

A lush green forest scene with a stream flowing over rocks, framed by a light blue border.

h<sup>v</sup>1

# health

SPRING AND SUMMER 2024

*“A forest bath  
is all about  
immersive  
mindfulness.”*



# Go! indulge

Throughout our charming small towns, our award-winning food and craft beverages are so fresh that they might just talk back. Come savor our flavor and explore our great big outdoors while you're here.

The DeBruce in  
Livingston Manor is  
a 2024 James Beard  
Foundation  
Semi-finalist for  
Outstanding Restaurant.

*Mini vacays... Longer stays, or anything  
in between — we're just a short trip away.*

**SULLIVAN  
CATSKILLS**



**SullivanCatskills.com**  
**1.800.882.CATS**

## FOOD, FUN & FLAVOR:

**2ND ANNUAL CATSKILL CUISINE FOOD FESTIVAL:  
MAY 10-12 - BETHEL WOODS CENTER FOR THE ARTS**

**CATSKILL BARBEQUE: JUNE 16 - WALNUT MOUNTAIN PARK**

**This institution is an equal opportunity provider and employer.**

**® I LOVE NEW YORK is a registered trademark and service mark of the New York State Department of Economic Development; used with permission.**





# Branch out

## *Forest bathing in the Hudson Valley*

---

by Zac Shaw

**Y**OU'RE PROBABLY ALREADY familiar with some of the classic consumer technology that came out of Japan in the 1980s: Sony Walkman, Nintendo Entertainment System, CD players, laptops and digital cameras. But you

may have missed one incredible export from the era, and it's got nothing to do with technology: Forest bathing.

Long a part of Japanese culture, "shinrin-yoku" (known to Westerners as "forest bathing") was embraced in the 1980s by the Japanese Ministry of Agriculture, Forestry and Fisheries, and promoted throughout the country for its health and wellness benefits. It didn't

hurt that the practice promoted tourism in the rural, forested areas of Japan at a time of rapid urbanization.

Here in the Hudson Valley, tourism is already through the roof, with record numbers of new transplants escaping urban areas. In light of the frenetic activity tourism has brought to our area, it can be easy to forget we're surrounded by gorgeous, sprawling forests of aston-



ishing variety. That's unfortunate. The people who need the forests the most are those who drive, talk and act as though they were the only important persons on the planet.

Did Japan just give "walking in the woods" a brand name? Not exactly. After all, there are many ways to go walking in the woods: strenuous hikes, popular paved paths, roadside rail-trails. None of these would fit the definition of forest bathing.

A forest bath is all about immersive mindfulness. Picture this: You're slowly walking down a natural wooded path, focusing on your senses, smelling the leaves and moss, hearing the soft crunch of your footsteps and the rustling of critters in the underbrush, soaking in the spectacular visual beauty of nature, breathing deeply, feeling grounded and calm. I don't know about you, but I'm already more relaxed after writing that.

And if you're beginning to think this is all sounding a bit woo-woo, a respectable number of rigorous scientific studies have been done proving a variety of health benefits, some of which may surprise you:

- **Reduced stress:** Multiple studies have shown that spending time in a forest can decrease cortisol levels, a hormone often used as a marker for stress. The calming nature sounds as well as the serene visuals of the forest also help reduce stress and promote relaxation.
- **Improved mood:** Forest environments have been associated with significant improvements in mood, combating symptoms of depression and anxiety. The peaceful and aesthetically pleasing settings can uplift one's spirits.
- **Enhanced immune function:** Re-



search indicates that forest bathing can increase the number and activity of natural killer (NK) cells, which help fight off infections and cancer. This boost in immune function is partly attributed to the inhalation of phytoncides, which are antimicrobial volatile organic compounds emitted by plants.

- **Lower blood pressure:** Studies have found that forest environments can

lead to reductions in blood pressure, likely due to the relaxing natural sounds and reduction in stress hormones.

- **Increased energy:** People often report feeling more energetic after spending time in natural settings like forests. This revitalization effect is excellent for mental health.
- **Improved sleep:** Regular visitors to forests tend to have better sleep

## Relay For Life of Ulster County LUMINARIA EVENT



Join the American Cancer Society for a free family and community event

**Saturday, June 15th**  
**12:00PM – 3:00PM**  
**Kiwanis Ice Arena**  
6 Small World Ave.  
Saugerties, NY

We Celebrate our Fighters and Survivors, Remember those we have lost and Fight Back to End Cancer as we know it, for everyone.



SCAN ME



patterns. The natural rhythms and sounds of the forest can help regulate your body's sleep cycles.

- **Mental focus:** Being in nature can help restore attention and relieve mental fatigue. Natural environments engage our minds in a gently captivating way, allowing our attention systems to rejuvenate.
- **Decreased risk of chronic health conditions:** Over time, regular engagement with forest environments may help reduce the risk of developing stress-related disorders, cardiovascular diseases, diabetes, and other chronic illnesses through its overall benefits for reduction in stress, improvement in mood, and other factors.

How does one transform a simple walk in the woods into a forest bath? Paramount in your pursuit of a forest bath is the environment you choose. Here, Hudson Valley residents and visitors have an enormous advantage. Minnewaska State Park and the Mohonk Preserve, while extremely popular and sometimes crowded, are vast enough environs for a semi-secluded forest bathing experience. The enormity of the Catskill Forest Preserve and the Slide Mountain wilderness offer greater privacy and a dizzying array of options. Perhaps the best forest destination is the one known only to yourself and a handful of others – just make sure you don't miss any "no trespassing" signs.

Make sure to leave behind distractions. We're looking at you, smartphone. At least set it to "silent."

Don't be in a hurry to get anywhere. Don't be trying to get your steps in.

Breathe deeply. Walk slowly and deliberately. You can certainly be meditative and mindful at any speed – jogging, hiking, kayaking all have their moments of Zen. Forest bathing is about feeling present and grounded in the environment. Stop often and for as long as you'd like to soak in nature around you. Be slow or be still.

The practice is essentially something that's happened organically to most of us at some point – being out in the woods, stopping for a moment to take in the splendor of nature, listen to the sounds, smell the smells and gaze with awe into the recursive fractal patterns of nature. Forest bathing is about captur-

ing, extending and deeply experiencing that moment.

If all of this seems a bit overwhelming, or if you're brand-new to practicing meditation, you may want to consider signing up for a guided forest bathing experience at an area resort or retreat. Blue Deer Center (Margaretville), Mind the Forest (High Falls), Autocamp Catskills (Saugerties), Piale Catskill (Catskill), and Mountain Top Arboretum (Tannersville) all offer paid forest bathing activities. For a super-luxurious experience, consider booking a rental deep in the woods – some are even advertised as "forest bathing suites".

### Where do Hudson Valley families turn when touched by autism?

- Clinical Evaluations & Assessment
- Full-Day School Programs
- Pre-School & Early Intervention Services
- Speech & Language Therapy
- Physical & Occupational Therapy
- Psychological Counseling
- Social Skills Groups for Children & Young Adults
- Parent Counseling & Training and more...



**CENTER FOR  
SPECTRUM SERVICES**

Brightening the lives of people with autism

70 Kukuk Lane, Kingston, NY  
**845-336-2616**

4 Yankee Place, Ellenville, NY  
**845-647-6464**

[www.centerforspectrumservices.org](http://www.centerforspectrumservices.org)



New Paltz has been our home for over 50 years.  
**YOUR HEALTH HAS ALWAYS BEEN OUR PRIORITY.**



Want to Simplify Your Life?  
Ask us about PakMyMeds.

- Responsive, Knowledgeable, Friendly Pharmacists.
- Prescriptions Filled Quickly, Online or In-store.

[dedrickspharmacy.com](http://dedrickspharmacy.com)

Mon-Fri 8:30-6:00 | Sat 8:30-5:00 | Sun 8:00-1:00

190 Main Street, New Paltz | 845-255-0310

**PHARMACY OPEN 7 DAYS**



**FOREST BATHING  
MINDFUL NATURE  
GUIDES**

[www.mindtheforest.com](http://www.mindtheforest.com)  
[instagram.com/mindtheforest](https://www.instagram.com/mindtheforest)

By Appointment:  
[jane@mindtheforest.com](mailto:jane@mindtheforest.com)





## Dawn's Dog Boarding & Rondout Valley Pet Care

DOG BOARDING | DOG WALKING | PET SITTING FOR ALL PETS

845-706-8447 - [rondoutvalleypetcare.com](http://rondoutvalleypetcare.com)

*House Watching Services Now Available!*



# Life can be sweet

*Rescue horses give back for the love they get*

by Violet Snow

**W**HEN KELSEY MERROW rescued her first horse, she was astounded by the immediate warmth of the relationship she developed with the blind pony she called Potato. Why did the name the rescue horse Potato? "Because like a potato, he has eyes but can't see."

"I'd been around horses all my life, and I'd only seen them well-treated," Merrow said. "But when you rescue a horse that's been abused or neglected, you see them find joy again. A 30-year-old overworked cart pony starts acting like a foal, playing tag with a dog. It's too beautiful a thing not to share."

After careful rehabilitation and training, Merrow found a home for Potato. Soon she rescued a second pony, and in

early 2023, she founded the Pony Up Rescue Collective on a private farm in Tivoli. To date, she has saved a dozen ponies and horses, re-homed five of them, soon to be six, and is still caring for seven, with the help of a few dozen enthusiastic volunteers.

Like two other rescue groups in Dutchess County, 13 Hands in Clinton Corners and Lucky Orphans Horse

## Healthy Pets

### Opt to Adopt!

**We have the perfect pet for you!**

Looking to adopt a dog or cat?

Thinking about volunteering your time or making a donation to help us care for over 200 animals waiting for homes right now?

Come visit us Tuesday - Saturday noon - 4pm.

*Appointments required for volunteering and adoptions.*

**Visit our Adoption Center at PetSmart in Kingston**



P.O. Box 88  
46610 State Hwy 10, Delhi, NY  
(607) 746-3080  
info@heartofthecatskills.org

**Visit our Gifts from the Heart Store, located on the shelter grounds.**

#### SOME OF OUR SERVICES INCLUDE

Laser Therapy • Acupuncture with Annie Viano  
Surgery & Dentistry • Cryo-Surgery  
Alternative Cancer Therapies • Pain Center  
All-Natural Flea/Tick Prevention • Pet Boarding

**A locally owned and operated Veterinary Facility**



44 Saint Nicholas Rd, Wappingers Falls, NY

**845-227-PAWS • earthangelsvet.com**





PHOTOS BY DION OGUST

Rescue in Dover Plains, Pony Up Rescue Collective offers people the chance for hands-on involvement with gentle horses.

The collective emphasizes collaborative action and equitable access to the far-reaching benefits of horses. The group is driven by the idea that rescuing horses

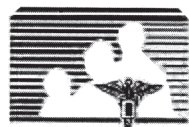
does good. Rescuing horses that engage with underserved communities and at-risk youth does a great deal more good.

"With only donations and volunteers, we've already saved a dozen horses, built programming for underserved special-needs groups, partnered with the Ulster

County 4-H, and built a wonderful network of local volunteers of all ages," Merrow said. "Imagine what we could do with funding."

On a Monday afternoon, five adults and three children gather at the barn for a weekly "Meet the Rescues" session, when the public is invited to the property. Advance registration is required.

Merrow led the visitors to a stall and introduced Tamarind, a small dark-brown



### "Dental Care with Pride"

Alan A. DeRosa, D.D.S. • Robert H. Klein D.D.S., P.C.

*Voted Best Dentist by Hudson Valley Magazine*

**ORTHODONTICS AVAILABLE FOR CHILDREN AND ADULTS**

*Now Participating with Many Insurances • New Patients Welcome*

Visit us at [drderosa.com](http://drderosa.com) • 845-246-9566 • Route 9W • Barclay Heights

## Free Rabies Vaccine Clinics for Pets



**Drive-Thru  
Event /  
No  
Appointment  
Necessary**

**June 7 & Sept. 20 11 am – 1 pm**

- Bring your animal's last rabies certificate
- Dogs must be leashed • Cats & ferrets must be in a carrier



**Happening at the Ulster County SPCA**  
20 Wiedy Road Kingston, NY 12401

Sponsored by the Ulster County Department of Health

## Hudson Valley Health

*Spring/Summer 2024*

EDITOR & PUBLISHER: Geddy Sveikauskas

ASSOCIATE PUBLISHER: Genia Wickwire

ADVERTISING: Lynn Coraza, Pam Courselle,  
Susan Griffin, Elizabeth Jackson,  
Tobi Watson, Jenny Bella

PRODUCTION MANAGER: Joe Morgan

PRODUCTION: Diane Congello-Brandes,  
Josh Gilligan

CIRCULATION: Dominic Labate

[www.hudsonvalleyone.com](http://www.hudsonvalleyone.com)

Ulster Publishing (est. 1972) is a Hudson Valley media company with its office at 322 Wall Street in Kingston. For more info on upcoming special sections, including how to place an ad, call (845) 334-8200, fax (845) 334-8202 or e-mail [info@hudsonvalleyone.com](mailto:info@hudsonvalleyone.com).



mare who had arrived several months earlier gaunt and frail, with infected eyes and intestinal worms. "She wanted to be hugged more than she wanted to eat," said Merrow, scratching the mare behind the ears. "She would put the weight of her head in my arms and just exhale." Despite having lost the use of one eye, Tamarind gained weight and is now healthy and cheerful.

Merrow finds horses at auctions, bail-outs, and kill pens all over the country. There's an industry of horse-dealing for discarded equines. Often passed from auction to auction in worsening condition, the remaining horses that aren't rescued head to the slaughterhouses of Mexico and Canada. Currently, around 20,000 horses a year are slaughtered, down from 100,000 a decade ago.

For those that are saved by rescue organizations, life can be sweet.

"The gratitude you get from them is huge," said Hurley resident Melanie Chletcos, a retired makeup artist who has been volunteering at the collective, feeding, grooming, and handling the horses to help them get used to friendly human contact. A group of people with special needs visits twice a week to groom the horses, and some of them have helped teach the newer volunteers.

Bruce Gluck is learning to care for the horses, which he finds relaxing, a balm for stress and anxiety. He brings skills from a career of setting up museum installations. He is working on facility repairs and improvements.

A group of volunteers recently cleaned out the long-disused hayloft, now a usable community space "closer to a Brooklyn loft than to a hayloft," said Merrow. She plans to use the space to set up a lending library of horse books, show videos on working with horses, and conduct classes. All the programming is free, with donations suggested.

"Everyone has been coming with ideas: a summer program, an art program with an artist who specializes in drawing horses," Merrow said. In the works are a public equine education series and a workshop for kids on how to take care of horses. "We might use the United States Pony Club curriculum, which explains how to do the basics: how to lead, how to blanket, how to look for problems in the field."

Merrow's cell phone rang. It was a call from her mother, Elise "Easy" Kelsey,

who was visiting from Greenwich, Connecticut. Kelsey runs a stable where Merrow spent much of her youth learning to ride and train horses for wealthy clients. Kelsey was outside with Merrow's

twelve-year-old daughter at a paddock, a large grassy enclosure for two of the group's ponies.

"My mom says the mustang is walking funny," Merrow told the group of guests.



## Artistic Renovations

**CHAIR CANING**

Furniture repair and sales | Free estimates

hankmildew@gmail.com | 845-750-2298



## Family-Owned & Operated



**We are the affordable choice for  
organic produce, groceries, vitamins,  
supplements & wellness products.**

**15 NEW PALTZ PLAZA  
845-256-0256**





## MOUNTAIN VALLEY MANOR

**"In our home, you are on your own but never alone."**

*NYS Dept. of Health Licensed Adult Care Home*

**Full Medical Coordination  
Unmatched Recreational Activities**



— Featuring —

**Interactive Music & Dance Class  
Therapeutic Music Circles • Tai Chi  
Senior Yoga • Strength & Balance Class**



*Owned & operated locally by the DePoala & McNaughton Families*

**845.331.1254**

**mountainvalleymanor.com**

*All-Inclusive Living*

**No Fees, No Deposits, No Worries**



**Voted Best  
Assisted Living in  
the Hudson Valley**

*Nestled on nine acres in a  
country setting at  
397 Wilbur Avenue,  
Kingston, NY*

**Please call to inquire about  
our Senior Day Care Program**



## Healthy Living Just Got EASIER.

Come visit us and our Exclusively Organic  
Produce Dept, Organic Juice and  
Smoothie Bar, Cafe and so much more.



**motherearthstorehouse.com**

300 Kings Mall Ct • KINGSTON  
336-5541







# Ivy Lodge Assisted Living

## CARING FOR YOUR LOVED ONES



Located in the beautiful New York Hudson Valley, Ivy Lodge Assisted Living is a unique residence that offers support for independence. Private apartments, qualified nursing staff, and three levels of licensure allow seniors to enjoy life and to age in place with dignity. At Ivy Lodge we are dedicated to creating a gracious setting where residents can experience autonomy and self-expression while getting the support they need to age in place with dignity.

### Amenities

Assistance with Dressing  
Assistance with Bathing  
Medication Management  
Meal Preparation and service  
Nurses on Site Daily  
Mental Wellness Programs

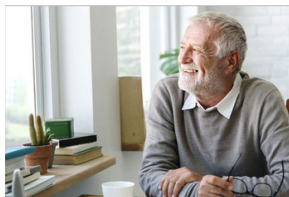
Housekeeping Services  
Laundry Services  
Transportation to Shopping  
Transportation to Doctors  
Exercise  
Crafts

Dining Room  
Beauty Salon  
Restaurant-Style dining  
Wifi  
Cable TV  
Outdoor Space

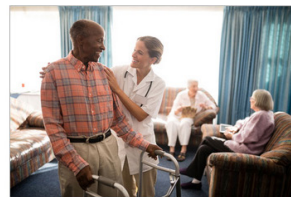
Call 845-246-4646  
to Schedule a Tour

108 Main Street,  
Saugerties, NY 12477

[ivylodgeassistedliving.com](http://ivylodgeassistedliving.com)



INDEPENDENT CARE



ENHANCED CARE



SPECIAL NEEDS CARE





“Let’s go and take a look.”

The visitors and volunteers followed her out to the paddock, where Merrow ducked through a fence to greet the collective’s latest arrival. The five-year-old wild mustang had been captured in a Nevada roundup by the U.S. Bureau of Land Management but had failed to find a home at three consecutive adoption events. He was deemed unadoptable and passed from sale to auction until ending up lice-ridden in the hands of a kill buyer.

When the mustang had arrived nine days earlier, he was shaking with fear. Merrow started working with him at least twice a day in his quarantine pasture. “Now he’s eager to engage,” she said, buckling a halter on his head. She circled him on a lead rope as she studied the movement of his legs. An odd little misstep confirmed that they would need to investigate further.

In the next paddock, the group visited Levon, the only horse-sized equine currently in residence, a former cart horse that had suffered an injury to his

## Other Dutchess County rescue outfits

**13 Hands Equine Rescue** in Clinton Corners, has about 150 horses, ponies, donkeys, and mules — and three zebras. The organization, founded in 2015, offers therapeutic programs for veterans and their families, mindfulness retreats, family retreats, Warriors Weekend, and corporate outings, as well as a volunteer program for people who want to get to know horses and help care for them. Founder and president Marylou Tortorello explained that horses are keenly aware of emotional energies and can sense what people are feeling, helping us be present in the moment and reminding us how to relax. <https://13handsequine.org>

**Lucky Orphans Horse Rescue** is a sanctuary in Dover Plains, established in 2008 by Deanna Mancuso, now executive director. Unlike other rescues, they do not offer their 47 horses for adoption. Mancuso said, “We are highly accredited by both horse and human organizations,” with certification to employ horses in therapeutic programs for people with disabilities, mental-health issues, and other challenges. They also welcome volunteers, many of whom find comfort in a relationship with horses after the loss of a husband or child, the breakup of a marriage, or the onset of an empty nest. All volunteers are screened and trained, to protect their safety and the well-being of the horses. <https://www.luckyorphans.org>

haunch. “We think he was impaled in a carriage accident,” said Merrow. “I’ve been retraining him as a riding horse. I just think it’s amazing that, although we’re predators, horses allow us on their

backs and are so interested in learning. They are prey animals, but they’re open and willing to trust.”

Merrow’s daughter haltered Sparrow, a brown-and-white Paint mare from Texas,



and led her to the fence for the three little girls to greet. Sparrow sniffed their hands calmly. Back in the barn, the girls learned how to brush the pony's flanks and neck.

In addition to volunteers, Merrow is looking for donors and sponsors to help support the expense of caring for the horses, which comes to approximately

\$400 per month for each horse. To learn more and arrange a visit to Pony Up Rescue Collective, or to send donations, see <https://ponyuprescuecollective.com>.

# Woodstock Office. National Reputation.



Joseph W. Belluck

If you have been injured, contact your hometown lawyer: Joe Belluck.

He specializes in car, truck and motorcycle crashes, construction accidents, slip and fall cases, work injuries, asbestos cancers like mesothelioma, medical malpractice and dangerous products.

Joe will meet with you for free in your home or at his Woodstock office. He guarantees personalized representation from a local lawyer with a national reputation. He can help you recover money for medical bills, lost wages and other damages.

*Call Joe Now For Your Free Consultation*

**\$1 Billion**

Recovered  
for our  
clients

**\$32 Million**

Recovered for  
construction worker  
exposed to asbestos

**\$7 Million**

Recovered  
for truck  
accident victim

**BELLUCK & FOX** L.L.P.

855-5-CALLJOE (855-522-5556) [www.belluckfox.com](http://www.belluckfox.com)

Woodstock | New York City | Albany





# What is Hospice?

It's focusing on the quality of time, not the quantity. It's spending precious moments with loved ones and making new memories.

Hudson Valley  
Hospice 

Need help or have a question? [hvhospice.org](https://hvhospice.org) • 845-240-7555



# MENLA

Soak in the healing power of nature. Escape the city and enjoy life in a mountain oasis just two hours from New York City. Create Your Own Getaway.

FOREST BATHING • HIKING • MEDITATION • SOUND BATHS  
PRIVATE YOGA • BONFIRE • DEWA SPA • FARM TO TABLE MENU

[WWW.MENLA.US](https://www.menla.us) | 845.688.6897

SPONSORED BY TIBET HOUSE US, THE DALAI LAMA'S TIBETAN CULTURAL CENTER IN AMERICA



# Workout options

*Local gyms offer a range of exercises possibilities*



PHOTO BY CLOEY CALLAHAN

by Cloey Callahan

**I** DON'T QUALIFY AS a gym buff, but I do like to stay active and feel good in whatever way I can. Some days, that might mean a couple of loops around the neighborhood. On other days when I have so much energy to get out, back-to-back classes at the gym.

I recently enrolled in three totally different workout classes in the Hudson Valley. Here's what I learned.

I always ask myself what's helping my health the most. While I might burn the most calories in a high-intensity interval training, better known as HIIT, class, I find myself moving with intentionality and slowness. That energy burns a

different way in a barre or pilates class.

Is one better than the other? Since it's hard to say for sure, I decided to try three different classes at three different gyms in the region to see how my workouts

changed depending on the class and instructor. Those three classes involved boxing, HIIT and barre. Each of the three was empowering and energizing in its own way.

## WELLNESS EMBODIED



## PSYCHOTHERAPY

### KAP

(KETAMINE ASSISTED PSYCHOTHERAPY)

## CLASSES

257 Main St., New Paltz • 845-743-6878

[WWW.WELLNESSEMBODIEDCENTER.COM](http://WWW.WELLNESSEMBODIEDCENTER.COM)



### Boxing: Getting your feelings out

I started boxing a year ago after an invitation to join a friend in a Saturday morning class. Though I didn't have gloves or wraps (strips of cloth worn around the wrist, palm and base of the thumb that protect from punching injuries), the participants in the class were eager to let me borrow their extras. I knew when I finished the class that I'd be getting my own pair because I would be back weekly.

Fast-forward to this past month, when I attended a new boxing class at Fighting Spirit Karate (FSK) in Gardiner. The energy was palpable. Every participant in the booked-up class was ready to punch bags. Boxing provides a high-energy workout that allows you to get all your feelings out while doing something that is helping you improve your health.

"Cardio boxing is one of the most widely popular classes at FSK," said Sean

Schenker, owner of FSK. "Often there are about 25 to 35 students in each class, so the energy and workouts are contagious. Cardio boxing is a great way for students to get fit, lose weight and burn calories all while learning the basics of boxing. The classes guarantee a great sweat, but also help you learn the science of boxing."

The class isn't meant only for those looking to get in the ring in due time, but also for those looking to burn some calories and feel great while they're doing it. My absolute favorite thing about boxing -- and about this class in particular -- was how fast time flies by. Before you know it, the hour is up. During this class, my Apple Watch clocked in that I burned 558 calories with an average heart rate of 164 BPM.

We spent our time warming up with different boxing moves like rolling and slipping, squatting, and shadow boxing. Once we were on the bags, we did short combinations and rotated to different bags around the gym. We focused a lot on straight punches. To keep your hands up to your face and punch the bag for that long is a lot harder than you'd imagine.

The classes aren't the same every time. "The classes are high-octane, energized events that combine shadow-boxing movement, basic punching combos, ladder and strength/agility drills, striking drills and exercises, heavy-bag striking rounds, and extensive mitt work for combination punching," Schenker said. "Dynamic, informative -- and no one leaves without a great sweat and strong technical skill base."

By the end of the session, my clothes were indeed drenched in sweat, I went through an entire 64-ounce water bottle, and I was ready for a shower. The next day, my arms and back were sore in places I didn't know could get sore.

Classes are offered Tuesdays from 7:15 to 8 p.m., on Thursdays from 5 to 6 p.m., and on Saturdays from 9 to 10 a.m.

## Dr. Stephen Weinberg CHIROPRACTOR

Weekend and Emergency Visits Available



12 Old Forge Road, Woodstock, NY 12498  
(845) 679-6699 | [www.swdc.me](http://www.swdc.me)

### The Incredible Brightness of Being In Just One Visit

All Porcelain Cerec Crowns Start to Finish in 1 Visit



#### Beautiful Cosmetic Dentistry

Invisalign, the Clear Alternative to Braces

Zoom 2 Chairside Whitening

Millennium PerioLase | Veneers

Implants | Safe Mercury Removal

Flexible & Creative Treatment Plans & Scheduling  
affordable, biocompatible, aesthetic, stress free

**TRANSCEND  
DENTAL**

Dr. Bruce Jay Milner

845 679 4000 | F 845 679 4015

2 Maverick Rd, Woodstock NY 12498

[www.transcenddental.net](http://www.transcenddental.net)



**Karate for  
the Mind,  
Body, and  
Spirit!**

19 Osprey Lane  
Gardiner, NY 12525

**(845) 633-8219**

[fskmartialartsandfitness.com](http://fskmartialartsandfitness.com)



## Barre: A low-impact exercise routine

Soul Tribe in New Paltz is a hidden gem in what I would consider a gym desert. Amanda Lopez offers a woman-empowered space that leaves you wanting more. I spent a month trying her classes. An easy fan-favorite was barre, which books up as quickly as a week or two in advance.

When you walk into Soul Tribe, you automatically feel comfortable and taken care of. No equipment of your own is needed because instructor Lopez takes care of it all -- down to the yoga mats, which are laid out for you before you get there. You can get situated wherever you'd like as soon as you walk in. Extra equipment like two- to three-pound dumbbells, resistance bands, blocks and pilates balls are just a step away for you to grab.

"The barre class is designed with a general structure for each class, and then different moves put into that structure," said Lopez. "We start with a stretch, then do core work, arms, and then move to the barre for the lower body. Each class is slightly different to always keep it fresh and exciting."

Using small weights and more reps creates long lean muscles instead of just bulking the muscles, Lopez explained. The motion at the barre "are very small isometric movements where we burn out each muscle group in a low impact way to protect the joints while building muscle."

Because the movements are small and low-impact, your muscles will feel tired,

but your joints will still feel protected.

I'd describe her barre class as a silent killer. It might not look like what we are doing is impossible, but it absolutely burns to the point you are begging Lopez to ease up. It's so hard that your entire body will be shaking, but not to the point where you won't come back for more. You feel that good afterwards.

My Apple Watch reported that I burned 431 calories with an average heart rate of 128 BPM, but this time I wasn't even looking at the numbers. One of the highlights of Lopez's classes is that she finishes them with a cool-down that includes savasana, which helps you focus not just on your body but also your mind. It provides a perfect all-around intentional workout experience.

## HIIT bootcamp: Build that strength

Gold's Gym in Fishkill offers a HIIT bootcamp class called No Limit. On Mondays and Wednesdays at 6 p.m., Fabrice Cadet worked us until we could barely get off the ground for the "Go, team" at the end of our workout.

The class is offered by another instructor on Saturdays and Tuesdays as well.

Before taking this kind of class, I made sure to get a couple of solid workout sessions in on my own. If not, I would have been worried about how sore I would've been after it.

Cadet encourages any and all folks to come, regardless of how comfortable they are in the gym. "You can be a very beginner," she said. "I've got one of my clients who is 70 and she does the class. She

## Seeking Health Therapists

Massage, Reiki, Sound Healers, etc



### MOUNTAIN VIEW STUDIO

*Beautiful new private studio available in the Heart of Woodstock.*

Call Tom at 845.853.5991

# mh.

mark houghtaling lmt

somatic coaching  
massage therapy  
energy healing

917-562-9314

markhoughtaling.com

now in woodstock





goes through all the exercises. There are modifications, but she can get through it. Anything we do you can always modify."

One of my favorite things about No Limit is that every single class is different. You will not get bored of a routine here. It keeps you on your toes the entire time. You never know what Cadet will

surprise you with.

"You don't have to think about anything. You just come in, do whatever is written down, you just go," said Cadet. "Then you see what happens over time. You see your progress. It's good motivation."

The class I took recently looked like this: 20 hip escapes, 20 bird dogs, 20

ankle reachbacks, 20 superman retreats, 2 miles on an airbike, and .2 miles sprinting on the treadmill. Repeat this routine three times.

For the remainder of the 45-minute class, do as many circuits of this as you can: 20 half turk getups, 30 second chinup hang, ten to 15 barbell curl presses, 30 staggered front squats, 15 pendulum pushups. Do a lap around the gym carrying weights.

I get tired again just reading that over.

During this class, I burned 576 calories with an average heart rate of 165 BPM, according to my Apple Watch. This regimen is very hard, but its challenges make it that much more rewarding. After doing this class for the first time in a while, I was very sore the next day, I was also very proud of myself.

This class is only offered a few times a week. Cadet provides some advice. "Alongside this class, make sure you keep up with your cardio conditioning," said Cadet. "Definitely learn how to use the equipment and weights so you can get stronger, especially when it comes to supporting your body for a pullup or chinup. Build that strength."



**KIWANIS ICE ARENA**

Open 7 days a week with various times for public skating

**Public Open Skating Admissions**  
\$6 for Adults, \$4 for Children 6-18, Children 5 & Under are Free.

**Public Drop In Hockey/Sticks & Pucks** \$8 for Adults, \$6 for Children

**Skate Rentals** - \$3 a pair. Hockey and Figure Skates available.

**Skate Sharpening** - \$5 a pair

Visit our website for the skate times for every public session  
**BIRTHDAY PARTIES • PRO SHOP**

845-247-2590 | [kiwanisicearena.com](http://kiwanisicearena.com) | 6 Small World Ave, Saugerties

## The Lace Mill Art Gallery

165 Cornell Street, Kingston, NY

*Presents*

One Man Show

# Ron DeNitto

Small and Large Works

Opening Saturday, June 1st

5 - 9 pm

Show runs from

Saturday June 1st - Sunday June 30th

Gallery Open

Friday - Monday 12:00 noon - 6:00 pm

or by appointment (845) 481-5402



Helping You with the  
Challenges of Aging

**(845) 338-2980**

[www.jfsulster.org](http://www.jfsulster.org)

[jfs.ulster@gmail.com](mailto:jfs.ulster@gmail.com)

☐ Providing Caring Licensed Clinical Social Workers to Seniors & Families Coping with the Challenges of Aging Since 2000

☐ At-Home Counseling Program for Those with Mobility Issues or, by Appointment, at our Kingston Office

☐ Medicare & Most Insurances Accepted

☐ Free Caregiver Support & Bereavement Groups Available for Family Members; Sponsored by UC Office for the Aging

**CALL (845) 338-2980  
FOR MORE INFORMATION**



# More than a high

## *The medical effects of cannabis*

by Terence Ward

IT'S BEEN 88 years since the first showing of the exploitation Reefer Madness, a lurid depiction of the evils of cannabis addiction by drug-crazed teens. The cult-classic film has long been a contender for designation as the worst movie ever made.

The legalization of recreational cannabis has opened up possibilities for those who were unable to use this plant as medicine under New York State medical marijuana laws passed in 2016. Those rules, among the most restrictive in the country at that time, were relaxed in 2021. They now include a longer list of qualifying conditions.

Any adult 21 years of age or older can now purchase cannabis at a dispensary for the purpose of medicating themselves

without a doctor's involvement, as they might use any over-the-counter drug.

The recently opened adult-use Big Gas Dispensary in New Paltz, owned by Zymia Lewis and Kareem Haynsworth, is part of a state program to promote social and economic equity in the legal cannabis industry by helping qualifying applicants with the upfront capital costs of starting a business.

Several of the rules around medical marijuana were relaxed as a result of the Marijuana Regulation & Taxation Act (including a new tendency to change that antiquated spelling). Under current state law, any person who can legally prescribe controlled substances need only take a two-hour class for certification to prescribe cannabis.

The list of qualifying conditions has been expanded. In 2016, it included

cancer, HIV/AIDS, ALS (Lou Gehrig's disease), Parkinson's disease, multiple sclerosis, intractable spasticity caused by damage to the nervous tissue of the spinal cord, epilepsy, inflammatory bowel disease, neuropathies and Huntington's disease. In 2021 the list added "post-traumatic stress disorder (PTSD), pain that degrades health and functional capability where the use of medical cannabis is an alternative to opioid use, substance use disorder, Alzheimer's, muscular dystrophy, dystonia, rheumatoid



### Medical Marijuana Certification and Consulting

Gene Epstein, FNP

Home Visits & Sliding Scale Available

Now Approved for PTSD & Chronic Pain

Telemedicine Available

For Information & Appointment Call:

**845-430-4239**



## Mental Health Association in Ulster County Helps People Find Mental Wellness

Check Out the Most Resourceful Mental Health Website in Ulster County!

### SUPPORT GROUP SCHEDULE

#### MONDAYS

**Thrivin' Not Just Survivin'** Trauma Recovery 3:00- 4:15 PM

**Mindful Eating** (H) (V) Eating Disorders 6:30- 8:00 PM

#### TUESDAYS

**Emotional Intelligence** Explore Emotions 1:00- 2:00 PM

#### WEDNESDAYS

**Caregivers Group** (H) (V) Support for Supporters 3:00- 4:15 PM

#### THURSDAYS

**Hope & Healing** Grief Support 1:30- 2:30 PM

**Ready, Steady, Go!** (H) Parkinson's support 2:30- 3:30 PM

**Anger Management** Women's group 4:00- 5:45 PM

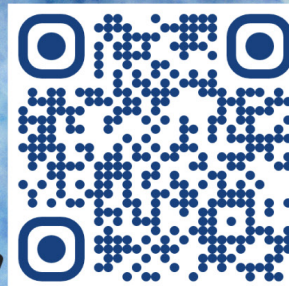
Men's group 6:00- 7:45 PM

#### FRIDAYS

**Resilience** (V) Anxiety/ Depression Support 2:00- 3:00 PM

(H) Hybrid (V) Virtual (R) Registration Required

WellnessRecovery.org



845-339-9090 x 2202 or 2203

300 Aaron Court, Kingston, NY 12401

www.MHainUlster.com

WellnessInfo@MHainUlster.com



arthritis, autism or any other condition certified by the practitioner,” according to information provided on the Office of Cannabis Management website.

These changes make it easier to obtain cannabis for a medical reason. Additionally, medical marijuana methods have also been liberalized in light of the recreational rules. Patients can smoke cannabis, and they can grow it at home as well.

Getting that medical advice can be challenging. A doctor at one local clinic whose institution was a federally qualified health center, “All we can say is that

marijuana and THC are illegal drugs of abuse.”

A New Paltz professional certified to prescribe marijuana did not respond to a request for an interview. Nor did anyone at a Kingston-area medical marijuana dispensary.

### “It works for me personally”

Lagusta Yearwood, a New Paltz chocolatier who has created a cannabis brand called Soft Power Sweets, was willing to offer offered some personal insights, but stressed that “even though there are a bil-

lion studies backing up the health effects of cannabis, I believe that license holders are advised to shy away from specific health claims” for any particular product.

Processed cannabis purchased at dispensaries includes the amount of THC and CBD on the label. THC is the chemical compound that produces the high of marijuana, as well as increasing heart rate and appetite. CBD has no psychoactive effects, and is associated with relaxation, pain relief, and a reduction in both seizures and inflammation.

“I’m a huge CBD proponent because I’ve found it to work for me personally so well in terms of calming anxiety and focusing my mind, as well as for pain relief,” said Yearwood. At Soft Power Sweets, “we use a full-spectrum CBD distillate that is less processed and contains many cannabinoids, not just CBD, which I feel helps my body process the CBD most efficiently because of the ‘entourage effect’ where various cannabinoids work together efficiently instead of stripping them into components. Similarly to eating local produce and foraged ingredients to help with allergy symptoms as a sort of immunization, I feel that local

## Create Space from Head to Toe while Lying on the Floor

### ZENA ROMMETT FLOOR-BARRE™ TECHNIQUE CLASSES

About Zena Rommett Floor-Barre™ Technique:

Floor-Barre™ is world respected in the field of dance and Physical Therapy. Based on ballet, this gentle yet effective therapeutic technique improves balance and posture, helps correct body alignment, strengthen your core and lengthen and tone your muscles. The work is recommended by notable medical practitioners for dancers and non dancers, and for the injured and elderly for rehabilitation. **No previous training needed.**

**Modern Dance Class Coming Soon to Red Hook!**

For more information go to [www.danceandtheater.com](http://www.danceandtheater.com)

Classes at Score Dance Studio, 59 O’Neil Street/ Kingston and at Dance and Theatre Arts, 7270 S Broadway/Red Hook

Private Lessons available • Call or text 845.282.6723 or email: [movitadance@gmail.com](mailto:movitadance@gmail.com)

Contact: Andrea Pastorella, Dancer/ Choreographer and Certified Trainer of The Zena Rommett Floor-Barre™ Technique



## DO YOU SUFFER FROM FOOT, HEEL OR ANKLE PAIN?

Ask us about  
**Radial Shockwave Therapy**  
and how it can help you!

Quick 5 minute treatments  
No injections required • No down time



**HV** HUDSON VALLEY  
**FA** FOOT ASSOCIATES

<b>Kingston</b> 845.339.4191	<b>New Windsor</b> 845.561.1255
<b>Wappingers Falls</b> 845.297.4055	<b>Red Hook</b> 1.877.339.HVFA
<b>Hudson</b> 1.877.339.HVFA	<b>Coxsackie</b> 518.731.5444

ROBERT BLOOMER

FREE ESTIMATE/FULLY INSURED



- TAKE DOWNS
- CHIPPING
- TOPPING
- CLEARING
- SCENIC VIEWS
- CABLING
- STORM DAMAGES

**TREE REMOVAL & STUMP GRINDING LLC**  
**“WE WILL NOT BE UNDER BID”**

**We are also offering Asphalt Seal Coating for Driveways and Parking Lots.**

**845-679-7949**

Serving the Hudson Valley

Cell: 914-388-0501

[robert.bloomer@yahoo.com](mailto:robert.bloomer@yahoo.com)



cannabis is most beneficial to keep my personal microbiome as tied to my local ecosystem as possible.”

While the ratio of THC and CBD can give a broad idea of the effects of a particular cannabis product, zeroing in on treating specific symptoms requires research and experimentation. Every product legally sold in New York has a QR code that links to more information, including a laboratory report.

The primary purpose of this report is to ensure that toxins didn't get introduced into the product, but it can also provide insight into the active chemicals. The broadest difference among cannabis products is whether they are sativa, indica, or hybrid. Sativa tends to have a higher THC content, indica is heavier on CBD, and hybrid chemovars are intended to create a balanced effect. These are also sometimes called type I (high THC), type II (mix of CBD and THC), and type III (high CBD). THC increases the heart rate and creates an energizing effect, while CBD induces relaxation and pain relief.

Some lab reports, such as the ones for Soft Power Sweets, also include a terpene profile. Terpenes are fragrant oils found in

many plants; over 2,000 different kinds have been discovered, and at least 200 of them have been identified in cannabis. These chemicals do not create the primary effects of cannabis in the body, but how these chemicals interact makes a difference in the results. For example myrcene, a terpene that's also present in mangoes, has been associated with the entourage effect that Yearwood referenced, the way that cannabinoids interact with and are processed in the body.

The need for intense research would be eased if more doctors felt that they could

become certified to prescribe cannabis without running afoul of federal regulators. Even if that were the case, the wording of state regulations suggests that not every doctor would be willing to treat with cannabis for every possible condition. For the time being, medical patients must bear most of the responsibility if they wish to treat their conditions using cannabis.

### Quality is important

“In terms of quality,” advised Yearwood, “it's just like any other ingredient: finding high-quality cannabis products has huge

## DISPOSABLE NEEDLES USED • STERILE EQUIPMENT



COMPUTERIZED PROCEDURE  
FREE CONSULTATION

*GIFT CERTIFICATES AVAILABLE*

**845.876.4878**

**Ann Lombardozzi, C.P.E.**  
**Michelle Lombardozzi-Strollo**

22 East Market Street, #201, Rhinebeck  
[www.anneselectrolysis.com](http://www.anneselectrolysis.com)

Permanent  
Hair Removal

**ANNE'S ELECTROLYSIS**



**CENTER FOR  
THERAPEUTIC MASSAGE**

Massage is beneficial treatment for

Headaches • Back Pain  
Sciatica • Muscle Tension

NYS Licensed Massage Therapists  
Dale Montelione Grust, LMT Director  
96 Plains Road • New Paltz, NY

Call or Schedule Online  
845-255-2188

[www.massagenewpaltz.com](http://www.massagenewpaltz.com)

**miron**  
**wine & spirits**

*Purveyors of Fine Wine  
& Spirits Since 1960*



**RED WINE  
BENEFITS**

COMBATS SKIN DAMAGE

IMPROVES SKIN TONE

AIDS WEIGHT LOSS

IS A GOOD FACE SCRUB

BOOSTS HEALTH

**WINE TASTINGS Fri. 4 -7pm & Sat. 1-4 pm**  
**EVERYDAY IS SENIOR DISCOUNT DAY!**

Curbside and Delivery Available (Contact Store for Details)

*Unbeatable Selection at Everyday Low Prices*

845-336-5155 Open: Mon-Sat 9am-9pm, Sun 11am-5pm  
15 Boices Lane in the Office Depot Plaza, Kingston, NY





## KAREN HARDING INSURANCE



### SENIOR ADVOCATE

**Your source** for honest,  
simplified Medicare  
information

**Your guide** to getting  
started with Medicare

**Your Expert** on  
Prescription Savings

**FREE consultation**  
and plan reviews

📞 845-419-1984

✉ KHardingInsurance@gmail.com

🌐 medicarekaren.com

## The Culinarrians Home



A Not-for-Profit Adult Home

**Welcome to all Senior Citizens**

### PRIVATE ROOMS

**\$1,850 - \$2,250 PER MONTH**

- 24 Hour Personal Care Services
- Medication Assistance
- Dietary Services
- Housekeeping Services
- Social & Recreational Services

*Licensed and Inspected by  
the New York State  
Department of Health*

**71 Old Tschirky Road  
New Paltz, NY 12561**

For More Information or a Tour  
Call 845-255-7010 9am to 3pm, Monday-Friday  
or visit us at [www.CulinarriansHome.com](http://www.CulinarriansHome.com)

implications on your local economy and small businesses, the local ecosystem (in terms of farms and farming practices) and your own health. When you buy a full-spectrum CBD product or a live resin

THC product you're getting a minimally-processed cannabis edible from cannabis that you know is grown in New York state and subject to the [state] regulations. You're ensuring that you're getting a

## ZEPHYR FLOAT

Sensory Deprivation + Massage Therapy



Kingston, NY

845.853.2400

[ZephyrFloat.com](http://ZephyrFloat.com)



Proudly Serving the Hudson  
Valley for **Over 25 Years!**

**Services include:**

- ✓ Adult and Pediatric Ear, Nose, and Throat
- ✓ Adult and Pediatric Allergy, Asthma & Immunology
- ✓ Hearing Aids and Audiology
- ✓ Facial Plastic Surgery
- ✓ Voice and Swallowing
- ✓ Adult and Pediatric Ear and Dizziness
- ✓ Sleep Services
- ✓ Advanced Sinus and Skull Base
- ✓ Thyroid, Parathyroid and Head and Neck Surgery

Locations: Poughkeepsie, Middletown, New Windsor, Yorktown, West Nyack, Yonkers, Tarrytown, White Plains, Purchase, New Rochelle.

**CASTLE CONNOLLY TOP DOCTORS**

**Same/Next-Day Care!**

**Call 1-855-ENTA-DOC or Book Online, Anytime  
at [www.entandallergy.com](http://www.entandallergy.com)**



cannabis experience that is better than something from an illegal dispensary that isn't properly dosed and regulated and that can have huge bodily effects.

"As someone who tries to eat a whole-foods diet, I want my cannabis to be minimally processed without harsh solvents or intense chemical processes. What I've noticed working in the cannabis world is that the variances in quality are huge and super-poorly understood, particularly with CBD, which I find to be a powerful product that is very misunderstood because of the illegal marketplace being

flooded with very low-quality product."

Once a patient has zeroed in on a chemovar that seems well-suited to one's symptoms, and is satisfied with the quality of a product, it's time for experimentation. One should start with a very low dose of the product, and keep track of the results. Slowly increasing the dose over time will help pinpoint how much it will take to get the desired improvement in symptoms. This should

also minimize undesirable effects, such as snoozing the day away or overeating due to an unexpected spike in appetite.

Anyone taking cannabis, whether for recreation or as medicine, should advise their doctor and pharmacist in order to avoid doing more harm than good. Even professionals who are not certified to treat with cannabis can do a better job if they are kept apprised of a patient's full health picture.



**OPPENHEIMER  
DENTISTRY**

COME VISIT OUR NEW OFFICE LOCATION  
YOUR HOME FOR COMPLETE DENTAL HEALTH

Our friendly and knowledgeable staff are here to welcome you and guide you through every step of your dental journey.

Whether you're seeking dental implants or just your next scheduled cleaning, we're dedicated to providing personalized care tailored to your unique needs. Trust us to be your partners in achieving a healthy, beautiful smile.

CALL US FOR A FREE  
FULL MOUTH EVALUATION:

(845) 514-2815

- ☒ Mini Dental Implants
- ☒ Conventional Implants
- ☒ Cosmetic Dentistry
- ☒ TMJ / TMD Botox Treatment for Facial Pain
- ☒ General Dentistry
- ☒ Hygiene and Periodontal Treatment
- ☒ Exams - Including CT Scans

185 Green St. Kingston, NY 12401  
Oppenheimerdentistry.com  
(845) 514-2815

## ACUPUNCTURE FOR PAIN AND ALLERGIES

石花山

**Stone Flower  
Mountain Health**

1310 Rt. 28  
West Hurley, NY  
845-679-4872

*Get Relief from Back Pain, Arthritis,  
Sports Injuries, Headaches, PMS,  
Fibromyalgia, Tendonitis, Sciatica and  
Chronic Aches and Pains.*



Acupuncture • NAET Allergy Elimination  
Chinese Herbal Medicine

STONEFLOWERMOUNTAINACUPUNCTURE.COM

# Go Titan

*for All Your Water Needs*

**DON'T PUT UP WITH DIRTY, SMELLY WATER!**  
**We will solve any /all of your water issues -  
from bacteria to clay and everything in between.**

*From well drilling to water testing, we meet every need.*



Contact us for dependable drilling  
contractors who ensure your water  
systems are operating as they should.

**1-800-GO-TITAN**  
**1-845-586-4000**

264 Co. Hwy. 38, Arkville, NY 12406 | [www.titanwelldrillingny.com](http://www.titanwelldrillingny.com)



**Find us on Facebook**







## Mid Hudson Valley's Most Exceptional Retirement Community



### *Woodland Pond* AT NEW PALTZ

At Woodland Pond, the sprawling natural beauty of the Shawangunk Ridge provides the perfect setting for your ideal retirement lifestyle. Whether yours is an epic adventure or an exploration in arts and culture, you'll find every opportunity to create a tale that's all your own.

What's more, as the only not-for-profit continuing care retirement community in the Mid-Hudson Valley offering lifecare, you can rest assured that you'll have access to a full spectrum of the highest-rated care options, if ever needed — all with predictable and affordable costs for life.

**MID-HUDSON VALLEY'S ONLY  
CONTINUING CARE RETIREMENT COMMUNITY**

**845.256.5521 | [WOODLANDPONDNP.ORG](http://WOODLANDPONDNP.ORG)**

100 WOODLAND POND CIRCLE, NEW PALTZ, NY 12561

**Start Your Next Chapter  
JOIN OUR WAITLIST**