



The Philipstown.info Paper

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Even the gulls will be lining up for riverfront discussions.

Photo by Michael Turton

New Year Health Matters

Path to wellness begins with personal inventory

By Mary Ann Ebner

An apple may find its way onto your lunch tray every now and then, but if it's a rare occasion, 2014 may be the year to take a personal health inventory. Reviewing lifestyle habits from nutrition to exercise levels can pay off in helping to improve overall wellbeing.

Allen Beals, M.D., J.D., commissioner of the Putnam County Department of Health, has taken a recent inventory of health in Putnam County, and has renewed the organization's public health commitment.

"We do all we can to educate and motivate people to adopt healthier lifestyles," Beals said. "We're doubling our efforts and we have unbelievably motivated public health nurses who live to promote healthy living. We just completed the Community Health Improvement Plan (CHIP) and we're focused on chronic disease prevention."

According to Beals, obesity is at the top of the list of chronic diseases. But with efforts in prevention for adults and children, obesity can be controlled.

"Speaking as a physician, there are some horrible diseases that can befall you, but obesity is so important to control."

Beals notes that obesity can lead to cardiovascular disease, stroke, hypertension and diabetes. With children in mind, he hopes to help families make smart choices about nutrition.

"With sugared beverages, for example, those are empty calories," Beals said. "Our biggest downfall after sugared beverages is fast food, and we have too much salt in our diets. People are eating two to three meals [a day] outside and those meals are loaded with salt. To focus on children in particular, we're working closely in cooperation with our six school districts."

Stephanie Impellitteri, principal at the Garrison School, has embraced a robust nutrition plan and the school's PTA and Wellness Committee collaborate to bolster nutritional endeavors.

"There are several pieces to our efforts," Impellitteri said. "We have a 'Chef



Garrison School sixth grade siblings Valerie and Remy Mancuso

Photo by M.A. Ebner

in the Classroom' program with Laurie Gershsgorn. She comes once a month and meets with each class. Sandy McKelvey of Hudson Valley Farm to School also works with the students. Sandy supplies information about the particular vegetable the children will be cooking. After the children prepare the recipe, then the PTA lunch program makes the same recipe in the cafeteria."

The Garrison School's hot lunch program is unique in that they do not have daily food service. The PTA sponsors a hot lunch program every Tuesday and groups of moms and dads work together to try to prepare healthy meals for students.

Sixth grade siblings Valerie and Remy Mancuso enjoy the Tuesday lunch program and the chance to sample new foods at the Garrison School.

"They do a lasagna that's healthy and good," Valerie said. "And they have big bowls of salad and clementines and apples. The apples are sliced and sometimes they put cinnamon on them."

Remy said he appreciates the mystery of the hot lunch menu and usually likes everything he tries. "It's all good," Remy said. "And you can take as much water as you want."

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Focus Turns to Riverfront Challenges in 2014

Coal tar, boat club, cruise boats and Dockside raise issues

By Michael Turton

The Cold Spring waterfront will receive a great deal of attention in 2014. Significant issues remain unresolved — including an agreement for the cleanup of toxic coal tar and the impact of that project on the Cold Spring Boat Club. Village trustees

will also revisit docking fees and consider policies necessitated by the increased use of the dock in 2013. Shoreline protection will also be in the news as the village benefits from a grant to design measures to protect Dockside from erosion and flooding — initiatives that will become more urgent in the years ahead if water levels in the Hudson River rise as predicted. Also waiting in the wings

is a yet-to-be-determined agreement between the village and the State of New York regarding management of the Dockside property.

Coal tar cleanup agreement pending

In October 2013, the New York Department of Environmental Conservation (DEC) agreed to an extensive cleanup of coal tar in the area of the Cold Spring Boat Club after the Village Board rejected a proposal to remove approximately 20 percent of the toxic deposits, a by-product of a manufactured gas plant that operated on the site in the late 19th century. The village has until Jan. 31 to confirm to DEC that the boat club building will be removed and vacated by Sept. 1, a measure required because coal tar deposits lie directly beneath the structure. In an email to The Paper, Cold Spring Mayor Ralph Falloon said the status of the agreement with DEC is "questionable" because it is not yet known what state the site will be in after the cleanup, possibly making replacement of the

building difficult. "I am optimistic that we will have some type of agreement in writing (through) good faith for both sides," he said.

Impact on the boat club

The Cold Spring Boat Club was established in 1955 on lands leased from the village, owner of the property. Last fall, the possibility that removing the club's building would negate the lease was raised; however at an Oct. 26 meeting, Falloon, supported by Village Attorney Mike

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Erosion is already significant at Dockside. Rising water levels will only increase the threat.

File photo by M. Turton

Fresh Looks for Cold Spring Shops

Expansions, relocations and new ventures

By Michael Turton

"Building two stores within a year was not part of the business plan." So says James Carroll, who along with his wife Tara, owns and operates Old Souls, the home goods, outdoor gear and fly-fishing shop at 61 Main St. The shop opened barely six months ago but a move is already in the works. When one door closes another is said to open, and for the Carolls that door is right next door at 63 Main St. — the former home of Hudson Valley Outfitters, which went out of business in October. Tara Carroll said they will be out of their current shop and into 63 Main



The new home of Old Souls is undergoing a major renovation.

Photo by M. Turton

St. by March 1. "We saw this as a great opportunity," she said. The opportunity includes double the floor space. "We'll expand a lot of what we now have, and at the same time bring in new brands." New items will include such things as hiking boots and snowshoes. The Carolls also plan to attend the Outdoor Retail Show in Park City, Utah, in January in search of other new merchandise ideas. The outdoor

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Mouths to Feed

Lucky Fish

By Celia Barbour

One Christmas when I was a kid, I received a book called *Cross Your Fingers, Spit in Your Hat*. I devoured it. The author, Alvin Schwartz, was a collector of American folklore, and he filled the book’s pages with eccentric, curious superstitions like this one: “If you manage to sprinkle salt on the tail of a bird, you will have good luck.”

I don’t remember who gave me this particular gift, but I do know that it came into my life at the best and worst possible time: during my impressionable pre-tween years. (Though we didn’t use “tween” back then. We just said a person was “10” or “11.”)

As you may recall, this is the age when you emerge from the cradling hills of childhood onto the vast Great Plains of proto-life. And, at the exact moment when you become aware of the world’s wild, unknowable dangers, you also realize that your parents are not omnipotent, nor even especially potent – in fact, they can hardly help you diagram a sentence. You’re on your own. So you may decide, as I did, that you need to take up a daily practice of preventative wish-making. It gives you a feeling of control in the face of life’s uncertainties.

All these years later, I still reflexive-

ly knock on wood and wish on stars, though I know better than to think it will have any effect on life’s uncertainties. And I still have the book. I pulled it out recently, because the changing of the years seemed to warrant it. This is what I read:

“New Year’s Day is the most important day of the year. It affects all the other days to come. Therefore, it is sensible to take these steps: At 12:01 a.m. ... eat a dish of pickled herring; then make sure a man walks all the way through your house ... Also, get somebody to kiss you. Otherwise, no one will for another year, which is a long time to wait.”

All good! I happen to have an ambulatory man on hand plus a house for him to walk through, and, as luck would have it, he also doubles as a person I am happy to kiss. As for the pickled herring, it is a dish I adore. In fact, I prefer it to black-eyed peas and collard greens, which I first tried at 17 in Tennessee. The subsequent year was no luckier than the ones before it, and I have never again felt compelled to eat this combination of foods, unless it is very delicious.

But pickled herring is another matter. My mother grew up in Finland where it’s as common as potato chips. When she came to Indiana at 26, she discovered that it was one of the few Scandinavian foods available in the local grocery stores. I recall sitting with her at our kitchen table and polishing off a whole



Lucky silli salad

Photos by C. Barbour

jar, just the two of us.

People eat collard greens on New Year’s Day because the vegetable is leafy and green like money, and therefore thought to bring wealth. The silvery glint of herring has a similar connotation. But herring will bestow good fortune on you even if you don’t eat it at a key moment of 2014. It is one of the fishes highest in omega-3s, and since herring are small, they are also lower in mercury than their

comrades up the food chain.

Scandinavians will serve pickled herring with nothing but buttered rye bread and a shot of vodka or aquavit. But such stark meals are not for novices. My mom makes a dish called sillisalaati (“silly sa-LAH-tee”), which is a chopped salad of herring, beet, potato, tart apple, and red onion. I have loved it for as long as I can remember, but I cannot vouch for it if you are unaccustomed to such flavors. I can say only this: You know by reading the list of ingredients whether you would like it or not. If you do, consider yourself lucky indeed.

Lucky Silli Salad

“Silli” is Finnish for “herring.” My mother would mix in the sour cream just before serving so the whole thing turned a lovely, creamy pink. I prefer it on top.

- | | |
|---|---|
| ½ small red onion, minced | 2-3 beets (about ½ pound) |
| 2-3 tablespoons white wine vinegar, plus more as needed | ½ tart green apple |
| 3 medium boiling potatoes (about 1½ pounds) | 1 8-ounce jar herring in wine sauce |
| salt | 1 tablespoon finely chopped pickle (either sweet or dill is OK) |
| 3-4 carrots (about ½ pound), peeled | 2-3 tablespoons sour cream, plus more for serving |

1. Place the minced red onion into a small dish or cup and add just enough vinegar to cover. Set aside.
2. Peel the potatoes and cut into halves or quarters, making roughly equal-size pieces. Place in a pot of cold, salted water. Bring the pot to a boil over high heat and cook until the potatoes are just soft enough to pierce through, about 12-15 minutes. Remove with a slotted spoon and set aside to drain and cool. Add the peeled carrots to the same pot of boiling water and cook until barely soft, about 6-10 minutes, depending on thickness. Remove and set aside with the potatoes.
3. Add the whole beets to the water and boil until just soft enough to pierce through, about 15 minutes. Drain, cool, and peel beets.
4. Chop the vegetables and apple into a small dice. Cut the herring into ¼ to ½ inch pieces. Combine everything in a bowl. (You can add the beets at the last minute if you don’t want everything to turn pink.) Add the chopped pickle and the minced onion, along with a splash of the vinegar the onion was soaking in. Toss gently to combine. Taste; add salt and pepper and more vinegar, if needed. Serve chilled, with sour cream either mixed in or dolloped on top, and ice-cold vodka on the side, if you like.



Pickled herring as a side dish

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Meditation in Motion for the Mind, Body and Spirit

Health and wellness seeker shares appreciation of qi gong and tai chi

By Mary Ann Ebner

It's below freezing this winter in downtown Cold Spring, but Barbara Perkins stands barefoot in Butterfield Library. Though it's cold outside, she's warming the building with positive energy and inspiration. Perkins is about to begin to energize a group of students as the leader of a qi gong and tai chi class designed for adults.

In her qi gong (pronounced CHEE-kung) and tai chi (TIE-chee) classes, the 75-year-old shares a youthful excitement with those who've gathered to learn and practice with her. According to the Mayo Clinic, qi gong and tai chi are traced to ancient Chinese tradition. With the qi gong self-paced system of stretching and gentle exercises, Perkins strives to foster a non-competitive experience that promotes health maintenance and enhances a long list of wellness benefits.

"Chi is nature's force," Perkins said as she welcomed her students to the class. "It's universal. It's cosmic and everyone has it. To feel the chi, you put your hands straight out in front and put your mind in the center of your hands, and first relax."

A resident of Cold Spring, Perkins calls herself a teacher rather than a master,

but has been practicing the movements for nearly 12 years, nine of those years with Gary Renza of Fei Lung Martial Arts in Cold Spring.

To help channel the flow of the chi, life's energy, she reviews 12 energy points, beginning with Bai Hui (pronounced BY way), the indent on the crown of the head.

"When we do tai chi," she said, "we try to get the energy points to line up."

Class members clad in loose clothing follow along quietly. Perkins radiates encouragement as she transitions to introduce qi gong movements.

"This is Lifting The Sky," she announced. Standing face-to-face with the students, Perkins demonstrated the postures in slow but fluid movements.

"For health and healing, that is the king of all movements," she said. "It's for arthritis and regeneration and the next one is for rejuvenation — Carrying the Moon."

Perkins makes each exercise look easy, but she's encountered many hurdles on her journey to wellness. At the age of 64, with low bone density, she had already had two hip replacements. She was suffering from back issues and was told to anticipate life assisted with a wheelchair within 10 years. A decade ago, the woman leading this class, with delicate but powerful hands, couldn't make a fist due to her arthritis. Osteoarthritis and osteopenia were presenting themselves in debilitating forms, and chronic fatigue syndrome further complicated her

health and wellness.

"This is when I decided I needed to do something so I went back to tai chi," Perkins said. "My health improved for a short while. I stayed in Fei Lung studying martial arts, mainly tai chi, which is a qi gong form, for nine years. My arthritis improved, I am not in a wheelchair, and my hands and feet were better. However I knew there was room for improvement and I turned to qi gong that is more specifically for health — regeneration, rejuvenation. It clears the blockages so the chi can move smoothly through the body."

Perkins welcomes students of all abilities. Galelyn Williams of Cold Spring has learned qi gong and tai chi with Perkins, and makes the moving meditation part of her regular routine.

"I started with Barbara and I took to it quickly," Williams said. "It just clicked. I love Barbara and she is my master."

The classes combine physical movement, breathing and meditation, and are intended to improve balance, lower blood pressure and improve the ability to focus. Participants, including people with back and joint pain, should consult their healthcare providers before beginning any new exercise program.

The qi gong and tai chi classes resume Jan. 9 at Butterfield Library. Philipstown boasts a wide range of opportunities to get moving in the new year to promote health and wellness. Local churches, civic groups and schools sponsor a variety of exercise



Barbara Perkins

Photo by M.A. Ebner

and fitness classes. The Philipstown Recreation Department also administers a tai chi chih course as well as a broad selection of other programs including yoga, Pilates, Zumba, Yamuna body rolling, volleyball and basketball. From yoga to spin classes, walking to hiking, the community offers many avenues to get moving and maintain an active lifestyle.

"Movement is for your health," Perkins said as she demonstrated a qi gong exercise. "Do one thing — just Lifting The Sky. Once you get it, you don't ever want to let it go." Though Perkins calls tai chi one of the strongest of the martial arts, she believes in the motto of 'do no harm' when it comes to the practice. "It's nature's force," Perkins said. "Not just for healing but for prevention."

New Year Health Matters

Drinking water not only benefits growing kids, but adults, too. Katrina Cook, personal training and fitness director at All Sport Health & Fitness in Fishkill, works with people of all ages to help them reach health and fitness goals.

"What is alarming," Cook said, "is that people don't drink enough water. I recommend 64 ounces or more a day. And vegetables and proteins are usually low in their food servings."

Cook offers nutritional guidance to individuals who want to improve health and wellness. She reviews fitness levels, body fat, flexibility strength, and endurance. After the assessment comes commitment. Cook suggests that people set goals and try to understand that change takes time.

"Sometimes people want to lose weight immediately, but just like they put the weight on over time, it takes time to take it off. Being consistent is the biggest problem people have when they start an exercise program."

And Cook emphasizes that people should try different activities to determine what works for them. They may not like running, but they may find that they enjoy dance or water classes. She stresses that people should get moving to help lift their fitness levels.

Impellittere has established a "get moving" mission at the Garrison school to emphasize a similar message.

"The last two years we've had 'move it' concerts," she said. "The point is that it's nice to have a traditional concert and we love that, but we've done the K through 2 concert with movement and dance to the music."

The school's physical movement initiative also includes winter recess. "If we can get the children outside, we do," Impellittere said. "Our PTA has also introduced Winter Wednesdays which will start later in January, and could include an introduction to anything from square dancing to Zumba."

The Garrison School's wellness com-

(from page 1)

mitment goes deeper with plans for a new garden, partially funded by a grant researched and written by students. And McKelvey sees the new garden as a beneficial addition to current programs.

"Farm to School can be broadly defined as connecting local farms to local schools," McKelvey said. "It promotes wellness and



Get moving at Fahnestock.

Photo by M.A. Ebner

helps kids understand where their food comes from — that it doesn't come from packages but from the ground. The program focuses on fruits and vegetables and it addresses the national obesity epidemic and type 2 diabetes."

McKelvey not only works with the Garrison School, but also with Haldane and

the Beacon schools. Similar to Garrison, every month chefs come into schools, meet with classes and present a featured vegetable, sometimes locally grown at Glynwood Farm. They use a fun fact flyer, learn how the vegetable grows and how to prepare it, and then they'll use that particular vegetable in the cafeteria.

"What we're starting in January along with Chef in the Classroom is Farmer in the Classroom," McKelvey said.

Additionally, in Beacon, McKelvey has teamed up with Hudson Valley Seed and Common Ground Farm to form the Beacon Farm to School Collaborative.

"We live in the Hudson Valley with such an abundance of beautiful produce and we really want to help the kids get as much out of it as possible with local farming and gardening"

Beals and the Putnam County Health Department also emphasize the importance of fresh fruits and vegetables as well as home gardening, and will be rolling out a Garden to Table program. Many efforts in the community are centered on

helping people understand that they can make lifestyle changes for disease prevention and in some cases, to slow the course of a disease that has already presented itself.

"We're realizing that we can't tell students to just eat more fruits and vegetables," McKelvey said. "The kids know they have a choice. We've been doing a taste test at Haldane for a couple of years and the students are curious. It's a successful model."

The path to health and wellness circles back to making good choices. Putnam Family & Community Services orchestrates a "too good" program, which essentially teaches kids that they're too good for drugs and addresses emotional and mental health. Doreen Lockwood, director of prevention services, said that prevention messages need to start young. "We focus on how to make healthy choices," Lockwood said. "The younger children are when you teach them about healthy alternatives and coping skills, the less likely they are to turn to tobacco, drugs and alcohol. We teach about healthy relationships, healthy minds and healthy bodies."

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Students strive to orchestrate positive service-learning project

Dec. 29, 2013

To the editor:

In response to those in the community who have wondered why the class of 2014 is heading to New Orleans for a service trip: New Orleans is a remarkable city, which has organically come about as cultures have merged together. I think the city itself is going to give us a fresh perspective on how people can come together despite their differences (specifically when faced with the common crisis of Hurricane Katrina). I could not be any more excited to get my hands dirty in the city which so many people have influenced: musically, linguistically and culturally.

As cliché as it sounds, ever since freshman year my class has dreamed of a unique senior trip. We have always been motivated as a class to leave our mark on not only Haldane, but the world. The journey of the trip's approval would have steered many other grades away, but we didn't panic, instead we continued to push our idea forward. With all of our efforts to make this trip happen, came the beautifully overwhelming support of our community. I was pleasantly surprised to see so many enthusiastic parents and students. Their powerful words of encouragement provided the motivation to make this trip happen! I really appreciate the community's warm embrace of our trip. Thank you so much to everyone who believed in our vision.

One of the goals for this trip was to make it completely accessible to any senior who wished to attend. Back in August, I

The Core Four: from left, Mary Callaghan (Class of 2014 treasurer); Maya Curto (Class of 2014 secretary); Haldane High School Principal Brian Alm; Student Council President Aidan Gallagher; Haldane District Superintendent Mark Villanti; Shauna Ricketts (Class of 2014 president) and John Hughes (Class of 2014 vice president). The "core four" (as they call themselves) class officers have held these positions all four years of high school.

Photo courtesy of Shauna Ricketts

promised the Board of Education that I would strive for 100 percent student participation for this trip no matter what it took. Fundraising was a major objective in order to achieve maximum participation. We began raising money for our senior trip throughout high school. If you are a regular Foodtown shopper I am sure you have seen us on a Saturday selling brownies and cakes with a smile. We have developed a point system which rewards the students who work and bake for each bake sale. Our class has also participated in several chocolate-bar fundraisers, a raffle and a successful tag sale. Through this process I have learned that if you are willing to put

in the time, the payoff is tremendous.

I would love for this trip to become an annual senior trip, but I would respect the decision to travel to another destination. I think that no matter where the future seniors end up going they should maintain the same concept of service learning. I think that giving back to other communities is a great opportunity for Haldane students to impact the world in a positive way!

I am beyond thankful for the opportunity to bring a little piece of Haldane to New Orleans.

Sincerely,
Shauna Ricketts
Cold Spring

Flea Market Opens on Route 9 in Fishkill

One-stop shopping at Dutchess Marketplace

By Elizabeth Bengel

Quite some time has passed since the Dutchess Mall drew this kind of traffic on a Sunday afternoon. The attraction: the return of a flea market to 453 Route 9 in Fishkill — this time an indoor venture, occupying the 100,000 square feet of space formerly used by Jamesway department store.

Open Saturdays and Sundays, Dutchess Marketplace is a growing enterprise, with new vendors and bigger crowds surfacing each weekend. This Saturday marks the fourth weekend the Marketplace has been open to patrons. According to vendor Jill DeCrenza, a Dec. 14 snowstorm may have detracted from opening weekend, resulting in fewer visitors than anticipated; however, "[there's been] a steady increase ... word just needs to get out." DeCrenza's stand features unique jewelry, including necklaces made from bullet and shotgun

shells and copper and brass charm rings, handmade by Jill D Designs.

Its mishmash of discount goods makes the Marketplace a hybrid shopping destination for a range of customers and their diverse needs, à la Walmart or Sam's Club. There are booths offering just about anything, from medical scrubs to \$1 paperback books and records to Avon make-up products. Action figures, art supplies and kitchenware hang from the walls, while bins of socks, belts and other accessories rest on the floor.

Bear Mountain Coffee Roasters, Hudson Valley Linens and Honeybrook Farms are among the local vendors that can be accessed every weekend. An array of additional cuisine includes Cheesecake Heaven; fresh Mexican; homemade Belgian waffles; Luigi's infused olive oils, mozzarella, soppressata and pasta; and Senza Gluten, specializing in gluten-free delicacies, among others. Joseph D'esposito estimates about 200 vendors occupied the Marketplace in its third weekend — half the number of what it's able to accommodate. D'esposito's kettle corn, made popular at local fairs and the Beacon Strawberry Festival, is cooked at his house and brought to the market each weekend. When spring arrives, he hopes to make the snack on-site, with help from his son and fellow business partner. D'esposito also mentioned the possibility of a car show that will take place outdoors, weather permitting.

Kathleen Caporrio of KZ's Gift Shop is "very happy" with the progress she's seen in the short period of time the Marketplace

Antiques and collectibles

Photo by E. Bengel

has been open. "I had a store and relocated ... traffic here is great," she said. Caporrio's booth features seasonal, custom design decorations, including fiber optic Christmas trees and wreaths, animal print bags and delicate pixie dolls. To her fellow vendors, she offers this piece of advice: "It's all how you present ... the store has to look good if you want it to be successful."

Perhaps most popular, based on word-of-mouth, is Gary's Pickles stand, where one can taste "any two pickles for a dollar." The man behind the booth, Barry, uses his own recipe to make the bread and butter, half sour and hot and spicy pickles — the three most popular options for sale. Twenty-eight years old, Gary's Pickles has been selected "best pickles in the Hudson Valley," according to its Facebook page, and, says Barry, is very popular among the youth: "Kids grow up on our pickles ... they come home from college demanding more!"

The Dutchess Marketplace is open Saturdays and Sundays, 10 a.m. to 6 p.m. Vendor space is still available. For details, call 845-820-3901 or email dutchessmarketplace@gmail.com. Visit dutchessmarketplace.com.

Dutchess Marketplace Photo by E. Bengel

Focus Turns to Riverfront in 2014 (from page 1)

Liguori, indicated that is not the case. The mayor made it clear that he wants to see the boat club return after the cleanup. “This is not an excuse to do away with the boat club,” he said at that time.

However, the club may not completely mirror its past when the lease is rewritten. Falloon said that the village Comprehensive Plan will be considered as part of the process. That document calls for continued benefits to club members but also recommends greater community access to club facilities and increased revenue generation to benefit the village. The club currently pays no taxes or rent.

Protecting Dockside

Early in 2013, more than 40 residents attended a workshop that examined how climate change is likely to affect the village and what can be done about it. DEC officials highlighted a startling prediction – that Hudson River water levels at Cold Spring will rise by four feet by 2080. Erosion is already an issue at Dockside, the undeveloped parkland north of the bandstand. In November, DEC announced a grant of \$75,000 to design measures to reduce erosion and increase the property’s ability to withstand higher water levels, storm surges and wave action while also improving aquatic habitat. Shoreline management measures will be discussed

at a public meeting on Thursday, Jan. 16, at the village fire hall beginning at 7 p.m. Milone & MacBroom Inc. has been hired to design demonstration projects for Dockside that can also serve as a model in similar settings elsewhere.

Cruise boats draw praise – and criticism

Fall 2013 saw a surge in dockage at Cold Spring by cruise boats based in New York City and New Jersey. On a number of autumn weekends three boats docked simultaneously, sending hundreds of visitors to Main Street for an afternoon stay. Restaurants and cafes were the biggest winners, often filling to capacity immediately after the *boats docked*. One cruise line canceled more than 40 cruises out of Cold Spring but may return next year once its boats are properly outfitted to use the dock. The influx of tourists created no parking problems, but not everyone was enthralled by the boom in foot traffic. Speaking at a Nov. 9 Village Board meeting, Deputy Mayor Bruce Campbell referred to it as a “saturation of tourists” that “swamp the restaurants (and) swamp the waterfront.” A resident complained that the boats interfere with fishing and crabbing from the dock.

“The increased use of the dock by cruise boats showed (its) value and the desire to



The village plans to review docking fees and policies. File photo by M. Turton

visit our village,” Falloon told The Paper via email. “I believe we need to better manage ... docking to (prevent) overwhelming our village all at once.” He said one solution may be to stagger docking times, adding that there is a need to ensure that people can also simply enjoy the dock.

Bad weather recently forced cancellation of a Village Board meeting at which dockage fees and policies were *to be discussed*. The issue will undoubtedly be taken up early in the New Year.

Dockside agreement in 2014?

The Dockside property, the former site of a popular local restaurant, is now owned by the New York State Office of

Parks, Recreation and Historic Preservation. An agreement through which the Village of Cold Spring would manage and potentially develop the site for recreational uses has been pending for several years. With so many other pressing waterfront issues to be addressed it seems unlikely an agreement will be reached soon, however Falloon is somewhat optimistic. “I would like to come to agreement regarding Dockside in 2014,” he told The Paper, though he indicated he has remaining concerns. “I feel we do all the work to maintain their property ... with no resources or help from them,” he said.

It will be a busy year at the waterfront – and at Village Hall.

Fresh Looks for Cold Spring Shops (from page 1)

lifestyle shop’s new locale will even include the great outdoors. “There’s a great outdoor space in back, which we’ll use for demonstrations, guest speakers and things like that,” she said. Tara admits the learning curve has been steep since opening their shop. “I never worked in retail, so I’m learning everything – and there’s a lot to learn.” What has she learned already? “People wait until the last minute - especially at Christmas!”

But 61 Main St. won’t be staying vacant for long. March 1 will also see Craig and Deanna Wuraszewski re-open that shop as The Cold Spring General Store. “It will be a throwback to the old general store — where there was a little bit of everything,” Craig Wuraszewski said. The little bit of everything will range from provisions such as fresh eggs, milk, salad greens, salt and olive oil to everyday items for around the house - as well as candles, gifts and cards. The Wuraszewskis will also take over “the barn” next door. That space will offer customers fresh produce, yogurt, maple syrup, jams and other regionally grown and produced foods. Wuraszewski said they will not rely on any large wholesale suppliers and that if they do have to look beyond the Hudson Valley, their goods will be strictly “Made in USA.” This is not a to-

tally new venture for Wuraszewski. He previously ran an organic grocery store in Manhattan that also included a restaurant and wine shop.



Frozenberry has now become the Garden Cafe. Photo by M. Turton

A bit further up Main Street, Frozenberry is no more. Jim Lin took over the frozen yogurt shop at 116 Main in September and has recently renamed the business The Garden Cafe. “I didn’t buy the name Frozenberry, just the business,” Lin explained. He made a few changes right away including expanding the menu to include two kinds of hot soup as well as chili. There will be more



Kayaking and canoeing return to Cold Spring’s business scene this spring. Image courtesy of HRE

changes by mid-February. “I will have a new menu soon,” he said. New items will include a variety of salads and sandwiches, including paninis. He also intends to have the Garden Cafe live up to its name. “I’m going to add a lot of plants, to make it look more like a garden,” Lin told *The Paper*. Greenery will be just one way Lin hopes to make his shop more inviting to passersby. He wants customers to sit, relax and stay for a while. He has already added small couches and plans to bring in more lounging furniture. Equipped with Wi-Fi, Lin hopes the Garden Cafe will be a place where people can work quietly at their laptop or tablet.

And come spring, kayaking and canoeing will return as part of Cold Spring’s business mix. Brian Grahn and his wife

Maki Parsons will open Hudson River Expeditions, working out of the former Hudson Valley Outfitters boathouse at 14 Market Street. Their debut date is “not set in stone” Grahn said, explaining that depending on water temperatures, they hope to open in mid-May. Kayak, canoe and stand-up paddleboard rentals, tours and instruction will be offered. While boat sales will not be part of the business, accessories will be available. “We’ll offer light sales,” Grahn said, “Things such as paddles, life vests, deck lights and sun screen.” The shop will be open Monday, Thursday, Friday, Saturday and Sunday initially, and can be reached through their website, hudsonriverexpeditions.com for reservations and private tour information. The business also has a Facebook page. For Grahn, a self-described paddling and outdoor enthusiast, it is his first business venture. “I’m thrilled,” he said, “It’s been a dream my whole life.”

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Beacon's 'Market Square' Welcomes New Businesses

Remaining spaces leased

By Sommer Hixson

In a recent article in this newspaper, Towne Crier proprietor Phil Ciganer said, “business makes business,” in reference to the influence his relocation to Beacon might have on the revitalization of the city’s Main Street corridor, what developers call the “Market Square” section of town. Now that the once half-vacant building where his music venue is located is 100 percent occupied, Ciganer’s adage rings true. By the time the Towne Crier held its first show here last October, the remaining four storefronts, located at 379-389 Main St., had been leased to new businesses. By the end of January, all of them will be open.

Locomotive Crossfit, which provides customized fitness classes and coach-

hard bodies on full display through the gym’s street-level windows could inspire almost any passerby to make a healthy New Year’s resolution.

“We signed our lease just after the Crier signed theirs, but the building was still empty,” said Siobhan Vondra, of New Paltz, who co-owns the gym with Beacon resident Sean Singleton. As her Saturday morning fitness class dispersed, Vondra explained how they decided on the location for their first business. “The Crier was definitely part of the attraction,” she said. “It was an established business with a following. And Sean is from here. It seemed like the perfect spot.”

Roosevelt Vet on the Hudson re-opened its larger facility in the building last month, just a few doors down from its previous location. It provides comprehensive pet health services. Owner Allison Glassman, who is headquartered in

after Thanksgiving last year. “We needed more room due to high response from the community. We are thankful for such a great welcome.”

Jason Robert Schuler has also outgrown his current location in Beacon. He is moving his company, Drink More Good, from a 200-square-foot storefront to a full-fledged production and retail facility that includes a 700-square-foot kitchen and 600-square-foot store. Founded in 2012 by Schuler, who once managed



Siobhan Vondra, co-owner of Locomotive Crossfit.
Photos by S. Hixson



A new “Market Square” building on Beacon's Main Street and Veteran's Place

the cocktail program at Gleason’s in Peekskill, Drink More Good uses locally sourced and organic ingredients to create handcrafted soda syrup, tea and tisanine concentrates, and bitters.


More space allows Schuler to make his signature products on-site, whereas before he was renting Gleason’s kitchen overnight while running his retail and wholesale businesses during the day. “We’ll have a soda and bitters tasting bar as well as products for sale: more than 100 different local, organic and fair-trade herbs and spices, loose leaf teas, shelf-stable products from local farmer’s markets, and barman supplies,” said Schuler.

Rinny Shah says she signed her lease before she knew about the Crier. She credits the city of Beacon as not just the chosen spot for her wine bar, Oak Vino, but also her inspiration. “I’ve loved Beacon since I moved to New York. It’s a small town with big dreams, so I felt like

I fit right in. I recently had an experience that showed me life is too short, so I quit my corporate job to do this instead.”

Shah, who lives in Middletown, N.Y., signed her lease in August but didn’t move in until December, once some required build-out was completed. The interior of Oak Vino, which Shah designed herself, reflects a sensibility she describes as “laid back but with class.” “Wine brings people together and encourages conversation,” she said. “It creates memories.” Shah hopes to be open by Jan. 15.

Drink More Good is directly adjacent to the Towne Crier, by choice. “We already have a good presence in town and everybody knows us, but the Towne Crier is bringing in a demographic that wasn’t necessarily here before,” said Schuler, who is originally from Hopewell Junction. “The more people who are starting to recognize and discover Beacon, the better for everybody.”



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Rinny Shah, owner of Oak Vino.
Photo by S. Hixson



Jason Robert Schuler in the new kitchen for Drink More Good.
Photo by S. Hixson

The Calendar

Andy Revkin Releases First CD

A Very Fine Line reflects dexterity and incapacity

By Alison Rooney

Evolution: one of the things Andy Revkin focuses on both as a journalist specializing in the environment, and away from the page, with many spins around the musical sun. His latest orbit has taken him from sometime-band member to front-and-center

which inevitably comes from such a crisis led him back to the thing he enjoyed most: creating music which hearkened back to the wide-ranging musical influences of his coming-of-age years, tempered with his life now in the Hudson Valley.

Revkin grew up in a musical Rhode Island household in which both of his parents enjoyed singing “folk songs and sea songs learned through their shared love of sailing and my dad’s

time in the Merchant Marine,” Revkin said. “I was surrounded by the joy of music.”

Acquiring a beat-up guitar at age 17 (he’s still got it), he repaired it as best he could and started performing at coffeehouses while at Brown University. A peripatetic period followed, as a fellowship offered him the opportunity to travel to the South Pacific working on a project based on man’s relationship to the sea. From there he embarked on a two-and-a-half-year-long stretch working on a sailboat, which plied

the waterways of the world. The photos and notes he took along the way fueled his desire to become a journalist and led to his enrolling at Columbia University School of Journalism upon his eventual return.

Settling into post-graduate adult life, Revkin began his editorial career as a copy editor at *Scientific American* and

put down roots in Brooklyn, before moving to Garrison in 1991, soon after writing his first book. It was a desire to start exploring the Hudson that brought Revkin upriver. He gravitated to the Beacon Sloop Club, lured by both its environmental, riverine focus and its first Friday of the month music, shaped by its foremost founding member, Pete Seeger. Reaching for his by-that-time collection of guitars plus mandolins, he began performing more often, playing at Saunders’ Farm barn dances and at the late, lamented Guinan’s. As he made the train platform acquaintance of some of the coterie of professional musicians who call Garrison home, a band was formed: composer and pianist Art Labriola; arranger, producer and established drummer Jerry Krenach; and Pete Rundquist, jingle composer and guitarist. Uncle Wade’s rule of thumb, according to Revkin, was unlike the key principle of most bands. “We agreed to mainly play the instrument we were least good at. It was a way to



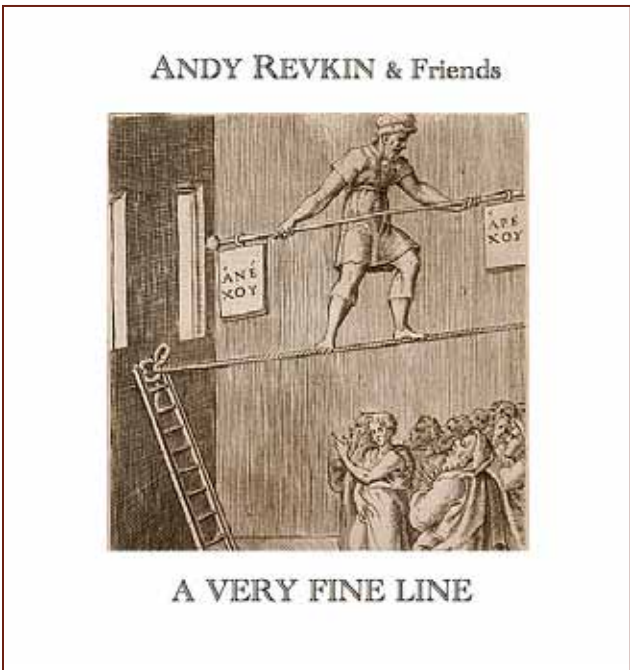
Andy Revkin Photo by Ken Rimany



Andy Revkin, pictured with his first guitar, in 1998 Image courtesy of the artist

get together playing music we enjoyed, leaving our egos at the door.” Revkin says that now, just a decade or so later, the platform encounters wouldn’t have happened, because “now they’re all digital, working from home, leaving less of a footprint ... ”

Uncle Wade began as bands often do, with jam sessions, which then led to local performances of what they called “simple music for complicated times,” or, in his one-word description: “twangy.” Locally they turned up at benefits and at the numerous outdoor mini-festivals that dot the calendar year in, year out, nearby. (Continued on page 11)



CD cover Image courtesy of the artist

recording artist with the release of his first CD, *A Very Fine Line*, its title a reflection of the “very fine line between dexterity and incapacity.”

Revkin traversed that fine line, to and from, after experiencing an unanticipated stroke a few years ago, temporarily rendering his right hand unusable. The taking stock of one’s life

A Sampler of Early New Year Offerings

Arts and recreation sites offer year-round programming

By Alison Rooney

Some of our local arts organizations have 2014 all planned out, while others are still plotting their calen-

dars. While a few (for example Boscobel, Stonecrop Gardens) operate seasonally, shuttering to the public in the winter, the majority offer year-round programming.

Garrison Art Center’s galleries are already booked for the year, with artists working in a variety of media, from collage to painting, photography to sculpture. Their winter season opens on Friday, Jan. 11, with an exhibit of 50

collages — paying homage to the Center’s 50th anniversary — by Ivan Chermayeff. There’ll be a reception on the 11th, from 6 to 8 p.m. Other highlights include exhibitions by Art Center members (Feb. 14 to 23) and students in the mentor program (March 1 to 9) and their anniversary installation, called *50 Square*, opening May 24. Annual events such as the

Riverside Art Auction, and PHOTOcentric return anew.

Directly across the Garrison’s Landing way, the Depot Theatre’s first January program is the Depot Docs showing of *Detropia* on Friday, Jan. 17. According to the film’s website, “Detroit’s story has encapsulated the iconic narrative of America over the last century – the Great Migration of African Americans escaping Jim Crow; the rise of manufacturing and the middle class; the love affair with automobiles; the flowering of the American dream; and now ... the collapse of the economy and the fading American mythos. With its vivid, painterly palette and haunting score, *Detropia* sculpts a dreamlike collage of a grand city teetering on the brink of dissolution.”

The Bond Girls take over the Depot on Jan. 25, with the Lisa Sabin-hosted *Bond Songs* celebrating what is, for many, the highlight of many a James Bond film: the opening credits with their suggestive-song accompaniment. Feb. 1 brings Erica Herd and Le Swenson’s *Alzheimer’s Blues*. Press notes say: “There are times in life that are so challenging, the only thing left to

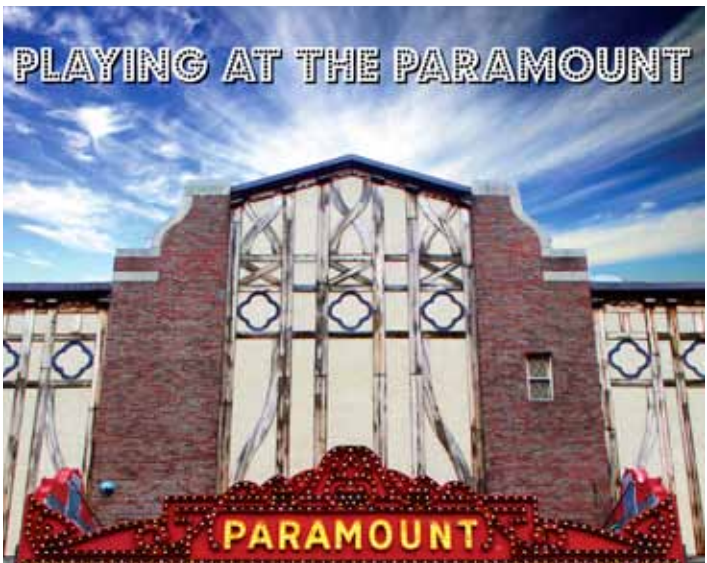


Image: Depot Theatre

do is laugh. When Erica Herd’s mom was diagnosed with Alzheimer’s disease, she had to become a caregiver. And as things went from bad to worse, she found a way from despair to humor – then she wrote a play about it, and set the whole thing to a smoky blues score. *Alzheimer’s Blues* is a surreal look into the lives and minds of Erica and her mom, guaranteed to make you ponder the power of love.”

Promised in March (7 to 23) is a concert version of the Tony-award winning musical *1776*, directed by Nancy Swann. Based on events surrounding the Declaration of Independence, it centers on the efforts of John Adams to persuade his colleagues to endorse independence and sign the document.

Just a crow’s fly south (To page 11)



Paramount Center for the Arts in Peekskill File photo courtesy of Red House

Theater & Film

GMO OMG (Documentary)

Noon. Downing Film Center
See details under Friday.

Poetry Reading with Sonia and William Greenfield

4 - 6 p.m. Bean Runner Café | 201 S. Division, Peekskill | 914-737-1701 | beanrunnercafe.com

World's End Theater: Six Degrees of Separation (Reading)

8 p.m. Philipstown.info
69 Main St., Cold Spring

Music

The Howland Wolves

8 p.m. Howland Cultural Center
477 Main St., Beacon
845-831-4988 | howlandculturalcenter.org

The Bob Meyer Project

8 p.m. Bean Runner Café | Details under Friday

Buddha Babes

8 p.m. Whistling Willie's
See details under Friday.

Tribecastan

8:30 p.m. Town Crier Café
See details under Friday.

Theresa Arnow Duo

9:30 p.m. Max's on Main | Details under Friday

The Blues Dogs

9:30 p.m. 12 Grapes | Peekskill

Meetings & Lectures

Overeaters Anonymous

8:30 a.m. Graymoor
1350 Route 9, Garrison | 917-716-2488 | oa.org

Dharma Training and Practice

10 a.m. - 1 p.m. Graymoor (Fourth Floor)
1350 Route 9, Garrison | maevetx1@optonline.net

Ham Radio Club

10 a.m. East Fishkill Community Library
348 Route 376, Hopewell Junction
914-582-3744 | qsysociety.org

Lama Surya Das: Winter Renewal Retreat (Opens)

3 p.m. Garrison Institute | 14 Mary's Way, Garrison | 845-424-4800 | garrisoninstitute.org

SUNDAY, JANUARY 5

Kids & Community

Project FeederWatch

8 a.m. Croton Point Nature Center
See details under Saturday.

Mommy & Me (ages 1-5)

10 a.m. Reform Temple of Putnam Valley
362 Church Road, Putnam Valley
845-528-4774 | rtpv.org

New York Metro Reptile Show

10 a.m. - 4 p.m. Westchester County Center
198 Central Ave., White Plains
914-995-4050 | countycenter.biz

Green Workshop (ages 8-14)

11 a.m. - 2 p.m. School of Jellyfish
See details under Saturday.

Beacon Farmers' Market

11 a.m. - 3 p.m. Scenic Hudson River Center
Long Dock Drive, Beacon
845-234-9325 | thebeaconfarmersmarket.com



The Beacon Farmers' Market has moved indoors, to the Scenic Hudson River Center Long Dock Drive, adjacent to its summer outdoor location.

File photo

Philipstown Women's Clothing Exchange

2 - 4 p.m. 69 Main St., Cold Spring

Meet the Animals

2:30 p.m. Wildlife Education Center
See details under Saturday.

Sports

Army vs. Loyola Maryland (Men's Basketball)

2 p.m. Christl Arena, West Point
845-938-2526 | goarmysports.com

Art & Design

Drop-In Art Sessions

9:30 a.m. - 12:30 p.m. Drawing and Painting from Life (Long Pose)
1:30 - 3:30 p.m. Printmaking Club
1:30 - 4:30 p.m. Basic Etching
Garrison Art Center
23 Garrison's Landing, Garrison
845-424-3960 | garrisonartcenter.org

Free Admission for Beacon Residents

11 a.m. - 4 p.m. Dia:Beacon
See details under Saturday.

Theater & Film

Sunday Night Standup

7 - 9 p.m. Bean Runner Café
201 S. Division, Peekskill
914-737-1701 | beanrunnercafe.com

Music

Ukulele Group

3 p.m. Arts on the Lake | 640 Route 52, Kent Lakes | 845-228-2685 | artsonthelake.org

Open Mic Jam

5 - 9 p.m. Virgo's Sip N Soul Cafe'
469 Fishkill Ave., Beacon
meetup.com/Sunset-Sundays-Open-Mic-Jam

Spuyten Duyvil / The Stacks

7:30 p.m. Towne Crier Café
See details under Friday.

Meetings & Lectures

Dharma Sunday School (First Session)

12:30 p.m. SkyBaby Yoga | 75 Main St., Cold Spring | 845-265-4444 | skybabyyoga.com

Rosh Chodesh Women's Group

1 p.m. Beacon Hebrew Alliance
331 Verplanck Ave., Beacon
email rgr5452@aol.com

Free Computer Help

2 p.m. Desmond-Fish Library | Details under Friday

Brave New Gita Class

4 p.m. Beacon Yoga Center | 464 Main St., Beacon | 347-489-8406 | beaonyogacenter.com

Religious Services

See philipstown.info/churches for Sunday listings

MONDAY, JANUARY 6

Kids & Community

Monday Bird Walk

8:30 a.m. Muscoot Farm
51 Route 100, Katonah
914-666-6503 | sawmillriveraudubon.org

Bridge Club

9:30 a.m. - 12:30 p.m. Howland Cultural Center
477 Main St., Beacon
845-831-4988 | howlandculturalcenter.org

Howland Public Library

9:30 a.m. Literacy Connections Class
3 - 5 p.m. Drop-in Homework Center (grades 1-8)
313 Main St., Beacon
845-831-1134 x103 | beaconlibrary.org

Indoor Tot Lot

Noon - 2 p.m. Philipstown Rec Center
107 Glenclyffe Drive, Garrison
845-424-4618 | philipstownrecreation.com

Board Game Night

7 p.m. Cup and Saucer | 165 Main St., Beacon
meetup.com/Beacon-Board-not-Bored

Health & Fitness

Red Cross Blood Drive

Noon - 5 p.m. Westage Medical Center
200 Westage Business Center, Fishkill
800-733-2767 | redcrossblood.org

Basketball at Philipstown Rec

6:15 p.m. Youth Skills/Drills (grades 3-8)
7:30 p.m. Men's Pick-up
107 Glenclyffe Drive, Garrison
845-424-4618 | philipstownrecreation.com

Art & Design

Drop-In Drawing & Painting from Life (Short Pose)

9:30 a.m. Garrison Art Center
See details under Sunday.

First Monday Salon with Show & Tell

6 - 8 p.m. Bean Runner Café
201 S. Division, Peekskill
914-737-1701 | beanrunnercafe.com

Theater & Film

GMO OMG (Documentary)

7:30 p.m. Downing Film Center
See details under Friday.

Music

MLK Jr. Day March Song Rehearsal

6 p.m. Springfield Baptist Church
8 Church St., Beacon

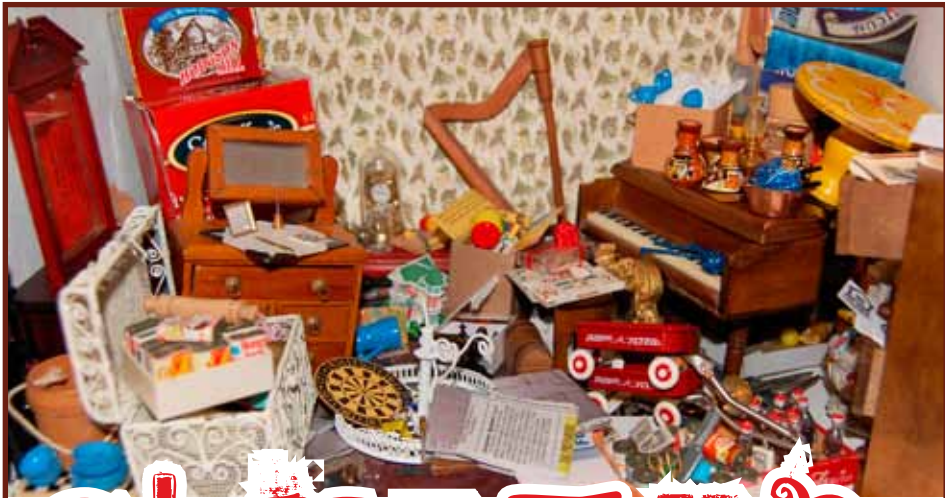
Community Chorus

7 p.m. Howland Cultural Center
477 Main St., Beacon
845-831-4988 | howlandculturalcenter.org

Open Mic Night

7 p.m. Towne Crier Café
See details under Friday.

(To page 10)



CLUTTER

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The Calendar *(from page 9)*

Joe McPhee / Dominic Duval: The Dream Book (Jazz)
8 p.m. Quinn's | 330 Main St., Beacon
845-831-8065 | quinnสบeacon.com

Meetings & Lectures

Justice Court
6:30 p.m. Village Hall | 85 Main St., Cold Spring
845-265-3611 | coldspringny.gov

Beacon City Council
7 p.m. Municipal Center (Courtroom)
1 Municipal Plaza, Beacon
845-838-5000 | cityofbeacon.org

Monthly Meeting
7 p.m. Putnam Valley Grange
128 Mill St., Putnam Valley
845-528-2565 | putnamvalleygrange.org

Parent Support Group
7 p.m. 35B Garrison's Landing, Garrison
914-522-9044 | facebook.com/ptalearndiff

TUESDAY, JANUARY 7

Kids & Community

Philipstown Recreation Center
9 - 11 a.m. & Noon - 2 p.m. Philipstown Rec Center
6:30 p.m. Foot in Mouth Players (ages 12-19)
See details under Monday.

Senior Day Center
10 a.m. - 2 p.m. Mother Lurana House
166 Old West Point Road East, Garrison
845-424-3184 | graymoorcenter.org

Grandfolks and Littlefolks (ages 0-5)
11 a.m. Fishkill Recreation Center
See details under Friday.

Putnam County United Way Campaign Kick-Off
Noon. Putnam County Golf Course
187 Hill St., Mahopac | uwwp.org

Howland Public Library
3 - 5 p.m. Drop-in Homework Center (grades 1-8)
6:30 p.m. Beacon School Parents Common Core Meeting | 7 p.m. Library Board Meeting
See details under Friday.

Kids Craft Hour
4 p.m. Desmond-Fish Library
472 Route 403, Garrison
845-424-3020 | desmondfishlibrary.org

Health & Fitness

Heart Disease Support Group
12:30 p.m. Putnam Hospital Center
670 Stoneleigh Ave., Carmel
845-279-5711 | health-quest.org

Diabetes Support Group
2 p.m. Hudson Valley Hospital Center
1980 Crompond Road, Cortlandt Manor
914-734-3896 | hvhc.org/events

Art & Design

Figure Drawing (First Session)
4 p.m. Garrison Art Center
See details under Saturday.

Theater & Film

Short Term 12 (Film) with Q&A
7:30 p.m. Dogwood | 47 East Main St., Beacon
beaconfilmsociety.org | Rescheduled from Dec. 17

Meetings & Lectures

Knitting Club
10 a.m. Howland Public Library
313 Main St., Beacon
845-831-1134 | beaconlibrary.org

Highland Knitters
Noon. Desmond-Fish Library
472 Route 403, Garrison
845-424-3020 | desmondfishlibrary.org

Digital Salon
7 - 10 p.m. Beahive Beacon | 291 Main St., Beacon
845-765-1890 | beahivebzzz.com

Haldane Arts Booster Club
7 p.m. Butterfield Library
10 Morris Ave., Cold Spring
845-265-3040 | butterfieldlibrary.org

Board of Trustees Workshop
7:30 p.m. Village Hall | 85 Main St., Cold Spring
845-265-3611 | coldspringny.gov

Haldane School Board
7:30 p.m. Haldane School
15 Craigside Drive, Cold Spring
845-265-9254 | haldaneschool.org

WEDNESDAY, JANUARY 8

Kids & Community

Howland Public Library
9:45 a.m. Come & Play (ages 0-3)
10:30 a.m. Toddler Tales (ages 2-3)
3 - 5 p.m. Drop-in Homework Center
See details under Monday.



Mahjong tiles *File photo*

Mahjong Open Play
10 a.m. - 1 p.m. VFW Hall | 34 Kemble Ave., Cold Spring
845-424-4618 | philipstownrecreation.com

Senior Bus Trip to Fishkill
10 a.m. Chestnut Ridge, Cold Spring
845-424-4618 | philipstownrecreation.com

Desmond-Fish Library
10:15 a.m. Music and Movement for Toddlers
1:30 p.m. Pre-school Story Hour
See details under Tuesday.

Indoor Tot Lot
Noon - 2 p.m. Philipstown Community Center
See details under Monday.

Rivertown Kids Chorus (ages 9-13)
4 p.m. Howland Cultural Center
477 Main St., Beacon
845-264-3393 | rivertownkids.org

Writing Workshop (First Session)
7 p.m. Philipstown Community Center
107 Glenclyffe Drive, Garrison
845-424-4618 | philipstownrecreation.com

Health & Fitness

Breast Feeding Support Group
10 a.m. Cornerstone Park Building
1 Fair St., Carmel
845-808-1390 x43150 | putnamcountyny.gov

Young Women's Breast Cancer Support Group
7 p.m. Support Connection
40 Triangle Center, Suite 100, Yorktown Heights
914-962-6402 | supportconnection.org

Sports

Army vs. Lehigh (Women's Basketball)
7 p.m. Christl Arena, West Point
845-938-2526 | goarmysports.com

Art & Design

Discover Abstract Painting (First Session)
10:30 a.m. Garrison Art Center
See details under Saturday.

Theater & Film

Lake Writers Group
7 p.m. Arts on the Lake | 640 Route 52, Kent Lakes | 845-228-2685 | artsonthelake.org

Something Wild (1986) with Q&A
7:30 p.m. Jacob Burns Film Center
364 Manville Road, Pleasantville
914-747-5555 | burnsfilmcenter.org

Performance Lab (First Session)
8 - 10 p.m. ABC Soup | 290 Main St., Cold Spring
email dianahird@me.com

Music

Open Mic Night
7 p.m. Towne Crier Caf  
See details under Friday.

People's Choir with Cat Guthrie
7 p.m. Beacon Music Factory
12 Hanna Lane, Beacon
845-202-3555 | beaconmusicfactory.com

Open Mic & Variety Night
9 p.m. Dogwood | 47 E. Main St., Beacon
845-202-7500 | dogwoodbar.com

Meetings & Lectures

Justice Court
1- 3 p.m. Village Hall | 85 Main St., Cold Spring
845-265-3611 | coldspringny.gov

Planning Board Workshop
7 p.m. VFW Hall | 34 Kemble Ave., Cold Spring
845-265-3611 | coldspringny.gov

Garrison School Board
7:30 p.m. Garrison School | 1100 Route 9D, Garrison | 845-424-3689 | gufs.org

Life Support Group
7:30 p.m. St. Philip's Church
1101 Route 9D, Garrison
845-424-3571 | stphilipshighlands.org

Historic District Review Board
8 p.m. Village Hall | 85 Main St., Cold Spring
845-265-3611 | coldspringny.gov

THURSDAY, JANUARY 9

Kids & Community

Indoor Tot Lot
9 - 11 a.m. & Noon - 2 p.m. | Philipstown Community Center | See details under Monday.

Howland Public Library
10 a.m. Brain Games for Adults
3:45 - 5 p.m. Lego Club and Block Party
See details under Monday.

Senior Day Center
10 a.m. - 2 p.m. Mother Lurana House
See details under Tuesday.

Tiger Tots (ages 0-5)
11:30 a.m. Fishkill Recreation Center
See details under Friday.

Meat & Egg Store Open
3 - 6 p.m. Glynwood Farm (Dairy)
362 Glynwood Road, Cold Spring
845-265-3338 | glynwood.org

Children Read to Dogs (ages 7-10)
3:30 - 5 p.m. Desmond-Fish Library
See details under Tuesday.

Health & Fitness

Qi Gong/Tai Chi
8:30 a.m. Butterfield Library
10 Morris Ave., Cold Spring
845-265-3040 | butterfieldlibrary.org

Women's Prenatal/Postpartum Discussion Group
7 p.m. Hudson Valley Hospital Center
1980 Crompond Road, Cortlandt Manor
914-736-7700 | northeastdoulas.com

Adult Co-Ed Volleyball
7:30 p.m. Philipstown Recreation Center
See details under Monday.

Theater & Film

Jacob Burns Film Center
7:30 p.m. *If You Build It* (Documentary) plus Q&A
7:45 p.m. After Dark Series: +1 (2013)
See details under Wednesday.

Music

Piano Bar Night
7 - 11 p.m. Bear Mountain Inn
55 Hessian Drive, Highland Falls
845-786-2731 | visitbearmountain.com

Garrison Art Center
7:30 p.m. Playing Clawhammer Style on the 5-String Banjo (First Session)
7:30 p.m. Beginning Fiddle & Mandolin (First Session)
23 Garrison's Landing, Garrison
845-424-3960 | garrisonartcenter.org

Chip Taylor
7:30 p.m. Towne Crier Caf  
See details under Friday.

Marc Cohn & Paula Cole
8 p.m. Tarrytown Music Hall
13 Main St., Tarrytown
914-631-3390 x100 | tarrytownmusichall.org

Open Mic Night
8:30 p.m. 12 Grapes
See details under Friday.

Karaoke Night
9:30 p.m. Max's on Main
See details under Friday.

Meetings & Lectures

North Highlands Fire Department
6 p.m. Annual Organizational Meeting
7 p.m. District Meeting
504 Fishkill Road, Cold Spring
845-265-9595 | nhfd21.org

Haldane PTA
7 p.m. Haldane School
15 Craigside Drive, Cold Spring
845-265-9254 | haldanepta.org

Philipstown Board Re-organization Meeting
7 p.m. Town Hall
238 Main St., Cold Spring
845-265-5200 | philipstown.com

FRIDAY, JANUARY 10

Kids & Community

Free Admission for Grandparents
9:30 a.m. - 5 p.m. Mid-Hudson Children's Museum
75 N. Water St., Poughkeepsie
845-471-0589 | mhcm.org

Meetings & Lectures

Garrison PTA
1:30 p.m. Garrison School
1100 Route 9D, Garrison
845-424-3689 | gufspta.org

ONGOING

Art & Design

Visit philipstown.info/galleries

Religious Services

Visit philipstown.info/services

Meetings & Lectures

Alcoholics Anonymous
Visit philipstown.info/aa

Visit www.philipstown.info for news updates and latest information.



Philipstown Women's Clothing Exchange

Sunday, January 5, 2-4 p.m.
69 Main Street, Cold Spring

Bring clothing, shoes and accessories you no longer use ~ clean and without damage. Take home new items at no cost!

Items may be dropped off between 1 and 2 p.m. Volunteers are welcome at 1 p.m. to help organize and set up. Exchange begins promptly at 2 p.m.

Enjoy a glass of wine, some chocolate, and an opportunity to visit with women of our community.

Remaining items may be donated to charity.

Andy Revkin Releases First CD *(from page 7)*

During this time, Revkin began to get more serious about music overall, visiting Nashville several times, soaking in the songwriting tradition there. But Uncle Wade turned out not to be the avenue to putting out a record, as the other members, working in music professionally, “didn’t want it to feel like work.”

All of this might have remained the status quo had Revkin not experienced his stroke, which affected the dexterity in his fingers. “It showed me clearly what we take for granted,” he says, “and I realized I’d better actually record my music.” Handily, there are an abundance of professional studios in this area, and, last February, Revkin headed to Joe Johnson’s. Working with older and newly-written material, including a few existing recordings, Revkin and Johnson took “quite a bit of time, working on

things in bits and pieces, starting with basic, separate, voice and guitar tracks, then asking ‘what now?’ and coloring them. With the existing recordings we peeled them back to basics so they are essentially rebuilt.” The rest were recorded at the studio.

Then, in Revkin’s description, “the fun process began.” With the song *Arlington* (about the growing lack of burial space there) for example, they wanted an “echo-y trumpet.” He asked local trumpeter Ben Neill if he’d contribute. Neill’s playing gives it, says Revkin, “a demonstrative trumpet voice. He also played a Herb Alpert-like homage on another track, *Blame It On Biography*.” To recreate the atmosphere of the defunct, fondly remembered Thursday night musical gatherings at Guinan’s, in his tribute song, *Between the River and The Rails*, Revkin wanted

“to recreate what it was like in that back room — a cacophony.”

“The album reflects what I grew up on, listening to radio in the 60s and 70s, when you could turn it on and hear The Four Tops, The Rolling Stones and Herb Alpert, all in a row. It’s just 10 songs, a Whitman Sampler with no particular arc. There’s stark traditional but also pop You work until the canvas gets full, then you repaint; every sound on the album reflects Joe’s and my choices,” Revkin says, describing the process of producing the record. (He and Johnson share the co-producer billing.) Beacon’s Matthew Agoglia did the mastering, “giving the sound more fullness.”

A host of local musical luminaries lent their talents to the CD, including Dar Williams, and the MotherLode trio of Stacy Labriola, Patti Pelican and Terry Platt; drummer Eric Starr

(recently profiled here); bassist Al Hemberger; keyboardist Joel Diamond, flutist Steve Kent, bassist Mark Murphy; fiddler Bruce Molsky and former Village of Cold Spring Mayor Seth Gallagher on uilleann pipes, along with all of Revkin’s former colleagues from Uncle Wade.

Revkin launched the CD with a performance at Beacon’s Dogwood on Dec. 22, and looks forward to more performances over the course of 2014. *A Very Fine Line* can be purchased at the Foundry Café and at The Country Goose, in Cold Spring, as well as online through Amazon; it can be downloaded through iTunes as well. In summing up the experience of recording and producing his debut effort, Revkin says simply, “For me, there wasn’t one day in the studio that wasn’t joyful.”

A Sampler of Early New Year Offerings *(from page 7)*

of the Depot is Peekskill’s Paramount Hudson Valley, where Maria Muldaur will perform on Feb. 7. Concert promotions note: “In the 40 years since *Midnight at the Oasis*, Maria has toured extensively worldwide and has recorded 40 solo albums covering all kinds of American Roots music, including gospel, R&B, jazz and big band (not to mention several award-winning children’s albums), before settling comfortably into her favorite idiom, the blues, in recent years. Often joining forces with some of the top names in the business, Maria has recorded and produced on-average an album per year, several of which have been nominated

for Grammy and other awards.” Other, wildly diverse events on the horizon there include the Feb. 8 appearance of comedian Bill Engvall, who has appeared in numerous television shows including *The Jeff Foxworthy Show* and *Designing Women*; the Harlem Teens Choir on March 1, featuring stars from the off-broadway hit *Mama I Want to Sing* and members of the Gospel for Teens program; and a “tale of good versus evil where deception reigns and temptation rivals the strongest of wills” — in the form of *Rhythm of the Night*, a March 14 production from an Irish dance troupe. Featured will be Justin Boros, a professional Irish dancer who has toured the United States and Europe with Michael Flatley’s *Lord of the Dance*. Southern rock reigns on March 29 with the Charlie Daniels Band.

Although Glynwood Farm isn’t hosting any public programs during the winter months, their pasture-raised meat and eggs will still be available for sale from their farm office each Thursday from 3 to 6 p.m. The farm office is the first non-residential building on the right as you enter Glynwood property via the main driveway. It is a white building labeled “The Dairy.” Cash, checks, debit and credit cards are accepted. Glynwood sends out an update to anyone interested in buying products every few weeks detailing fresh cuts and specials

available. To be added to this list, send an email to Ashley Holmes (aholmes@glynwood.org) requesting these updates.

At Manitoga the tours of industrial designer Russel Wright’s home and studio won’t start up again until spring, but the miles of hiking trails are open year-round, depending on the accessibility of the sometimes iced-over parking area.

Word from Boscobel comes that although their 2014 calendar of events is not yet solidified, “visitors can still expect our traditional events to take place, such as the Snapping Turtle Walk in June, the Hudson Valley Shakespeare Festival during summer months, the Big Band Concert and Sunset Picnic in September, Ghost Tours and Family Bonfire Night in October and finishing the year, Twilight Tours during what will be our 2nd annual Sparkle event. On Feb. 8 this year we will, once again, be a viewing station for the Teatown Reservation’s Eagle Fest; there is no admission.”

For more outdoor activity, look no further than the Taconic Center, where Winterfest takes place on Jan. 12, from 11 a.m. to 3 p.m.

Activities include snowshoeing, ice fishing, tubing, crafts and a live animal presentation. Food and beverages are available. The cost is a hard-to-beat donation of \$2 for adults, \$1 for kids. If all that activity makes you hungry, return again March 9 for the Maple



Maple tree with two taps *File photo*

Sunday Pancake Breakfast. From 8:30 a.m. to noon, visitors can celebrate the Sugar Maple season with hands-on demonstrations of tapping trees and boiling syrup and a plateful of pancakes to pour the results over to enjoy. The cost is \$8 for adults, \$6 for kids.

There is no cost at Philipstown Rec’s Feb. 8 Winter Carnival, held at Philipstown Park from noon to 5 p.m. Promises come of a bonfire, music, snowman building, snow golf, snow tubing and possibly ice skating. If you’re in sixth to eighth grade and want more, there is a special snowtubing trip to Tuxedo Ridge Ski Center on Jan. 17, from 6:30 to 10 p.m., transportation provided. This one is open to residents only and costs \$20; contact Rec at 845-424-4618.

It’s Winterfest Time at Taconic Center



Keeping in tune with the latest weather, the Taconic Outdoor Education Center (TOEC) will host the annual Winterfest celebration on Sunday, Jan. 12, which happens to be National Winter Trail Day. From 11 a.m. to 3 p.m. visitors can enjoy a variety of cold-weather activities. Snowshoes will be available for use on a first come, first served basis. Participants will have a chance to use a pair of snowshoes for a short period of time. Garrison Fish & Game Club will be ice fishing on Duck Pond. Come join them and learn about this fun way to fish in the winter. The back hill will be available for tubing, and the lake open for skating; bring your own or just “boot” skate. Beginner instruction on map and compass use will be provided by Orienteering Unlimited. After learning the basic skills you will be able to put them to use and practice on a novice orienteering course.

Indoors, at TOEC’s Highland Lodge, staff will offer a nature craft activity for kids. Putnam Highland Audubon will answer winter bird feeding questions and have seed available for sale. The Guiding Eyes for the Blind ambassador dogs will also be in attendance.

The day will end with a live wildlife presentation by Bill Robinson.

Winterfest event is a “rain or shine, snow or no snow” event and activities will be adjusted to fit the day’s weather conditions. Food and beverages will be available in Highland Lodge. Admission is \$2 for adults and \$1 for children.

Perceptive Police Thwart Alleged Christmas Eve Thieves

Money involved intended as tips for garbage collectors

Perceptiveness on the part of a Cold Spring police officer in the early Christmas Eve gloom thwarted an apparent theft-in-progress of money left as tips for village garbage collectors.

According to Cold Spring Police Department Officer in Charge George Kane, the incident began around 3 a.m. on Dec. 24 when Police Officer David DiRienzo, on a routine patrol, saw a car going erratically down Constitution Drive, weaving from one side of the street to the other. Further scrutiny revealed the car was stopping at trash cans as the driver removed money left with the cans as tips for the trash collection crew, Kane told *Philipstown.info* on Sunday evening (Dec. 29).

The garbage collectors make their rounds early each Tuesday.

The on-site police work resulted in the arrest of two Newburgh men, Edward

Claire Yeagley, 36, and Edward Yeagley, 62. The younger Yeagley was charged with criminal possession of stolen property and unlawful possession of personal identification – the latter because he also was allegedly found with a stolen check. Arraigned before Cold Spring Justice Court Judge Thomas Costello, he was remanded to the custody of the Putnam County Sheriff’s Department. The older Yeagley was charged with petit larceny and released on a desk appearance ticket and is expected in Justice Court on Jan. 8, with other charges still pending, Kane said.

Another law enforcement officer, Tommy Lee, of the Putnam County Sheriff’s Department, assisted Officer DiRienzo. “Both officers did an outstanding job in this case,” Kane said. “Had the arrest not been made, this crime may have gone unreported and/or unnoticed.”

COMMUNITY BRIEFS

County Players to Hold Spamalot Auditions

County Players is holding auditions for Cits May 2014 production of *Monty Python's Spamalot*, music by John Du Prez, Eric Idle, and Neil Innes, book and lyrics by Eric Idle, directed by Kevin Barnes. Needed are a large cast of singers, dancers, and actors for principal and ensemble roles. Auditions will be held at 7 p.m. on Sunday and Monday, Jan. 12 and 13, at the County Players Falls Theatre, 2681 W. Main St., Wappingers Falls. Contact Kevin Barnes at 845-473-0595 or email kevinb12569@gmail.com.



Downing Film Center Screens *GMO OMG*

The Downing Film Center will present screenings of the film *GMO OMG* for the community. The film is not rated but is appropriate for the whole family. *GMO OMG* tells the story of a father's discovery of GMOs (Genetically Modified Organisms) in relationship to his three young children and the world around him.



GMO OMG explores the food system currently in place. Photo courtesy of Downing Film Center

GMO OMG explores questions of corporate takeover; potential loss of a precious and ancient inheritance, seeds; and how loss of seed diversity and corresponding laboratory-assisted genetic alteration of food affects young children, the health of the planet, and freedom of choice everywhere. *GMO OMG* follows one family's struggle to live and eat without participating in an "unhealthy, unjust, and destructive" food system. In *GMO OMG*, the "encroaching darkness" of unknown health and environmental risks, chemical toxins, and food monopoly meets with a growing global movement to take back what has been lost. The film asks if the global food system been irrevocably hijacked.

GMO OMG will have special screenings at the Downing Film Center at 3 p.m. on Friday, Jan. 3, at noon on Saturday, Jan. 4, and again at 7:30 p.m. on Monday, Jan. 6.

Ticket prices for *GMO OMG* are: general admission \$7, seniors and students \$6, and children and members \$5. Tickets can be purchased at the box office or in advance at downingfilmcenter.com. Call 845-561-3686. The Downing Film Center is located at 19 Front St., Newburgh. Seating is on a first-come first-served basis.

Beacon

Monthly Singer-songwriter Series Begins at Beacon's Dogwood

MotherLode Trio performs Jan. 26

Beacon's Dogwood will present a singer-songwriter series every last Sunday of the month beginning in January. The series will spotlight the remarkable amount of talented artists in the Hudson



MotherLode Trio Photo courtesy of the artists

Valley and beyond. To launch the series, the acclaimed local group MotherLode Trio will perform on Jan. 26. Each evening in the series will begin at 8 p.m. and will be presented with no cover charge, though donations for musicians will be requested.

Other artists lined up for the series include:

- Feb. 23: The Pemples
- March 30: Open Book, featuring Michele and Rick Gedney
- April 27: KJ Denhert

The MotherLode Trio — aka Stacy Labriola, Patti Pelican and Terry Platz — has appeared on shows like ABC's *Good Morning America*, NBC's *The Today Show*, and in print on pages of *The New York Times* and *The London Times*. Coining titles such as *Bad Mutha Blues* and *Are We There Yet?* their tunes originally traced their journeys as parents. They have matured over their 10-year tenure to capture audiences beyond the fringe of parental guidance. The warmth of MotherLode's sound continues, with recent input on Dar Williams' *Many Great Companions*, and debut release by *The New York Times* Dot Earth blogger Andy Revkin.

Tony Moore Solo Exhibit Opens at bau Gallery

bau Gallery announces the opening of Tony Moore's solo exhibition, *Tony Moore: Coomaraswamy's Bridge* from 6 to 9 p.m. on Saturday Jan. 11, in The Beacon Room, bau Gallery, 506 Main St., Beacon. Exhibit hours are Saturdays

and Sundays, noon to 6 p.m. through Feb. 2.

Moore, an Anglo-American artist, has resided in Cold Spring for almost 16 years. On a picturesque mountaintop property some nine miles outside the village, he has built a studio and large Japanese style Anagama-Noborigama wood-fire kiln. He operates this kiln on a communal basis, inviting participants from a wide ceramic community within the tri-state region, and beyond (even as far away as Israel), to fire with him and to learn the ancient, yet contemporary art of wood-fired ceramics.

For this special "show-case" exhibition, Moore has selected a unique body of recent works, which he refers to as *Fire Paintings* because, unlike traditional paintings made of canvas and paint, these are two-dimensional pictorial works made of clay and fire,

which are viewed on the wall. The artist did paint for many years, as well as make sculptures, so the pictorial realm of creating a symbolic narrative is second nature to him. Unlike paint, these works cannot be seen in fruition until they emerge from an arduous four-day firing of stoking logs to reach temperatures in excess of 2,300 degrees Fahrenheit and then being allowed to cool for two weeks before the kiln-doors are unbricked to reveal the interaction of fire and wood-ash upon his base elements of clay and mineral glaze.

For more information, contact Tony Moore at 845-265-3097 or email tonymoore@optonline.net. Visit TonyMooreArt.com or contact Carla Goldberg at bau Gallery, 845-440-7584, info@baugallery.com.

Monday Night Jazz Sessions Set for 2014 at Quinn's

The Monday night jazz sessions that began this past October at the new Beacon venue, Quinn's, will continue in the new year. By showcasing some of the most acclaimed artists covering a wide spectrum of the music in a relaxed, supportive environment, these sessions have

sought to create a new model in creative music presentation, expanding this music to a new region and a new audience. As a result, the series, curated by Beacon musician James Keepnews, has been extended into 2014.

The following artists will be featured as part of the Monday night jazz sessions:

Jan. 6: Joe McPhee/Dominic Duval: The Dream Book — legendary Hudson Valley multi-instrumentalist McPhee joins his long-time associate, celebrated bassist Duval in this rare local appearance.

Jan. 13: Paul Kogut Trio — Chicago guitar master Kogut returns to Beacon with his dynamic trio, featuring Drew Gress on bass and Vinnie Sperrazza on drums.

Jan. 20: Keegan/Grilliot/Miller — American trombonist Matt Keegan, now based in Australia, makes his Beacon debut in a trio including veterans of past Quinn's jazz sessions, bassist Francois



Ken Filiano Photo courtesy of Quinn's

Grilliot and drummer Dave Miller.

Jan. 27: Mike Dopazo Trio — Up-and-coming local saxophonist Dopazo cooks in a trio featuring Jon Doty on drums.

Feb. 3: Andrea Wolper Trio — The sultry, swinging vocals of Wolper are accompanied by her ensemble, featuring Michael Howell on guitar and Ken Filiano returning to Quinn's once more on bass.

Feb. 10: Daniel Levin/Juan Pablo Carletti — Two recognized figures on their instruments — Levin on cello and Carletti on drums — ignite improvisational fire.

Feb. 17: Patrick Brennan/Cooper-Moore — Alto saxophonist Brennan is joined by the storied multi-instrumentalist Moore on percussion and handmade instruments.

Feb. 24: Kenny Wessel Trio — Guitarist Wessel, formerly in Ornette Coleman's pioneering electric band Prime Time and countless other groups, leads a trio featuring Matt Pavolka on bass and Russ Meissner on drums.

March 3: Lou Grassi — Veteran drummer Grassi brings a trio consisting of James Brandon Lewis on saxophones and Max Johnson on bass.

Quinn's is located at 330 Main St., Beacon. Each session begins at 8 p.m. and is presented with no cover charge, although donations for musicians will be requested and gratefully accepted.

Visit www.philipstown.info for news updates and latest information.



Fire Painting 2013 by Tony Moore Photo courtesy of the artist

COMMUNITY BRIEFS

Author to Present Nourishing Talk and Wellness Workshop

A New Year, New You Wellness Workshop will take place at the home and kitchen of Marika Blossfeldt, 36 Lincoln Ave., in Beacon, starting Jan. 23 and running through Feb. 27.

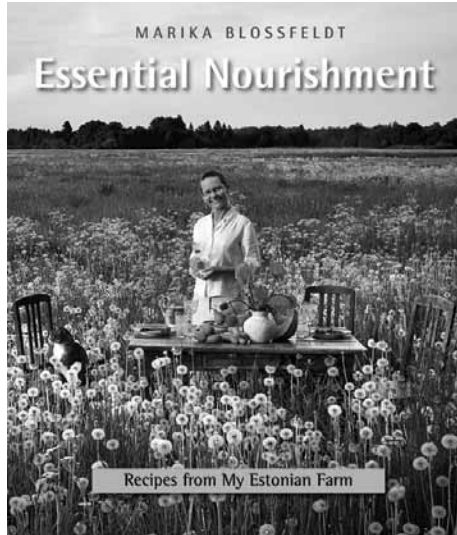


Image courtesy of the artist

Each session includes a food and life-style lesson complete with action steps and suggestions for improving health and wellbeing. Topics to be covered include blood sugar balance, the food mood connection, the acid/alkaline balance as well as losing weight the healthy way — without dieting, counting calories or deprivation.

One session will be a hands-on cooking class — to prepare a three-course dinner (including dessert!) using fresh, organic local ingredients. Contact Blossfeldt at 646-241-8478, or by email at marika@delicious-nutrition.com.

As a kick-off event for the New Year, New You Wellness Workshop, Blossfeldt will offer a free talk, Energize your body and mind by making smart food choices, at 7 p.m. on Friday, Jan. 10, at the Living Room at 105 Main St., Cold Spring.



Marika Blossfeldt Photo courtesy of the author

Philipstown Town Board Closes Out 2013 with New Emergency Services Contracts

Part of year-end routine

By Liz Schevtchuk Armstrong

The Philipstown Town Board Monday night (Dec. 30) dispatched a dozen-item agenda in little time, handling end-of-the-year tasks that included ratifying contracts with local emergency responders for community coverage in 2014.

At a sparsely attended session that only lasted about 15 minutes, the board authorized Supervisor Richard Shea to sign the contracts with Cold Spring Fire Company No. 1 (CSFC), the Continental Village Fire Department (CVFD), the Garrison Volunteer Fire Department (GVFC), the Philipstown Volunteer Ambulance Corps (PVAC), and the Garrison Volunteer Ambulance and First Aid Squad (GVAC), as well as with the Putnam County Humane Society for dog shelter services. The fire departments provide fire protection in designated parts of Philipstown, including, in the case of the Cold Spring Fire Company, areas near but outside village borders.

Costs of the emergency services were included in the town's 2014 budget, adopted in November and effective on Jan. 1. The fire protection amounts listed in the contracts — \$47,754 for the CSFC, \$538,970 for the GVFC, and \$180,000 for the CVFD — do not include money for service awards, a form of pension given firefighters after years of service, and likewise exclude limited contractual financial obligations (all of which are included in the total, by-department figures listed in the 2014 budget).

The humane society contract pays the organization \$10,500 for its dog shelter services.

The payment to the Garrison ambulance corps is rising by 45 percent from fiscal 2013 (to \$170,000 from \$117,434) because of reliance on paid personnel to ensure full-time coverage.

"Obviously there's quite a change as they're going to at least one full-time paid [staffer] so they can get an ambulance out the door 24/7," Shea explained.

"Immediately" out the door, Councilor John Van Tassel noted.

With the GVAC, "we still have the large support of all the volunteers, so I think it's going to be a winning combination,"



With State Sen. Terry Gipson presiding and family members accompanying them, Supervisor Richard Shea and John Van Tassel and Michael Leonard, councilmen, take their oaths of office for new terms on the Philipstown Town Board during a ceremony at the VFW Hall in Cold Spring on New Year's Day.

Photos by L.S. Armstrong



Shea added. "I know, and anybody knows, if you need an ambulance you don't care if it's a volunteer or paid [staff person], as long as the ambulance comes."

Shea spoke from direct personal experience. A couple of days before the meeting, as he chopped wood a heavy piece flipped and hit his head. He sustained a broken eye socket and cheek bone as well as a concussion and was taken by the PVAC to Westchester Medical Center for treatment.

The GVAC contract prompted a few questions from Councilor Dave Merandy, given the department's prior clashes with the Town Board over monetary issues, including timely reporting of financial activities.

For 2014, the contract specifies that the town will pay the GVFC in two installments, with the first \$323,382 due by March 1, and the remaining \$215,588 provided after the town receives the fire company's formal audited 2013 financial statement.

Merandy suggested that splitting the payments and tying one to the arrival of the audited report serves as motivation.

"Yeah, so we can get the statement earlier," Shea concurred. "We should get it

in a timely way this year. There certainly is an incentive. And it works two ways also because we should be able to make a first payment a little bit earlier, too."

He pointed to improving relations between the board and fire company. "We've had a lot of interaction, a lot of really positive experiences," he said. "I think we covered a lot of ground before this contract."

The meeting marked the last occasion for at least four years on which the audience included inveterate attendee Michael Leonard. Elected to the Town Board in November, he awaited his Jan. 1 oath of office and pending move from the back of the room to the dais at the front. Before adjourning, Shea and other board members praised Leonard's service on three sub-boards. Leonard in turn praised his ex-colleagues on the Planning, Conservation, and Assessment Review boards.

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8:15, SUN 2:00 4:45
TUES & WEDS 7:30
THUR 2:00 7:30

GMO OMG (NR)
FRI 3:00, SAT 12:00, MON 7:30

Check our website or call the box office for more info: www.downingfilmcenter.com

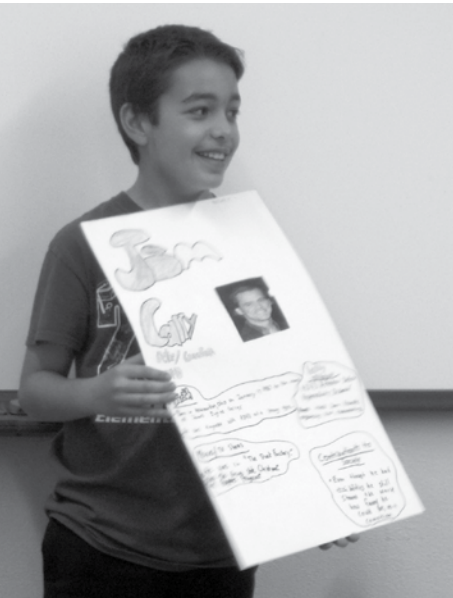
Haldane Sixth Graders Learn About Difference

Viewing disabilities as different abilities

Middle School is a time of transition, of figuring out who you are, of comparing and defining yourself in relationships with peers. Haldane’s social-emotional learning (SEL) curriculum, Second Step, helps middle schoolers navigate this landscape by giving them tools to talk more openly about the complex social world they live in. Haldane’s Learning Differences Committee (LDC), a PTA group of parents dedicated to spreading awareness and acceptance of all children who learn differently, especially the most diverse learners, is a strong supporter of SEL programs. Sixth-grade teaching team Kim McCollum, Mark Wick, Tom Virgadamo, Jeffrey Sniffen, and principal Brent Harrington collaborated with LDC to make the sixth grade Second Step curriculum come to life through an interactive, month-long project with students this November.

The sixth-grade Second Step curriculum covers several social-emotional concepts including empathy, awareness of assumptions and perceptions, bullying, and moving from bystander to ally. Empathy was a central, recurrent theme for the month and for the project. When students understand and embrace who they are, they are better able to embrace and

accept others. Sixth grade students and teachers were first given an opportunity to learn more about themselves. They completed the Visual Auditory and Kinesthetic Learning Styles Self-Assessment to determine how they learn best: were they visual, auditory, or kinesthetic/tactile learners? Next, students and teachers completed the Multiple Intelligences Checklist describing different categories of intelligence: linguistic, logical-mathematical, spatial, bodily-kinesthetic, musical, in-



Sixth grader Luke Hammond presents a poster about Jim Carrey who has ADHD. Photo courtesy of the Hammond family

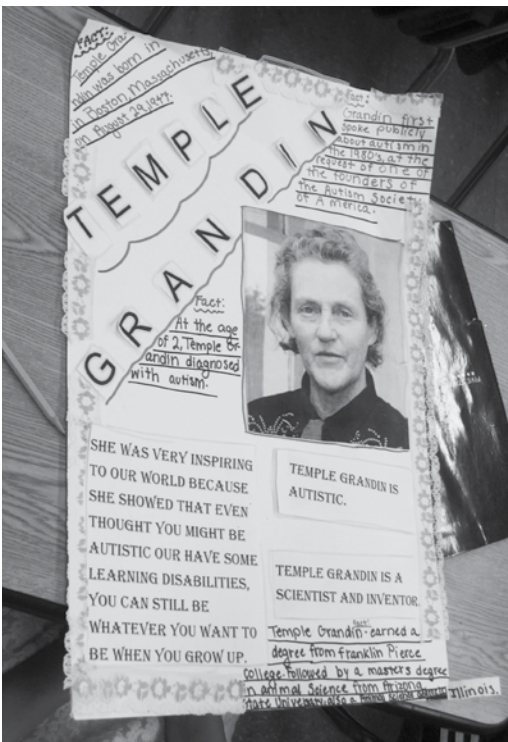
terpersonal, intrapersonal, and naturalist. Students were given reading materials about which intelligence and learning style fit them best, discovering that sometimes they were tied in multiple categories. Everyone shared results with great enthusiasm.

After discovering how diverse learning styles are within a typical Haldane classroom, students were each assigned to research one famous person who had a more specific learning difference. They were asked to create a poster to tell a little about the person, identify the learning difference that person had, and share what contributions that person made to society. Students received a list describing some common learning differences such as dyslexia, dyscalculia, dysgraphia, ADHD, and autism. The children also learned that some people need specialized interventions in school to address their learning differences. An emphasis was placed on how individuals can be differently-abled rather than disabled, and the concept of neurodiversity was introduced.

Liam Marrinan, a sixth-grade student said, “Ironically, I got an author who has dyslexia. How can that be?”

His comment prompted a discussion about how people compensate and use accommodations to overcome areas of difficulty. The children were surprised to learn that there are several current and historical authors who struggled with dyslexia. The class was then able to explore where stories originate. Someone who has difficulty reading may have exceptional emotional, observational, and/or oratory skills – all necessary in creating and telling a story. Technology and help from others can also assist with the mechanics of writing and editing. Students learned that a collaboration of different kinds of learners/thinkers often results in valuable and creative endeavors.

Speaking for the teaching team, Kim McCollum said, “I think this may be one of the most aware groups of sixth graders we have had due to the learning dif-



Student poster about Temple Grandin Photo courtesy of Haldane Learning Differences Committee

ferences project and positive discussion it has generated. We are very pleased with its outcome.”

In all, students created 60 hand-made posters of well-known people in history, media, arts, science, business, politics, etc., who all overcame specific learning differences and did great things with their lives. Some of those included were Woodrow Wilson, Agatha Christie, Babe Ruth, Albert Einstein, Avi, and David Toth; quite a diverse group. Students also had an opportunity to watch the award-winning 2010 film *Temple Grandin*, which chronicles both the famous autistic author-activist’s early struggles in school and later achievements in life.





When asked if this project changed his assumptions about people with learning differences, student Matan Broshi said, “I knew that people who have difficulty reading or writing can grow up to be successful adults. I didn’t know that people who have autism could grow up to be so successful. Now I do.”

The project culminated in both sixth- and seventh-graders attending an assembly presented by Think Different Diplomat Travis Sauerbrey who talked about his own personal experiences and struggles being diagnosed with dyslexia, dyscalculia, and ADHD in school. Sauerbrey came to Haldane from the Eye to Eye Speakers’ Bureau, a national program that brings college students with learning disabilities into schools across the country in order to put a face to difference and encourage kids to explore the diverse ways in which all people learn, think, and enrich one another’s lives. Haldane students asked the speaker insightful questions, sparking thoughtful discussion about what it means to be a different kind of thinker.

LDC hopes the take-home message for students is a lesson worth sharing with all ages: that by viewing disabilities as “different abilities,” we challenge our cultural understanding of diversity to also include brain-based “neurodiversity.”

- Second Step: secondstep.org
- Eye to Eye: eyetoeyenational.org
- To learn more about LDC, visit: facebook.com/PTALearnDiff

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Roots and Shoots

Resolutions for the Garden

By Pamela Doan

What we do in the garden reflects the way we think about the natural world in general. Consider the forests that cover our mountains and the marshes along the banks of our grand Hudson River. What each of us does in our gardens and yards has an impact on those landscapes, as well. We live in a unique place to experience nature’s beauty, but also can observe on a daily basis its destruction and degradation. Approach the garden, whether it’s full of vegetables, flowers or a lawn, with the sensitivity, foresight, and nurturing that the forests and river deserve, too. With that in mind, here are a few resolutions for the coming year.

What’s in the dirt: Be gentle with soil. Test the pH balance of soil before planting and enhance it with organic additives like compost and shredded leaves.

Conserve water: Rain barrels and rain gardens help manage water and make it available during the droughts that we’re experiencing more frequently. Personally, after great success with a rain barrel that was used to exclusively water my patio container garden and shrubs on the east side of the yard, I’ve found two other places to add rain barrels that will provide water for several other beds this year.

Use natural resources on your property: Resolve to keep all the organic waste created on your property. Last year we had large patches of invasive Japanese barberry removed with the help of a landscaper and his backhoe. That stuff is hard to get rid of! We had it hauled away be-

cause the thorns don’t make it conducive for chipping onto paths and burning it seemed like the only other option. Otherwise, all the leaves, branches, and scraps became compost or material for soil enhancement. I needed more compost than I produced, though, and my compost was very slow to break down. This year I’m going to try a three-bin system and reach out to neighbors to see if I can convince them to bring me compostable materials they aren’t using.

Adapt to climate change in the garden: Through the Cornell Cooperative Extension Master Gardener program, I’ve been fortunate to participate in a few great educational experiences on climate change and its impact on our local area. Learning about what to expect from weather patterns and how to minimize your carbon footprint helps make for better choices and practices.

Citizen science: Contribute to national and international research tracking the changing habits of plants, trees, wildlife or birds. This could be something like the National Phenology Network, Audubon bird counts, the Great Sunflower Project tracking bees or a project with the local Department of Environmental Conservation. These are great ways to observe the landscape and projects that can engage the whole family in a learning experience.

Cut back or stop using chemicals: Whether it’s pesticides, herbicides, or fertilizer, consider other alternatives before applying any inorganic compounds. Recent research has shown that neonicotinoids, a main ingredient in many pesticides and herbicides that is a known culprit in the catastrophic loss of bee col-



A bright and happy new year to all! Photo by P. Doan

onies, also has health risks for children. Every chemical we dump on our lawns and gardens can have a much larger consequence for the ecosystem that goes far beyond the original application. Contact the Putnam County Cornell Cooperative Extension office to get help when you’ve got a pest, pathogen weed or nuisance to manage.

Right plant, right place: Learn about a particular plant before bringing it home from the garden center. Putting a shade plant in partial sun or a plant that prefers dry soil in a patch with soil that holds water will make for high maintenance and lousy results. Maximize resources through careful planning.

Go native: Native plants are disappearing in our forests. Their habitats are being taken over by invasive plants and deer have decimated their populations. The Native Plant Center in West-

chester is a tremendous resource for our area and offers classes and plant lists for anyone interested in helping restore and maintain native plants.


Volunteer: Plant a tree, clean up Fahnestock State Park, maintain trails, or spend a few hours on the river. There are many outstanding organizations in our area that can use help and it’s a great way to meet people and learn more about the community.

Experiment: Our climate is changing. Try new plants; maybe they wouldn’t grow here 20 years ago but will now. Plants that can handle a wide-range of conditions like droughts, heat waves, and fluctuating temperatures will be the most successful in the coming years. Don’t just stick to tried and true alternatives but try something new every year.

Visit www.philipstown.info for news updates and latest information.

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Christmas in Cold Spring, left, and Christmas at home

Photos by Gerald Butler



The Paper's Holiday Photofest

Left, top to bottom, Storm King the morning after Dec. 14 storm; Cold Spring's Christmas lights have been repurposed to illuminate colorful wreaths along Main Street. Snow and Christmas lights combine to give Main Street a fairytale appearance. (Photos by Michael Turton)
Below, The Pig Hill Inn on Cold Spring's Main Street placed a wreath at every window. (Photo by Kate Vikstrom)

