



First Friday in Cold Spring, August 1  
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## Kids R Kids Combats Food Insecurity

*Free meals, activities for Beacon's youth*

By Sommer Hixson

Of the 3,200 students in Beacon's five schools, approximately 44 percent are eligible for reduced-price or free meals. That's approximately 1,400 kids whose only meal of the day might be from a cafeteria. Funded by the USDA and administered by the State's Department of Education, the National School Lunch program operates during the academic year, from September through June. What happens to these kids in the summer, when the schools are closed? In 2011, Jackie Bucelot-Mills first asked herself that question and has been providing a positive solution since then.

"My children went to Beacon schools. They graduated from Beacon High School, but I don't remember ever hearing about a summer meals program," said Bucelot-Mills, who was looking for a new volunteer experience after retiring as an accountant. "As I looked over the course of my life, what was most meaningful to me, it almost always had to do with children. I've been involved in hunger-related issues and child advocacy my entire adult life."

Bucelot-Mills contacted the Cornell Cooperative Extension's Nutrition Advisory Committee, through which she met Al Muhlnickel, director of food service for the Poughkeepsie City School District. Muhlnickel generously offered to prepare all of the meals for the first year in Poughkeepsie and transport them to Beacon, if she could secure a location.

"I started out serving about 25 to 30 children per day at the Beacon Community Resource Center. By the end of the summer, (Continued on page 5)



Jackie Bucelot-Mills with Kianna Powers and her mother, Shanna. Photo by S. Hixson



Volunteer first responders and stranded passengers at Garrison Metro-North Station

Top and above photos by Cooper Cardenas; left, photo by Melissa Rimm

## Local Volunteers Respond to 'Mass Casualty Incident' in Garrison

*An all-hands turnout becomes dress rehearsal for what might happen*

By Kevin E. Foley

Bill Rimm had other plans for last Saturday night. But because as a member of the Garrison Volunteer Fire Company (GVFC) he carries the moniker "Chief" before his name, life can bring more schedule interruptions and surprises than most of us have to endure.

At 5:51 p.m. on July 19, Rimm received an electronic notification from the Putnam County central emergency dispatcher of a possible "mass casualty incident" centered at the Garrison Metro-North train station. While fellow volunteers from his company and all the other companies in Philipstown assembled at their firehouses to marshal vehicles and other resources, Rimm, age 35, raced directly to the scene. Given the location, Rimm was the designated local incident commander. His immediate task was to proceed to the station to meet the train to further assess the situation and direct the necessary response.

En route via radio he began the protocol for a large-scale event. All he knew was that rocks from a hillside under repair had fallen onto the Metro-North Hudson Line tracks and blocked train traffic in both directions. The event forced a southbound train headed for the Peekskill station back to the Garrison train station with hundreds of passengers aboard.

The dispatcher, informed of the incident

by the Metro-North police, subsequently summoned other fire companies and multiple ambulance corps as required by the mass casualty operations plan.

As Rimm recalled the back and forth with the dispatcher there was talk of a boulder striking a train and so his mind was racing through "all the scenarios of what potentially could be happening."

One of the first decisions Rimm made was to establish the Garrison Union Free School school parking lot on Route 9D as a staging area for ambulances and other emergency vehicles. He wanted to minimize the number of vehicles traveling on the two narrow twisty roads that lead down to the train station. The staging area also allowed for a quicker response to any other incident occurring in the town.

"I also had fire police close access to both roads to the station (Upper and Lower Station Roads) so we could get people out to hospitals if needed," Rimm said indicating he anticipated traffic from civilians or car services seeking to transport stranded passengers.

When Rimm arrived he encountered a large crowd of people milling about. The first thing he did was to organize an assessment team including emergency medical technicians to systematically go through the crowd and determine the collective health status.

Although it ultimately took 40 minutes to interview each person Rimm saw early (Continued on page 3)

## New Committee Tackles Village Parking

*Will recommend research*

By Michael Turton

Elliott Hammond has seen the parking situation in Cold Spring change dramatically over the course of his lifetime, and not for the better. A lifelong resident, Hammond has served on the Village Board, Zoning Board of Appeals and the now defunct Parks Commission.

"Parking has changed a lot. It used to be one car in the garage," he told *The Paper*. "In fact there were families ... who didn't have a car at all. Now it's two or even three cars per family ... and this town isn't big enough for that." Add to that the change in tourist traffic. "There never used to be any visitors ... now you can't even move on the weekends."

And to that add the increase in the number of residents who live locally but commute to work via Metro-North. Most park their car at the train station for a fee or on village streets in violation of the four- or five-hour time limit. The result? An almost guaranteed monthly discussion of "the parking problem" at Village Board meetings.

### Committed to action

An extensive study of Cold Spring's parking resources and challenges was done in 2008 however its findings were never acted upon. That may be changing. A recently formed parking committee has begun reexamining village parking. Trustee Cathryn Fadde chairs the group, which includes Hammond, former mayor Anthony Phillips, Donna Steltz, Frank Haggerty, Gretchen Dykstra and Christopher Daly. The committee is an equal mix of long-time residents and relative newcomers.

Fadde is impressed with the group. "It's a great committee," she said. "They're focused and they're engaged ... and committed to getting something done." Fadde said the 2008 study is being taken into account but only in addressing priority items. "We're trying to work on issues strategically. We're focusing on Main Street and the (Continued on page 4)



Some feel that enforcement of parking regulations must be improved.

Photo by M. Turton



Small, Good Things

Leaves, Berries and Seeds

By Joe Dizney

“cooking” column this time of year has many things working against it: the heat (who wants to slave over a hot stove?), the vacation mindset (who wants to slave over a hot stove?), but most of all the presence of the freshest of ingredients and herbs waiting to be plucked from the ground or vine and merely rinsed, chopped, dressed and eaten, no additional heat required.

A quick scan of the cuisines of the warmer climates offers the lazy chef a variety of alternatives to the usual year-round fare and this week I’ve settled on *tabbouleh*, basically a salad of chopped greens, tomatoes, bulgur, mint and onion dressed in garlic, lemon juice and olive oil and common to pretty much every culture of the Arab world, as a jumping-off point to high summer “cooking.”

A deconstruction: first, the greens. Parsley is by far the most common and primary ingredient identified with nearly all Middle Eastern recipes. Somewhere between a garnish, an herb and a leafy vegetable it rarely gets a starring role, and while its recent inclusion near the top of the CDC’s list of high-nutrient-density “Powerhouse Fruits and Vegetables” (for the complete list, go to [cdc.gov/pcd/issues/2014/13\\_0390.htm](http://cdc.gov/pcd/issues/2014/13_0390.htm)) justifies it, I thought the inclusion of another abundant green would offset its (to my palate) grassy taste. I first considered spinach, which seemed “OK” if a bit expected, but consulting the list again went straight for the toppermost-of-the-poppermost of vegetable powerhouses, watercress.

Peppery and assertive, *AND* a member of the Brassica family (which brought you, yes, kale) it is ranked by the CDC as the *MOST* nutrient-rich vegetable of them all (with a staggering 100 percent nutrient density by weight, the only vegetable or fruit to achieve such a score) in addition to offering a culinary “bite” which would be offset nicely by the lemon, garlic and mint. I sourced some beautiful organic hydroponically grown cress at Beacon Natural Market.

About the tomatoes: Summer is tomato season, and

while “the big boys”—the heirlooms and beefsteaks — should be just starting to appear, cherry tomatoes (actually a cultivated berry) are sweet, ripe and plentiful.

Bulgur wheat is also a traditional addition or ingredient which most of us have come to accept as part of the package, even though the classic recipes particularly lean heavier on the greenery. But bulgur, while more nutritious than processed wheat and offering a substantial “tooth” and nuttiness, presents some of the same dietary problems as common wheat.

Searching for an acceptable substitute (and the only ingredient that requires cooking) I settled on another purported “superfood” — quinoa — an edible seed, and unlike most “grasses” or grains like wheat, a source of complete nutritional protein. Originally domesticated in the Andean region of South America (like the cherry tomato!) it tilts this *tabbouleh* to a more truly global aspect that somehow seems made for the New World.

That pretty much covers the basics. The finer points include a healthy dose of cooling mint which is, again, plentiful this time of year and I suggest that if you have a handful of basil and/or cilantro or any other leafy herb, by all means pile them on. (Note: the quantities specified are minimums; I will almost double up on ALL the green stuff). Diced red onions are *de rigueur*. I’ve added a bit of cumin to the reasonably straightforward lemon vinaigrette, which works with either a Middle Eastern OR South American seasoning attitude. Diced cucumber is optional, but toasted pine nuts (or toasted and chopped walnuts or almonds) add an almost necessary crunch.

I suggest chopping the greens and herbs by hand.



Watercress-quinoa tabbouleh Photo by J. Dizney

I use a *mezzaluna* which gives an infinitely better texture than machine-processed vegetables and is a helluva lot easier to clean.

Tabbouleh is a great side with any of your favorite grilled summer fare but in itself a nutritious main course, particularly when fortified with additional greens or augmented by cooked beans, avocado, diced chicken, shrimp or even tuna.

I prefer to refrigerate the salad, which gives the flavors a chance to meld. Serve at room temperature or slightly cool to offer a bit of needed relief from summer heat. After all, who wants to slave over a hot stove?

Watercress-Quinoa Tabbouleh

Serves six to eight as a large side dish.

- 1 cup quinoa (red, white, black or any combination)  
1¼ cup water  
½ teaspoon salt  
1 large bunch watercress, chopped medium fine  
1 large bunch parsley, chopped medium fine  
1-2 bunches mint, chopped medium fine  
2 cups cherry tomatoes, halved  
1 cucumber, peeled, seeded and cut into ¼-inch dice  
½ red onion, diced small  
¼ cup toasted pine nuts (or chopped walnuts or almonds)
- Lemon Vinaigrette**  
1-2 cloves garlic, minced  
1 medium shallot, minced  
Juice (3 tablespoons) and zest of one large lemon  
1 tablespoon honey  
1 teaspoon ground cumin  
¼ to ½ cup olive oil  
Salt and pepper to taste
1. Cook the quinoa: In a fine mesh strainer, rinse quinoa in cold water for about two minutes. Bring salted water to boil in a 1½-quart lidded saucepan. Add quinoa and simmer for 15 minutes. Remove from heat, fluff quinoa and let sit covered off heat for 10 minutes. Dump contents of pan onto a clean cookie sheet and let cool.

2. Prepare the vinaigrette: Whisk and macerate all ingredients except olive oil for 15 minutes. Whisk in olive oil as needed to achieve proper consistency.

3. Combine cooled quinoa, chopped vegetables and nuts in a large bowl. Toss lightly to mix. Add vinaigrette and toss again to just incorporate.

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## Local Volunteers Respond to ‘Mass Casualty Incident’ (from page 1)

on that fortunately people were suffering mostly from aggravation and impatience as well as some dehydration and the growing need for bathroom facilities. There were no incident related injuries.

The Garrison station is the epitome of a country train station — “It is a stop in the woods with a parking lot,” Rimm said, noting the absence of infrastructure beyond a platform and elevator with no nearby food and drink establishments.

Rimm did what chiefs are supposed to do — he thought on his feet and improvised. He sent a truck to pick up a couple of portable toilets from the nearby Philipstown Town Park. He also sent people to acquire water and other drinks from the GVFC firehouse and to purchase more from area markets. He acknowledged there was a cost attached to the decision but said: “Sometimes you overlook costs in favor of the human dimension.”

The crowd at the station grew as Metro-North sent trains south to Poughkeepsie to discharge passengers to eventually meet shuttle buses to Peekskill. Rimm estimated the crowd reached 800 at its height. As part of the triage operation older people and parents with small children were organized for the earliest bus departure.

### Safety concerns heightened

Recollecting events only a day after, Rimm expressed gratitude the event turned out to be far less than original-

ly anticipated. “We basically turned it into a large training exercise.” He said he thought the operation went well, all things considered, underscoring that each event has unique characteristics and consequences.

Rimm recalled the December 2013 Metro-North accident that killed four people (including Philipstown’s Jim Lovell) with scores of people injured as a wake-up call as to the potential of a train incident. Last Saturday’s event only heightened his concern. He said his company’s officers would sit and go through the response and formulate questions first for themselves and then ultimately for the county and Metro-North officials. He said Metro-North has offered specific firefighter training for responding to a train accident with regard to door openings and other train operation issues. But he said there was not regular interaction regarding communication and coordination or other broader response issues with his company.

He wondered aloud about the consequences of a train incident located in the remote outer reaches of the tracks between Garrison and Peekskill rather than at a station.

The dispatcher alert that began the mass casualty incident response originated, as all Putnam County 911 calls do, at the Office of Emergency Management (OEM) call center in Carmel. The OEM



Chief Bill Rimm of the Garrison Volunteer Fire Company

Photo by Melissa Rimm

seeks to coordinate all first responder events and also provides the training regimes that certify volunteer companies and ambulance corps members for their appointed tasks.

OEM Commissioner Adam Stiebeling in an interview said he believed the number of people involved in the initial reports justified invoking the mass casualty incident plan. “It’s better to put things in motion and then be able to hold them back than not having them when you need them,” he said.

Stiebeling said he agreed with Rimm’s assessment that the operation went reasonably well based on his review of early reports. “We demonstrated an adequate response and would have been able to sustain it as needs required.” Stiebeling was not part of the actual response team. Cold Spring Mayor Ralph Falloon, a professional firefighter, represents the county emergency response team in Philipstown and was on the scene working with Rimm.

Stiebeling said he did not hear talk of damage to a train on any of the recordings of radio and phone traffic during the incident.

The commissioner described the relationship and ongoing communication with Metro-North as good and said there were regular discussions with safety officials and MTA police over issues. He said there would definitely be a follow-up meeting over the Garrison incident, including local responders, once all the relevant agencies had finished their own assessments “to openly discuss how the event was handled and what the strengths were and any items we might want to address in the event of another incident.”

He agreed with Rimm that the derailment in December had caused “all agencies to sharpen their pencils.”

Stiebeling readily acknowledged that volunteers are the vanguard of any local response to a large-scale accident on the train line and that training and coordination are kept up to maximize the effectiveness of any response. He said plans were in place to broaden a response to as many other first responders in surrounding towns and counties as might be needed. He also said that the county and local responders would have recourse to recover some expenses related to the incident.

### Metro-North

Metro-North through a spokesperson’s email affirmed that an investigation of the incident is underway.

According to the email, workers for the rock remediation company ECCO III “were ‘scaling’ that is using hand tools to loosen small rocks. A protective mat had been laid on the track under the cliff to catch the small pieces. Somehow, a much larger, 3-foot diameter boulder came loose and fell onto the track, damaging one rail on Track 1 and bouncing onto the adjacent track damaging another running rail.”

## Philipstown North Highlands Fire District to Receive Grant Funds for Life-Saving Equipment

Rep. Sean Patrick Maloney (NY-18), State Sen. Terry Gipson, and local officials announced that the Philipstown North Highlands Fire District will receive \$110,675 for an investment in new life-saving equipment.

“Our volunteer firefighters risk their lives to protect our neighbors — this investment for one of the fire departments in my hometown, the Philipstown North Highlands Fire District, gives our all-volunteer force the support they need to continue keeping our homes, businesses and schools safe,” Maloney said.

This investment, through the federal Assistance to Firefighters Grant (AFG) Program, will replace outdated equipment with the purchase of new breathing apparatuses, a device worn by first responders to provide breathable air in life-threatening conditions.

“I’m grateful for this new protective equipment — it’s key and the first line of defense in keeping our firefighters safe and able to fight fires in our community. After applying for this grant several times, I’m thankful that it was finally awarded,” said Fire Chief Joseph Hyatt.

“This equipment has a short shelf life and it was due to be replaced by NFPA requirements. The district has worked very hard to obtain this grant to reduce the burden on local taxpayers and the award is certainly welcome news,” said firefighter, former chief, and Philipstown Councilman John Van Tassel.

“This is a great example of the federal government assisting local communities in a meaningful way and I’m grateful to Rep. Sean Patrick Maloney for bringing this much needed apparatus to our hardworking local firefighters in Philipstown,” Philipstown Supervisor Richard Shea said.

The Assistance to Firefighters Grants are administered by the Department of Homeland Security Federal Emergency Management Agency in cooperation with the Department’s United States Fire Administration. The grants are awarded on a competitive basis to applicants that most closely address the program’s priorities and demonstrate financial need. Visit [fema.gov/firegrants/](http://fema.gov/firegrants/).



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# County Legislature Rules Committee Moves Ahead on Prayers at Meetings

## Discusses ban on foamware in county facilities

By Liz Schevtchuk Armstrong

The Putnam County Legislature Rules Committee Monday night (July 21) moved ahead on plans to include prayers at legislative meetings, following a U.S. Supreme Court ruling which found that such invocations do not violate the Constitution.

The panel — formally, the Rules, Enactments and Intergovernmental Relations Committee — likewise discussed banning plastic foam dinnerware from county facilities, a change championed by District 1 Legislator Barbara Scuccimarra as an environmental and health safeguard but described by a county official as impractical because of (among other challenges) senior citizens with larcenous tendencies.

At a session attended by two of its three legislator-members as well as a majority of the rest of the nine-person legislature, the committee took no final action on either initiative. The legislature uses committee meetings to allow its members, including those not on the committee convening the meeting, to debate policy issues and refine drafts of laws.

### Prayer at public meetings

Praying at county legislative meetings was suggested in May by District 9 Legislator Kevin Wright a day after the Supreme Court ruled 5-4 that the Town of Greece, New York, did not violate the First Amendment by opening meetings with prayers — even those mentioning Jesus Christ by name. Opponents of Greece’s practice had claimed in a lawsuit that the invocations favored Christianity; the critics did not ask that the prayers cease but that they be “inclusive and ecumenical” and refer to a “generic God” only.

The Supreme Court upheld a lower court decision that “rejected the theory

that legislative prayer must be non-sectarian.” Despite the high court’s acceptance of even sectarian prayers at public meetings, when the Rules Committee took up Wright’s request the legislators said they want broad-ranging language, not prayers promoting a particular belief. Their suggestions included a prayer evocative of “non-religious meditation” and “more spirit-based than religion.”

Wright, a Rules Committee member, suggested that in a suitable prayer “we ask for divine inspiration to make sure that we make the proper decisions in the interest of our [constituents].”

District 2 Legislator Sam Oliverio, a candidate for county executive, recommended that “we move on this. I like the idea; I love the idea. It can’t be religion-specific,” however, said Oliverio, of Putnam Valley.

“I think our meetings need a little prayer,” concurred Scuccimarra, who represents Philipstown.

Carl Albano, legislature chairman, also threw his backing behind the effort: “I think it’s a good thing.”

District 8 Legislator Dini LoBue, who heads the Rules Committee, promised “we’ll work out the details” and report back in August.

### Polystyrene ban

The idea of eliminating plastic foam food service items in county facilities came up earlier this year, but legislators postponed debate pending input from the Sheriff’s Department about the jail, and the Office of Senior Resources (previously, the Office for the Aging), which provides lunches at senior centers.

[Plastic foam dinnerware is often erroneously regarded as “Styrofoam” — a brand name — although not made of Styrofoam.]

Albano said the Sheriff’s Department stopped using foam dinnerware a few years ago and “it’s not an issue. I absolutely support it [abolishing polystyrene]. The Sheriff’s Department is already doing it. It works. When you think of the environment, it’s absolutely an issue.” He said ex-



Legislator Kevin Wright favors including prayer at public meetings.

Photos by L.S. Armstrong

posure to chemicals in the foam can bring harm decades later. “We’re talking about our children,” he said. “It’s not going to make or break the county” to switch.

Scuccimarra observed that foam coffee cups “have a useful life of five to 10 minutes. After that, they’re in the environment 500 years” and their hazardous content “makes its way into our waterways.” Moreover, the foam components leach out when cups fill with hot liquids, she said. “It’s not only an environmental nightmare, it’s a health nightmare.”

Pat Sheehy, director of the Office of Senior Resources, said her office would have to acquire staff to oversee the type of dinnerware used by the sheriff, get dishwashers, and overcome a third obstacle — filching. “Our seniors sometimes supply their homes with the silver. In years past, they did it,” she said. “Silverware, cups, dishes, walk out the door. So that becomes an issue.”

“Just go [with] paper” dishes, Albano suggested.

Overall, Sheehy warned, her department’s costs could triple with a plastic-foam ban and “if that’s the way you want to go, you’re going to have to increase our budget.”

Wright opposed a mandate, favoring instead voluntary repudiation of polystyrene. “I think it’s good, but I think the good goes out of it when government says you must,” he explained.

The legislators agreed to continue their deliberations at an upcoming meeting.

## New Committee Tackles Village Parking (from page 1)

waterfront first.”

### A Main Street trial

The lines that mark parking spaces on Main Street are about to disappear — in part at least. Fadde said that there are 99 parking spaces on Main Street — 53 on the south side and 46 on the north side. The committee is about to recommend to the Village Board that the lines on the south side be removed as part of a 90-day trial, a step recommended in the 2008 study. According to Mike Armstrong, chair of that study group, the number of cars that can park on a street can increase by 15 percent simply by not marking individual parking spaces.

### Residents, motorcycles and signs

Recently there has been a call for residential parking permits to ease the difficulties that villagers on side streets face in competing for parking spots with commuters, visitors and employees who work on Main Street. New York state regulates such permits. “The State Legislature is not in session now but we’ve reached out to Senator Terry Gipson and State Assemblywoman Sandy Galef,” Fadde said. “We have to be sure that residents don’t feel they’re being left out.”

Fadde said that motorcycle parking is also being looked at. While some communities designate specific areas for motorcycle parking, Cold Spring does not. As a result, one motorcycle sometimes occupies an entire parking space, even though it has the capacity to handle

more. Bikes can also sometimes be seen squeezed between two cars parked in marked spaces. “We’d like to figure out a way to accommodate motorcycles more effectively. If there’s a way to do that — we should,” Fadde said.

On the riverfront, the parking committee has been instrumental in making West Street one way from North Street to Main Street — a move that will reduce traffic congestion while making parking easier.

The new committee has also reviewed all parking and other street signage. Phillips, assisted by resident Bob Ferris, recently conducted a complete inventory and assessment throughout the village. “I was surprised how many signs there are that over the years have become redundant,” Phillips said. Fadde said that the committee will present a list of suggested signage changes to the Village Board.

### To meter ... or not to meter

The committee has not yet decided whether or not to install parking meters. The argument for meters is mainly about the revenue that the cash-strapped village could raise. The 2008 study put revenues at \$180,000 annually based on rates of 50 cents an hour during the week and \$1 an hour on weekends. Part of the downside is the cost of purchase and installation of the meters, estimated six years ago at up to \$120,000. How the meters might affect residents has also been questioned.

Phillips clearly favors the move to meters on Main Street and in the municipal

parking lot on Fair Street. “It’s a revenue source,” he said. “Go to any tourist town (such as) Nyack. You’re not going to find a free parking spot. Meters wouldn’t drive anyone to poverty.”

Hammond is not as sure. “I’m not in favor of meters — unless residents can be protected such as by a parking sticker program,” he said. “Residents have to be the priority. They’re the ones who pay the taxes.” He does clearly favor more effective enforcement of parking regulations.

Fadde thinks more information is needed. “I’d like to recommend meters — but not without data,” she said. Some of that data could come from erasing the parking space lines. Fadde said that experiment could show the potential for generating more revenue from Main Street parking meters if the removal of the lines confirms that the street can accommodate additional vehicles.

### The overall good

The parking committee chair repeated a recent plea for understanding. “We hope people can be patient,” Fadde said. “We don’t want to make statements about any changes without some certainty. We don’t want people thinking they aren’t going to have a place to park their car.” She said that when the committee does recommend change, “We want to be sure it is for the overall good of the community ... we want it to work.”

The 2008 Parking Study is available on the village website at coldspringny.gov.

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## Kids R Kids Combats Food Insecurity for Beacon's Youth *(from page 1)*



Children at Davies South Terrace receive their free summer lunch.

Photo by S. Hixson

sites throughout the city because I felt strongly that any child who needed a meal should be able to safely walk to get one."

Now in its fourth year, the Kids R Kids Feeding Program operates out of six open sites in Beacon: Tompkins Terrace (194 Tompkins Terrace); St. Luke's Episcopal Church (850 Wolcott Ave.); First Presbyterian Church (50 Liberty St.); Davies South Terrace (52 Davies Terrace); Beacon Community Resource Center (23 W. Center St.); Tabernacle Church of Christ (483 Main St.).

Head staff from Beacon High School's cafeteria prepares the self-contained meals, which are delivered in coolers by volunteers for lunch at each location from noon to 1 p.m. Any child 18 years old and under is eligible, Monday through Friday, through Aug. 22. Registration is not required, nor is income verification.

Last year, Bucelot-Mills added daily program activities at each site in or-

der to attract more kids and increase attendance: Movement Mondays (indoor physical activities), Terrific Tuesdays (crafts), Wellness Wednesdays (nutrition), Thinking Thursdays (books and board games), Friendly Fridays (special guests from the community).

### Nutrition and healthy choices

For three years, Common Ground Farm and the Green Teen Community Gardening Program have partnered with Kids R Kids to provide weekly cooking demonstration programs with fresh food. Every Tuesday, the Green Teens assist Common Ground Farmers with harvesting vegetables from the farm and from their own garden for the mobile market they operate during the summer. Common Ground chef Katie Key is stationed at Davies South Terrace every Wednesday, while fellow chef Evelyn Garcia travels to all of the sites.

"What we do with Kids R Kids exposes children to new foods and various methods for food preparation and allows children in our community the opportunity to cook, grow and eat fresh vegetables throughout the year," said Common

Ground's Sember Weinman. "Providing kids with these opportunities not only supports life-long healthy choices, but invites our children to become environmental stewards as they grow into adults."

"We have a rule here," added Bucelot-Mills. "You don't get to tell Ms. Jackie you hate it if you've never, ever eaten it."

### 'Until all are fed'

In 2013, the Kids R Kids Summer Feeding Program served 7,000 lunches. "Often, the lunch I hand these kids is the only food they're getting until they see me again the next day, particularly at the end of the month when there are no food stamps left," said Bucelot-Mills. "When I look at these numbers I know we're barely scratching the surface. I show roughly an annual increase of 8 percent, which is good, but what helps is that we have been at the same sites for three summers and the same partners and volunteers are working with me every year, which has increased the level of trust in the community. Certainly the management companies at the housing complexes really see this as a good program for their residents."

## Philipstown Town Board Refines Ideas for Draft Wind Turbine Law

### Visibility and steep slope effects reviewed

By Liz Schevtchuk Armstrong

Philipstown Town Board members Wednesday night refined their ideas for a likely town law on use of backyard, energy-producing wind turbines, suggesting that the devices be no taller than 40 feet and that mountain ridgelines and scenic viewsheds be protected.

The board discussed the issue at a July 23 workshop at Town Hall. Last November, after a protracted public debate before both the town Planning Board and Town Board about a Garrison resident's wind turbine (eventually approved), the Town Board adopted a moratorium on such projects until the Philipstown zoning code, revised in 2011, could be further updated to address the mechanisms. In June, the Town Board extended the temporary ban for another three months. A wind turbine is a kind of modern windmill to generate electricity; large, towering commercial versions can fill swaths of countryside but a small-scale turbine can serve a single house.

On Wednesday, Councilor Mike Leonard, who leads the Town Board's effort, reported on legislation adopted elsewhere, notably, by the Town of Clermont, further north in the Hudson Valley,

whose zoning regulations on small wind energy conversion systems (WECS) cover seven pages. He noted the thoroughness of Clermont's law and the board informally decided to use it as a model. Among numerous other provisions, Clermont's law calls for minimizing the sight of turbines from public roads or trails and for creating turbine energy only for an individual home (as opposed to producing power to sell back to a utility company or other buyer).

Leonard proposed tight measures to shield a turbine from public view. "The 800-pound gorilla is the visibility," he said. "I think we should require screening as much as possible."

Supervisor Richard Shea pointed to the likely conflict between the needs to locate turbines in places high enough to draw winds and protection of ridgelines and scenery. "I just don't see how we're going to reconcile the two," he said. However, he continued, if the turbines do not exceed 40 feet in height and meet other criteria, "it's possible" they could work.

Councilor Dave Merandy recommended turbines be prohibited in the town's zoning Scenic Protection Overlay district and on steep slopes — and Shea added that construction of turbines, including accessory roads, could be as disruptive in steep-slope areas as building a house would be. "I couldn't see putting it on a

25 percent grade," for example, Shea said. He also suggested that turbines could be limited to lots five acres or larger.

Similarly, "I wouldn't want to see one right next to my house," so maybe clear setbacks — specified distances from property lines — should be set, Merandy added.

Factoring in all the concerns associated with turbine installation, "I don't see how you're going to be able to put one up here" in Philipstown, Councilor Nancy Montgomery observed.

However, the board plunged ahead and, in time, came up with a set of tentative provisions to include in a wind-turbine law, including the 40-foot height limit, suitable setbacks and acreage requirements, fees to apply should a turbine be abandoned and the town government have to remove it, prohibitions

on sale of backyard-turbine-created energy to others, and a demand for a fence around a turbine — "not a bad idea for child safety and all," as Leonard put it.

From the audience, Planning Board Member Mary Ellen Finger proposed that the board also deal with solar energy and seek a NYSEERDA grant to underwrite the zoning updating, although the application would be due at the end of September. Leonard agreed to look into the possibility.

As the discussion wound down, Shea said the board would put together notes and details and consult its zoning and/or legal advisors on various aspects of a law. "Then we'll get something on the books before the moratorium runs out, or at least have the process" well underway, he said.

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# Innisfree Garden: A Sublime Day Trip

One of the world's top 10 gardens

By Michael Turton

Local residents in search of a summer day trip that is nearby, very satisfying and completely relaxing, need look no further than Innisfree Garden near Millbrook, New York. Despite having been named one of the world's top 10 gardens, Innisfree is a place that for reasons unknown does not automatically appear on everyone's regional radar of top-notch area attractions. When mom visits — you really should take her there.

Innisfree's proximity is an attraction in itself. Located just 35 miles from downtown Cold Spring, the renowned gardens are a leisurely 45-minute drive via the Taconic Parkway — based on Mapquest's assumption that you obey the speed limit. Its size adds to the gardens' appeal. At just 185 acres it exemplifies human scale. It is not the Grand Canyon. It is not the Rocky Mountains. Innisfree's beauty is subtle and understated but no less impactful. One writer succinctly described it as "disarmingly simple."

### Don't let the short walk fool you

Writing or reading about Innisfree is an exercise doomed to marginal success. Like a delicious meal these gardens must be experienced firsthand. Exploring Innisfree is a sensual feast involving sight, sound, fragrance, light, touch, temperature and more. It takes only about 90 minutes walking at a leisurely pace to complete the main trail which circles the small lake at the heart of the property. Detail-conscious visitors who are not clock watchers will have no trouble spending twice that amount of time taking up-close looks at the trails, waterfalls, core garden and lake. The more time a visitor takes, the more there is to take in. Seen from



Light, color, texture and shape are integral to the gardens' visual character.

Photo by M. Turton

numerous angles along the trail and at long range, the lake's beauty is unmistakable. But pausing to quietly look into its waters reveals a wealth of wild-life from fish and frogs to turtles and colorful emergent plants.

The trail is not difficult but good walking shoes are advised. Parts of the garden are handicapped accessible, but most of the landscape is uneven.

**History**

Innisfree was created over a 50-year period, mainly through work of landscape architect Lester Collins and his client Walter Beck, an artist and a teacher, and his wife Marion Burt Beck. The Becks began their work at Innisfree in the 1920s and Collins



A walk around the lake unmask's Innisfree's subtle beauty.

Photo by M. Turton

joined them in 1938. A non-profit organization was formed in 1960, which resulted in Innisfree opening to the public that year. In the early 1970s, the non-profit sold surrounding lands to Rockefeller University for use as a research station and preserve.

**'Sublime composition' and special events**

Heavily influenced by Japanese and Chinese garden design principals the Innisfree website describes it as ... "a distinctly American stroll garden ... surrounding a large, shimmering lake — a sublime composition of rock, water, wood and sky."

Light is an integral part of Innisfree's beauty and a unique special event highlights that. On Aug. 16 and Oct. 18 the site will open an hour before sunrise. Photographers, artists and anyone simply interested in experiencing the gardens' spectacular morning light can attend.

A number of special

tours are also scheduled. Guided tours will be held at 11 a.m. on July 26, Aug. 23 and Sept. 27, and at 2 p.m. on Oct. 18. Guided wildflower walks will be held at 11 a.m. on Aug. 2, Sept. 6 and Oct. 4.

**Picnics and nearby attractions**

Picnicking is permitted in designated areas and groups of Adirondack chairs strategically located on site are excellent for reading or just relaxing. Recreational activities such as playing ball, throwing Frisbees and cycling are not permitted.

Those wanting to stretch their excursion into a full day might want to visit other area attractions including Millbrook Winery, the Trevor Zoo, Wing's Castle or the Cary Institute of Ecosystem Studies.

## Hours, directions and what to bring

Innisfree is closed on Mondays and Tuesdays. For the remainder of this season the site is open Wednesday through Friday from 10 a.m. to 4 p.m. and on weekends and holidays from 11 a.m. to 5 p.m. Last day of operation for 2014 is Sunday, Oct. 19. The site will reopen the last two weekends in April and then resume its regular schedule in May.

For GPS, MapQuest, etc., Innisfree Garden is located at 362 Tyrrel Road, Millbrook, New York 12545. Drivers are cautioned NOT to take the Tyrrel Road exit from the Taconic Parkway as a portion of that route is impassible.

What to bring: a picnic, your camera, walking shoes, a good book. Detailed information including fees is available at [innisfreegarden.org](http://innisfreegarden.org).



One of Innisfree's stone structures

Photo by Kate Vikstrom

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# The Calendar

## And ... Action: Beatrice Copeland Directs Short Film

*Erstwhile, though fictional, offers a glimpse of four girls growing up in Garrison, as the director and her three sisters did*

By Alison Rooney

There were once four sisters who grew up near the Hudson River in Garrison, sharing adventures. Separated by diverse personality traits but bonded in familial unity, these girls have now reached adulthood, and one of them, the second eldest, a budding film director, has reinvented them — her version of them — in her directorial debut, a short film, entitled *Erstwhile*.

Filming, which took place solely in Garrison, with a cast of three local girls and one non-local adult actress, was recently completed after a couple of all-night-long shooting marathons, all guided by the young woman behind the camera, Beatrice Copeland.

Copeland's path toward directing began immediately after her graduation from Elon University a mere three years ago. After deciding against her original leaning toward journalism "because it didn't feed my creative desire for starting something from the ground up," Copeland, now 25, moved to Los Angeles and spent two and a half years there, working first at a talent agency, where she "really got to see the big players in Hollywood and how movies are made."

### Cultivating the craft

She then moved on to an award-winning production company called Tool of North America — a place Copeland calls "incredibly innovative ... I was lucky to spend time both on- and off-set," and it was there she determined she was "pretty positive I wanted to become a director. I compiled a list of the top 500 or so



Beatrice Copeland Photo by A. Rooney

far behind modern industry in this way and it's a problem. Women are good at cultivating this craft and at seeing things from beginning to end. Looking at that list was a punch to the gut. From then on I was intent on absorbing everything I could in the industry, gaining a firm foundation in what it is."

Last fall, Copeland got an opportunity to work on her first studio feature film when she was hired as a production assistant on the re-make of *Annie*. Returning to New York in September, she earned her keep: "We were working 14-hour days, every day, for 59 days. In the cold and the snow all around New York City, we finally wrapped at the end of December."



Erstwhile director and crew at work

Photo courtesy of Beatrice Copeland

directors working in the world and there were maybe 20 females, which is just crazy. Filmmaking is so

Having also served as an assistant to the producers on an independent film called *Short Term 12*, which went on to win awards at the South By Southwest Film Festival, Copeland sampled (Continued on page 14)



Erstwhile director and actresses, from left, Emerson Smith, Marina Martin, Beatrice Copeland, Kate Flanagan and Freya Wood-Gallagher

Photo courtesy of Beatrice Copeland

## Second Founding Member Group Shows Collective Work at Buster Levi Gallery



Carnation by John Allen

Image courtesy of the artist



Monteverde Rome, acrylic, by Vincent Baldassano

Image courtesy of the artist

### JOHN ALLEN

My work in this show is just for looking (not for sale). I made it because I wanted to see what it would look like. It made me feel unencumbered and I like watching it change.

### Artists' reception: First Friday, Aug. 1, 6 to 8 p.m.

The Buster Levi Gallery is located at 121 Main St., Cold Spring. Visit [busterlevigallery.com](http://busterlevigallery.com).

### VINCENT BALDASSANO

The paintings exhibited in *Collective Part Two* were made in July 2014, at the American Academy in Rome, where I was a Visiting Artist. These works reflect a continuation of the *Mithras Series* begun at the Academy in 2012. The many ancient sites I visited inspired these paintings along with Roman civilization and its pagan Mithras worship sites, historical churches and temples dating back to the first century AD. In addition, the rich Italian culture reflects my experience and interpretation.

### Seven artists on view in Part Two of the series opening Aug. 1

By Alison Rooney

The second of the Buster Levi Gallery's summer Collective shows featuring the work of seven of its members, opens on Cold Spring's First Friday, Aug. 1, running through the end of the month. Each of the participating artists has provided an image of their work and a short description of or thoughts about their work overall or a specific piece. To see the work of another group of seven, who showed their work in July, visit [Philipstown.info](http://Philipstown.info).

### GRACE KENNEDY

My interests lie in staring down the mundane and finding the beauty — sometimes terrible — within the stare. It seems that by carefully observing something that is by most

accounts banal or even disgusting, and by playing with that image in paint, I can dig at some larger inner truth, whether humorous or moving or a combination.

### BILL KOOISTRA



Buster Levi Collective 2 work by Grace Kennedy

Image courtesy of the artist



Untitled by Bill Kooistra

Image courtesy of the artist

All of my work is to some extent based on observation. The paintings in this collective group show are not an exception as they are based on my observations of different shadows or light that I experienced either walking, riding a bike,

(Continued on page 15)



# BEHIND the COMPUTER

❖ by Tara ❖



Life is too short, especially in dog years. We canines must pack a whole lot of living and loving into our years. This is the primary reason that I simply cannot be bothered by anything that is not all about a good pat on the head or a pocketful of treats. If you are a frequent visitor to the shop, you might have noticed I spend a bit more time these days in a reclined position, contemplating. My private yoga teacher was impressed with my ability to quickly master Savasana or Relaxation pose. Truth be told, sometimes I achieve detachment and bliss and sometimes I am caught up in worldly concerns, specifically those associated with life on Main St. While I realize I have far too little time left on this earthly plane to waste on Facebook, some of the humans I love dearly are addicted, especially to that Philipstown Locals page.

❖ ❖ ❖

It is no surprise to me that there is no Snoutbook Locals, because we of the furry persuasion understand the importance of sensory experience. Smell especially — humans miss out often on all that a good whiff can disclose and fall prey to appearances and hollow words. All I need to know about a dog can be found from a good thorough sniff of the south end or the calling card left after a good pee. While I do favor a bit of privacy in matters of my daily rituals, some have a drive to claim their turf. It is a territorial behavior, especially amongst the males of the species. A behavior that is likely to subside right around the time that humans realize they are not masters of this universe. You don't like that my friends pee on trees in a park? Don't get this old, ahem, female dog started. And how do I know there are those upset by the germs spread by animals in a natural environment? I overhear the buzz from the Philipstown Locals page. It seems lately in Philipstown the avenues that could create community are frequently used to spread divisiveness and negativity, certainly not by all, but like a moldy strawberry, a rotten one will ruin the pint.

Ever notice that I am always smiling? Life is too short to spend on those who suck the happiness out of you.

But, to get to the finer things in life. A new shipment has just arrived at The Goose of Lemon Curd preserve from England. Whip up a jar of this with some heavy cream and you have achieved greatness.

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# The Calendar

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

## FRIDAY, JULY 25

### Kids & Community

#### Putnam County 4-H Fair

Noon - 7 p.m. Veterans' Memorial Park  
225 Gypsy Trail Road, Carmel | 845-278-6738  
[counties.cce.cornell.edu/putnam](http://counties.cce.cornell.edu/putnam)

#### Howland Public Library

1 p.m. Developmental Check-up (ages 4 months to 5 years) | 2 p.m. Minecraft Mini-Camp  
313 Main St., Beacon  
845-831-1134 | [beaconlibrary.org](http://beaconlibrary.org)

#### Wine Tasting

4 - 7 p.m. Artisan Wine Shop  
180 Main St., Beacon  
845-440-6923 | [artisanwineshop.com](http://artisanwineshop.com)

#### Wine & Cheese

5 - 8 p.m. Antipodean Books  
29 Garrison's Landing, Garrison  
845-424-3867 | [antipodean.com](http://antipodean.com)

### Health & Fitness

#### Red Cross Blood Drive

2 - 7 p.m. Beacon Recreation Center  
23 W. Center St. Beacon  
800-733-2767 | [redcrossblood.org](http://redcrossblood.org)

### Theater & Film

#### Fiddler on the Roof Jr.

4:30 & 7 p.m. Philipstown Depot Theatre  
10 Garrison's Landing, Garrison  
845-424-3900 | [philipstowndepottheatre.org](http://philipstowndepottheatre.org)

#### International Film Night: The Way Home (Korea)

7 p.m. Howland Public Library  
313 Main St., Beacon  
845-831-1134 | [beaconlibrary.org](http://beaconlibrary.org)

#### The Liar

8 p.m. Boscobel | 1601 Route 9D, Garrison  
845-265-9575 | [hvshakespeare.org](http://hvshakespeare.org)

### Music

#### Peekskill Music Festival

2 - 10 p.m. Downtown Peekskill  
[paramounthudsonvalley.com](http://paramounthudsonvalley.com)

#### Swing Dance

6:30 & 7:15 p.m. Lessons  
8 p.m. Big Blue Band | Poughkeepsie Tennis Club  
135 S. Hamilton St., Poughkeepsie  
845-454-2571 | [hudsonvalleydance.org](http://hudsonvalleydance.org)

#### Booksmt

7 p.m. Chill Wine Bar | 173 Main St., Beacon  
845-765-0885 | [facebook.com/chillwinebar](http://facebook.com/chillwinebar)

#### Old Town Hall Band

7 p.m. Arts on the Lake  
640 Route 52, Kent Lakes  
845-228-2685 | [artsonthelake.org](http://artsonthelake.org)

#### Susan Kane Band

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

#### Crossroads Band

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

#### Lucy Kaplansky / Eliza Gilkyson

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

#### The Now Trio

9 p.m. The Pantry  
3091 Route 9, Cold Spring  
845-265-2840 | [thepantrycs.com](http://thepantrycs.com)

#### Chris O'Leary Band

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

#### Crash N Byrne

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

### Meetings & Lectures

#### Free Computer Help

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

## SATURDAY, JULY 26

### Kids & Community

#### Cold Spring Farmers' Market

8:30 a.m. - 1:30 p.m. Open  
Boscobel, 1601 Route 9D, Garrison  
[csfarmmarket.org](http://csfarmmarket.org)

#### Food Pantry

9 - 10 a.m. First Presbyterian Church  
10 Academy St., Cold Spring  
845-265-3220 | [presbychurchcoldspring.org](http://presbychurchcoldspring.org)

#### Town Recycling Center Open

9 a.m. - 3 p.m. 59 Lane Gate Road, Cold Spring  
[philipstown.com/recyclingcenter.pdf](http://philipstown.com/recyclingcenter.pdf)

#### Putnam County 4-H Fair

10 a.m. - 7 p.m. Veterans' Memorial Park  
See details under Friday.

#### Garden Day at Constitution Island

9:36 a.m. - 1:06 p.m. Boats depart every 30 minutes from Garrison's Landing  
10:15 a.m. - 2:45 p.m. Children's Flower Arranging  
10:15 a.m. Myra B. Young Armstead: Freedom's Gardener  
11:15 a.m. Conservation Concerns for the Hudson River  
12:15 p.m. Tour of Revolutionary Fortifications  
1:15 p.m. DIY Fresh Flower Arrangements  
2:15 p.m. National Landmark Gardens at West Point  
845-265-2501 | [constitutionisland.org](http://constitutionisland.org)

#### Snakes Alive Program

10 a.m. Outdoor Discovery Center  
100 Muser Drive, Cornwall  
845-534-5506 | [hnhnaturemuseum.org](http://hnhnaturemuseum.org)

#### Volunteer Restoration Workday

10 a.m. - 2 p.m. Mount Beacon Park, Beacon  
845-473-4440 x273 | [scenicHUDSON.org](http://scenicHUDSON.org)

#### Forest Walk & Talk (Part 1)

10 a.m. CEIE | 199 Dennings Ave., Beacon  
845-765-2721 | [bire.org](http://bire.org)

#### Kayak Tours

10 a.m. Destination Waterfall | 6 p.m. Yoga Tour  
Hudson River Expeditions  
14 Market St., Cold Spring  
845-809-5935 | [hudsonriverexpeditions.com](http://hudsonriverexpeditions.com)

#### 235th Anniversary of the Storming of

#### Stony Point

11 a.m. - 4 p.m. Stony Point Battlefield  
44 Battlefield Road, Stony Point  
845-786-2521 | [palisadesparkscservancy.org](http://palisadesparkscservancy.org)

#### Family Concert with Lydia Adams Davis

11 a.m. Howland Cultural Center | 477 Main St., Beacon | 845-297-9243 | [howlandmusic.org](http://howlandmusic.org)

#### Soup Kitchen

11 a.m. Presbyterian Church  
50 Liberty St., Beacon  
845-831-5322 | [beaconpresbychurch.com](http://beaconpresbychurch.com)



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**Bannerman Island Tour**  
12:30 p.m. Beacon Dock  
800-979-3370 | zerve.com/bannerman

**Wine Tasting**  
3 - 6 p.m. Artisan Wine Shop  
See details under Friday.

**Project Code Spring (ages 5-14)**  
4 p.m. Desmond-Fish Library  
472 Route 403, Garrison  
845-424-3020 | codespringers.org

**Firefly Feast**  
4 - 10 p.m. Beacon Music Factory  
4 Hanna Lane, Beacon | fireflyfeast.com

**Moths Program**  
8 p.m. Hubbard Lodge | 2880 Route 9, Cold Spring  
845-265-3773 | hhnaturemuseum.org

**Health & Fitness**

**Tai Chai**  
9 a.m. St. Philip's Parish House  
1101 Route 9D, Garrison  
845-424-3571 | stphilipshighlands.org

**Yoga at Storm King**  
10:15 a.m. 1 Museum Road, New Windsor  
845-534-3115 | stormking.org

**Brain Injury Support Group**  
12:30 p.m. Galleria (Community Room)  
2001 South Road at Route 9, Poughkeepsie  
845-225-5650 x114 | putnamarc.org

**Sound Healing and Restorative Yoga Workshop**  
4 p.m. SkyBaby Yoga  
75 Main St., Cold Spring  
845-265-4444 | skybabyyoga.com

**Theater & Film**

**Our Story Newburgh**  
Noon & 12:20 & 12:40 & 1 & 1:20 p.m.  
Downing Film Center, 19 Front St., Newburgh  
845-561-3686 | downingfilmcenter.com

**Fiddler on the Roof Jr.**  
4:30 & 7 p.m. Philipstown Depot Theatre  
See details under Friday.

**Gong You're Dead (Dinner Theatre)**  
7 p.m. Hudson House River Inn  
2 Main St., Cold Spring  
845-265-9355 | hudsonhouseinn.com



Untitled by Brigitte Freed, on view beginning First Friday, Aug. 1, at Gallery 66 NY in Cold Spring. See details on page 12.  
Image courtesy of Gallery 66 NY

**The Two Gentlemen of Verona**  
8 p.m. Boscobel | See details under Friday.

**CSFS Summer Film Series: The Sting (1973)**  
8:15 p.m. Dockside Park, Cold Spring  
coldspringfilm.org

**Music**

**Peekskill Music Festival**  
Noon - 10 p.m. Downtown Peekskill  
paramounthudsonvalley.com

**BoomKat**  
1 - 4 p.m. All Sport Outdoor Park  
17 Old Main St., Fishkill  
845-896-5678 | allsportfishkill.com

*Visit [www.philipstown.info](http://www.philipstown.info) for news updates and latest information.*

**Greater Newburgh Symphony Orchestra: Pops at the Downing**  
4 p.m. Mount Saint Mary College (Aquinas Hall) | 330 Powell Ave., Newburgh | 845-913-7157  
newburghsymphony.org

**Ben Neill: Manitoga (Premiere)**  
5 p.m. Manitoga | 584 Route 9D, Garrison | 845-424-3812  
russelwrightcenter.org

**Gospel Cafe: Just Voices**  
7 p.m. Howland Cultural Center  
477 Main St., Beacon  
845-831-4988 | howlandculturalcenter.org

**Rock n' Roll Tribute to Elvis**  
7 p.m. German American Social Club  
11 Kramers Pond Road, Putnam Valley  
845-528-5800 | gac1936.com

**Kenny Rogers with the Hudson Valley Philharmonic**  
8 p.m. Bethel Woods | 200 Hurd Road, Bethel | 866-781-2922  
bethelwoodscenter.org

**Spongeworthy**  
8 p.m. Whistling Willie's  
Details under Friday

**Rhett Tyler & Early Warning**  
8:30 p.m. Towne Crier Caf   
See details under Friday.

**Live Jazz**  
9 p.m. Chill Wine Bar  
173 Main St., Beacon | 845-765-0885

**Midnight Slim with Fred Scribner**  
9:30 p.m. Max's on Main | 246 Main St., Beacon  
845-838-6297 | maxsonmain.com

**Johnny Fedz & Friends**  
10:30 p.m. 12 Grapes | See details under Friday.

**Meetings & Lectures**

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

**Defensive Driving Course**  
10 a.m. Butterfield Library | 10 Morris Ave., Cold Spring | 845-265-3040 | butterfieldlibrary.org

**When Women Succeed, America Succeeds (Forum & Resource Fair)**  
10 a.m. - Noon. Orange County Emergency Services Center  
22 Wells Farm Road, Goshen | 845-561-1259  
Hosted by Rep. Sean Patrick Maloney

**SUNDAY, JULY 27**

**Kids & Community**

**Beacon Flea Market**  
8 a.m. - 3 p.m. Henry Street Lot, Beacon  
845-202-0094 | beaconflea.blogspot.com

**Kayak Tour**  
10 a.m. Denning's Point, Beacon  
845-831-1997 | mountaintopsonline.com

**Putnam County 4-H Fair**  
10 a.m. - 5 p.m. Veterans' Memorial Park | See details under Friday.

**Bazaar-on-Hudson Indoor Market**  
10:30 a.m. - 4:30 p.m. The Living Room  
103 Main St., Cold Spring  
bazaaronhudson.com

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

**Kayak Tour: Destination Waterfall**  
11 a.m. Hudson River Expeditions  
See details under Saturday.

**Free Guided Tours**  
Noon - 4 p.m. Native Plant Center at WCC  
75 Grasslands Road, Valhalla | 914-606-7870  
sunywcc.edu/about/the-native-plant-center

**Bannerman Island Tour**  
12:30 p.m. Beacon Dock  
800-979-3370 | bannermancastle.org

**Children & Families: Forest Ramble**  
1 p.m. Storm King Art Center  
1 Museum Road, New Windsor  
845-534-3115 | stormking.org

**Dedication of Mackey Budney Bench**  
4 p.m. Cold Spring waterfront | coldspringlions.com  
(To page 10)

**NEW HAPPY HOUR!**  
M-W-Th 4:30-7:30 (bar only)  
Craft beer \$4 pints, \$3 bottles  
\$6 glass fine wine

**TOWNE CRIER CAFE**  
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Friday 7/25 8:30pm  
**LUCY KAPLANSKY**  
and **ELIZA GILKYSON**

Saturday 7/26 8:30pm  
**RHETT TYLER & EARLY WARNING**  
guest **THE HOWLAND WOLVES**

Sunday 7/27 7:30pm  
**ALTAN** from Ireland

Friday 8/1 8:30pm  
**LEON RUSSELL**  
guest **CHRIS RAABE**

Saturday 8/2 8:30pm  
"BLUES BLOWOUT!"  
**THE DEBBIE DAVIES BAND**  
**THE CHRIS CAIN BAND**

Sunday 8/3 7:30pm  
**RICHARD SHINDELL**

Friday 8/8 8:30pm  
**JOHN GORKA**

Saturday 8/9 8:30pm  
**MARCIA BALL BAND**

Sunday 8/10 7:30pm  
**HOT CLUB OF COWTOWN**  
guest **THE EDUKATED FLEAS**

Thursday 8/14 7:30pm  
"PETE, WOODY AND LEE"  
guest **DAN EINBENDER**

Friday 8/15 8:30pm  
**GUY DAVIS** also  
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Saturday 8/16 8:30pm  
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Photo by Sarma & Co.

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[P/thegarrisonny](http://thegarrisonny)

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845-424-3254 • [highlandscountryclub.net](http://highlandscountryclub.net)

[P/wedhighlands](http://wedhighlands)



The Calendar (from page 9)

Sports

**Hudson Valley Renegades vs. Vermont**  
5:05 p.m. Dutchess County Stadium  
1500 Route 9D, Wappingers Falls  
845-838-0094 | hvrenegades.com

Art & Design

**Garrison Art Center**  
9:30 a.m. - 12:30 p.m. Drop-In Life Drawing & Painting (Long Pose)  
1:30 - 4:30 p.m. Drop-In Printmaking Club  
23 Garrison's Landing, Garrison  
845-424-3960 | garrisonartcenter.org

Theater & Film

**Fiddler on the Roof Jr.**  
2 p.m. Philipstown Depot Theatre  
See details under Friday.

**The Liar with Q&A**  
7 p.m. Boscobel | See details under Friday.

Music

**Ten Brook Molly**  
4 - 8 p.m. Round Up Texas BBQ  
2741 Route 9, Cold Spring  
845-809-5557 | rounduptxbbq.com

**New Creation Generation International**  
4 - 6 p.m. BeanRunner Café  
See details under Friday.

**Sunday Sounds**  
6 - 9 p.m. Virgo's Sip N Soul Cafe  
469 Fishkill Ave., Beacon  
845-831-1543 | virgossipnsoul.com

**Julie Corbalis and Pat Kelly**  
6 - 8 p.m. 12 Grapes | See details under Friday.

**Traditional Irish Music**  
6 - 10 p.m. Silver Spoon Cafe  
124 Main St., Cold Spring  
845-265-2525 | silverspooncoldspring.com

**Sunset Concert Series: Alexis P. Suter Band (Blues)**  
6:30 p.m. Riverfront Bandstand, Cold Spring  
coldspringareachamber.org

**Toby Keith**  
7 p.m. Bethel Woods  
See details under Saturday.

**Sunday Night Soul Concert**  
7:30 p.m. Trophy Point, West Point  
845-938-4159 | westpoint.edu/band

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

Meetings & Lectures

**Unitarian Society Coffee and Conversation**  
11 a.m. Panera Bread  
3083 E. Main St., Mohegan Lake  
914-222-3114 | fourthuu.org

**Free Computer Help**  
Noon - 4 p.m. Howland Public Library  
313 Main St., Beacon  
845-831-1134 | beaconlibrary.org

**Remarkable Women in New York State History (Talk & Signing)**  
2 p.m. Beacon Institute  
199 Main St., Beacon  
845-838-1600 | bire.org

**Jo Pitkin: Cradle of the American Circus (Reading)**  
3 p.m. Maple Grove Restoration  
9 Hilltop Court, Poughkeepsie  
maplegroverestoration.org

MONDAY, JULY 28

Kids & Community

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

**Project Code Spring for Girls**  
3:30 p.m. Desmond-Fish Library  
472 Route 403, Garrison  
845-424-3020 | desmondfishlibrary.org

**Animal Embassy (Music for Kids)**  
7 p.m. Riverfront Green Park, Peekskill  
cityofpeekskill.com

Health & Fitness

**Look Good...Feel Better for Women with Cancer**  
10 a.m. Putnam Hospital Center  
670 Stoneleigh Ave., Carmel  
800-227-2345 | health-quest.org

**Yoga with a View**  
6 p.m. Boscobel  
1601 Route 9D, Garrison  
845-265-3638 | boscobel.org

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

Sports

**H.V. Renegades vs. Vermont**  
7:05 p.m. Dutchess County Stadium  
See details under Sunday.

Art & Design

**Garrison Art Center**  
9:30 a.m. - 12:30 p.m. Drop-In Drawing & Painting from Life (Short Pose)  
5 - 7 p.m. Open Studio Drawing  
See details under Sunday.

**Muse Monday Open Paint**  
3 - 8 p.m. Eat. Paint. Love  
331 Main St., Beacon  
eat-paint-love.com

Theater & Film

**The Two Gentlemen of Verona**  
7 p.m. Boscobel | See details under Friday.

Music

**Open-Mic Night**  
6 - 9 p.m. The Pantry  
See details under Friday.

**Acoustic Music Jam**  
7 - 9:30 p.m. Arts on the Lake  
640 Route 52, Kent Lakes  
845-228-2685 | hvbluegrass.org

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

**Open-Mic Night**  
7 p.m. Towne Crier Café  
See details under Friday.

**Meetings & Lectures**

**Cold Spring Lions Club**  
6:30 p.m. Call for location  
914-456-9698 | coldspringlions.com

**Vet2Vet Support Group**  
6:30 p.m. Field Library  
4 Nelson Ave., Peekskill | 914-872-5269 | fsw.org

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

**Tree Advisory Committee**  
7:30 p.m. Village Hall  
85 Main St., Cold Spring  
845-265-3611 | coldspringny.gov  
Rescheduled from July 14

TUESDAY, JULY 29

Kids & Community

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

**Howland Public Library**  
10:30 a.m. Baby & Me (ages 0-2)  
2 p.m. Handmade Toiletries Workshop  
3:30 p.m. Lego Tuesday  
313 Main St., Beacon  
845-831-1134 | beaconlibrary.org

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

**Cooking Class: Very Healthy Berries**  
5 p.m. Dempsey House  
1992 Crompond Road, Cortlandt Manor  
914-734-3780 | hvhc.org/events

**Waterfront Paddle (Easy)**  
6 p.m. Waryas Park, Poughkeepsie  
845-452-7238 | midhudsonadk.org  
Registration required.

Health & Fitness

**Women's Pick-up Basketball**  
7 - 9 p.m. Philipstown Rec Center  
See details under Monday.

Sports

**H.V. Renegades vs. Vermont**  
7:05 p.m. Dutchess County Stadium  
See details under Sunday.

Theater & Film

**The Liar (Family Night)**  
7 p.m. Boscobel | See details under Friday.

Music

**Hobo Concert Series: Carla Springer**  
6 p.m. Pohill Park, Beacon  
beaconmusicfactory.com

**Open-Mic Night**  
7:30 p.m. Dogwood | 47 E. Main St., Beacon  
845-202-7500 | dogwoodbar.com

**Meetings & Lectures**

**Overeaters Anonymous**  
9:30 a.m. First Presbyterian Church  
50 Liberty St., Beacon | 845-838-0581 | oa.org

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

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

**Beacon Prison Reclamation Project (Forum)**  
6:30 p.m. Beahive Beacon | 291 Main St., Beacon | 845-765-1890 | beahivebzzz.com

**Board of Trustees Workshop**  
7:30 p.m. Village Hall | 85 Main St., Cold Spring  
845-265-3611 | coldspringny.gov  
Rescheduled from July 22



# The Gift Hut

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Philipstown Recreation Commission  
(Scheduled)

7:30 p.m. Philipstown Rec Center  
107 Glenclyffe Drive, Garrison  
845-424-4618 | philipstownrecreation.com

WEDNESDAY, JULY 30

Kids & Community

Howland Public Library

9:45 a.m. Come & Play (ages 0-3)  
3 p.m. Leap into Reading Book Club (grades 3-5)  
See details under Tuesday.

Mahjong Open Play

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

Desmond-Fish Library

10:15 a.m. Music and Movement for Toddlers  
1:30 p.m. Pre-School Story Hour (ages 3-5)  
472 Route 403, Garrison  
845-424-3020 | desmondfishlibrary.org

Rivertown Kids Chorus (ages 9-13)

4 p.m. Howland Cultural Center  
477 Main St., Beacon  
845-264-3393 | rivertownkids.org

Summer Car Show

6 - 9 p.m. Bear Mountain State Park  
55 Hessian Drive, Bear Mountain  
845-786-2701 x242 | popyourhood.com

Kayak Group Paddle

6 p.m. Long Dock, Beacon  
845-831-1997 | mountaintopsonline.com

Theater & Film

Othello

7 p.m. Boscobel | See details under Friday.

Music

Country Karaoke

6 - 9 p.m. Round Up Texas BBQ  
2741 Route 9, Cold Spring  
845-809-5557 | rounduptxbbq.com

Open Mic Night

7 - 10 p.m. Towne Crier Café  
See details under Friday.

Meetings & Lectures

Recreation Commission

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

Art & Spirituality Discussion

7:30 p.m. Call for location.  
914-222-3114 | fourthuu.org

Life Support Group

7:30 p.m. St. Philip's Church  
1100 Route 9D, Garrison  
845-424-3571 | stphilipshighlands.org

THURSDAY, JULY 31

Kids & Community

Hudson Highlands Land Trust Workshops

10 a.m. Mystical Creatures (ages 3-6)  
3:30 p.m. Painting with Nature (ages 6-10)  
20 Nazareth Way, Garrison  
845-424-3358 x7 | hhltrw.org

Senior Day Center

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

Moms and Infants Support Group

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

Science Tellers: Dragons & Dreams  
(grades K-6)

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

Green Meadows Petting Zoo

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

Summer Reading Movie Night: City of Ember

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

Health & Fitness

Adult Co-Ed Volleyball

7:30 p.m. Philipstown Recreation Center  
See details under Monday.



SUP yoga at Hudson River Expeditions and Skybaby Yoga on July 19, Constitution Marsh, Cold Spring

Photo by Maggie Benmour

Going with the Flow on the River

By Kathie Scanlon

It may seem that there are as many yoga studios as Starbucks these days but the only venue in town for a floating mat is found at Hudson River Expeditions, one of the new businesses in Cold Spring, which offers Stand Up Paddleboard (SUP) yoga classes in partnership with SkyBaby Yoga and Pilates Studio, another relatively new business on Main Street. I joined a class this past Saturday, a beautiful, sunny 78-degree afternoon in July.

Melia Marzollo, owner of SkyBaby Yoga, teaches a small group of 10 the basic paddle strokes after instructing on how to stand up from an initial kneeling

position. Balancing on the sweet spot of the SUP is not as difficult as it might appear. The group paddled from Foundry Dock Cove into the marsh to begin our yoga practice. Beginning with cat pose then down dog, both poses in which there are four points of contact, allowed all to get their sea legs before moving into asymmetrical poses like warrior I and II.

A seasoned teacher, Marzollo managed the pace of the class, flowing from physically challenging poses to meditative poses while inviting students to gaze at the mountains and trees and feel the current moving under the board. Like many fears, once I took in a deep breath and shook hands with it, I found my anxieties were unfounded. The Loch Ness Monster was not in this water. I fell into the marsh and realized the water was less than a foot deep during low tide; the mud covered my calves like an expensive

spa treatment. Perhaps our river that flows both ways is not the purest but it does cleanse the soul. Everything that is basic to yoga — alignment, breath, core strength, balance, focus and self-discovery — is at full tilt in SUP yoga.

Makiko Parsons and Brian Grahn, who have lived in Cold Spring for eight years, own Hudson River Expeditions. Many of the staff members are locals who formally worked at Hudson Valley Outfitters and are experienced and knowledgeable about the ways of the Hudson River. They offer SUP, canoe and kayak rentals as well as tours and classes; the best deal is a 10-hour rental card for \$99; it's like *stealing* fun at that price! The season runs until the water temperature, currently around 75, falls below 60, which hopefully, says Parsons, is not until late October. Especially for weekend rentals, call ahead or visit hudsonriverexpeditions.com to reserve.

Art & Design

Free Admission

10 a.m. - 5:30 p.m. Storm King Art Center  
1 Museum Road, New Windsor  
845-534-3115 | stormking.org

Film & Theater

The Two Gentlemen of Verona

7 p.m. Boscobel | See details under Friday.

Fiddler on the Roof (Teen Players)

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

Music

Mani Cregan

6 - 10 p.m. The Garrison | 2015 Route 9, Garrison  
845-424-3604 | thegarrison.com

Paula Cole

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

David Tom / Dean Sharp

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

Kristina Koller Quartet

8:30 p.m. 12 Grapes | See details under Friday.

Karaoke Night

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

Meetings & Lectures

Knitting Circle

3:30 p.m. Butterfield Library  
10 Morris Ave., Cold Spring  
845-265-3040 | butterfieldlibrary.org

Astronomy Night

8:30 p.m. Planetarium show | 9:30 p.m. Telescope observation | Kirk Planetarium, SUNY New Paltz  
1 Hawk Drive, New Paltz  
845-257-1110 | newpaltz.edu/planetarium

FRIDAY, AUGUST 1

First Friday in Cold Spring

Kids & Community

The Big Latch On 2014

9:45 a.m. Registration | 10:30 a.m. Latch on Carmel Fire Department | 94 Gleneida Ave., Carmel | 845-808-1390 | biglatchon.org

The Big Latch On 2014

10 a.m. Registration | 10:30 a.m. Latch on Dempsey House | 1992 Crompond Road, Cortlandt Manor | 914-734-3896 | biglatchon.org

Howland Public Library

10:45 a.m. Story/Craft Time (ages 3-6)  
3 p.m. *Frozen* (2013) | 313 Main St., Beacon  
845-831-1134 | beaconlibrary.org

Health & Fitness

Community Blood Drive

2 - 8 p.m. North Highlands Fire House  
504 Fishkill Road, Cold Spring | 845-265-3802

Film & Theater

Fiddler on the Roof (Teen Players)

3 & 7 p.m. Philipstown Depot Theatre  
See details under Thursday.

ONGOING

Art & Design

Visit philipstown.info/galleries

Religious Services

Visit philipstown.info/services

Meetings & Lectures

Alcoholics Anonymous

Visit philipstown.info/aa

PHILIPSTOWN  
DEPOT THEATRE

Youth Players present:  
***Fiddler on the Roof Jr.***  
July 25, 4:30 & 7 p.m.  
July 26, 4:30 & 7 p.m.  
July 27, 2 p.m.  
  
Teen Players present:  
***Fiddler on the Roof***  
July 31, 7 p.m.  
August 1, 3 p.m. & 7 p.m.  
August 2, 3 p.m. & 7 p.m.  
August 3, 2 p.m.

Tickets: [www.brownpapertickets.com](http://www.brownpapertickets.com) or 845.424.3900  
[www.philipstowndepottheatre.org](http://www.philipstowndepottheatre.org)  
Garrison Landing, Garrison, NY (Theatre is adjacent to train station.)



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COMMUNITY BRIEFS

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Maple Grove Historic Site Hosts Words, Words, Words 2014

Local author Jo Pitkin reads July 27

Relive the pleasures of a summer Sunday afternoon in times past. Hear authors read from their published works in the romantic atmosphere of a 19th-century Hudson River bracketed country villa, Maple Grove, in Poughkeepsie. At 3 p.m. on Sunday, July 27, hear Akiko Busch, author of *The Incidental Steward: Reflections on Citizen Science*; Greg Miller, author of *The Sea Sleeps: New and Selected Poems*; and Jo Pitkin, author of *Cradle of the American Circus*.

The program continues at 3 p.m. on Sunday, Aug. 24, with Larry Carr, editor of *A Slant of Light*; Kiese Laymon, author of *Long Division* and Jana Martin, author of *Russian Lover and Other Stories*.

Enter through St. Simeon Apartments, 24 Beechwood Ave. Visit [maple-groverestoration.org](http://maple-groverestoration.org). All events are free. Suggested donation of \$5 or more will support the ongoing restoration of Maple Grove.

HHLT and Constitution Marsh Present Poetry Trail

Student installation showcases nature-inspired poetry

The Hudson Highlands Land Trust (HHLT) and Constitution Marsh Audubon Center and Sanctuary unveil the 2014 River of Words Poetry Trail, a series of unique, temporary installations celebrating the nature-inspired poetry of local students winding through one of the Hudson Highlands' most inspiring natural settings: the Constitution Marsh Audubon Center and Sanctuary in Garrison.

The eight featured works are poems created by students from public schools within the Land Trust's mission area throughout the 2013-14 school year during environmental education workshops offered free through HHLT's Regional River of Words (ROW) program. This year's featured student poets include Zack Shannon and Sophie Stark from Robin Waters' fifth grade class at the Garrison Union Free School, Matt McCoy from Michelle Hartford's fourth grade class at Haldane Elementary School, and from Putnam Valley Elementary School,

Daniel Carey from Maureen Beyrer's fourth grade class, Camryn Emery and Dominic Mantilla from Susan Boyd's fourth grade class, Ava Derella from Barbara Parmly's fourth grade class and Andrew Barti from Teresa Hebeisen and Melissa Falloon's first grade class.

The HHLT Poetry Trail kicked off with a reception for the young poets, their families and members of the HHLT and Constitution Marsh boards of directors on Sunday, July 20, featuring a reading by award-winning poet and River of Words educator Irene O'Garden. The self-guided tour of the HHLT Poetry Trail at Constitution Marsh is open to the public and will be available to explore from dawn-to-dusk through Aug. 17, 2014. Poetry Trail maps are located at the Constitution Marsh parking lot and information center. This is the third straight year for the program.

"Constitution Marsh, one of the crowning glories of the Highlands, reveals a special charm during Poetry Trail," O'Garden said. "Our young poets delight and surprise us with their depth of feeling and pinpoint insight."

Visit [hhl.org](http://hhl.org) or [constitutionmarsh.audubon.org](http://constitutionmarsh.audubon.org).

National Park Service Awards Friends of Fishkill Supply Depot \$24,600 Grant

The Friends of the Fishkill Supply Depot received a grant of \$24,600 from the National Park Service's American Battlefield Protection Program to create maps that depict archeological features of the Fishkill Supply Depot, which was George Washington's principal supply depot during the Revolutionary War. The maps will highlight the historical overview, archeological inventory, and topographic features. The depot was pivotal for winning the Battles of Saratoga, and is the largest burial ground for Revolutionary War soldiers in the country. The information produced by this project will be distributed to the public, and available to organizations and groups in the community for potential preservation opportunities.

"The American Battlefield Protection Program supports projects that safeguard, preserve and tell the stories of America's battlefields," said National Park Service Director Jonathan B. Jarvis. "These places are symbols of individual sacrifice and national heritage that we must protect to help this and future generations understand the struggles that shaped and define us as a nation."

Beacon Create Hand-made Toiletries July 29 at Howland Library

Join Amina Chaudhri for this fun, hands-on program at 2 p.m. on Tuesday, July 29, at the Howland Public Library. Learn how to make a bath fizzy and a lip balm using simple ingredients. Take home what you make. Registration is required for this free event, as space is limited.

This program is a part of the 2014 Literary Elements Adult Summer Reading Program. For more information, contact Alison Herrero, adult services librarian, at 845-831-1134. Visit [beaconlibrary.org](http://beaconlibrary.org).

Windows on Main Street Returns to Beacon in August

This summer marks the 10th year of Windows on Main Street, an annual public art exhibition in Beacon, where 35 local artists use creativity and collaboration in competition for prizes.

In celebration, this year's exhibition — "WOMSX" — will take on a competitive flair. Artists have been challenged to create a unique piece of art inspired by and installed in a business storefront window along Beacon's Main Street, competing for juried awards and prizes. Prizes include: \$1,000 "Grand Prize" juried by the show's founders; "Gallerist's Pick" juried by five local gallerists; and "People's Choice Award" juried by the public via live online voting. The installations will be judged on qualities such as originality, craftsmanship, composition and presentation, use of space, relevance, and collaboration.

- The short story:**
- WOMSX runs Aug. 9 through Sept. 13.
  - Free to the public and viewable 24/7.
  - Opening party from 6 to 8 p.m. on Saturday, Aug. 9, at Bank Square Coffeehouse, 129 Main St.
  - Closing party and awards ceremony from 6 to 8 p.m. on Saturday, Sept. 13, at Quinn's, 330 Main St.
  - Bonus Round, an exhibition by the artists of WOMSX, will be on display at Bank Square, 129 Main St.

In 2005, Windows on Main Street began as a way to connect Beacon's residents, businesses and artists. The origi-

nal idea was to use art as a catalyst for economic growth and to create an open dialogue between all aspects of the community by asking artists to create a dynamic, site-specific installation in a commercial window.

This year, the exhibition features 35 artists installing in 34 windows:

Maps will be available in the shops on Main, at [beaconwindows.org](http://beaconwindows.org), as well as at Beacon's Visitor Center throughout the month.

Common Ground Farm Offers Farm to Fork for Toddlers

Common Ground Farm will offer Farm to Fork for Toddlers on Saturday, Aug. 2. This new program for toddlers and their caregivers will include harvesting herbs and vegetables in the garden fields, cooking a light meal or snack and eating the bounty together.

The session includes games in the garden, stories and singing. Each session will have a unique theme based on what's available on the farm.

Touch, chop, measure, mix taste and connect. Time: 10 to 11:30 a.m. at the farm. Cost is \$15 per child. For children 2 to 4 years old and their caregiver. Pre-registration required. Space is limited to 12 children. Visit [commongroundfarm.org](http://commongroundfarm.org).



Registration is open for toddler farm sessions. Photo courtesy of CGF

NY Alert

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



HHLT River of Words educator and award-winning poet Irene O'Garden, back. Front from left, Caroline Bianco, Gianna Bianco, Camryn Emery, Andrew Barti, Dominic Mantilla, Matt McCoy and Daniel Carey.

Photo by Katrina Shindledecker, courtesy of Hudson Highlands Land Trust

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## And ... Action: Beatrice Copeland Directs Short Film *(from page 7)*

the contrasting tastes of big-budget filmmaking and its opposite. “The independent film experience was about a director’s vision coming to life,” she said. “It was a small crew, scrapping together ... Between the two experiences, I got to see the films I could be making. Being called green in Hollywood can place you into either of two roles — you can embody being ‘an assistant’ and think of it as a learning journey or you can just be there to be called upon. You can use the experience as a stepping stone and an educational opportunity. You can thrive on the experience and the incredible access that it gives.”

### Directorial debut

When the *Annie* marathon ended, Copeland decided to stay in New York and devote herself to her goal, writing and directing her own film. “A lot of people talk about making movies; the risks are high, the rewards low, and I

just decided it was time. I needed to make my own short film to jumpstart my directing career, I needed to make my own content, from the bottom up.” With skills in shooting and editing video Copeland was able to take on side jobs to earn some money while she took the time to write her script. Copeland has always had numerous ideas floating through her head. “Of the list of about 30, one which was always on there was a remake of *Little Women*,” she notes. “That story paralleled my own experience, growing up. It was a very loud household, very dynamic, spontaneous — all things a film could be made of. So many people say ‘write what you know — start from your home base.’ It’s a perfect way of paying tribute to where you come from and dive into a creativity bucket. In my Garrison childhood I spent so much time outside. We were always riding bikes, going down to the river. That meshed with the unique experience of



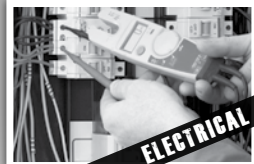

growing up with three women who are so different. My oldest sister recently got engaged. With this I wanted to tell the story of my childhood and capture a moment. Even though there are fictional sentiments, the ambiance speaks to the world my sisters and I grew up in, which is now right on the brink of my sister leaving this bond that had been the four of us. This film is something I wanted all of us to have. To cast girls who grew up here was also special.” Those girls, Marina Martin, Emerson Smith and Freya Wood-Gallagher, were found via word-of-mouth auditions and recommendations. “It’s so special to have locals be a part of it,” Copeland says. “I got lucky with all of them [the fourth member of the cast is Kate Flanagan]. They totally embody it, and on top of that were happy to jump into a freezing cold pool at 2 a.m.! We shot at my house and my neighbor’s house — we turned it into a film compound for a week.” Being the one everyone turned to once shooting began didn’t phase Copeland at all, something she was almost surprised by. “I stopped and thought ‘This feels good; I don’t feel anxious or rushed.’ Three years after graduating college to be confident, be in control, be proud of the sweat and tears put into assistant jobs, paying dues — this is a culmination of all my experiences,” Copeland said. *Erstwhile* is now in post-production mode. Copeland believes it will turn out

to be around six minutes long. “This is just a piece of the story,” she says. Even with the lowest of budgets and no frills, any film involves the incurring of costs. Traveling on a by-now common route, Copeland initiated a Kickstarter campaign, [kickstarter.com/projects/316960893/erstwhile-a-short-film](http://kickstarter.com/projects/316960893/erstwhile-a-short-film) to help defray those costs. At the time of this writing the campaign had generated about \$1,500 in excess of the goal of \$4,500. This funding will be applied to things like music, artwork, and the creation of promotional materials, with a frenzy of activity taking place now through early August, when Copeland hopes to have the finished project ready. Once that happens, she will immediately start sending it off to festivals for consideration. “You send it out in the world and hope for interest,” she said. And after that, in terms of directing, Copeland’s off again: “Once we ‘picture lock’ *Erstwhile* I’ll be thinking of the next one. It’s been so fulfilling so I’m ready to suit up for the next one.”



Erstwhile slate Photo courtesy of Beatrice Copeland

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Roots and Shoots

Vegetables That Don't Mind A Little Shade

By Pamela Doan

Tomatoes are not your friend if you've got a shady garden. These sun-lovers need at least eight hours every day to produce at their peak level. Green peppers, cucumbers, and corn also are in the full sun category. You don't have to miss out on an entire summer harvest, though; there are some delicious and nutritious choices that will do well with less sunlight, but not complete shade.

I finally gave in and adopted greens as my main crop after three years of dwindling sunlight on my garden as the surrounding trees grew taller. Lettuce, spinach, arugula, mustard greens, kale and chives are the heroes of my garden now that I've accepted my circumstances. Tomatoes and other full sun veggies have been relocated to containers that can be moved to sunnier spots in the yard.

I discovered one benefit of the shadier garden; I can get greens all summer long in spite of the heat. The extra shade on the greens keeps them cooler on hot summer days and less likely to bolt. Bolting occurs when the weather is past the

optimal temperature for greens. The plant shoots up a stalk that flowers at the top and the plant has gone to seed. Forget about eating it at this stage, the leaves are too bitter.

All of the greens I mentioned above can produce well with 3 to 4 hours of sunlight per day and would suffer at this time of year in a full sun garden. While they might not be the sought-after stars of the garden like tomatoes are, freshly picked lettuce and spinach are certainly welcome additions to any meal.

Keeping the shady garden adequately watered is the next step to success in hotter weather, although watering won't be as intense as it is for plants in full sun. Lettuces in particular tend to wilt on hotter days, even in the shade. Adding mulch to keep moisture around the plant helps, including a layer of straw. A rich soil full of organic matter in the pH



Lettuce started from seed grows well and produces nicely in shady spots on hot summer days. Photo by P. Doan

the garden go fallow afterwards, start seeding in lettuces and other crops that will thrive into the cooler weather this fall as space becomes available after you've harvested something. Lettuce is easy to grow from seed and it's an affordable way to include several different varieties.

Harvesting your shady and cooler weather vegetables sooner when the leaves are tenderer or the carrots are still in their "baby" size, ensures a good crop and lessens the possibility that problems will arise. Root vegetables will mature more slowly with less sun and from my perspective, the longer a vegetable stays in the garden,

the greater the likelihood that a pest or disease or some other problem will get it before I do. "Pests" includes the bunnies that somehow manage to get into my garden in spite of the fence.

And speaking of pests, watch out for slugs in a shadier garden. With less water burning off in the shade, it can be a cool, moist and ripe environment for slugs during a rainy stretch of weather. Slugs will take out your plants pretty quickly.

If your plants are in a raised bed, use copper tape on the top edges to keep them out. Snails and slugs don't like to cross it. The mulch that keeps the moisture around the plants is necessary to cut down on watering, but it can also be a great hiding place for slugs. Just keep an eye out for them. Now go find a shadier spot in the yard and prepare to enjoy great salads all summer long.

Group Shows Work at Buster Levi Gallery (from page 7)

sitting outside as well as sitting inside a room. Even though the work is based on actual visual experiences, my goal is not verisimilitude. Rather, I take liberties by juxtaposing different images on separate panels, as well as experimenting with composition, color and/or process to help convey emotions I may have felt at that specific moment.



Campagna, oil on wood, by Maria Pia Marrella Image courtesy of the artist

MARIA PIA MARRELLA

My recent paintings are a result of a revived interest in painting the landscape. Working from real settings, the focus nevertheless, is on reconstructing the spatial, color and rhythmical forces of nature painted expressively. I connect past modern movements with the present — striving for fresh, authentic ways of seeing. Some of my canvases are scraped down to other unsuccessful attempts at achieving a desired image-painted over — leaving a memory of a place that still lingers. These pictorial inventions are achieved through searching calligraphy with a tactile presence animated with personal color.

URSULA SCHNEIDER

My Hudson River paintings are inspired by the seasons, the movement of water, barges and Indian Point nuclear plant. My abstract paintings *Pies & Ponds* are informed by observations of water and human nature. I use illustrator to create templates which I paint intuitively creating a sense of play and thought. I manufacture my own translucent painting surfaces using urethane and nylon. For my woodcuts I use the Japanese woodcut technique called *Moku Hanga*. I work in these two

medias because they inform and enrich each other.



Low Tide, 2013, Moku Hanga woodcut on handmade paper by Ursula Schneider Image courtesy of the artist

LUCILLE TORTORA

Abstraction and fragmentation along with the interplay of positive and negative space as it relates to form are the elements of my photographs. I am drawn to the beauty in the world that surrounds me, both man-made and natural. Buildings, still life and landscapes each become part of a reconstructed image. These transformations are inspired by the cubist concept of revealing an object from different points of view. While I am interested in the individual photographs, it is in their reconstruction that I focus. Capturing fragments, linking them to each other, are the means I use to communicate my vision of our world.



Bones, Black Beach, gelatin silver print by Lucille Tortora Image courtesy of the artist

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Sports

Steven Casement Scouts for Sporting Goods

Establishes Athletic Swap Room at Rec for Eagle Scout Project

By Alison Rooney

With childhood growth spurts, it is a parent’s lament that things are outgrown before they’ve even been broken in. This is doubly the case with athletic wear and gear, where fit can be critical. The fluctuating desires of kids who express enthusiasm one day, only to have it wane the next, can also lead to frustration when that expensive piece of equipment once so important instead languishes in a garage.

Steve Casement, who just graduated from Haldane, has changed all that. As his culminating activity in Boy Scouts, the Eagle Scout project, Casement has established the “Athletic Swap Room” (ASR) at Philipstown Recreation’s community center — a place for athletes and their families to donate gently used or better condition athletic clothing, shoes and gear and, equally, a place where such goods can be obtained, free of charge, by those in need of them. What was originally a storage area has been turned by Casement into a well-organized showroom with shelving labeled with a wide range of sports, including lacrosse, hockey, skiing, tennis, badminton, ice skating, golf and “sidewalk sports” along with the most popular: baseball, softball, soccer, football and basketball. The ASR is expected to open by the end of July; check with Rec for updates.

To bring all of this to fruition was no easy task. John Maasik, chair of the Philipstown Recreation Commission, describes the process:

“Steven approached the Philipstown Recreation Commission at a recent monthly meeting. He was looking to produce an Eagle Scout project for our recreation program, which he had benefited greatly from while growing up in our town. Working with the commission and the director of recreation, Amber Stickle, several projects were discussed. Prompted by the recent addition to our programming with the ice rink outside of Rec, and the many requests for ice skates, we all determined a sporting goods swap room would be a useful addition.”

Hitting one out of the ballpark to earn Eagle Scout rank

One of the parameters of the Eagle Scout program is that the planning and the work must be coordinated and directed by the candidate. “You can’t use your own money and just go out and buy ready-made material,” Casement said. “You have to plan and fundraise ...

Before the project starts it must be approved by the Boy Scouts Council and afterwards you submit a whole packet of paperwork which is reviewed. You also have to travel and meet with them. You have to show them proof of your project, including maintaining a time log, detailing how many people it took, the supplies, what you expected to get done, the notifications made to people who could help, for instance ‘I need help from six people today for three hours,’ and you are supposed to get help from more than just fellow Scouts — they like to see that you’re pulling different sources.”



Bats and balls — baseball, softball and beyond — all to be found at the Athletic Swap Room.

Casement had to measure everything and then try to find the right shelving sizes. He created donation flyers and arranged for them to be emailed to different groups. He set up donation bins at Haldane, and put notices on Facebook. He liaised with the Church on the Hill, which hosted a weekend tag sale, and he spoke at every Mass on a recent Sunday at Our Lady of Loretto, resulting in filled bins.

Each Eagle Scout candidate is required to choose and work with a project coach, and Steven asked his father, Gordon Casement, to do the honors.

“You choose someone you think will be very hands-on,” says Steven. “My dad was a carpenter when he was younger — he now does appraisal work, so it was perfect.” Gordon Casement also reached the rank of Eagle Scout; his project involved renovating a rundown parking lot in Poughkeepsie near his church. Decades later, according to Steven, it is still in use.

Serving the community

Casement’s project has been greeted with a universal “great idea,” he says, with people equally eager to locate equipment and to find a place where they can dispose of unused items. An anonymous donor contributed a great deal of tennis equipment, including many rackets. Going forward, all donations will now come through Philipstown Recreation. Anyone wishing to donate will need to do so during Rec’s business hours. They should simply stop by the office, and someone will accompany them to the ASR, likewise for obtaining items. Rec’s primary request is that everyone who uses it keeps it organized, so things don’t get strewn.

As Casement eloquently puts it: “You come when you have a need. When you have something to give, remember where you took it from.”

If a sport is not represented already, a new spot can be created.

Maasik calls Casement “great to work with” and feels that the room is a “great resource for the community. Kids grow out of their sports equipment so fast that most of the time it is barely used. This room will give people the chance to get more use out of equipment. I hope that people use the room to its potential. The room will be what the community makes it.”

Rec Director Stickle concurs: “There has long been a need for a sporting goods swap by members of our community, and Steven tackled this project with enthusiasm.”

Along the Boy Scout trail

According to Casement, about 3 percent of Boy Scouts make it all the way through to become an Eagle Scout. Philipstown Troop 437 consists of boys from sixth grade (who cross over from Cub Scouts) through age 18. By the lat-



Eagle Scout Steven Casement  
Photos by A. Rooney

ter age those Scouts are effectively acting as leaders. The troop meets two or three times a month and assists on various community projects. They also participate in a yearly trip to Camp Read, in the Adirondacks, where they learn the skills which help earn them the merit badges necessary to continue in Scouting and some of which are required to become an Eagle Scout.

Casement, who will attend Le Moyne College in the fall, plans on becoming a secondary school history teacher. Asked what he felt he gained most from his years in Scouting, he reflected: “A lot of life skills, like first aid and wilderness survival, but most of all it’s being able to lead — leadership and preparedness, definitely.”

As for achieving the rank of Eagle Scout, he puts it succinctly: “When people say ‘I did Scouting and made it to Eagle,’ they say ‘I am an Eagle Scout, not I was an Eagle Scout.’”

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