

# The Philipstown.info Paper



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offer fire and ice  
**See page 7**

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All four tires on this Jeep Cherokee were punctured, part of recent vandalism at the MTA parking lot in Cold Spring.  
*Photo by M. Turton*

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

*Attacks may have occurred in three waves*

By Michael Turton

A spokesman 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 spokesman 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 *(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

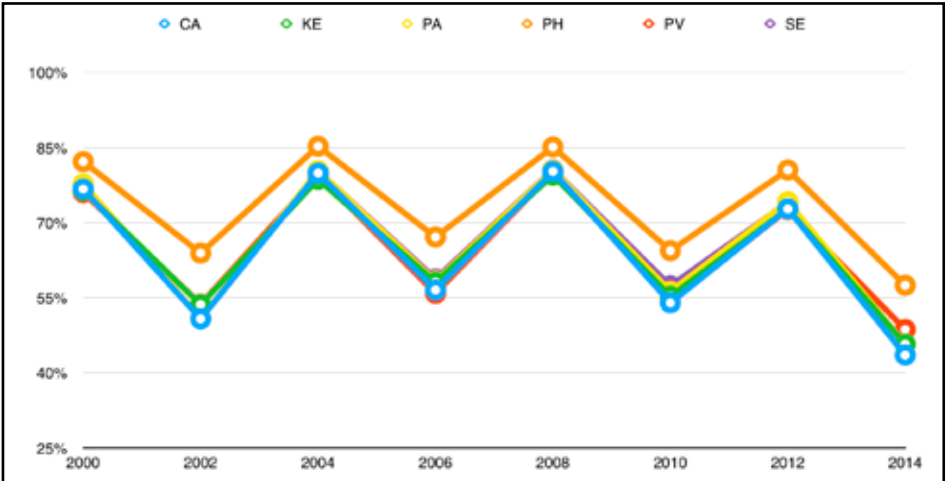
For several years — or more — political activists in Philipstown assiduously collected turnout sheets available at polling stations on Election Day and used them to get the faithful out to vote.

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 du-

plicates 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



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

## 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 an additional police officer, a resolution Mayor Ralph Falloon said he supported. However Trustee Cathryn Fadde questioned both the need for and the timing of hiring another officer. When Falloon commented that scheduling issues in recent months, including one officer hav-

ing to work three holidays, helped justify a hire that was already budgeted, Fadde responded, "Just because we have [the money] doesn't mean we have to spend it."

*"Just because we have [the money] doesn't mean we have to spend it."*

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 Falloon, 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 Michael Bowman then pointed out that a personnel matter would be dealt with during an executive session later in the agen- *(Continued on page 5)*



Attorney William Florence, left, with Water and Sewer Superintendent Greg Phillips during a break in Tuesday's meeting, is providing legal counsel on an interim basis until trustees appoint a new village attorney.  
*Photo by M. Turton*



Small, Good Things

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 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 mandoline-shaved fennel and red onion, and ultimately the boquerones (Spanish oil-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 unexpected 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-tailored sauce that was the perfect dressing for the ingredients on hand. The cured fish and licorice-accented fennel merged and were brightened by the lemon, and coupled with the crisp bitterness of the arugula and vernal

sweetness of pea shoots, it meant my fellow diners and I were transported to some warmer, more luxuriant place.

Meanwhile, back in Cold Spring, a trusted friend and advisor has of late admonished me to try to be more mindful in this column of our particular terroir, and admittedly none of this is particularly Hudson-Valley seasonal: It’s perhaps a bit more loco than locavore. Or maybe this culinary conceit is strictly a justification and desperate attempt to stave off mid-winter cabin fever with some food-powered space-and-time travel. Seriously, I’m not just talking about preserved citrus fruits here — I’m also trying to preserve some semblance of sanity and civility until spring rolls around again.

Preserved lemon, or lemon pickle (pickle, from the Dutch *pekel*, meaning brine) is a condiment known throughout the world in which these “country lemons” or *leems*, as they are known in Morocco, are cured in a salt and lemon juice brine at room temperature for as little as a two weeks before use.

The spices most often used — cinnamon, peppers, 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 simple, practical and affordable method for putting up a useful ingredient far beyond its season and far away from where it is usually grown.

That said there is also a certain seasonal and possibly local market logic to this madness as well: Further research revealed that the best preserved lemons are made from the thinner-skinned and relatively “sweeter” Meyer lemons, a cross between the common lemon and either the mandarin or common orange. These are primarily winter-harvested (January-February) and



Preserved lemons

Photo by J. Dizney

can be indoors/container grown, another reason why it’s not uncommon to receive a few as gifts around the holidays.

They are also a *very* flexible ingredient-cum-seasoning used not only in the aforementioned Moroccan tagines but also Asian and Indian cooking in dishes like *ngam nguv* (a Cambodian chicken soup

with whole preserved lemons) or paired with olives, artichokes, chick-peas, ricotta, yogurt or rice in varying 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 fascination 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 farmers market, preserved lemon vinaigrettes 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.

Preserved Lemons

Adapted from *Couscous and Other Good Food From Morocco*, by Paula Wolfert (Harper and Row, 1973); makes about 1 ½ cups

- |                                                                       |                                         |
|-----------------------------------------------------------------------|-----------------------------------------|
| 1 pint Mason jar and lid                                              | ½ teaspoon fennel seeds                 |
| 5 to 7 Meyer lemons (available commercially at Adams Fairacre Farms)* | 5 to 7 whole cloves                     |
| 1 stick cinnamon                                                      | ¼ teaspoon coriander seeds              |
| 2 bay leaves                                                          | 5 to 7 white (or black) peppercorns     |
|                                                                       | 1 healthy pinch dried red pepper flakes |
|                                                                       | ¼ cup (plus) kosher salt                |

1. Sterilize the jar by steaming upside-down for 10 minutes. Sterilize the 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. With a mortar and pestle, crush the spice seeds, peppercorns, pepper flakes and a tablespoon of the salt
3. 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 completely separating the quarters. Remove as many of the seeds as possible. In a shallow bowl, liberally salt the inside of the lemons.
4. 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. Smash final lemon in with the pestle before sprinkling with the last of the spice mixture. Tuck in the cinnamon stick and bay leaves.
5. 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.
6. 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.)

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 thicker skins and pith, you may want to soften them somewhat by simmering them whole for 10 to 15 minutes and letting them cool before processing.



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## Car Tires Cut at Metro-North Parking Lot (from page 1)



Another slashed tire at Cold Spring's MTA parking lot

Photo by M. Turton

that while the police report noted that her tires had been “slashed,” she suspected they were more likely punctured. Mihalik said she phoned her husband, who came to take her home, and that her car was put on a flatbed truck and taken 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 confirmed that while there are no cameras on the train platform, 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 that,” he said. He said he parked his car in the Metro-North lot at 4:15 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. “I felt violated, alone,” he said. “I thought I had been singled out somehow.” 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 Skopin of the MTA Police told *The Paper* that a total of 13 vehicles had tires cut over the weekend. That would seem to indicate that seven 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 third rounds [of vandalism] would have happened at all.” At least one other vehicle that had suffered four flat tires remained stranded in the parking lot as late as Tuesday afternoon. Skopin said that CSPD, Putnam County sheriff and New York State Police are assisting MTA Police with the investigation.

## Decline in Electoral Turnout Followed Demise of ‘Runner’ Sheets (from page 1)

the county total was 47 percent. That does not mean loss of the duplicate 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, Republican co-head 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 16-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,” albeit, 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 controversy over who should get a pickup sheet and more importantly taking all the time to make them out.” He noted that citizens continue to sign the poll book when arriving 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. Catherine Croft, who in 2014 became the Democratic election commissioner and was formerly Putnam County Democratic Party chairwoman, said that when she learned of the elimination of the sheets, she called the New York State Board of Elections, which informed her that the sheets were not required by law. “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 Jan. 4. Following a review of county election results for the last five years, Croft pointed out that “Philipstown consistently has had the highest turnout rate of voters in the county, including this year [2014] when there were no pickup sheets. I don’t know what other town committees used to use party pickup sheets to call voters. In Kent the candidates usually stand outside the polling places (beyond 100 feet) on Election Day and do campaigning there. In Southeast,” where she lives in Brewster, “we stopped calling voters about eight years ago; there was too much of a ‘lag’ time between picking up the sheets, going through the list and calling voters, who would then tell us they had just voted,” she said. Croft agreed with Scannapieco that “poll watchers are allowed to be at the polling site and record the names of voters.”

### Local party perspectives

Louis H. Liotti of Garrison, who chairs

the Philipstown Republican Party, last week briefly discussed the elimination of the turnout sheets. “I understand why they did it” — to aid election workers and allow them to proceed with their jobs without party members hovering around and getting in the way, he said. But he saw advantages to having the sheets, too. “My own personal opinion is it is helpful because it helps either party ... roust out last-minute voters [and] get out the vote,” Liotti said. Cold Spring resident Aaron Freimark has volunteered with campaigns on various levels, including those involving Philipstown Democrats. He noted that “turnout in Putnam was very low this [2014] election, which was the first without party pickup sheets. It is clear the Board of Elections should not be doing anything that decreases turnout any further,” he said Dec. 23. “The party pickup sheets are very,

very helpful for increasing turnout. Parties make calls every election, but nobody likes getting extra phone calls. The pickup sheets reduced the number of unnecessary calls, by telling the parties who had already voted; without the sheets, the parties won’t know who voted and who didn’t.” Freimark charted the decline in turnout in the six towns in Putnam County and suggested that the practice of keeping a turnout list could still work, even with multiple parties. “The Board of Elections may have been concerned that there weren’t enough carbon copies to go around,” he said. “But there’s a very simple solution to that: we’ll take photos with our smartphones, and leave the sheets for someone else. That’s actually quicker and more efficient for us and it [saves] poll workers lots of time, too.”

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Sealed proposals will be received by the undersigned Town Clerk of the Town of Philipstown at her office in the Town Hall, 238 Main Street, Cold Spring, New York 10516, until 2 p.m. January 21, 2015, when the same will be publicly opened and read aloud for the purchase by the Town of Philipstown of:

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Copies of the specifications may be obtained from the office of said Town Clerk at the above address.

The right is reserved to reject any and all bids.

All purchase contracts awarded pursuant to this notice shall be subject to the provisions of Section 103-A, 103-8 and 103-D of the General Municipal Law.

DATED: January 14, 2015  
Tina M. Merando, Town Clerk of Philipstown

### PUBLIC NOTICE

NOTICE IS HEREBY GIVEN, that a public hearing will be held by the Town Board of the Town of Philipstown at the Town Hall, 238 Main Street, Cold Spring, New York, on the 28th day of January 2015, at 7:30 p.m. in the evening, upon the question of a **LOCAL LAW TO AMEND TOWN CODE CHAPTER 175, SECTION 175-10 “ALLOWABLE USES,” SECTION 175-30 “SUPPLEMENTARY DIMENSIONAL REGULATIONS, AND SECTION 175-60 “PURPOSE AND APPLICABILITY” REGARDING WIND ENERGY CONVERSION SYSTEMS.**

All persons interested will be heard at the time, date and place specified above.

A complete copy of the proposed local law is on file in the Town Clerk’s office, Town of Philipstown, Town Hall, 238 Main Street, Cold Spring, New York where it may be examined during Town office hours.

**By Order of the Town Board of the Town of Philipstown**  
DATED: January 14, 2015 Tina M. Merando, Town Clerk



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# 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. 28.



A wind turbine law being is being considered. File photo

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 the 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 before 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 discusses aspects of solar energy systems.

As provided in the draft law, along with meeting the acreage rule, wind turbines could not exceed 40 feet in height. Likewise, the draft mandates that such “accessory uses” comply with other town rules and “not create noise, traffic, dust, odor, or other impacts that exceed those normally associated with



Eagle Scouts Robert Dean, left, and Steven Casement, center, with Supervisor Richard Shea

Photo by L.S. Armstrong

- single-family residential uses.”
- Furthermore, according to the draft law:
- The wind turbine must be screened “to the greatest extent practicable” by use of non-reflective paint, planting and maintaining natural landscaping “at property boundary areas where feasible,” or similar means.
  - No lighting could be installed on the device.
  - A turbine must be set back from all lot boundaries a minimum distance equivalent to the total tower height plus 10 additional feet.
  - A locked fence must be placed around any turbine not incorporated into another legal structure that provides the equivalent safety protection.

In addition, the draft demands that if a wind energy conversion system or 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 last November, both the Philipstown Planning Board and the 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 Klotzle, 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 Dee, Eric Lind and Anthony Merante to chair the ZBA, Conservation Board and Planning Board, respectively (with Lind again listed as interim chairperson), and named Supervisor Richard Shea as town budget officer, preparing the annual budget and otherwise managing town finances.

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 Rodd and specifically mentioned attorneys James Loeb, Stephen J. Gaba and Adam L. Rodd. Likewise, for certain tax litigation cases, the board named Robert Cinque as its lawyer.

Shea again made Councilor Nancy Montgomery his deputy supervisor. Town Clerk Tina Merando named Joan Clauss and Theresa Crawley as deputy town clerks and deputy tax collectors and made Clauss deputy registrar 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.

## Haldane to Embark on Strategic Planning Process

The Haldane Central School District Board of Education is seeking community members to serve on the District’s Strategic Planning Committee. The goal of the committee will be to provide input into discussions that will ultimately define the district’s mission, vision, and strategic goals. Additionally, the committee will assist in the preparation of a new strategic plan that will provide the road map for getting students to where they need to be by 2024.

The first meeting will take place on Thursday, Jan. 29, at 6 p.m. in the High School Building. Approximately four additional meetings are anticipated.

A presentation by the committee of the new strategic plan to the Board of Education is planned for their meeting on May 19, with approval scheduled at the June 16 board workshop.

Community members who have an interest in serving on any of the following five Strategic Planning Subcommittees should contact Haldane Superintendent of Schools Diana Bowers at 845-265-9254, ext. 115, by Wednesday, Jan. 21.

1. College, Career, and Citizenship Readiness
2. Extra-Curricular
3. Facilities
4. Financial Strategies
5. Teaching and Learning



## Intriguing CSPD Issues Surface *(from page 1)*

da and suggested that the hiring issue might be better resolved after that. The printed agenda indicated only that the executive session would deal with “the employment history of one particular employee.” When the public meeting resumed after the closed-door session, the board immediately approved a “Separation and Release Agreement” with CSPD Officer Anthony Pupczyk along with his resignation. No reason was given for the action. Trustees then voted 3-1 in favor of hiring Officer Vincent D’Amato with Fadde the lone trustee to vote “nay.” Trustee Stephanie Hawkins was absent due to a work conflict.

CSPD is currently comprised of 13 part-time officers, including Officer-in-Charge George Kane. The department’s budget for 2014–15 is \$422,620 including wages, pension contributions and support costs.

### 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, the Rhinebeck-based consulting firm that wrote a successful grant application that resulted in the village receiving a \$75,000 grant to update its zoning code. The firm submitted the invoice last November and recently also submitted a “late fee” request for an additional \$350. Greenplan had offered to draft the grant application at no cost to the village, with the understanding that it would be awarded the contract to do the zoning code update if the application were successful. After the grant was announced, the Village Board passed a resolution giving Greenplan the zoning work but later reversed its decision and granted the contract to another firm.

Falloon said that before he resigned former Village Attorney Michael Liguori had contacted Greenplan and that the firm was willing to consider a payment of \$5,000 for the services it had provided. Bowman commented that his issue with the initial offer to grant Greenplan the work was that it came from Trustee Hawkins and not the Village Board. William Florence, who is providing legal counsel to the board until a new village attorney is selected, supported that concern, stating that a single trustee cannot make a commitment on behalf of the entire board. He described the board’s July 25, 2013, resolution to award the work to Greenplan as “a contingency that didn’t come to fruition, so it’s zero.” Trustee Fadde responded to that saying, “So let’s give them zero.” No contract was ever signed between the village and Greenplan. Florence advised the board not to pass a resolution on the matter that night and it was once again tabled.

### Wastewater treatment contracts awarded

Following a report from Greg Phillips, superintendent of water and sewers, trustees approved the awarding of contracts for work related to the upgrade of the wastewater treatment plant on Fair Street. Oakwood Environmental Associates will complete engineering for the project at a cost of \$188,800. Spectraserv Inc. will install the new aeration system at a cost of \$672,300. Fanshawe Inc. will undertake the electrical upgrade at a cost of \$234,000.

As part of his report, Phillips also asked Falloon to intervene in hopes of moving two long-delayed projects forward. “These large agencies hold us

back,” Phillips complained. Falloon will write to the New York City Department of Environmental Protection asking them to expedite the village request to connect to the Catskill Aqueduct, a relatively simple project that must be completed before the village-owned reservoirs off Lake Surprise Road can be drawn down and repairs made to the dams there. The mayor will also contact Metro-North Railroad, whose cooperation is needed in order to complete the Market Street pumping station project.

### Mayor recuses himself

Falloon recused himself from discussion of a project that will see homes on West Bank Street connect to the village sewer system. Falloon lives on the street, a private road. With the mayor out of the room, trustees passed a resolution establishing an escrow account of \$1,450 to cover project-engineering costs, to be paid for by the street’s residents. They will also bear the cost of construction while the village will ensure that the connection meets the required standards. Phillips and Bowman both commented that having homes on the street that are currently served by septic systems connected to the sewer system is a positive step for the village. Phillips added that normal maintenance will be required in the future since the new line will connect 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 Engineering, which will also review the project on behalf of the village.

### Other matters

Officer-in-Charge Kane reminded residents 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 845-747-7669.

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 recycling of many types of electronic equipment including computers, televisions, cellphones and other devices. As a result electronic devices cannot be disposed of at the curb as part of regular recycling. Information is available at dec.gov.

Michael McKee, PhD  
Licensed Psychologist  
Cognitive Behavioral  
Psychotherapy (CBT)

35B Garrison Landing  
Garrison, N.Y. 10524  
45 Popham Road  
Scarsdale, N.Y. 10583

(914) 584-9352  
info@McKeeTherapy.com

www.McKeeTherapy.com

## 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. Ray 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 in Cold Spring 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 graffiti case

A third youth charged in the August 2014 graffiti spree in Cold Spring also appeared in court. His lawyer told Judge Costello that the 17 year-old has performed 75 hours of 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 and work being completed.

Legal counsel for the second defendant asked that his client’s community service, also 50 hours, be performed in Cold Spring through the Alternatives to Incarceration (ATI) program administered through Putnam County in Carmel. As has been pointed out in court a number of times, the only institution in Philipstown that offers supervised community service through ATI is the sheriff’s substation in Nelsonville. “We need to broaden ATI’s resources over here,” Judge Costello commented.

The second 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.



The Lives of  
Hamilton Fish  
A film song by Rachel Mason,  
featuring live performances



January 24, 5 p.m.  
Tickets: \$5 members / \$10 non-members

Two men named Hamilton Fish were pronounced dead on the front page of a 1936 newspaper: one, a statesman and the other, a serial killer. 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.

Seating is very limited! Advanced ticket purchase is recommended. Buy your tickets at [www.putnamhistorymuseum.org](http://www.putnamhistorymuseum.org)

Questions: [shannon@putnamhistorymuseum.org](mailto:shannon@putnamhistorymuseum.org) • 845-265-4010  
The Putnam History Museum • 63 Chestnut Street, Cold Spring, NY

NY Alert

For the latest updates on weather-related or other emergencies, sign up at [www.nyalert.gov](http://www.nyalert.gov).







# The Calendar

## 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 Skagaströnd 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 (Continued on page 10)



Artist Matt Frieburghaus in front of the Skaftafellsjökull Glacier Photo courtesy of the artist

## Faces of Ebola Heroes on Display in Beacon



Photographer Daniel Berehulak, left, with one of his health worker subjects in makeshift studio Photo courtesy of Getty Images Reportage/FOVEA

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 (To page 11)

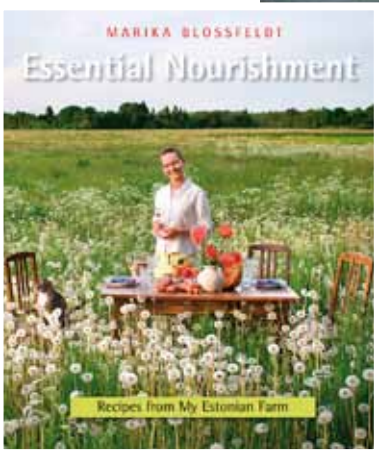
## Making Smart Food Choices: Marika Blossfeldt’s Wellness Workshops

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 happiness. “Eating the right foods will make us thrive; eating the wrong foods will bring us down,” the workshop notes detail. As a kickoff event for the workshop, Blossfeldt will be offering a free talk titled “Energize Your Body and Mind by Making Smart Food Choices” on Wednesday, Jan. 21, at 6 p.m. at Butterfield Library in Cold Spring. Each of Blossfeldt’s small-group workshop sessions, held in her Beacon home, includes a nourishing food and lifestyle lesson complete with concrete action steps and suggestions for improving 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 dancer to Kundalini yoga instructor — have culminated in her nutrition counseling and cookbook creating. All have contributed to her practice today,



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



Marika Blossfeldt Photo by Hele-Mai Alamaa

which includes not only these workshops and two bestselling cookbooks but half the year spent facilitating workshops and retreats at her farm in her (Continued on page 14)



# The Calendar

Looking for things to do in and around Philipstown? Grab The Calendar and go. For more details and ongoing events, visit [philipstown.info](http://philipstown.info). Send event listings to [calendar@philipstown.info](mailto:calendar@philipstown.info). See you around town!

## FRIDAY, JANUARY 16

### Kids & Community

#### Pizza Night and Ice Cream Social

4 - 8 p.m. North Highland Fire Department  
504 Fishkill Road, Cold Spring  
Call 845-265-9595 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](http://allsportfishkill.com)

### Film & Theater

#### The Wizard of Oz (Play)

7 p.m. Paramount Hudson Valley  
1008 Brown St., Peekskill  
914-739-0039 | [paramounthudsonvalley.com](http://paramounthudsonvalley.com)

#### Depot Docs: Pandora's Promise (2013)

7:30 p.m. Philipstown Depot Theatre  
10 Garrison's Landing, Garrison  
845-424-3900 | [philipstowndepottheatre.org](http://philipstowndepottheatre.org)

#### Fully Committed

8 p.m. Culinary Institute of America  
(Marriott Pavilion)  
1946 Campus Drive, Hyde Park  
845-235-9885 | [halfmoontheatre.org](http://halfmoontheatre.org)

### Music

#### Dave Mason's Traffic Jam

8 p.m. Tarrytown Music Hall  
13 Main St., Tarrytown  
914-631-3390, ext. 100  
[tarrytownmusichall.org](http://tarrytownmusichall.org)

#### Fred Gillen, Jr. and Matt Turk

8 p.m. BeanRunner Café  
201 S. Division St., Peekskill  
914-737-1701 | [beanrunnercafe.com](http://beanrunnercafe.com)

#### Open-Mic Night

8 p.m. Howland Cultural Center  
477 Main St., Beacon  
845-831-4988 | [howlandculturalcenter.org](http://howlandculturalcenter.org)

#### Joe Crookston and the BlueBird Jubilee

8:30 p.m. Towne Crier Cafe  
379 Main St., Beacon  
845-855-1300 | [townecrier.com](http://townecrier.com)

#### Cold Flavor Repair

9 p.m. Whistling Willie's | 184 Main St., Cold Spring  
845-265-2012 | [whistlingwillies.com](http://whistlingwillies.com)

#### Talking Machine

9:30 p.m. Max's on Main | 246 Main St., Beacon  
845-838-6297 | [maxsonmain.com](http://maxsonmain.com)

#### The Debbie Major Trio

9:30 p.m. 12 Grapes | 12 N. Division St., Peekskill  
914-737-6624 | [12grapes.com](http://12grapes.com)

#### Over the Top

10 p.m. The Hudson Room  
23 South Division St., Peekskill  
914-788-3663 | [hudsonroom.com](http://hudsonroom.com)

### Meetings & Lectures

#### MaryEllen Odell Victory Party (Fundraiser)

6 p.m. Putnam County Golf Course  
187 Hill St., Mahopac | [maryellenodell.com](http://maryellenodell.com)

## SATURDAY, JANUARY 17

### Kids & Community

#### Cold Spring Farmers' Market

8:30 a.m. - 1:30 p.m. St. Mary's Church  
1 Chestnut St., Cold Spring | [csfarmmarket.org](http://csfarmmarket.org)

#### Baseball Card Show

10 a.m. - 5 p.m. Westchester County Center  
198 Central Ave., White Plains  
914-995-4050 | [countycenter.biz](http://countycenter.biz)

#### Big Cats Program

10 a.m. Wildlife Education Center  
25 Boulevard, Cornwall-on-Hudson  
845-534-7781 | [hhnaturemuseum.org](http://hhnaturemuseum.org)

#### Homebrewing Demonstration

1 p.m. Fishkill Farms  
9 Fishkill Farm Road, Hopewell Junction  
845-897-4377 | [fishkillfarms.com](http://fishkillfarms.com)

#### Free Admission

5 - 8 p.m. Mid-Hudson Children's Museum  
75 N. Water St., Poughkeepsie  
845-471-0589 | [mhcm.org](http://mhcm.org)

#### Friends of the Library Holiday Party

6 - 8 p.m. Desmond-Fish Library  
472 Route 403, Garrison  
845-424-3020 | [desmondfishlibrary.org](http://desmondfishlibrary.org)

#### Winter Mardi Gras (Senior Class Fundraiser)

6 - 9 p.m. Gallery 66 NY | 66 Main St., Cold Spring  
845-809-5838 | [gallery66ny.com](http://gallery66ny.com)

### Art & Design

#### Beacon High School Winter Exhibition

##### (Opening)

1 - 5 p.m. The Lofts at Beacon | 18 Front St., Beacon  
845-831-7837 | [loftsatbeacon.com](http://loftsatbeacon.com)

### Film & Theater

#### The Met Live in HD: Lehar's The Merry Widow

1 p.m. Bardavon | 35 Market St., Poughkeepsie  
845-473-2072 | [bardavon.org](http://bardavon.org)

#### Fully Committed

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

#### The Wizard of Oz (Play)

2 & 7 p.m. Paramount Hudson Valley  
See details under Friday.

### Music

#### Beacon Music Factory (First Sessions)

10 a.m. Group Guitar Level 2  
11 a.m. Group Guitar for the People  
629 Route 52, Beacon  
845-765-0472 | [beaconmusicfactory.com](http://beaconmusicfactory.com)

#### MLK Jr. Day Choir Rehearsal

3 p.m. Springfield Baptist Church  
8 Church St., Beacon  
845-831-9102 | [uupatt.org](http://uupatt.org)

#### Jazz Vespers

5:30 p.m. First Presbyterian Church of Philipstown  
10 Academy St., Cold Spring  
845-265-3220 | [presbychurchcoldspring.org](http://presbychurchcoldspring.org)

#### Italian Night With Phil Palladino

7 -10 p.m. Hudson House River Inn  
2 Main St., Cold Spring  
845-265-9355 | [hudsonhouseinn.com](http://hudsonhouseinn.com)

#### Ballroom by Request

8 p.m. Lesson. 9 p.m. DJ Joe  
Hudson Valley Dance Depot  
1151 Freedom Plains Road, LaGrangeville  
845-454-2571 | [hudsonvalleydance.org](http://hudsonvalleydance.org)

#### The Psychedelic Furs

8 p.m. Tarrytown Music Hall  
See details under Friday.

#### ABCs of Jazz

8 p.m. BeanRunner Café | Details under Friday

#### C'mon Beacon, Let's Dance

8 p.m. Howland Cultural Center  
477 Main St., Beacon  
845-831-4988 | [howlandculturalcenter.org](http://howlandculturalcenter.org)

#### Joe Louis Walker Band

8:30 p.m. Towne Crier Cafe  
See details under Friday.

#### Crossroads Band

9 p.m. Whistling Willie's | Details under Friday

#### Spanish Phly 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

#### Hauntings in the 18th Century

7 p.m. Knox's Headquarters  
289 Forge Hill Road, Vails Gate  
845-561-1765, ext. 22 | [nysparks.com](http://nysparks.com)  
Reservations required.

## 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 Muser Drive, Cornwall  
845-534-5506 | [hhnaturemuseum.org](http://hhnaturemuseum.org)

#### Beacon Farmers Market

11 a.m. - 3 p.m. Scenic Hudson River Center  
Long Dock Drive, Beacon  
845-234-9325 | [beaconfarmersmarket.org](http://beaconfarmersmarket.org)

#### Bridal and Fashion Show

Noon - 4:30 p.m. Garrison Golf Club  
2015 Route 9, Garrison  
845-424-3604 | [thegarrison.com](http://thegarrison.com)

#### Wedding Expo

Noon - 4:30 p.m. Highlands Country Club  
955 Route 9D, Garrison  
845-424-3254 | [highlandscountryclub.net](http://highlandscountryclub.net)

#### Kids' Open-Mic Night

6 - 8 p.m. 12 Grapes  
12 N. Division St., Peekskill  
914-737-6624 | [12grapes.com](http://12grapes.com)

#### MLK Jr. Day Celebration (Speaker & Potluck)

7 p.m. Desmond-Fish Library  
472 Route 403, Garrison  
845-265-3652 | [desmondfishlibrary.org](http://desmondfishlibrary.org)

### Sports

#### Army vs. Bucknell (Women's Basketball)

2 p.m. Christl Arena, West Point  
845-938-2526 | [goarmysports.com](http://goarmysports.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: JOHN

7:15 p.m. Downing Film Center  
19 Front St., Newburgh  
845-561-3686 | [downingfilmcenter.com](http://downingfilmcenter.com)

# Free at Last!

## A Jazz Tribute to Martín Luther King January 17 • 5:30 PM

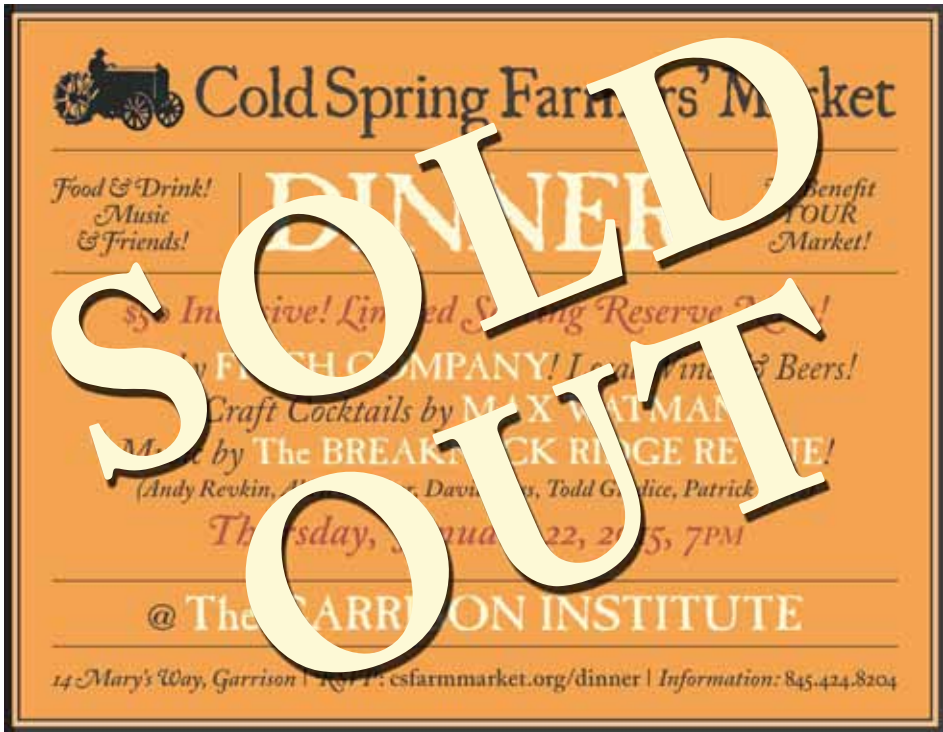


Featuring Noted Jazz Artist

## 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





Music

**West Point Concert Band: ‘West Point on the March’**  
2 p.m. Eisenhower Hall Theatre  
655 Ruger Road, West Point  
845-938-2617 | westpointband.com

**Pianist Charlie Albright**  
4 p.m. Howland Cultural Center  
477 Main St., Beacon  
845-831-4988 | howlandculturalcenter.org

**The Professor & Maryann**  
4 - 6 p.m. BeanRunner Café | Details under Friday

**Pick n’ Grin Acoustic Session**  
6 - 9:30 p.m. Dogwood | 47 E. Main St., Beacon  
845-202-7500 | dogwoodbar.com

**Traditional Irish Session**  
6 - 8 p.m. Silver Spoon Cafe  
124 Main St., Cold Spring  
845-265-2525 | silverspooncs.com

**Bill Heller Band**  
7:30 p.m. Towne Crier Cafe  
See details under Friday.

Meetings & Lectures

**Week of Prayer: Sondra Treadwell (Unitarian)**  
7 p.m. Graymoor (St. Francis Convent)  
1350 Route 9, Garrison  
845-424-3549 | atonementfriars.org

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 a.m. Main Street parade  
11 a.m. Birthday celebration historic video  
11 a.m. Celebration dinner for youth  
11:45 a.m. Celebration dinner for adults  
Noon. Essay contest winners  
1 p.m. Service  
Springfield Baptist Church | 8 Church St., Beacon  
845-454-2059 | uupatt.org

**Vacation Camp (ages 4+)**  
9 a.m. - 3 p.m. Hot to Trot Stables  
657 Route 301, Cold Spring  
914-906-3563 | hottotrotstables.webs.com

**MLK Jr. Day Celebration for Kids**  
10:30 a.m. Desmond-Fish Library  
472 Route 403, Garrison  
845-265-3652 | desmondfishlibrary.org

**MLK Jr. Day Community Worship**  
3 p.m. Peekskill Middle School  
212 Ringgold St., Peekskill | 914-737-3322

Film & Theater

**National Theatre of London: JOHN**  
2 p.m. Downing Film Center | Details under Sunday

Music

**Jason Kao Hwang / Sing House (Jazz)**  
8 p.m. Quinn’s | 330 Main St., Beacon  
845-831-8065 | quinnnsbeacon.com

Meetings & Lectures

**Week of Prayer: Ronald Pankey (Church of the Nazarene)**  
7 p.m. Graymoor (St. Christopher’s Inn)  
1350 Route 9, Garrison  
845-424-3549 | atonementfriars.org

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 Crompond Road, Cortlandt Manor  
914-734-3780 | hvhc.org/events

**Kids’ Craft Hour (grades 2+)**  
4 p.m. Desmond-Fish Library  
472 Route 403, Garrison  
845-424-3020 | desmondfishlibrary.org

**Girls’ Softball Clinics**  
6 p.m. Ages 4–6 | 7 p.m. Ages 7–9  
8 p.m. Ages 10–14+  
Rombout Middle School  
88 Matteawan Road, Beacon  
845-591-0276 | cityofbeacon.org

**Wines & Foods of Northern Portugal**  
6 p.m. MSMC Desmond Campus  
6 Albany Post Road, Newburgh  
845-565-2076 | msmc.edu/communityed

Health & Fitness

**Bereavement Support Group**  
1 p.m. Hudson Valley Hospital  
1980 Crompond Road, Cortlandt Manor  
914-666-4228 | hvhc.org/events

Art & Design

**Collage and Assemblage (First Session)**  
6 p.m. Garrison Art Center  
23 Garrison’s Landing, Garrison  
845-424-3960 | garrisonartcenter.org

Film & Theater

**Awake: The Life of Yogananda (Documentary, 2014)**  
3 & 5 & 7 p.m. Jacob Burns Film Center  
364 Manville Road, Pleasantville  
914-747-5555 | burnsfilmcenter.org

Meetings & Lectures

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

**Highland Knitters**  
10:30 a.m. Desmond-Fish Library  
472 Route 403, Garrison  
845-424-3020 | desmondfishlibrary.org

**Book Club: Book of Ages**  
7 p.m. Desmond-Fish Library  
See details above.

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

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

**Week of Prayer: Peter Taran (Franciscan Friars)**  
7 p.m. Graymoor (St. Pius X 3rd Fl. Chapel)  
1350 Route 9, Garrison  
845-424-3549 | atonementfriars.org

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

**Nelsonville Village Board**  
7:30 p.m. Village Hall  
258 Main St., Nelsonville  
845-265-2500 | villageofnelsonville.org

WEDNESDAY, JANUARY 21

Kids & Community

**Howland Public Library**  
9:45 a.m. Come and Play (ages 0–3)  
3 p.m. Toddler Tales (ages 2–3)  
4 p.m. Children Read to Dogs (grades K–5)  
See details under Tuesday.

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

**Desmond-Fish Library**  
10:30 a.m. Music & Movement for Toddlers  
1:30 p.m. Preschool Story Hour  
See details under Tuesday.

**Adult Modern Dance Class (First Session)**  
11 a.m. Ballet Arts Studio  
See details under Tuesday.

Health & Fitness

**Eating Healthy on a Budget**  
2 p.m. Howland Public Library  
313 Main St., Beacon  
845-831-1134 | beaconlibrary.org

**Energize by Making Smart Food Choices**  
6 p.m. Butterfield Library  
10 Morris Ave., Cold Spring  
845-265-3040 | butterfieldlibrary.org

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

Sports

**Army vs. Colgate (Men’s Basketball)**  
7 p.m. Christl 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 11)

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Friday 1/23 8:30pm  
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Saturday 1/24 8:30pm  
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guest **KENNY WHITE**

Saturday 1/31 8:30pm  
**BACK TO THE GARDEN 1969**

Sunday 2/01 2:00pm  
**LARRY MOSES &  
THE LATIN JAZZ EXPLOSION**

Friday 2/6 8:30pm  
**CHRIS SMITHER**

Friday 2/13 8:30pm  
**STANLEY JORDAN**

Saturday 2/14 8:30pm  
**MARY FAHL**

Sunday 2/15 7:30pm  
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## Icelandic Journey Captured in Video Installation from page 7

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. Frie-burghaus 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 Frie-

burghaus recorded. “I didn’t do any-thing 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 condi-tions caused by wind and light still come 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



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

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 trans-formed 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 think-ing 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. *Strata* 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 exhibi-tion 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.

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ThePaper



## Faces of Ebola Heroes on Display in Beacon *(from page 7)*

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 crowded 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 to limit his scope to his location at the Bong County Treatment Facility in Suakoko, 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 nimbly. I carry as little equipment as possible to be less conspicuous.” Very brief, nevertheless moving, biographical statements appear as captions for the portraits.

*“It 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 interrelationship of roles played. “Every person, from the gravedigger to the person who did 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

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## The Calendar *(from page 9)*

### Planning Board

7 p.m. Village Hall | 85 Main St., Cold Spring  
845-265-3611 | coldspringny.gov

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

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

### THURSDAY, JANUARY 22

#### Kids & Community

##### Cold Spring Area Chamber Breakfast

8 a.m. Hudson Hill’s  
129-131 Main St., Cold Spring  
845-265-3200 | coldspringareachamber.org

##### Howland Public Library

10 a.m. Brain Games for Seniors  
10:30 a.m. Pre-K Story Time (ages 3–5)  
3:30 p.m. Come and Play (ages 0–3)  
3:45 p.m. Lego Club (ages 4+)  
See details under Tuesday.

##### Butterfield Library

10:30 a.m. Bouncing Babies  
12:30 p.m. Little Bookworms (ages 2.5–5)  
10 Morris Ave., Cold Spring  
845-265-3040 | butterfieldlibrary.org

##### Moms & Infants Group

11 a.m. Desmond-Fish Library  
472 Route 403, Garrison  
Email whiteside.ks@gmail.com

##### Winter Meat and Vegetable Store

3 - 6 p.m. Glynwood Farm  
362 Glynwood Road, Cold Spring  
845-265-3338 | store.glynwood.org

##### Children Read to Dogs

3:30 - 5 p.m. Desmond-Fish Library  
See details under Tuesday.

##### Chili and Chowder Throwdown

6 - 8 p.m. All Sport Health & Fitness  
See details under Monday.

##### Knights of Columbus Free Throw Contest (ages 9–14)

6 p.m. Capuchin Ministries (Gym)  
781 Route 9D, Garrison | 845-265-3802

##### Cold Spring Farmers’ Market Dinner

7 p.m. Garrison Institute  
14 Mary’s Way, Garrison  
845-424-8204 | csfarmmarket.org

#### Health & Fitness

##### Lifeguard Training (First Session)

6 p.m. All Sport Health & Fitness  
See details under Wednesday.

#### Film & Theater

##### National Theatre Live: Treasure Island

2 p.m. Jacob Burns Film Center  
See details under Tuesday.

#### Music

##### Boom Kat

7:30 p.m. The Pandoraica  
165 Main St., Beacon | 845-831-6287

##### Shovel Ready String Band

8:30 p.m. Towne Crier Cafe  
See details under Friday.

##### Connor Kennedy Band

9 p.m. Dogwood | 47 E. Main St., Beacon  
845-202-7500 | dogwoodbar.com

##### Downfall of Gaia / Yesod / Hush

9 p.m. Quinn’s | See details under Monday.

##### Indigo King

9 p.m. 12 Grapes | See details under Friday.

#### Meetings & Lectures

##### Code Update Committee

7 p.m. Village Hall | 85 Main St., Cold Spring  
845-265-3611 | coldspringny.gov

##### Week of Prayer: Janet Foy

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

### FRIDAY, JANUARY 23

#### 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. Glynwood Farm  
362 Glynwood Road, Cold Spring  
845-265-3338 | glynwood.org

##### Snowtubing at Tuxedo Ridge (grades 6–8)

6:30 p.m. Philipstown Rec Center  
107 Glenclyffe Drive, Garrison  
845-424-4618 | philipstownrecreation.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.

#### Art & Design

##### Drip & Sip Paint Party

7:30 p.m. The Pantry | 3091 Route 9, Cold Spring  
845-265-2840 | thepantrycs.com

#### 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  
845-831-1134 | beaconlibrary.org

##### Fully Committed

8 p.m. Culinary Institute of America  
See details under Jan. 16.

#### Music

##### Unfunded Mandate

8 p.m. BeanRunner Café | Details under Jan. 16

##### Martha Redbone Roots Project

8:30 p.m. Towne Crier Cafe  
See details under Jan. 16.

##### Nailed Shutt

9 p.m. Max’s on Main | See details under Jan. 16.

##### Ten Brooks Molly

9 p.m. Whistling Willie’s | Details under Jan. 16

##### The Blues Dogs

9:30 p.m. 12 Grapes | See details under Jan. 16.

##### Joni Blondell Band

10:30 p.m. The Hudson Room  
See details under Jan. 16.

#### Meetings & Lectures

##### Week of Prayer: Jeannette Phillips (Hudson River Health Center)

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

### ONGOING

#### Art & Design

Visit [philipstown.info/galleries](http://philipstown.info/galleries)

#### Religious Services

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#### Meetings & Lectures

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COMMUNITY BRIEFS



The mansion at Clermont State Historic Site in winter  
Photo courtesy of NYS Parks, Recreation and Historic Preservation

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” of 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 518-537-4240.

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



Photo courtesy of Theo Ganz Studio

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 this 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



Pastel by Ilse Schreiber-Noll  
Photo courtesy of Theo Ganz Studio

Theo Ganz Studio presents Ilse Schreiber-Noll’s ongoing series *Searching for a New Planet (Only History Remains)* 2002–2014, 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 3 to 5 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 traipsing 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 improvising 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 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 woodblock prints, pen-and-ink drawings, aquarelles and collages. Other luminaries with whom she collaborated include Joseph Brodsky, Dennis Brutus, Galway Kinnell, Octavio Paz and John Cage. Some of her most lyrical, elegiac 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. 21. 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 845-831-1134.



Arm-knitted infinity scarf by Chris Sanders  
Photo courtesy of RiverWinds Gallery

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 cowls 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.

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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 to 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 dream since I was a little girl to have 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 were best-sellers 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, 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 regenerate 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, call 646-241-8478 or email marika@delicious-nutrition.com.

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Roots and Shoots

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, scraggly 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 to speak. 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.



The winter landscape is an open palette to imagine possibilities.

Photo by P. Doan

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 to 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.

Haldane's National Honor Society Inducts 37 New Students

By Clayton Smith

On Tuesday, Jan. 13, 37 Haldane students were welcomed into the high school's chapter of the National Honor Society (NHS). Students gathered at the Taconic Outdoor Education Center for dinner, followed by a ceremony inducting the new officers as well as students. Haldane High School math teacher and National Honor Society advisor Lou Sassano began the event by welcoming the parents and friends of all members, as well as the administration. Principal Brian Alm then took the stage to thank Sassano for his dedication to the society and discussed the significance of being a part of the NHS, urging students to consider the ideas discussed during the ceremony in their future endeavors.

Four seniors were inducted as NHS officers and each gave a brief speech on one of the four pillars of the society: Julia Olsen (president) discussed leadership; Peter Close (vice president) service; Trevor Van Brunt (secretary) character; and C.J. Geller (treasurer) scholarship. Each new officer lit a candle representing the quality, and then the new members were called up one by one to briefly speak about the quality of



NHS President Julia Olsen gave her speech on leadership.

Photo by C. Smith

their choice and light a candle, too. Everyone recited the National Honor Society Pledge, and afterward, concluding remarks were given by new Haldane Superintendent Diana Bowers.

New NHS members are Lucy Austin, Weronika Bajsicka, Melissa Biavati, Anna Birn, Carly Brief, Allisen Casee, Nicholas Chiera, Isabella Convertino, Maisy Curto, David DeCaro, Marissa DiPalo, Peter

Duffy, Nicole Etta, Jerome Famularo, Andrew Gannon, Macdara Heanue, Daniel Heitmann, Theodore Henderson, Stephen Junjulas, Tobey Kane-Seitz, Sara Labriola, Jillian Maldonado, Allison Marino, Marina Martin, Bailey McCollum, Lola Nicholas, John Parr, Jack Revkin, Leandra Rice, Eric Rizzi, Aubrey Stowell, Clara Thompson, Wylie Thornquist, Melissa Tringali, Adele Westerhuis, Rebecca Yodice and Corydon Zouzias.




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Sports

# 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 (10-5) 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 53-50. 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.



General Martin E. Dempsey, Chairman, Joint Chiefs of Staff, at Army-Navy game

# 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**

- 4x800 relay - 2, 11:12.47, Ruby McEwen, Alexandria Sharpley, Angel Zhang, Kaitlyn Philips (medal, Haldane School record)
- 4x400 relay - 2, 4:57.87, Tobey Kane-Seitz, Ashley Haines, Michaela Khadabux, Lila Osborn (medal)

- 1,000 - 1, Kaitlyn Philips, 3:22.30 (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 Riper, Nick Farrell, Jonathan Clemente (Haldane School record)
- 4x400 relay - 3, Seth Warren, Max Silverman, John Swartzwelder, Trevor Van Brunt (Haldane School record)
- 3,200 - 3, Adam Silhavy, 11:37.75 (medal)
- 1,600 - 2, Nick Farrell, 5:03.95 (medal)
- 1,000 - 3, Nick Farrell, 2:47.40 (medal & Haldane School record)
- 600 - 3, Jonathan Clemente, 1:31.66 (medal)
- Shot put - 2, Bryce 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 team at noon, the varsity girls' basketball team at 2 p.m. and the varsity boys' 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, with products from such vendors as Estee Lauder and Nike. There will also be a concession stand with mini-meatball sliders, nachos, baked goods and other edible options. The cost of admission is a donation. The athletes will be selling promotional cards before the event, and "Get your pink on Haldane" T-shirts will be available for sale at the door. All profits will go to the American Cancer Society.

For information, contact Linda Hoffmann at 914-548-1843 or Chantal Lisikatos at 917-337-8053.

The 'Get Your Pink On Haldane' T-shirt will be on sale at the Coaches vs. Cancer Basketball Games Jan. 24.

Photo courtesy of Haldane Central Schools



Army-Navy

Photos by P. Farrell



Haldane runners Ruby McEwen, left, Kaitlyn Philips, at top, and Alexandria Sharpley in New York City on Jan. 11



Haldane runners Nick Farrell, left, Theo Henderson, at top, and Seth Warren in New York City Jan. 11

# Knights of Columbus Hold Youth Free-Throw Contest

Boys and girls invited to compete in Garrison

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 845-265-3802 or Youth Director Bob Flaherty at 845-265-3191.

