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services include cardiology, oncology, ophthalmology, pain management, orthopedics, nutritional and diabetic education, and urology. Family Practice has a podiatrist, ob-gyn, social worker, and physician's assistant amongst their family practitioners. *Dr. Arthur Lukoff* practices podiatry in Ellenville; my friend swears by him. All this talk of doctors leads us to:

ADJUNCT HEALTH SERVICES

Physical therapy, X-rays, CT scans, sonograms, echocardiograms, home health equipment, chiropractic, pharmacy services, therapeutic massage, eyeglasses, yep, all right here in the Town of Wawarsing! *Matthews Pharmacy* has about the best medical supply inventory this side of Manhattan, and if something isn't in stock, rest assured it will be the next day. Their pharmacy services are exemplary, as are those at *Rite-Aid* of Ellenville. Both stores have pharmacists who go WAY above and beyond, in terms of patient education and personalized care. I just priced an eyeglass lens change at *The Eye Studio*; her prices were essentially the same as the large national chain where I originally bought the glasses. While I've not used the services of *Craft Chiropractic* nor *Lonstein Chiropractic*, many local folks swear by them. And now that my insurance covers them, you can be sure I'll be discussing this with my personal MD.

PERSONAL CARE

Hairdressers, tanning and nail salons abound in the town. My personal favorite is *Visions*, where Greg has graciously seen me through all sorts of hair crises over the years. *Ed & Al's*: John cut my son's hair for years, until the kid discovered electric clippers and hair dye, but that's a whole other story. Keep in mind a haircut is cheap at *Ed and Al's*, and stories are free. As the town historian, all sorts of local history is there for the asking, as are pictures and artifacts, as well as an authentic barber pole and cigar-store Indian.

I'm not one for tanning or nails or makeup, but if you are, it's available locally. This brings us to one of those SORELY LACKING areas I mentioned. If you're looking for a coed workout setting, you'll need to look further than the Town of Wawarsing. *Curves* offers a 30-minute workout for women, but coed gyms are not to be found, to my best knowledge. I polled my sis about this one, as she's the workout lady of the family. Any services previously available are either closed, or no longer open to the public. As she aptly said "Why do you think I go to Stone Ridge to work out?"

Martial arts is a whole other story, though. I count three schools within walking distance of my home, a fourth just down the road in Wawarsing (my son studied there for years); T'ai Chi and yoga classes are generally available locally through UCCC or the high school, check the local cable TV station for more info. So, for personal wellness, martial arts or yoga is they way to go.

PLUMBING

If it IS broke, *Thornton's* will fix it. Their prices are the going rate for licensed plumbers, but, with quick and competent service, who's to complain? This old house has seen its share of plumbers; they generally come in young and feisty and competent, and leave as wizened old men. You laugh, but I'm serious! One fellow came to change my kitchen faucet (a one hour job, he assured me) and left 8 hours later, only because his wife called to remind him he was close to missing his son's graduation. During his forays into the pipes he found a litter of kittens, born to a stray cat under my oil burner. In at 10 am with a shiny new pipe wrench, out at 4 with a mother cat and her

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