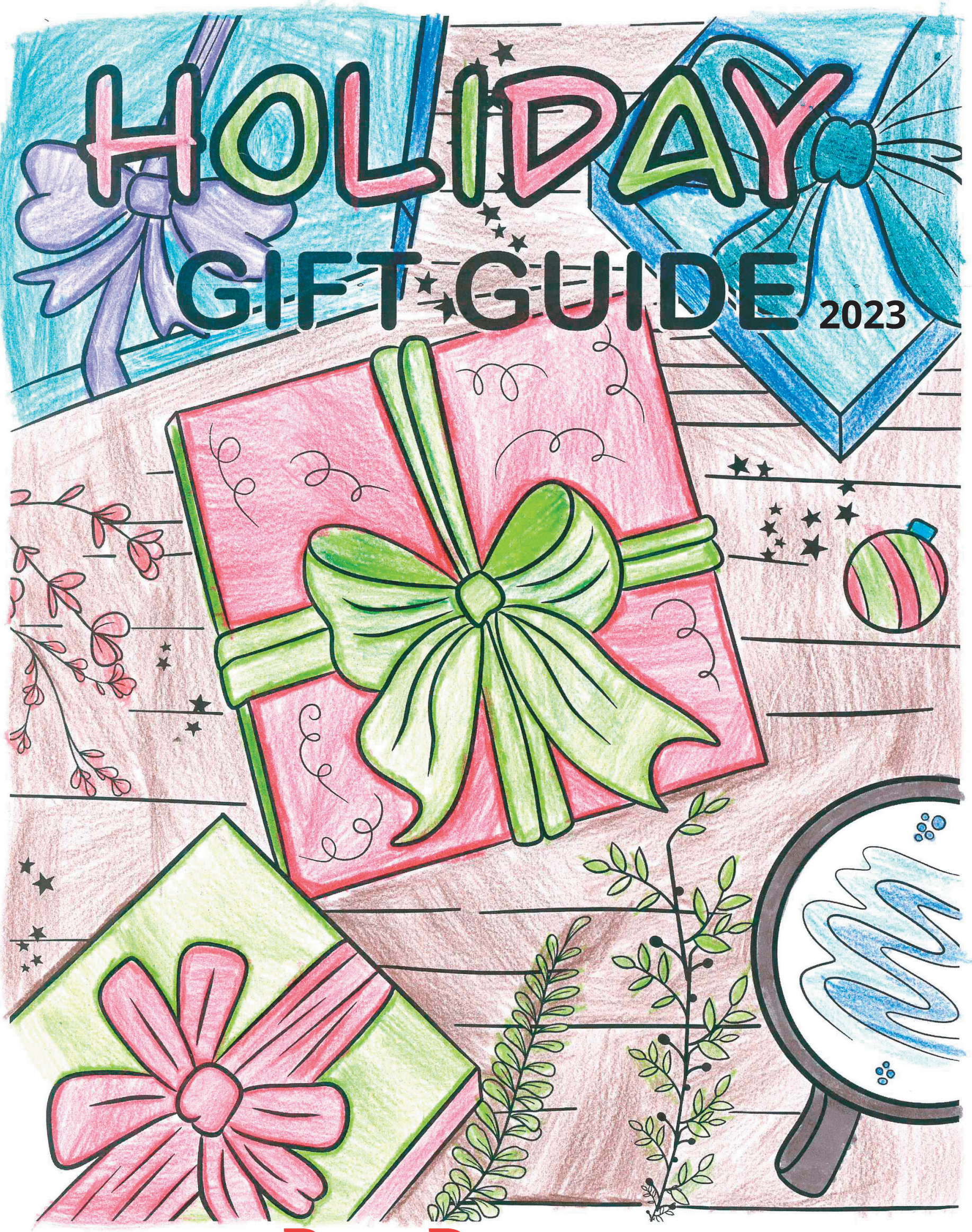


HOLIDAY

GIFT GUIDE 2023



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Editor's letter:

Eat, drink and be well

Welcome back to another holiday season.

That can be read a couple different ways. For some, the holidays are a time of joy, of seeing beloved family members and embracing all the rituals that make their lives complete.

For others, it can be a very different experience.

This year, we've offered some ways to make things easier.

Barbara Winfield gives us ways to simplify decor—tips and techniques that will be a success for all.

What to drink? Ted Waddell talked to distillers Rock Valley Spirits, and there are plenty of places to share a celebratory cup.

Feeling bored and restless? Holiday events are back. Roger Snedeker has

compiled a list for you.

Feeling stressed, maybe unhappy, maybe that you could use a bit of extra self-care right now? We talked to Chi Hive Gym & Wellness and collected some tips on looking after yourself while you take care of everyone else. Check out our top-notch list of merchants and organizations that will help you relax. You owe it to yourself.

What to give? The search for the perfect gift doesn't have to take you online; you can find it right here. It might be made by someone local. It will be sold by someone local.

That makes a difference, especially in uncertain economic times.

I hope you all have a wonderful season, whatever you celebrate.

Annemarie Schuetz
Section editor

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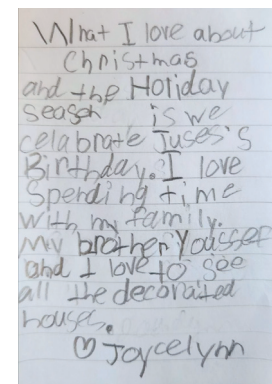
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Compiled by the RIVER REPORTER

Cover illustration by Amanda Reed

Cover colored by Joycelynn Oumrim, 9 years old.

“What I love most about the holiday season is we celebrate Jesus’ birthday. I love spending time with my family, my brother Youssef and I love to see all the decorated houses.”



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Mailing Address:
PO Box 150, Narrowsburg, NY 12764
Phone: 845/252-7414 • Fax: 845/252-3298

Have a comment or idea for the magazine?
Contact: Annemarie Schuetz at 845/252-7414, ext. 129 or copyeditor@riverreporter.com

Publisher: Rev. Laurie Stuart
Section Editor: Annemarie Schuetz
Production Manager: Amanda Reed

Ad Sales Associates:
Barbara Winfield, ext. 121, barbara@riverreporter.com
Lily Skuthan, ext. 123, lily@riverreporter.com

Sales Administrative Assistant:
Kathlyn Leggio ext. 134: sales@riverreporter.com

If you would like copies for your place of business:

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Decorating tips to make the season bright



Image by Jeremy Kyejo from Pixabay

Christmas celebrants: Nobody said you had to just decorate with one big tree. How about some tiny ones?

by **BARBARA WINFIELD**

We all have our own special ways of decorating our homes for the holidays.

Regardless of how you celebrate the season, here are some ideas. Hopefully you will find some new decorating tips to help you and your family create memorable times and traditions for years to come.

Get an early start

Start unpacking holiday decorations and lights right after Thanksgiving. This will give you a chance to see which items you need to replace before you start decorating.

Check to make sure tree lights are working before you put them on the tree—they are much easier to fix at this stage.

Give yourself time before the holiday rush by making homemade ornaments in November.

Keep it simple

Make small changes. You can get a change of look just by swapping out a few things. For example:

Swap out throw pillows, adding holiday-themed pillows.

Put away candles and replace them with candles in holiday colors and in winter scents like pine.

Exchange your welcome mats with ones that have seasonal themes or holiday sayings.

Tablecloths, napkins or table runners:

Purchase linens with a holiday color scheme or decorations.

Tree or no tree

If you love putting up a tree every year, don't limit yourself to a single tree in the living room. If space permits, consider getting a smaller tree for another part of the house.

You can highlight a theme or place special ornaments on the extra tree. One idea is to set the tree in the kitchen and decorate with small cookie cutters, kitchen tools and cinnamon sticks tied with ribbons.

Don't splurge on new ornaments. Save money by accenting your old ornaments with colored ribbons, sequins or beads. Make ornaments from pine cones or dried flowers to create a warm, welcoming, natural look.

If you don't want a tree, there are lots of easy decorating tips and ideas that will bring touches of merriment and joy to your home. Don't feel pressured to do the holidays the traditional way. Create your own traditions by turning your space into your own personal winter wonderland—and if you love the look, you can keep it up long past the holidays.

Think evergreen boughs, pine cones and real or faux branches arranged in vases or planters. Include pine-scented candles around the room for a festive, seasonal aroma—no tree required.

Spray paint bare branches gold or silver and place in a vase or container.

Pine cones can also be spray painted and placed in bowls or baskets.

A simple idea, such as placing a bunch of clementine oranges in a wooden or green ceramic bowl with sprigs of holly, can brighten any table.

Another easy table decoration: Arrange six (or more) small matching glass or ceramic vases, and place a red carnation or a red rose and a sprig of greenery such as spruce or holly in the vase. Line up the vases across the table or on top of a mantel.

Brighten with light

Winter nights can feel dark and dreary. Lights are a wonderful way to add cheer throughout the winter season, way past the holidays.

Attach strings of glowing light to windows, a staircase banister or along your mantel.

Or place an LED battery-powered light in a glass vase and place it on the table, or place two matching vases on the mantel.

Light your pathway with snow votives

Here are the simple steps:

The next time you experience a heavy snowfall, shovel a pathway to your door. Press your gloved fist deep into each side of the snowbank, twisting your wrist so you carve a neat cylinder. The hole should be at least six inches deep to protect the flame from wind.

Repeat at regular intervals along both sides of your walkway.

Place a single white votive candle into each hole. No other holder is necessary; the snow provides a natural fire barrier.

After you've made all the holes, light the candles with a long-handled charcoal lighter. You will have a beautifully lit walkway leading to your front door.

The burn time on votives varies, so check the labels on the candles to be sure that your candles will last most of the evening.



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Holiday hosting made easy

Five fun tips for a festive celebration



Contributed photo

By BRANDPOINT

You may love hosting your friends and family over the holidays, but the cleaning, food prep and post-party cleanup? Not so much.

Gathering together with your loved ones to enjoy the cheer and fun of the season is great, but don't you wish there were ways to make it easier and less stressful to put on a festive celebration?

Luckily, there are. You can have a blast hosting family and friends—and even enjoy the prep and cleanup—by following a few easy principles.

Here are ideas for keeping your next holiday party merry and bright from start to finish.

Create the kind of party you'd want to attend

There's no need to make this year's party identical to those you've held in the past or that your family has always had. Start by asking yourself what makes a party a success. Love getting dressed up and sitting down at a fancy table for a formal dinner? If so, that's the kind of holiday party you should host.

If not, think about what you've enjoyed at memorable celebrations from your past. What made it a hit? Was it a low-key, dress-as-you-are party with cheerful music, kids' crafts and informal games? Was the food simple but still

tasty and comforting? Maybe there were party favors and gifts that were low-cost but silly and fun.

Make a quick list of the high points from different parties you've attended and see if you can include some of them in your plan. The preparation will go more smoothly and will be a whole lot more enjoyable when you're entertaining in a way that you love.

Keep it simple—and delicious

You can reduce the stress and time it takes to prepare tasty food and handle post-party cleanup by getting some help from Bob Evans brand dinner sides, such as the beloved mashed potatoes and macaroni and cheese. Their high-quality, farm-fresh, quick-to-table sides provide a delicious way to “hack” holiday spreads—and Bob Evans does all the washing, peeling, seasoning and cooking.

Hosting family over the holidays? Make breakfast time easy and special by stocking up on breakfast products, including their signature sausage, bacon and liquid egg whites.

Make it a family affair

Get the whole family involved in party preparations by assigning tasks to kids that are appropriate according to their age level, such as making and putting up decorations, helping to create the perfect holiday playlist or decorating cookies.

If you have friends who feel just like family, see if they're

willing to come early to help with the setup—and make sure to get them an extra-special holiday goody bag to thank them.

Designate specific party rooms

Since it may not be possible to make every room in your home 100 percent clean for the party, make sure the central rooms are in good shape, then mark some rooms “off limits” for partygoers, using festive garlands or funny signs, asking people not to enter.

If your front closet has no room for extra coats and bags, designate a guest room or office as a coat room so guests will know where to put their things when they arrive.

Add festive decorations

Create an immersive holiday atmosphere by decorating your entertaining space. Cover the room in festive décor, such as a decorated fireplace mantel, a special wall decked out in holiday lights, children's artwork or a doorway framed in holiday greenery. The goal is to create a cheerful ambiance that delights your guests at every turn.

Hosting during the holidays doesn't have to be stressful or overwhelming. Use these tips to help you relax and enjoy the cheer and fun of the season.

Find Bob Evans dinner sides and breakfast products at grocery stores such as Weis and Walmart, and visit BobEvansGrocery.com to find holiday-inspired recipe ideas.

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Rock Valley Spirits



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RR photo by Ted Waddell

In Rock Valley Spirits' tasting room, Terry Milk pours a generous shot of the signature American single malt whiskey, made with "pure Catskill Mountains water." Jim Milk is pictured in the background.

By TED WADDELL

LONG EDDY, NY — It was five generations in the making, but in 2018, Jim Milk and his wife Terry returned to his family's roots in the Catskill Mountains.

In a tranquil valley they settled in to fulfill their dream of establishing a craft distillery.

The original farm is located "down home," just a long stone's pitch from the new distillery. The latter, which the Milks call "up home," was homesteaded by Jim's great great-grandfather, John Hoffman, sometime in the 1860s.

A family tradition

"He started with a log cabin, and then built a house, which is still standing in 1875," Jim recalled. "That was back in the day when you pulled up with your ox and said 'that's a good spring here; looks like pretty flat land, so this is where I'm going to build.'"

Then came Will Milk, "who was somewhat of a legend in the fur-trapping world, as well as being a talented blacksmith, beekeeper and woodworker," Jim continued. "As a home beverage enthusiast, he was known for making wine out of just about everything that grows here, like dandelion, elderflowers, elderberry and methegin," a honey-based wine.

"Years after he died, we found bottles stashed away in all parts of the house and barn," recalled the Milks.

It was all part of the family's history of making spirits the old-fashioned way.

Back when he was a youngster, Jim's family moved out of the area when the "cauliflower boom went bust in the

1950s," but he and his older brother returned to the farm during the summers. They took the Erie & Lackawanna Railroad from Akron, OH to Hancock or Binghamton, "back to the family farm the day after school let out, and would spend all summer with Grandpa."

A few years passed, and while studying mechanical engineering at the University of Akron, he met his future wife Terry, also a student of mechanical engineering.

More years went by, and the Milks lived and worked in various locations around the world, such as Mexico, Peru, Montreal, Slovenia and Brazil, before returning stateside.

"Our goal was to make enough money to retire early, and come back here while we still had the strength to do something... Fate smiled on us, and we came back here."

Brewing a business

Nine years ago, the Milks bought 95 acres just "up home" from the original farm, and started making their own brew in a 13-gallon still hooked up to a few milk cans. For their personal consumption, of course, perhaps inspired by Great-Grandpa Will Milk.

He was "well known for providing a wide array of wine, beer and liqueurs," Jim said. "Like all farmers in our remote corner of the Catskills, he worked with the wilderness instead of against it," using what nature provided.

"We got pretty good at it," and later—with some research assistance from their oldest daughter Joanna—discovered that the New York State Farm Bureau had created a new category in which small distilleries could produce certain

alcoholic beverages using New York State-sourced ag products.

With this in mind, they decided to form Rock Valley Spirits, which in addition to selling directly to the public, offers its products at two local farmers' markets (Narrowsburg and Callicoon), various wine and liquor stores, and is featured in several fine dining establishments.

The tasting room is open every Saturday from 2 p.m. until 6 p.m.

Building on

"Terry and I are both engineers, so we got out our spreadsheets, designed the distillery, and started scaling up from 13 gallons to 75 gallons," said Jim.

The couple spent several years rebuilding an old barn to house the equipment, adding a cozily delightful tasting room, and letting their stock of craft brews—such as raspberry infused vodka, elderflower liqueur, vodka, gin, barrel fermented gin and their signature American malt whiskey—ferment to get just the right taste.

The stills and columns are fashioned from copper, and fermenting takes place in traditional open top wooden vats. They grind their own grain at the distillery, and mash in a traditional Lauter tun.

"We branched out to using stuff that's growing wild here on the farm," said Terry. "We make an infusion of wild raspberries, with a beautiful color red, and the golden one, an elderflower liqueur.

"Just like Jim's grandfather Will Milk, we

Friday, December 1

Holiday magic at Narrowsburg

NARROWSBURG, NY — The Tusten Youth Commission and the Narrowsburg Chamber of Commerce welcome all to Main Street and Fort Delaware for a full day of festivities, culminating with the annual Christmas tree lighting. For more information, visit welcometonarrowsburg.com/.

Holiday wreath, tabletop tree workshops

MIDDLETOWN, NY — Cornell Cooperative Extension Orange County (CCE) will hold its holiday wreath workshop and its tabletop tree workshop from 2 p.m. to 4 p.m. or from 6 p.m. to 8 p.m. at 18 Seward Ave. The cost is \$45/person; register at cceorangecounty.org or call 845/344-1234.

'A Christmas Carol' reading in Milford

MILFORD, PA — Grey Towers presents "A Christmas Carol," a dramatic reading by Joe Plummer Jr., on Friday and Saturday from 6 p.m. to 7:30 p.m. at Grey Towers. The cost is \$25-30/person. Learn more at greytowers.org/event, email info@greytowers.org or call 570/296-9630.

Drop & Shop in Hawley

HAWLEY, PA — The Craft Room presents its Christmas Drop & Shop from 4:30 p.m. to 8:30 p.m. at 140 Melissa Ln. The cost is \$40/child aged seven and up. Drop off your kids and go Christmas shopping. The day includes ornament-making, movies and more. For tickets, email thecraftroom15@gmail.com or call 570/228-1270.

Holiday art sale at WCAA

HONESDALE, PA — The Wayne County Arts Alliance (WCAA) will hold its Holiday Art Sale Friday through Sunday, December 1 through December 3. Studio hours are Friday and Saturday, 10 a.m. to 5 p.m.; and Sunday from 1 p.m. to 5 p.m.

For more information, call 570/798-3254 or email waynecountyartsalliance@gmail.com.

Holiday open house at the Equinunk Historical Society

EQUINUNK, PA — The Equinunk Historical Society presents its annual holiday open house at the Calder Shop Friday through Sunday, December 1-3, from 12 noon to 4 p.m. at 1972 Pine Mill Rd. Refreshments and music will be offered on Sunday. Visit www.equinunkhistory.com/ events or call 570/224-6722.

Saturday, December 2

Holiday in Hurleyville

HURLEYVILLE, NY — Find holiday gifts, food and more from 12 noon to 4 p.m. at 218 Main St. Vendor registration costs \$30. Learn more at bit.ly/3MhUMgW.

Holiday Market 2023 at the Narrowsburg Union

NARROWSBURG, NY — The Narrowsburg Union will hold Holiday Market 2023 in Delaware Hall at 7 Erie Ave. It features regional artists, artisans, makers and craftsmen. To learn more, email contact@narrowsburgunion.com or call 845/252-3100.

Wreath-making at the Narrowsburg Union

NARROWSBURG, NY — The Narrowsburg Union will hold a holiday wreath-making workshop at the Holiday Market in Delaware Hall at 7 Erie Ave. It takes place from 11 a.m. to 12 noon and from 2 p.m. to 3 p.m. The cost is \$30/person; sign up at www.narrowsburgunion.com/new-products/hmwm2023 or email contact@narrowsburgunion.com or call 845/252-3100.

Santa Christmas Tree Express on the Stourbridge Line

HONESDALE, PA — Stourbridge Line's two-hour round trip Santa Christmas Tree Express excursion departs from 812 Main St. Visit with Santa and pick your favorite Christmas tree. The cost is \$30/adult, \$25/children and free for infants. The tree is an additional cost. Times and tickets are available at www.thestourbridgeline.net.

Sunday, December 3

Feeder count of birds in Sullivan

SULLIVAN COUNTY, NY — The Sullivan County Audubon Society will hold a feeder count from December 1 to December 7. Send the highest bird count seen for each species in your yard to Renee Davis; find her address or enter the count online at www.sullivanaudubon.org/AboutCalendar.htm.

Holiday events



By JENNIFER SNEDEKER

This is not a complete list. For more events, visit riverreporter.com/stories/holiday-events-2023.

Saturday, December 9

Dickens on the Delaware in Callicoon

CALLICOON, NY — Callicoon will hold its eighth annual Dickens on the Delaware celebration from 12 noon to 6 p.m. There will be photos with Santa, holiday market, carolers, refreshments and more. To learn more, email events.callicoon@gmail.com or visit www.visitcallicoon.com.

Holiday market in Liberty

LIBERTY, NY — A holiday market will be held from 11 a.m. to 4 p.m. at the Liberty Mall. Shop regional artisans from clothing and jewelry to candles and fragrances.

Wreath-making at MEEC

WURTSBORO, NY — The Mamakating Environmental Education Center (MEEC) will hold a wreath-making workshop from 1 p.m. to 3 p.m. at 762 South Rd. Supplies are included, but all are welcome to bring extra materials. The cost is \$30/person. Register by calling 845/644-5014.

Breakfast with Santa at Silver Birches

HAWLEY, PA — Silver Birches will hold a Breakfast with Santa from 10 a.m. to 12 noon at The Waterfront, 205 Rte. 207. The cost is \$24/adult aged 13 and up, and \$16/person aged 12 and under. It includes gingerbread cookie decorating. Reserve a space at silverbirchesresortpa.com/waterfront-events, call 570/226-4388 or email info@silverbirchesresortpa.com.

Winterfest artisan fair at the Silk Mill

HAWLEY, PA — The Hawley Silk Mill will hold its Winterfest Artisan Fair on Saturday and Sunday, December 9 and 10, from 10 a.m. to 5 p.m. in the atrium at 8 Silk Mill Dr. The event is part of Hawley Winterfest. The cost is \$15/person. For more information, call 570/226-1337 or email info@cocooncoffeehouse.com.

Winterfest brunch at Settlers Inn

HAWLEY, PA — Settlers Inn will hold a Winterfest farm-to-table brunch on Saturday and Sunday, December 9 and 10 at 4 Main Ave. The event is part of Hawley Winterfest. The cost is \$44/person. For more information, email desk@thesettlersinn.com or call 570/226-2993.

Sunday, December 10

Holiday market in Eldred

ELDRED, NY — Sullivan Public will hold a holiday market from 11 a.m. to 4 p.m. at 16 Proctor Rd., behind the library.

To learn more, email hello@sullivanpublic.com or visit www.sullivanpublic.com/programs-workshops.

Saturday, December 16

Santa at Hope Alive

MONTICELLO, NY — Hope Alive 845 offers photos with Santa from 5 p.m. to 8 p.m. at 343 E. Broadway, Suite 4. The cost is \$5 for a photo, gift, hot chocolate, cookies and more. All proceeds benefit Hope Alive 845. To learn more, visit www.hopealive845.com or call 845/866-0442.

Sunday, December 24

Festive holiday dinner at The Eldred Preserve

ELDRED, NY — The Eldred Preserve will host a festive holiday dinner from 2 p.m. to 8 p.m. at 1040 State Rte. 55. The cost is \$68/person and includes starter, entrée, sides and dessert. For more information and to make reservations, visit theeldredpreserve.com/holidays or email dining@theeldredpreserve.com.

Christmas Eve dinner at Settlers Inn

HAWLEY, PA — Settlers Inn will hold a Christmas Eve dinner from 12 noon to 6 p.m. at 4 Main Ave. Reservations are required. For more information, email desk@thesettlersinn.com or call 570/226-2993.

Wednesday, December 27

Winter survival camp at Lacawac Sanctuary

LAKE ARIEL, PA — Embrace the beauty and challenges of winter at a winter survival camp from 9:30 a.m. to 3 p.m. The immersive program is designated for adventurers aged seven to 10 years, teaching essential winter survival skills while fostering teamwork, problem-solving abilities, leadership and confidence. The cost is \$30. Register at www.lacawac.org/winter-camps.html.

Thursday, December 28

Wild tracks and signs camp at Lacawac Sanctuary

LAKE ARIEL, PA — Lacawac's wild track and signs camp, from 9:30 a.m. to 3 p.m., is designed to provide young nature enthusiasts with a chance to connect with the natural world, learn about animals that call the sanctuary their home, and understand the signs they leave behind. For kids aged seven to 10. The cost is \$30. Register at www.lacawac.org/winter-camps.html.

Friday, December 29

Frosty foliage art camp at Lacawac Sanctuary

LAKE ARIEL, PA — Embrace the magic and art of the winter season. The camp, taking place from 9:30 a.m. to 3 p.m., offers an immersive experience of the hidden wonders of the winter landscape and create meaningful winter artwork. For kids aged seven to 10. The cost is \$30. Register at www.lacawac.org/winter-camps.html.

Saturday, December 30

New Year's Eve at HPAC

HURLEYVILLE, NY — The Hurleyville Performing Arts Center (HPAC) will present a New Year's Eve dinner and dancing celebration from 6:30 p.m. to 11 p.m. at Hurleyville Performing Arts Centre, 219 Main St. The cost is \$200/person. For more information and tickets, visit www.hurleyvilleartscentre.org or call 845/693-4119.

Sunday, December 31

New Year's Eve at The Eldred Preserve

ELDRED, NY — The Eldred Preserve will hold a New Year's Eve celebration from 9 p.m. to 2 a.m. at 1040 Rte. 55. The cost is \$250/person. Reserve a space by calling 845/557-8316, emailing info@theeldredpreserve.com, or by visiting theeldredpreserve.com/entertainment/nye23.

New Year's Eve dinner at Settlers Inn

HAWLEY, PA — The Settlers Inn will hold a New Year's Eve dinner from 5:30 p.m. to 10 p.m. at 4 Main Ave. The cost is \$85/person. Reservations are required. For more information, email desk@thesettlersinn.com or call 570/226-2993.

New Year's bash at Silver Birches

HAWLEY, PA — Silver Birches will hold a New Year's bash from 8:30 p.m. to 1 a.m. at The Waterfront, 205 Rte. 207. The cost is \$85/person. Reserve a space at silverbirchesresortpa.com/waterfront-events, call 570/226-4388, or email info@silverbirchesresortpa.com.



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Spirit of the season

LONG EDDY, NY — Rock Valley Spirits uses local grains, apples and wild foraged ingredients to create small batches of spirits in their copper stills. It's a bit of a step forward in time and expertise from the old 13-gallon still and milk cans.

Their signature blend is single malt whiskey, described as “mashed from 100% floor malted New York Barley and pure mountain water. It is fermented in open wooden washbacks and then double distilled in a copper pot still, aged in our stone cellars in American white oak.”

“Our passion is single malt whiskey and apple brandy,” said Jim Milk.

For holiday gift giving, Terry Milk wrote later, Rock Valley Spirits will have two new products. “One is the release of our first Rye Whiskey. This whiskey is made of 100% Malted Rye.

“The second one is our Elderberry Liqueur, delicious as well as a beautiful color. It is a pure expression of wild picked elderberries, which are lightly sweetened. No other flavors are added to obscure the flavor.”

Rock Valley Spirits is a member of the American Distilling Institute and the American Single Malt Whiskey Commission.

Rock Valley Spirits is located at 1430 John Milk Rd. For information, call 845/887-4184, email terry@rockvalleyspirits.com, or check out postings on Facebook and Instagram.

Find its spirits at Cocheton Spirits in Cocheton; 52 and Vine Wine & Spirits, Jeffersonville; Narrowsburg Liquors, Narrowsburg; Strickland Hollow Tasting Room and Bottle Shop, Delhi; Liquor and Wine Emporium, Walton; Narrowsburg Fine Wines and Spirits, Narrowsburg; Western Liquors, Callicoon; Livingston Manor Spirits, Livingston Manor; Village Wine and Spirits, Millbrook. You'll also find them in Tavern on Main, Jeffersonville; Long Eddy Hotel and Saloon, Long Eddy; The Kaatskeller, Livingston Manor; The Junction, Roscoe; Callicoon Brewery, Callicoon; Beavers-Del, East Branch; Pelkeys Tavern, Hankins; and Seminary Hill in Callicoon, NY.

In New York City, visit Barrows Intense Tasting Room at Industry City, Brooklyn; and Wine Therapy in Nolita, Manhattan.



RR photos by Ted Waddell

A taste of history infused with passion. Rock Valley Spirits proudly produces craft distilled raspberry-flavored vodka, elderflower liqueur, vodka, gin, American single malt whiskey and barrel-finished gin.



Jim Milk is a fifth-generation landowner in Rock Valley, and is co-owner of the craft distillery. A portrait of his grandfather John is on display in the tasting room.

ROCK VALLEY - Page 9

make a lot of alcohol out of things that grow wild, enough for people to want to come out here as a destination and see the tasting room.”

She noted that after Christmas, visitors should call ahead to tour the distillery or sample the tasting room.

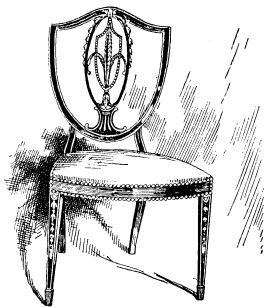
Noting that their distillery fills a niche for the “influx of people who want to be a part of the community,” the Milks agreed that more people are moving up here “in search of a lifestyle.”

“People love the idea that it’s wild foraged components that Terry picks around the farm,” said Jim of some of their specialty creations.

According to Terry, Rock Valley Spirits works its magic in two ways: the spirits in the bottles, and hallowed spirits of her husband’s relatives buried in the nearby Rock Valley Cemetery.

“We think Will would be proud, and you can just about feel them saying that the land stays in the family,” she said.

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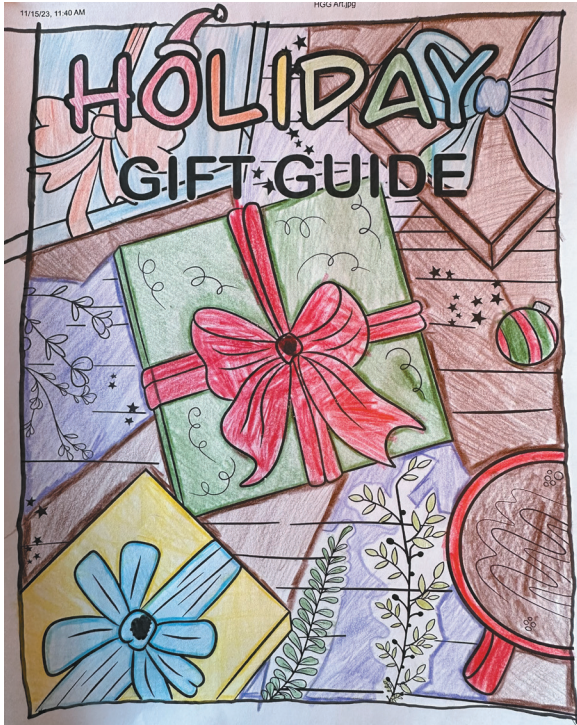
December 2nd 11am-6pm



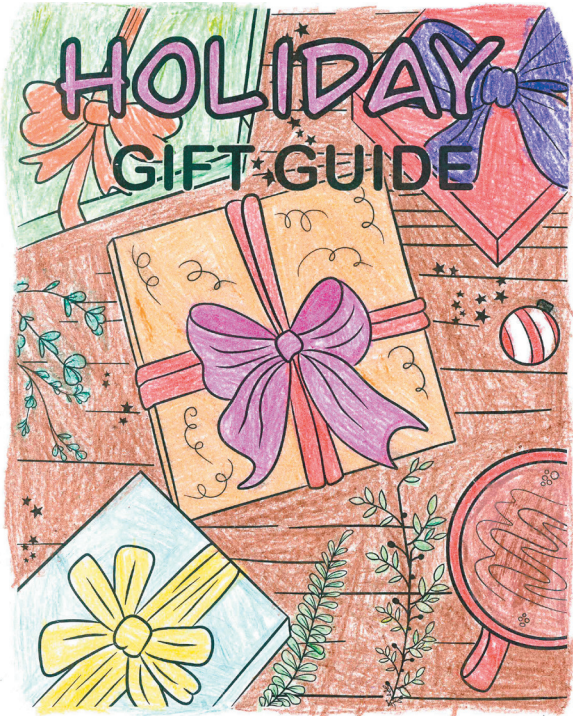
The Narrowsburg Union

7 Erie Avenue, Narrowsburg, NY 12764

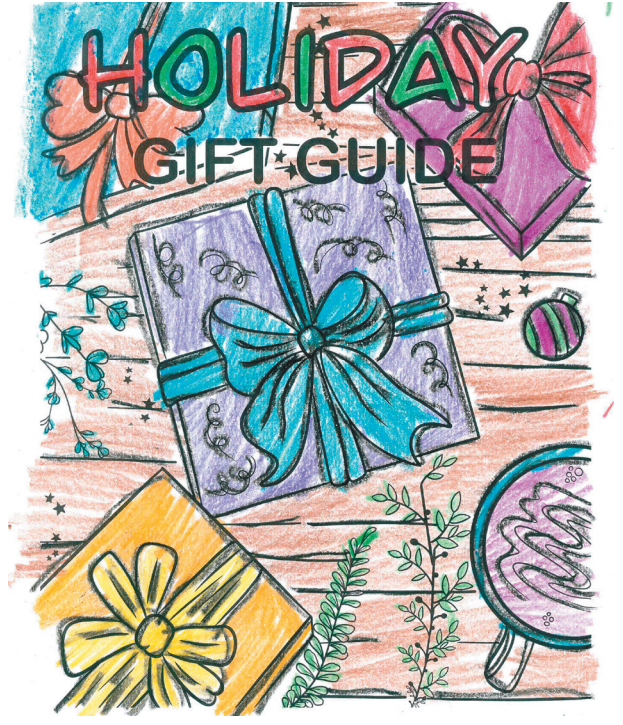
Coloring contest runner-ups



Diana Smith, age 10, favorite thing about the holidays: “Grampy’s cooking and playing Pokemon Go with Grampy.”



Emma Deckelman, 9 years old. “What I like most about the holiday season is: presents, cookies and love.”




Vivienne Skuthan, 8 years old. “What I like most about the holiday season is my family and adventures.”




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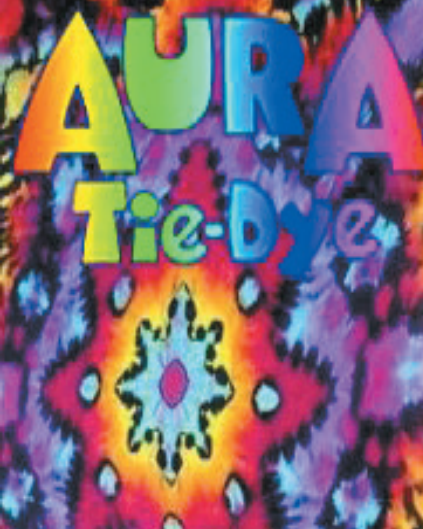
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Join us at the SCVA Holiday Market
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The most stressful time of the year?

You can survive the holidays

By ANNEMARIE SCHUETZ

REGION — Here come the holidays.

For many of us, there's joy and cheer and family meals and togetherness...

And there's the potential for a whole lot of stress.

Housecleaning. Cooking. Shopping. Feeding people. All that togetherness. Arguments about all of it and more.

The American Psychiatric Association found in a 2022 poll that one in three Americans expected to be more stressed during the holidays than before. What do you bet the percentage has increased?

Let's start with the overall challenges that people face. Joyce Southard, personal trainer and certified holistic nutritionist at Narrowsburg's Chi Hive Gym & Wellness Space, enumerated some she's seen.

"The weather is colder and days are shorter, so people aren't as active," Southard wrote in an email.

From an emotional standpoint, family can add stress, there are monetary demands, and people can be lonely, she added.

There are other worries, of course. The situation in the world and political stress can resonate at home, especially if family members disagree (there's always *that* uncle).

If someone has passed away, there's a gaping hole.

"With all the demands of the holidays [and] a greater increase in sickness, our immune systems are taxed," Southard wrote. "We can get emotionally overwhelmed and either become irritable or withdraw and get depressed. Stress takes a toll on every aspect of our well-being."

In many ways, holiday-related stress is our own, dependent on our own situations. But there are tips that can help, and resources in the area that can make the season a whole lot easier.

Pay attention to nutrition

"The holidays are challenging nutritionally with all the holiday get-togethers, baking, etc.," Southard wrote.

It's hard to avoid temptation, the National Institutes of Health (NIH) acknowledges. But you can look for ways to make healthy choices, or try a healthier option than that pecan pie.

Start with a healthy breakfast, then as the day goes on, don't forget fruits and vegetables.

And hydrate. Drinking a glass of water can sometimes stop the urge to munch.

Embrace the quiet

Quiet times and meditation can make a difference, Southard wrote.

Try journaling. Per psychologytoday.com, journaling helps to document and get in touch with your feelings. The journal is a place for your anger, your hurt—and for a list of the things you want to change.

Southard recommended getting some physical activity. "It doesn't have to be strenuous, but it boosts endorphins, decreases stress levels and boosts the immune system."

Upcoming events and workshops at the Chi Hive Gym & Wellness

Saturday, December 2

9 a.m. to 4:30 p.m. Open house and holiday party, with tours, mini-classes, free use of the gym, kids' activities and more.

Friday, December 8

6 p.m. to 8 p.m. Kids' tumble and play session. Twelve kids maximum. The cost is \$30; register at thechihive.com or email info@thechihive.com.

There are **daily classes** in Pilates, spin, interval training, yoga, chair yoga, barre, aerial fitness, Aerial Silks, pole dance fitness, tai chi, martial arts, and Grit Fitness Light for those aged 55 and up.

The therapeutic lounge offers Swedish/deep tissue massage with Robert Sefcik, Raindrop Technique w/ Joyce Southard and Ayurvedic BodyWork (acupressure, lymphatic drainage and Reiki) with Susan Mendoza.

Connect with the therapists directly through thechihive.com.

Is money tight? The Chi Hive Gym & Wellness can help. No matter what your budget is, they say, they are here to support you on your health and wellness journey.

Nourish yourself

It's really the goal of wellness, and is critically important during the holidays.

"You are nourished and caring for yourself emotionally, physically and nutritionally," Southard wrote. "It doesn't mean looking a certain way, because we are all different, but it means you feel nourished and whole in all aspects. It's an ongoing process."

Take a class or workshop

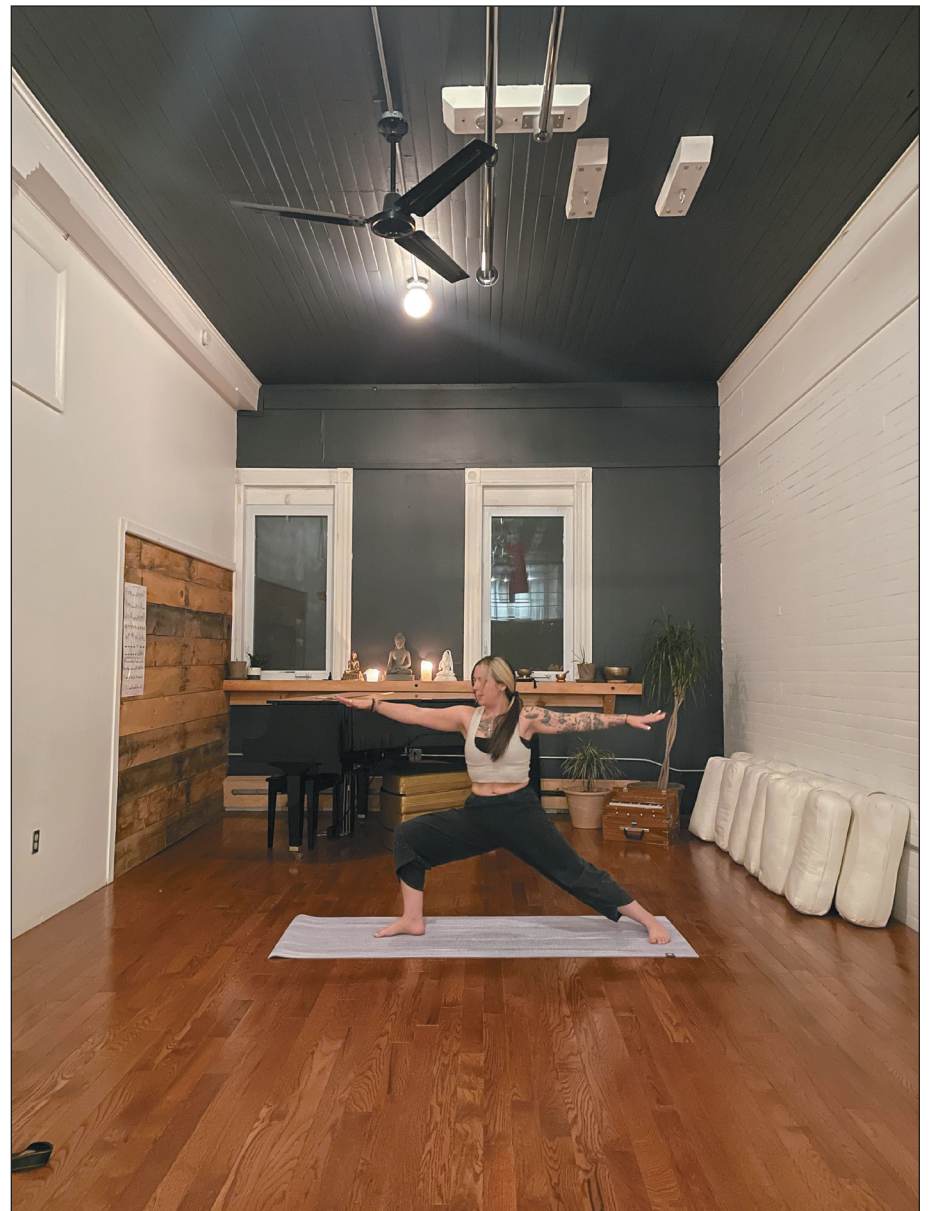
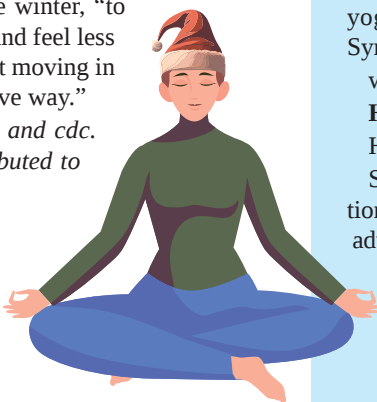
There's nothing like getting out of your home and joining a group working toward the same goals.

Consider the Chi Hive Gym & Wellness Space. Joyce Southard runs a Navigating the Holidays workshop to address holiday stress.

And look beyond the holidays too.

"I feel like holiday stress often spills over into the winter, and then people are dealing with the winter doldrums," Southard wrote. The Chi Hive will continue classes over the winter, "to get people out and feel less isolated, and get moving in a fun and positive way."

Nutrition.gov and cdc.gov also contributed to this story.



RR photo by Ruby Rayner-Haselkorn

Chi Hive Gym & Wellness Space instructor Veronica Fernandez guides a Find Your Flow yoga class.

Be well

Compiled by ANNEMARIE SCHUETZ

REGION — The Upper Delaware offers plenty of opportunities to seek balance, to clear your mind, to become healthier.

Here are just a few.

Barryville, NY

Highlands Salon

Sometimes all you need to feel better about yourself is to look great.

Facebook: The Highlands Salon

Callicoon, NY

River Family Wellness

Acupuncture, chiropractic work, yoga, Reiki, holistic skincare from Synchronicity and much more.

www.riverfamilywellness.com/

Highland Lake, NY

Highland Yoga & Dance

Small class sizes and personal attention. All levels of yoga, plus ballet for adults.

Facebook: Highland Yoga & Dance

Honesdale, PA

Illumia Skincare

Clean, simple and locally sourced. An easy way to embrace a little self-care.

illumiaproducts.com

JoRob's Naturals

A natural- and organic-foods market; health food and much more.

Jorobsnaturals.com

Nature's Grace

What you need to rebuild or sustain your health.

Facebook: Nature's Grace Health Foods & Deli

Mongaup Valley, NY

Body, Mind and Spirit Wellness Center

"Chiropractic care is more than just making the pain disappear. It is about learning, understanding and taking care of your body."

Facebook: Body, Mind and Spirit Wellness Center

Narrowsburg, NY

The Chi Hive Gym & Wellness Space

See story at left.

www.thechihive.com

Homemade & Handmade



Wooden mushrooms, crafted in Callicoon, NY; available at Gardner & Co. in Hortonville, NY.

Rolling pins made by a local woodworker, available at Gardner & Co. in Hortonville, NY.

Contributed photos

Catskill Provisions Distillery in Callicoon, NY, is about more than spirits. It offers locally produced food as well. Find chocolate truffles, honey and more at your favorite gourmet retailer or on www.catskillprovisions.com/collections/catskill-product.



Own a small work of art. This handcrafted bracelet, made with stainless steel wire and crystals, comes to you from Orphic Intentions in Honesdale, PA.



Handmade cards are a great gift for those who like to recognize family and friends with a handwritten note; available at the Delaware Valley Arts Alliance gift store in Narrrowsburg, NY.



Handcrafted aprons from vintage material are made in Damascus, PA; available at Catskill Curated in Narrrowsburg, NY.



A variety of knitted hats and mittens will keep your hands and head warm; available at Catskill Curated in Narrrowsburg, NY.



The Delaware Valley Arts Alliance gift store in Narrrowsburg, NY is a great place to pick up handmade goods from regional artisans.



Gorgeous wooden Christmas trees, made locally, to add to decor or for a special gift. Available at Gardner & Co. in Hortonville, NY.



Stainless steel wire encases crystals in this pendant from Honesdale, PA-based Orphic Intentions.

The perfect gift

Compiled by ANNEMARIE SCHUETZ

REGION — It's the holiday season, and everyone's looking for something for family and friends.

The right present. The perfect present. The one that gets the message across.

It might be easiest to head online, but take a moment. Stop, and remember to shop locally.

Gift shops

You never know what you'll find in one of our local gift shops.

And don't assume they're simple souvenir shops. Places such as the Narrowsburg Union in Narrowsburg, NY, which hosts maker's market Catskills Curated; or Ninth and Main in Honesdale, PA, full of one-of-a-kind finds. Or embrace the sustainable gift and try A Picker's Find, also in Honesdale—you never know what you'll find and it could well be just the thing.

Home goods

It's not just about a new towel or a set of attractive cloth napkins. Home goods stores such as Spruce in Callicoon, NY and Livingston Manor, NY, or the Vintage House in Jeffersonville, NY sell artisan-made tableware and small adorables you could put on display.

And don't forget Honesdale's Maude & Main, which should be an early stop on your quest.

General stores

The old-fashioned general store is new-fashioned now. Within you'll find everything from toys to bath products to coffee. And more!

Check out Davidson's General Store, in DeBruce, NY; the Hurleyville General Store in Hurleyville, NY; and the Forestburgh General Store in Forestburgh, NY.

In PA, don't miss the Equinunk General Store in Equinunk—it has a breakfast/lunch counter, groceries, propane, tobacco and more.

What to wear

Buying clothes for another can be tricky, but you can tap into the wisdom at the Funky Hippy Chic Boutique in Monticello, NY. .

Pennsylvania

Equinunk

Equinunk General Store

Facebook: Equinunk General Store

Hawley

Dorflinger-Suydam Wildlife Sanctuary and Glass Museum

dorflinger.org

Honesdale

Ambeez Toy Box

Facebook: Ambeez Toy Box LLC
Fins & Feathers

www.finsandfeatherspa.com

For the kids

A favorite toy draw for the kid in all of us? Ambeez Toy Box in Honesdale. Don't miss it.

Are they (or you) into vinyl? Try Time Warp Records in Callicoon.

Gifts in surprising places

Art lover on the list? Shop at the Delaware Valley Arts Alliance in Narrowsburg or the Wayne County Arts Alliance in Honesdale. You could find artworks for sale, created by local artists, or art-related items that would appeal to any creative person.

While you're at it, you could stop by our local history museums and check out those gift shops. Not only do you go home with a history-perfect present, but your purchase (as with the arts alliances) benefits the organization.

And then there are our local farms. For fun and maximum alpacas, check out Buck Brook Alpacas in Roscoe, NY—alpaca everything, and don't miss the farm tours.

Farm stores sell more than delicious things to eat. But there you can also meet the farmer and learn how your food is grown—or see an alpaca.

Gifts for Fido

Or Wombat. Or maybe you just feel generous to the mice in your walls. Try our local pet supply stores for gifts for the fuzzier family members. (And the serpentine ones too.) Consider Pet Central in Honesdale, Delaware Valley Farm and Garden in Callicoon (and you can get gardening gifts here too!), Liberty Pet & Supply in Liberty, NY or Fins & Feathers in Honesdale.

The gift of experiences

Know someone who has everything? Consider gift cards to local venues, such as Bethel Woods, the Shandee Music Festival in Livingston Manor or the Hurleyville Performing Arts Centre (HPAC) in Hurleyville; local theatres, such as the Sullivan County Dramatic Workshop in South Fallsburg, NY and the Forestburgh Playhouse in Forestburgh; or movie theaters, such as the Callicoon Theater in Callicoon or at HPAC in Hurleyville.

Maude and Main

Facebook: Maude & Main

Ninth and Main

Facebook: Ninth & Main

Pet Central

petcentralstores.com

A Picker's Find

Facebook: A Picker's Find

Wayne County Arts Alliance

waynecountyartsalliance.org

New York

Bethel

Bethel Woods Center for the Arts

www.bethelwoodscenter.org

Callicoon

Callicoon Theater

thecallicoontheater.com

Litt Home & Book

litthome.com

Time Warp Records

Facebook: Time Warp Records Callicoon

DeBruce

Davidson's General Store,

davidsonsgeneralstore.com

Forestburgh

Forestburgh General Store

forestburghgeneral.com

Forestburgh Playhouse

www.fbplayhouse.org

Hurleyville

Hurleyville General Store

hurleyvillegeneral.com

Hurleyville Performing Arts Centre

hurleyvilleartscentre.org

Jeffersonville

R52 Home

Instagram: R52Home

Vintage House

www.vintagehousejville.com

Liberty

Liberty Pet & Supply

Facebook: Liberty Pet & Supply

Livingston Manor

Shandee Music Festival's Sunset Concert Pavilion

shandee.org

Spruce Home Goods

sprucehomegoods.com

Narrowsburg

Catskills Curated

www.catskillscurated.com

Delaware Valley Arts Alliance

delawarevalleyartsalliance.org

Narrowsburg Union

www.narrowsburgunion.com

Roscoe

Buck Brook Alpacas

buckbrookalpacas.com



RR photo by Barbara Winfield
Designer and owner Randy Klocko is happy to help you choose the perfect gift.

Fabulous finds

By BARBARA WINFIELD

JEFFERSONVILLE, NY — Looking for that perfect holiday gift? Head on over to Jeffersonville and check out the newest eclectic variety store R52/Home, located on Main Street inside Sullivan Sundries.

The gift and home accessories shop is the brainchild of Randy Klocko, whom you might remember as the owner of The Claire Hotel in Youngsville. Aside from his extensive collection of antiques, Klocko has searched all over the northeastern U.S. for unique pieces to fill the shop.

As you would expect, every area of the store is impeccably styled. The vibe is rustic meets mid-century modern meets Catskill Cool.

There's a little bit of everything, from jewelry to kitchenware, books to home accessories, plus nostalgic antiques. The store contains the sort of gifts you might think of buying for someone else, but end up keeping yourself.

The clever shop layout sends the shopper winding through a maze of nooks and crannies packed with a mix of old and new treasures. Everything reflects Klocko's eye for design, from the clever unique greeting cards to the mid-century modern collection of cocktail shakers and glassware.

The store's curated stash also includes jewelry and other wearable art, T-shirts and an extensive collection of design books, cookbooks and books about country living.

Plan to stop by during the holiday season and be sure to give yourself enough time to browse and take in all the wonderful treasures.





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Here & Now Brewing Company

Here & Now Brewing Company, established on May 4, 2017, serves world class food and beverages in an unpretentious, warm and fuzzy, come-as-you-are setting. What makes them unique is the people! Both staff and customers.

Here & Now is located at 645 Main Street, in Honesdale, PA

hereandnowbrewing.com

[Facebook.com/hereandnowbrewing](https://www.facebook.com/hereandnowbrewing)

[Instagram.com/hereandnowbrewing](https://www.instagram.com/hereandnowbrewing)



Seminary Hill

Seminary Hill, established on May 1, 2021, serves orchard-based farm-to-table, with dishes well matched to their range of ciders. What makes them unique is sweeping views over the Delaware River Valley, cider made from their own apples/pears, locally sourced game and produce and old-fashioned Catskills hospitality. Seminary Hill is located at 43 Wagner Lane, Callicoon, NY.

seminaryhill.co



Bashakill Vineyards & Winery

Bashakill Vineyards & Winery, established on April 6, 2005, is a unique, whimsical sustainable winery and eatery. With mosaics, paintings, and art all around, our winery brings you into a world of beauty and whimsy! We make our own wines by hand, the old-fashioned way and have an on-site chef with incredible, creatively-crafted food!

Bashakill Vineyards & Winery is located on 1131 South Road in Wurtsboro, NY.

www.bashakillvineyards.com

www.facebook.com/BashakillVineyards

www.instagram.com/bashakillvineyards



Runaway Train Brewery

Runaway Train Brewery, established on August 11, 2023 is a brewery born of boldness, lore & legend! Hop aboard for a delicious and historic journey! Celebrate the rich history of the railroad while sipping the finest craft beers in Pennsylvania and dining alongside the legendary D&H railroad tracks. Hop aboard and taste a part of history, raise a glass to legacy, and behold an 'XBeerience' you will not soon forget!

Runaway Train Brewery is located at 2 Chapel St., Honesdale, PA.

runawaytrainbrewery.com

[facebook.com/RunawayTrainBrewery](https://www.facebook.com/RunawayTrainBrewery)

[instagram.com/runawaytrainbrewery](https://www.instagram.com/runawaytrainbrewery)



Three Hammers Winery

Three Hammers Winery, established on May 26, 2018, is a gorgeous setting for relaxing with friendly and knowledgeable staff members. Three Hammers Winery brings the taste of Napa to NEPA with our finely crafted Bordeaux-style wines.

Three Hammers Winery is located at 877 Welcome Lake Road in Hawley, PA.

threehammerswinery.com

[facebook.com/threehammerswinery](https://www.facebook.com/threehammerswinery)

[instagram.com/threehammerswinery](https://www.instagram.com/threehammerswinery)



Milford Wine & Cheese Co.

The Milford Wine & Cheese Co., established on June 30, 2023, is an intimate setting with friendly and knowledgeable staff members. Milford Wine & Cheese Co. combines the best of both worlds—wine and cheese, of course! The store carries a carefully selected menu of the best cheeses from Pennsylvania, the United States, and around the world to be paired with finely crafted wines from their sister location, Three Hammers Winery. The shop is stocked not only with cheese but also a specialty collection of cured meats, jams, jellies, and other accompaniments.

Milford Wine & Cheese Co. is located on 212 Broad Street in Milford, PA.

www.milfordwinecheeseco.com

[facebook.com/milfordwinecheeseco](https://www.facebook.com/milfordwinecheeseco)

[instagram.com/milfordwinecheeseco](https://www.instagram.com/milfordwinecheeseco)



Catskill Provisions Distillery

Catskill Provisions Distillery, established September 10, 2010, is a perfect place to taste and enjoy a cocktail while having a lite bite in a laid back atmosphere. It used to be a firehouse, so its tall ceilings make it special, with beautiful decor, great service and award-winning spirits you can taste! Catskill Provisions Distillery is located at 16 Upper Main Street in Callicoon, NY.

catskillprovisions.com

[facebook.com/catskillprovisions](https://www.facebook.com/catskillprovisions)

[instagram.com/pollinator.spirits](https://www.instagram.com/pollinator.spirits)



Stickett Inn Cider

The vibe at Stickett Inn Cider, established on June 1, 2017, is casual and fun. "Our cider speaks for its self, the community makes it great." Stickett Inn Cider is located at 3392 Route 97 in Barryville, NY.

stickettinn cider.com

www.facebook.com/stickettinn



SULLIVAN 180

WALK-THRU MONDAYS

as part of Peace, Love & Lights
at Bethel Woods Center for the Arts

December 4, 11, 18, 25

5–9 PM | Last Entry: 7:30 PM

Adult (12+): \$12; Youth: Free

To support the Sullivan County Federation for the Homeless, guests who bring a new, unwrapped toy will receive complimentary admission for one adult.

Explore Peace, Love & Lights up close and personal, out of the car and in the midst of the magic. Zip up your coat and take a walk with Sullivan 180 at the spectacular holiday lights display!



THEMED NIGHTS:

December 4: **School Spirit Night** – Get creative and show off your school spirit!

December 11: **Healthcare Night** – Take a much-deserved break and enjoy a walk with your healthcare colleagues.

December 18: **Healthiest Fire Department Challenge Night** – Kick off the 2024 Sullivan 180 Healthiest Fire Department Challenge with your department.



Scan for walk details
& to plan your visit.