

# Rockland Physical Activity Challenge kicks off at ice festival

POMONA – The Rockland County Department of Health is kicking off a new program, the Winter Wonderland Physical Activity Challenge, to help residents stay physically active during the winter months.

The challenge period begins this Saturday, Jan. 23 and runs until March 23. The challenge is open to all ages.

Rockland residents will

have several chances to earn prizes and be eligible for raffle drawings. Raffle prizes are gift cards valued at \$20 or more to local stores such as Bed, Bath and Beyond, Palisades Center, Macy's, AMC theaters and more. Registration is free, however, there is a fee associated with some of the program components.

Interested participants can register beginning this week-

end at the Knickerbocker Ice Festival at Rockland Lake State Park on Saturday, January 23rd from 11 a.m. – 5 p.m. and Sunday, January 24th from 11 a.m. – 3 p.m. Visit the Winter Wonderland Physical Activity Challenge table inside the big tent. Registrants can start the challenge at the ice festival by participating in one of the many qualify-

ing events such as activities in the KIDZ zone, guided walks at Rockland Lake, and more.

If you are unable to register at the ice festival, you may still register for the program at the Palisades Center Customer Service Desk located on Level 1 beginning on Tuesday, January 26th.

Commissioner of Health Dr. Joan Facelle recognizes

that, "Many people find it difficult to remain physically active during the cold, winter months. The Health Department is pleased to sponsor a program that rewards people for striving for a healthier lifestyle."

This program is a fun way to help people stay committed to their New Year's Resolution to live healthier and exercise more, Facelle said.

This program is made possible in partnership with Bon Secours Charity Health System, Palisades Center and the Rockland County Department of Health's Steps to a Healthier Rockland Initiative.

For more information, visit [www.rocklandsteps.org](http://www.rocklandsteps.org) or contact Melissa Jacobson at the Department of Health 845-364-3610.

## Orangeburg's DHS Systems helps keep Knickerbocker Ice Festival attendees warm

ORANGEBURG – DHS Systems of Orangeburg is providing several of its easy-to-erect shelter infrastructures to help keep Knickerbocker Ice Festival attendees warm during the winter activities at Rockland Lake this weekend.

DHS Systems makes Deployable Rapid Assembly Shelters (DRASH) for the military, homeland security and emergency medical fields. Several of the DRASH systems will be used to house the Knickerbocker Ice Festival's Food Court and Info Center/Book Store. Equipment made by DHS Systems has also been deployed to Haiti as part of the emergency relief efforts in the wake of the devastating earthquake there.

Among the DRASH systems being used at the ice festival are:

- J Series - the largest of the DRASH series of shelters, the entire system provides 1,250 square feet of usable interior space and takes less than 40 minutes to set up. At the Ice Festival, two J Series shelters will be used to house the food court

and provide visitors with warmth from the cold

- M Series - the MX Shelter provides 442 square feet of usable interior space, is comprised of one center section that measures 17 feet (5.2 meters) long, and includes two end sections that can be removed to add to the shelter length. The MX Shelter will house the festival's Information Center and Book Store

- Reeves Incident Command Post (ICP) Trailer - the ICP, a complete lightweight, transportable solution to mobilizing a fully-equipped interoperable incident command post, typically used in the event of a manmade or natural disaster, will be used by the Ice Festival organizers as a mobile field office.

"We are pleased to once again bring our industry-leading shelters and putting them to great use at the Knickerbocker Ice Festival," said company spokesperson Naeran Rubio of DHS Systems. "Whether in use during the cold of Rockland Lake, to help provide relief during Katrina in

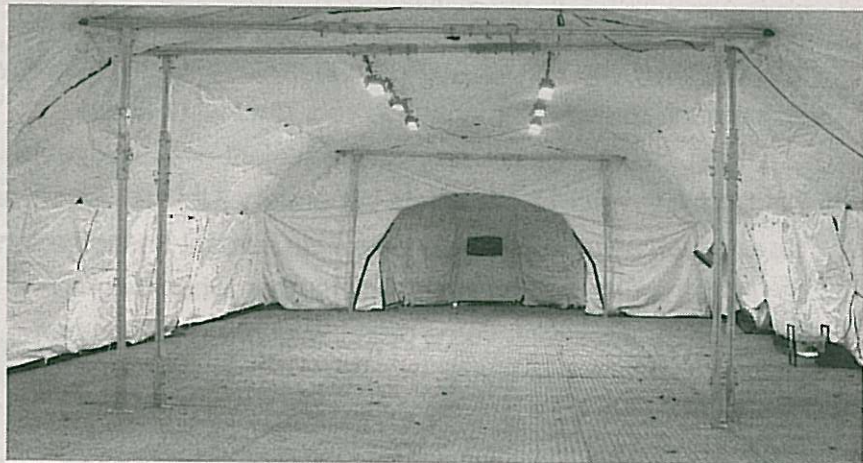
New Orleans, or with the recent flooding in Brazil, our DRASH shelters are manufactured to provide the best possible working conditions under the harshest elements. We look forward to bone-chilling temperatures outside at the Ice Festival, because inside the DRASH shelters it will be abundantly warm."

"This is the second straight year that DRASH has been on hand to assist in providing Ice Festival attendees with an oasis of warmth," said Maria Rodd, managing director, Knickerbocker Ice Festival, Inc. "Without their assistance we would not be able to provide the comfort levels visitors would expect."

DRASH is an acronym for Deployable Rapid Assembly Shelter System. DHS Systems has been producing turn-key shelter structures since 1984. The company was started by local entrepreneur and patent holder A. Jon Prusmack, who began the company by identifying a need in the military market for quickly deployable mobile hospital systems.



Shelters from DHS Systems of Orangeburg are being used to help keep participants and volunteers warm this weekend at the Knickerbocker Ice Festival at Rockland Lake. The shelters are used by the U.S. military around the world.



Bill Demarest photos

## Nanuet's Coupé Theatre Studio joins Knickerbocker Ice Festival

*Dance school students to perform, teach traditional Lenape tribal dance at Rockland Lake State Park festivities*

NANUET –The Knickerbocker Ice Festival, a celebration of the 19th century ice industry in the Hudson Valley, says that Diane Frankel of Coupé Theatre Studio of Nanuet will be leading a traditional Lenape tribal dance at this weekend's festival at Rockland Lake State Park.

The dance will take place

Saturday, Jan. 23, at 4:30 p.m. in front of a roaring campfire. Coupé students will be in the audience teaching people how to do the moves of the Lenape tribal dance, an authentic dance that the Algonquians used in large social gatherings.

The Knickerbocker Ice Festival is being held at Rockland Lake State Park on Saturday,

Jan. 23, 11 a.m. – dark, and Sunday, Jan. 24, 11 a.m. to 4 p.m.

The performance by the Coupé Theatre Studio is among many events featured at the Knickerbocker Ice Festival, including art by Artists In the Parks, a crafts tent, Food Court and the Cold Rock Café, educational demonstrations by the Historical Society of Rockland County and Friends of Rockland Lake and Hook Mountain, live dance performances with

visitor participation, an historic ice gallery, history and shopping tours, and more. For children, there is the KIDZ Ice Park, which includes igloo building (thanks to Eskimold), "Winter Bowling" (thanks to Lucky Strike of West Nyack) and a snowball throwing contest.

Additionally, anyone would still like to volunteer to help out at the event can contact Maria Rodd at [mrodd@knickerbockericefestival.com](mailto:mrodd@knickerbockericefestival.com).

The Knickerbocker Ice Festival celebrates the history of the ice industry at Rockland Lake State Park.

In the 19th century, the Knickerbocker Ice Company harvested ice throughout the Hudson Valley. The ice from Rockland Lake was considered the purest, attracting business from as close as New York City and as far as Asia. The buildings that once made up the Knickerbocker Ice Company at Rockland Lake State Park have been designated a Clarkstown His-

toric Site. Knickerbocker Ice Festival Inc is a non-profit organization incorporated for the purpose of implementing the Knickerbocker Ice Festival in cooperation with the Palisades Interstate Park Commission. Directors are Maria Rodd, management; Rosemarie Monaco, marketing; and, Timothy Englert, PIPC consultant. The Knickerbocker Ice Festival Inc relies on sponsorships to make the festival possible.