

FILM SCREENING

Street Heroines is a feature-length documentary film celebrating the courage and creativity of women who despite their lack of recognition have been an integral part of the graffiti and street art movement since the beginning. Authentic vérité storytelling woven between an interview-driven narrative, Street Heroines juxtaposes the personal experiences of three emerging Latina artists as they navigate a male-dominated subculture to establish artistic identities within chaotic urban landscapes. Punctuated by historical anecdotes from pioneering artists including Lady Pink, Claw Money, Nina Pandolfo, Swoon, Lady Aiko, iconic graffiti photographer Martha Cooper, and others, Street Heroines captures the collective outcry of female street artists from around the world, shining a light on their mission for creative expression and their endeavors overcome sexism through art. Director Alexandra Henry, Producer Jordan Noël Hawkes, Executive Producer Zahra Sherzad and artist Ann Lewis will all be in attendance. Screening **Fri** 7:30pm, YWCA, 209 Clinton Ave 70 min run time followed by brief Q&A

ART: PROJECTS

Marilyn Arsem
Letting Go: an opportunity for reflection
In this silent, intimate performance, the artist will write all that she wishes to let go of in water on the path and watch it evaporate. This is an opportunity to breathe, to relinquish what is no longer needed and contemplate the change that is made possible through the act of letting go.
Sat + Sun 10am-2pm, Peace Park, 64 N. Front St

Marielena Ferrer
The Art of Living Together:
What do we need to live together? Who makes those decisions? What is the purpose and goal of creating or joining a community? This is an ongoing interactive, participatory process-based project that invites participants to make artwork while sharing their perspective on envisioning community.
Fri 5-9:30pm, **Sat** 10am-1pm + 3-6pm, **Sun** 10am-12pm + 2-4pm
YWCA, 209 Clinton Ave

Paula Josa-Jones
The Traveler
A migrating, improvisational, interactive dance performance starting in Peace Park. The Traveler asks what it means to be lost throughout our lives and explores through movement how changes can reshape our psyches, change our bodies, and disrupt our sense of self in relation to the world.
Sat 5-5:45pm, Starting at Peace Park, 64 N. Front St

Stephanie Loveless
Listening Prescriptions
Prescriptions are offered through a “dispensary” wherein audience members can select an ailment from those on display, and receive collaboratively-created scores as a cure. These scores emerge from discussions with community members that are shared as prescriptions for creative, transformative personal and collective healing.
Sat 10am-2pm + 4-6pm, **Sun** 1-4pm
Old Dutch Church (Main St. entrance), 272 Wall St

Elisabeth Motley
Colored Shadow
Colored Shadow is a live-art choreography event exploring experimental performance aesthetics of disability and neurodivergence capturing movements of seizure, psychosis, and cognitive and physical disability, particular to Motley’s experience with brain disease. Including live projection design by Brent Felker, sculpture by Jillian Rose, and dramaturgy by Cory Nakasue, Colored Shadow ruptures the hegemonic stigmas associated with disability and neurodivergence.
45 min Performances **Sat** at 7:30pm + 8:30pm
Fair Street Reformed Church (viewed from Pearl Street lot/yard), 209 Fair St

Kat Howard
Restricted Movement
This sculptural fiber installation provides a material representation of the embodied fear, grief, isolation and restricted movement of domestic abuse as heightened by the seclusion of the pandemic. The forms contained but reaching outward, trapped and desirous of connection.
On view **Fri-Sun** all day
Old Dutch Church (Main St. entrance), 272 Wall St

Cave Dogs
excerpts from Liquid States
Liquid States presents divergent perspectives on people, animals, and communities as they intersect in relation to water and air, reflecting both the vitality of oxygen and the detrimental effects of its absence. These video projections are created through the combination of shadows cast from props, costumes and the human body moving in concert with video imagery.
On view **Fri-Sun** 6:30-9:30pm,
Pardee’s Insurance Agency, 306 Wall St

Diana Steinberg + Naomi Steckman
of Beyond the Bounds
This site-specific dance and music (cello) collaboration presents conversation between music, movement and place in a way that is both improvisational and choreographed, welcoming the viewer to examine the way that they relate to the natural world and spaces they occupy. Scheduled Performances Sat + Sun as well as pop-up performances during the festival weekend
Sat 3:30pm, Citizens Bank/Queens Gate Alley, between 267 + 273 Wall St
Sun 3:30pm, Old Dutch Church yard (Main St entrance), 272 Wall St

Molly Lindsay + Dina Kravtsov
Save Our Soil: Compost for the Future
Through an interactive family-friendly workshop *Save Our Soil: Compost for the Future* illuminates the vast world present in the soil beneath our feet and aims to raise awareness on how the health of our soil impacts our food security, the quality of the air we breathe, and the health of humans, animals and the planet as a whole.
Sun 10-11am,
Ulster County Courthouse Lot, near Win Morrison Realty 56 John St

The Department of Regional Art Workers (The D.R.A.W.)
In this interactive event, members of PUGG (The D.R.A.W.’s teen creative workforce development program) will move quickly to compose and expose a 25ft cyanotype print using layers of found and created material producing a layered, magical blue printed image.
Exposure Sat 12pm, YWCA, 209 Clinton Ave
Installation Sat 5pm at 9-17 N. Front St

Hudson Valley Bee Habitat Workshop
A creative, family-friendly, hands-on pollinator workshop in which participants learn about pollinators and the ways we can all help them by making a solitary bee habitat that they can take home, thus expanding available habitats for bees.
Sun 11-12:30,
Ulster County Courthouse Lot, near Persen House green, 74 John St

KHS Advanced Painters + Writers
Using mythology and oxygen to help generate and build on ideas, KHS sophomores, juniors, and seniors created original art and writing pieces that communicate this essential element’s role in everything from the origin of the world to the air that sustains us.
On view **Fri-Sun**,
Uptown Capital Market Storefront, 209 Clinton Ave

ART: FESTIVAL MURALS

Lady Pink	Express Latinos 686 Broadway
Ann Lewis	YWCA 209 Clinton Ave
David Najib Kasir	Birch Body Care (rear façade) 73-75 Crown St
Brian Kaspr	Good Work Institute 65 St. James St
Dina Kravtsov / Molly Lindsay	YMCA (rear façade) 507 Broadway

ART: ADDITIONAL 2021 O+ MURALS

GAIA / Lindsey Wolkowicz	The Arc Mid-Hudson Pecora Center 139 Cornell St (Ten Broeck façade)
Stetz	Fruition Chocolate Works 3091 NY-28, Shokan, NY
Enz	Keegan Ales (exterior storage tank) 20 St James St

ARTISTS' CLINIC, THE BEATING HEART OF O+

Ever since our founding 12 years ago, the Artists’ Clinic has been the heart of the O+ festival weekend. O+ Kingston artists, musicians and volunteers (most of whom are un- or underinsured) receive care from volunteer nurses, doctors, bodyworkers and mental health professionals in a clinic we install in Bethany Hall of Old Dutch Church and from local dentists in their offices.



EXPLO+RE

Year one of the festival, a small group of wellness practitioners gave yoga classes and gong baths to the community. Since then, our wellness offerings have been steadily growing to meet demand from the public. The intention behind ExplO+re is making wellness classes and information accessible. It’s a chance to experience different modalities, meet new practitioners, and get inspired to take good care of yourself. The casual and welcoming feel of ExplO+re invites everyone to discover a wellness practice or gain new information to support mental and physical health and wellbeing. And... ExplO+re has expanded beyond the festival, we’re evolving Year-round programming to encourage community wellness in an ongoing way. Thank you to WMCHHealth for support of ExplO+re programming.

VACCINATION POD

O+ has partnered with Ulster County to bring a vaccination pod to People’s Place parking lot across from Keegan Ales on Saturday from 1-5pm. As a community wellness based Festival, we strongly encourage everyone to get vaccinated. Pfizer, Moderna, and J&J shots will be available. The Pfizer booster can be given to those who are eligible and show a valid vaccine card or proof that they received their first two doses and the second dose was at least 6 months ago.

O+ is truly a community effort. Thank you to the hundreds of volunteers who bring O+ to life each year. Without you, this Festival wouldn’t be possible.

If you’re interested in being involved in O+ as an artist or a musician in the future, please look out for our open call for submissions next Spring. Those submissions go to committees of artists and musicians who then curate the festival, often taking into consideration the need for clinic services.

Thank you to this year’s Festival Committee members:

Art Corrine Rodriguez Dillon Paul Adam Mastropaolo Susie Ximenez Annabelle Popa	Music Francesca Hoffman Frank McGinnis Jared Miller-Ashdown Mariquita Reese Jamal Ruhe Kyle McDonough
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At the heart of O+ is the Wellness Clinic for Artists and Musicians.

Thank you to the members of the Wellness team who spent months putting this together, and to the 80+ practitioners volunteering in the Clinic this year.

Kerry LaSalvia RN Jesse Scherer LMT Andy Monk Tech Coordinator Brittany Furrow MD Anne Bloom LMT	Mark Josefski MD Anita Venkatesan MD Aparna Panja MD Sadia Hussain MD
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Please see the O+ website for a full list of clinic providers.

The year-round O+ Team are:

Holly Kelly, ED Lindsey Wolkowicz, Art Joe Canra, Connections	Valerie Whitney, Operations Kim Faraci, Development
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With support from:

Lauren Gill, Technical + Design + Web
Shawn Harrison, ExplO+re

Festival Team

Francesca Hoffman - Parade, Volunteer + Festival Coordination
Diane Reeder - Greenroom
Cristopher Livecchi - Literary SalO+n
Jim Tomassetti, Sam Moranville - Cycling
Aimee Gardner - Cycling + Film Screening
Dave Green - Festival Activations
Amber Rae - HO+mebase
Tim Whitney - Projection
Micah, Theresa Widmann, Randy Loader - ExplO+re Support

O+ Board Members

Dawn Morrison Justin Goldman Dani Lencioni Omari Washington Dr. Catherine Agricola	Erica Brown John Cappella Don Johnson Micah S. Leigh Thompson
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THANK YO+U



HealthAlliance

Westchester Medical Center Health Network













Look for the O+ sticker on our favorite local businesses.

Thanks also to:

Ulster County Government, The City of Kingston, The Old Dutch Church, Fair Street Reformed Church, Blueprint HV, YWCA, YMCA, Yoga House, Good Work Institute, Birch Body, Express Latinos, Transcendental, Ulster County Italian American Foundation, Dietz Stadium Diner, Kingston Candy Bar, UCAT, Partner Rentals, Live Well Kingston, Neil Gaiman, ImmuneSchein Ginger Elixirs & Teas, Highborne Essentials CBD, Ustya at Medicine Gardens, Thorneater Comics, Tom Pace/Space Mgt Events

A special thank you to Radio Kingston & Output Agency for their technical support.

CYCLING



This year the O+ cycling events will be a mix of Gravel and Road rides along with the ever popular O+ Mural to Mural Ride. All rides will start and end at Keegan Ales on Sat Oct 9th and be followed by a BBQ. All of the cycling events are in honor of John “Host” Lynch. If you’d like to donate in his honor to benefit his loved ones, please mark your donations for cycling.

The Road:
Led by Jim Tommasetti
The Road rides will begin with Registration at 8:00 am with the First 55 mile ride to begin at 9:00.
The second Road Ride will begin at 9:30 and will be a 26 mile ride

The Gravel:
Led by Sam Moranville
This year the Gravel rides will begin at 10:00 am (Pre Register at 9:00) and have three options.

Around town (7-9 miles) A nice jaunt around Kingston
Medium Ride (26 miles) Easy gravel with a little tarmac
Long Dirt (40 miles) A ride of beautiful views from dirt and trails along with a little tarmac

The Mural to Mural Ride:
Led by Aimee Gardner
Family Friendly tour of O+ Murals new and old.
Registration and a Bike helmet fitting and give away with WM-CHHealth at 9:30
10:00 am Keegan Parking lot.

All Rides Powered by Athletic Brewing Company.



2021 THEME: O+YGEN

The theme for this year is **O+YGEN**. Here’s some of what **O+YGEN** means to us: **O+YGEN** is breath and wind, energy, a chemical and a gas that flows between us; an invisible, essential force. **O+YGEN** is at the core of healing, balance, meditation and self-empowerment. **O+YGEN** itself has been denied to some as an act of violent dehumanization; its denial acting as a signifier for inequity at its most intolerable. **O+YGEN** is a symbol for all that has been lost, all that has been given and all that we have exchanged during the pandemic that cannot be contained within a singular form.



Covid-19 Policy
Proof of a **Covid-19 vaccine** for those 12 and older is required for entry to all indoor and outdoor events. **Masks** are required. Those under 12 may attend if masked. All venues are outdoors unless specifically noted.

Free Festival
Thank you to the many supporters who have donated to make this year’s O+ Festival free to all. If you are able to donate, please do so at **opositivefestival.org/support**, at HO+me Base, or via Venmo @ **opositivefest**.

For more detailed descriptions of this weekend’s programming and for any schedule changes visit **opositivefestival.org** and click on Schedule. Also, follow O+ Festival on Instagram and Facebook at **/opositivefest**

Honoring members of the O+ community recently lost:

John “Host” Lynch
Tommy Keegan
Vanessa Vera-Peterka
H.Y.U.R.O.
Duane Mark
Joe Beesmer
John Bongiorno

We invite you to join us in honoring those you’ve recently lost at the “In Memoriam” wall located at the intersection of Wall and N. Front streets.

O+ is Presented by:



HealthAlliance

Westchester Medical Center Health Network

Get your Free Guide to Preventive Health Screenings, Tests and Immunizations

Birth – 18 Years

19 – 39 Years

40 – 64 Years

65 Years and Older

Set the stage for protecting your health with preventive healthcare: download your Guide at [WMCHHealth.org/guide](https://www.wmchealth.org/guide)

Westchester Medical Center Health Network includes

Westchester Medical Center | Maria Fareri Children’s Hospital
Behavioral Health Center | MidHudson Regional Hospital
Good Samaritan Hospital | Bon Secours Community Hospital
St. Anthony Community Hospital | HealthAlliance Hospital: Broadway Campus
HealthAlliance Hospital: Mary’s Avenue Campus | Margaretville Hospital

WMCHHealth Physicians includes the medical practices of
Advanced Physician Services and Bon Secours Medical Group.

O+

Oct. 8-10

KINGSTON FESTIVAL 2021



OPOSITIVEFESTIVAL.ORG

FRIDAY

5:00PM	Kat Howard Installation	The Old Dutch Church (in manger)
5:00PM	KHS Advanced Painter + Mythology Writers w/ Instructors Jenn Brannigan-Tyler and Sarah Shomo	Upstate Capital Market
5-9PM	Marielena Ferrer: The Art of Living Together	YWCA
6-7:00PM	O+ FESTIVAL KICKOFF PARADE	Start: Kingston Library End: County Lot, Uptown
6:30PM	Denmark	Keegan Ales
6:30PM-9:30PM	Cave Dogs Installation	Pardee's Insurance Agency
7PM	Jelly Kelly	County Lot
7:30PM	Luella	Keegan Ales
7:30-9PM	Street Heroines Film Screening + Q&A	YWCA Lot
7:45PM	Shana Falana	County Lot
8:30PM	Breanna Barbara	Keegan Ales
8:30PM	Toebow	County Lot
9:30PM	Battle Ave	Keegan Ales
9:30PM	Teenage Halloween	County Lot

HEADLINING OCT. 10:
THE MAGNETIC FIELDS

6pm, doors at 5pm
Blueprint HV, 101 Enterprise Dr
Bring a chair and/or blanket for comfort.

SATURDAY

8-10AM	Birding for Wellness w/ Matt Corsaro of Forsyth Nature Center and John Burroughs Natural History Society	Kingston Plaza terminus of the Midtown Linear Park
8-9AM	Registration for the O+ RO+ad Rides	Keegan Ales
9AM	The O+ RO+ad Ride (55 mile) led by Jim Tommasetti	Keegan Ales
9:30AM	The O+ RO+ad Ride (26 mile) led by Jim Tommasetti	Keegan Ales
9AM	Registration for the O+ Gravel Rides	Keegan Ales
10AM	The O+ Gravel Rides led by Sam Moranville (8, 26, or 40 miles)	Keegan Ales
9:30-10AM	Family Bike Safety w/ WMCHealth (helmet give-away, fittings, etc.)	Keegan Ales
10-11:30AM	Mural to Mural Bike TO+ur w/ Aimee Gardner (all ages)	Keegan Ales
10AM-2PM	EXPO+ HealthAlliance Hospitals, members of WMCHealth	County Lot
10AM-2PM	Turning the Tables: Cooking to Thrive in the 21st Century w/ Maria Reidelback and Cornell Cooperative Extension	County Lot
10-11AM	Qigong Breathing w/ Jesse Thundermoon	Crown Street
10AM-1PM	Marielena Ferrer: The Art of Living Together	YWCA
10AM-2PM	Marilyn Arsem	Peace Park
10AM-2PM	Stephanie Loveless Listening Prescriptions	The Old Dutch Church
11:15AM-12:15PM	The Way of the Empath w/ David Sauvage	Good Work Institute
12:30-1:30PM	The Five Dynamic Elements w/ Jipala Kagan	Good Work Institute
12-1PM	Giant Cyanotype Exposure w/ The D.R.A.W. and PUGG	YWCA
1-5PM	COVID-19 Vaccination Pod w/ Ulster County Department of Health & Mental Health	People's Place Lot
1:30-2PM	Gong Bath w/ Theresa Widmann	The Old Dutch Church
2-3:30PM	Annual Literary SalO+n	The Old Dutch Church (Cemetery right)

SATURDAY CONT.

3-4PM	Finding Sanctuary in the Body: A Somatic Movement Workshop w/ Paula Josa-Jones	Yoga House (indoors)
3-6PM	Marielena Ferrer: The Art of Living Together	YWCA
3:30-6:30PM	Community Sound + Music on the Green w/ SUNY Music Therapy Professor Katie Down and her students	Academy Green Park
3:30-4PM	Diana Steinberg + Naomi Steckman	Citizens Bank/ Queens Gate Alley
4PM	9 Horses	County Lot
4-5PM	Giant Cyanotype Exposure w/ The D.R.A.W. and PUGG	Herzog's Warehouse
4-6PM	Stephanie Loveless Listening Prescriptions	The Old Dutch Church
4-5PM	Mindfulness Based Recovery w/ David McNamara	Samadhi Recovery Community Outreach Center
5-6PM	Speaking into the Air: Exploring the Creative Potential of Gibberish w/ Jaguar Mary X	Good Work Institute
5-5:45PM	Paula Josa-Jones: The Traveler Nomadic Dance throughout Uptown Kingston	Peace Park
5PM	Battle AXXX	Keegan Ales
5PM	SSuperDirtyDom	County Lot
6PM	Shenna	County Lot
6PM	W.S.A.B.I.	Keegan Ales
6:30PM-9:30PM	Cave Dogs Installation	Pardee's Insurance Agency
7PM	Pedazo Con Carne de Ojo	County Lot
7PM	Clone	Keegan Ales
7:30PM	Elisabeth Motley	Fair Street Church Lot/Yard
8PM	Ceschi	County Lot
8PM	COUPY	Keegan Ales
8:30PM	Elisabeth Motley	Fair Street Church Lot/Yard
9PM	Geezer	Keegan Ales
9PM	Proper.	County Lot

SUNDAY

10AM-2PM	EXPO+ HealthAlliance Hospitals, members of WMCHealth	County Lot
10-11:30AM	Dance with Plants w/ Connie Dasilva	County Lot
10-11AM	Save Our Soil: Compost for the Future w/ Molly Lindsay and Dina Kravtsov	County Lot
10AM-2PM	Marilyn Arsem	Peace Park
10AM-12PM	Marielena Ferrer: The Art of Living Together	YWCA
11AM-12:30PM	Hudson Valley Bee Habitat Workshop	County Lot
11:45AM-12:45PM	Marijuana 101 w/ Etain Pharmacist Sang Choi R.Ph	Good Work Institute
12-1PM	Exploring the Lungs and Heart to Access Upper Body Ease w/ Elizabeth Gross	Yoga House (indoors)
12-1PM	COVID Panel Discussion w/ Institute for Family Health	Keegan Ales
1PM	Bobby Chaniel	County Lot
1PM	Shayna Blass	Keegan Ales
1-4PM	Stephanie Loveless Listening Prescriptions	The Old Dutch Church
1:15-2:15PM	Beyond Kegels w/ Melissa Cioffi	Yoga House (indoors)
2-4PM	A Deep Exhale w/ Hudson Valley Healing Circle and Live Well Kingston	Academy Green Park
2PM	Out of System Transfer	Keegan Ales
2-4PM	Marielena Ferrer: The Art of Living Together	YWCA
2PM	Carinae	County Lot
3PM	Tierra Del Fuego	County Lot
3PM	Caprice Rouge	Keegan Ales
3:30-4PM	Diana Steinberg + Naomi Steckman	The Old Dutch Church
4-5PM	The Science + Art of Sound Healing w/ Gillian Pelkonen	Academy Green Park
4PM	Performance sin Miedo	County Lot
5:10PM	Dark Tide Brass Band	Blueprint HV
6PM	The Magnetic Fields	Blueprint HV
6:30PM-9:30PM	Cave Dogs Installation	Pardee's Insurance Agency
7:30PM	DJ Redlion	Blueprint HV

KEY

<div><div></div></div> ART	<div><div></div></div> WELLNESS/EDUCATION	
<div><div></div></div> MUSIC	<div><div></div></div> FAMILY	
1	HO+ME BASE	between Citizen's Bank and The Ulster County Courthouse
2	COUNTY LOT STAGE POWERED BY T-MOBILE	Crown St/ John St
3	BIRCH BODY CARE	73 Crown St
4	UPSTATE CAPITAL MARKET	54 N Front St
5	PARDEE'S INSURANCE AGENCY	306 S. Wall St
6	PEACE PARK	Crown St at Front St
7	HERZOG'S WAREHOUSE	Front St at Fair St
8	CROWN ST	between John St and Green st
9	CITIZEN'S BANK	273 Wall St
10	THE OLD DUTCH CHURCH	272 Wall St
11	FAIR ST CHURCH	209 Fair St
12	YWCA/ YWCA LOT	209 Clinton Ave
13	ACADEMY GREEN PARK	238 Clinton Ave
14	YOGA HOUSE	785 Broadway (indoors)
15	GOOD WORK INSTITUTE	65 St James St
16	KINGSTON MIDTOWN LINEAR PARK	85-73 Westbrook Ln
17	PEOPLE'S PLACE LOT	21-23 St James St
18	KEEGAN ALES	20 St James St
19	KINGSTON LIBRARY	55 Franklin St
20	SAMADHI	122 Clinton St
21	YMCA	507 Broadway
22	BLUEPRINT HV	101 Enterprise Dr

