

Yes, it's time for a chiropractor.



Chiropractic offers effective care for many of life's stresses and traumas. Years of specialized training mean that your doctor of chiropractic can provide health care that focuses on total body wellness. Health care that works without drugs or surgery. Maybe that's why, in a recent Gallup survey, 90 percent of chiropractic patients judged their care as effective. So, the next time life bangs you around, remember: It's time for a chiropractor.

Call for your appointment today.

**CRAFT CHIROPRACTIC
ASSOCIATES, P.C.**

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Happy Valentine's Day from

Curves

"30 MINUTE FITNESS & WEIGHT LOSS CENTERS"

Kathleen Strong

Owner

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Wurtsboro, NY 12790
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Mr. Dowling shared that his father also built the course at the *Napanoch Country Club*, as well as the exclusive *Yama Farms*, where names such as Edison and Firestone can be seen on old guest lists.

PLEASE NOTE: Representatives of the two resorts explained that while non-guests are generally welcome, to phone first, as sometimes conventions or large gatherings preclude use of the course, and other hotel amenities, by non-guests.

HIKING – PICNICKING - EAGLE WATCHING

Sam's Point offers majestic views of what I like to call "God's country." It's a popular hiking and picnic spot, and famous to nature lovers for being a prime example of a dwarf pine barrens. **Kanfer Park** is a rustic picnic and fishing spot, and **Lippman Park**, with a playground, pond, resident ducks, and covered picnic areas, is more developed and fun for families.

The **D & H Canal**, which was a major trade route connecting the Hudson and Delaware Rivers, has a number of parks along its length, many at the site of old locks. The nearest is in Phillipsport. All of the canal walks are easy access. My personal favorite winter jaunt is eagle-watching at the far end of the **Rondout Reservoir**... a thermos of hot chocolate or coffee, binoculars, and an excellent chance of seeing our nation's symbol, the majestic American bald eagle.

COUNTRY LIFE

Many area farms have "U-pick" strawberries in the late spring, pumpkins and apples in the fall, and Christmas trees to cut yourself. Even the busiest family can take a break for an hour or two, pack a picnic, and enjoy some of the area's freshest produce. Locally, check out *Burd Farm* for U-pick produce, or *Barthel's* if you're not interested in picking your own goodies. You'll find local produce, some organically grown. Local honey somehow tastes a bit better; try some of Jim Kile's (available at *Peters Market*) and decide for yourself.

HANG GLIDING

Another "freebie" to watch... a bit more pricey to learn to fly. Take the middle ground and book a ride from one of *Mountain Wings'* pilots. Watch from **Rte. 52** at one of the lookouts, or at their landing spot and training area, on **Hang Glider Road** off **Rte. 209** (where rides are available on their training hill). When they have their competitions in the summer, the sky is literally filled with the gliders, and you can easily make a day of watching their events and competitions.

HORSEBACK RIDING

The *Nevele Grande's* stables are open to the public, and lessons are available in warmer months. Guided trail rides are available year round, the owner explaining that the horses have what I'll term "snow shoes" for the winter months. She described the trails as easy, noting they're tailored for beginners and/or children age six and up. Trail rides are by reservation only.

ICE SKATING - SKIING - TUBING

The *Nevele Grande* has one of the most beautiful ice rinks I've seen, and an afternoon of skating is more invigorating and less expensive than an afternoon at the movies. They also rent tubes and skis to the public. The *Hudson Valley Resort* also offers ice-skating and tube rentals; enjoy the winter air while gazing off at the real 