

## Hear The New County Executive Jen Metzger Breakfast Guest

Newly elected Ulster County Executive Jen Metzger plans to share her top priorities for 2023, including initiatives for housing solutions, expanding mental health services and building “a resilient and sustainable local economy” at the next Ulster Chamber breakfast meeting Feb. 22. A major focus of her address will be on developing the local workforce.

The breakfast runs from 7:30-9:00 a.m. at The Venue Uptown at the Best Western Plus in Kingston. Herzog’s Home & Paint Center and the Kingston Plaza are the sponsors.

“We are fortunate to have a significant budget surplus and can make strategic investments in workforce housing, public and private transportation and career training programs, which will help overcome one of the biggest challenges our local businesses face—filling empty roles in their companies, and there are a myriad of opportunities for county government to roll out the red carpet for businesses that will positively contribute to our economy in a sustainable way,” said Metzger, a Democrat, who was elected last November.

“At the same time, we have to be mindful that the economy is cyclical and prepare for an economic downturn. I was pleased to see the Legislature put nearly \$6 million in a tax stabilization fund as part of the 2023 budget in preparation for that eventuality. The budget also includes a 3 percent reduction in property taxes, which I know is welcomed by the business community,” she said.

Metzger said the No. 1 resource that companies look for when deciding where to

locate is the availability of a skilled work force, and she will be unveiling “an exciting new workforce development initiative” at the State of the County address later this month.

Metzger, who was sworn in on Jan. 2 at the Rosendale Theatre, made history as the first elected female county executive in Ulster. Adele Reiter and Johanna Contreras served as acting county executives after Michael Hein and Pat Ryan resigned. Hein, the county’s first executive, left in February 2019 to take a state job, while Ryan departed after being elected to Congress in a special election in August 2022. Metzger will serve the final year of Ryan’s term. An election for the next full four-year executive term is on Nov. 7.

“I am proud to serve as the first elected female county executive for Ulster County,” she said. “On Jan. 5, I went up to Albany to witness the historic moment of the first elected woman governor of New York delivering her State of the State address. While I was there, I met with all the other county executives around the state, and it turns out I am the only sitting female county executive in New York. I am hoping to start a new trend.”

Metzger, a former state senator and Rosendale town council member, said her approach to governance will be about collaboration. She



Jen Metzger

looks forward to working with the Legislature, local governments and Ulster County’s diverse stakeholders, including business and the agricultural, arts, healthcare and education sectors as well as nonprofit agencies.

“All are vital threads in the fabric of our community and economy,” she said. “All have valuable insights to contribute as we address the challenges we face and take advantage of the new opportunities.”

Metzger’s prior government experience includes the New York State Cannabis Control Board, which oversees the regulation and licensing of the state’s cannabis programs, and the New York State Energy Research & Development Authority’s Agricultural Technical Working Group.

She served in the state Senate, representing Sullivan County and parts of Orange, Ulster and Delaware counties, from 2019 to 2020, and as a Rosendale town council member from 2013 to 2018. She also served as the Rosendale deputy town supervisor from 2010 to 2012.

*Chamber Breakfast Meetings are a great way to stay on top of current events and connect with other local business leaders. Reservations are required. Tickets are \$30 in advance and \$35 at the door for Chamber members (\$40 for non-members.)*

**February Breakfast**  
**February 22**  
**7:30-9:00 am**  
 The Venue Uptown at the Best Western Plus  
 503 Washington Ave.  
 Kingston, NY  
 Sponsors

For more information, contact the Chamber at (845) 338-5100 or go online at [www.ulsterchamber.org](http://www.ulsterchamber.org).

## Herzog’s Home & Paint Centers, Friendly, Knowledgeable People

The company you see today draws strength from the roots that were established by Matthew Herzog back in 1909. He gathered a small team of trusted friends to help him manage the business. “Throughout the decades, the relationships built with employees have been key to our success” said Julie Jordan, Marketing Director at Herzog’s. “Even though it’s a family-owned business, our employees are quality people who treat it like it’s their own business. There is unsurpassed dedication to continually provide outstanding service in our community”, added Julie. In the retail business finding good employees who don’t get burnt out quickly is the toughest human resources challenge. “Herzog’s has been blessed with many dedicated people who accepted their first job and never looked back. Our longest hire started in her teens and worked an astonishing 61 years assisting in the corporate offices. We know our employees are the future, so we are as dedicated to them as they are to us. Our history is made of unique stories of people who have given more than just a forty-hour work week”, commented Todd Jordan who oversees hiring.

In April, Herzog’s celebrated the retirement of one of their long-time employees, Kathy Sutkus, who had been working in the office for 42 years. When she started, the tube system was used as a central cash register and all tickets were written by hand. “Herzog’s was my first job and when I started there were no computers, email, or copy machines. The work environment changed drastically as technology advanced, but I enjoyed the simpler times”, recalled Kathy. On her last day, as she packed her desk, she looked back on the decades of service with a smile. “I loved my job right from the start.”

Another Herzog’s long hauler is BJ Thomas who was originally hired 35 years ago to work in the Paint Department. Over the next three decades BJ worked in the Lumberyard, Hardware Department and even drove a wholesale route back in the 90’s. Ultimately, he found his passion at the Lumber Desk 25 years ago and reached his goal of managing the department in 2018. BJ had passion for the building industry following the footsteps of his father and grandfather who both worked at Herzog’s. His grandfather, Leroy Thomas worked for Herzog’s for over 30 years. BJ said, “I knew right away that I would be here until retirement. I’ve been here more than half my life and there’s no reason to go anywhere. I enjoy coming to work, I enjoy the building industry and everyday always brings something different.”

Victor Pacheco grew up in a bilingual household and started working for Herzogs Home Center when he was just 16 years old. Like most young employees, he started in the Lumberyard and quickly moved to the Garden Center and finally found his niche in the Hardware Department. From the first day he noticed many landscapers and laborers did not speak English so he would be asked to interpret the sale and answer questions. Over his 13 years, Victor has been essential in bridging the communication gap that exists in our community. A few years ago, he was promoted to an outside salesman position. Today Victor visits job sites and new business accounts primarily in the Spanish speaking community. He said, “the clients I call on are very grateful that I work at Herzog’s. It makes all our jobs easier”. He recalls 10 years ago it was very hard to find anyone who spoke Spanish at retail establishments, community offices or

even hospitals in our city. Growing up in Kingston was a struggle for his family. He remembers going to many stores with his mom and none of the clerks spoke Spanish, so it was extremely difficult for her to communicate. He watched his mom try to navigate her way through the language barrier daily. He wanted to help break this cycle for other families and friends by helping his nieces and cousins secure good jobs in our community. Thus far, Victor has helped 4 family members land their first job at Herzog’s as retail clerks. He said, “It was a natural fit for my family to work at Herzog’s because they are a family-owned business and we are family too”.

These employee stories are just a small example of the many that have demonstrated the importance of working for a company like Herzog’s that has compassion for its people and the community it serves. For over a century the Herzog’s family philosophy has stayed the same, but their business continued to change with the times. Todd added, “We never take our employees for granted because it’s their dedication that keeps us going decade after decade. We have created a workplace culture strong in diversity, inclusion and belonging. It’s important to us that every employee feels like they belong.”



## A New Direction In 2023 Cornell Creative Arts Center Hosts Mixer



The Cornell Creative Arts Center is undergoing a rebranding in 2023 under the leadership of the new art director and longtime visual artist John Smith-Amato. The 10,000-square-foot art center at 129 Cornell St. in Midtown Kingston will operate as a nonprofit agency independent of The Arc Mid-Hudson, which owns the building.

“The Arc Mid-Hudson is a sponsor of the Cornell Creative Arts Center, but not a director of it,” said Smith-Amato, a Garrison resident. “I will be taking it in a more creative direction in terms of aesthetics and gallery operations. It will run as a 501(c)(3) with a new mission statement.”

Chamber members will have a chance to learn about the Cornell Creative Arts Center’s more defined mission, tour it and meet its new leader at the next Networking Mixer on Feb. 28 from 5:00 to 7:00 p.m. The Arc Mid-Hudson is the Mixer Sponsor. The Blackboard Bistro will be providing complimentary refreshments at the event.

The Cornell building underwent a \$1.4 million-renovation in 2019 and began offering ceramic classes in the revamped 1,800-square-foot ceramics studio, which features both a gas and electric kiln, while work was underway on the rest of the arts center.

Renovations were completed in 2020 with additional space for dance and art classes, along with workshops, gallery exhibitions, private studios, offices and community event space. The center also is home to the Ulster County branch of Arts Mid-Hudson.

When COVID-19 gripped Ulster County in 2020, the Cornell Creative Arts Center pivoted to virtual classes until restrictions were lifted one year later and the doors to the art center opened to the public for in-person classes.

Smith-Amato, who will oversee the center’s programming, productions, visual arts presentation and educational engagement, said he is happy to be on board and will work to change the perception that it is solely for the people supported by

The Arc Mid-Hudson. He plans to engage in more outreach to additional populations.

“One of the hyper focuses will be to serve the underserved community as a whole,” he said. “I’m an artist. I’m also a therapist using the arts. For 20 years, I’ve been working with people in recovery using art as therapy. The vision is to not only serve those with learning disabilities and developmental delays, but adolescents, veterans and the elderly as a part of the extension. It’s really about providing services. Art by its nature is very therapeutic.”

Smith-Amato said when Chamber members come, they’ll witness a “beehive of artistic energy” under one roof.

“They’ll walk around and see everything happening. By connecting with the art community, there’s a commonality because we all need each other. That’s what the arts do by their nature, so our hope is that we make that connection with the business community. Good art is communal and collectively engaging for everybody,” he said.

*Chamber Mixers are a great way to network and promote your business. Be sure to bring plenty of business cards. This free networking event is open to Chamber members*

and prospective members. Reservations are a must and can be made by calling the Chamber at (845) 338-5100 or by registering online at [www.ulsterchamber.org](http://www.ulsterchamber.org).

**Mixer**  
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**Tuesday, Feb. 28**  
**5-7 pm**  
**Cornell Creative Arts Center**  
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# Soaring High For The Future

## Go Beyond Greatness Grooms Youth For Success

Victor and Omar are among the 1,000 students that Go Beyond Greatness has groomed for success since its inception in 2014. Go Beyond Greatness is a college and career readiness organization designed to help students develop the skills they need to thrive in the 21<sup>st</sup> century.

As high school students in the program, Victor and Omar learned how to become confident, productive and engaged members of their communities.

Originally from Russia, Victor Blinov joined Go Beyond Greatness (GBG) in his junior year at Ellenville High School. After graduation, he began his college education at SUNY Sullivan and transferred to SUNY Old Westbury, where he is currently studying in Austria as a law major.

"I have not been the same since I used skills that I learned in the GBG workshops to help increase my job opportunities while helping people," he said. "Now that I am a graduate, I returned to GBG to give back and assist in the mission of turning young people into college- and career-ready adults."

Similarly, Omar Gai, who is from Gambia, enrolled in the GBG program as a junior at Fallsburg High School and graduated in 2019. He attended SUNY Sullivan, graduated in 2021 with the SUNY Chancellors' Award for Student Excellence and now attends SUNY Albany, studying business administration.

In 2022, he completed an internship at Saint-Gobain, a French manufacturing company, and has now accepted a position with DPS Group Global, a consulting and engineering firm. Gai credits his success to GBG.

"All of the achievements I've had are because of Go Beyond Greatness, and I continue to give back and serve others because of what I was given," he said.

Those are the kinds of success stories that prove Go Beyond Greatness is working, according to Ashley Knox, executive director. She founded GBG as a response to what she observed working in post-secondary education: Many students were unclear about their goals.

"Their uncertainty resulted in frustration, lost opportunities and delayed graduation. They were not given the tools to explore themselves or their interests before entering college," Knox said.

Go Beyond Greatness guides students from historically marginalized communities to "explore who they are, where their greatness lies and how to build a bridge to their goals," according to Knox.

"It supplements traditional school offerings to empower youth entering their chosen life path after graduation. Through a humanistic learning

approach, students are encouraged to develop voice and choice in developing their future," she said.

Go Beyond Greatness partners with schools and community organizations like the YMCA of Kingston and Ulster County, Ulster County Regional Chamber of Commerce, Ellenville and Kingston school districts, Ulster County Office of Employment and Training, and Ulster County Department of Economic Development to provide programming, which is tailored to each participant, Knox said.

"Whether that's discovering their interests through personal reflections, considering career paths at local job sites, or visiting college campuses, our learners are equipped to pursue their greatest potential."

Go Beyond Greatness also works with local companies to empower employees to refine their communication, leadership and networking skills.

"We've enjoyed a multi-year collaboration with Mid-Hudson Valley Federal Credit Union, where our team comes in and works with rising company stars to empower their growth," Knox said.

"Our primary audience is local youth. In these times of uncertainty and upheaval, our young people are facing unprecedented challenges entering the workforce. At the same time, budget cuts and rising costs have deprived many of the resources needed to flourish. We see our work as an urgent investment in creating a better future for all."

At Go Beyond Greatness, youths learn resume building, how to network and apply for jobs and how to seek college financial aid. Additionally, Go Beyond Greatness' social-



Victor Blinov



Omar Gai

emotional programs teach skills to meet life's challenges with confidence and resilience, Knox said.

"We're astonished at the range of successes that our students go on to experience. For some, being able to look an employer in the eyes and shake hands at the end of an interview is a major milestone in their development. For some, it's taking the skills we shared out into the world," Knox said.

"We see the tangible impact of our work through the stories of participants like Victor and Omar. Like proud parents, we relish seeing our students reach new heights and sharing how our work guided them there."

Go Beyond Greatness is located at 721 Broadway in Kingston. For more information, go to [gobeyondgreatness.org](http://gobeyondgreatness.org) or call (845) 416-2977.



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## UPCOMING CHAMBER EVENTS

**Wednesday February 22 | 7:30 - 9:00 am**

**Chamber Breakfast Meeting  
Ulster County Executive Jen Metzger**  
The Venue Uptown at the Best Western Plus  
503 Washington Avenue | Kingston, NY  
\$30 Members-Advanced Pay • \$35 Members-At The Door  
\$40 Non-Members  
**Sponsors: Herzog's Home & Paint Center | Kingston Plaza**

**Thursday February 23 | 5:30 - 7:00 pm**

**Informational Meeting  
Egypt: The Land of the Pharaohs**  
Holiday Inn Express & Suites  
1835 Ulster Avenue | Lake Katrine, NY  
No cost to attend this meeting but reservations are required.  
This trip is open to Chamber Members and the general public.

**Tuesday February 28 | 5:00 - 7:00 pm**

**Networking Mixer  
@ Cornell Creative Arts Center**  
129 Cornell Street | Kingston, NY  
There is no cost for Members and Prospective Members.  
Reservations are required.  
**Sponsor: The Arc Mid-Hudson**

**Friday March 17 | 7:30 - 9:00 am**

**Chamber Breakfast Meeting  
St. Patrick's Day  
Featuring T. McCann Band**  
The Venue Uptown at the Best Western Plus  
503 Washington Avenue | Kingston, NY  
\$30 Members-Advanced Pay • \$40 Non-Members  
**Sponsor: The Reis Group**

**More Info and Registration [UlsterChamber.org](http://UlsterChamber.org)  
Questions (845) 338-5100**

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# A Fresh Mountain Escape

## Reinvented Honor's Haven Focuses On Health, Wellness

Now that the New Year is here, it's time to start carving out time for self-care and personal growth. Luckily for local residents, places like Honor's Haven Retreat and Conference Center in Ellenville exist for that purpose.

The scenic 260-acre mountain refuge at the foot of the Shawangunk Mountains offers wellness and team-building packages for groups and individuals to relax, reconnect and have fun, according to marketing director Michelle Quon.

"It's the perfect setting to refresh," she said. "Over the past year, we've hosted hundreds of groups from all over the United States and even internationally. We've been getting amazing feedback. After they finish our programs, they tell us they're a different person. A lot of people say their lives have changed because of the experience."

Activities include yoga, hiking, qigong, tennis, swimming in the indoor and outdoor pools, ziplining, rock climbing and other outdoor adventures. Inside, there's the Catskill Spa, jacuzzi, sauna and fitness center.

Quon said Honor's Haven has transformed the nine-hole golf course at the former Fallsview Hotel and Country Club into the ECO Healing Park for picnicking, nature walks and outdoor games. It debuted in the summer of 2020 when hospitality businesses were permitted to reopen after the statewide

COVID-19 shutdown.

In fact, the team at Honor's Haven rebranded the resort during the pause. The focus shifted from basic lodging and spa services to comprehensive wellness programs and overall greener hospitality. Quon said the owners realized that when guests returned, they would likely want a deeper experience than what had been offered in the past.

"The world was changing, and our ownership recognized that. They wanted to help guests get back on track and focus on holistic healing, wellness and self-improvement," she said.

Guests looking for the retreat experience can choose from the "Well-Being Stay," "Wellness Getaways," "Signature Retreats" or "Special Events Retreats." Corporate groups can engage in team-building programs that foster communication, creativity, cooperation and safe risk-taking, Quon said.

"Those wellness and team-building programs are run by our own experts, and they're really effective. They have a lasting impact on the entire team," she added.

Honor's Haven has 232 cozy rooms and more than 48,000 square feet of adaptable meeting and banquet spaces ideal for conferences, trade shows or special events like weddings. Quon said of the 20 meeting rooms on campus, the largest measures 5,160 square feet with a maximum seating capacity of up to 500.

All meals are provided from the large general dining room that offers picturesque views of the property and serves a polio-pescetarian style buffet with a large salad station.

Quon said with the whole 2023 calendar ahead, it's time to consider booking a stay at the reinvented Honor's Haven.

"Before your planner fills up, make sure to visit our mountain escape. It's always good to make time for self-care. The uniqueness of our property is that we offer all-inclusive packages with everything from meals, lodging, wellness and team-building programs, spa services and a whole lot more."

*Honor's Haven Retreat and Conference Center, located at 1195 Arrowhead Road in Ellenville, can be reached at (844) 469-7829 or honorshaven.com.*



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- Children's Home of Poughkeepsie
- Circle of Friends for the Dying
- Congressman Maurice D. Hinchey Catskills Visitor Center
- Control Point Associates, Inc.
- Cornell Cooperative Extension of Ulster County
- Culligan Water Company
- Diamond Mills Hotel & Tavern
- Dixon Roadside
- Dutton Architecture, PLLC
- Emergency One Urgent Care & Diagnostic Center
- Etain, LLC
- Ethan Allen HR Services
- Fair-Rite Products Corp.
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- Fox Oldies 98.9/94.5FM (WGNY-FM)
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# Mixer



**January 11, 2022**  
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**Ulster County**  
 507 Broadway, Kingston, NY



Mixer Host, Heidi Kirschner, Chief Executive Officer of the YMCA of Kingston and Ulster County with Marty Ruglis, YMCA Board Chairman.

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Mixer Underwriting Sponsor, Moonburger with Founder Jeremy Robinson-Leon (4th from right) with the Kingston YMCA Farm Project Y Crew and Youth Crew.



Jay Modhwadiya (Hampton Inn by Hilton - Kingston) with Steve Hack (Ulster Savings Bank) and Dennis Larios (Brinnier and Larios).



Jamie Truncali (Rondout Savings Bank) with MaryRose Warcholak and Crystal Jacob (both with Ulster Savings Bank).



Stephen Barankewicz and Andrew Cymbal (both from Soyuzivka - Ukrainian Heritage Center) with Dave Gagnon (Gagnon & Associates CPAs).

## WELCOME THESE NEW MEMBERS

### 100 MILES NORTH

100milesnorth.com  
**Brigid Walsh** - Owner  
 Category: Environmental Design; Marketing  
 Description: *Founded in 2006, 100 Miles North has transformed from a special events production company to a business strategy company with an emphasis on Environmental Design and Regional Planning.*

### CYBER TEAM SIX

215 Mountain Road  
**Shokan, NY 12481**  
 www.cyberteamsix.net  
**Rivka Tadjer** - Chief Marketing Officer  
 Category: Consultants - Safety & Health  
 Description: *Cyber Team Six (CT6) is a Cybercrime Prevention and Mitigation company. CT6's patented technology is coupled with a leadership team comprised of former FBI special agents in fraud and cybercrime, a PhD in AI and financial fraud prevention, and a hands on cybercrime investigation consultant. CT6's approach stops impersonation, identity theft, ransomware, malware, credential attacks, phishing, fraud, sabotage and more, for both individuals, as well as on any enterprise—both private and public sector. The CT6 approach addresses the human behavior factor, of both criminals and victims.*

### DAN GAYDOS

**Kingston, NY 12401**  
**Dan Gaydos** - Sole Proprietor  
 Category: Voiceover  
 Description: *Voiceover, narration, news announcing, audio books, bass/baritone vocal work of any music genre. I can come to your studio, or can record all the work in my own professional recording studio. Music recording, mixing and mastering are also available services from my studio.*

### DBS REMODEL

488 Freedom Plains Rd. #130  
**Poughkeepsie, NY 12603**  
 www.dbsremodel.com  
**Andalee Powers** - Marketing Director  
 Category: Contractors - Carpentry  
 Description: *DBS Remodel is an award-winning Design-Build residential remodeling company that handles your remodel from concept to completion. Founder, Brian Altmann, believes that at the core of every successful remodel is education. Over 37 years, he's developed fool-proof systems, with concise communication, that clearly lays out the full-scope of a home remodel, allowing homeowners to understand every step involved. We remodel kitchens, bathrooms, basements, addition, porches, decks, siding, roofing, windows, entry doors, and more.*

### FAIRPLAY PUZZLES

50 Raymond Ave. #2B  
**Poughkeepsie, NY 12603**  
 www.fairplaypuzzles.com  
**Helana Callard** - Owner  
 Category: Retail  
 Description: *We are an online retailer of jigsaw puzzles for adults and children. We predominantly focused on puzzles celebrating diversity, equity, and inclusion, from small MWBE and artists. Our retail store carries a more varied selection of jigsaw puzzles, as well as a selection of children's books.*

### FOUND MY ANIMAL

86 Smith Ave.  
**Kingston, NY 12401**  
 www.foundmyanimal.com  
**Bethany Obrecht** - Founder / CEO  
 Category: Pet Food/Supplies  
 Description: *Found My Animal promotes animal adoption in a very direct way: let your pet wear your values. By encouraging rescue over purchase, we support animal welfare by asking pets and their owners to help deliver our simple, important message.*

### HAYNES MARKETING & MEDIA

**Kingston, NY 12401**  
 www.haynesmarketingmedia.com  
**Kati Haynes** - Owner  
 Category: Marketing  
 Description: *Building online presence for small businesses through strategic marketing strategies. Offering social media management, website enhancement and development, Google Business support, photography, videography, and consulting.*

### HUDSON VALLEY PROPERTY OWNERS ASSOCIATION, INC.

144 St. James Street  
**Kingston, NY 12401**  
 www.hvpoa.org  
**Richard Lanzarone** - Executive Director  
 Category: Advocacy  
 Description: *HVPOA is a non-charitable not-for-profit organized under section 501(c)(6) of the Internal Revenue Code, for the promotion of the general welfare, improvement of business conditions and common business interests of property owners within the nine counties of New York State commonly known as the Hudson Valley, namely, Columbia, Greene, Ulster, Sullivan, Dutchess, Orange, Rockland, Putnam & Westchester Counties. HVPOA engages in general public education, legislative advocacy, public awareness, and other activities.*

### LAUNDRY SCOOP LLC

www.laundryscoop.com  
**Christopher Dugan, Jr.** - CEO  
 Category: Laundromats  
 Description: *When you are too busy to do your laundry or simply do not want the hassle of sorting and folding, let Laundry Scoop take care of it for you. We pick up and drop off any load of laundry to your house or the office, clean them at our premium facilities and deliver it back to you folded and ready to be put away. With our flat-rate pricing model, there are no hidden costs for additional services. Laundry Scoop is a 3rd-party laundry delivery provider. We have partnered with UPS as well as Laundromats across the country, and now we can reach EVERY doorstep within the United States.*

### POPPIN PARTY CREATIONS

Poppinpartycreations.com  
**Monica Glosque** - Owner  
 Category: Event Planning  
 Description: *Elevate your event with one of a kind balloon decor. From birthdays, baby showers, and weddings to corporate events and business openings, we've got you covered!*

### RESILIENT SELF THERAPY

291 Wall Street 3R  
**Kingston, NY 12401**  
 resilientselftherapy.com  
**Sarah Perl** - Founder, Clinical Director, Psychotherapist  
 Category: Mental Health Services  
 Description: *Resilient Self Therapy is a private psychotherapy practice that serves adults. We are based in Kingston, Manhattan, and also offer telehealth to all NYS residents. Our mission is to provide compassionate, client-centered psychotherapy services to help everyday people overcome life's obstacles, foster personal growth and achieve goals at work, home, and play. We especially love working with millennials, college students, parents, issues related to mood disorders, perfectionism, life cycle transitions, grief, and interpersonal relationships.*

### WHITE OAK DENTAL LAB

3650 Us Highway 9W Suite M  
**Highland, NY 12528**  
 whiteoakdl.com  
**Zachary James** - Lab Director  
 Category: Health Services  
 Description: Dental Lab.

### WOODLAND PLAYHOUSE, LLC

5571 State Route 28  
**Phoenicia, NY 12464**  
 www.woodlandplayhouse.com  
**Christina Davis** - Owner / Director  
 Category: Pre-School  
 Description: *We are a small play-based preschool/summer camp/child care program in Phoenicia. We prioritize hands-on, experiential learning with an emphasis in outdoor education.*