

Hear Congressman's Year 2 Plans

Faso Returns As Breakfast Guest

U.S. Rep. John Faso says he believes his first year in Congress went "very well" and he plans to talk about his second-year agenda at the Chamber's next breakfast meeting on Jan. 25.

The breakfast, scheduled for 7:30-9 a.m. at the Best Western Plus in Kingston, is sponsored by Ulster Savings Bank.

"We live in a contentious and polarized political time and I've worked hard to conduct myself in a respectful fashion with everyone I meet," said Faso, a Kinderhook Republican. "I've met with thousands of constituents over the past year and I continue to work hard to ensure all voices are heard.

"These interactions greatly help me to better represent all the residents throughout the 11 counties within the 19th District."

"Overall, I am going to talk about working together to improve the local business climate," Faso said. "I hope to continue to work with the Chamber and

its members on making our region a better place to own a business."

One of Faso's more high-profile votes in 2017 was against the tax reform bill, which passed late in the year.

"From the beginning, I wanted to support a tax reform plan that would increase economic growth, increase worker paychecks, incentivize small business investment and ensure New York families are better off," Faso said. "Unfortunately, this plan does not meet all of those criteria."

Faso said the bill's limits on taxpayers being able to deduct state and local taxes forced his 'no' vote. The issue led many Republicans from high-tax states to oppose the measure.

"These families have already made financial decisions based on this deduction, and to have it removed without any chance to prepare, is unfair," Faso said.

Looking ahead, Faso said passage of the



John Faso

2018 Farm Bill and House Resolution 3808 to preempt New York's Scaffold Law on federally funded projects would be top priorities.

"Agriculture is still the largest business in upstate New York and remains a critical part of Ulster County's economy," Faso said. "I'm pursuing measures enhancing

January Breakfast

January 25

7:30-9:00 am

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503 Washington Ave., Kingston, NY

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land conservation and better monitoring of products labeled as 'organic' to ensure consumers are getting products they're paying for."

Faso said the 19th-Century Scaffold Law increases costs for all building projects in

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Ulster Savings Bank is the January Breakfast Sponsor

Ulster Savings Bank is proud to kick off the New Year by sponsoring the Chamber's first breakfast of 2018. We look forward to networking with many and gaining insight into the year ahead with guest speaker Congressman John Faso.

Running any business can certainly be challenging. Hudson Valley businesses are diverse yet common challenges are shared. Whether you manage a non-profit organization or run business for a profit, a common obstacle experienced by so many is simply the lack of

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UPCOMING CHAMBER EVENTS

January 17 | 5:00 - 7:00 pm

Membership Mixer @ MAC Fitness Kingston Plaza

338 Plaza Road | Kingston, NY

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January 25 | 7:30 - 9:00 am

Chamber Breakfast Meeting US Congressman John Faso

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January 31 | 9:00 - 10:30 am

Business Card Exchange Courtyard by Marriott

Conference Center | 500 Frank Sottile Blvd. | Kingston, NY

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February 22 | 7:30 - 9:00 am

Chamber Breakfast Meeting Ulster County Executive Mike Hein

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Register for all Events (845) 338-5100
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Making Fitness a Priority in 2018

January Mixer at the MAC Returns for 15th Consecutive Year

Holly Snow promised her husband that she would keep the tradition going, and on Jan. 17, she will fulfill her word as MAC Fitness at 338 Plaza Road in Kingston hosts its 15th consecutive Business After Hours Mixer.

The annual tradition of holding it at the gym, in fact, was conceived by Chamber President Ward Todd and Snow's husband, the late-Lyle Schuler, in 2004.

It marked the Chamber's first of its popular networking events and has tied in nicely with the New Year's resolution theme.

"Everybody eats all the cakes and all the bad stuff (on) Thanksgiving and Christmas and packs on the calories...so it's very good to get into a great routine at the beginning of the year," Snow said.

"We're going to have this all open during the Mixer and welcome, hopefully, hundreds of new people back in here."

Not only is Snow honoring Schuler's legacy by keeping the first-of-the-year Mixer going, but she has managed to keep the business he loved thriving since his untimely death.

The charismatic and enterprising pair had often worked at different locations--each driven by a fervor for fitness and providing quality customer service. Schuler ran the 9W gym while Snow operated the sister location at the Kingston Plaza.

Schuler, a congenial man with a passion for fitness, died in late September, stunning the business community. His wife said throwing herself into the business has helped ease her grief and stay focused as the 9,112-square-foot expansion at the Uptown gym was wrapping up.

The project included knocking down the facility's back wall and ultimately adding studios for spinning, boxing, group exercise classes and an enlarged weight room and locker rooms. Schuler and Snow began working on it in mid-August. The project is now complete.

In the midst of it all, Snow has immersed herself and said she is doing what Schuler would want her to do--continuing to offer a great service to members at a great value.

What it all amounts to now is one super club with countless member amenities that include more fitness programs, equipment, member services and on-site child care, Snow said.

"We have our brand new free-weight section, Group X section and private personal-training room. These are the amenities that were at (the former) 9W, and since we've closed and merged into one space, we will now offer everything in just under 33,000 square feet in one great location."

Together with Schuler, Snow had excelled in carving a unique and tailored gym experience, catering to individual

need and personal care. It would go beyond the typical gym membership, where a client pays a fee and is thrown onto the floor with little or no knowledge of how to work the equipment or start an exercise plan.

The couple's trademark has been to get to know the members and set them on their way with a focus toward losing weight, keeping it off and leading a healthier lifestyle.

It all started in 2002 with the opening of the East Chester Street bypass facility, formerly the site of the Diamond Zone baseball training facility. Prior to that, it had operated as Tiger Tennis and Racquet Club.

Schuler sold the East Chester Street Bypass property to a car dealership late in 2016. Ever since, he had been mapping out what the expansion at the Uptown gym would look like and how it would meet the needs of his members.

At the Mixer, Snow is anxious to show off the bigger and better gym and entice new members to join, particularly at this post-holiday time of year.

Like her husband, Snow is quick to point out that fitness goals are not just for the young.

"There is no age limit," she said. "We have 70-, 80- and 90-year -olds still coming in. Joe Horowitz, the founder of J&A Roofing, is our oldest member in his 90s. He comes in all the time."

"The youngest is probably 14 or 15 when the body is ceasing up with the growing process and can handle some more of the weight aspect of weight training," Snow said.

"Cardio is always good for everyone. It burns calories nicely, and we have a lot of new stuff to offer. It's good for the mind and good for the body. It's a very big stress reliever."

Chamber members who come to the Mixer are encouraged to use the side door next to Savona's Pizza for the special occasion. There will be complimentary refreshments and Snow and her staff will be available to show off the equipment and sign people up for memberships.

Again, Snow said it's all about making one's health a priority in 2018. "It's a new year and a new you, and



Mixer

Wednesday, Jan. 17, 5-7 pm

MAC FITNESS

338 Plaza Road (Kingston Plaza)
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it just keeps the tradition of Lyle Schuler going," she said.

If you go, bring plenty of business cards. The Mixer takes place from 5-7 p.m.

There is no charge for Chamber members or prospective members, but reservations are required. Mixers are open to Chamber members 21 and older. Prospective members interested in attending must contact Carol Ricken at (845) 338-5100 or Carol@ulsterchamber.org.

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Congressman Faso as Breakfast Guest with his 2 year plans

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New York by about 7 percent.

“Only New York State has this archaic law, which doesn’t increase worker safety and makes our state increasingly unaffordable,” he said.

Faso is also sponsoring legislation to fight the opioid crisis, along with sending letters to federal officials and his colleagues in Congress.

“Opioid abuse is a genuine epidemic and a national crisis,” Faso said. “Bipartisan cooperation has resulted in steps in the right direction as we continue to learn what families and our communities need to effectively address this scourge.

“At home, I’ve spoken to far too many people who have had friends, family, or co-workers succumb to opioid addiction. I will continue to fight for progress through additional funding, treatment initiatives, and community involvement.”

Faso said he also is working on issues specific to each county in his district, including one that

would help HealthAlliance of the Hudson Valley.

“I continue to explore means by which we can assist [HealthAlliance] with the unfair Medicare reimbursement rates it receives due to the way in which the federal government classifies the geographic area of Ulster County,” he said.

Faso last spoke before the Chamber in January 2017 after defeating Democrat Zephyr Teachout in the November 2016 election.

Faso, 65, served in the state Assembly from 1987 to 2002. He was minority leader from 1998 to 2002, but left the Assembly to unsuccessfully run for state comptroller. He also ran unsuccessfully for governor in

2006.

He worked as an attorney after leaving politics before deciding to run for the open 19th Congressional seat when former Rep. Chris Gibson announced his retirement.

New York’s 19th Congressional District includes all of Ulster, Greene, Columbia, Delaware, Otsego, Schoharie and Sullivan counties and parts of Broome, Dutchess, Montgomery and Rensselaer counties.

Chamber breakfast programs are a great way to network with other local business leaders and stay on top of current events. Pre-registration is strongly encouraged. For more information or to register, call the Chamber at (845) 338-5100 or go online at www.ulsterchamber.org.

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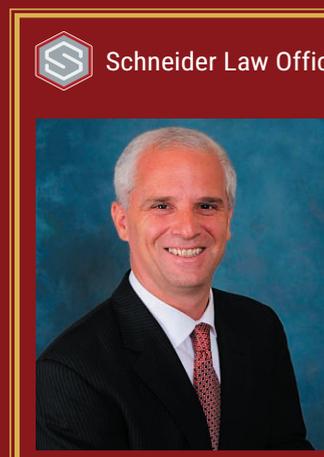
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