### Many Car Tires Cut at Metro-North Parking Lot

**Attacks may have occurred in three waves**

**By Michael Turton**

A spokesperson for the Metropolitan Transportation Authority Police (MTA) confirmed Monday morning (Jan. 12) that several cars at the MTA parking lot in Cold Spring had their tires slashed over the Jan. 10–11 weekend. Police provided no further details at the time, pending their ongoing investigation. The spokesperson indicated that the parking lot is monitored by security cameras.

One of the victims, Garrison resident Lisa Mihalik, had been in New York City on business for two days. When she returned to Cold Spring via Metro-North around 5 p.m. on Saturday, she found that all four tires on her car were flat. She also noticed that a number of other vehicles had suffered the same plight. By then, MTA Police had already been at the scene and had left a note on Mihalik’s windshield at about 4 p.m.

“I was so upset. I’ve never had anything like this happen before,” Mihalik told The Paper. “I suspect it probably happened overnight.” She commented:

> Just because we have [the money] doesn’t mean we have to spend it.

The Paper

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### Intriguing CSPD Issues Surface

**Contracts awarded for wastewater treatment plant**

By Michael Turton

The Cold Spring Police Department’s contribution to monthly meetings of the Village Board normally includes only a brief written report summarizing recent police activity, but the CSPD was the focus of considerably more attention than usual at the board’s Tuesday (Jan. 13) session. Toward the end of the meeting, trustees took up the question of whether or not to authorize hiring another officer. When Fallon, who was clearly taken aback by the revelation, asked Fadde why she was receiving correspondence at home, she replied that the information had been left there anonymously. Trustee Cathryn Fadde then pointed out that a personnel matter would be dealt with during an executive session later in the agenda.

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In a rather odd turn during the discussion that followed, Fadde said she had recently received correspondence at her home regarding the CSPD work schedule, including concerns about its fairness. When Fallon, who was clearly taken aback by the revelation, asked Fadde why she was receiving correspondence at home, she replied that the information had been left there anonymously. Trustee Cathryn Fadde then pointed out that a personnel matter would be dealt with during an executive session later in the agenda.

(Continued on page 3)

### Decline in Electoral Turnout Followed Demise of ‘Runner’ Sheets

**Local activists found sheets helped get out the vote**

By Liz Schevtchuk Armstrong

For several years—or more—political activists in Philipstown assiduously collected turnout sheets available at polling stations on Election Day and used them to get the faithful out to vote. The sheets were duplicates of the name-by-name sheets election workers compiled as each voter entered the polling place. Typically, an election worker wrote out the master list on lined notebook paper, with “carbon” copying paper beneath. Throughout Election Day, “runners,” the designated representatives of the Democratic and Republican parties, or of non-partisan candidate groups in village elections, would gather the duplicates and determine which of their members had voted. They could then call those who had not, urge them to get to the polls and arrange rides or other assistance if needed. Of course, no guarantee existed that voters thus reminded cast their ballots for their party’s slate. Moreover, parties in some Putnam County towns apparently did not use the sheets systematically. However, in Philipstown, election by election, political organizations welcomed them as a tool for boosting turnout.

No more.

In late 2013, after elections for county and municipal offices, the Putnam County Board of Elections abolished both the master sheets and duplicates. A year later, in 2014’s general election, turnout fell from that of the previous comparable election. For example, in 2012 voting, with the U.S. presidency, U.S. Senate and congressional races on the ballot, among others, Philipstown turnout was 81 percent; in 2014, with no race for president but races for governor, U.S. House of Representatives at stake, turnout in Philipstown was 81 percent; in both neighboring Kent and Putnam Valley it was 73 percent; in Southeast, across the county, it was 74 percent; and county-wide it was 74 percent as well. In 2016, the most recent comparable election, Putnam County turnout was 58 percent, Kent turnout was 49 percent, Putnam Valley turnout was 46 percent, Southeast turnout was 46 percent and county-wide it was 46 percent.

A graph provided by data analyst Aaron Freimark tracks a decline in voter turnout in the Putnam County towns of Carmel, Kent, Patterson, Philipstown, Putnam Valley and Southeast.

![Graph showing voter turnout decline](image)

(Continued on page 3)

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(Continued on page 5)
Preserving My Sanity
By Joe Dizney

For the longest time they’ve been sitting there in my refrigerator like some Food Network cooking show challenge: preserved lemons. I don’t even remember when they appeared. Yet as with other small, good things, when the time was right and the cosmic forces of hunger and boredom aligned, they seemed to be the just the magic bullet to blast my way out of the cold, monochromatic turn a specific winter night seemed to be taking.

A handful of tender young arugula and some surprising pea shoots found at the Cold Spring Farmers’ Market formed the bed of a salad. Next came some mandolino shelled fennel and red onion, and ultimately the boquerones (Spanish cured white anchovies) I’d splurged on at the Beacon Pantry became the focus. My standard vinaigrette would have been fine, but for some reason that bright jar of lemons and the suggestion of un-expected spice from the red pepper and cinnamon stick lurking therein sent me a-Googling.

Sure enough: Preserved Lemon Vinaigrette — a tablespoon or so of the minced rind and pith of these cured lemons (this is the useful part — the pulpy flesh is discarded), some minced shallot, a splash of the curing liquid and another of red wine vinegar, whisked with olive oil and (for me) just the barest drizzle of honey — a simple but surprisingly well-balanced sauce that appeared. Yet as with other small, good things, when the time was right and the spices most often used — cinna-mon, pepppers, cloves, bay leaves — add exotic flavors, to be sure, but were primarily adopted for their anti-bacterial and preserving properties. This was first and foremost a preservation tool for me, and a wonderful anti-bacterial marinating tool for food. And Bento box lunches are less likely to go bad.

Recipe:

1 pint Mason jar and lid
5 to 7 Meyer lemons (available commercially at Adams Fairacre Farms)*
1 stick cinnamon
2 bay leaves

1. Juice the remaining lemons one at a time, straining the juice into the jar. Top by boiling in water to-cover for 5 minutes. Dry jar and lid in a low (200 degree) oven on a paper-towel-lined cookie sheet. When dry, place one tablespoon of salt in the bottom of the jar.

2. Cut and discard about ½ inch of the stem ends of three lemons and quarter them lengthwise to about ½ inch of the other end without removing lemons as needed, rinse free of the brine and scrape free of the pulp before incorporating into your recipe. (I find that two quarters is about enough — one tablespoon minced — for a vinaigrette.)

3. Roughly reshape the lemons into “wholes” and place them — one at a time — into the Mason jar. Sprinkle a third of the spice mixture over each lemon before adding the next. Spread the remaining spices in with the pestle before sprinkling with the last of the spice mixture. Tuck in the cinnamon stick and bay leaves.

4. Juice the remaining lemons one at a time, straining the juice into the jar until the lemons are completely covered and the jar is topped off. Screw the lid on tightly and give the jar a good shake.

5. Store it in a warm place and give it a healthy shake once a day for 30 days to evenly distribute the spices and brine. When ripe, to use remove lemons as needed, rinse free of the brine and scrape free of the pulp before incorporating into your recipe. (I find that two quarters is about enough — one tablespoon minced — for a vinaigrette.)

6. If you’re careful about using clean utensils to remove the lemons and keep the remaining pieces covered with brine, there is no need to refrigerate the jar. Preserved lemons will reportedly keep for up to a year, and the pickling brine can be used two or three times.

* Note: Standard (i.e., non-Meyer) lemons can be used, but as they have a thicker skin and pith, you may want to soften them somewhat by simmering them whole for 10 to 15 minutes and letting them cool before processing.

With whole preserved lemons or paired with olives, artichokes, chick-peas, ricotta, yogurt or rice in vary-ing combinations. Preserved lemons have a particular affinity for seafood but also pair well with veal or lamb. Modern chefs such as Alice Waters and Paula Wolfert (who may be the source of our contemporary fasc-ination with preserved lemons) or cutting-edge culinary stars like Yotam Ottolenghi (and his partner Sami Tamimi) suggest preserved limes and other citrus fruits as options, and season theirs with the traditional spices mentioned above but have also expanded the palette to include rosemary and other herbs, or even vanilla.

Meanwhile, back in our farm-ers market, preserved lemon vin-aigrettes and other dressings can brighten local winter and vegetables, especially the brassicas or leeks. A splash of the pickling brine is even suggested for your brunch-time bloody Mary.

So this week, rather than a “meal” recipe, I’m opting for an ingredient recipe, challenging you — us — to make our own batch of small good things and in a month or so to prepare something special with them.
Decline in Electoral Turnout Followed Demise of ‘Runner’ Sheets

The county total was 47 percent. That does not mean loss of the duplicative turnout sheets caused voters to stay home; they might have shunned the polls for other reasons. But Philipstown activists say the duplicates were a big help in encouraging participation. And since candidate backers also used the sheets in village elections, scrapping them conceivably could affect the voting for mayor and trustees this March.

Board of Election rationale

According to Commissioner Anthony Scannapieco, former Chair of the Putnam County Board of Elections, the sheets were scrapped to promote fairness and make election workers’ jobs easier. (They usually work from around 5:30 a.m. until after polls close and often put in at least 36-hour days for minimal pay.)

Scannapieco told Philipstown.info/The Paper in December that he and Commissioner Robert Bennett, who retired as the Democratic co-head of the Board of Elections at the end of 2013, “decided to stop having poll workers fill out pickup sheets for political party runners. The pickup sheets were for any political party, not just the Republicans and Democrats and consequently ‘problems started to arise with the fact that there were five constituted parties in the state of New York.’ At poll sites, ‘if parties had picked up all of the sheets available, there would be complaints and arguments over who should get them,’ Scannapieco explained. ‘We decided that it was taking too much time from poll workers’ duties to provide the pickup sheets, which was a courtesy,’ al- beit, he claimed, one ‘frowned upon by the state Board of Elections.’

He added that “after this year’s 2014 election we will now have eight constituted parties and therefore there would be more conflicts … We cannot have our poll workers in the middle of the controv- ersy over who should get a pickup sheet and more importantly taking all the time to make them out,” he noted. “The citizens continue to sign the poll book when ar- riving to vote and said that in lieu of the duplicate turnout sheets, political parties could ‘keep a poll watcher there to copy names’ and track turnout that way.”

Louis H. Liotti of Garrison, who chairs the Philipstown Republican Party, last winter briefly discussed the elimination of the turnout sheets. “I understand why they did it” — to aid election workers and allow political parties to track voter turnout in the towns that used the sheets, she said Jan. 4. Following a re- view of county election results for the last five years, Croft pointed out that “Philip- stown consistently has had the highest voter turnout in the towns that used the sheets,” she said. “I think it is too early to tell if the lack of the party pickup sheets has had an impact on voter turnout in the towns that used the sheets,” she said. “I felt violated, alone,” he said. “I thought I had been singlehandedly a member of the CSPD who was on the scene that night told him that his was the sixth vehicle to have its tires cut and that the first incidents had taken place the night before.”

On Wednesday, Lt. Raymond Skipson of the MTA Police told The Paper that a total of 13 vehicles had tires cut over the weekend. That total increased to 17 vehicles were damaged after the anonymous victim’s tires were cut sometime before 11 p.m. on Saturday. It also means that the vandalism likely occurred in three separate waves.

The anonymous victim was critical of police for not patrolling the parking lot more vigilantly after the first cars were damaged. “If they had simply kept a really close eye, I don’t see how the second and rounds of vandal- ism could have occurred,” she said.

At least one other vehicle that had suffered four flat tires remained stranded in the parking lot as late as Tuesday af- ternoon. Skipson said that CSPD, Putnam County sheriff and New York State police are assisting MTA Police with the inves- tigation.

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the shorthand, she suspected they were more likely punctured. Mihalki said she phoned her husband, who came to take her home, and that her car was put on a flatbed truck and towed to the dealer. According to her insurance company, four new tires will cost $1,200. “I have $500 deductible,” she said. “I hope that’s all my bad luck for 2015.”

She said that officers with both MTA Police and the Cold Spring Police Department (CSPD) had indicated there were no security cameras in the parking lot, but a follow-up call to the MTA Police office in Beacon con- firmed that while there are no cameras on the train plat- form there is one surveillance camera at the south end of the parking lot.

A second victim contacted The Paper and asked that his name be withheld. “This is so unsettling. I can’t afford to be the target of someone like this,” he said. He said he parked his car in the Metro-North lot at 4:35 p.m. on Saturday. At that time he saw a car being taken away on a flatbed truck but thought nothing of it. He returned to Cold Spring from New York City at about 11 p.m. to find that two of his tires had been cut. Because his vehi- cle is all-wheel drive, all four tires will have to be replaced at a cost of $700.

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The Town Board Calls for Hearing on Draft Law on Wind Turbines

Also makes yearly appointments, honors Scouts

By Liz Schevtchuk Armstrong

Two years after plans to install a residential wind turbine in Garrison provoked a major controversy, Philipstown residents favoring or opposing such backyard “windmills” will get a fresh chance to voice their opinions when the Town Board convenes a public hearing Jan. 29.

At its formal monthly meeting Thursday night (Jan. 8), the Philipstown Town Board scheduled the hearing on a proposed new law designed to cover small-scale, power-generating turbines. Under the draft law, intended as an amendment to the zoning code adopted in 2011, each wind turbine would require a minimum lot area of one acre, and only one per lot would be permitted.

The board’s action is the latest development in a series that began in 2012 with the application for a wind turbine at a Garrison residence — an idea that sparked intense public interest. The Philipstown Zoning Board of Appeals (ZBA) eventually approved the Garrison project, but the protracted debate between both the ZBA and Town Board and the realization that town law did not adequately address such matters prompted the Town Board in November 2013 to declare a moratorium on further wind turbines and to research ways to regulate them.

The result is the proposed law “to better regulate the construction and use of wind energy conversion systems” — the long name for wind turbines. However, more briefly, it also creates noise, traffic, dust, odor, or other impacts that exceed the equivalent safety protection. In addition, the draft demands that a solar energy facility is intended to generate electricity primarily for off-site consumption, rather than home use, its sponsors must obtain a special permit from the town Zoning Board of Appeals.

Given copies of the draft law to review prior to last November’s board meeting, Planning Board and Putnam County Department of Planning, Development and Public Transportation found the draft acceptable and suggested no changes.

Officials, lawyers and newspapers

Scheduling the public hearing was one item on a long list of decisions by the board as it completed tasks in separate back-to-back meetings Thursday night. During the first meeting, the annual pro forma reorganization session, by unanimous votes the board reappointed such key officials as Kevin Donohue, the code administrator/flood plain administrator/fire marshal, and David Kozle, the natural resources review officer/wetlands inspector; again selected M&T Bank as its official depository; set a compensation of 40 cents per mile for use of personal vehicles while engaging in town government business; once more tapped Robert De, Eric Lind and Anthony Mebane to chair the ZBA, Conservation Board and Planning Board, respectively; and named Supervisor Richard Sheas as town budget officer, preparing the annual budget and otherwise managing town finances.

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The board also continued its practice, begun in 2014, of picking not one but two print newspapers for disseminating town announcements. It designated The Putnam County News and Recorder as the “paper of record” but also specified that “simultaneously all legal notices and similar item of information will be sent to Philipstown.Info/The Paper.” New York state law demands that a municipality publish legal notices in a newspaper with a paid circulation (one whose readers buy a subscription); the PCNR meets that criterion. By contrast, The Paper is distributed free of charge.

For legal advice, the board reappointed the firm of Drake, Loeb, Heller, Kennedy, Fogerty, Gaba and Rood and specifically mentioned attorneys James Loeb, Stephen J. Gaba and Adam L. Rood. Likewise, for certain tax litigation cases, the board named Robert Cinque as its lawyer.

Shea again made Counselor Nancy Montgomery his deputy supervisor. Town Clerk Tina Merando named Joan Clawes and Theresa Crawley as deputy town clerks and deputy tax collectors and making Claudia deputy register and Crawley sub-registrar.

Town historian

The board also chose a new face for an “old” duty — serving as the town’s official historian. Board members named town resident Mark Forlow to succeed Donald MacDonald, who had long held the position, as historian. “No one could oppose Mark Forlow. He’s great!” Shea pronounced, before the vote.

Forlow coauthored the paperback West Point Foundry, a recent title in Arcadia Publishing’s Images of America series, featuring detailed photographs of the foundry and accompanying historical narrative.

Boy Scout honors

During its formal monthly meeting, along with scheduling a hearing on the wind turbine law, the board passed resolutions honoring Robert Dean and Steven Casement, who achieved the rank of Eagle Scout, the Boy Scouts’ highest award. They both provided community service to the town. Dean built permanent wooden and concrete benches along the walking trail around Quarry Pond at the North Highlands town park. Casement established a sporting gear and wear “swap room” at the town Recreation Department’s community center in Garrison, allowing families to exchange such things as baseball bats or hockey and lacrosse equipment.
Intriging CSPD Issues Surface

Further Delay in Restaurateur Case

Cold Spring Justice Court

By Michael Turton

The case involving a local restaurateur was adjourned once again at the Jan. 14 (Wednesday) session of the Cold Spring Justice Court. Roy DiFrancesco, who operates Whistling Willie's American Grill, faces two charges of assault and one charge of giving a false statement, class A misdemeanors. The charges are related to an incident that took place in the early morning hours of Jan. 1, 2014. On Wednesday, Judge Thomas Costello adjourned the case until March 11 after acknowledging that a motion by Laurence Silverman, DiFrancesco’s attorney, had been “fully submitted” for the court’s consideration. DiFrancesco was arrested and arraigned on Feb. 12, 2014. The Cold Spring Police Department issued a press release regarding the incident on Feb. 25. The case has been marked by a series of adjournments since DiFrancesco’s first court appearance in April.

Community service, payment in gralif case

Two male co-defendants, both minors charged with criminal trespass at Haldane School last August, appeared separately in court on Wednesday. The first has begun performing 50 hours of community service at St. Basil Academy in Garrison. Judge Costello again asked that staff there submit a letter to the court detailing the schedule.

CSPD issues to be discussed during next week’s meeting

A resolution giving Greenplan the zoning application were successful. After the grant was awarded, the Village Board passed a resolution giving Greenplan the zoning work was that it came from Trustee William L. Fadde the lone trustee to vote “nay.” Fadde responded to that saying, “So let’s make a commitment on behalf of the entire council to the overall sewer system. Those maintenance requirements will be spelled out in the final agreement between residents and the Village. Interim counsel Florence will review the agreement once engineering for the project is completed by Oakwood Environmental Associates, stating that a single trustee cannot be better resolved after that. The employment history of one particular person when the public meeting re- sumed after the closed-door session. The Board immediately approved a “Separation and Release Agreement” with CSPD Officer-in-Charge Kane.

Greenplan bill discussed again

Tabled a week ago, the question was again raised regarding whether or not the village should pay all or part of a $7,693.75 invoice from Greenplan Engineering for the Street. Oakwood Environmental Associates, superintendent of water and sewers, based consulting firm that wrote a successful grant application that resulted in a resolution giving Greenplan the zoning application at no cost for an additional $350. Greenplan had recently also submitted a “late fee” request for $5,000 for the services it had provided to the village. Legal counsel for the second defendant asked that his client’s community service, at a local animal shelter and that staff there had described him as having done “a terrific job.” The judge was not impressed. “That’s all very nice but he did it before discussing it with the court,” Costello said. “I want to know what he did.” The shelter will now be asked to provide a letter to the court detailing the dates that the youth worked and the tasks he performed. The case was adjourned until Feb. 11.

As part of Wednesday’s proceedings the youth also submitted a check for $244.23 as restitution for the damage done by the graffiti that defaced property in several village locales. The other two defendants, also both minors, paid similar restitution at their court appearance in December and were also sentenced to perform community service.

Judge calls for additional community service venues

Two male co-defendants, both minors charged with criminal trespass at Haldane School last August, appeared separately in court on Wednesday. The first has begun performing 50 hours of community service at St. Basil Academy in Garrison. Judge Costello again asked that staff there submit a letter to the court detailing the schedule.

The youth also charged with possession of marijuana, is performing an additional 30 hours of community service at Haldane. The marijuana charge was not dealt with during Wednesday’s proceedings.

Both cases were adjourned until Feb. 11 and it appears likely that after community service is complete, trespass charges against both defendants will be dismissed.

Wastewater treatment contracts awarded

Following a report from Greg Phil-

as part of his monthly report that the new number to call to determine if parking is prohibited on village streets due to ongoing or predicted snowfall is now 914-747-7669.

Mark Forlow was appointed village historian, replacing Donald MacDonald who retired from the New York state-mandated position several months ago.

Questions submitted recently to the Village Board to be passed on to the New York State Department of Environmental Conservation regarding removal of coal tar in the area of the Cold Spring Boat Club will be the subject of a workshop to be scheduled in the near future.

Peekskill-based Wheelabrator Technologies informed village officials that in accordance with New York state law, manufacturers must now handle recycl-

ing of many types of electronic equip-

ment including computers, televisions, cellphones and other devices. As a result electronic devices cannot be disposed of at the curb as part of regular recycling. This film tells the story of the newspaper editor who steps into a fantasy world attempting to comprehend the coincidence. In live performance, Mason will sing all of the film’s songs in costume and a musician will perform the soundtrack. Mason is a sculptor, songwriter, and performer whose work has been shown at museums across the country.

The Lives of Hamilton Fish

A film song by Rachel Mason, featuring live performances

The Putnam History Museum • 63 Chestnut Street, Cold Spring, NY
VintagE, Eclectic Possessions Are PomaRosa's Specialty

'I would like to have this in my house' determines what PomaRosa stocks

By Alison Rooney

Stepping into PomaRosa, that "vintage eclectic possessions" store now set-tied into its fifth year on Cold Spring's Main Street, is encountering the recent past. The small store is filled with furniture, housewares, lamps, clothing, jewelry, artwork and more, all of it from the century just passed.

The store, which began its life across the street, occupying a space at Antiques Alley in its first year, is named because its mixed-bag contents echo the same variety of components found on a fruit very much settling first in Putnam Valley, then in Beacon, PomaRosa, who had been a teacher, knew Cold Spring from spending time here on weekends.

Now, as in the beginning, an "I would like to have this in my house" determines what PomaRosa stocks; she locates her merchandise at auctions and estate sales and through word of mouth. "Now that I've been here for years, people call me and email me, offering things. We're always looking for fun things for people to enjoy displaying; things that people can envision in their own house — objects that people can fall in love with," she said. Not all of what is in stock is on display, and if customers express an interest in a particular style or era, PomaRosa is frequently able to provide or send images of other things they might like.

PomaRosa's Specialty Vintage, Eclectic Possessions Are

A display evoking an earlier era, at PomaRosa

1998. She described her first foray to New York City, which included her first subway ride from which she emerged to view "girls walking around with purple hair — I loved it; it was wonderful." Eventually settling first in Putnam Valley, then in Beacon, PomaRosa, who had been a teacher, knew Cold Spring from spending time here on weekends.

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PomaRosa often gets attached to things in the store: "I think I'm not really ready to let something go, and then someone comes in and wants it. I often ask people who buy things here to take a photo of where they wind up. I got a photo recently from a woman who wrote, 'You can see the lamp is in a good place.'"

PomaRosa described her customers as largely from "Brooklyn, Manhattan and New Jersey and people who have just moved to the Hudson area" and said there are many repeat clients. "We always want to find the right things for people," she noted. Age-wise they span the generations, from young couples into vintage to a woman in her 70s who purchased a leopard-print coat just last week — her first time ever in life buying something secondhand. PomaRosa described her prices as reflective of rents lower than those found in Manhattan and Brooklyn. "That's one of the reasons we have customers return," she said.

PomaRosa's mother, Elsa, is more often than not in the store with her. PomaRosa described her as "my partner in crime — she's always falling in love with things and telling me, 'You have to get that.'"

The store's busiest months are summer and fall; winter is the challenge it is to all Main Street retailers. During summer PomaRosa is open Wednesdays to Sundays, but during the winter months it is open on weekends only, plus on request. PomaRosa is located at 82 Main St., in Cold Spring. Visit vintagepomarosa.com or call 845-809-5363.

Furniture, home and lamps are PomaRosa's mainstay.

Hands on bead making
Learn with an extraordinary teacher
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162 Main St, Beacon, NY 12508 [845] 440-0068
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Main Stage presents:

Goblin Market

Feb. 6 - 22
Fridays & Saturdays 8 p.m. • Sundays, 2 p.m.
A mini-musical featuring Maia Guest and Jenn Lee directed by Donald Kimmel
Tickets: $25 www.brownpapertickets.com

Auditions for On Golden Pond, directed by Nancy Swann
January 23, 6 - 9 p.m.
January 24, 9 a.m.-1 p.m.
Contact NancySwann@aol.com or 914-522-5837 for information and audition time. To be performed at the Depot Theatre, May 1 - 24, 2015

845.424.3900 • www.philipstowndepottheatre.org
Garrison Landing, Garrison, NY (Theatre is adjacent to train station.)
Icelandic Journey Captured in Video Installation

Cold Spring artist at bau

By Brian PJ Cronin

As entrancing as Strata by Cold Spring’s Matt Frieburghaus is, it’s just the tip of the glacier.

The video installation, which can currently be seen in the back room at Beacon Artist Union (bau) at 506 Main St., in Beacon, is just one of the many new works that Frieburghaus created after spending July at an artists’ residency in the tiny fishing village of Skaftafell on the northern coast of Iceland. He’ll re-mount Strata, along with the rest of his new works, next month at Marist College, where he serves as associate producer of digital media. His time in Iceland was so fruitful that he spent the fall semester on sabbatical so that he could concentrate on his new work. “Outside of my duties as a father and a husband, this is literally all I did this past fall,” he recalled with a laugh.

Frieburghaus was invited to Iceland as part of the Nes Artist Residency program. “I didn’t necessarily know what was going to come of it,” he said. “I’ve been wanting to go to Iceland for awhile. I knew that I would get something from it.”

Without a set plan, Frieburghaus spent the month hiking through the town, by the towering cliffs, over the glaciers, onto the mountains and into the open, vast areas in between. And everywhere he went, “I knew that I would get something from it.”

Awhile. I knew that I would get something from it.”

Artist Matt Frieburghaus in front of the Skaftafellsjokull Glacier. Photo courtesy of the artist

Faces of Ebola Heroes on Display in Beacon

Photojournalist captures portraits of frontline health workers in Fovea exhibit

By Kevin E. Foley

Ebola, the ravaging disease that has killed 8,400 West Africans and threatened the viability of whole countries such as Liberia and Sierra Leone, has also spread a fair amount of fear in this country as well. Of late, we hear reports of perhaps a corner turned in the efforts to isolate the disease and prevent its spreading into even larger populations. But much more dangerous, challenging, at times desperate work still needs to be done.

What do we know of the people who do the frontline work of identifying and accepting patients, treating them and in many cases burying them, risking their lives in the process? One way to begin to appreciate the human dimension beyond the headlines and the dread is to view a new still photography exhibit mounted by the Fovea organization and hosted by Beacon’s Hudson Beach Glass in that emporium’s second-floor gallery. Fovea specializes in presenting the work of photojournalists from around the world.

The work is a series of seemingly simple, straightforward black-and-white portraits of health workers all toiling in a treatment center out in the bush country of Liberia, a five-hour drive from that nation’s capital, Monrovia.

The photographer Daniel Berehulak is a relatively young but very experienced Australian photojournalist.

Making Smart Food Choices: Marika Blossfeldt’s Wellness Workshops

Jan. 21 talk at Butterfield gives a preview of the series

By Alison Rooney

Whether you are looking for a total overhaul in your food consumption leanings, or just more guidance in following an energy-giving, health-conscious diet, Marika Blossfeldt’s “The New Year, New You Wellness Workshop” six-session series aims to give participants starting and continuing points in examining how food choices affect more than just our tastebuds and bellies, but exert a far greater influence: on vitality, energy and even overall well-being. Topics touched upon will include blood-sugar balance, the food-mood connection, the acid/alkaline balance, the need to hydrate, the best food choices for particular body types, fluctuations in mood and concentration, the best oils and fats to use for particular cooking techniques, how to speed up metabolism and, always a challenge, losing weight the healthy way — without extreme dieting, counting calories or deprivation. One of the sessions will be a hands-on natural foods cooking class, with group preparation of a three-course dinner (dessert definitely included) using fresh, organic local ingredients.

The goal of the sessions, according to Blossfeldt, is to accumulate a collection of small changes done on a regular basis, learn how best to apply them and use them to transform. Homework each week will be to adjust diets just a little, progressively. “Try to move away from processed foods — really look through your pantry,” she said. “Participants typically become more confident about making good food choices. They experience greater vitality, clearer minds and a more positive outlook on life.”

Guiding and teaching participants how to manage their eating habits is a natural evolution for Blossfeldt. Her continuum of professions — fine artist to food counselor and cookbook creator — have culminated in her nutrition counseling and cookbook creating. All have contributed to her practice today, which includes not only these workshops and two best-selling cookbooks but half the year spent facilitating workshops and retreats at her farm in her

Above, Marika Blossfeldt’s first book: Essential Nourishment, Recipes from my Estonian Farm

Markia Blossfeldt

Photo by Hele-Mai Alamaa

(Continued on page II)
The Calendar
Looking for things to do and around Philipstown? Grab The Calendar and go. For more details and ongoing events, visit philipstown.info. Send event listings to calendar@philipstown.info. See you around town!

FRIDAY, JANUARY 16

Kids & Community
Pizza Night and Ice Cream Social
4 - 6 p.m. North Highlands Fire Department
504 Fishkill Road, Cold Spring
Call 845-265-9955 for take-out
Kids’ Night Out (ages 5+)
6:30 - 9:30 p.m. All Sport Health & Fitness
17 Old Main St., Fishkill
845-896-5678 | allsportfishkill.com

Film & Theater
The Wizard of Oz (Play)
7 p.m. Paramount Hudson Valley
1008 Brown St., Peekskill
914-995-4050 | countycenter.biz

Fully Committed
8 p.m. Culinary Institute of America
1464 Campus Drive, Hyde Park
845-235-9885 | hfalcon@ciaculinary.edu

SATURDAY, JANUARY 17

Kids & Community
Open-Mic Night
8 p.m. Howland Cultural Center
477 Main St., Beacon
845-833-4988 | howlandculturalcenter.org
Joe Croekston and the Bluebird Jubbile
8:30 p.m. Townie Crie Café
379 Main St., Beacon
845-855-3100 | towncreeker.com
Cold Flavor Repair
9 p.m. Whistling Willy’s
184 Main St., Cold Spring
845-899-5838 | whistlingwillys.com

Kids’ Open-Mic Night
845-833-4988 | howlandculturalcenter.org

Music
Dave Mason’s Traffic Jam
8 p.m. Tarrytown Music Hall
13 Main St., Tarrytown
914-631-3390, ext. 100
tarrytownmusichall.org
Fred Gillen, Jr. and Matt Turk
9 p.m. BearRunner Café
205 S. Division St., Peekskill
914-737-1701 | bearrunnercafe.com

Cold Spring Farmers’ Market
8:30 a.m. - 1:30 p.m. St. Mary’s Church
Cold Spring Farmers’ Market
Kids & Community
Kids’ Night Out (ages 5+)
6:30 - 9:30 p.m. All Sport Health & Fitness
17 Old Main St., Fishkill
845-896-5678 | allsportfishkill.com

Meeting & Lectures
Meetings & Lectures
MaryEllen Odell Victory Party (Fundraiser)
6 p.m. Putnam County Golf Course
187 HI St., Mahopac
maryellenodell.com

Baseball Card Show
10 a.m. - 5 p.m. Westchester County Center
2 Chestnut St., Cold Spring
845-424-3900, ext. 100
csfarmmarket.org

Cold Flavor Repair
9 p.m. Whistling Willy’s
184 Main St., Cold Spring
845-899-5838 | whistlingwillys.com

Music
Dave Mason’s Traffic Jam
8 p.m. Tarrytown Music Hall
13 Main St., Tarrytown
914-631-3390, ext. 100
tarrytownmusichall.org
Fred Gillen, Jr. and Matt Turk
9 p.m. BearRunner Café
205 S. Division St., Peekskill
914-737-1701 | bearrunnercafe.com

Bridal and Fashion Show
Noon - 4:30 p.m. Garrison Golf Club
2015 Route 5, Garrison
845-424-3604 | thegarrison.com
Wedding Expo
Noon - 4:30 p.m. Highland’s Country Club
951 Route 5, Garrison
845-424-3254 | highlandscountryclub.net

Kids’ Open-Mic Night
845-833-4988 | howlandculturalcenter.org

Film & Theater
The Wizard of Oz (Play)
7 p.m. Paramount Hudson Valley
1008 Brown St., Peekskill
914-995-4050 | countycenter.biz

Fully Committed
2 & 8 p.m. Culinary Institute of America
See details under Friday.

Music
Bouquet Music Factory (First Sessions)
10 a.m. Group Guitar Level 2
11 a.m. Group Guitar for the People
629 Route 52, Beacon
845-769-0472 | beaconsongfactory.com

MLK Jr. Day Choir Rehearsal
3 p.m. Springfield Baptist Church
8 Church St., Beacon
845-833-9202 | beaconsongfactory.com
Jazz Vespers
5:30 p.m. First Presbyterian Church of Philipstown
10 Academy St., Cold Spring
845-265-3220 | firstprescoldspring.org
Italian Night With Phil Palladino
7 - 10 p.m. Hudson House River Inn
2 Main St., Cold Spring
845-265-9355 | hudsonhouseinn.com
Ballroom by Request
8 p.m. Lesson, 9 p.m. DJ Joe
Hudson Valley Dance Depot
115 Freedom Plains Road, LaGrangeville
845-454-2571 | hudsonvalleydance.org

SUNDAY, JANUARY 18

Kids & Community
Baseball Card Show
10 a.m. - 4 p.m. Westchester County Center
See details under Saturday.

Introduction to Beekeeping
10 a.m. Outdoor Discovery Center
100 Main St., Garrison
845-534-5506 | htnaturemuseum.org

Beacon Farmers Market
11 a.m. - 3 p.m. Scenic Hudson River Center
Long Dock Drive, Beacon
845-234-9325 | beaconfarmersmarket.org

Film & Theater
The Wizard of Oz (Play)
9:30 p.m. 12 Grapes
Details under Friday.

Music
Bouquet Music Factory (First Sessions)
10 a.m. Group Guitar Level 2
11 a.m. Group Guitar for the People
629 Route 52, Beacon
845-769-0472 | beaconsongfactory.com

MLK Jr. Day Celebration (Speaker & Potluck)
7 p.m. Desmond-Fish Library
472 Route 403, Garrison
845-265-3652 | desmondfishlibrary.org

Sports
Army vs. Bucknell (Women’s Basketball)
2 p.m. Christl Arena, West Point
845-938-2526 | armyathletics.com

Film & Theater
Fully Committed
2 p.m. Culinary Institute of America
See details under Friday.

The Wizard of Oz (Play)
3 p.m. Paramount Hudson Valley
See details under Friday.

National Theatre of London:
See details under Friday.

THE PAPER
www.philipstown.info | philipstown.info

Free at Last!
A Jazz Tribute to Martin Luther King
January 17 • 5:30 PM
Featuring Noted Jazz Artist
Rene Bailey
First Presbyterian Church
10 Academy Street
(walk up Main Street and turn right one street after the traffic light)
Donations gratefully accepted in support of artists

Joe Louis Walker Band
8:30 p.m. Townie Crie Café
See details under Friday.

Crossroads Band
9 p.m. Whistling Willy’s
Details under Friday.

Spanish Fly With Theresa Arno
9 p.m. Max’s on Main
See details under Friday.

Electric Beef
9:30 p.m. 12 Grapes
See details under Friday.

LA Soul
10:30 p.m. The Hudson Room
See details under Friday.

Meetings & Lectures
Hautnings in the 18th Century
7 p.m. Old Main House
289 Forge Hill Road, Vails Gate
845-561-7685, ext. 22 | nyseparks.org
Reservations required.

The Wizard of Oz (Play)
9:30 p.m. 12 Grapes
Details under Friday.

La Soul
10:30 p.m. The Hudson Room
See details under Friday.

Meetings & Lectures
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Hautnings in the 18th Century
7 p.m. Old Main House
289 Forge Hill Road, Vails Gate
845-561-7685, ext. 22 | nyseparks.org
Reservations required.
MONDAY, JANUARY 19

Martin Luther King Jr. Day Local libraries closed

Kids & Community

Vacation Camp (ages 5-12) 8 a.m. - 5 p.m. All Sport Health & Fitness See details under Friday.

37th Annual MLK Jr. Day Celebration 8:30 a.m. Continental breakfast 10:45 a.m. Low Intermediate Adult Tap 10:45 a.m. Dance with Me Baby Class Ballet Arts Studio, 107 Teller Avenue, Beacon 845-831-1870 | balletartsstudio.com

Howland Public Library 10:30 a.m. Baby & Me (ages 0-2) 4 p.m. Crazy 8s Math Club (grades 3–5) 313 Main St., Beacon | 845-831-1134 | beaconlibrary.org

Cooking Class: Healthy New Year 2 p.m. Dempsey House 1992 Comrond Road, Cortlandt Manor 914-734-3780 | hvhc.org/events

Kids’ Craft Hour (grades 2+) 4 p.m. Desmond Fish Library 472 Route 403, Garrison 845-424-3000 | desmondfishlibrary.org

Girls’ Softball Clinics 6 p.m. Ages 4-6 | 7 p.m. Ages 7-9 8 p.m. Ages 10-14+ Romeboult Middle School 88 Matthewson Road, Beacon 845-591-0276 | chefsbeacon.com

Wines & Foods of Northern Portugal 6 p.m. MSMC Desmond Campus 845-565-2076 | msmc.edu/communityed

Health & Fitness

Eating Healthy on a Budget 6 p.m. All Sport Health & Fitness 17 Old Main St., Fishkill | 845-265-3040 | allsportfishkill.com

Nutritional Seminar 7 p.m. Al Sport Health & Fitness 17 Old Main St., Fishkill | 845-896-5678 | alsportfishkill.com

Sports

Army vs. Colgate (Men’s Basketball) 7 p.m. Christ Arena, West Point 845-938-2526 | goarmysports.com

Meetings & Lectures

Library Board Meeting 7 p.m. Butterfield Library 10 Morris Ave., Cold Spring 845-265-3040 | butterfieldlibrary.org

(To page 12)

TUESDAY, JANUARY 20

Kids & Community

Ballet Arts Studio (First Sessions) 9:30 a.m. Low Intermediate Adult Tap 10:45 a.m. Dance with Me Baby Class Ballet Arts Studio, 107 Teller Avenue, Beacon 845-831-1870 | balletartsstudio.com

Howland Public Library 10:30 a.m. Baby & Me (ages 0-2) 4 p.m. Crazy 8s Math Club (grades 3–5) 313 Main St., Beacon | 845-831-1134 | beaconlibrary.org

Cooking Class: Healthy New Year 2 p.m. Dempsey House 1992 Comrond Road, Cortlandt Manor 914-734-3780 | hvhc.org/events

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Health & Fitness

Eating Healthy on a Budget 6 p.m. All Sport Health & Fitness 17 Old Main St., Fishkill | 845-265-3040 | allsportfishkill.com

Nutritional Seminar 7 p.m. Al Sport Health & Fitness 17 Old Main St., Fishkill | 845-896-5678 | alsportfishkill.com

Sports

Army vs. Colgate (Men’s Basketball) 7 p.m. Christ Arena, West Point 845-938-2526 | goarmysports.com

Meetings & Lectures

Library Board Meeting 7 p.m. Butterfield Library 10 Morris Ave., Cold Spring 845-265-3040 | butterfieldlibrary.org

(To page 12)
Icelandic Journey Captured in Video Installation (from page 7)

Icelandic artist residents at the top of Spakonufell Mountain Photo courtesy of the artist

went, he shot video and recorded sound. He was immediately struck by the vastness of the landscape. With no trees around, he found that he could literally see for miles in any direction. And with the arctic summer’s “midnight sun” in effect, the sun simply circled the sky instead of rising and setting. The result was a hypnotic play of light unlike anything he had encountered.

Both of these qualities inform Strata, a video and sound installation. Freiburghaus compiled video stills of the various landscapes he shot; sampled the colors found in the ice, sky, sea and rocks as the light changed throughout the day; and used them to form blocky layers upon layers to create a visual reduction of the landscape to its basest elements. The visuals are accompanied by sounds of the landscape that Frei-

burghaus recorded. “I didn’t do any-
th ing at all to the sound, it’s super real,” he said. “It’s there to ground you and reveal the landscape.”

“I could shoot video at midnight and never have to worry that I wasn’t getting enough light.”

As a result, even with minimal information, the totality of the Icelandic landscape and the fluctuating conditions caused by wind and light still came across in the final work, even if the visual image at first resembles a TV test pattern. Over time, the brain manages to fill in the details and smooth out the rough images. Freiburghaus said that while working on the piece he was amazed to realize how little visual information he needed to produce in order to convey the experience of the landscape. “My wife Laura is also an artist,” he said. “She walked in one day while I was working on it, looked at it and said ‘You’re already done. Don’t do anything else to it.’ Iceland has really transformed my work, I’m really starting to look at things in a much simpler way.”

Even after spending a month in Iceland, Freiburghaus is already thinking about projects he’d like to do if the opportunity to travel there again ever came up. At the top of his list: recording the sounds of glaciers via contact microphones. “I spent a whole day exploring some of the glaciers near the town, but I wish I’d spent a week.” And although it would be interesting to travel there during a different time of year so that he could observe how the light from the rising and setting sun transforms the landscape, he admits that the midnight sun certainly allowed him to make the most of his brief time there.

“I could shoot video at midnight and never have to worry that I wasn’t getting enough light,” he said laughing. Freiburghaus can be seen at BAU, 506 Main St., in Beacon, on Saturdays and Sundays from noon to 6 p.m. through Feb. 8. Freiburghaus’ sabbatical exhibition will run from Feb. 12 through March 8, with an opening reception on Feb.12 from 5 to 7 p.m., at the Marist College Art Gallery in the Steel Plant Studios building at Marist College.
who has traveled to 40 countries to cover stories such as the trial of Saddam Hussein in Iraq and elections in Afghanistan and whose work has appeared in major publications such as *The New York Times*, *The Wall Street Journal* and *Time* magazine. In 2010 he was nominated for a Pulitzer Prize for coverage of the floods in Pakistan.

In an interview with *The Paper* at the second Saturday exhibit opening, Berehulak explained a little about how he came to photograph the health workers, who range from medical doctors specializing in infectious diseases to gravediggers who have had to bury family and friends, among others.

He said he had spent about six weeks covering the response to the Ebola outbreak and was struggling with relating what he encountered beyond the sense of crisis and misery. “I was finding it difficult to move the story forward.” At first he hit upon an ambitious project to make portraits of all sorts of people around the world involved in the Ebola campaign, including Americans in Atlanta, Georgia, at the Center for Disease Control. But his editor at Getty Images Reportage wanted him to limit his scope to his location at the Bong County Treatment Facility in Boakoko, Liberia.

Wanting to make the pictures special for the participants and anxious the subjects would be reluctant to cooperate, he labored to create a makeshift but welcoming environment for the photo shooting. He put up a small tent, hung queen-size sheets he purchased after driving all the way into Monrovia, where he also acquired giant floodlights in a hardware store. “There are no photography studios in Monrovia,” he said.

His fear about cooperation stemmed from the great social stigma attached to involvement with Ebola. Many of the health workers had never told their families what they were doing. But he said, “I was literally astonished by the response. Everyone wanted their picture taken.”

Over the course of taking as many as 60 portraits, Berehulak said he spent an hour or more with subjects listening to their personal stories of how they got to the treatment center, and why they do the work. “It was a very humbling experience to have all these people opening up. Everyone had their personal journey.” He said regretfully he did not have the opportunity to record the interviews. “Out there I am working nimby. I carry as little equipment as possible to be less conspicuous.”

Very brief, nevertheless moving, biographical statements appear as captions for the portraits.

“I was a very humbling experience to have all these people opening up. Everyone had their personal journey.”

Berehulak said what most impressed him about the experience of covering the story was witnessing the interrelation of roles played. “Every person, from the gravedigger to the person to whom I had sanitation … to the doctors, the nurses, played such an integral role.” He said it was clear that without that cooperation the facility would easily fall apart. “The biggest thing is the safety of the health workers, because if you don’t have an Ebola treatment facility that gives confidence to the health workers to give the best care, it can even breed the virus and further infect people.”

In an age when digital technology allows everyone to be a photographer and the camera is often pointed at ourselves, an exhibit of a serious artist’s work representing real-world tragedy and extraordinary heroism might be well worth the trouble of a visit as a way to recalibrate perception.

### Everyone’s reading

- **Unfunded Mandate**
  - 8 p.m. BearScream Café | Details under Jan. 16.

- **The Blues Dogs**
  - 9:30 p.m. 12 Grapes | Details under Jan. 16.

- **Joni Blankell Band**
  - 10:30 p.m. The Hudson Room | Details under Jan. 16.

### Meetings & Lectures

- **Week of Prayer: Jeanette Phillips (Hudson River Health Center)**
  - 4 p.m. Graymoor (St. Pius X 3rd Fl. Chapel) | Details under Tuesday.

### ONGOING

- **Art & Design**
  - Visit philipstown.info/galleries

- **Religious Services**
  - Visit philipstown.info/services

- **Meetings & Lectures**
  - Visit philipstown.info/aa

- **Alcoholics Anonymous**
  - Visit philipstown.info/aaSupport Groups | Visit philipstown.info/aa

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**Music**

- **Unfunded Mandate**
  - 8 p.m. BearScream Café | Details under Jan. 16.

- **The Blues Dogs**
  - 9:30 p.m. 12 Grapes | Details under Jan. 16.

- **Joni Blankell Band**
  - 10:30 p.m. The Hudson Room | Details under Jan. 16.

### Meetings & Lectures

- **Code Update Committee**
  - 7 p.m. Village Hall | 85 Main St., Cold Spring | 845-263-2611 | info@villageofcoldsping.com

- **Week of Prayer: Janet Fay**
  - 7 p.m. Graymoor (St. Pius X 3rd Fl. Chapel) | Details under Tuesday.

### Friday, January 22

#### Kids & Community

- **Stamp, Coin & Paper Money Show**
  - Noon - 6 p.m. Westchester County Center | See details under Saturday.

- **Movie & Pizza Night: Many Adventures of Winnie the Pooh**
  - 5 p.m. Desmond-Fish Library | See details under Tuesday.

### Farm Dinner

- **6:30 p.m. Glwywood Farm**
  - 362 Glwywood Road, Cold Spring | 845-263-3338 | glwywood.org

- **Snowtubing at Tuxedo Ridge (grades 4-8)**
  - 6:30 p.m. Philipstown Rec Center | 107 Glen/Plt Drive, Garrison | 845-424-4618 | philphilstowncreation.com

- **Verity Wine Dinner**
  - 7 p.m. The Garrison | See details under Sunday.

- **Health & Fitness**
  - **Women’s Self-Defense Class**
    - 6 p.m. All Sport Health & Fitness | See details under Wednesday.
  - **Film & Theater**
    - **On Golden Pond Auditions**
      - 6 - 10 p.m. Philipstown Depot Theatre | 10 Garrison Landing, Garrison | 845-424-3900 | philipstowndepottheatre.org
    - **International Film Night: Picture Bride (Japanese-American)**
      - 7 p.m. Howland Public Library | 313 Main St., Beacon | 845-833-1154 | beaconlibrary.org
    - **Fully Committed**
      - 8 p.m. Culinary Institute of America | See details under Jan. 16.

### The Calendar (from page 9)

**Planning Board**

- 7 p.m. Village Hall | 85 Main St., Cold Spring | 845-263-3338 | coldspringny.gov

**Week of Prayer: Roberta Southwick (Franciscan Sisters)**

- 7 p.m. Graymoor (St. Pius X 3rd Fl. Chapel) | See details under Tuesday.

**TUESDAY, JANUARY 20**

#### Kids & Community

- **Many Adventures of Winnie the Pooh**
  - 2 p.m. Jacob Burns Film Center | See details under Tuesday.

- **Specializing In Local Scenes • Old And New •**
  - 845-809-5174

- **Great selection of frame mouldings•**
  - 845-809-5174

- **Serving Cold Spring, Beacon, NYC & beyond since 1997**
  - www.thehighlandstudio.com

- **YOUR BEST BET — buy tix ahead at box office**

### The Paper

**January 16, 2015**

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**Advertising your business here**

- **call 845.809.5584**
- **email ads@philipstown.info**

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*In 2010 he appeared in major publications such as...*
Remember Philipstown of 1955 With Neighbors
Gathering at Butterfield Library Feb. 12 to help Halundale classes

D
d you know that Eleanor Roosevelt visited Cold Spring in 1955? Or that the Cold Spring Boat Club was founded in 1955 by a small group of village boat owners who leased one of the Cold Spring Lumber Co. buildings for a mere $1 per year? The Cold Spring community is full of stories and history, which is why friends and neighbors are invited to a gathering called “Philipstown: I Remember,” at 4 p.m. on Feb. 12 at the Butterfield Library.

Participants will look at the year 1955 through songs, photos and most importantly, their memories. In the meantime, Halundale classes, sixth-grade classes are busy preparing questions, so those interested in attending should start gathering their stories, photos and anything else they want to share.

A keynote storyteller will kick off the event and refreshments will follow. Children and grandparents are encouraged to attend. The event is free and open to the public and organized by Ivy Meero
pol, Dar Williams, Cecily Hall and Nancy Montgomery.

Philipstown Synagogue Welcomes Guest Rabbi
Helaine Ettinger to lead Jan. 24 services at St. Mary’s Parish Hall

The Philipstown Reform Synagogue (PRS) will welcome guest Rabbi Helaine Ettinger to lead Shabbat afternoon services at 4 p.m. on Jan. 24 at St. Mary’s Parish Hall in Cold Spring. Ettinger, a reform rabbi with a lot of experience working with small congregations and in Jewish education, will be leading the service with a familiar liturgy as well as some new melodies. All are welcome to attend.

Rabbi Ettinger, a graduate of Princeton University and Hebrew Union College (JUC), has served the Jewish Congregations of Kinolton in Pompton Lakes, New Jersey, and Congregations B’nai Harim in the Poconos. For a number of years she lived in the Poconos. For a number of years she lived in the Poconos.

Located in the Lake Carmel Arts Center, 640 Route 52, Kent Lakes, this Arts on the Lake event is open to all with an admission price of $15. There is a $3 discount for AOTL members, and anyone can become a member in advance on the web or at any event. Arts on the Lake recommends advance ticket purchase at artsonthehal.org or 845-225-2685.

The Golden Mean by Carole A. Feuerman, part of Peakskill Project V at the riverfront in Peekskill

The Golden Mean by Carole A. Feuerman, part of Peakskill Project V at the riverfront in Peekskill

Stand-up Comedy Returns to Arts on the Lake
Mick Difo, Regina DeCicco, Frank Gentile perform Jan. 24

Following the success of the first Stand-up Comedy Night in November, Arts on the Lake plans to continue this series of bringing comics from New York City clubs and elsewhere to perform in the Lake Carmel Arts Center. Comics Mick Difo, Regina DeCicco and Frank Gentile will perform at Arts on the Lake at 8 p.m. on Saturday, Jan. 24.

Difo is a fixture in New York City comedy and has also been a contributing writer to The Idiot’s Guide to Jokes, Jest magazine, and The Huffington Post. He comes out of the sketch group HaHaM.

DeCicco became the winner of the prestigious Ladies of Laughter competition in August 2012. In 2013, she was accepted into the Laughing Shell Festival in Atlanta, Georgia, and selected for the groundbreaking Women in Comedy Festival in Boston. Prior to entering the world of stand-up, DeCicco spent five years in the Design Department of Saturday Night Live and graduated from Barnard College.

Professional comic Gentile uses his personal experiences and unique takes on everyday events to keep audiences laughing all over the Northeast and New York City.

The Tournées French Film Festival, supported, in part, by the FACE (French American Cultural Exchange) Foundation of the Cultural Services of the French Embassy, brings recent French and francophone cinema to American college campuses. This year, Vassar College’s festival theme is Love in the 21st Century, which highlights the many forms of love these films explore: a young couple with a sick child, love in old age, love and family in a new country, and same-sex love. The festival will feature more than 80 artists, both established and emerging, from countries all over the globe. Their original sculptures, paintings, videos and performances will be highlighted throughout Peakskill outdoors in public spaces, and indoors at downtown businesses.

Over the course of the project, many lively events will be held, including family education programs, performances and lectures, all related to the material in the exhibits.

HVVCA Awarded Funds for Peakskill Project VI

HVVCA Awarded Funds for Peakskill Project VI

The Hudson Valley Center for Contemporary Art has been awarded a New York State Council on the Arts grant to help fund Peakskill Project VI. Peakskill Project launched in 2004, has grown in scope, quality and visibility, with active support from businesses, restaurants, city employees and artists. In each of the five iterations of Peakskill Project, over 100 international artists have participated and created original works of art. Attendance is robust with over 5,000 visitors at the opening weekend and, over the duration of the show, more than 30,000 visitors from the national and international community.

Peakskill Project VI opens in September and runs through the end of 2015. The festival will feature more than 80 artists, both established and emerging, from countries all over the globe. Their original sculptures, paintings, videos and performances will be highlighted throughout Peakskill outdoors in public spaces, and indoors at downtown businesses.

On the course of the project, many lively events will be held, including family education programs, performances and lectures, all related to the material in the exhibits.

Tournées French Film Festival Begins Feb. 6 Weekend screenings at Vassar free and open to public

The Tournées French Film Festival is coming to Poughkeepsie with a series of screenings that are free and open to the public every weekend in February, beginning Feb. 6.

The Tournées French Film Festival, supported, in part, by the FACE (French American Cultural Exchange) Foundation of the Cultural Services of the French Embassy, brings recent French and francophone cinema to American college campuses. This year, Vassar College’s festival theme is Love in the 21st Century, which highlights the many forms of love these films explore: a young couple with a sick child, love in old age, love and family in a new country, and same-sex love. The festival will include such well-known films as Amour, the 2013 Academy Award winner for Best Foreign Language Film, and Blue Is the Warmest Color, winner of the Palme d’Or at the Cannes Film Festival (2013).

All films will be screened in the Rosenwald Theater in the Vogelstein Center for Drama and Film, and will begin at 6:30 p.m. Faculty members from Vassar and neighboring colleges will introduce the films and lead post-screening discussions with the audiences.

Poughkeepsie’s arts nonprofit Mill Street Loft has announced the hiring of Michelle Donner to be its new director of operations, effective Jan. 13.

Donner served as the director of operations for Gip
design Group Design, in Rhinebeck, and in upper manage
gment positions at other marketing firms in the Hudson Valley and New York City. “Speaking on behalf of my staff and executive board, we are very excited to have Michelle joining our team at MSLO,” commented Executive Director Carole Wolf. “Michelle brings years of market-
ing, office management, event planning, creative design, fundraising and leader-
ship experience with her. She is very well known in Dutchess County as a dedicat-
ed and committed community advocate, and we look forward to collaborating with her in what promises to be a very exciting 2015 for Mill Street Loft.”

“T’m thrilled to be joining Mill Street Loft with its ever-expanding role of ad-
vocating for the arts and of artists across the Hudson Valley,” remarked Donner. “Everyone should know just how positive the impact of this incredible organization has on those it serves through the arts, whether young or old, no matter their economic status. We’re looking forward to expanding our programming and posi-
tive cultural effect in the near future.”

Mill Street Loft, established in 1981, is a not-for-profit community-based multi-
arts educational center, dedicated to bringing a wide range of creative, educa-
tional and culturally enriching programs to diverse audiences throughout the Hudson Valley.
Sledding Party Jan. 25 at Clermont Historic Site
Free admission for one day of sledding at mansion

Clermont State Historic Site is hosting its annual sledding party from noon to 3 p.m. on Sunday, Jan. 25, with a "No Snow Date" on Sunday, Feb. 8. This is the one day each year when the historic grounds are opened to sledding. Guests can warm up with hot chocolate and homemade treats by the fire. Admission is free, but only safety sleds (with no metal runners) are allowed.

For more information about this program or to volunteer, contact Clermont State Historic Site at 917-318-2239.

Clermont State Historic Site, located at 1 Clermont Ave., in Germantown, features the mansion once owned by the Livingston family, plus formal gardens, scenic Hudson River views and miles of hiking trails. The Friends of Clermont is a private, non-profit educational corporation, founded in 1977 to support and supplement the museum education and historic preservation programs at Clermont State Historic Site. For more information, visit nysparks.com or friendsofclermont.org.

Beacon
Call for Art From Theo Ganz Studio
in Beacon
Works should relate to dispatches from eternity

Theo Ganz Studio announces a call for art under the title of the exhibition, dispatches from eternity. Artists are asked to send one JPEG of an original work with title, year, dimensions, medium and retail price (based on an 80/20 split) to Eleni Smolen, theoganzstudio@tds.net, by March 10.

While there are no size limitations, submitting artists should keep in mind the small space of the gallery: Also, no work priced over $2,500 will be considered. While the studio prefers art that is for sale, a work may be submitted "NFS." There is a $25 fee if accepted, payable at the time of drop-off; in-person only on April 6 and 7, from 1 to 3 and 7 and 8 p.m. Unsold work must be picked up on May 3 at 5 p.m. as there is no storage in the gallery. Artists who cannot guarantee their pickup should refrain from applying. Two-dimensional work must be wired and ready to hang. Performance/video/painting/photography/drawing/etching/sculpture/book art will be considered as space permits. Exhibiting artists will be published in March. Artists whose work is accepted into the exhibition should download and fill out a form to bring with the artwork at the time of drop-off.

Series on Earth’s Plight Opens at Ganz Studio
Artist’s reception for Searching for a New Planet Jan. 24

Theo Ganz Studio presents Ilse Schreiber-Noll’s ongoing series Searching for a New Planet (Only History Remains) 2002–2018, which will include sculpture, books, drawings and paintings and be on view from Jan. 24 through Feb. 22. An opening reception will take place for the artist on Saturday, Jan. 24, from 5 to 7 p.m. The artist’s work was most recently included in the gallery’s group show Cape Dorset and Points South in July 2014. Searching for a New Planet, for which Schreiber-Noll received a Puffin Foundation Grant, has become a multimedia meditation on the plight of our planet using children as “the narrative to bring awareness to the issues that are posing serious threats to humanity” — violence and war, environmental catastrophes, disease and famine. While the theme of the project is dark and unyielding (read the artist’s full statement at theoganzstudio.com) her small-scale drawings and paintings convey a lyrical, almost storybook mood of possibility and adventure. The whimsical little collaged figures of children tramp across planetary dune-scapes remind us, perhaps, that we are on the brink of an era in which humans will spend extended periods of time in deep space. The artist’s propensity for taking one image and improving on the possibilities is evident in five small original pastels as well as in the The Children’s Walk series, which continues to grow as the years go by. Large-scale prints have been produced of the small drawings and will be available.

Schreiber-Noll was born in Germany and attended the University of Marburg before moving to the United States to study woodcut and the art of the book with the Uruguayan-American artist Antonio Frasconi. In 1989 she received her MFA from SUNY Purchase and later taught courses at The Art of the Book with Frasconi, whose politically driven subjects combined with her own lifelong reading of the German poets and authors, especially Bertolt Brecht, and inspired her strong sense of social justice. She worked with Eric Bentley, the playwright, translator and preeminent authority on Brecht, and collaborated with him in producing over 10 books with her wood-block prints, pen-and-ink drawings, aquarelles and collages. Other luminaries with whom she collaborated include Joseph Bruni, Dennis Brutus, Galway Kinnell, Octavio Paz and John Cage. Some of her most lyrical, elogic work, in any medium, can be found among these limited edition and unique books. Many are in public and private collections worldwide.

The artist’s work has been recorded in catalogs and included in numerous exhibition publications, which will be at hand at the exhibition. For further information on the artist and her work, contact Eleni Smolen at theoganzstudio@tds.net or 917-318-2239.

Eating Healthy on a Budget Program Jan. 21
Cornell Cooperative Extension educator shares tips at library

Cornell Cooperative Extension Dutchess County and the Eat Smart New York program will be having an educational workshop on Eating Healthy on a Budget at the Howland Public Library at 2 to 3:30 p.m. on Wednesday, Jan. 31. Presenter Megan Murray has been a community nutrition educator with Cornell Cooperative Extension for seven years. Murray will share tips for making meals and snacks that are healthy while allowing you to stay within your budget.

Participants will receive helpful handouts, a sample of a healthy recipe, along with a copy of the recipe to take with them.

The Howland Public Library is located at 313 Main St. in Beacon. For more information, contact Alison Herrero, adult services librarian at 845-831-1334.

Arm-Knitting Class at RiverWinds Gallery
Jan. 31 class is perfect for beginners

RiverWinds Gallery at 172 Main St. in Beacon is hosting a class by artist Chris Sanders on Arm Knitting. Participants will learn the basics of arm knitting and complete their own super-soft, chunky bowls during the class. This is ideal for beginners – all you need to get started are two to three skeins of at least 110 yards each in chunky weight yarn (and your arms).

RiverWinds Gallery also sells hand-dyed yarn by artist Kelly Newkirk, so those attending can bring their own yarn or pick some out before the class. A 20 percent discount on yarn will be given to all attendees who purchase yarn that day for the class.

The class will take place 10 a.m. to noon on Saturday, Jan. 31. The cost is $20, and reservations are required, as seating is limited to six attendees. To make reservations, call the gallery at 845-838-2880 or email info@riverWindsGallery.com. Credit cards are accepted. The snow date is Sunday, Feb. 1.

For more information about the gallery, visit riverwindsgallery.com.

Community Briefs

The mansion at Clermont State Historic Site in winter

Arm-knitted infinity scarf by Chris Sanders

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Making Smart Food Choices: Marika Blossfeldt’s Workshops

(from page 7)

Native Estonia. “As an artist I enjoyed reinventing myself project by project. To this day, I love incorporating new skills and methods into my work,” she noted. Blossfeldt’s parents left Estonia when she was a toddler, able because of her father’s German ancestry, despite the Soviet hold on Estonia. Although she grew up in West Germany, her parents spoke Estonian at home, for which has always been grateful, she has always embraced her heritage. Always interested in drawing and painting, Blossfeldt studied at the Hochschule der Kunste in Berlin. There, she discovered another art form, dance, at the “late age of 20,” she recalled. Becoming involved in projects with a teacher who spent time in New York City brought Blossfeldt to Manhattan. A planned short stay turned into something longer than that, and she proceeded to divide her time between the two cities, finishing up her degree in Berlin and exploring dance forms in New York, where she participated in many off-off-Broadway productions, started choreographing and toured with dance companies around the world.

To support herself, Blossfeldt enjoyed a long stretch of time working in various capacities for La Monte Young, regarded as “the grandfather of American minimalist music,” according to Blossfeldt, and his wife, visual artist Marian Zazeela. “It was really flexible — I could still go off and tour — and a great relationship,” she said. It was during these years of relative economic stability that Blossfeldt purchased her farm in Estonia. “It was a place in the countryside. With Estonia’s independence in ’91, you were able to purchase farms. I had many friends who had places in the countryside; Estonians have a deep connection to the land. I put ads in the paper looking to buy a complex not more than two hours from the sea, in a beautiful environment. I saw six or seven places, and when I saw this one I had a clear, immediate recognition that ‘this is the place.’ I feel the spirit of the place welcomed me.” The first summer of activity at the complex, which originally included a stable, hay barn and even a beer house, was in 1999. “We tore down the hay barn and built a new structure, a combination dance/yoga studio. We held a yoga retreat, a reiki retreat and had residencies for visual artists, composers and dancers. Now we have three studios: one for art, one for dance and half of the third we turned into a sauna,” Blossfeldt explained. The complex is now devoted to retreats and workshops, attracting participants from around the world. Blossfeldt spends about half the year on the farm and the other half in Beacon, to which she and her husband moved six years ago, seeking a respite from city life. Before moving up, Blossfeldt had studied at the Institute of Integrated Nutrition, then located in New York City. “I wanted to have an education in the field of feeding people. This began with my guests in Estonia — trying to find ways of making sure people can be healthy and happy. I’ve always loved to cook.” Blossfeldt enjoys doing the workshops because she feels people need a time frame to set goals for and in. “It’s good to have a defined period,” she said, “and good to do it as a group, supporting each other. It’s important to hear of other people’s struggles. And there’s so much incorrect information out there, even from people who consider themselves knowledgeable but are not, doctors included. It’s hard for anyone to make sense of it all … Many people never come to a comfortable zone, they’re tired, can’t focus, they’re moody and craving sugar.” Blossfeldt has authored two cookbooks, both with her mother in Estonia. The first, Essential Nourishment: Recipes From My Estonian Farm, is both a nutrition guide and a cookbook, with beautiful images of the recipes it contains. The second book, published thus far in an Estonian edition, focuses more on health, explaining how to maintain digestive health and strengthen the immune system, cleanse the body and mind, prevent inflammation and achieve weight loss — not by counting calories or dieting, but simply by eating great-tasting, nourishing foods. Essential Nourishment is available through the large online retailers and also at many establishments in Beacon.

Blossfeldt said: “So often we reach for food to compensate, console or numb us when our non-food nourishment is lacking or out of balance. But food will never be able to fill that gap, to even out imbalances or undo inadequacies in these vital areas of lives. That is simply not food’s job. While food can sustain and rejuvenate our bodies, creating a solid base for our health and well-being, it can never solve the shortcomings in our relationships, our work situation, our physical activity level or our spiritual life. However, a nourishing, satisfying and grounding diet can provide just the right amount of support and stability we need to resolve imbalances in these fundamental areas.”

The New Year, New You Wellness Workshop will begin on Jan. 29 and last through March 5, and the cost is $327. For detailed information visit marikab.com. She can be reached via email: marikab@gmail.com.


New Year, New Garden

By Pamela Doan

If good intentions pave the road to hell, then it must also look like a yard with a weedy lawn, scruffy trees and a neglected vegetable garden. Landscaping is one of those areas where the divide between what we want to do and what we actually do can be huge.

After last week’s Roots and Shoots column about a mission statement to guide our relationship with the landscape, the next step is naturally to make resolutions for the garden now, too. Rather than a list of tasks, I thought about things that sounded like fun and then broke it out into how it applied to my landscape. Take a go and see how this works out for your yard.

Learn something new

Propagation and pruning are two areas that I want to know more about, and they could also be compatible. Starting new plants from cuttings is a technique that could generate all the new plants I need. Both pruning and propagating require techniques that are specific to the plant or tree. It’s always seemed like a lot of information is needed before starting out, but again, by starting with a couple of plants, I can learn what I need to know and try it out.

Plant seeds

I’ve installed a lot of seedlings and transplants. Only about 10 percent of my gardening has started from a seed I planted. Seeds are cool. There’s an innocent delight when you walk out to the garden one morning to find shoots poking through. Seeds are also cheaper. Since they come in packets with more seeds than a gardener typically needs, share them. Seeds are easier to buy online, too. You can get exactly the plant that you want instead of relying on the transplants available at the local garden center.

Experiment more

Gardening errors can have dire results. Something usually dies. Fear of making a mistake holds most people back from doing anything in the yard. Personally, I hold back from transplanting and dividing plants because I’m afraid of a misstep. The few times I’ve done it, though, it’s worked out. Just do a little research first; don’t destroy the roots and most plants will survive. Dividing plants is a cheap way to get more bang for your buck, so speak to this. Year, I’m going to start digging up what’s there.

Have less lawn

Mowing is like vacuuming to me. I don’t mind it and it’s an easy way to notice results during a stressful week. It was long; now it’s short; something got done. Lawns don’t have much purpose in my mission statement, though. Diversifying the landscape with more plants is not only more picturesque, but also adds value to the ecosystem depending on what plants take the lawn’s place. As an added benefit, mowing less reduces your carbon footprint.

Easy fixes with big results

COMPOST. I need more compost. Everywhere. My small family doesn’t generate enough compostable materials and I need a new source. A neighborhood composting operation might be the answer. Simple to set up — just agree to a location. Then get a few neighbors to sign on and drop off their materials. Share the gold when it’s ready. Everyone has a source for organic matter, all the families stop putting reusable waste in the garbage bin, and the garden wins.

Live with messiness

Nature isn’t tidy. Plans rarely conform to the initial concept and that’s one of the things that I love about gardening, the unpredictability of plants. I want to accept more disorder in my landscape instead of trying to make it look a certain way. Fighting the nature of nature, so speak, is one of the things that make gardeners unhappy and feel like something didn’t work. Let go. Be smarter than an invasive weed

Last summer I interviewed landscape designer Larry Weaner, who specializes in meadows, and he said something that resonated with its simplicity. His point was that by understanding the behavior of a plant, we could more effectively manage it. As an example, he mentioned garlic mustard, an invasive weed that grows all over around here. Weaner pointed out that it’s a biennial, and if you pull it after it’s spread its seed, you’re actually helping it propagate by disrupting the soil, allowing the seeds to settle in. Instead, he said to cut it down before it goes to seed; then let it die over the winter. In two years, it will be gone.
Navy Sails Past Army

By Peter Farrell

In a sold-out, nationally televised matchup at West Point, Army and Navy suited up for their annual men’s and women’s basketball doubleheader Saturday, Jan. 10.

In the men’s game, the Army Black Knights (20-5) battled a relentless Navy (7-9) defense, losing 75-66 to the Midshipmen.

In the women’s game, Navy held off a slowing starting, strong Army team to close out the sweep, winning 55-50.

In both games, all teams played their hearts out in front of the record sold-out crowd that included Gen. Martin E. Dempsey, chairman of the Joint Chiefs of Staff, as well as Basketball Hall of Famer and CBS commentator Reggie Miller.

Knights (10-5) battled a relentless Navy (7-9) defense, losing 75-66 to the Midshipmen.

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Haldane/Putnam Valley Track and Field Earns Medals in League Championships

By Peter Farrell

It may have been cold outside, but it was hot inside the New Balance Track and Field Center located in the New York City Armory last Sunday (Jan. 11), as the combined Haldane/Putnam Valley track and field team made a strong showing in the league championships.

A total of 36 Haldane/Putnam Valley athletes competed in 31 events, capturing 15 medals and establishing Haldane School records in three events. Coached by AJ McConville, Lauren Haines and Philip Keating, the girls finished fourth out of seven schools and the boys finished third out of seven schools.

Medal winners and Haldane School records were captured in the following events:

Girls
- 4 x 800 relay - 2, 11:12.47, Ruby McEwen, Alexandria Sharpley, Angel Zhang, Kaitlyn Philips (medal, Haldane School record)
- 4 x 400 relay - 2, 4:57.87, Tobey Kane-Setz, Ashley Haines, Michaela Khadabux, Lila Osborn (medal)
- 1,500 - 1, Kaitlyn Philips, 5:22.30 (medal)
- 600 - 1, Ruby McEwen, 1:51.76 (medal)
- 1,500 - 2, Ruby McEwen, 5:22.50 (medal)
- Long jump - 1, Michaela Khadabux, 14-3.75 (medal)
- Shot put - 2, Adele Westerhuis, 26-10 (medal)

Boys
- 4x200 relay - 4, 1:44.88, Corbett Francis, John Swartzwelder, Cooper Nugent, Brian Haines (Haldane School record)
- 4x800 relay - 3, Adam Silhavy, Conor Van Ripen, Nick Farrell, Jonathan Clemente (Haldane School record)
- 4 x 400 relay - 3, Seth Warren, Max Silverman, John Swartzwelder, Trevor Van Bruust (Haldane School record)
- 3,200 - 3, Adam Silhavy, 11:37.75 (medal)
- 1,600 - 2, Nick Farrell, 5:01.95 (medal)
- 1,000 - 3, Nick Farrell, 2:47.40 (Haldane School record)
- 1,500 - 3, Jonathan Clemente, 1:31.66 (medal)
- Shot put - 2, Bryre Hamilton, 39-1.50 (medal)
- Shot put - 3, Gledis Canaj, 37-1 (medal)

Coaches vs. Cancer Basketball Games Jan. 24

Haldane to raise funds for American Cancer Society

Haldane Central Schools will hold its second annual Coaches vs. Cancer Basketball Games on Saturday, Jan. 24. The junior varsity boys’ basketball team will play at 10 a.m., the junior varsity girls’ basketball teams noon, the varsity boys’ basketball team at 2 p.m. and the varsity girls’ basketball team at 4 p.m. All four games will be played against Putnam Valley High School.

There will be special raffle drawings held for each of the basketball games.

For entry forms or additional information, contact Dan Dillon at 845-265-9143 or Chantal Lisikatos at 917-337-8053.

Knights of Columbus Hold Youth Free-Throw Contest

Loretto Council No. 536 is sponsoring the local level of the 2015 Knights of Columbus Free Throw Championship on Thursday, Jan. 22, at 6:15 p.m. at the Capuchin Youth and Family Ministries Gym, 781 Route 9D, Garrison. Registration will start at 6 p.m. The snow date is Tuesday, Jan. 27.

Boys and girls ages 9 to 14 are invited to compete in their respective age division. Age eligibility is determined by the age of the contestant as of Jan. 1, 2015. There is no cost to participate. Proof of age (birth certificate or other documentation) and written parental consent will be required on the entry form.

The Knights of Columbus Free Throw Championship is sponsored annually, with winners progressing through local, district, regional and state competitions. The K of C international headquarters announces international champions based on scores from the state-level competitions. Last year, more than 120,000 sharpshooters participated in over 3,600 local competitions.

For entry forms or additional information, contact Dan Dillon at 845-265-3882 or Youth Director Bob Fisherty at 845-265-3191.

Coach vs. Cancer Games Jan. 24, 6 p.m. All four games will be played against Putnam Valley High School.