



# The Philipstown.info Paper



Beacon Natural Market  
See Page 6

FRIDAY, OCTOBER 9, 2015

161 MAIN ST., COLD SPRING, N.Y. | [philipstown.info](http://philipstown.info)



Haldane High School Principal Brian Alm addressed the audience. Earlier in the day, *Chasing It* was presented at three student assemblies. At right, the poster at the front of the auditorium had a stark message: seven Philipstown deaths in two years. Photos by M. Turton

## Film and Forum Bring Heroin Crisis Close to Home

Students and parents discuss frightening toll of addiction

By Michael Turton

There was a noticeably different feel to the forum at the Haldane School auditorium in Cold Spring on Wednesday (Oct. 7) as parents, educators and community organizers came together as part of an ongoing effort to prevent and treat heroin addiction in Philipstown.

The feeling was one of people facing a harsh reality. Nothing illustrated that better than the stark, white-on-black poster at the front of the room. It displayed a large number 7 and the words, “No More!”, followed by seven dates between June 2013 and September 2015. Each was a month when a Haldane grad-

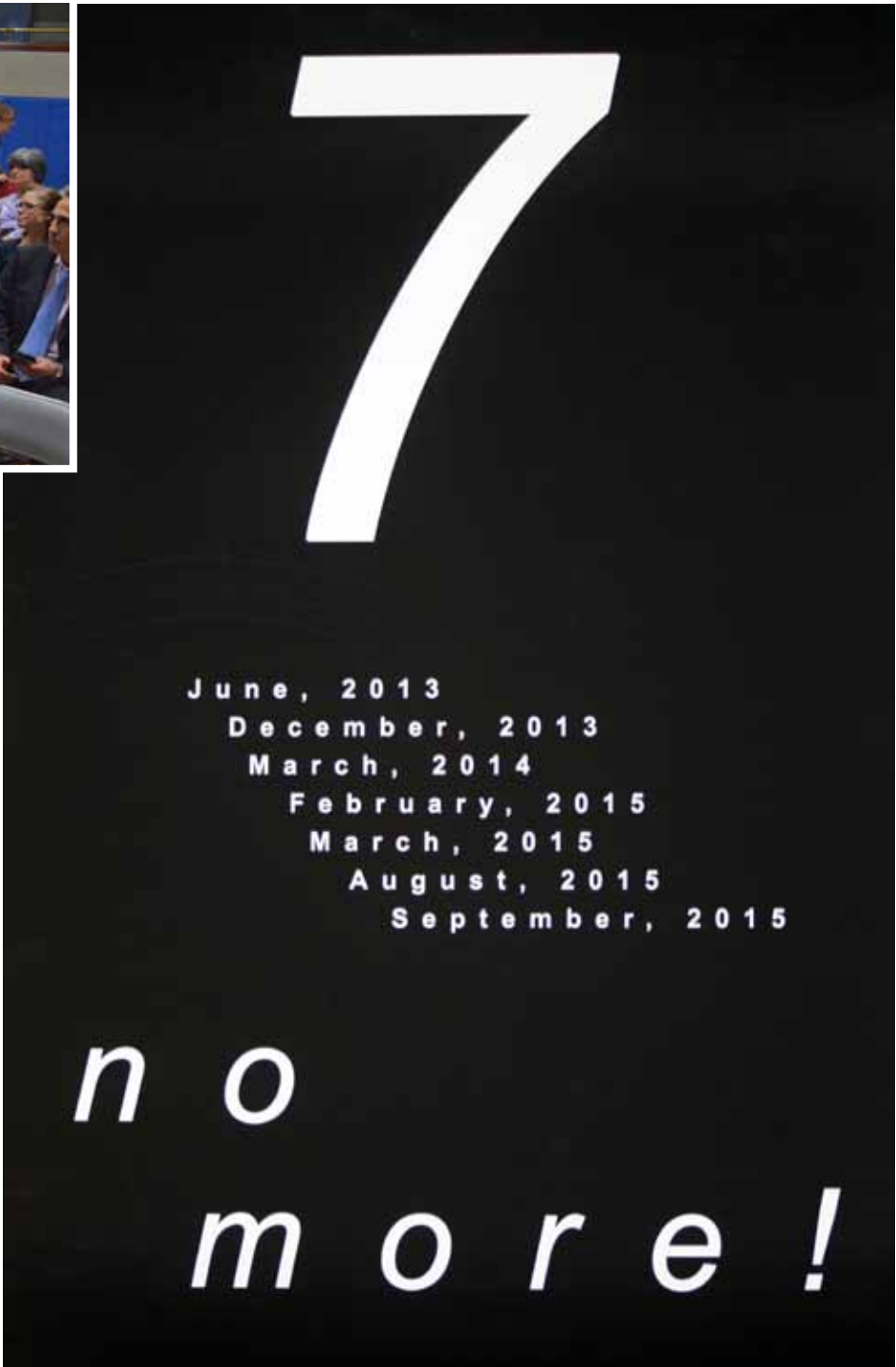
uate had died from a drug overdose.

While previous drug education forums have at times had an almost academic atmosphere — a discussion about a problem that happens somewhere else and to someone else — that was not the case on Wednesday.

### The end of denial

The Haldane deaths have ended the denial, said Allison Jacoby of Garrison after the forum. Jennifer Rotando, who has four children (one Haldane graduate and a freshman, sophomore and senior at the high school) said the poster stopped her short. “That shocked me,” she said. “Seven Haldane graduates ...”

The core of the evening’s program was the screening of a documentary, *Chasing It*, written and produced by teenagers for the Peers (Continued on Page 3)



## Fishkill Resident Killed in Garrison Crash

Motorcycle hits utility pole

By Kevin E. Foley

The New York State Police have reported that a 56-year-old Fishkill resident was killed Wednesday night (Oct. 7) along Route 9 in Garrison when his motorcycle went off the road and hit a utility pole.

Bill Jesshope was riding north on his 2008 Harley-Davidson Ultra Classic at approximately 10 p.m. For an unknown reason his vehicle veered off the road near Old Highland Turnpike and crashed. He was pronounced dead at the scene according to the police.

Route 9 was closed for about four hours while the accident was investigated, according to the state Department of Transportation.

## ‘It Won’t Happen to My Kid’

We lost our child to heroin – can we help save yours?

By Allan and Diane Harris

My wife and I tried to give our two sons the very best we could provide. We encouraged them to exercise and live productive, healthy lives. We did our best to be good role models. We stressed the importance of a good education and lectured them on the dangers of smoking, drinking and drugs. We knew the teenage years would be tough, but we firmly believed that as good parents, our guidance would safely get them through. How wrong we were. On Aug. 21, our eldest son, Matthew Harris, 23, one of the kindest and most caring people one could possibly know, died from a drug overdose.

Matthew began suffering from migraines when he was at Garrison Middle School. He spent many school days at home, lying in a darkened room, waiting

for the pain to subside. We took him to every doctor for every treatment imaginable. Nothing seemed to work for long. When he got a little older, we learned that he also suffered from social anxiety. (We now know that the anxiety had a lot to do with his headaches.) He also suffered from restless leg syndrome and often had trouble sleeping.

When Matt was a sophomore at Haldane High School, he suffered a foot injury that required invasive surgery. He was prescribed a large number of opioid painkillers to get him through his six-week recovery at home. Unfortunately, this was his introduction to opiates. He later admitted to us that he knew he liked opiates because when he took a painkiller his legs were still, he could sleep, and he felt calm.

When Matthew graduated from Haldane in 2010 we were unaware of a drug problem. We knew he had smoked pot, but we thought it ended there. It wasn’t until we caught him stealing from us that

we realized the extent of his problem. (Lying and stealing are common during drug use.) Buying pain medication on the street is expensive. When our son could no longer afford the pills, he switched to heroin because it was “affordable.”

Our lives became consumed by Matt’s drug addiction. Over the next three years, he attended rehab twice. Each time, when he returned home, he looked great, felt great and swore that he was “done with that forever.” We thought he was on the road to recovery, but we underestimated how serious and devastating this addiction actually is. We were under constant stress, and our lives were turned upside down.

For five years Matt’s drug problem was the main focus in our home. After his second time in rehab, we sent him to drug doctors, drug counselors, psychiatrists, therapists and put him in an outpatient program. His drug counselor told Matthew that the only choice he ever had was (Continued on Page 3)



Small, Good Things

Hoodoo You Love

By Joe Dizney

“What I love about cooking is that after a hard day, there is something comforting about the fact that if you melt butter and add flour and then hot stock, it will get thick! It’s a sure thing in a world where nothing else is sure, it’s a certainty, the stock will thicken!”

~ Nora Ephron, *Heartburn*

I love that too! And I also love the fact that there’s so much you can do with that roux once it thickens and yet it all still adds up to the same end: a warm, nutty, savory sauce that promises comfort food worthy of Ms. Ephron’s reverie. This is a very good thing as the leaves begin to color and the winds start to blow cold.

The science of a roux is simple. Formalized by the august French chef Escoffier in 1902, the “mother sauces” of classic cooking are all variations on this incorporation of flour into fat. Browning adds depth to both the color and taste, and the thickened sauce (heated, stirred and watched closely) becomes a stable medium for the suspension of other seasonings, as the basis of either a finishing sauce on its own or a luxurious braising bath for meat, vegetables or seafood.

Here’s where alchemy comes into play.

Recently, a culinary gauntlet was inadvertently dropped by my meathead pals at Marbled Meats. As Chris Pascarella unpacked the latest delivery of Glynwood beef he wondered aloud (and conspicuously within earshot) about what to do with an increasing stockpile of cube steak.

I do love a challenge.

Processed from the top or bottom round, or occasionally the sirloin, the selected steak is run through a tenderizer. It receives a proper pounding from the blades or rollers, leaving distinctive

“cubed” markings on the large, thin medallions that emerge.

This cut is less popular and expensive than others and consequently is a staple among the many vernacular cuisines of the world. Its thinness accounts for another of its names — minute steak — as a quick sear will render these large medallions quickly, and at the least, edible. Another Southern and Midwestern variation is “chicken fried steak,” the breaded, fried and ballyhooed preparation whose charms escape me.

At its most generic and institutional, cube steak plus a stock-thickened roux forms the basis for the nefarious “steak and gravy,” usually served atop mounds of mashed potatoes, a menu staple of roadside diners. But the sensitive addition of spices, mushrooms and onions and other vegetables can, with the proper care, produce comfort food of the highest order.

That which brings me to this week’s recipe: grillades.

As a bayou-born son of the swamp, the sound of those words brings me great joy. Say “grillades” (pronounced “gree-yahds”) to any proper (or would that be improper?) South Louisiana native and the response is generally “Yumm!” Grillade translates as “grilled,” which is where the confusion begins. The medallions are actually dredged in seasoned flour and seared and browned in oil.

I mentioned alchemy but what follows is closer to voodoo: the so-called “trinity” of Louisiana seasonings — onion, bell pepper and celery — are sautéed amidst



Grillades

Photo by J. Dizney

the crusty bits left from browning the meat in the skillet (along with your *de rigueur* garlic and seasonings). The addition of stock and a couple of chopped tomatoes produces a luscious, quick braise.

Grits and grillades (as the latter are seldom served with anything else) are a pillar of traditional New Orleans break-

fast and brunch menus from the highest Creole French to the most humble Cajun table.

This Hudson Valley version was prepared with Wild Hive polenta, although quality grits (as if there’s a major difference) are available at Nature’s Pantry in Fishkill. The soy sauce or tamari isn’t traditional but I find it adds depth and color to the gravy. Maybe it’s not magic, but it is magical.

Hudson Valley Grillades

Serves six to eight (preferably over grits or polenta)

- |  |   |
|--|---|
| 2 lbs. cubed steak, cut into rough 4”-5” square-ish scallops | 3 stalks celery, diced small                  |
| 1 cup all-purpose flour                                      | ½ green bell pepper, seeded and diced small   |
| 1 teaspoon dried thyme                                       | 4 cloves garlic minced                        |
| 1 teaspoon salt  | 2 medium tomatoes, peeled and chopped roughly |
| 1 teaspoon ground black pepper                               | 2 cups beef stock/broth                       |
| ¼ teaspoon ground cayenne pepper                             | 2 tablespoons soy sauce/tamari                |
| ¼-to-½ cup oil for frying*                                   | ¼ cup chopped parsley                         |
| 1 medium yellow onion, diced small                           |   |

1. Mix flour, thyme and black and cayenne peppers in a large, shallow plate or bowl. Heat oil to medium in a large skillet or Dutch oven.
2. Dredge beef scallops individually in flour mixture to coat and fry in batches of 5 to 6 (do not crowd) for 3 to 4 minutes per side. Remove, drain and reserve until all are cooked. Do not clean pan between batches — you want that crusty stuff. Add oil as necessary to keep from sticking.
3. When all the beef is cooked, add onions, celery and bell pepper to the skillet, stirring for about 3 minutes to loosen crusty bits. Add garlic and cook as before for another 1 to 2 minutes. Add beef stock, stirring to loosen and incorporate browned bits. Add tomatoes and soy sauce and simmer for a half hour.
4. Return beef to pan and cook for another half hour. (This is an excellent time to prepare the grits or polenta.)
5. Add chopped parsley and serve over hot grits or polenta with sauce.

\* There are those who say that, traditionally, bacon fat or lard should be used. Then there’s the butter and olive oil camp or even vegetable oil (ugh!). I used ghee because it was there. I say whatever works for you.



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## ‘It Won’t Happen to My Kid’ (from Page 1)

whether or not to try opiates in the first place. Matt never made that decision; he was prescribed pain killers and we gave them to him.

To gain a better understanding of drug addiction, my wife and I attended a seven-hour seminar given by the private rehabilitation facility that Matt was in. It was a packed house of parents and other relatives of patients who all had similar stories to ours. We were all going through the same thing, we had all made the same mistakes, and we were all terrified and desperate. Just one of the rehabilitation programs Matthew entered cost \$20,000 and they did not accept insurance. And while we would have spent any amount of money to see our son get well, this disease is aggressive, and in Matthew’s case,

recovery was almost hopeless. The disease of addiction does not discriminate against financial status, race, gender or religion. We are all at risk.

A friend recently sent us an article about teenagers being at a higher risk for addiction than adults because of their immature brain development and about the heroin epidemic surging all across America. The leading cause of heroin abuse is a prescription-drug disorder, but today you don’t need a prescription. Matthew told us on more than one occasion that he could leave the house and walk in any direction and get any drug — morphine pills, Oxycontin, etc. — in five minutes. It’s everywhere and kids are being targeted.

We need to come up with solutions

to stop the growing number of deaths among our young. We believe education will be a key component in battling this disease. Our schools need to take an aggressive role in this fight. We need to reach kids early before they move on to high school. Trips to rehab facilities and guest speakers visiting our schools to talk to our children would be a good first step.

Parents need to lock up all prescription medications in their homes. The selling of these drugs is a violent act against our kids and community and stiffer penalties are needed. We can’t let drug dealers walk free; they are nothing short of serial killers. Mental health issues need to be identified early by parents, teachers, family and friends. Kids who suffer from depression, anxiety or any other problems need to know they have sources to

turn to other than opiates, other drugs and alcohol. Family, friends, religious organizations, doctors, etc., need to come together to form a safety net for our kids.

Unfortunately, Matt’s mental and physical health combined with his genetic predisposition to addiction made him the “perfect storm” for this disease. We think of him every minute of every day and we miss him terribly. My wife and I would like to thank the parents who have been in our shoes and have reached out to us in spite of their own grief. They are truly wonderful and brave. We would also like to thank everyone for their prayers, letters, generosity and support through this very difficult time.

Let us ensure that our sons and daughters who have died have not died in vain and are never forgotten.

## Film and Forum Bring Heroin Crisis Close to Home (from Page 1)

Influence Peers Partnership, which is based in Putnam Valley and Carmel. The 49-minute film tells the story of six young people who describe, in candid interviews, their descent into heroin addiction and the prolonged and painful struggle to recover. It also features Dr. Marc Fishman, a psychiatrist with Mountain Manor Treatment Center in Baltimore, who explains the powerful grip of heroin addiction and the challenges of treatment.

### A father’s anguish

The film’s most compelling insight came from an interview with Doug Greenwich of Putnam Valley, whose son Chris died of an overdose. Greenwich recounted his last phone conversation with his son, who was in California and seemingly doing well in his recovery. Minutes after the call, Chris’ body was discovered in the shower, a needle protruding from his arm.

Greenwich’s story hit the audience hard. There were audible, emotional reactions in what was a completely silent auditorium. “He was my best friend,” Greenwich said. “We did everything together.” The fact that Greenwich is from Putnam Valley, and that the video includes local, recognizable scenes, drove the point home that heroin is not a problem that happens somewhere else.

At the beginning of the program, Frank Reale, president of Peers Influence Peers Partnership, shared a number of startling statistics. While the U.S. has 4.5 percent of the global population, he said, we consume 95 percent of the opiates, which include heroin.

Thirty percent of that opiate use occurs in New York state, Reale said, “and the [state] epicenter is right here in the Hudson Valley” because of the area’s relative wealth. “When communities have money, they have a drug problem,” he said.

### Students react

In three assemblies earlier in the day,



Frank Reale, president of the Peers Influence Peers Partnership, the organization that produced *Chasing It*

*Photo by M. Turton*

Garrison eighth-graders and Haldane middle- and high-school students watched *Chasing It*. Principal Brian Alm said their reactions varied by age. “The juniors and seniors were slow to warm up,” he said. “But by the end they were riveted.”

The freshmen and sophomores seemed most struck by the fact that pharmaceutical companies and medical professionals are part of the problem. “It was the first time they questioned their role as players” in the drug crisis because the abuse of prescription drugs often precedes the use of street narcotics. The eighth graders, meanwhile, appeared “shocked,” Alm said. “It weighed heavily on them.”

### What can be done?

A number of the adults who spoke at the evening forum said they believe doctors prescribe painkillers too liberally and too often. Gina Van Nossdall, a member of the Philipstown Communities That Care Coalition, reported that a drop box should soon be available where residents can safely dispose of expired and surplus prescriptions.

Steve Salomone, who with his wife, Susan, co-founded Drug Crisis in Our Backyard after losing their son, Justin, to heroin, said that while everyone has a vague sense of the drug problem, most don’t believe it will ever be part of their lives. In fact, he said, “most parents don’t realize that the next addict they face may be sitting across the breakfast table from them.”

Salomone noted that in surveys, many young people in Putnam County say they first used alcohol and marijuana before the age of 13. And that’s just the kids who will admit it, he said. Salomone stressed the need for preventive programs and urged parents to talk to their children and “look for signs and symptoms, even if you think your kids are too young to be taking drugs.”

John Rotando, who attended the forum, echoed that sentiment. “It’s a problem. It’s here,” he said. “We have to communicate with our children constantly,

be involved with their lives — and the lives of other children we know.”

Jacoby, whose three children graduated from Haldane, added: “It’s never too early to start talking to your kids. There are even programs on how to speak with kids in kindergarten. Don’t be afraid. Talk, talk, talk. But in short bits. And keep your eyes open.”

Jacoby said she was heartened by the growing attendance at local drug education forums aimed at parents. More than 90 people attended Wednesday’s presentation.

Ed Drake, 78, was one of a few attendees who was not there in a parental role. When asked for a practical step that residents might take in dealing with drug addiction he responded, “The one thing that parents can do is to not believe it can’t happen to their kids.”

*See related story on Page 14.*

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Interactive Map of Cold Spring and Philipstown

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Please take five minutes to go to our website and share your responses to the questions in our survey.

Your answers are confidential and will help us plan our coverage of the Highlands communities.

Our goal as always is to make our work as responsive to readers' needs and concerns as possible.

Thank you from the staff and board of Philipstown.info.

LETTERS TO THE EDITOR

We reserve the right to edit letters for length. Letter writers should avoid making personal attacks or unsubstantiated charges. Unless writers indicate otherwise, letters will also be posted on our website. Submit letters in text-only email with our form at [www.philipstown.info/letters](http://www.philipstown.info/letters), or mail to **161 Main St., Cold Spring, NY 10516**. To be considered, submissions must include writer's name, location, and email address.

Planned Parenthood needs local support

Republicans in the U.S. Congress continue to talk about shutting down our federal government unless Planned Parenthood is defunded. They see nothing wrong with cynically treating women's access to family planning support and reproductive health care as a political football. However, we can't forget the politicians in our own backyard who wish to rid our communities of vital services.

As all of us who had to live through her campaign last year know, state Sen. Sue Serino ran a nasty campaign full of grossly untrue mailers about her opponent because he supported Planned Parenthood and a woman's right to make her own reproductive health choices.

By demonizing Planned Parenthood, Serino and her allies risk the loss by our community of services such as cancer screening and prevention, family planning support, women's reproductive health services, contraception and treatment for sexually transmitted diseases. These are vital services for local women, especially those struggling financially. Politicians have no right to take away these services based on their personal beliefs and misinformation.

When women's rights are at risk on a federal level, we cannot have state representatives like Serino who refuse to protect those rights here at home.

Margaret Yonco-Haines  
Garrison

Superintendent Bowers on Community Leaders' Group

As you may know, the Haldane Central School District has adopted a Strategic Plan that will be the focal point of our efforts for many years to come. One of the cornerstones of this plan is building and maintaining strong relationships with our community members and inviting them to become an integral part of our growth process as our future evolves. With this in mind, the Haldane Central School District is creating a Community Leaders' Group to serve as the community's voice in our planning process. This alliance will also act as a conduit to keep our constituent groups well-informed of the new initiative, the success of our schools, our present practices and the political and financial factors that affect our daily lives.

As we unfold the Haldane Central School District's Strategic Plan, we will rely on our Community Leaders' Group to keep us abreast of local interests, needs and queries. Our community's input will be a very important part of our developmental process. In addition, we would like to share the most recent political and financial interests affecting the district, and keep you well-informed of the recent and future initiatives.

If you would have an interest in being a part of this supportive group, please contact my secretary, Linda Dearborn, at [ldearbor@haldaneschool.org](mailto:ldearbor@haldaneschool.org). We anticipate our first meeting will take place in early November and then bi-monthly throughout the school year. We welcome you and your point of view to these important conversations. We look forward to working with you.

Diana Bowers,  
Superintendent of Schools

Candidate endorsements: Bob Flaherty

Bob Flaherty, a candidate for the Town Board, deserves a proper introduction to the voters of Philipstown. It has been said a good man is hard to find — we are fortunate because Bob Flaherty is a good man. He personifies that very definition. Bob was chosen to fill the councilman seat for Dave Merandy when he was elected mayor. After careful consideration, Bob stated that he was honored to do so, and stepped in immediately. He was asked because of his dedication to a community that he loves, is fair minded, and makes decisions based on well-researched facts. Bob is a professional, a senior project manager for E+, an international, award-winning IT company.

Although he has not served on a municipal board until now, Bob comes from a family that has a long history of community service. His father, William Flaherty, is a former county legislator, town assessor, founding member of the North Highlands Fire Department and serves on the zoning board. The importance of community service has become a tradition that will continue through Bob. His children and many members of his family have graduated from Haldane, and there are many nieces and nephews still attending.

Being a homeowner in this community, and his sister, I can attest to the fact that Bob will serve tirelessly with fellow board members in keeping the scenic beauty and character of Philipstown intact, making it one of the most beautiful areas in the Hudson Valley. Bob will continue moving forward in keeping Philipstown thriving. When it comes time to vote in the next election on Nov. 3, keep in mind a good man is here, now, and serving our community. That man is Bob Flaherty.

Joann M. Flaherty

Candidate endorsements: Ann Gallagher

Having worked for 12 years with Philipstown Planning Board Secretary Ann Gallagher, who is a candidate for Town Clerk, I cannot begin to express how integral she is to the smooth working of this vital board to the town and its residents who come before it. Never more than a phone call away, she works effortlessly with our professional planner, the board attorney and the seven members of the board. And, needless to say, she has made my job as chairman of the board smooth and efficient, often sorting out the confusing materials needed to provide the public with the service they deserve.

Her timeliness and willingness to go the extra mile to ensure that referrals and public notices are expedited is just natural for Ann. When changes in law and procedures regarding Planning Board matters come before the board, Ann is quick to inform all concerned, as she is when prospects for training sessions become available.

While I, or any chair of the Planning Board, would hate to see her leave, Ann will bring her good cheer, friendly demeanor and respect for the needs of the entire town to the clerk's office on a daily basis. A quick starter, she can hit the ground running and seamlessly move into the town clerk's job. She's had experience in many different fields before becoming board secretary: banking, education, legal and corporate. Spending considerable time on her job in Town Hall, she knows how things run and how they should run. She is a people person and will ensure that everyone has access to all the information they need and do it with a smile.

Anthony Merante, Chairman  
Philipstown Planning Board

Candidate endorsements: Joann M. Flaherty

As a resident of Philipstown, I would like to recommend to the members of this community to consider Bob Flaherty for town councilman. Living in the community and as former principal of the Garrison School, I am often asked to write letters of recommendation or speak about the quality or characteristics of an individual who is seeking to share his talents with others.

In this case, I have seen Bob work with the youth as a coach, I have seen him speak in public to support an idea or influence a proposal. I have observed him interact with adults during meetings, observed him help children on the field during a sporting event or have shared ideas with him about procedures or policies that will enhance the quality of life in Philipstown.

His desire to continue to focus on the central values of our community is a reflection on what he believes is right and what he stands for. As a family man and member of our community, he is trustworthy, reliable, kind and generous. He is able to listen, make decisions, take matters under advice and react favorably to discourse and conflict. He is a person who has integrity, is steadfast and shows a deep desire to keep Philipstown as a place where we can continue to live, thrive and raise our families.

In the beauty of the Hudson Valley, while we all continue to worship in our

churches and continue to enjoy the benefits of a small community, Bob is indeed able and ready to take on the responsibilities of this position. I urge you to talk with him about the issues and see for yourself, that he is the man for the job.

Stephanie C. Impellittere

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In the beauty of the Hudson Valley, while we all continue to worship in our

Neal Zuckerman  
Garrison



# Montgomery Seeks Third Term on Town Board

Democrat cites experience and knowledge

By Kevin E. Foley

Nancy Montgomery is seeking her third term on the Philipstown Town Board, running for one of two contested seats. *The Paper* met with the Democratic candidate to discuss her qualifications and town issues. The interview has been condensed and edited while staying true to Montgomery’s responses.

### Why are you running for re-election?

The primary purpose of the town government is to commit to public safety, manage the infrastructure, share the common resources of our town and in general promote the welfare of the community. The job requires an understanding of all these things, which I believe I have. I have great confidence in what I am doing, which is different from the first and second time I ran. I still have the same foundation, the same character I had when I was first motivated to run, but now I have the knowledge and experience.

To support all our operations, the town needs to obtain resources from outside the town. This is my challenge with the county and with the state. We cannot ex-

pect the elected officials above us who hold the purse strings to make the resources known to us. We have to go out and find them. I know how to do that now.

### What is a primary example of a resource need for the town?

Emergency services. We have come a long way with opening the dialogue with our volunteer fire and ambulance companies. And we have to continue to highlight and support the efforts of the people who spend hundreds of hours training and preparing and answering emergency calls. We also have to ask: How do we sustain our level of service with the pressures on what it costs to provide the service?

We also need to focus on tourism, the creation of more state park land, the increase of cars on Route 9, our aging population. Where are we going to get the money we need? If the state is going to create more park land and promote tourism they have to provide some resources to help us fund the necessary services. We also have to partner better with our neighboring communities.

### Given your concerns, do you think we are headed in the right direction in creating a stand-alone fire district for Garrison?



Nancy Montgomery Photo provided

said the process was unfair. So we needed to take the dialogue further. I am glad I voted “no” at first [on the drainage proposal]. It gave more time for an honest discussion. Then once we reached a better understanding of what we were trying to do, I was comfortable. People aren’t always going to believe something is fair. But I can try to answer the tough questions and then take a tough vote.

This issue highlights what we are good at—having a dialogue, rolling up our sleeves, taking each other to task. Richard Shea took a lot of time bringing me out to the road, bringing me into people’s homes, having the conversation over and over again because he wanted me to understand and to get my vote. It demonstrates that we don’t always agree at the outset of an issue.

I really enjoy the process. If it were only a matter of a “yes” vote, I wouldn’t be running again. There would be no challenge for me.

There is a lot of deep thought that comes from the heart from all of us about what we believe is right for our community. But sometimes it takes a lot of work to get to the point where we all agree.

### Why should someone vote for you?

I have the character to contribute to the community. We have this amazing place, the river, the Highlands and, most of all, the people. It’s important for me to use my expertise to help. I get calls everyday from people needing some kind of help. They know I know how to get resources to help or at least try to do it.

I opened the dialogue over this issue a few years ago and it was an unpopular challenge. We’ve come a long way and now people have an understanding of why we have to head in this direction. With the new district we will have a commission of five people who will have the expertise. They will attend training sessions. Their primary focus will be operations and safety. Over time they will become even more knowledgeable and this will be a great advantage.

### What about the controversy over the paving and drainage project on part of South Mountain Pass?

Members of the public who came out

## Beacon’s Wee Play Community Project



The Wee Play Community Project recently added three new shade structures and new play equipment at the Wee Play Tot Park in Memorial Park in Beacon. The shade structures cost \$19,800, more than \$7,200 of which was donated via the Ree Play Sale, Wee Play’s primary fundraising event. The remaining \$12,515 was funded by the City of Beacon Recreation Fund. Additional amenities (totaling \$2,700) include new benches and a permanently installed ride-on toy, and were paid for by Wee Play Community Project.

Photo by Raquel Moller Verdesi



## Pruning is an art

If you are looking for a “natural finish” and do not want to see your ornamentals cut back severely to dead wood, choose artful pruning. Artful Pruning allows your ornamentals to keep looking good. Artful Pruning gracefully brings your ornamentals back to a more appropriate smaller size. For an artful, natural finish, call the artful pruner. Call Gregory, with over 10 years as a career gardener specializing in natural and restorative gardening. 845.446.7465



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A Comprehensive Approach to Your Needs

## Notice to Bidders Town of Philipstown Highway Department

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

- Bituminous concrete – Furnished, delivered & laid in place
- Bituminous concrete – FOB
- Calcium Chloride – Delivered
- Envirobrine – Delivered
- Washed sand – Delivered & FOB
- #2 Fuel oil – Delivered
- Diesel fuel – Delivered
- Bank run, fill, crushed tailing – Delivered & FOB
- Installation of guide rail and furnishing of guide rail material
- Washed crushed stone – Delivered & FOB
- Manufactured crushed Item 4 – Delivered & FOB
- Stone fillings – Delivered & FOB
- Sand for snow and ice control – Delivered & FOB
- Curb mix with RAP
- Stone screenings – Delivered & FOB
- Smooth bore corrugated polyethylene solid pipe – Delivered
- Tree felling, trimming, removal & stump grinding

Meeting the specifications of the Town of Philipstown Highway Department. Copies of the specifications may be obtained from the office of said Town Clerk at the above address. The right is reserved to reject any and all bids. All purchase contracts awarded pursuant to this notice shall be subject to the provisions of Section 103-A, 103-B and 103-D of the General Municipal Law.

DATED: October 7, 2015  
Tina Merando, Town Clerk  
Town of Philipstown



# Beyond Greens and Granola

Beacon Market expands definition of healthy fare

By Alison Rooney

Many people associate health-food stores with sprouts, granola and beans in bulk. Kitty Sherpa, who co-owns Beacon Natural Market with her husband, LT Sherpa (a native, as you might expect, of Nepal) instead considers the couple's 10-year-old operation a one-stop community market. "We're not huge, but not tiny either," Kitty Sherpa said of their 4,000-square-foot space, "and we have a great depth of selection. We intended it to be a place where you could get most anything, because if you send people away for something, they may not return."

Their stock includes organic produce,

regional dairy products, organic condiments, a deli counter, all varieties of unprocessed grocery food, as well as pet food, gluten-free goods, natural cleaning products, cosmetics and vitamins, supplements and homeopathic products. There are even beeswax Chanukah candles and — if not quite healthy, at least healthier — Halloween candy.

The Sherpas have been in the health-food business for 25 years. A dozen years ago, while managing Village Natural Market in Bronxville, they decided to strike out on their own. They had heard about Beacon from friends, and on their first visit in 2003 found what they remember as "two shops: a good coffee house and a great boutique," Kitty Sherpa said. "But they were the right kind of shops."

They were aware of Dia:Beacon



Beacon Natural Market is a community gathering place as well as a place to shop.



Beacon Natural Market co-owners Kitty and LT Sherpa.

Photos by A. Rooney

and something that made even more of an impression: the federal funds supporting the growth of the Beacon Institute for Rivers and Estuaries. With the bedrock of an environmentally-focused new institution, along with a strong arts community, they felt there were growth opportunities.

Beacon Natural Market has a loyal customer base, with some coming in several times a day, beginning with morning coffee, followed by lunch at one of the few window tables and then picking up items to make dinner. "We are trying to create a community store, offering a good selection of things in a very pleasant atmosphere, and people appreciate that," she said.

Natural and organic foods have become less costly over the years relative to the price of everyday groceries, Kelly Sherpa said, especially after more consumers began demanding "green" products. "For example, regular cereal has become more and more expensive, because of all the advertising used to sell it," she said. "Ours is now about the same cost, sometimes even lower."

The market's staples haven't changed much over the past decade, although customers have asked for more local products. When shoppers began clamoring for kombucha tea, the Sherpas made their own and sold it from a keg. There has been increased demand for lacto-fermented food and "they love our soups and vegan dishes and we try to keep it creative," she said. "And milk — there are a lot of milk drinkers, so we stock both Hudson Valley Fresh and Ronnybrook." The market has expanded into catering, as well, with a menu that includes "five kinds of deviled eggs," she noted, excitedly.

Beacon hasn't disappointed the Sherpas. Their instinct to locate on Main

Street has served them well. "We turned down spots on Route 9," Kelly Sherpa said. "Here people walk in and stop by." They've noticed not just more customers but more single people and commuters. They're also seeing changes in the central stretch of Main.

"It used to be on Second Saturdays, people would walk around one end of town, get in their cars and drive to the other end, bypassing us," she said. "Now with places like Beacon Pantry and More Good, plus some great new apartments nearby, we feel the difference. And the people moving in are our customers. It has to do with how the person wants to shop. What we can offer them is a good staff knowledge base, and just a lot less of the label-checking [for nutritional information] that goes on at a regular supermarket."

"I'm in business for this — it's my mission to bring this to people," continued Sherpa, who is a certified nutritionist. "I don't want products that are GMO [genetically modified organisms]. And we're not purists. There's healthy junk food here, and good quality sweets. We're trying to support the people who make these products, all the way up the line."

A decade in, nothing has grown stale for the Sherpas. "We've actually become more invigorated ourselves," she said. "We've seen how Beacon has changed and evolved. In fact, Beacon has become the kind of hometown I would have once dreamed up in a fantasy."

Beacon Natural Market is located at 348 Main St. For more information, call 845-838-1288 or visit [beaconnaturalmarket.com](http://beaconnaturalmarket.com). The market is open from 9 a.m. to 7 p.m. Monday through Saturday and 10 a.m. to 5 p.m. on Sunday.



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## WEEKLY EVENTS @ GROOMBRIDGE GAMES

FRIDAYS, 6PM: FRIDAY NIGHT MAGIC  
SATURDAYS, 6PM: SATURDAY NIGHT DRAFTS  
THURSDAYS, 6PM: OPEN GAME NIGHT  
SUNDAYS AT 4PM: PS4, XBOX & WII V TOURNAMENTS

## BATTLE FOR ZENDIKAR IS HERE!

MAGIC: THE GATHERING, POKEMON, DUNGEONS & DRAGONS,  
FLUXX CARD GAMES, WARHAMMER & WARHAMMER 40,000,  
MANIC PANIC HAIR DYE, BOARD GAMES, GAME ACCESSORIES,  
T-SHIRTS, BOOKS & SNACKS.

HUDSON HIGHLANDS  
PUTNAM  
HISTORY  
MUSEUM  
WEST POINT FOUNDRY

The Chapel Restoration  
in the Time of Cholera -  
with Michael Armstrong, President,  
The Chapel Restoration  
Saturday, October 10, 5pm

The story of this Greek Revival style Catholic church is based on the journal of the chapel's 18-year-old English immigrant architect. The cholera epidemic of 1832 played a major role in this story, which drove half the population of New York City into the countryside and into towns like Cold Spring.

Michael is co-editor, along with Professor Steven Walton of Michigan Tech, of the soon to be published Thomas Kelah Wharton journals.

This event is \$5.00 for nonmembers and free for museum members. Please RSVP at 845-265-4010 or at [shannon@putnamhistorymuseum.org](mailto:shannon@putnamhistorymuseum.org)



PHILIPSTOWN  
DEPOT THEATRE

October 18, 4:30-7:30 p.m.  
**Some Like it Hot:**  
**A Special Cocktail Party!**

October 23 - November 15  
**Jesus Christ Superstar**  
Directed by Linda Speziale

Tickets at [brownpapertickets.com](http://brownpapertickets.com)  
845.838.3006 • [philipstowndepottheatre.org](http://philipstowndepottheatre.org)  
Garrison Landing, Garrison, NY (Theatre is adjacent to train station.)



# The Calendar

## Shall We Dance? The Answer is ‘Yes’ at New Fred Astaire Studio

*Foxtrot to salsa, novices to experts: multiple styles offered to all levels*

By Alison Rooney

Nimble on your feet, loose with your hips but at sea when it comes to actual dance steps? Or, does the two-word-phrase “box step” invoke a pounding heart and clammy hands, as you prepare to face your fears for a first dance at a wedding, or a tug towards the dance floor by your significant other at a social event? Whether it’s simply because dancing has always seemed like fun, or more purposeful, the brand new Fred Astaire Dance Studio (FADS), located at what is informally known as Perk’s Plaza on Route 9 north of Cold Spring, is ready to step in and help out. After all, their motto is, “If you can walk, we can teach you to dance.”

FADS invites the curious, at any level, to dip their toes into the dancing waters via an introductory offer of two private 30-minute lessons with co-owners Yuriy and Melissa Herhel, as well as a ticket to one of their ongoing Friday night dance party events, at a cost of \$60. If you’re enthused about continuing on after that, group and private lessons in varying styles are available.

In the Ukraine, where Yuriy Herhel was born and raised, ballroom dancing is a common pursuit — something always in evidence in international ballroom dance competitions, with dancers from Russia and the surrounding lands frequently dominating. Herhel began dancing at age 9 — he calls this a little late: “It’s popular for kids there to start at a very early age.” Growing up in a small town, Poltava, about 100 miles from Russia, Herhel eventually rose to a level where he was competing in regional, then national competitions; he was a national finalist in the “International Legend” style. Explaining this designation, he says that the faster and more Latin-tinged

dances, rumba, salsa, cha cha, fall into this category, while the slower dances are designated “Ballroom.”

Turning professional, Herhel danced in a team which traveled all over Europe and participated in a large outdoor dance festival in Turkey each summer. He then traveled the world, with stints working in South Korea and as a samba dancer on cruise ships. In 2009, former coaches from the Ukraine invited him to teach at their Tarrytown studio. Though he had never been to this part of the world, he decided to take up the offer, arriving that December. Immediately, he noticed the differences in ballroom dancing here. “I came to

Tarrytown and fell in love with the American style, which is more social, less competition,” Herhel notes, adding that his wife’s grandparents are still dancing the lindy at ages 86 and 89. His clients in Tarrytown ranged in age from 6 to 96. Herhel and his wife Melissa met — where else? — at a ballroom dance competition in New Jersey: “I saw her on the dance floor and invited her to slow dance. We got married in Cold Spring and I feel in love with the area — it reminded me of Poltava, so green and beautiful — it feels like a resort sometimes,” he recounts.

Six years after arriving here, Yuriy decided it was time to strike out on his own, and he and Melissa (who was raised in Fishkill) scouted a large area before deciding on their new premises, which have been completely renovated. One steps into a large, rosy-hued room, which the brand new dance floor dominates.

For beginners (who represent about 95 percent of the clientele), the initial



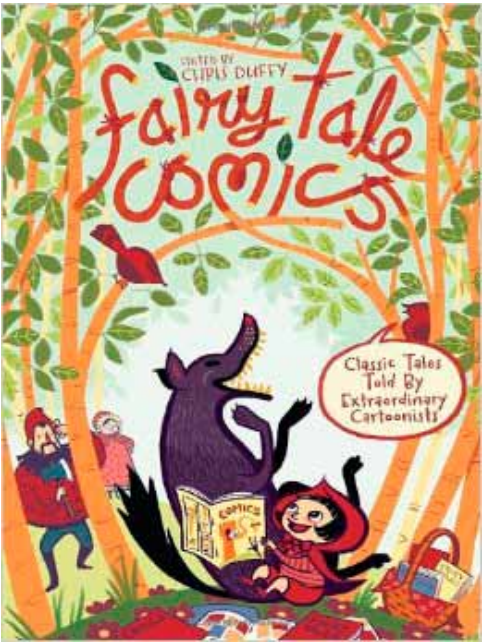
Above, left, Yuriy and Melissa Herhel (Photo provided) Above, Yuriy Herhel teaches first-time ballroom dance student Lucy Austin the basics. (Photo by A. Rooney)

two lessons generally focus on three styles each, usually starting with foxtrot, and then drawing from a variety: rumba, swing, cha cha, tango, waltz, merengue, salsa and even “the Hustle.” The Friday night dance parties allow students to practice lots of different dances, to FADS CD mixes, with partners — those attending solo will find partners in Yuriy, Melissa and studio assistant Jeffrey. Each Tuesday and Thursday there are group classes, in different styles of your choice. In

addition to those who wish to take a dance lesson, FADS caters to those more forced into it: about-to-be-marrieds, or father-daughters who are nervous about “the first dance” and the “father-daughter dance.” These pairs are given directed instruction on how to pull off those all-eyes-are-on-them dance moments with aplomb.

Demonstrating his teaching technique on an initially reluctant but quickly eager semi-volunteer — this reporter’s (Continued on Page 10)

## Students Suggest Cures to ‘I’m Bored’ Syndrome



A new anthology edited by Chris Duffy, who will teach the PTA cartooning series at Haldane

### PTA workshops offered for first time at Haldane High

By Alison Rooney

While the Haldane Parent-Teacher Association has long organized after-school educational activities for elementary and middle-school students, the consensus has been that those in high school are too busy and/or jaded to participate. At the same time, parents often hear the refrain, “This town is boring — there’s nothing to do!”

This year the PTA, at the behest of Principal Brian Alm, is testing and partly funding workshops during lunch and the free period that ends the school day. The topics, suggested by students, are mindfulness and stress-relief techniques, cooking, cartooning, filmmaking, fencing and make-up artistry.

“Enrichment programs are a good avenue for allowing kids to try new

things,” explained PTA President Julisa Rincon-Tomizawa. In high school, “many kids are marginalized, especially if they’re not into sports or drama, but they have talents that are not tapped into in class or outside of class on a regular basis. We want to help them develop other interests.”

The workshops are taught by community members, some of whom are parents of Haldane students. “We looked for people who were available, flexible and had experience working with this age group,” Rincon-Tomizawa said. “Luckily, we had a talented bunch.”

Former PTA Vice President Lourdes Laifer, who represents the high school level, helped develop the program. She calls it “an incubator for classes that

“Students can ‘try something out of their comfort zone’ without a huge commitment. We know the teenage brain drifts toward risk-taking. This is a small, safe risk.”

could become ongoing” and said a particular aim is “getting at those kids who are falling through the cracks.” Because the classes only

last a short period of time, students can “try something out of their comfort zone” without a huge commitment. “We know the teenage brain drifts toward risk-taking,” she said. “This is a small, safe risk.”

The first workshop is a six-session series called Body and Brain that begins during the lunch period on Oct. 14. Three instructors will each present two sessions focused on techniques designed to control stress. Laura Danilov will guide the group in stress-release tools, Maeve Eng-Wong will talk about the benefits of meditation and Liz Keifer (Continued on Page 11)



FRIDAY, OCTOBER 9

**Along the Mt. Beacon Incline Railway (Opening)**  
6 – 8 p.m. Beacon Institute  
199 Main St., Beacon | [inclinerrailway.org](http://inclinerrailway.org)

**CSFS: Ferris Bueller's Day Off (1986)**  
7 p.m. Haldane Field, Cold Spring  
[coldspringfilm.org](http://coldspringfilm.org)

**Seussical, the Musical**  
8 p.m. The Beacon Theatre | 445 Main St., Beacon | 845-453-2978 | [thebeacontheatre.org](http://thebeacontheatre.org)

**Trivia Night**  
8 p.m. North Highlands Fire Department  
504 Fishkill Road, Cold Spring | 845-548-0664  
*Sponsored by Haldane Soccer Association*

SATURDAY, OCTOBER 10

**Antiques Show & Flea Market**  
8 a.m. – 4 p.m. Stormville Airport  
428 Route 216, Stormville  
845-221-6561 | [stormvilleairportfleamarket.com](http://stormvilleairportfleamarket.com)  
*Continues on Sunday.*

**Health and Wellness with Maria Lisikatos Cestaro**  
9 a.m. Butterfield Library | 10 Morris Ave., Cold Spring | 845-265-3040 | [butterfieldlibrary.org](http://butterfieldlibrary.org)

**Paint Beacon's Landmarks**  
9 a.m. – 2 p.m. Painters at work  
4 – 6 p.m. Paintings for sale  
BPOE, 900 Wolcott Ave., Beacon | 914-356-5224

**Twin Forts Day**  
9 a.m. – 4 p.m. Fort Montgomery Historic Site  
690 Route 9W, Fort Montgomery  
845-446-2134 | [nysparks.com](http://nysparks.com)  
10:15 a.m. – 3 p.m. Bear Mountain State Park  
55 Hessian Drive, Bear Mountain  
845-786-2731 | [nysparks.com](http://nysparks.com)

**Contemplative Hike (ages 13+)**  
9:30 a.m. Little Story Point  
3011 Route 9D, Cold Spring  
845-831-2012 | [beaconhebrewalliance.org](http://beaconhebrewalliance.org)

**George Armstrong Custer: Before the Little Big Horn**  
10 a.m. Putnam Valley Grange Hall  
128 Mill St. Putnam Valley  
845-528-1024 | [putnamvalleyhistory.org](http://putnamvalleyhistory.org)

Calendar Highlights

For upcoming events visit [philipstown.info](http://philipstown.info).  
Send event listings to [calendar@philipstown.info](mailto:calendar@philipstown.info).

**Historical Society Cemetery Tour**  
10 a.m. St. Luke's Church  
850 Wolcott Ave, Beacon  
845-831-0514 | [beaconhistoricalsociety.org](http://beaconhistoricalsociety.org)

**Silkscreen Printing (First Session)**  
10 a.m. Garrison Art Center  
23 Garrison's Landing, Garrison  
845-424-3960 | [garrisonartcenter.org](http://garrisonartcenter.org)

**Tour and Tasting**  
12:30 – 2 p.m. Glynwood Farm  
362 Glynwood Road, Cold Spring  
845-265-3338 | [glynwood.org](http://glynwood.org)

**Grand Opening**  
2 – 7 p.m. Fred Astaire Dance Studio  
3182 Route 9, Cold Spring  
845-424-6353 | [fredastairecoldspring.com](http://fredastairecoldspring.com)

**The Chapel Restoration in the Time of Cholera**  
5 p.m. Putnam History Museum  
63 Chestnut St., Cold Spring  
845-265-4010 | [putnamhistorymuseum.org](http://putnamhistorymuseum.org)

**Hudson Valley Fort vs. Brooklyn Bolts (Football)**  
7:05 p.m. Dutchess County Stadium  
1500 Route 9D, Wappingers Falls | [gofxfl.com](http://gofxfl.com)

**Seussical, the Musical**  
8 p.m. The Beacon Theatre | Details under Friday

**Bert Rechtschaffer Jazz Trio**  
9 p.m. Chill Wine Bar | 173 Main St, Beacon  
845-765-0885 | [facebook.com/chillwinebar](http://facebook.com/chillwinebar)

Beacon Second Saturday Openings

**Community Day at Dia:Beacon**  
11 a.m. – 6 p.m. Free admission | 2 p.m. Jenny Jaskey on Robert Irwin | 3 Beekman St., Beacon  
845-440-0100 | [diabeacon.org](http://diabeacon.org)

**Watercolors by Timothy Delaney**  
4 – 6 p.m. St. Andrew's Church  
15 South Avenue, Beacon  
845-831-1369 | [standrewsbeaconny.org](http://standrewsbeaconny.org)

**Group Photography Show: Document**  
5 – 7 p.m. Howland Public Library | 313 Main St., Beacon | 845-831-1134 | [beaconlibrary.org](http://beaconlibrary.org)

**Jennie Chien: Spirit Houses**  
5 – 8 p.m. RiverWinds Gallery | 172 Main St., Beacon | 845-838-2880 | [riverwindsgallery.com](http://riverwindsgallery.com)

**Laura Gurton: Bits and Pieces**  
**Sydney Cash: Remastered Portraits**  
6 – 8 p.m. Theo Ganz Gallery | 149 Main St., Beacon | 917-318-2239 | [theoganzstudio.com](http://theoganzstudio.com)

**Adam Lauricella: Sacred Illustrations and Occulted Pictorials**  
6 – 9 p.m. Catalyst Gallery | 137 Main St., Beacon  
845-204-3844 | [catalystgallery.com](http://catalystgallery.com)

**Carla Goldberg & Erica Leigh Caginalp: In the Weeds**  
**Russell Ritell: Progression**  
**Sarah Haviland: Aviary: Votives & Voices**  
6 – 9 p.m. bau Gallery | 506 Main St., Beacon  
845-440-7584 | [baugallery.com](http://baugallery.com)

**Eleanor White: Eggshells and Ashes**  
6 – 9 p.m. Matteawan Gallery | 436 Main St., Beacon | 845-440-7901 | [matteawan.com](http://matteawan.com)

SUNDAY, OCTOBER 11

**Garden Conservancy Open Day**  
10 a.m. – 5 p.m. Stonecrop Gardens  
81 Stonecrop Lane, Cold Spring  
845-265-2000 | [stonecrop.org](http://stonecrop.org)  
Noon – 4 p.m. Tea in the Garden

**Community Play Day (Fundraiser)**  
11 a.m. – 1 p.m. Haldane Tennis Courts  
Route 9D, Cold Spring  
*Benefits girls' tennis training program*

**Army vs. Lehigh (Men's Soccer)**  
2 p.m. Clinton Field, West Point  
845-938-2526 | [goarmysports.com](http://goarmysports.com)

**Philipstown Democrats Annual Fundraiser**  
3 – 5 p.m. Home of Rep. Sean Patrick Maloney  
845-265-4774 | [philipstowndemocrats.org](http://philipstowndemocrats.org)

**Seussical, the Musical**  
3 p.m. The Beacon Theatre | Details under Friday

**Family Bonfire Night with Tenbrooks Molly**  
6 – 9 p.m. Boscobel | 1601 Route 9D, Cold Spring  
845-265-3638 | [boscobel.org](http://boscobel.org)

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

**16mm Film Screenings**  
8 p.m. Dogwood | 47 E. Main St., Beacon  
845-202-7500 | [dogwoodbar.com](http://dogwoodbar.com)

MONDAY, OCTOBER 12

**Columbus Day**  
**Government offices closed**  
**Howland Public Library closed**  
**Beacon International Artists' Residency**  
10 a.m. – 7 p.m. Scenic Hudson River Center  
Long Dock Park, Beacon | *Daily through Oct. 26*



Re-Elect  
Tina M. Merando  
Town Clerk

**Writer's Group**  
7:15 p.m. Beahive Beacon | 291 Main St., Beacon  
845-765-1890 | [beahivebzzz.com](http://beahivebzzz.com)

TUESDAY, OCTOBER 13

**Prof. James Cotter on The Grapes of Wrath**  
2:30 p.m. Howland Public Library | 313 Main St., Beacon | 845-831-1134 | [beaconlibrary.org](http://beaconlibrary.org)

**Haldane vs. Croton (Boys' Soccer)**  
4:30 p.m. Haldane School  
15 Craigside Drive, Cold Spring  
845-265-9254 | [haldaneschool.org](http://haldaneschool.org)

**Old-Timey Southern Fiddle Jam**  
7 – 10 p.m. Howland Cultural Center  
477 Main St., Beacon  
845-831-4988 | [howlandculturalcenter.org](http://howlandculturalcenter.org)

**Hudson Valley Seed Benefit Dinner**  
7 – 10 p.m. The Beacon Bite  
416 Main St., Beacon | [hudsonvalleyseed.org](http://hudsonvalleyseed.org)

**PTA Parent Support Group**  
7 p.m. Cold Spring Methodist Church  
216 Main St., Cold Spring  
845-424-6130 | [facebook.com/PTALearnDiff](http://facebook.com/PTALearnDiff)

WEDNESDAY, OCTOBER 14

**Career Assistance Sessions**  
11 a.m. – 1:30 p.m. Howland Public Library  
313 Main St., Beacon | 845-249-4642  
[dutchessonestop.org](http://dutchessonestop.org) | Appointment required.

**Introduction to Indian Cooking**  
6:30 p.m. Homespun at Home  
259 Main St., Beacon  
917-803-6857 | [homecookingny.com/beacon](http://homecookingny.com/beacon)

**Tioronda Garden Club Annual Fundraiser**  
7 – 10 p.m. St. Rocco's  
26 South Chestnut St., Beacon | 845-831-1541

**Death with Dignity Forum**  
7 p.m. Cortlandt Town Hall  
1 Heady St., Cortlandt Manor | 914-941-1111  
*Sponsored by Assemblywoman Sandy Galef*

**Town Board Budget Workshops**  
7 p.m. – Cold Spring Fire Company | 7:30 p.m. – Garrison Fire Company | 238 Main St., Cold Spring | 845-265-3329 | [philipstown.com](http://philipstown.com)

THURSDAY, OCTOBER 15

**Haldane PTA Coffee**  
9 a.m. Butterfield Library  
10 Morris Ave., Cold Spring  
845-265-9254 | [haldanepta.org](http://haldanepta.org)

**New Moms & Infants Group**  
11 a.m. – 1 p.m. Desmond-Fish Library  
472 Route 403, Garrison  
Email [whiteside.ks@gmail.com](mailto:whiteside.ks@gmail.com)

**Haldane Sports**  
5 p.m. Girls' Volleyball vs. Pawling  
7 p.m. Boys' Soccer vs. Peekskill  
15 Craigside Drive, Cold Spring  
845-265-9254 | [haldaneschool.org](http://haldaneschool.org)

**Arts Mid-Hudson Grant Information Seminar**  
5:30 p.m. Howland Public Library  
313 Main St., Beacon  
845-454-3222 | [artsmidhudson.org](http://artsmidhudson.org)

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

FRIDAY, OCTOBER 16

**Constellation Book Launch and Tour**  
4 p.m. Beacon Institute floating dock  
[artful.ly/constellation-events](http://artful.ly/constellation-events)

**Haldane Sports**  
6 p.m. Girls' Volleyball vs. Peekskill  
7:15 p.m. Football vs. Pawling (Homecoming)  
15 Craigside Drive, Cold Spring  
845-265-9254 | [haldaneschool.org](http://haldaneschool.org)

**Minecraft Mania (grades 3+)**  
6 – 8 p.m. Butterfield Library  
10 Morris Ave., Cold Spring  
845-265-3040 | [butterfieldlibrary.org](http://butterfieldlibrary.org)

**Putnam Family & Community Services Benefit**  
6:30 p.m. Salem Golf Club  
18 Bloomer Road, North Salem  
845-225-2700, x136 | [PFCSinc.org](http://PFCSinc.org)

**Open-Mic Night**  
7:30 p.m. Sign-ups | 8 p.m. Performances  
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845-831-4988 | [howlandculturalcenter.org](http://howlandculturalcenter.org)



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## Shall We Dance? Fred Astaire Studio (from page 7)

teen-age daughter, a dancer with zero background in ballroom styles — Herhel led the way through the basics of the foxtrot, beginning with forward walk, backward walk and side together steps, then moving on to “promenade,” always patient and encouraging. “With new students, especially those without any dance background, we walk through everything first, we don’t scare them; we add the details later,” he explained. Moving on to rumba, hip action was added, all building on those first steps. Toward the end, with some West Coast Swing, there was bigger movement, more twirls. At the conclusion, the post-first-lesson verdict was: “It was fun. Yuriy was engaging and he adapted easily to the specific pace that I could go at, and I felt like I got a variety of different styles in a short period of time ... I’d like to explore it further because it’s fun to understand the traditions of it. I’d like to try samba next.”

Funnily enough, for a dance-loving nation, FADS’ namesake is virtually unknown in Herhel’s home country of Ukraine. “I was very happy when I came here to see the Fred Astaire style, as it’s so different from anything we were doing. I had never even heard his name before — it’s crazy,” Herhel said.

FADS has had a soft opening and has already attracted students from Philipstown, Putnam Valley and Peekskill. They hosted a Cold Spring Chamber of Commerce Mixer in September and will open their doors officially on Oct. 10, from 4 to 7 p.m. with a free party, with demonstrations and plain old socializing. They are located at 3182 Route 9, right near B & L Deli.

For more information or to sign up for lessons, visit fredastaircoldspring.com or their Facebook page or phone 845-424-6353.



The studio’s grand opening is scheduled for Oct. 10. Photo by A. Rooney



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Richard Shea for Town Supervisor

- Supervisor since 2009 with positive results for Town.
- Kept budgets under or at tax cap every year.
- Saved taxpayers over \$1 million through negotiating union contracts to cut spending, instituting tighter controls on spending & conducting a comprehensive insurance review.
- Brought together diverse groups in an inclusive & respectful manner to pass comprehensive zoning revision to preserve & protect our beautiful community.
- Leadership and diligence helped Town get over \$900,000 in FEMA funding to repair roads & infrastructure damaged during Hurricane Irene.
- Increased quality of life programs for seniors & all residents.
- Lifelong resident of Philipstown; family tradition of service to Philipstown.



Nancy Montgomery for Town Council

- Served two terms as Town Councilwoman, Deputy Supervisor since 2009.
- Track record of listening to residents’ concerns, taking action, & getting results.
- Initiated new programs for seniors; long volunteer experience with Philipstown Recreation.
- Consistently advocated for County resources to be located in Philipstown.
- Took the lead in planning for the sustainability of our Emergency Services.
- Tackled tough community issues like train safety & the heroin epidemic.
- Lifelong resident of Philipstown; family tradition of service to Philipstown.




Robert Flaherty for Town Council

- Appointed as Town Councilman in March 2015.
- Brings solid business skills & experience to the Town Board.
- Currently working on Town Hall renovations & elevator project.
- Liaison to the Philipstown Planning Board.
- Degree in Business Administration & Economics, currently Senior Project Manager at New York’s ePlus Technology.
- Strong track record of volunteerism in Philipstown, including the North Highlands Fire Department, the Knights of Columbus, & both Philipstown Little League & Pop Warner Football.
- Lifelong resident of Philipstown; family tradition of service to Philipstown.




Ann McGrath-Gallagher for Town Clerk

- Secretary to the Town Planning Board since 1997, extensive experience with Town Hall operations.
- Over 30 years of administrative experience in banking, corporate, legal & educational organizations.
- Over a decade as a parent volunteer at Haldane.
- Seeks to improve communication & online services, including provisions for residents to transact business at their convenience, outside of regular office hours.
- Will bring a fresh & friendly approach to make Town Hall accessible for all residents.
- Lifelong Philipstown resident; family tradition of service to Philipstown.




Carl Frisenda for Highway Superintendent

- 34-year veteran of the Putnam County Highway Department as Crew Chief, Construction Crew Chief, & Construction Equipment Operator.
- Hands-on operations & supervisory experience & comprehensive knowledge/experience with road maintenance.
- Knows Philipstown Highway Department from the inside, often working on loan to Philipstown from the Putnam County Highway Department.
- Volunteer track record as coach for Pop Warner, vice president of the Pop Warner league chapter in Philipstown, & parent volunteer for Philipstown Little League.
- Additional experience with emergency response as Certified Rescue Diver.
- Lifelong Philipstown resident; family tradition of service to Philipstown.



Lithgow Osborne for County Legislator

- Extensive business & real estate background includes 15 years experience as business owner, & work as a researcher & analyst on local commercial real estate.
- Track record of volunteerism including fundraising efforts at Maniotoga for over a decade.
- Board member of The Osborne Association, working with incarcerated & formerly incarcerated people for over 25 years.
- Determined to lower County taxes & stop wasteful spending at the County level; time for Philipstown to get a fair share from the County Legislature.
- Seeks to bring new, high quality, much needed businesses to our Town, expanding the tax base & local employment opportunities.
- Lifelong resident of New York State; family tradition of public service.



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The Paper



## Students Suggest Cures to 'I'm Bored' Syndrome *(from page 7)*

will discuss achieving intense focus, or being "in the zone."

"I love working with high school students because they have the concentration and willingness to open themselves up to the tools that allow them to move forward in life," said Keifer, who has two children at Haldane High School. "They are craving the knowledge." At the same time, they face intense pressures, such as those related to attending college.

The other workshops begin the week of Oct. 26. For the cooking series, Evelyn Garcia, a graduate of the Culinary Institute of America, will teach three classes on what she calls "college dining



Peter Sanders

File photo by A. Rooney

survival skills 101," including basic culinary techniques and shopping tips. She hopes the students learn to "save

time, money and stay healthy by cooking balanced meals themselves."

Chris Duffy, the former senior comics editor at *Nickelodeon Magazine*, will be the cartooning instructor. Duffy has taught younger students but said he is eager to get to work with teenagers because "I think high school kids are interested in going deep into a subject."

Peter Sanders, a documentary filmmaker, will teach the basics of how to shoot, edit and storyboard a short film. "Film-making takes creativity and a command of technical skills," he said. "When you put a film

together, you are not only telling a story but also digging into your own arsenal

of emotions. Being a filmmaker is wonderful because it encourages you to see the world as a source of constant discovery."

Cassandra Saulter will teach Makeup as Art, presenting make-up as a creative science and career, while instructors from the Peekskill Fencing Center will offer a six-week session on footwork, attacking, defense and strategy.

The mindfulness series and each of the three-week sessions are \$30 each. The fencing workshop is \$60, which includes the use of the center's protective gear. To register, or for information about scholarships, visit [haldanepta.org](http://haldanepta.org).

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

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For further information visit: [philipstowndepottheatre.org](http://philipstowndepottheatre.org)

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COMMUNITY BRIEFS



Image from *The HisPANICK Zone* poster

Embark to Present Sketch Comedy Show about Latino Life

Performances on Oct. 17 and 18

As part of its celebration of Hispanic Heritage Month, Embark Peekskill will present the Hudson Valley premiere of *The HisPANICK Zone*, a series of sketch comedies about U.S. Latino life written by Guillermo Reyes and directed by Luis Alonso Guzmán. Performances are scheduled for 8 p.m. on Saturday, Oct. 17 at 8 p.m. and 3 p.m. on Sunday, Oct. 18. The play is performed in English.

General admission tickets are \$20 at the door (\$15 for seniors, students and members) or front-rows seating can be purchased in advance at [brownpapertickets.com/event/2233764](http://brownpapertickets.com/event/2233764). Embark is located on the first floor at 925 South St. For more information, call 917-692-2372.

Reyes, who has been a playwriting professor since 1996 at the Herberger Institute for Design and the Arts at Arizona State University, has said he hopes his vignettes reveal there are no “Hispanic” people

but only *mestizos*, or people created from the “fervent reproduction of the Indian, the European, and the African,” who are “populating the entire continent and having plenty of fun doing so.”

He added, “*Mestizos* are no more likely to screw up this country than the purebreds who created slavery and class and racial divisions. Humanity will continue in its own flawed path, hopefully showing a sign of mercy and compassion along the way — and the real heroes will be the

people who have a sense of humor.”

Guzmán, the director, is a native of El Salvador who trained as an actor and dancer at the Bellas Artes School of Arts. He has been a member of Actors’ Equity since 1970 and, for the past 26 years, co-owner of LA Monroe Hair Salon in Peekskill.

Special Olympics Needs Volunteers for Games

Events scheduled for Feb. 19 and 20

The Special Olympic Winter Games, which take place on Feb. 19 and 20, has put out a call for some 1,500 volunteers to assist coaches and athletes, set up and break down venues and distribute lunches, among other duties. Others will fill the stands to cheer. The opening



and closing ceremonies will be held at the Mid-Hudson Civic Center in Poughkeepsie; figure and speed-skating are at McCann Ice Arena in Poughkeepsie and Nordic skiing and snowshoeing are at Bowdoin Park in Wappinger Falls.

Volunteers must be at least 13 years old, and those under 16 must be accompanied by an adult. Local groups, businesses and school teams are encouraged to volunteer together. Register at [specialolympicsny.org](http://specialolympicsny.org) or [facebook.com/sonyhv](https://facebook.com/sonyhv) or email [volunteer@nyso.org](mailto:volunteer@nyso.org) for more information.

Cold Spring in the Time of Cholera

Armstrong to speak on 1830s origins of Chapel Restoration

Michael Armstrong, president of The Chapel Restoration, will speak at 5 p.m. on Saturday, Oct. 10 at the Putnam History Museum about the chapel’s role in the cholera epidemic of 1832 that drove half of the population of New York City into the countryside and towns such as Cold Spring. His talk is based on a journal kept by the chapel’s 18-year-old English architect, Thomas Kelah Wharton.

Formerly known as Chapel of Our Lady, the Greek Revival-style Catholic church was completed in 1833 or 1834 on the banks of the Hudson. It was abandoned in 1907 when Our Lady of Loretto was completed on Fair Street, burned in 1927 and lay in ruins until the 1970s, when it was restored by a private group that included the actress Helen Hayes.

Armstrong, who until his retirement worked as the senior vice president for operations at *U.S. News & World Report*, has been the chapel’s president since 2011. He is co-editor with Steven Walton, a professor at Michigan Technological

University, of a forthcoming edition by SUNY Press of Wharton’s journals from 1832-34 and 1853, *The Majestic Nature of the North*.

To attend, please RSVP by calling 845-265-4010 or email [shannon@putnamhistorymuseum.org](mailto:shannon@putnamhistorymuseum.org). Admission is free for members of the Putnam History Museum and \$5 for non-members. The museum is located at 63 Chestnut St. in Cold Spring.

4-H Junior Vet Program Open for Registration

Program limited to 12 students ages 9-14

The Cornell Cooperative Extension of Putnam County and the South Putnam Animal Hospital are co-sponsoring a six-week 4-H Junior Vet program for children and teens 9 to 14 years old.

The program is designed to introduce students to the Veterinary Sciences with hands-on-learning and a chance to shadow local veterinarians. It will take place on six Mondays from 6:30 to 7:45 p.m. at the South Putnam Animal Hospital in Mahopac beginning Oct. 26. The program concludes Nov. 30 with a trip to Northfolk Stables in Putnam Valley.

The tentative schedule includes a tour of the animal hospital and an explanation of the equipment, plus discussion on how to keep pets healthy, the heart and other vital organs, how to read animal body language, restraint and safety and the basics of dog training.

The fee is \$70 for 4-H members, or \$100 otherwise. Prior participants are not eligible, and space is limited to 12 students. A non-refundable, paid registration reserves a spot. Visit [putnam.cce.cornell.edu](http://putnam.cce.cornell.edu) for a form, or call 845-278-6738 for more information.

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COMMUNITY BRIEFS



Members of A Different Spin Photo provided

Depot Theatre Benefit is a Hot Ticket

Fire jugglers scheduled to perform

A troupe of fire jugglers will entertain partygoers at the Philipstown Depot Theatre’s fall benefit scheduled for 4:30 to 7 p.m. on Sunday, Oct. 18, in Cold Spring. Known as A Different Spin, the performers are based in and around Boston.

The benefit, which takes place at the home of Bonnie and Terry Turner, will feature hors d’oeuvres by Riverview Restaurant, as well as short performances by the Depot’s theatrical troupe.

Tickets, which start at \$125, are available online at philipstowndepottheatre.org or by calling 845-424-3900. All but \$30 of each ticket is tax deductible.

When Nuclear Plants Close

Conference will include discussion of Indian Point

Three environmental organizations, including Hudson River Sloop Clearwater, will host a conference from 10 a.m. to 3 p.m. on Thursday, Oct. 15, to discuss the challenges facing local, state and federal governments as more than 100 American nuclear power plants are scheduled to be decommissioned in coming decades.

The conference, When Nuclear Plants Close: Challenges for U.S. Reactor Decommissioning, which is free, will be held at the New York Society for Ethical Culture, 2 W. 64<sup>th</sup> Street in New York. Clearwater and the Natural Resources Defense Council, another co-sponsor, have called for the Indian Point reactor in Buchanan to be closed, citing safety concerns.

The challenges include limited experience in the U.S. with decommissioning; a lack of consensus between reactor operators, government officials and activists on the best way to protect against residual radiation, finding suitable storage for spent fuel and the proper level of funding for the work.

The event includes two panels, one focused on national perspectives and the

second on local and New York state issues. The latter will include discussions of Indian Point by John Sipos, from the New York Attorney General’s Office, and Paul Gallay, president of Hudson Riverkeeper.

Due to limited seating, registration is required. Email Sarah Lyn Vollmer at svollmer@nrdc.org.

Cold Spring Leaf Pick-up Oct. 14

Set out bags evening before

The Cold Spring Highway Department will pick up bagged leaves and lawn debris at curbside on Wednesday, Oct. 14. Items should be placed at the curbside on Tuesday evening. Branches must be tied in 4-foot bundles. No plastic or garbage should be mixed with yard debris.

Deadline Approaching for Bird Seed Orders

Due by Oct. 13 for pickup on Oct. 17

The deadline for orders for the Putnam Highland Audubon Society’s Annual Fall Bird Seed Sale is Sunday, Oct. 13, with pickup on Saturday, Oct. 17 from 9 a.m. to noon at the Taconic Outdoor Education Center at 75 Mountain Laurel Lane, off Dennytown Road, near Cold Spring. The selection includes sunflower seeds, blended seed with and without cracked corn, Nyjer (thistle) seed, scatch fees for game birds and suet cakes. Audubon birders will be available at pickup with advice on choosing seed and placing feeders.

Society members will be available with order forms from 9 a.m. to 1 p.m. on Saturday, Oct. 10, at the Cold Spring Farmers’ Market at Boscobel, or the form can be downloaded at putnamhighland-saudubon.org. Checks should be made payable to PHAS. For more information, call Paul Kuznia at 716-913-1641 weekdays between 8:30 a.m. and 4 p.m.

Glynwood Farm Store Closes for Season Oct. 31

End-of-season sale starts Oct. 17

The Glynwood Farm Store will close for the season on Saturday, Oct. 31. Beginning Oct. 17, everything in the store will be marked down 20 percent.

Located on Glynwood Road off Route 301 east of Cold Spring, the store is open from 3 to 6:30 p.m. on Tuesday and Friday and 9 a.m. to 12:30 p.m. on Saturday.

It sells pasture-raised meat and eggs, organic produce and regionally produced items such as fruit, cheese, honey, jams, tea, yarn and soap.

The farm will continue to sell meat and eggs from 3 to 6 p.m. each Thursday through the winter months from the farm office. Orders can be placed online at glynwood.org for pickup at the farm or between 4 and 6 p.m. on Tuesdays through Oct. 27 at the Garrison Café on Route 9D.

Garrison Institute Now Offers Financial Aid

Room and board assistance available for some retreats

The Garrison Institute has launched a program to cover the costs of room and board for some of its retreats for applicants with financial need. Visit garrisoninstitute.org/retreats-scholarship-application to submit an application online, or email scholarships@garrisoninstitute.org for more information.

The program includes work scholarships in which successful applicants can exchange four hours of work for one day of room and board. The institute offers financial aid for select retreats to people of Himalayan descent through a partnership with the Tibet Fund, the Office of Tibet, and the Conservancy for Tibetan Art and Culture.

The Garrison Institute, located on Route 9D near the Philipstown Recreation Center, hosts retreats by a variety of organizations with the goal of applying “the power of contemplation in practical, systematic ways” to fields such as education, health care and ecology.

Beacon

Tioronda Garden Club Wine & Cheese Event

Annual fundraiser takes place Oct. 14

The Tioronda Garden Club, which meets monthly at the Howland Cultural Center, will host a wine and cheese fundraiser starting at 7 p.m. on Wednesday, Oct. 14, at St. Rocco’s Hall in Beacon.

The event will raise money for projects such as hanging flower baskets all Beacon’s Main Street, planters at locations around the city and at the waterfront and train station and, during the holiday season, lighted wreaths on all Main Street lamp posts and the decoration of historic sites and municipal buildings.

St. Rocco’s is located at 26 Chestnut St. In addition to a selection of cheese and wine, club members will serve homemade hors d’oeuvres and treats. Tickets are \$20 and may be purchased from members or

by calling Debbie DiRubbio at 845-831-1541 or Terry Williams at 845-765-1542.

Howland Cultural Center to Host Costume Dance

Prizes awarded, or come as you are

The Howland Cultural Center on Saturday, Oct. 17, will host a costume dance with prizes, although costumes are not required to attend. It begins at 8 p.m. The center is located at 477 Main St. in Beacon.

The dances, held each month, include a mix of familiar songs in a wide variety of styles as well as lesser known music by the masters. Both singles and couples are welcome, and light refreshments are served. A donation of \$10 is requested. For information, call 845-765-0667.

Sloop Club to Host Pumpkin Festival

Annual family event set for Oct. 18

The Beacon Sloop Club hosts its annual Pumpkin Festival from noon to 5 p.m. on Sunday, Oct. 18 at Pete and Toshi Seeger Park on the riverfront in Beacon. The free event, which occurs rain or shine, will include Hudson Valley pumpkins of all sizes and shapes, fresh pumpkin pie and soup, hot and cold apple cider and traditional “stone soup.”

The festival will also feature live music on two solar-powered stages and children’s activities and environmental displays.

Seeger Park is located at 1 Flynn Drive, adjacent to the Beacon Sloop Club building, close to the Beacon train station. For information, visit beaconsloopclub.org.



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**Pan** (PG)

With Hugh Jackman,  
Garrett Hedlund & Rooney Mara  
FRI & SAT 2:45 5:30 8:15  
SUN 1:45 4:30 7:15  
MON 1:15 4:30 7:15, TUE 2:30  
7:30, WED & THU 7:30

**The Martian** (PG13)

With Matt Damon, Jessica Chastain  
FRI & SAT 2:30 5:45 9:00  
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# Drug Box Discussion Shows Challenges of Intergovernmental Efforts

## Philipstown Town Board voices frustration

By Liz Schevtchuk Armstrong

Two items on the Philipstown Town Board's agenda Oct. 1 highlighted the apparent difficulty of getting various government agencies to work together, notwithstanding serious needs or state pressure to share services.

One issue involved fighting drug abuse; the other, fixing a road long plagued by floods. Both left Town Board members expressing frustration during their monthly meeting at Town Hall.

**Drug take-back box**

With two police stations, three municipal buildings, various other public facilities and grassroots fervor for fighting a

backyard drug epidemic, it might seem easy to find a place for a lock box into which residents can drop expired prescription drugs.

Not so.

Lisa Scicluna, a member of the Philipstown branch of the Communities That Care Coalition, described the difficulties the group has faced trying to install a take-back box. "I'm asking if we can somehow get together all the powers that need to be" and move forward, she told the board. Scicluna said that in seeking a lock-box location, the coalition had approached various potential allies, including Drug World pharmacy in Cold Spring, the Cold Spring Police Department and the Putnam County Sheriff's Department, which staffs a substation in Nelsonville, without resolving anything. "It's my understand-



Unused prescription drugs could be dropped into a lock box if a take-back program got underway in Philipstown.

Photo by L.S. Armstrong

ing we're really not able to come to a solid plan," she said. "I think the biggest challenge has been to try to get everyone on the same page."


Councilor Nancy Montgomery cited a federal requirement for surveillance of drug disposal boxes as an obstacle, along with pharmacies' reluctance to help. "Why can't you return your medications to the drugstore? Why do we need law enforcement to watch this box?" she asked. Ideally, she said, the box would be located at the police department office at Village Hall, where officers could monitor it.

Scicluna pointed out that Beacon, Peekskill, Carmel and Kent have drug-disposal programs and "we need to get that here." She said that many people who develop opiate addictions start with prescription pills found in the home. "There's the environmental issue as well," she said, given the pollution that can occur when prescription drugs dumped down sinks or toilets reach groundwater.

Another option would be a take-back site open for a two-hour period each month at a cost of about \$64, Scicluna noted. She said the coalition had been trying to determine who might foot the bill. In response, Supervisor Richard Shea promised that Philipstown would cover the expense. "If it comes down to who's going to fund this small amount" and Cold Spring and its police can provide a take-back site, "let's just do it," he urged.

As a Town Board, he said, "we have no issue with coming up with triple that, quadruple that." He also proposed that the town government, Village of Cold Spring and its police, Putnam County Sheriff's Department, and the coalition iron out the logistics soon. Without that push, he warned, "this stuff becomes amorphous and it doesn't get done."

(See this article on *Philipstown.info* for board discussion on Manitou Station Road.)



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## Sports

## Pro Football Comes to the Hudson Valley

*The Fort to play at Dutchess Stadium*

By Michael Turton

The opening kickoff for the Hudson Valley Fort at 7:05 p.m. on Saturday, Oct. 10, will signal the arrival of professional football at Dutchess Stadium. The Fort is the latest team in the fledgling Fall Experimental Football League (FXFL), established in 2014 with the hope it would become a reliable developmental platform for the NFL.

The league includes two other New York-based teams, the Brooklyn Bolts and the Florida Blacktips, from the city of that name in Orange County. The Fort and Bolts are associated with minor-league baseball teams; the Blacktips are owned by the league. Until two weeks ago, a fourth franchise, the Ohio-based Mahoning Valley Brawlers, had been scheduled to play the Fort on Oct. 23. But on Sept. 28 the league folded that team, and the Fort now play the Bolts at home that day. It faces Florida in its inaugural game.

The Fort is coached by John Jenkins, a former head coach at the University of Houston and the Ottawa Renegades of the Canadian Football League. In 1997 he was the offensive coordinator for the Toronto Argonauts when they won the Grey Cup under quarterback Doug Flutie.

**Bringing their game to a new level**

Although some players on the Fort's 40-man roster have played college football and had NFL try-outs, Jenkins said one of his main tasks will be to "bring their game to a new level" by stressing fundamentals. In an interview on Oct. 5 after an open practice at Dutchess Stadium, he said he believes the best players, including NFL veterans nearing the end of their careers, are the ones who work hardest in practice.

Most FXFL players see the league as a chance to join or return to the NFL. Jenkins said that with only 120 players active, many will get a close look from scouts, especially if an NFL team runs into injury problems. FXFL says 25 percent of its players received a callback from an NFL team during the 2014 season.

**Ready to play**

One Hudson Valley Fort player with local ties is Trent Steelman, a 2012 graduate of the U.S. Military Academy at West Point. The 200-pound, 5'11", quarter-



At 6' 6" and 340 pounds, Mike Trice towers over fans after a Fort practice at Dutchess Stadium.

Photo by M. Turton



Quarterback Travis Partridge sets up for a pass during practice.

Photo provided

back-turned-wide-receiver participated in the Baltimore Ravens' rookie camp in 2013 but couldn't join the league due to his military commitment. Steelman set a school record for rushing touchdowns while playing for Army.

Casey Pachall, 24, a Fort quarterback, attended Texas Christian University and had a tryout with the Seattle Seahawks. "I'm trying to get to the NFL," he said. "I want to prove to people that I can be a part of their roster. I'm ready to play football."

Defensive end Nick Richards tried out for the Detroit Lions after attending Abilene Christian University. "I love foot-

ball," he said. Richards said he has enjoyed his time with the Fort, noting that football has a way of bringing people together. "We've only been together as a team for a couple of weeks, but it already feels like a couple of years," he said.

**The game they love**

For the players, it isn't about the money, at least not yet. (According to the league, they earn about \$1,000 per game.) For fans, the FXFL will be a chance to see a group of gifted athletes playing the game they love, and who they might be watching on television next season. Ron Fernandes and Susan Feduke of Poughkeepsie said they bought tickets to the Fort's three home games. "We're big football fans,"

Fernandes said. "We like the NFL and also like coming to the Renegade [baseball] games, so this was a no-brainer."

Feduke said that her father was a New York Giants season-ticket holder who sat in the end zone. "So we bought end zone tickets here," she said.

The Fort will play two more games after their opener: Oct. 17 against Brooklyn at MCU Park on Coney Island and Nov. 6 at Dutchess Stadium (1500 Route 9D, Wappingers Falls) versus Florida. Tickets start at \$20; season tickets are available. For more information call 845-838-0094 or visit hvrenegades.com. The team is also on Facebook at facebook.com/hudsonvalleyfort

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Sports

# A Quick Pace for Haldane

## Cross-Country

Girls win league championship

Compiled by Peter Farrell

It was a busy week for the Blue Devils' cross-country teams as they competed in three meets in eight days. On Tuesday, Sept. 29, the teams traveled to Croton Point Park to participate in the first of two non-league meets against Beacon, Ossining, Peekskill and host Hendrick Hudson. "Hendrick Hudson coach Marcia Bailey organizes these meets to give kids who love to run the opportunity to compete without the additional pressure found at the weekend invitational," said Haldane coach Tom Locascio. "She is a true ambassador for the sport."

The boys' and girls' teams both finished first, with the boys holding off Beacon and the girls finishing ahead of Hendrick Hudson. "It was a confidence builder for both squads," Locascio said. Nick Farrell won the boys' race, and Ruby McEwen finished second for the girls behind a strong Peekskill runner. The teams were on their feet again on Saturday, Oct. 3, at the annual Brewster Bear Classic. The boys finished third in

a field of 15 behind Pleasantville and Mamaroneck. Farrell was 13th in 16:49, Theo Henderson was 14th at 16:54 and Adam Silhavy had an exceptional finish and ran 17th in 17:12. All three received medals for finishing in the top 20. The girls team finished ninth of 13 teams, but two top Haldane runners [Taylor Farrell and Olivia McDermott] did not compete. "When some of your better runners can't run, you look for everyone else to collectively make up the difference," Locascio said. "Everyone needs to run their best, and that is exactly what they did." McEwen finished 18th with a time of 20:26 and was the lone medal winner for the girls. Heather Winne ran the course in 22:20, Abbey Stowell in 22:32, Wylie Thornquist in 23:14 and Meghan Ferri had her best



The Haldane varsity girls' cross-country team won the league championship on Oct. 6 at Pawling. From left: Olivia McDermott, Meghan Ferri, Ruby McEwen, Taylor Farrell, Heather Winne and Abbey Stowell. (Not pictured: Wylie Thornquist)

time of the season at 23:24. On Tuesday, Oct. 6, Haldane headed to Lakeside Park in Pawling for the league championship. The girls' team won the title, led by McEwen, who finished third overall, and Farrell, who finished fourth. Winne also had a strong finish. Henderson won the boys' race, followed by Farrell, who was third, but the boys finished second behind a strong Pawling team.



Haldane's Jonas Petkus races in the cold and wet Brewster Bear Classic on Oct. 3. Photos by Peter Farrell

### Haldane Boys' Soccer Drops Two

Loss against Cortlandt on overtime goal

On Saturday afternoon, Oct. 3, the Haldane boys' soccer team headed south to Cortlandt to play the Walter Panas Panthers. Under dark gray skies and with a chill in the air, the teams played to a 0-0 tie in regulation before the Blue Devils lost in overtime, 1-0. On Monday, Oct. 5, the boys hosted the Arlington Admirals and lost 5-0. The Blue Devils travel to LaGrangeville on Friday, Oct. 9, for a rematch against the Admirals, then play at home twice next week, against Croton on Tuesday, Oct. 14, and Peekskill on Wednesday, Oct. 15. Both games start at 4:30 p.m.



Haldane's Andrew Platt advances the ball against Walter Panas on Oct. 3. The Blue Devils lost in overtime, 1-0.

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The Paper is collecting high-resolution color images from local photographers of local autumn scenes and themes. We prefer pictures taken this year. The best photos (in our opinion) will be featured in The Paper on its color pages. Limit: three photos weekly per person. Please retitle the image with your name and photo location (for example: JohnDoe-ColdSpringDock.jpg). Send photos to: [photofest@philipstown.info](mailto:photofest@philipstown.info).

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