation spot: Florida
Family: Means everything
If you could have any job, what would it be? Well after being here for 13 years, I'd go back to forklift operating.



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Daniel O'Neill

STORY BY NIC BIRGLER

Age: 59

Education: Lackawanna Community College, and SUNY Sullivan degrees in alcohol and substance abuse counselling and accounting.

Place of employment: Catholic Charities

Current title and duties: Director of Rehab services

Years of experience: 5

Why did you choose this career? I am in recovery myself, I enjoy helping people get clean and sober and make something out of their lives.

Favorite part of your job: Learning new things everyday, and helping people grow.

Most challenging part of your job: Watching people leave the program and not make it.

Favorite on-the-job memory: When a client everyone had no

faith in left and made it through drug court and is now a director of another rehab program .

How do you manage your time: I try to balance both my jobs with family life. Too much of one thing will burn you out.

What advice do you have for someone entering your field?

Enter the feild because you want to make a difference not because you want to stay sober.

Who inspires you? #1 my family, priest, my boss Holly, and all my clients.

Favorite movie or TV show: Cheers

Favorite actor and/or actress: Kirstie Alley and Liam Neeson

Favorite vacation spot: Tuscon, Arizona where I used to live.

Family: I have ten siblings, my baby sister Kerry really is the glue of my family.

If you could have any job, what would it be? This one.



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Travis O'Dell

BY ANTHONY MORGANO

Age: 38

Education: Roscoe Central High School

Bachelors in Fish and Wildlife Management, SUNY Cobleskill

Place of employment: Land and Water Realty

Current title and duties: Licensed Real Estate Broker/Owner

Real Estate sales, agent support, marketing, and day-to-day operations.

Years of experience: 10 years in real estate, 1 year with new company

Why did you choose this career? If you really think about it every aspect of our lives revolves around real estate. I have worked building and remodeling homes, in land management and with municipal planning and zoning, and it is all directly correlated to real estate.

Real estate is, as the name implies, a real, tangible asset. Not only is it the single greatest wealth creator in the world, it also provides us with everything we need to live. I just can't think of anything in our lives that doesn't rely on real estate in some form or fashion.

Favorite part of your job: I get to meet a lot of great people and see some truly spectacular properties.

Most challenging part of your

job: Buying and selling real estate is a highly emotional transaction for most people and balancing the multiple competing interests and drastically different personalities isn't always easy. However, in many ways this is also my favorite part of the job.

Favorite on-the-job memory: Oh... I have had some fantastic memories for sure, but I would say that the amazing friendships I have created in this business are my favorite memories.

How do you manage your time: There is a difference between working on your business and working in your business, and it is important to make sure that balance doesn't move too far in one direction. If things get out of balance I just wake up earlier.

What advice do you have for someone entering your field? The same advice I received when I was entering the field.... Behold the turtle, who never makes progress unless he sticks his neck out. Thank you, Eric.

Who inspires you? The IRS. I work very hard so that they are adequately funded.

Favorite movie or TV show: Sorry, it's a top 3. Dances with Wolves, Tombstone and Legends of the Fall.

Favorite actor and/or actress: Clint Eastwood

How do you spend your spare



time? Hunting, Fishing, or Cutting firewood.

Favorite vacation spot: I have a pretty awesome life and while my family and I do occasionally enjoy vacations, the best part for me is always coming home.

Family: I'm a total girl dad. I have a beautiful wife, Kayla, and three outstanding daughters.

If you could have any job, what would it be? Well, I came to the two roads as they diverged and I made a choice and it is exactly the job I have now. There isn't anything I would change about that.

Although I'll admit I had always felt I would have made a great police officer too.

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