

The HIGHLANDS Current

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The Paper

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The Hudson Highlands and wetlands habitat

Photo by Anita Peltonen

Pushing North for Survival

Loss of habitat foreboding sign of climate change

By Jeff Simms

Sudden, violent rainstorms and warmer winters. Hot summers parched by extended stretches of drought. In many ways, the effects of a changing climate are right outside our doors.

As the climate slowly changes, however, other, more far-reaching impacts may slip under the public's radar. In New York, wildlife species that people know and care about are being forced to change, and move, as well.

In the Adirondacks, the Wildlife Conservation Society has reported that iconic songbird populations are declining as

wetland habitat shrinks and becomes increasingly fragmented. The numbers of rusty blackbirds, gray jays, yellow-bellied flycatchers, olive-sided flycatchers and black-backed woodpeckers have all decreased by 15 percent or more since 2007.

The brook trout — the state fish of New York — thrives in clean, cool waters like those historically found in the Catskills, but increased temperatures and prolonged drought can lead to oxygen-poor conditions that suffocate trout embryos. Case studies predict trout populations in the Empire State will decrease by more than a third as fish move northward to cooler waters.

In the lower Hudson River Valley, The Nature Conservancy anticipates “strong shifts” in habitat for more than two dozen



A wren at Constitution Marsh

Photo by Eric Lind

rare species in the 10-county region. Suitable habitat for animals ranging from turtles and frogs to the New England cottontail is also expected to shrink as warming trends push them further north.

For the organizations that create parks and preserves to protect open space, climate change has added a significant new dimension to conservation. While the groups cannot predict exactly how species and habitats

(Continued on Page 11)

Fire and Ice

PART 2 OF 2

Alternatives to opioids

By Anita Peltonen

If you have bad pain but want to know if you can avoid opioids, ask your doctor. Each day, armies of researchers smash the borders of their own understanding of pain and how our brains process it. Their discoveries seep down slowly to civilians, however.

You won't find many of the game-changers in 'Ask your Doctor' TV ads, because they involve highly specialized ingredients or techniques.

For example, if you have joint pain, ask what the doctor has to say about the chili-pepper extract capsaicin, which in its pure form rates 16 million Scoville Heat Scale units. Tabasco's around 300. New trials using a capsaicin-like compound from a Moroccan desert plant clocks in at

1.6 billion SHS units — and aims to soothe intractable cancer pain.

Cryotherapy, meanwhile, uses localized freezing to deaden irritated nerves. And in cool, dark rooms within a small number of rehab facilities, a virtual reality platform called CAREN (computer-assisted rehabilitation environment) helps recondition wounded soldiers or depleted astronauts and is slowly becoming available to the general population.

While such remedies hold great promise for severe pain patients, safety-testing often puts a long hold on innovative treatments.

Slow to come to market

A decade ago, a dog had a tumor in his forepaw so painful, he couldn't walk. His owner took him to a National Institutes of Health animal trial for cancer pain. Using a “molecular scalpel” (a fluid injection), a medical team permanently turned off the neurons flooding 90-lb. Scooter's system with pain signals. The team used the capsaicin-like compound to get the relief response.

Afterward, Scooter walked again. More

large dogs were helped by the procedure, a landmark in silencing primary pain receptors. Anesthesiologist Andrew Mannes, lead MD on this NIH research, speaks quietly, but telegraphs urgency when he describes the likely first human beneficiaries. “End-of-life patients. One of their greatest fears about the end of life is: Will this be painful? This is compassionate use.”

Human trials began in 2015 and should conclude in December. Meanwhile, pain patches using capsaicin come in varied strengths for over-the-counter and doctor-supervised use.

Combined mechanical and medical approaches

The day doctors vanquish pain seems tantalizingly near.

Until then, innovative chronic-pain management may use established opiate and nonopiate painkillers, but for shorter durations and in concert with bodywork like physical therapy (see sidebar, Page 7), shock-wave therapy, or the lesser-known Graston technique.

(Continued on Page 7)

Beacon Considers Rezoning Request

Residents fear “Main Street-style” buildings

By Jeff Simms

With round one in the books, the public hearing on whether to rezone a handful of parcels within Beacon's Main Street-to-river linkage zone will continue next month.

The process began on Monday (April 4) when the City Council heard arguments from a number of residents who believe their properties should not be part of a section of Beacon designated for dense residential growth.

At issue are seven parcels — two on South Avenue and five on Wolcott Avenue — that sit inside the city's “linkage zone,” an area designated in 2013 for expanded growth to support nearby Main Street businesses. The seven properties are also part of the Historic District and Landmark Overlay, and some of the property owners believe the linkage zoning is at odds with the intent of the historic district.

Several of the property owners filed a petition with the city in February asking that the seven parcels be returned to their pre-linkage, medium-density zoning.

The linkage zone was developed to increase the “vitality, attractiveness and marketability” of the section of Beacon that extends from the west end of Main to the Metro-North train station at the riverfront.

Its boundaries encompass Beekman Street, West Main and a portion of Wolcott Avenue as it runs in front of City Hall to just beyond the Reformed Church of Beacon on Wolcott/Route 9D. The intent of the zoning change was to encourage residential development to support Main Street businesses and create a “vibrant” connection between

(Continued on Page 3)



Beacon's "linkage" zone

Photo provided

Roots and Shoots

Shady Spot?

There's a native plant for that

By Pamela Doan

In the April 1 issue, I featured 10 plants that thrive in the sun, as recommended by Michael Hagen, the curator of the rock garden and the native plant garden at the New York Botanical Garden and former director of Stonecrop Garden in Philipstown. This is the follow-up interview about strong performers for shady spots. Hagen says all of these are resistant to deer and will be strong performers in any garden.

Allegheny spurge

Pachysandra procumbens

It's flowering now; its spiky blooms are up before the foliage comes out. It has lime green foliage that gets speckled with age. It's not as aggressive as Japanese pachysandra and the foliage dies back in the winter but it performs much better and it's a much nicer plant. There's no reason to grow Japanese pachysandra. This is a great groundcover.

Foamflower

Tiarella cordifolia

This is another great groundcover. It works nicely in combination with other spring ephemerals that come up through it

like blue bells or wood celandine or bloodroot. The foamflower makes a nice carpet; when other plants die down, it's still there covering the ground, looking good.

Wild bleeding heart

Dicentra eximia

Our native bleeding heart will bloom twice. It doesn't go completely dormant in summer. This is an attractive plant that needs to be used more.

Pennsylvania sedge

Carex pensylvanica

Plantainleaf sedge

Carex plantaginea

Sedges are related to grasses and can be used as a lawn cover. There's a sedge for whatever conditions you have. These two are some of the most attractive and adaptable. Pennsylvania sedge makes a nice carpet under deciduous trees and can be a grass substitute. Plantainleaf has broader leaves. Both are good in dry shade.

Christmas fern

Polystichum acrostichoides

Maidenhair fern

Adiantum pedatum

Eastern North America is blessed with an abundance of great ferns and these are two favorites. Christmas fern is the hardest working fern out there. Right now it's finished looking good all winter and getting ready to produce fronds. You can tidy it up but don't have to. It will stay dark glossy green through the summer and into the winter. Maidenhair is an outstanding looking and delicate fern that is



White wood asters in the native plant garden at the New York Botanical Garden

Photo by P. Doan

surprisingly tough for how it looks. It has thin, black wiry stems with a distinctive five-fingered frond shape.

Wild geranium

Geranium maculatum

This is certainly a good plant. It's a little ephemeral. In a hot summer it can tend to disappear but it's reliably perennial. It's not as spectacular as some of the European geraniums, but with the pink color, it's certainly a cheery plant and worth having.

White wood aster

Eurybia divaricatus

A lot of people think it's weedy, but if it were something expensive or from Japan, they would be fighting to get it. Just because it's something that's native and seeds itself around, it isn't as desirable. If you're worried about it spreading, weed whack it or deadhead it.

If you see a carpet of this in the woods, it's incredible. It's valuable for pollinators, one of the last things to bloom and an important nectar source late in the sea-

son, which makes it an important plant to have in your woodland. There are other asters but they tend not to bloom reliably. It has nice, dark stems, too.

When I noted that I'd found native plants hard to come by at local nurseries, Hagen said they are becoming more widely available, but "it's a little bit of a problem. You're probably not going to find a lot of this stuff at big box stores, but it is available. Talk to your local nursery owner and let them know you want it. There are wholesalers out there growing it, it's just letting nurseries know that the demand is there."

Hagen mentioned Glover Perennials in Long Island, North Creek Nurseries in Pennsylvania, and New Moon Nursery in New Jersey. I've had luck finding native plants at Sabellico Greenhouse in Hopewell Junction and at plant sales. The Master Gardener Plant Sale, Philipstown Garden Club Plant Sale and the Native Plant Center Plant Sale will all have selections.



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Beacon Considers Rezoning Request *(from Page 1)*

Main Street and the river.

The planning board will review the issue at its meeting on Tuesday, April 12 and presumably make a recommendation to the city council, which will continue the public hearing at its May 2 meeting.

On Monday, petitioners' concerns were directed at two potential developments on properties named in the petition: an approximately 70-unit proposal called the River Highlands that would occupy the vacant lots on Wolcott just south of the Reform Church, and two houses adjacent to St. Andrews Church on South Avenue. Nearby residents argue that, if sold, the houses could be demolished and then rebuilt as "Main Street-style buildings," disrupting the character of the neighborhood.

Neither Unicorn Contracting Corporation, the company behind the River Highlands proposal, nor St. Andrews signed the property owners' petition. However, city statutes allow for the review of properties within a zoning district if 50 percent of the property owners in a given block in the district sign a petition requesting the review.

"It is clear that this concern is warranted," said Garienne Carapola, who lives in the Hammond Plaza condominium complex across from the train station and downhill from the proposed River Highlands site. "With so much development occurring throughout the city of Beacon it is easy to lose sight of what the City Council in 2007 (when the comprehensive plan



The two homes adjacent to St. Andrews Church

Photo provided

was adopted) had envisioned for our city."

Unicorn made a preliminary presentation to the planning board on the River Highlands project last November. Reached Thursday, a spokesperson for the company declined to comment when asked for a status update on the project.

St. Andrews, on the other hand, says it has no immediate development plans for the lots on its property, and church representatives stated Monday night that any future development there would fit in with the existing neighborhood.

"None of that exists," Rev. John Williams said Monday night, referring to rumored plans to develop "Main Street-

style" buildings on the church's lots. But, he continued, "the church doesn't need two houses that are falling down."

St. Andrews will probably sell the lots eventually, Williams said, adding that whatever development does occur there will be done cautiously. It will likely be for residential use, "probably multi-family, because that's what Beacon needs," he said.

However, church neighbors say they fear the worst. "We've put every penny that we have into [our] house," said Claire Agre, a South Avenue resident, "and we're heartbroken that across the street could be a wall of monolithic development."

Barry Donaldson, an advisor to the Epis-

copal Diocese of New York, which owns the property, echoed Williams' sentiments, suggesting that the church hold a public design charrette to ensure that the lots are developed in a way that's "consistent with the feel and scale of the community."

Regarding the rumors of building a "Berlin Wall-like structure" on the church property, Donaldson said, "We don't think that's the right thing to do either."

But South Avenue resident Maggie Yarnis, who lives directly across from the church, was not convinced. Citing an active listing on the real estate website Zillow.com, Yarnis said she fears a developer will "build right up to the sidewalk." Demolition of the St. Andrews homes, which she said were influenced by Andrew Jackson Downing, a 19th century landscape architect from Newburgh, would be tantamount to "civic vandalism in its worst form."

Yarnis took the opportunity to also voice her concern about the rate of development in Beacon, naming the River Highlands, St. Andrews and The View, a 50-unit complex proposed for Beekman Street, behind City Hall.

"While I am happy to see so much interest in Beacon, I worry that the impact of these three developments hatching at the same time have not been fully reviewed," she said. "I fear the quality of life for existing residents will be greatly diminished."

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Cold Spring Board Organizes for New Term

*Miller and Voloto sworn in
as trustees*

By Michael Turton

Lynn Miller and Steve Voloto were sworn into office on Monday, April 4, after winning seats on the Cold Spring Village Board in the March 15 election. Miller's son Jack held the Bible as Judge Anthony Costello administered the oath of office in a brief ceremony at Village Hall. Voloto's three-year-old son Sam stood with his father as he took the oath.

The two new trustees attended the annual reorganization meeting the following evening, their first as trustees. The session lasted less than 20 minutes but resulted in unanimous approval of the membership and chairs of numerous village committees, along with other annual appointments. While trustees receive a modest salary, the members of village committees are volunteers.

The vast majority of approvals were re-appointments. Newcomers include Ezra Clementson, who was appointed to the planning board, and John Merante, appointed to the recreation commission. Cathryn Fadde, who did not seek re-election to the board, was reappointed to the parking committee and the Independence Day committee. The Zoning Board of Appeals continues to have one vacant seat.

The following are the 2016-17 rosters for boards, committees and commissions, along with a listing of their scheduled meeting times. All meetings are open to the public and held at Village Hall unless other notice is given. For a complete list of area office holders and committee members, see highlandscurrent.com/local-officials.

Board of Trustees

Meets on the second Tuesday of each month at 7:30 pm. Workshops are held on the first and fourth Tuesdays at 7:30 pm.

Dave Merandy, Mayor
Marie Early, Deputy Mayor
Frances Murphy, Trustee



Village Judge Anthony Costello administers the oath of office to new trustee Lynn Miller while her son Jack holds the Bible.

Photos by M. Turton

Lynn Miller, Trustee
Steve Voloto, Trustee

Cold Spring Justice Court

Judge Anthony Costello (elected justice)
Judge Alan Steiner (appointed acting justice)

Code Update Committee

Meets the first and third Wednesday at 7 p.m.

Carolyn Bachan
Nora Hart
Paul Henderson
Donald MacDonald
Ethan Timm

Historic District Review Board

Meets second Wednesday at 8 p.m. Workshops by appointment on the last Wednesday at 8 p.m.

Al Zgolinski, Chair
Carolyn Bachan
Andrea Connor
Sean Conway
Kathleen Foley

Independence Day Committee

Bruce Campbell, Chair
Marie Early
Cathryn Fadde

Angela Ghiozzi
Jill Golden
Phillip Heffernan
Charles Hustis
Kevin McConville

Parking Committee

Meets on first Monday at 5 p.m.

Anthony Phillips, Chair
Cathryn Fadde
Gretchen Dykstra
Frank Haggerty
Donna Steltz

Planning Board

Meets second and fourth Thursday at 7 p.m.

Matt Francisco, Chair
Ezra Clementson
Dave Marion
Judith K. Rose
Arne Saari

Recreation Commission

Meets last Wednesday at 7 p.m.

Jeff Phillips, Chair
Joseph Curto
Michael Chefalo
Stephen Etta
Katie Hendrix
Gloria McVey
John Merante

Tree Advisory Board

Meets fourth Wednesday at 8 p.m.

Jennifer Zwarich, Chair
Tony Bardes
Charles Day
Kory Riesterer
Gordon Robertson

Zoning Board of Appeals

Meets first and third Thursday at 7:30 p.m.

Gregory Gunder, Chair
Alison Anthoine
Elliott Hammond
John F. Martin
One vacancy



Steve Voloto is sworn into office, assisted by his son, Sam, age 3

Photo by M. Turton

NY Alert

For the latest updates on weather-related or other emergencies, sign up at nyalert.gov.

Taxi!

Village cabs now serve Philipstown and beyond

By Michael Turton

Philipstown now has a full-time taxi service. Carmel Taxi and Car Service, owned and operated by the husband-and-wife team of Fausto Quezada and Ruth Ayala-Quezada, has added service on the eastern side of the county. Village Taxi opened on March 21 and its cars are routinely parked near the pedestrian tunnel at the foot of upper Main Street.

The couple decided to expand after an increase in calls last year from people wanting to get to Cold Spring from Westchester County or needing transportation from the Metro-North stations in Cold Spring and Garrison to attractions such as the Hudson Valley Shakespeare Festival and Fahnestock State Park. Ayala-Quezada said that while many visitors stay in bed and breakfasts, others need rides to hotels in Fishkill.

A network of taxis

Village Taxi has a sedan and a passenger van serving Cold Spring as well as a large SUV for airport runs. The company also operates a fleet of 20 vehicles in the Carmel-Mahopac corridor. Ayala-Quezada said she plans to add more taxis in Cold Spring once the tourist season is in full swing.

"My goal is to network everything," she said. During busy periods, taxis from Carmel or Mahopac will assist around Cold Spring, and vice versa. A computerized, central dispatch coordinates the taxis, all of which accept credit card payment, are smoke-free and radio and tablet-equipped. When customers call for a cab they receive a text message as the vehicle approaches the pickup point.

Trips within Cold Spring cost a flat fee



Ruth Ayala-Quezada and Fausto Quezada

Photos by M. Turton

of \$5 while excursions beyond the village are based on mileage. Drivers haven't had many fares within Cold Spring yet but Ayala-Quezada believes that will change once residents realize the service is available. She estimated fares to a number of common destinations including Breakneck (\$7), Manitoga (\$16), Beacon (\$20) and Fahnestock State Park (\$22). A typical fare of \$20 would cover up to four passengers when the sedan is used. That increases to \$25 for a group of up to six passengers using the van.

Trips to JFK Airport begin at \$155 with a surcharge of \$10 for the van and \$30 for the SUV. "The SUV can also take up to six passengers but is more spacious and has more room for luggage," she explained.

Drivers are screened

In late 2015, the Cold Spring Village Board supported a proposal to have Put-

nam County regulate taxi services, which remains a work in progress. Ayala-Quezada, who serves on the board of the Putnam Country Chamber of Commerce and is also a member of the Putnam County Transportation Advisory Committee, said some communities, including Brew-

ster and Southeast, have resisted oversight.

Carmel Taxi and Village Taxi operate under a license from the Westchester Taxi and Limousine Commission (TLC), which requires fingerprinting,



Three taxis cover the Cold Spring area

background checks and drug testing for all drivers. That scrutiny can be a sticking point for some people interested in working for the company. Ayala-Quezada said a recent call underlined part of the challenge. When she told him his wages would have to be "on the books," he said he wasn't interested.

A dispatcher — at age 13

Ayala-Quezada got into the taxi business on the ground floor. "My dad owned Ernie's Taxi in Mt. Kisco from 1988 to 2001," she said. "I started working for him as a dispatcher when I was 13 years old. To tell you the truth, I didn't think I'd end up in this business."

Now, with 27 years experience, she sees the upside. "It is not routine; it's different every day — new people, new scenarios," she said. "I like the hustle-bustle of moving people and taxis here and there. And I have a good team of drivers who know how we work."

Taxis are available in Cold Spring or close by from 6 a.m. to 6 p.m. Monday through Thursday. Reservations can be made for trips after 6 p.m. On Friday and Saturday coverage is from 6 a.m. to 2 a.m. One of Village Taxi's drivers is a Cold Spring resident who is on call for late-night fares. As the tourist season approaches, Ayala-Quezada plans to add Sunday stand-by service. Until then, residents can get a cab on Sunday with a reservation.

Reservations can be made by calling 845-265-2200 or online at carmeltaxi.net.



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The Village of Cold Spring is seeking part-time clerical help to prepare minutes and maintain records for the Code Update Committee, Historic District Review Board, Planning Board and Zoning Board of Appeals. Position involves evening work for 5-7 hours per week.

For a detailed job description and qualifications, please contact the Village of Cold Spring at 845-265-3611.

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You've Got Mail

Post office box fees vary among local towns

By Michael Turton

While a stamp is a stamp is a stamp, the same cannot be said of post office boxes rented by the U.S. Postal Service. Walk into any post office in the country and your 49 cent stamp will be treated with true equality. Mailed from Garrison, New York, for example, that stamp is empowered to deliver a letter to any destination in the U.S., be it Goodnews Bay, Alaska, or Aina Haina, Hawaii or the westernmost reaches of ... Garrison, New York.

Or the lobby of the same post office. Unlike a stamp, post office boxes are not interchangeable when it comes to cost. The evidence can be seen in a survey of post offices in Garrison, Cold Spring and Beacon.

Cold Spring and Garrison rent boxes in five sizes, ranging from 3.5-by-5.5 inches to 22.5-by-12. Beacon offers only three sizes, the largest being 11-by-5.5. Boxes at all three locations are available for renewable periods of three, six and 12 months.

Best rates in Garrison

Garrison is easily the best bargain, followed by Beacon.

At Garrison the smallest box rents for \$19 for three months, \$33 for six months and \$66 for a full year. Beacon charges \$25, \$43 and \$86. By comparison, Cold Spring charges \$39, \$67 and \$134.

The differences are more glaring for renting a mid-size box. Garrison's rates are \$47 for three months, \$82 for six months, and \$164 for 12 months compared to Beacon's \$63, \$114 and \$228. Cold Spring charges the most, \$100, \$174 and \$348.

Beacon does not offer oversized boxes but the cost differ-

ence between Garrison and Cold Spring is again pronounced. Cold Spring charges \$285, \$445 and \$990 for three, six and 12 months. Down the road, Garrison's rates for the big box are \$152, \$265 and \$530.

Cost of doing business

George Flood, a spokesperson for USPS in the Westchester area, told *The Highlands Current* that across the country, rental fees for PO Boxes are determined by USPS, not the local postmaster, and simply reflect "the cost of doing business" at each site. One difference locally is that the postal service owns the Beacon and Garrison offices but rents the Cold Spring site for its temporary trailer from the owners of Foodtown Plaza. (It does own the trailer.) Flood noted that the USPS does not pay taxes on the sites it owns but that in a situation such as Cold Spring the landlord factors in the cost of property taxes in determining rent.

The USPS is negotiating terms of a lease that would move the post office across Chestnut Street as part of the redevelopment of the former Butterfield hospital site.

Residents and business owners can rent a box at any post office they like, regardless of their home or business address, Flood

Across the country, rental fees for PO boxes are determined by USPS, not the local postmaster, and simply reflect "the cost of doing business" at each site.



An historic mural above boxes at the Beacon post office

Photos by M. Turton

said. A Cold Spring business owner could take advantage of lower rates in Garrison if it proved to be economical after such costs as transportation and time are taken into account. Flood defended USPS rates, saying that they are competitive with those offered by private companies such as UPS and FedEx.

Don't forget your key

In some areas of the country, businesses sometimes go out of their way to rent a post office box in what they perceive as a

prestigious locale, such as in Hollywood, California, Flood said. Admittedly, the prestige factor may be less significant for those choosing between Beacon, Cold Spring and Garrison. A more practical concern locally may be accessibility. In Cold Spring, boxes are available Monday to Friday from 8:30 a.m. to 5 p.m. and on Saturday from 8:30 a.m. until noon, while in Garrison, boxes are accessible 24 hours a day, seven days a week. Customers can access Beacon P.O. boxes Monday to Friday from 6 a.m. until 5 p.m. and Saturday from 6 a.m. until 1 p.m.

Individuals and businesses can rent and manage up to five boxes at a time online at usps.com. More than five boxes can be rented but arrangements must be made in person. Renters must be at least 18 years of age.

Post offices routinely post a notice warning renters: "Do not forget your P.O. box keys. USPS regulations forbid the handing of mail across the counter." Flood said that the longstanding regulation is for security and protection of customer identity.



The cost of boxes varies at each post office.

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Lecture with Donald "Doc" Bayne Saturday April 16 at 5pm

Join Doc Bayne for a presentation on how he discovered the Great Chain Forge in the Sterling

Forest. He will share the history of the forge and how it ties back to a map that was drawn by George Washington's cartographer, Robert Erskine.

Admission is \$5 for the general public and is free for members. Please RSVP at 845-265-4010 or rachel@putnamhistorymuseum.org.

63 Chestnut Street in Cold Spring
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Fire and Ice *(from Page 1)*

A bit like surgery over the skin (this reporter was treated successfully with Graston at Adirondack Medical Center, Lake Placid), the Graston blades are drawn firmly across pain points by a trained PT. This creates a micro-trauma that sparks fibroblasts (healing cells) to break up internal lesions and scars left by chronic inflammation. Case studies show Graston's very good for curing Achilles tendinopathies.

Let this reporter tell you: It's not for wimps; Graston feels like a bear's trying to iron you flat with his claws. But it was worth it.

More plant plays

Capcaisin 8% topical patch Qutenza emerged from the research used to help Scooter. It must be administered "under the close supervision of a physician," notes the National Center for Biotechnology Information, and "no sooner than once every 3 months."

Such patches — another type contains anesthetic lidocaine — can be put over afflicted joints or muscles, and deliver relief superior to pills, often without the organ stress that can accompany long-term pill use. The narcotic fentanyl comes in a patch, too, but the Mayo Clinic warns it "is only used for opioid-tolerant patients. A patient is opioid-tolerant if oral narcotics have already been used for severe pain."

Non-surgical and IV options

Familiar drugs like acetaminophen can be used intravenously, reports *Pain Management Nursing* journal, without the side-effects of opioids (nausea, respiratory depression), "or the platelet dysfunction, gastritis, and renal toxicity ... associated with non-steroidal anti-inflammatory drugs," like ibuprofen. And IV acetaminophen "is the only approved IV non-opioid analgesic ... indicated for use in pediatric patients."

Dental pain inspires fear in most people, yet Dr. Brian Bateman, of Brigham and Women's Hospital, Boston, tells WebMD, "non-opioid [painkillers] may be more effective" in dental-surgery settings than opioids.

What more needs fixing

Sen. Kirsten Gillibrand bullet-points stark drug-abuse facts on her website: "Between 1999 and 2010, there was a 400% increase in sales of prescription opioid pain relievers in the U.S. ... [but there has] not been an increase in the amount of pain Americans report, according to CDC [Centers for Disease Control]."

Gross numbers overlook individual realities and complexities. Of the 100 million Americans in chronic pain, some have well-controlled pain. But a vast number don't get relief, according to the National Academies of Science.

Even in hospitals

The charity Pain News Network found that among 1,250 hospital patients, "over 52 percent said their pain treatment in hospitals was poor or very poor, 25 percent rated it fair, and only 23 percent said it was good or very good. Many patients complained that their pain went untreated or under-treated, even though pain was usually the primary reason they were admitted to a hospital."



Pain patients often experience long-term insomnia, and opioids can bring vivid nightmares.

Photo by A. Peltonen

Beware pain-pill mills

May 2016's Consumer Reports, in a cover story on dangerous doctors, cites a neurologist called out for "allowing unlicensed medical assistants to routinely give patients narcotic painkillers through infusion pumps; in one case, a woman was sent home after receiving more than four times the proper dose." CR says the woman died the next day.

While primary physicians prescribe half the opioids in the U.S., according to CDC, they receive on average just 12 hours' pain training at medical school. For new generations, this will increase. But with pressure to dial down opioid supply, practicing doctors should increasingly start sending chronic-pain patients to specialists.

Mental health piece

Finally, what are the alternatives for non-addicted local pain patients when they want to clear their brains and bodies of opioid and CNS drug use, maintain pain management, and receive withdrawal care?

Writes Melanie Thernstrom in *The Pain Chronicles*, "There is increasing evidence that ... untreated pain eventually rewrites the central nervous system, causing pathological changes to the brain and spinal cord, and that these in turn cause greater pain." Such patients are sometimes told there is nothing quite right for them. Psychiatric nurse Rita Kimball, who sees chronic pain and other patients in Wappingers Falls, says, "General practitioners think of places for addicts. You would need a medical detox. You can't stop opioids precipitously."

Medical detox facilities in our region are Arms Acres in Carmel and Turning Point at St. Francis Hospital, Kimball says.

She hopes that pain doctors will monitor patients' mental health, too, since "we know that pain and depression involve the same part of the brain. When you become depressed after being in pain and knowing it is not temporary or is maybe forever, that is pretty daunting." In some cases, patients become suicidal, and then, sadly, quietly, almost invisibly, join the rising opioid-death count. For that, surely, more alternatives must come to the fore.

Physical Treatment of Pain

Cold Spring Physical Therapy's John Astrab, who holds a doctorate in physical therapy, treats patients who are being medically managed in many different ways. "I would just move a little slower with patients on opioids and CNS [central nervous system] drugs, for their safety," he says. "Their chemistry is in flux from the drugs." The more ingredients in the mix, the harder it is to chart progress. "You have to factor in their individual metabolism."

"If you take drugs that change the central nervous system, it will affect other systems in the body. It can suppress them," he says, adding, "If our appetite is suppressed, how can we nourish ourselves in order to heal?"

Why do many doctors and patients go to opioids instead of therapeutic body work? "Somewhere along the line, that other option [opioids] becomes too easy a choice — a quick fix," he says. "We need to treat the root causes instead of focusing on the symptoms."

But that kind of fix may not last, as the body can develop a tolerance to medicines. And they may ultimately weaken, not strengthen, the pain patient. Movement, however, stops the body's deconditioning, lets the body and brain's self-healing mechanisms work, and helps stave off the depression that often springs from chronic pain.

The most potent ways to deal with pain, says Astrab: Manual therapy, including but not limited to physical therapy, massage therapy, chiropractic or acupuncture; patient education in posture, activity modification, self-management, ergonomics; and lastly therapeutic exercise. Movement needs to be specific and individualized. In some cases we need to stabilize, but in others we need to mobilize healing tissues.

Beacon's Elizabeth Castagna teaches the extremely gentle Alexander Technique to help re-align the spine. "It's a process that allows you to coordinate mind and body to re-learn movement, deepening our understanding of how we're designed to move," she writes at elizabethcastagna.com.

For high-level back discomfort, devices like pumps, epidurals and pulse emitters are increasing anti-pain arsenals at specialized pain centers like Robert Wood Johnson Hospital in Rahway, New Jersey.

For lower extremity pain, podiatric surgeons are increasingly giving non-surgical consults. They're sought after by people who have been or fear becoming failed-surgery patients. Instead they may be offered improved walking casts and a course of simple exercise.

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Fireball Run comes to Beacon

Travel series here in September

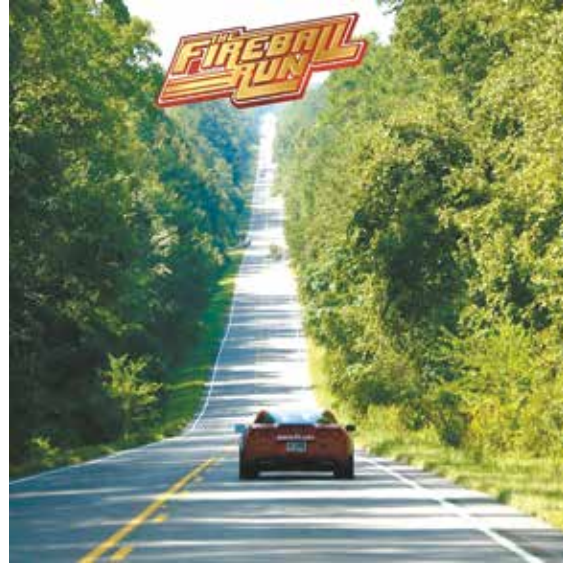
By Brian PJ Cronin

While Beacon has served as a location for a few Hollywood films such as *Nobody's Fool* (1994), it's been notably absent from television screens during its current renaissance. That's soon to change, as the adventure travel series *Fireball Run* will be filming part of its 10th season in the city and Dutchess County in late September.

A mix between *The Amazing Race*, *National Treasure* and *Cannonball Run*, the show follows 40 teams over the course of eight days as they compete in a 2,000-mile trivia contest in which historic cars act as the game pieces and America is the board. The teams consist of celebrities, CEOs and history buffs who follow clues to each destination or locate local artifacts.

There are a few qualities that set *Fireball Run* apart from shows such as *The Amazing Race*, however. The producers refer to it as "factual entertainment," as even the most naïve fan now knows that most so-called "reality" TV shows are staged and scripted. *Fireball Run* says its shows are unscripted and unrehearsed.

Second, the show focuses on the des-



The open road

Publicity shot

tinations as much as the players. "It's really more of a travel show," said Mary Kay Vrba, president and CEO of Dutchess Tourism, who with her staff successfully lobbied the producers to bring the program here. While *Fireball Run* is available in the U.S. only through streaming at fireballrun.com, it's televised throughout Europe, Africa, Latin America and India, which will introduce Beacon to a global audience, noted Beacon Mayor Randy Casale. "We've certainly got lots of hidden treasures here they can incorporate into the show," he said.

Third, there's no cash prize for the win-

ners. Instead, the teams compete for bragging rights and to help a worthy cause: The Race To Recover America's Missing Children. Throughout the series, contestants hand out and put up fliers highlighting a missing child. When the teams come to Dutchess County, they'll be handing out fliers about Tiffany Dixon, who was 12 when she went missing in Brooklyn in 1991. So far, the show has aided in the recovery of 47 children.

Since the series is known for diving deep into under-discovered places and highlighting obscure facets of history, the 40 teams have already been made aware of the general areas of the country they'll be visiting, which also will include Saratoga County and parts of Pennsylvania and Maryland. And Vrba has been allowed to reveal that some teams will be in Beacon on Wednesday, Sept. 28.

Everything else is top secret.

"We can't give out any hints!," she said. "The teams are already doing their research on the area."

Main Street will be closed for part of that Wednesday, said Vrba, who is encouraging Beaconites to gather to welcome the teams. "It'll be filmed, so we'd love to have a warm welcome for the teams as they come in, have people cheering," she said.

MISSING CHILD

THE RACE TO RECOVER AMERICA'S MISSING CHILDREN

CHILD HAS BEEN ASSIGNED TO FIREBALL RUN TEAM

04

SCANNING THIS CODE WITH A SMART PHONE WILL CALL THE NATIONAL MISSING CHILD CENTER

OR DIAL 1-800-843-5678

Tiffany Dixon
 LAST SEEN: Oct 10, 1991
 LOCATION: Brooklyn, NY
 DOB: Jul 18, 1979

AGE NOW: 32
 HAIR: Black
 RACE: Hispanic
 WEIGHT: 105 lbs

SEX: F
 EYES: Brown
 HEIGHT: 5'2"

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www.fireballrun.com

The teams will be distributing fliers with a photo of Tiffany Dixon.

"We'll be rolling out the red carpet, we'll have entertainment, and you'll be able to meet some of the teams."

The 10th season will be filmed from September 23 to October 1, and it will take about six months to edit the footage into 26 half-hour episodes. In the meantime, many of the week's events will be streamed live at fireballrun.com, and viewers can track the GPS signals of the teams there. The site also includes video archives of the past nine seasons.

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The Calendar

Lions and Walruses and Dolphins! Oh My!

Nelsonville marine zookeeper dives into details of his job

By Alison Rooney

It's easy to romanticize Mark Hall's job. He's a marine mammal specialist who has counted the New York Aquarium, Central Park Zoo and, currently, the Queens Zoo/Wildlife Conservation Society as employers. Hall spends most of his working life with pinnipeds (seals, sea lions and walruses) and other creatures who are both mammal and marine. When he's done for the day, Hall returns home to terra firma in Nelsonville, where he lives with his young family.

What is a marine mammal, exactly?

At an April 2 presentation at the Howland Library in Beacon sponsored by the Putnam Highlands Audubon Society, Hall first asked audience members to run down the characteristics of mammals (e.g., they breathe air through lungs; are warm-blooded; give birth to live young; nurse their young; have hair during some part of their lives). Marine mammals share those qualities, of course, but they also get all their food from the ocean. A walrus, for example, has a mouth that allows it to forage through sand to locate clams and other mollusks, the mainstay of

its diet.

That description led Hall to utter a sentence few others could truthfully speak: "The walrus is one of the best animals I have ever worked with." He encountered them early in what so far has been a 24-year career. After studying brain biology as an undergraduate, he shifted to marine biology in graduate school and began volunteering at the New York Aquarium, where he was



A sea lion typical of those Mark Hall cares for

Photo courtesy of Putnam Highlands Audubon Society

called upon to help "walrus-sit" three babies, bottle-feeding them during the midnight to 8 a.m. shift.

Being so young, the animals also "wanted a lot of attention and got very comfortable with me," he recalled. "At times I would be waking up in the middle of the night with a walrus on my shoulder, another on my face! They are extremely trainable, which is great because it allowed us to x-ray and vaccinate them."

Training serves many purposes

Hall, whose title at the Queens Zoo is animal department supervisor, explained how training the animals is not done to amuse visitors but to help zookeepers keep them healthy. While the slippery antics and "tricks" of sea lions, for example, are fun to watch, Hall said they are intelligent animals in need of stimulation. "For years zookeeping was just cleaning and feeding with not much thought given to animal welfare," he says. "That has changed and now we think about their environment and recreation, providing animals with appropriate activities."

The first step is to "give the animal something which re-creates what they do in the wild." Some of the techniques include the hiding of food for the sea lions to search for and retrieve. "We try to get the animal thinking," Hall explained,

(Continued on Page 12)



Despite a broken foot Nancy Bauch has continued her daily walks, which often provide inspiration for her designs.

Photo by A. Rooney

White Forest Pottery

Nancy Bauch's art embraces, transforms nature

by Alison Rooney

There's a fairy tale-like cottage down a wooded country road, with a welcome sign lettered with branches placed on bark, nestled between stones and flowers. Peer in to the perfectly named White Forest Pottery and you will spy a busy woman tending to many creative pursuits.

Nancy Bauch, proprietress and creator of the pottery, sculpture (most pieces qualify as both) and homewares that line the shelves and overflow from the tables to the floors has too many ideas to be contained inside. They spill over to the house next door and, beyond that, to the woods.

In constructing her multi-textured world of bowls, bells, wave sculptures, bud vases, candle holders, egg, nut and pudding cups, Bauch collects natural elements and "transforms these elements into new objects that dramatize and honor their beautiful qualities," she says, building most pieces with clay or waxed linen coils, layer by layer, in a slow process that allows her to contemplate the form she is building on. That makes each piece "an experiment that leads to the next experiment."

Bauch incorporates other elements — twine, sponge, leaves — into her designs. For her larger, sculptural pieces, she uses a slab roller, making strips of porcelain, which she adds, one to the next, before building it and



"watching how it flops," and perhaps pushing it for more volume. At times a resulting crevice "makes for a beautiful line" — things can cleave, as they do, and become both "serene and entangled."

Bauch calls her work her meditation and, as many an artist before her, immerses herself in nature as a means of stimulation and reflection. She intentionally mimics nature's imperfections, drawn to the Japanese wabi-sabi approach of appreciating the beauty of things turning out as they turn out rather than honing them in a quest for symmetry.

The genesis for Bauch's art was an uncle who was an artist and sculptor who traveled (Continued on Page 14)

FRIDAY, APRIL 8

Paul Tschinkel Art Film: Elizabeth Murray

5:30 p.m. Garrison Art Center
23 Garrison's Landing, Garrison
845-424-3960 | garrisonartcenter.org

The Beacon Players: Peter Pan

7 p.m. Beacon High School | 101 Matteawan Road,
Beacon | 845-838-6900 x3420 | beaconplayers.com

David Sedaris

8 p.m. Bardavon | 35 Market St., Poughkeepsie
845-473-2072 | bardavon.org

Mike DelGuidice & Big Shot Celebrating Music of Billy Joel

8 p.m. Paramount Hudson Valley
1008 Brown St., Peekskill
914-739-0039 | paramounthudsonvalley.com

SATURDAY, APRIL 9

Bring the Kids! Tour (ages 6-11)

9 – 11 a.m. Boscobel | 1601 Route 9D, Cold Spring
845-265-3638 | boscobel.org

Defensive Driving Course

9 a.m. – 3 p.m. Butterfield Library | 10 Morris Ave.,
Cold Spring | 845-265-3040 | butterfieldlibrary.org

Trough Workshop (First Session)

9 a.m. Stonecrop Gardens | 81 Stonecrop Lane,
Cold Spring | 845-265-2000 | stonecrop.org

John Lanza: Shot Down Over Italy (Talk)

10 a.m. Putnam Valley Grange Hall
128 Mill St. Putnam Valley | 845-528-1024
Sponsored by the Putnam Valley Historical Society

Estate Planning: How to Protect Your Parent and Yourself (Talk)

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

Disney's Choo Choo Soul with Genevieve

11 a.m. & 3 p.m. Paramount Hudson Valley
1008 Brown St., Peekskill
914-739-0039 | paramounthudsonvalley.com

Introduction to Silkscreen (First Session)

11 a.m. Garrison Art Center
23 Garrison's Landing, Garrison
845-424-3960 | garrisonartcenter.org

Putnam Bizcon (Home, Business, Lifestyle Show)

11 a.m. – 4 p.m. Putnam County Golf Course
187 Hill St., Mahopac
845-628-5553 | putnambizcon.com

Robert Irwin Symposium

11:30 a.m. – 5 p.m. Dia:Beacon | 3 Beekman St.,
Beacon | 845-440-0100 | diabeacon.org

Fish Stories on the Hudson (Talk)

1 p.m. Fort Montgomery Historic Site
690 Route 9W, Fort Montgomery
845-446-2134 | nysparks.com

SPCA Animal Cruelty Watch Seminar

1 p.m. Paladin Training Center
39 Seminary Hill Road, Carmel
845-520-6915 | spcaputnam.org

Calling All Poets Anthology Launch (Readings)

2 p.m. Howland Public Library | 313 Main St.,
Beacon | 845-831-1134 | beaconlibrary.org

Introductory Workshop for HVSF Our Town

2 p.m. Desmond-Fish Library
472 Route 403, Garrison
845-809-5750 x20 | eknapp@hvshakespeare.org

The Beacon Players: Peter Pan

2 p.m. Beacon High School | Details under Friday

Reilly and Bruce Xu: Little Organ Book (Recital)

4 p.m. St. Andrew's Church | 15 South Ave.,
Beacon | 845-831-1369 | standrewsbeaconny.org

Rupert Boyd (Guitar) & Laura Metcalf (Cello)

4 p.m. Beahive Beacon
291 Main St., Beacon | howlandmusic.org

Calendar Highlights

For upcoming events visit philipstown.info.

Send event listings to calendar@highlandscurrent.com

The Naked & The Lens (Book Signing)

6 p.m. The PfotoShop | 493 Main St., Beacon
845-765-8130 | thepfotoshop.com

Gwen Laster Ensemble

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

Garland Jeffreys Band

8:30 p.m. Towne Crier Café | 379 Main St., Beacon
845-855-1300 | townecrier.com

Howland Wolves

9 p.m. Chill Wine Bar | 173 Main St, Beacon
845-765-0885 | facebook.com/chillwinebar

St. George and Friends Jam

9 p.m. Joe's Irish Pub
455 Main St., Beacon | 845-838-1779

Zach Djanikian & The Package

9 p.m. Quinn's | 330 Main St., Beacon
845-831-8065 | quinnnsbeacon.com

SECOND SATURDAY OPENINGS

Karen Madden and Bob Madden: Texture + Tactile

5 – 8 p.m. RiverWinds Gallery | 172 Main St., Beacon
845-838-2880 | riverwindsgallery.com

Warren Hurley: Ulster County Landscapes

5 – 7 p.m. Howland Public Library
313 Main St., Beacon
845-831-1134 | beaconlibrary.org

AM DeBricant: Power Move

Eva Drizhal: Between

6 – 9 p.m. bau Gallery | 506 Main St., Beacon
845-440-7584 | baugallery.com

August Ventimiglia: Drawings

6 – 9 p.m. Matteawan Gallery | 436 Main St.,
Beacon | 845-440-7901 | matteawan.com

Carin Jean White

6 – 9 p.m. The Catalyst Gallery | 137 Main St.,
Beacon | 845-204-3844 | catalystgallery.com

ezerd: Fleet (Paintings)

6 – 9 p.m. Dream in Plastic | 177 Main St., Beacon
845-632-3383 | dreaminplastic.com

Group Show: Hit Squad

6 – 9 p.m. Clutter Gallery | 163 Main St., Beacon
212-255-2505 | cluttermagazine.com

SUNDAY, APRIL 10

Birdwatching Tour

9 a.m. Foundry Cove Park
putnamhighlandsaudubon.org

Storm King Mountain Hike

Noon. Prepaid registration required
845-534-5506 x 204 | hhnaturemuseum.org

Baseball Verse with Beacon Poet Laureate

2 p.m. Howland Public Library

See details under Saturday.

Plein Air Painting (First Session)

2 p.m. Garrison Art Center | Details under Saturday

The Beacon Players: Peter Pan

2 p.m. Beacon High School | Details under Friday

Women's Work (Concert)

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

National Theatre Live: As You Like It

6 p.m. Downing Film Center | 19 Front St., Newburgh
845-561-3686 | downingfilmcenter.com

Kansas

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

MONDAY, APRIL 11

Free Tax Assistance for Seniors/Low-Income

10 a.m. – 2 p.m. Howland Public Library
313 Main St., Beacon | 845-831-1134
beaconlibrary.org | Dial 211 for appointment.

Low-Income Tax Filing Assistance

10 a.m. – 6 p.m. Butterfield Library
10 Morris Ave., Cold Spring
845-265-3040 | butterfieldlibrary.org

Decoding the Past: Advertising Artwork

Noon. Locust Grove Estate
2683 South Road, Poughkeepsie | 845-471-1630
dutchesscountyhistoricalsociety.org

National Theatre Live: As You Like It

1:30 p.m. Downing Film Center
See details under Sunday.

Paint Your World for Seniors

4 p.m. Philipstown Community Center
107 Glenclyffe Drive, Garrison
845-424-4618 | philipstownrecreation.com

Haldane vs. Port Chester (Baseball)

4:30 p.m. Haldane School | 15 Craigside Drive,
Cold Spring | 845-265-9254 | haldaneschool.org

Introductory Workshop for HVSF Our Town

7 p.m. St. Andrew's Church | 17 South Ave., Beacon
845-809-5750 x20 | eknapp@hvshakespeare.org

Workspaces Organizing Workshop

7 p.m. Philipstown Community Center | See above.

TUESDAY, APRIL 12

Leave Leaf and Yard Debris Curbside for Wed. Pickup (Cold Spring)

Boscobel Open for Artists

9:30 a.m. – 4 p.m. 1601 Route 9D, Cold Spring
845-265-3638 | boscobel.org | No public admission

New Moms & Infants Group

11 a.m. – 1 p.m. Desmond-Fish Library
472 Route 403, Garrison
Email whiteside.ks@gmail.com

Kid's Yoga & Creative Play (ages 5-10) (First Session)

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

Crazy 8s Math Club (First Session)

4:15 p.m. Howland Public Library
See details under Saturday.

Kayaking Workshop

6:30 p.m. Desmond-Fish Library | 472 Route 403,
Garrison | 845-424-3020 | desmondfishlibrary.org

Public Hearing: Tentative Budget

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

WEDNESDAY, APRIL 13

Mexican Cooking Workshop

10 a.m. Philipstown Community Center
See details under Monday.

Senior Bus Trip to Fishkill

10 a.m. Chestnut Ridge, Cold Spring
845-424-4618 | philipstownrecreation.com

Haldane Sports

4:30 p.m. Baseball vs. Putnam Valley

4:30 p.m. Softball vs. Putnam Valley

See details under Monday.

Manitoga in Manhattan (Benefit)

5:30 p.m. Novo Arts | 57 E. 11th St., New York
brownpapertickets.com/profile/7669

Spring Bulbs Guided Tour

5:30 p.m. Stonecrop Gardens | 81 Stonecrop Lane,
Cold Spring | 845-265-2000 | stonecrop.org

A Spirited Earth Day (Dinner and Talk)

7 p.m. Garrison Institute | 14 Mary's Way, Garrison
914-204-4265 | garrisoninstitute.org

Sailing Class (First Session)

7 p.m. Beacon Sloop Club | 2 Red Flynn Drive,
Beacon | 201-259-9634 | beaconsloopclub.org

Sip and Paint: Van Gogh's Sunflowers

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

Belinda Carlisle

8 p.m. Paramount Hudson Valley
See details under Friday.

THURSDAY, APRIL 14

Free Tax Assistance for Seniors/Low-Income

10 a.m. – 2 p.m. Howland Public Library
See details under Monday.

Haldane PTA

3:30 p.m. Haldane School (Library)
15 Craigside Drive, Cold Spring
845-265-9254 | haldaneppta.org

7th Annual Adult Team Spelling Bee

5:30 p.m. Starr Ridge | 38 Starr Ridge Road,
Brewster | 845-225-2700 x136 | pfcsinc.org
Benefits Putnam Family & Community Services

Mountain Lions in New England (Talk)

6 p.m. Howland Public Library
See details under Tuesday.

Hamilton and Jefferson: Competing Visions for America

7 p.m. Fort Montgomery Historic Site
See details under Saturday.

Pharaoh's Daughter

7:30 p.m. Towne Crier Café | See details under
Saturday. | *Benefits Beacon Hebrew Alliance*

FRIDAY, APRIL 15

Tax Day

Free Tax Assistance for Seniors/Low-Income

10 a.m. – 2 p.m. Howland Public Library
See details under Monday.

Paul Tschinkel Art Film: Nan Goldin

5:30 p.m. Garrison Art Center
See details under April 8.

Drew Lang: Architect as Developer (Talk)

6:30 p.m. Boscobel | 1601 Route 9D, Cold Spring
845-265-3638 | boscobel.org

Youth Players: Comic Book Artist

7 p.m. Philipstown Depot Theatre
10 Garrison Landing, Garrison
845-424-3900 | philipstowndepottheatre.org

Haldane PTA Brain Show

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

I Loved Lucy Drag Bingo!

7 p.m. The Beacon Theatre | 445 Main St., Beacon
845-453-2978 | thebeacontheatre.org

Open Book / Jeffrey Pepper Rodgers & Wendy Ramsay

7:30 p.m. Beahive Beacon | 291 Main St., Beacon
845-765-1890 | beahivebzzz.com

Open-Mic Night

7:30 p.m. Sign-up | 8 p.m. Performances
Howland Cultural Center | Details under Sunday

Pushing North for Survival *(from Page 1)*

will respond as the environment changes, land trusts in the Hudson Valley are increasingly identifying for protection “climate-resilient” places that will provide the most options for the greatest number of species over the long term.

“As we evaluate the habitat value of potential conservation projects, we look for areas that are connected to other protected land in a way that could facilitate migration,” explains Matt Decker, the conservation stewardship manager for the Hudson Highlands Land Trust. “Does the area have a variety of landscape features? Is it large enough to retain its value as conserved land as conditions change? Thinking about climate change has absolutely changed conservation on the local level.”

In the Hudson Valley, the impacts of climate change on plants and wildlife are many. While the three-month period between December and February of this year was about 3.6 degrees warmer than normal, the winter season — which saw almost no snowfall — actually exposed plants and some wildlife to lower temperatures than expected. Those temperatures can affect animals that have typically used the snow to keep warm over the winter, explains Sacha Spector, the director of conservation science at Scenic Hudson land trust.

“Without an insulating blanket of snow, the temperatures in the soil can actually be lower than what they’re used to,” he said.

Another effect, called “de-coupling,” occurs when other animals, responding to warmer temperatures, emerge from hibernation to find the seed-dispersing or pollinating plants they depend on haven’t yet bloomed — or vice versa, Spector says. Over the long term, wildlife numbers could decline if key resources are consistently unavailable.

Rising slowly as ice caps melt thousands of miles away, the Hudson River is approximately 13 inches higher than it was a century ago, and it’s risen three times as fast over the last 15 years as it did



Eric Lind of the Constitution Marsh Center & Sanctuary

Photo by J. Simms

in the entire 20th century. That, too, can affect its delicate ecological balance.

At Constitution Marsh, the 270-acre wildlife sanctuary that’s been managed by Audubon since 1970, the marsh wren has thrived in a habitat comprised of what director Eric Lind calls “soft-bodied plants” — the grasses, sedges and rushes that make up the marsh, rather than the more woody vegetation in the swampy areas closer to the land. But as the sea level and, consequently, the

Hudson, rises, the marshes could be lost, literally drowned out by the rising water.

“Some birds will be okay, because they’re adaptive,” Lind says. “But there are other species that may not fare so well based on the area-specific benefits they really need.”

Birds seen regularly at the marsh today were rarities 40 years ago, Lind says, citing the black vulture and Carolina wren as examples. While those birds have moved into New York, Audubon predicts that the common loon will lose more than half of its summer breeding range in the

next 60 years. Because New York is at the southern end of that range, the loon may someday become almost exclusively Canadian.

“You’re seeing animals already adapting to climate change,” Lind says. “It’s not like climate change is coming. Their ranges are shifting now.”

From the billions of microbes that release crop-enriching nutrients into the soil to the carbon dioxide that plants remove from the atmosphere, the various features and impacts of the natural world are intimately connected.

During Hurricane Irene (more frequent “superstorms” are also thought to be another effect of climate change), a grove of Hemlock trees at Constitution Marsh, already weakened by invasive insects, was knocked down. The trees had provided valuable shade to a stream that runs by Lind’s office and into the Hudson. Over time, as the sunlight slowly heats the now-exposed stream, it could become uninhabitable for temperature-sensitive fish and insects.

Meanwhile, the open patches of Hemlock forest are even more susceptible to invasive species.

There are around 835,000 acres of protected land in the Hudson Valley, accord-

ing to Spector, and to secure wildlife habitat for the long run, perhaps twice that much will need to be preserved. The key, land trusts believe, is to protect the “resilient” landscapes — diverse places connected to already-protected land, which will give wildlife the ability to roam as their present homes change.

Scenic Hudson plans to release a map later this year that will identify conservation priorities up and down the Hudson in hopes of creating a blueprint for an ecologically balanced region.

And it is a region well worth protecting, environmentalists say. From the New York Harbor to Troy — the brackish section of the river where salt- and freshwaters mix — the Hudson bisects an incredibly diverse cross-section of eco-regions from Atlantic coastlands to the Appalachian peaks and into the Allegheny Mountains.

“The geology of this region is extraordinarily complex,” says Erik Kiviat, executive director of the Hudsonia environmental research institute. “It provides that variety of microclimates that we think allows organisms to move around in response to habitat and climate change. We hope it will help more species survive the changing environment.”

Visit highlandscurrent.com for news updates and latest information.

“You’re seeing animals already adapting to climate change. It’s not like climate change is coming. Their ranges are shifting now.”

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Lions and Walruses and Dolphins! Oh My! *(from Page 9)*

“and we also train for different sorts of behaviors, which will then allow us to take better care of the animals.” With sea lions, these include the “giving” of flippers and “target training,” or going to specific places.

In his work, Hall said, all the training is based only on positive reinforcement. “It’s all based on bond or trust,” he said. “It requires patience, and often takes a long time ... It takes a special person and a lot of practice to do this work; you need to be observant, because timing is crucial.” For instance, of the three sea lions acquired by the Queens Zoo after being rescued from the wild a year ago, one is only now “barely allowing me to touch him,” Hall said.

Hall and his colleagues use clickers and whistles as “bridging” techniques, which link an action and a reward through a sound. The sea lions are trained to move so that the keepers can observe their bodies to check for injury or illness. The maneuvers are essential when working with animals weighing just under 400 pounds, as these sea lions do. Some skill-building serves multiple purposes; training the sea lions to put their faces into buckets to “blow bubbles” is also a way to get them to ingest antibiotics placed into



A sea lion at the Queens Zoo

Photo by Julie Larsen Maher/WCS

the bucket’s water.

Then there is the feeding. Although it may appear that keepers randomly throw out fistfuls of fish, the fish has been analyzed for nutrient and fat content and there is a strict regimen of how much food each animal is served. “Behavioral cues allow us to increase or decrease their diet,” Hall said. The animals are also trained to get on a scale for monthly weigh-ins.

Some marine mammals, such as cetaceans (whales and dolphins) are more difficult to train because they don’t come out of the water. Some marine mammals are trained for highly specific tasks. For instance, the U.S. Navy works with harbor seals, teaching them to go into submerged airplanes and cars, undoing seatbelts. They have also worked with dolphins to locate unexploded mines along coastlines.

Protections are in place

After discussing the threats these animals encounter in the wild (poaching, pollution, overfishing of their prey food and being caught in nets intended for other species), Hall noted that a 1972 federal law prohibits the taking of marine mammals.

Their care in zoos and aquariums is regulated by the U.S. Department of Agriculture, which inspects each facility twice a year, and by the Association of Zoos and Aquariums, which enforces licensing standards.

Hall said that while it may appear that zookeepers develop close bonds with the sea lions, walruses and other marine mammals under their care, the animals are not pets any more than you could domesticate a wolf or elephant. “We get close to the animals we work with and we love them, maybe,” he said, “but really, the sea lions don’t love us back.”



Mark Hall

Photo by A. Rooney

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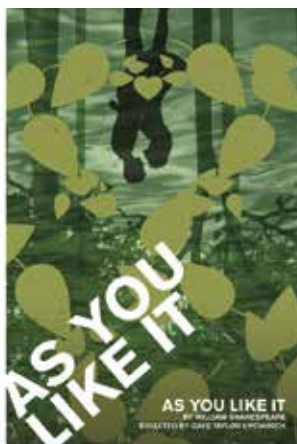
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Sports (for additional sports coverage see Page 20)

Haldane sophomore Abbey Stowell leaps 14-9.75 to finish fifth in the long jump on April 2 at the Pirate Relays at Pearl River High School.



Rayvon Grey of Beacon won the long jump with a distance of 23.5 feet at the event.

Photos by Peter Farrell

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WED & THU 7:15

Batman v. Superman Dawn of Justice (PG13)
FRI 2:00 5:15 8:30, SAT 11:45 3:00
6:15 9:30, SUN 1:00 4:15 7:30
MON 7:00, TUE 12:30 3:45 7:00
WED & THU 7:00

My Big Fat Greek Wedding 2 (PG13)
FRI 2:30 5:00 7:30, SAT 1:30 4:00
6:30 9:00, SUN 1:30 4:00 6:30
MON 7:30, TUE 1:30 4:30 7:30
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The HIGHLANDS
Current

White Forest Pottery *(from Page 9)*

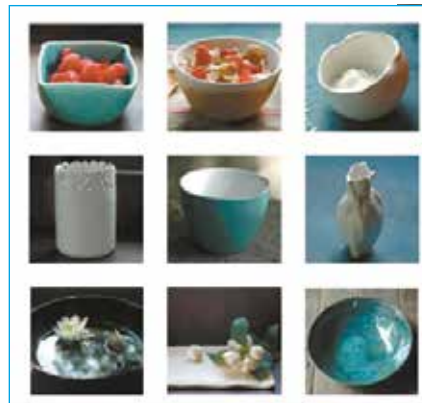
the world and brought back “things you don’t see at Walmart,” such as tin pins from Argentina, she says. She loved art class in school, “though I never could draw, still can’t, but could do all the three-dimensional stuff.” Told by a teacher that her strongest aspect was her experimentation, Bauch enrolled at Michigan State University in what proved

to be a conceptual art program, which wasn’t clicking with her. Seated next to an interior designer on a plane, she discovered a new field where she could work on developing skills in making floor plans, lighting design and facets of architecture.

In her early professional life she specialized in hotel design work, then environmental signage, eventually moving to graphic and packaging design. She worked as an art director at Clement Mok Design in San Francisco, then at Nike in Portland before heading to New York, where she had her own design firm for most of the 1990s.

It was there that Bauch happened upon a Monday night pottery class at Greenwich House Pottery. “The more I devoted myself to studying, the better my pottery got,” she says.

In 1998 Bauch moved to Garrison, and, two years later, after making pottery for friends and neighbors, devoted herself to her art full-time in her picturesque studio, acquiring a kiln and beginning a process of experimentation, her mind making connections between



A mosaic of pottery sold on Bauch's website

objects, methods, textures and ideas, often relating to what can be created from remnants that someone else might throw away. For instance, it occurred to her that she could take the excess which emerges from filling molds with liquids and turn that into napkin rings.

Bauch cites her stay at Haystack Mountain School of Crafts in Deer Isle, Maine, as crucial. “When you take a workshop at Haystack, you are able to work in the studio day and night, you have time to experiment and discover, and be a part of an intensive and supportive community,” she says.

Connections brought Bauch’s work to the attention of the art director at Martha Stewart Living, which soon featured her work. Another spread in



Stroll in the woods near White Forest Pottery and you may well find bells and jewels placed here and there.

Photos by A. Rooney



Bauch's kiln

Domino followed. Now White Forest Pottery is sold mostly online at whiteforestpottery.com, with studio sales a couple of times a year. Gift items, particularly wedding gifts, are the mainstay.

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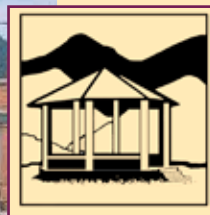
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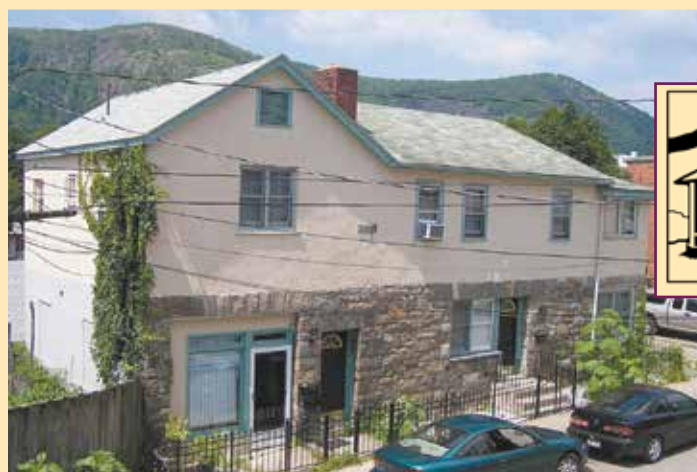
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Science Cafés

BIRE forums to combine food, drink and ideas

by Alison Rooney

Rather than host a dry scientific symposium relating to their mission of advancing research, education and public policy regarding rivers and estuaries, the Beacon Institute for Rivers and Estuaries (BIRE) is wetting the whistles in a novel sort of way with a series of informal Science Cafés at which scientists and guests can mingle and share ideas.

The Cafés, to be held at The Hop and Towne Crier, along Beacon's Main Street, will involve researchers from BIRE and other environmental groups such as Riverkeeper and Billion Oyster Project, along with professors from Clarkson University. In 2011, BIRE formalized a strategic alliance with Clarkson University, becoming a subsidiary of Clarkson while retaining its separate 501(c)(3) designation. In fact, it was a successful Clarkson initiative, which doled out a bit of science along with a bit of brew near their Potsdam campus, which inspired the Beacon edition.

Murray Fisher, the co-founder of Billion

Oyster Project, will speak at the first event, at 7 p.m. on April 21, on the eve of Earth Day, at The Hop, 554 Main.

Oysters were among the brightest ecosystem "engineers" on the planet and Billion Oyster Project works to put them back to work in New York Harbor. Food (including oysters) and drinks will be available for purchase.

The format for this and most of the other cafés will be a half hour of mixing and mingling at 7 p.m. followed by the talk at around 7:30 p.m., and then a casual Q&A and conversation. The Science Café topics will be:

May 19: "Where Engineers Order Their Water Straight Up."

Witness how engineers are exploring ways to defy gravity on Mt. Beacon with concepts and principles to make every drop count; a case study led by Incline Railway Trustee Frank DiLorenzo.

June 16: "Science and the Backbone of the Body Politic."

Riverkeeper's Water Quality Program Manager Dan Shapley maps out how sampling efforts at 300 Hudson River Estuary locations are shaping policy and laws. After all, clean water means good beer.

July 21: "The Role of Holes in Climate



Murray Fisher, who will speak at the first Science Café event

Photo provided

Change." Clarkson University Professor of Chemistry Mario Wreidt presents a futuristic drama in which advanced porous materials, x-ray diffraction and alternative fuels play a critical role in saving the world's marine ecosystems from the effects of ocean acidification and climate change.

October 20: "On (Mock) Trial: Groundwater vs. Corporation X."

Clarkson University Professor of Environmental Science and Engineering Michelle Crimi and you-the-people (audience/jury) examine the slippery slope of pinpointing polluters.

November 17: "Fathom: Hudson River Data as Music." The café, held at the Towne Crier in Beacon, will feature compositions by Ben Neill, who has been called "the mad scientist of dancefloor jazz," and vocalist Mimi Goese for mu-



Oysters will be the subject of the first Science Café.

Photo provided

tantrumpet and voice based on Hudson River real-time data from BIRE's Observatory Network.

To register, or for more information, visit bire.org/events.

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SPRING CLASS SCHEDULE

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MONDAY

8:45 - 9:15 AM
MEDITATION
Branis Buslovich

9:30 - 10:45 AM
VINYASA
Tara Gilman

9:30 - 10:30 AM
PILATES SEMI-PRIVATE*
Melina Marzollo

10:30 - 11:30 AM
PILATES SEMI-PRIVATE*
Melina Marzollo

12:00 - 1:00 PM
YOGALATES
Melina Marzollo

7:00 - 8:30 PM
YOGA FOR MEDITATION
Josh Geller

TUESDAY

8:45 - 9:15 AM
MEDITATION
Branis Buslovich

8:45 - 9:45 AM
PILATES SEMI-PRIVATE*
Bettina Utz

9:30 - 10:45 AM
ALIGNMENT FLOW ALL LEVEL
Julian Paik

9:45 - 10:45 AM
PILATES TOWER
Bettina Utz

11:00 - 12:00 PM
PRENATAL YOGA
Claire Koepke

12:00 - 1:15 PM
MOMMY & ME YOGA
Claire Koepke

3:00 - 5:00 PM
KID'S YOGA & CREATIVE PLAY
Melina Marzollo (4/12-5/17)

7:15 - 8:15 PM
PILATES TOWER
Kristin & Melina

WEDNESDAY

7:30 - 8:30 AM
PILATES SEMI-PRIVATE*
Kristin Hatleberg

8:45 - 9:15 AM
MEDITATION
Branis Buslovich & Michelle Clifton

8:30 - 9:30 AM
PILATES TOWER
Kristin Hatleberg

9:30 - 10:30 AM
PILATES MAT
Clare Donovan

9:30 - 10:30 AM
PILATES SEMI-PRIVATE*
Melina Marzollo

10:30 - 11:30 AM
PILATES PRIVATE
Melina Marzollo

11:30 - 12:30 PM
PILATES SEMI-PRIVATE*
Melina Marzollo

7:00 - 8:15 PM
GENTLE, BEGINNER YOGA
Claire Koepke

THURSDAY

8:45 - 9:45 AM
EXPRESS FLOW
Claire Koepke

9:30 - 10:30 AM
PILATES SEMI-PRIVATE*
Melina Marzollo

10:00 - 10:30 AM
FOOT FITNESS
Rick Panson

10:30 - 11:30 AM
YBR- YAMUNA BODY ROLLING
Rick Panson

10:30 - 11:30 AM
PILATES SEMI-PRIVATE*
Melina Marzollo

11:30 - 12:30 PM
PILATES PRIVATE
Melina Marzollo

6:45 - 8:00 PM
YIN YOGA
Kathy Toris

FRIDAY

8:00 - 9:15 AM
KUNDALINI
Alison Jolicoeur

9:30 - 10:45 AM
VINYASA
Julian Paik

9:30 - 10:30 AM
PILATES TOWER
Melina Marzollo

10:30 - 11:30 AM
PILATES TOWER
Melina Marzollo

6:00 - 8:30 PM
FOCUS FRIDAY WORKSHOPS *MONTHLY
Lisa Bennett Matkin

SATURDAY

9:00 AM - 10:15 AM
GYROKINESIS
Jen Daly

9:30 AM - 10:30 AM
PILATES SEMI-PRIVATE*
Martina Enschede

10:30 AM - 11:45 AM
VINYASA
Vanessa Alfano

10:30 AM - 11:30 PM
PILATES PRIVATE
Martina Enschede

11:30 AM - 12:30 PM
PILATES PRIVATE
Martina Enschede

SUNDAY

10:30am - NOON
ALIGNMENT FLOW ALL LEVEL
Julian Paik

12:30 - 1:30 PM
DHARMA SUNDAY SCHOOL *FIRST SUNDAY OF THE MONTH
Maeve Eng-Wong



COMMUNITY BRIEFS



Army visually impaired cycling teams finish together to take gold, silver and bronze medals during the 2015 Warrior Games at Quantico, Virginia.

Photo by EJ Hersom

Volunteers Needed for Warrior Games

Wounded service members will compete at West Point

The Department of Defense is looking for volunteers of all ages to assist with its annual Warrior Games, to be held this year at West Point from June 15 to 21. The games feature more than 250 wounded, ill and injured service members and veterans representing all branches of the Armed Forces who compete in archery, cycling, shooting, sitting volleyball, swimming, track and field and wheelchair basketball.

Volunteer positions include escorts, back-up scorers, assistant lane judges, cheering squad and spectators, crowd control, official greeter, parking guide, runner, score keeper, set up/clean up, social media volunteer, timekeeper, among others. For information, visit warriorgames.dodlive.mil/volunteers or call 571-239-4063.

Got Secrets?

The Lions will help you out

The Cold Spring Lions Club has scheduled its annual Shredder Day for Saturday, April 16. From 9 a.m. to noon, a site-bonded and certified commercial shredder will be parked at The Nest at 44 Chestnut St. in Cold Spring to accept paper for shredding as you watch. The service is free to Philipstown residents and businesses, although donations are welcome. No boxes, paper clips, binders or plastic bags.

Audubon to Go Bird Watching

Three tours set for April

The Putnam Highlands Audubon Society will offer three bird-watching excursions in April for adults and children ages 8 and older.

On Sunday, April 10, Pete Salmansohn will leave Foundry Cove park at 9 a.m. for a stroll along the shoreline and to the forested stream valley to look for waterfowl and songbirds. On Sunday, April 24, at 8 a.m., Perry Pitt will lead a walk through some of the mixed habitat at Hubbard Lodge off Route 9 just north of Route 301. And on Saturday, April 30, at 8 a.m., Scott Silver will search at Wing & Wing or the Castle Rock Natural Area, across Route 9D from the Highlands Country Club in Garrison.

Dress for the weather; heavy rain cancels. For more information, visit putnam-highlandsaudubon.org.

Garrison School Science Fair

Winners in five divisions

The Garrison School PTA announced the winners of its annual science fair, held the week of March 27.

Grades 5 to 8

Chemistry — Alec Maasik (first); McKenzie Clark (second); Chase Mayer (third); Ava Rouxel, Rex Young, Robert Bohl (honorable mention)

Physics — Henry Heckert (first); Isaac Walker (second); Tomas Struck, Kyle Mayo (honorable mention)

Biology — Emerson Smith, Lukas DeRoche (first place); Ben Higbee, Madison Clark, Fallon Barry, Will Stark, Athena Stebe-Glorius (second place); Megan Horan, Evan Maasik, Madison Smith (third place); Madison Clark, Kailyn August,

Eva Turko, Terence Driscoll (honorable mention)

Psychology — Dosi Weed (first); Aidan Sabatini, Emerson Delmonte (second); Autumn Hartman, Adam Sharifi (third); Ava Dubois, Rachel Ivacioli, Nola O'Reilly, Elizabeth Nelson (honorable mention)

Environment — Aiden Sullivan/Jordan Albertson (honorable mention)

Earth Science — Gaetano Cervone (second)

Engineering/Tech — Sofia Wallis, Caroline Nelson, Luke Wimer (honorable mention)

Grades K to 4

Chemistry — Anna Cat Nelson (winner); Jasmine Kirkwood, Alyssa Harris, Jack Hartman, Noah Green, Elinor Mercurio (honorable mention)

Physics — Grace Gordon, Jasmine Wallis, Chase Nugent, Jillian August, Morgan Murphy (winners); Max Westphal, Liam Flanagan, Roth Westphal, Ari Barta, Clara Gelber, Elsa Minkin, Margret Clemente, Amelia McCarthy (honorable mention)

Biology — Elspeth Darhansoff, Gwendolyn Gordon (winners); Grace Rouxel, Charlotte Heim, Sofia Rasic (honorable mention)

Psychology — Mac Lake (winner); Vanja Booth (honorable mention)

Earth Science — Sebastian Rasic (winner)



Chip Marks, a volunteer judge, assesses an elementary student's presentation on laughter.

from 11 a.m. to 4 p.m. on Saturday, April 9, at the Putnam County Golf Course in Mahopac. The free event will feature more than 80 businesses displaying products or showcasing their services.

From 11 a.m. to 1 p.m., Marty Lyons, the New York Jets defensive tackle for 11 seasons in the 1970s and '80s, will be on hand for autographs, and from 11 a.m. to 4 p.m., Amanda Ayala of Mahopac, a recent contestant on The Voice, will be greeting fans. There will also be a new Tesla on display and, at 1 p.m., a seminar on adding solar power to a home.

The Putnam County Golf Course is located at 187 Hill St. For more information, visit putnambizcon.com. The event is being co-sponsored by the Putnam County Chamber of Commerce, the Cornell Cooperative Extension of Putnam County and the Putnam County Economic Development Corporation.

At Home in the Library

Writers to discuss "poetry of place"

As part of National Poetry Month, four Hudson Valley poets will share their work and thoughts about "poetry of place," particularly the concept of home, at 4 p.m. on Saturday, April 16, at the Butterfield Library in Cold Spring.

Moderator Jo Pitkin celebrates the unique history of her hometown in her hybrid collection about the 19th century traveling menagerie in *Cradle of the American Circus: Poems from Somers, New York*. Pitkin's other collections include *The Measure* and *Commonplace Invasions*.

The poetry books of Will Nixon, who lives in Woodstock, include *My Late Mother as a Ruffed Grouse*, *Acrostic Woodstock*. He explores his experience of gentrification in 1980s Hoboken in *Love in the City of Grudges*.

Molly McGlennen is a poet and associate professor of English at Vassar. Her book of poetry, *Fried Fish and Flour Biscuits*, is informed by her growing up in Minneapolis, her Anishinaabe heritage and the Ojibwemowin language of her ancestry.

Lucia Cherciu, a professor of English at SUNY-Dutchess, writes about her native Romania and the brutal legacy of dictator Nicolai Ceausescu in her first collection of poetry in English, *Edible Flowers*.

Registration is required; call 845-265-3040 or visit the calendar at butterfield-library.org.

Finding the Lost Forge

Historian to discuss Great Chain

The Great Chain stretched across the Hudson River from West Point to Constitution (Continued on next page)

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Putnam BizCon Set for April 9

Some 80 businesses prepare displays

The Greater Mahopac-Carmel Chamber of Commerce will host Putnam BizCon



Former Jet Marty Lyons will sign autographs at the Putnam BizCon.

Photo provided

COMMUNITY BRIEFS

Island during the Revolutionary War, preventing the British ships from controlling the river. But the forge, which created the chain, has been “lost” for 200 years.

On Saturday, April 16, at the Putnam History Museum, Doc Bayne, a retired forest ranger who is an expert on the iron history of New York, will discuss how he discovered the Great Chain Forge in the Sterling Forest. He will share the history of the forge and how it ties to a map drawn by George Washington’s cartographer, Robert Erskine.

Admission is \$5 or free for members. The program begins at 5 p.m. To reserve a seat, call 845-265-4010 or email rachel@putnamhistorymuseum.org.



Grasshopper Grove

Photo by George Potanovic

Grasshopper Grove Opens April 16

A “bridge” between lawn and woods

On Saturday, April 16, the Hudson Highlands Nature Museum will host a day of grasshoppers and butterflies.

Grasshopper Grove will be open for the season starting at 10 a.m. The park is a “bridge” between a mowed lawn and the wild woods that encourages children to discover natural play spaces, said Tina Edel of the museum. There will be a scavenger hunt from 10 a.m. to noon (drop in any time to participate) and crafts with natural materials. Admission is free for museum members or \$3 otherwise.

At 10 a.m., Pam Golben will discuss gardening to benefit butterflies and caterpillars. “Planting nectar plants in your garden feeds adult butterflies,” Golben explained. “Incorporating host plants for butterfly caterpillars, and providing sheltered places for caterpillars to pupate, provides habitat that allows butterflies to complete their life cycle.” The fee is \$5 for museum members and \$7 for non-members. It is designed for adults and children age 10 and older. Pre-paid registration is required.

The museum’s Outdoor Discovery Center is located on Muser Drive across from 174 Angola Road, Cornwall. For more information, visit hnm.org or call 845-534-5506, ext. 204.

Feast with the Fire Monkey

Garrison Institute to host Chinese banquet

The Garrison Institute will host “A Spirited Earth Day,” a dinner and talk, at 7 p.m. on Wednesday, April 13. The evening includes a Chinese banquet prepared by Fresh Company to mark the year of the Fire Monkey, along with hors d’oeuvres, beer, cocktails and wine. Max Watman, author of *Harvest: Field Notes from a Far Flung Pursuit of Real Food*, will speak on keeping the passion of Earth Day alive. Can we sustain sustainability?

Reservations are required; tickets are \$45 in advance or \$50 at the door. Visit garrisoninstitute.org or call 845-424-4800.

Chamber Sets Date for Dinner

Joseph Gianchinta will be honored

The Cold Spring Area Chamber of Commerce will hold its annual awards dinner on Thursday, April 28, at Dutchess Manor in Beacon. Cocktails with a cash bar begin

at 6:30 p.m. and dinner is at 7:30 p.m.

At the dinner, Joseph Gianchinta will receive the James G. Lovell Award and the Putnam History Museum will be recognized as the non-profit of the year. The chamber also will award the Business of the Year award to Foodtown, Go-Go Pops, Marbled Meat Shop or Stanco’s Auto Body, and the Silver Business Award to C&E Paint, Robert A. McCaffrey Realty, Scanga Woodworking or Yannitelli Liquor based on a public vote at surveymonkey.com/r/vc2D2N9.

The cost is \$65 per person or \$600 for a table of 10. Reservations are requested by April 15 by visiting explorecoldspring.com. Dutchess Manor is located at 263 Route 9D. For more information, call 845-265-3200.

Are You Stuck in the ’70s?

Filmmaker needs extras for historic scenes

Producers will be casting extras for scenes to be shot on May 10 and 11 in Peekskill for *Wonderstruck*, a film directed by Todd Haynes, who was nominated earlier this year for a Golden Globe for his film *Carol*. The casting company is looking for men and women for scenes that take place in the 1920s and 1970s.

For the 1920s scenes, they need women with shoulder-length or shorter hair and

men with short hair or who are willing to have their hair cut. For the 1970s scenes, they need women with natural looking hair and men with longer or shaggy hair. They do not want shaved heads, extensions or chemically straightened hair. Extras also must be able to attend a costume fitting in Manhattan.

To be considered, email a recent photo, whether you are a union or non-union actor, contact information, height, weight and clothing sizes to wonderstruck@gw-cnyc.com with “Peekskill Local” in the subject line.

Center to Show Films on Contemporary Artists

Three installments from Paul Tschinkel’s series

The Garrison Art Center will screen three films in April from a series made on contemporary artists by Paul Tschinkel. The first, on the late Elizabeth Murray, will be shown on Friday, April 8, followed by photographer Nan Goldin on April 15 and performance artist Laurie Anderson on April 22.

The screenings each begin at 5:30 p.m. and popcorn and beverages will be provided. Admission is free for Garrison Art Center members or \$10 otherwise. A discussion with Tschinkel will follow each film. The art center is located at 23 Garrison Landing. For more information, visit garrisonartcenter.org or call 845-424-3960.

Back to the Future of Furniture

Boscobel exhibit showcases modern designs

Boscobel House and Gardens, known for its collection of furniture made in New York between 1800 and 1820 by Duncan Phyfe and his contemporaries, will open an exhibit on Saturday, April 16, called *Hudson Hewn: New York Furniture Now*.

The show, which runs through Aug. 14, will feature contemporary furniture by area designers installed in the exhibition gallery and throughout the period interiors in the mansion. “Contemporary

furniture can inform our understanding of antiques, and vice versa,” said curator Jennifer Carlquist, who joined the Boscobel staff last year. Like many of their early American counterparts, the work of the artists who contributed to the show blurs the lines between decorative and fine art, craft, and sculpture.

The exhibit will be open during regular museum hours and included in the price of admission. Boscobel also plans a lecture series (including, at 6:30 p.m. on April 15, Drew Lang on How architecture creates place), a panel discussion on May 6, a woodworking day on June 18 and a chair workshop on July 9 for children ages 6 to 12. Boscobel.org has more details.

Beacon

Sloop Club to Offer Sail Class

Eight-week classroom course for beginners and intermediates

The Beacon Sloop Club will host an eight-week introductory sailing class that begins on Wednesday, April 13. The class, which meets once a week, will be taught by the captains of the Sloop Woody Guthrie at the clubhouse at 2 Flynn Drive in Beacon. It is focused on beginner through intermediate skill levels and includes only classroom work.

The cost for eight sessions is \$50 per person, collected at the first class, and includes an in- (Continued on next page)



The Woody Guthrie

Photo provided

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COMMUNITY BRIEFS (From previous page)

struction book. For more information, call 201-259-9634 or email jbirmingham@hvc.rr.com.



Nesting Season by Janet Ruhe-Schoen

Howland to Open Member Exhibit

Reception set for April 9

The Howland Cultural Center will open its annual members' exhibit on Saturday, April 9 with works from 29 artists. A reception is scheduled at the center from 3 to 5 p.m., after which the gallery will be open every Friday to Monday from 1 to 5 p.m.

The artists exhibiting this year are Jose Acosta, Salvador Arellano, Rose Bambace, Patricia Collins Broun, Jane Cassetta, Jan Dolan, Arabella Drouillard, Marie Falcone, Anne C. Forman, Karen E. Gersch, Insun Kim, Edwin Kurlander, Carol Loizides, Alexis Lynch, Phyllis Marinaccio, Susanne Moss, Ann J. Muise, Bob Murphy, Jean Noach, Robert Paschal, Rosemary Rednour, Janet Ruhe-Schoen, Hulda Sellingsloh, Anne Sewing, Susan R. Todd, Sean Twohig, Karl Volk, Theresia Winterleitner and Sonya Zampko.

The center is located at 477 Main St. For information, call 845-831-4988.

Moving and Writing

Howland to host family workshop

The Howland Public Library is Beacon will host a workshop at 10:30 a.m. on Saturday, April 16, for children ages 6 to 11 and their adult family members called Moving & Writing, Writing & Moving Family Time.

The 90-minute workshop will be led by Anita Rose Merando, an author and

elementary teacher at Randolph School, and Elizabeth Castagna, an Alexander Technique teacher and artist. Participants will write after considering a common object, talk about and share the writing in progress, explore the relationship between their bodies, thoughts and writing, and explore attitudes and beliefs about the writing process.

Participants are asked to bring one object that will become the theme for the family's writing project, writing tools (e.g., pen, pencil, markers, crayons), something to write on (paper, journal, sketchbook). To register, email youth@beaconlibrary.org or call 845-831-1134, ext. 103.



Pharaoh's Daughter

Photo provided

road trip to South Africa, joining up with Radiohead in Morocco along the way.

During the performance, which begins at 7:30 p.m., Pharaoh's Daughter will debut a new collection called *Songs of Desire*, which draws on the erotic and mystical aspects of the biblical *Song of Songs*. To purchase tickets, visit bit.ly/PdinHudsonValley.

Word Up at Howland

Poet laureate to share baseball verse

In a presentation that he promises will go "beyond Casey" (at the Bat), Thomas O'Connell, the Beacon Poet Laureate, will share poems about baseball at the Howland Public Library at 2 p.m. on Sunday, April 10. Whether you are a Yankees or Mets fan, this verse will help get you in the mood for the season. Visit beaconlibrary.org for more information. The library is located at 313 Main St.

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Band to Play Benefit for Synagogue

Blends Hasidic, Arabic and African genres

The band Pharaoh's Daughter will make its Hudson Valley debut on Thursday, April 14, at the Towne Crier Café in a benefit for the Beacon Hebrew Alliance. The group's music blends traditional Hasidic influences, Arabic rhythms and African beats. Its sound has been compared whimsically to Pink Floyd and PJ Harvey crossing paths in an Israeli cafe and taking a

Mountain Lions Nearby?

Expert will discuss behaviors

Bill Betty of Rhode Island, a specialist in mountain lions (a.k.a. cougars), will give a presentation at the Howland Public Library in Beacon at 6 p.m. on Thursday, April 14, about all aspects of the animal's behavior. He will discuss various hypotheses regarding mountain lions reoccupying the Northeast, as well as share details of his own close encounters.

Visit highlandscurrent.com for news updates and latest information.

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Gates Spring Open

Major local cultural attractions ready for visitors

by Alison Rooney

April brings the gift of that lovely phrase “open for the season” to many of this area’s outdoor sites and attractions.

Stonecrop Gardens emerged from the winter on April 2. Its 12 acres can be visited Mondays through Saturdays from 10 a.m. to 5 p.m., as well as on select Sundays.

A two-day trough-making workshop takes place on April 9 and 10 with a discussion of the history of alpine troughs followed by the preparation of troughs from hypertufa mixed into various sized



Storm King, view of the South Fields, with works by Mark di Suvero

Image courtesy of Storm King Art Center

molds. On the second day, the troughs will be removed from the molds and participants will learn curing methods and aftercare of the trough. Space is limited to 10 participants who must commit to both days. Registration and pre-payment required; the cost is \$80 (\$60 for members).

Stonecrop’s first tour, focused on spring

bulbs, begins at 5:30 p.m. on Wednesday, April 13. The cost is \$10 or free for members. The gardens are located at 81 Stonecrop Lane, off Route 301. For information, visit stonecrop.org.

Boscobel House and Gardens reopened on April 1. Its hours are 9:30 a.m. to 5 p.m. daily except Tuesday, with the first tour at 10 a.m. and the last at

4 p.m. The gift shop is open from 10 a.m. to 5 p.m. on the same days. Admission for members is free; otherwise it’s \$17 to visit the gardens, grounds and mansion, \$14 for seniors and \$8 for children ages 6 to 14 (children under 6 are free).

To visit only the gardens and grounds, admission is \$11 for adults and \$5 for children. Artists are welcome to the grounds on the second Tuesday of each month for painting and sketching. Go to boscobel.org for more details. See page 17 for information about a lecture at Boscobel on April 15 and the contemporary furniture exhibit opening there April 16.

Manitoga — The Russel Wright Design Center, at 584 Route 9D in Garrison, opens on May 13 with 90-minute tours of the house, studio and landscape at 11 a.m. and 1:30 p.m. on Friday to Monday throughout the season. See visitmanitoga.org. A preview of *Ecstatic Light*, an exhibition of illuminated paintings by Peter Bynum, is scheduled for May 7.

The Revolutionary War historic site Mount Gulian in Beacon opens for the season on Sunday, April 17. Tours of the historic home, Dutch barn and restored garden will be given from 1 to 5 p.m. every Sunday, Wednesday, Thursday and Friday through October 30. Admission is \$8 for adults, \$6 for seniors and \$4 children (ages 6 to 18). There is no charge for mem-



Stonecrop Gardens during summer

Photo by A. Rooney



The mansion at Boscobel, great expanse of lawn in front, pictured at an autumn horse & carriage event Photo by A. Rooney

bers. For more information, call 845-831-8172 or visit mountgulian.org.

Across the river in New Windsor, Storm King Art Center, one of the world’s leading sculpture parks, opened on April 6. Its collection includes more than 100 carefully sited sculptures amidst 500 acres of fields, hills and woodlands. The center is open from 10 a.m. to 5:30 p.m. Admission is \$15 for adults, \$12 for seniors and \$8 for children ages 5 to 18 or college students with ID. Trams are available to assist those with walking difficulties. Visit stormking.org for details.

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Sports The Team No One Expected

Haldane boys' coach recounts unlikely finals run

By Jeffrey McDaniel

Joe Virgadamo has been the Haldane boys' basketball coach since 2006. This season the Blue Devils, for the first time in school history, reached the Class C state championship game played at Glens Falls Civic Center. The season before, Haldane reached the semi-finals.

After graduating four of five starters, the team looked only average for most of the 2015-16 season. But it caught fire in the post-season, winning a handful of close games against ranked teams. Virgadamo's responses have been edited for space.

Q: When did you really believe this team could make it to Glens Falls? Very few people saw this team winning Section One, let alone making it to the state title game.

Virgadamo: Last year when we made it to the semi-finals, we had a strong senior class. After the season, the coaches drew up what we thought would be our team, tried to piece it together. It's easy to say, "We'll be back." But will we be back? We returned point guard Tucker Beachak. We returned Will Zuvic. Our goal was to be .500. Some people would think that we're not challenging ourselves, to aim to be .500, but we play a tough schedule. We play bigger schools.

It wasn't easy. We were struggling chemistry-wise in December. We were struggling with roles on the team, with some guys trying to do too much and some guys trying to do too little. But the work ethic was there. And then mid-season, we beat North Salem and we started to connect the dots. Tucker was realizing that he needed to be a scoring point guard. Will was realizing he needed to be our rebounder and our scorer. And he was becoming a great passer. Like on some of the back door cuts to Eric Rizzi. The role players were doing a lot. Blaine Fitzgerald ended up doing a lot more offensively than people thought he would.

Were we mentioning Glens Falls in practice? Absolutely not. We were just going with it. But we were doing the 27

jumping jacks, trying to reach that 27th game in the season. And there's always a team that peaks at the right time and gels. And we were fortunate enough to be that team. It was fun.

Q: Zuvic was playing forward in 2015. How did he evolve into a center?

Virgadamo: Will really worked on his post-up game. He put the time in. He bought in and went with it. He felt some discomfort early on, but ... he started getting some muscle memory [from repetitions in practice] and he began to realize that no one in Class C could stop him. There were multiple games where he had double doubles.

Behind the scenes, we do a lot of breakdown work, separating the guards and the bigs. He did a lot of work on his own. He's a gym rat, him and Tucker. Every time I'd pull into my parents' driveway on Church Street, I'd see him out there in the winter, shooting after practice in his driveway, with the little street light down the block. It's fun to see that. You don't really see that anymore.

Q: What kind of work did you do with Beachak? In 2015, he was a pass-first point guard.

Virgadamo: Early in the season there were some games we lost because Will and Tucker didn't shoot enough. I'd tell him, "There are nights you're not going to shoot well, but you have to keep shooting." He'd go to All Sport on nights after we lost and he'd shoot for an hour and a half. He was the MVP of Class C Section One. We don't go to Glens Falls without him. Sometimes I thought I was too hard on him. And he said, "Be hard on me, coach, I want to get better." It's great to have coachable kids. We're lucky to have that here at Haldane.

Q: Can you talk about the transition of Blaine Fitzgerald? He had played junior varsity the previous two years.

Virgadamo: We told him, "We're going to expect a ton out of you." In practice, we tried to make his strengths better and turn his weaknesses into strengths. Sometimes we'd take him aside and work on his post moves. Against Stony Brook, he did a spin move and a finger roll and



Coach Joe Virgadamo on the sidelines during the Class C finals at Glens Falls. Tucker Beachak (11) has the ball.

Photo by Peter Farrell

people were like, "Where did that come from?" The last game Blaine led us with nine points and nine rebounds. Blaine surprised me. He took it on. He did what was best for the team. The teams that are playing in March are coachable and unselfish. We had three seniors who didn't play at all, but they played hard in practice and were energetic on the bench.

Q: Guys seemed to really know their roles.

Virgadamo: How many bad shots did you see Rizzi shoot? None. When we needed a charge, he took one. When we needed a back-door cut, he did it. When we needed tough defense, he did it. When we needed to get the ball up court against the press, he took three dribbles and passed. Our rule was three dribbles and give it up.

And I think what Nick Chiera did in the 3-2 zone was overlooked. His length up top, the way he rotated. There were games where he didn't score much, but the coaching staff was very pleased with his effort. A lot of guys did a lot of little things to improve their games. We give guys three things to work on over the off-season such as ball-handling or shooting and these guys put in the work.

Q: What role did David Rotando play?

Virgadamo: He was our fire. He would

look you in the eye and say, "I don't care who you are. I am going to outwork you. I am going to outplay you." And a lot of the other players followed him. He was our leader on the court.

One time David was laughing and the JV coach asked what's so funny, and he says: "I just can't believe it. I'm a baseball player, I'm not even a basketball player. How are we doing this?" We have a couple guys who play basketball year-round, and then a lot of guys who play other sports. But in many sports, things like spacing and ball movement are the same.

We didn't blow anyone out. We won so many close games. Lots of little things had to happen. Someone showed me a stat that said we were the only team at Glens Falls that didn't have a 1,000-point [career] scorer.

On the way home from Glens Falls, Will said, "Coach there's one thing we left with the program, it's that anything is possible. Hopefully we left that with the school." I told him: "You know what I'm excited about is that you just made my job easier, because we're going to use what you said and tell it to every team that walks in the gym." These guys showed what can happen when you buy in.



Junior Brian Haines winds up during Haldane's 16-3 road win over Solomon Schechter on March 31.

Photos by Michael Haines



David Rotando slides safely into third during Haldane's 16-3 road win over Solomon Schechter.