

# The HIGHLANDS Current



Chicken Art  
Page 11

OCTOBER 6, 2017

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Sheriff Don Smith speaks at the Putnam County Stands Up for America rally on Oct. 1 in Carmel. Photo provided

## Putnam Sheriff Campaigned for Years for Charges Against DA

*Smith implored agencies to investigate Levy*

By Chip Rowe

This was no ordinary political feud. Over more than three years, Putnam County Sheriff Don Smith repeatedly wrote state and federal officials imploring them to investigate the county's then-district attorney, Adam Levy.

The *Journal News* obtained letters written on Putnam County Sheriff's Office letterhead to the FBI, U.S. attorney's office, U.S. Department of Homeland Security, the state attorney general and Gov. Andrew Cuomo, asking them to intervene in Smith's dispute with Levy, who he claimed was housing an undocumented immigrant and interfering with a rape investigation.

Smith, who has been the Putnam County sheriff since 2002, is running for his fifth term against Democratic candidate Robert Langley Jr., a resident of Garrison.

Langley immediately seized on the letters as a campaign issue, holding a press conference at the Sheriff's Office on Oct. 5 and issuing a statement charging that  
(Continued on Page 3)

## Fighting Back the Opioid Crisis

a special report

### Where Can They Go? Treatment in the Highlands

Last year, more than 1,400 people in Dutchess County and another 369 in Putnam were admitted to state-regulated opioid treatment programs. More than 80 percent were addicted to heroin.

For Part 3 of our series on the opioid crisis in the Highlands, we wanted to learn more about what options are available to addicts, including medication and counseling. Putnam County has three treatment centers: the for-profit Arms Acres and the nonprofit CoveCare Center (formerly Putnam Family & Community Services) in Carmel and the Franciscan-run St. Christopher's Inn in Garrison. There are no treatment facilities in Beacon since the Turning Point detox center moved to Poughkeepsie after St. Francis Hospital went bankrupt in 2013 and the nonprofit Lexington Center for

Recovery moved to Wappingers Falls.

Opioid addiction is typically a long and bumpy road, with relapses and returns. Sometimes the journey ends in death. But ultimately treatment centers are places of hope, as doctors and counselors save far more than are lost.

We sent Anita Peltonen to Arms Acres and St. Christopher's and Liz Schevtchuk Armstrong to CoveCare to speak with the clinicians and patients and learn more about how recovery works. But we'll start with a visit by Brian PJ Cronin to the 24-hour Dutchess County Stabilization Center, which opened in February and is already being touted as a model for other counties and communities.

(Continued on Page 12)



At the Arms Acres treatment center in Carmel, methadone is dispensed in cups and then mixed by patients with juice to mask its unpleasant taste. Photo by Anita Peltonen

## Two Sides to Every Symbol



A number of protestors knelt at a Putnam County Stands Up for America rally in Carmel on Oct. 1 while County Executive MaryEllen Odell led the singing of the National Anthem. She organized the rally in response to NFL players kneeling before games in what they said was a protest against police brutality and racism. County Legislator Barbara Scuccimarra (right), who represents Philipstown, was among the local officials who attended.

Photos by Ross Corsair



# 5 Five Questions: ASHLEY HAINES

By Alison Rooney

Ashley Haines, a junior at Haldane High School, is the organizer of Get Your Pink On, a fundraising walk that will take place on Sunday, Oct. 22, at the school to raise money for breast-cancer research.

## Why did you organize this event?

In March, my mom [Lauren Haines] was diagnosed with breast cancer. I knew she would fight. She said "I want it out, now!" and had a double mastectomy and is a survivor. She competed in the Avon 39 in New York City [in which participants walk 39.3 miles over two days to raise money for breast-cancer research], so I thought, why can't we have something like that in Cold Spring?

## Your mom was an All-American runner at Villanova. Is this a running event?

No, it's completely at your own pace. Walk as much as you feel like you can, for as long as you feel like you can. We'll have water and food, and there will be music and rewards. All the funds raised will go to Breastcancer.org.

## Was it more work than you thought it would be?

Definitely. I brought the idea to Ms. Sniffen [the high school principal] and

Mr. Salumn [the athletic director], and they were supportive. Then the tennis team and the Blue Devil Booster Club got involved. We used suggestions from Breastcancer.org to get it organized. I had a lot of help from my volunteer committee, and the sponsors have been amazing.



Ashley Haines

Photo by A. Rooney

## NEWS BRIEFS

### Grigoroff Gets 25 Years to Life

*Sentenced after retrial in Marcinak case*

Anthony Grigoroff, who was convicted of the 2008 murder of Garrison Garage owner John Marcinak, and then convicted again this year after the verdict was overturned on appeal, was sentenced in Putnam County Court on Sept. 26 to the maximum of 25 years to life.

Marcinak was shot and killed on Dec. 31, 2008, when he interrupted a burglary at his garage on Route 9. Grigoroff, of Lake Peekskill, was convicted in 2010, but the decision was reversed in 2015 due to legal errors at the trial. He was convicted for a second time on Aug. 8.

No physical evidence tied Grigoroff to the scene, and the murder weapon was never recovered. The case instead centered on a confession in which Grigoroff described the killing. He later changed his story, saying a companion had shot Marcinak, but Putnam County District Attorney Robert Tendy said in a statement that Grigoroff provided a confession "because he was there when it happened. No one could have had such knowledge of the crime scene and what occurred there unless he was personally present."

With time served, Grigoroff will be eligible for parole in 2034.

"All the News That's Fit to Print"

# The New York Times

VOL. CXXXVIII... No. 47,298 NEW YORK, TUESDAY, OCTOBER 20, 1987 30 CENTS

## STOCKS PLUNGE 508 POINTS, A DROP OF 22.6%; 604 MILLION VOLUME NEARLY DOUBLES RECORD

**U.S. Ships Shell Iran Installation In Gulf Reprisal**  
**Offshore Target Turned a Base for Gunboats**

By STEVEN V. ROBERTS  
WASHINGTON, Oct. 19 — United States naval forces struck back at Iran today for attacks on American-registered vessels and other Persian Gulf shipping by sending two converted offshore platforms that American officials said were a base for Iranian gunboats.

A few hours later, a naval commando detachment boarded a third platform five miles away and destroyed radar and communications equipment, Pentagon officials said.

No American casualties were reported in the actions, which occurred 120 miles east of Bahrain at about 2 P.M. (U.S. Eastern daylight time).

**Does 1987 Equal 1929?**

By ERIC GREENMAN  
As stock prices soared this year, a more, director of the Center for International Business Cycle Research at Columbia University.

To be sure, there are some unsettling similarities between the current era and the pre-Depression years. Like the Roaring Twenties, the 1980's have seen an extraordinary boom in Wall Street. Now

**Worldwide Impact**  
Frenzied Trading Raises Fears of Recession — Tape 2 Hours Late

By LAWRENCE J. DI MARIA  
Stock market prices plunged in a tumultuous wave of selling yesterday, giving Wall Street its worst day in history and raising fears of a recession.

The Dow Jones industrial average, considered a benchmark of the market's health, plummeted a record 508 points, to 1,730.74, based on preliminary calculations. That 22.6 percent drop was the worst since World War I and the greatest since the 12.8 percent drop on Oct. 28, 1929, that along with the next day's 11.7 percent decline precipitated the Great Depression.

Since hitting a record 2,822 1/2 on Aug. 26, the Dow has fallen almost 1,000 points, or 36 percent, putting the leadership indicator 157.9 points below the level at which it started the year. With Friday's plunge of 508 points, the Dow has fallen more than 26 percent in the last two sessions.

**Unprecedented Trading**  
Yesterday's frenzied trading on the

**The Highlands Current presents**  
**THE LESSONS UNLEARNED**  
**Diana B. Henriques**, author of *A First-Class Catastrophe: The Road to Black Monday, the Worst Day in Wall Street History*, discusses the 30 years since that day, Oct. 19, 1987,  
With Floyd Norris  
Garrison resident, former New York Times financial columnist  
\*\*\*  
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Order tickets at [lessons.brownpapertickets.com](http://lessons.brownpapertickets.com).  
Diana Henriques, a former New York Times reporter, also wrote *The Wizard of Lies: Bernie Madoff and the Death of Trust* and appeared as herself in the Emmy-nominated HBO film of that name. See [DianaBHenriques.com](http://DianaBHenriques.com).

# A Twist of Fate Salon

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## Sheriff Campaigned for Years for Charges Against DA (from Page 1)

“Putnam County is being policed by a criminal” because of allegations that Smith committed perjury during a sworn deposition after Levy sued him for defamation. “Smith is a bully with a badge — a badge we pay for,” Langley said.

Smith did not return a request for comment made through Sheriff’s Office spokesman Capt. William McNamara. But his attorney, Adam Kleinberg, said in a statement that the sheriff reached out to the agencies after he “received informa-

tion” regarding the rape suspect’s immigration status “that he believed warranted an investigation by outside law enforcement agencies. He referred the matter out to avoid a perceived conflict of interest.

“In the years that followed, the sheriff was embroiled in a very public lawsuit. He was deposed over the course of several days and responded candidly when he could not recall specifics about documents that were not in front of him.

“He testified to the best of his ability, even while watching his wife losing her fight with cancer on a daily basis. When the dust settled, and all of the information was in front of the sheriff, he apologized to Levy for certain statements made based on what was known to him at the time. The sheriff moved on. And the sheriff continues to protect the county and keep it as safe as it has ever been.”

In June, Smith settled the defamation lawsuit with Levy and apologized for two press releases he issued that stated falsely that a rape suspect lived at Levy’s home at the time of his arrest and that Levy had interfered in the criminal investigation. Although Smith had been sued as an individual and not in his capacity as sheriff, Putnam County legislators voted to approve paying \$125,000 of the \$150,000 settlement. Smith paid the other \$25,000.

Smith began his letter-writing campaign in January 2013, *The Journal News* reported, and it grew more intense in March of that year after Levy’s friend and personal

trainer, Alexandru Hossu, an immigrant from Romania, was charged with raping a 12-year-old girl. (Hossu was acquitted by a jury and has filed a \$45 million lawsuit against Smith, Putnam County, and others, alleging false prosecution.)

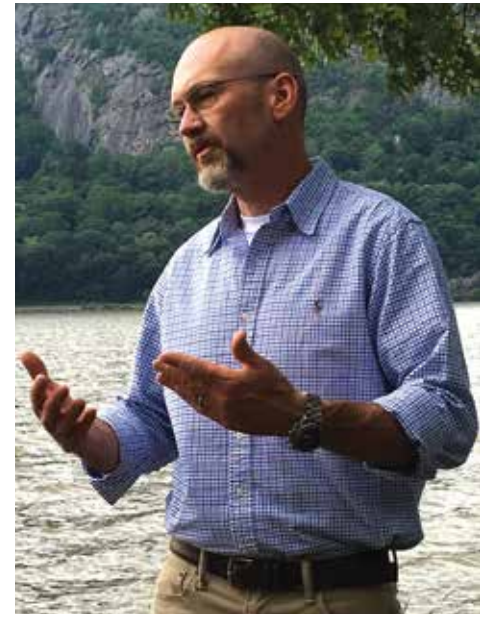
Levy has said Smith wanted to link him to Hossu to embarrass him because of their longstanding turf war. Levy lost his bid for re-election in 2015 and blamed the campaign by Smith to discredit him.

In its Sept. 28 report, *The Journal News* noted that Smith, in a deposition given two years ago, insisted he had never mentioned Levy in his discussions with state or federal agencies. But in a letter dated March 22, 2013, the sheriff urged an agent from Homeland Security to investigate Levy for alleged violations of immigration law that “apparently ‘aided and abetted’ a man who violently raped a little girl in Putnam County.”

The sheriff attached an *Albany Times Union* story about an unrelated case “concerning the recent conviction of a high-profile defendant for harboring and hiring an illegal alien, just one of many reported cases like the one at hand.”

In a four-page letter dated April 17, 2014, to Preet Bharara, then the U.S. attorney for the Southern District of New York, Smith pointed to “apparent corruption within the Putnam County District’s Attorney’s Office,” arguing that Levy interfered in the Hossu investigation and contributed to the suspect’s acquittal.

Referencing a secretly recorded phone



Robert Langley, the Democratic candidate for Putnam County Sheriff

File photo



Adam Levy

File photo

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\*New York Press Association, 2013 - 2016



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\*National Newspaper Association, 2016

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## Opioid prescriptions

Thanks for this important series on opioid addiction in the Hudson Valley (*Fighting Back: The Opioid Crisis*, Sept. 22, 29). You may get to this in parts 3 or 4, but the “law-and-order” focus rather obscures the medical response that is required to treat these ailing members of our community. I don’t mean just a shot of Narcan for overdoses but a full-scale, morals-free, drug-supported treatment program from the start: Suboxone or methadone automatically, for life — not only after somebody’s flunked out of day treatment, relapsed X number of times, etc.

Someone in your interviews said that opioid addiction was an illness — right! Not a crime, sin, moral failing, or psychological weakness that can/should simply be “walked off” with enough God and grit. If we wouldn’t expect someone with diabetes or cancer to survive his or

## LETTERS TO THE EDITOR

her medical crisis without state-of-the-art medical treatment, why should we expect those with opioid addiction to fare any better without the same response? We need to get over our moralistic attitudes about drug use and go immediately to the medical therapies (however costly) required to alleviate this problem in cities and small towns across the U.S.

Ironically, this epidemic, which has been an urban problem for decades, seems to have spread a lot wider lately courtesy of the pill-pushing medical establishment. Along with the irresponsible overprescribing of antibiotics, the rampant overprescribing of painkillers should be the subject of another report in *The Current* wherein the names of local doctors and clinics guilty of such practices are published.

Jacqueline Foertsch, Cold Spring  
*The editor responds: New York state has*

*since 2013 monitored opioid painkiller prescriptions, with mixed results. Last year the governor signed a law that limits initial prescriptions to a seven-day supply, with exceptions for chronic pain and hospice and palliative care.*

*Under the Prescription Monitoring Program Registry run by the state Bureau of Narcotic Enforcement, doctors and pharmacists must report opioid prescriptions within 24 hours as well as check the registry to identify a patient who may be abusing painkillers. In the three years after the registry went online, the number of patients given five or more painkiller prescriptions dispensed at five or more pharmacies in the previous six months fell by more than 160 percent (from 27 per 100,000 residents to 2.8).*

*The results otherwise have been less dramatic. In Putnam, the number of opioid prescriptions fell 2.5 percent, to 506 per 1,000 residents, and in Dutchess, 7 percent, to 541. A study published last month in Drug and Alcohol Dependence found that while the number of opioid prescriptions in New York is declining, the total quantity of opioids in the supply chain increased. It also found that painkiller overdoses leveled off after 2013, but heroin overdoses and deaths have continued to rise.*

This is a useful and moving report (“Special Report: Fighting Back — The Opioid Crisis,” Sept. 22). It can be used as a springboard for conversation with family and friends. Thank you for writing about such an important issue.

Jan Hughes, Garrison

## State taxes

During a discussion about the congestion at Breakneck, Linda Cooper, regional state parks director, said the park system pays local tax- (Continued on next page)



# Taking it to the Street

By Anita Peltonen

*Are you concerned about gun violence close to home?*



“I’m worried about it everywhere!”  
~Peter Conway, Garrison



“It’s a desperate problem. Kids used to punch it out, now they might pull a gun.”  
~Sheilah Rechtschaffer, Garrison



“Not so much. Sheriff deputies and the state police cruise through down here all the time.”  
~Murray Prescott, Garrison's Landing



## LETTERS TO THE EDITOR (from previous page)

es ("Breakneck Summit," Sept. 29). Was there a misquote as to what she said, or a misstatement on her part?

Frank Haggerty, *Cold Spring*

*The editor responds: Cooper was referring to a program called "payment in lieu of taxes" (PILOT) in which the state pays towns and villages to compensate for land that it owns that is not on the tax rolls. Philipstown receives about \$28,000 annually in PILOT funds.*

### The Beacon election

For months, I have been walking through Ward 3 talking to residents. One of the main concerns I hear is how rapidly the city has grown over the last five years. I'm not anti-development, but I agree that this is a major issue. I have reviewed the Comprehensive Plan, which I feel is a great blueprint, but even with its last review and revision, I feel there is much work still to be done to help our city and community grow sustainably.

We need to preserve the past while building for the future. This much growth focused in the residential sector is creating a poor balance. I feel we need to pause for a moment and start focusing on how we can bring more jobs into our city, specifically attracting professional commercial office types and light industry. We are nearing closer to certain resource limits and needed to enact the six-month building moratorium to better plan how we can

grow smart and sustainably. Thank you and I'll see you on the campaign trail.

Andrew Gauzza, *Beacon*

*Gauzza is the Republican candidate for the Ward 3 seat on the Beacon City Council.*

### The Putnam election

I have had the good fortune of meeting Robert Langley Jr., the Democratic candidate for Putnam County sheriff.

What a breath of fresh air! Langley spoke about keeping Putnam safer while saving money and returning integrity to the sheriff's position. He assured the crowd at a recent event that he would establish a good working relationship with the Putnam County District Attorney's office. He laid out a common-sense approach to deal with the opioid crisis and advocated for community policing to help make our neighborhoods stronger and safer.

Robert would be so good for Putnam County. His commonsense approach and strong work ethic came shining through. I'll be proud to vote for Langley this November.

James Mills, *Mahopac*

I am writing to express my support for Robert Langley Jr. for Putnam County sheriff.

Langley has been a dedicated law enforcement officer, a committed volunteer fireman and will be a great sheriff for Putnam County, bringing the kind of integ-

## Letters to the Editor

We welcome letters to the editor, which can be emailed to editor@highlandscurrent.com or mailed to 161 Main St., Cold Spring, NY 10516. As with online comments, we ask that writers remain civil and avoid personal attacks. All letters are subject to editing for length, accuracy and clarity. The writer's full name, email and phone number must be included, although only the writer's name and village or city are published. We do not print anonymous letters or those written under pseudonyms.

rity so desperately needed right now.

Our current sheriff has been bailed out by the legislature to the tune of \$125,000 because he publicly lied. The taxpayer money to pay for that lie is not covered by any kind of insurance and does not represent anything other than cronyism at its worst.

We don't need any more shady back-room Club Putnam deals. We need a dedicated, ethical sheriff who focuses his energy on battling the problem we're facing now: the drug crisis. We need a sheriff who will work with mental health professionals to get addicts the treatment they need instead of arresting them, repeatedly.

Insanity is doing the same thing over and over but expecting a different result. Let's avoid that this November. Vote for Langley for Putnam County sheriff.

Lithgow Osborne, *Garrison*

### The Philipstown election

On Sept. 17, the Conservative Party held its caucus to nominate candidates for Philipstown supervisor and two other seats on

the town board. The caucus unanimously nominated Timothy M. Greco for one of the two council seats. There were no other nominations.

During the caucus, party members discussed the candidates to determine who would best represent the Conservative Party and its principles for the general election on Nov. 7. Discussions largely revolved around concerns regarding overreaches by the town board on certain agenda items brought up in the recent past — particularly, the Mass Meeting Ordinance, the Safe Storage Ordinance and, most recently, the Philipstown Equal Protection Resolution, also known as the Sanctuary Town Resolution.

The Sanctuary Town Resolution was of great concern to the caucus, especially because three of the five board members, including Supervisor Richard Shea and Michael Leonard, voted to approve it.

In their vote, Shea and Leonard essentially violated the public oath "to support the U.S. Con- (Continued on next page)

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Salon Series with Diane Lapis  
Saturday, October 14 at 5 p.m.

Join us for an evening with Diane Lapis of the Beacon Historical Society! Enjoy a cocktail while Diane shares stories of local bars and saloons and a brief history of the Old Fashioned.



Photo courtesy of The Cocktail Project

The early bird ticket price is \$40 per person and includes Diane's presentation, an Old Fashioned tasting, cocktails, and light hors d'oeuvres. The price for tickets purchased after October 6 and at the door is \$45.

Tickets may be purchased at [www.putnamhistorymuseum.org](http://www.putnamhistorymuseum.org), or by mailing a check to Putnam History Museum at 63 Chestnut Street, Cold Spring, NY, 10516. Tickets will also be available at the door. For more information, please call Rachel at 845-265-4010.

The Putnam History Museum is located at  
63 Chestnut Street in Cold Spring.  
[www.putnamhistorymuseum.org](http://www.putnamhistorymuseum.org)



## LETTERS TO THE EDITOR

stitution" taken during their swearing in ceremonies in 2015 and 2013, respectively. Both Shea and Leonard also understood that this resolution could expose the town to reduced federal disaster funding in the event of a significant storm or natural disaster. Despite being informed of these concerns at a public meeting, they still voted in favor of the resolution.

Further caucus discussion involved whether the candidates would potentially stand by the principles supported by the Conservative Party. The caucus participants were of the belief that Greco was the only candidate running that would fundamentally support Conservative Party principles, if he were to be elected.

In addition to the Conservative Line, Greco will also be running on the Republican Party Line.

Keith Anderson, *Philipstown*  
Anderson is the chairman of the Conservative Party caucus for Philipstown.

Local elections are significant. They are the most authentic expression of popular will. They are the closest we get to the epicenter of our democratic process, and we are just starting the 2017 edition.

Philipstown elections for the town board are particularly exceptional this time around. Some current board members have navigated controversial issues largely in a successful fashion, from the rezoning of the town, the creation of a Fire District, natural disasters, rigid-

## Are you registered to vote?

If not, a registration form can be downloaded at the Boards of Elections sites below, or requested by phone, and must be postmarked by Friday, Oct. 13, to take part in the Nov. 7 general election.

To vote absentee, an application must be completed and postmarked by Oct. 31.

To be eligible to vote, you must be at least 18 years old by the end of the year and a U.S. citizen. You can check your status at [voterlookup.elections.state.ny.us](http://voterlookup.elections.state.ny.us).

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ity of budgets, etc. The town supervisor is again unchallenged; this should speak on its own about the effectiveness of that leadership. Absent of any extraordinary situation, he will be reelected for a fifth consecutive term.

The contested election narrows this year to three candidates for two open council seats. The two incumbents undeniably immersed themselves in the mechanics of governing, at times sporting controversial positions, but in all fairness, they ought to be recognized for their service to our town.

I never had a political affiliation, nor am I about to start having one. However, as a first-generation immigrant, I do have a passion for politics (and soccer).

Hence, this independent citizen will vote for Timothy M. Greco for the town board. In the interest of full disclosure, I have been for more than six years a congregant in the church he pastors. Those years have given me a fuller appreciation for Greco's integrity, dedication to people and his ability to actually listen.

Pastor Tim, in addition, has the longest list of volunteer service in the community that knows no political boundaries; I have seen candidate Greco working and getting things done alongside the legendary Betty Bundy many times. I also know that he can be a potent voice at the board on issues of drug addiction that are afflicting our town; he has made that his cause for many years.

This year I am not voting *against* anyone. But I am voting for a candidate with a fresh voice and vision.

J. Carlos Salcedo, *Philipstown*

### The power of voting

Your vote is an expression of power. If you believe your elected officials are not performing the duties of their offices, it is because we, the voters, tolerate this behavior.

In today's technological age, it is relatively easy to educate ourselves on the issues and the qualifications of candidates. We are aware that information can be subjective based on its source — such as television networks, newspapers and political parties — which may impair our ability to find the truth. Vote 411.org will be available soon to provide information on Putnam candidates.

In addition, to provide voters with more information about the candidates on the Nov. 7 ballot, we will host a Meet the Candidates event at 6 p.m. on Monday, Oct. 23, at the Mahopac Library.

It's no surprise that many people feel estranged and alienated from the political process. Educating oneself, so that your vote most clearly reflects your views and beliefs, requires effort. But democracy is an inclusive institution, and the focus is on us.

Eileen Reilly, *Putnam Valley*  
Reilly is president of the League of Women Voters of Putnam County.



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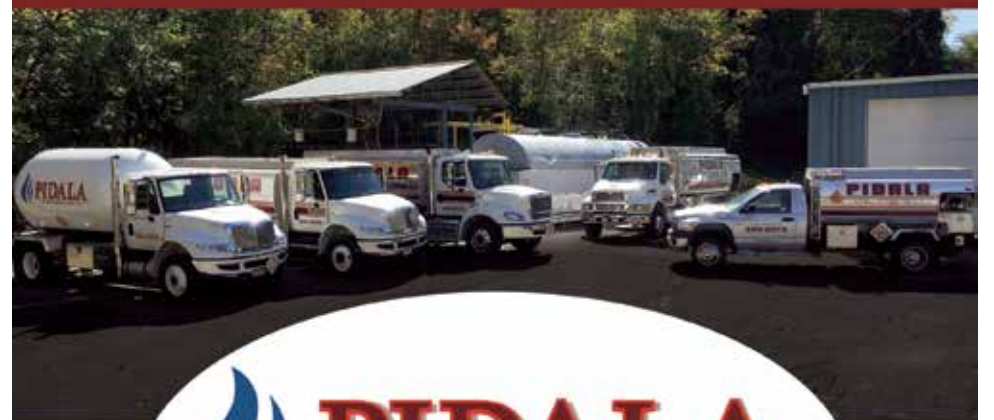
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# The Best Ideas Around

At three Philipstown Community Congress forums held in July, August and September, residents shared ideas during three-minute presentations to improve the community. More than 125 people participated.

Organizers of the Congress, which was sponsored by the nonpartisan Ecological Citizen's Project, are asking residents to vote for their three favorites of the 40 ideas generated. Each household in ZIP codes 10524 and 10516 will receive a ballot that can be mailed back or dropped at the Desmond-Fish Library in Garrison or the Butterfield Library in Cold Spring. Alternatively, anyone age 13 and older can vote at [ecologicalcitizens.org/pccballot2017](http://ecologicalcitizens.org/pccballot2017). The deadline for both paper and online ballots is Oct. 31.

An abbreviated sample of the proposals is below. To review all 40 in detail, visit [ecologicalcitizens.org/pccproposals](http://ecologicalcitizens.org/pccproposals). After the vote is tallied, organizers will share the results with elected officials and other community leaders.

## Wildlife-proof trash receptacles

The cans at Little Stony Point are not strong enough. (Kathleen McLane)

## Teen Center

Located on Main Street in Cold Spring, the center would be student-driven, but organized and run with adult supervision and an adult advisory group to help with planning and logistics. (Joe Plummer/Sandy McKelvey)

## Opt-out electricity

When a person opens a new account with Central Hudson, the household would be automatically enrolled in a plan that uses locally sourced wind and solar energy. (James Geppner)

## Municipal composting

We need to find a way to shrink our landfills and re-kindle a deeper connection to our farms. (Erik Brown)

## School-library path

I'd like to propose offering neighbors between the Garrison School and the Desmond-Fish an easement to create a path between the school and library. (Jen McCreery)

## Public transportation

There is bus service on the east side of the county — why don't we have it on the west side? (Joyce Blum)

## Build another school

To address the fact that Continental Village residents pay higher property tax than elsewhere in Philipstown, why don't we build another school? (Nancy Lauterbach)

## Rape Crisis Center

The notion that rape does not exist in our community is naïve and dangerous. (Lynda Ann Ewen)

## Safety and sharing

We should look at ways to provide for both motor vehicles and bicyclists to



At the Sept. 24 forum at the North Highlands Fire Department, James Geppner proposes that households be automatically enrolled to use wind and solar energy.

Photo by Jane Marcy

safely share the roadway such as warning signs, revisiting speed limits and design improvements to Route 9D. (Tom Hayden)

## Sowing Seeds of Love

I would like to see residents grow gardens for the food pantry or share a portion of an established garden bounty. (Tim Greco)

## Ban plastic bags

We need to ban plastic bags from all stores. (Lauren Carrigan)

## Rec Center improvements

I propose improvements to the Philipstown Recreation Center such as tennis courts and a pool. (Marianne Sullivan)

## Cold Spring Boatyard

Built on the north end of Cold Spring, it could be a major tourist attraction, a hotbed of skills for young and old and a perfect Southern terminus for the Fjord Trail. (Sandy Saunders)

## Participatory budgeting

Community members would decide how to spend part of a public budget. (Jocelyn Apicello)

## Charging stations

Installing charging stations is a critical step in demonstrating that electric vehicles are a viable option. (Tracey Jordan)

## Sister City

For a small annual fee, Sister City In-

(Continued on Page 22)



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## Haldane Superintendent to Retire

### Plans to leave at end of school year

Diana Bowers, hired in 2014 as superintendent of the Haldane Central School District, announced at the Oct. 3 meeting of the Board of Education that she plans to retire on July 1.

Bowers has been an educator for 37 years and a superintendent for 12. She left the Hamilton Central School District in June 2014 to succeed Mark Villanti after his retirement.

Bowers said she would work with the school board to develop a transition plan.

With her departure, the Haldane district will have, within 15 months, turned over almost its entire staff of administrators. The high school principal, Peter Carucci, resigned in March after nine months and was succeeded by Julia Sniffen, the middle-school principal. Sniffen was replaced by a new hire, MaryAnn



Superintendent Diana Bowers

File photo by Michael Turton

Seelke, who came from the Hyde Park district. Brent Harrington, the elementary school principal, left in June for Pocantino Central in Sleepy Hollow. He was succeeded by another new hire, David Wallick, who had been head of an elementary school on Long Island.

## Foundry Brook Could Go Electric

### Firm proposes hydroelectric power

By Michael Turton

Foundry Brook, the water source for Cold Spring and Nelsonville, could become a source of electrical power, as well.

At a meeting of the Cold Spring Village Board on Oct. 3, representatives from BQ Energy of Wappingers Falls proposed installing a small hydroelectric generator at the water treatment plant on Fishkill Road.

The unit would be owned by BQ, which would sell most of the electricity to Central Hudson but also provide power to Cold Spring at a discounted rate that would save the village about \$10,000 annually, according to BQ's managing director, Paul Curran.

If the project is approved, Curran said

construction could begin by late summer. He emphasized the generator would have no impact on the supply of water to the villages because it would use only overflow from the dam at the treatment plant. Overflow occurs about six months out of the year, he said.

This would be BQ's first hydroelectric project, he said. The company focuses on solar and wind power.

Village Attorney John Furst and consulting engineer Bart Clark will review the proposal.

### In other business ...

- Architect Karen Parks presented plans for 126 Main St., formerly Carolyn's Flowers. The Historic District Review Board must review the owner's application to demolish the building.
- The board approved the sale of a village-owned stoop to the owners of 66 Main St.

## Are You Ready for Anything? (from previous page)

explained the best course of action for several scenarios, such as creating distance between yourself and the shooter if you have a safe path of escape, silencing cellphones, locking and blocking doors, turning off lights, leaving items behind and putting yourself out of risk first before helping others.

If you can't run or hide, try to immobilize the shooter using improvised weapons.

When law enforcement arrives, remember that they're there to neutralize the threat; you are responsible for your first aid.

### Prep work

White outlined what to keep on hand for an emergency. Besides a stock of seven to 10 days' worth of supplies, prepare two "go kits," typically in duffle bags or backpacks, the smaller of the two designed for a rapid evacuation. They should always

include a first aid kit, and make sure you know how to use everything, particularly tourniquets, which can cause much damage if applied incorrectly.

The kits should contain energy bars and other non-perishable food, ready-to-eat canned food and a manual can opener, utensils, a blanket, eyeglasses, cash, workers' gloves, hygiene supplies, pet food, garbage bags, a 10-day supply of prescrip-

tions, toilet paper, towels, a cell-phone charger, an LED lantern, spare batteries, duct tape, two flashlights, waterproof matches, a multi-tool with pliers, a crank-operated radio and phone/contact lists.

Factor in one gallon of water per person per day, i.e., at least 10 gallons. Bottled water has an expiration date, because the container degrades. Replenish and restock at least once a year.



## Andrew DeStefano Captain, NYPD (ret.)

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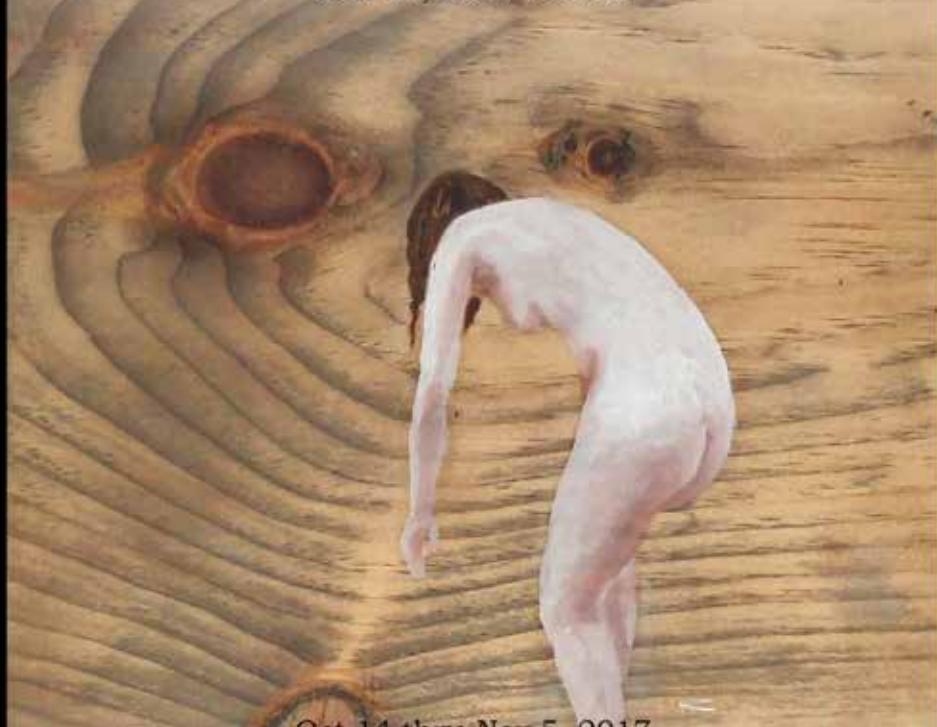
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# MAGAZZINO

# ITALIAN ART



# The Calendar



Painting by Lucille Wornell

Photo by Tania Dirks



Tania Dirks (right) consults with David Gabriels, while Shirley Norton begins her painting.

Photo by A. Rooney

## Seniors Painting Chickens and Roosters

*Popular art classes draw out creative sides*

By Alison Rooney

Twice a week, the preschool room at the Philipstown Recreation Center in Garrison hosts students who are a mite older for a 75-minute painting class led by Tania Dirks of Nelsonville.

The sessions, now in their third year, are free to Philipstown seniors and so popular that a second day had to be added. They attract both beginners whose last experience was finger painting and artists who have painted on and off for decades. The classes are a mix of quiet concentration and laughter with a dash of gossip.

Each session has a theme, such as lighthouses, barns and rainy days. At a

recent Tuesday session, the eight seniors were working on chickens and roosters. Here are some snippets of conversation:

Dirks: "You have a square canvas layout, so think about composition and remember that the tail feathers can sometimes be higher than the head."

Marie: "How do I shorten the beak?"

Shirley: "My daughter is a professional artist. I could have been one, too. When I was younger, I didn't have to figure out anything [while painting], I just did it."

Dirks: "You've captured the plumpness of the wings. If you get the shadow of the chicken under its belly, that'll help create the dimension."

Susy: "I always wanted to take art, but there was a set curriculum. I became an English major, then went to grad school. I moved here four years ago, and was excited to find this class. This year Tania

added a drawing class. I did one based on a photo of my brother and his grandson fishing. It made me so happy that I gave it to him for his birthday — he loves it."

Dirks: "The proportions are exactly right. Now make her *your* chicken."

Eileen: "I also do quilting. This is just an extension of creativity, and Tania is so encouraging."

Dirks: "Eileen, you should be painting chickens 24 hours a day. I love this bird. He has that 'This is my barn, lady' look."

Shirley: "I was housesitting and this bantam rooster jumped up at me with his claws. The rest of the time I had to walk around with an opened umbrella for protection!"

Dirks: "That rooster needed therapy." [To Susy]: "I don't have burnt sienna, but I can mix up phthalo green."

Susy: "That's not going to work."

Dirks: "But it's one of the world's

### Poultry Paintings

For a gallery of the artists with their roosters and chickens, see [highlandscurrent.com](http://highlandscurrent.com).

sexiest greens!"

Susy: "Okay, then."

Dirks, a graduate of the Rhode Island School of Design who owns six of her own chickens, brings photos to each session for students to use as inspiration. During the class, she slowly walks the room.

"The main thing I try to infuse into our painting time together is a positive, creative space," she says. "I have delicate and specific artists, expressive and primitive and abstract artists. I have one lady, Lucille, who never paints the theme — she starts off trying and then it always morphs into something else, which always brings me personal delight!"



Marilynn Schlosser details her work.



Shirley Norton and her painting-in-progress



Angie DeSocio sketching in pencil

Photos by A. Rooney



# Fighting Back the opioid Crisis

a special report

## No Wrong Doors: Dutchess Center

### An innovative first step to recovery

By Brian PJ Cronin

It's been eight months since the opening of the Dutchess County Stabilization Center in Poughkeepsie, and they're finally adding the finishing touches.

"We wanted to live in the space before we decorated it, but it's not going to see much decorating," says Beth Alter of the county's Department of Behavioral and Community Health, who oversaw the project. "When you're in withdrawal, the last thing you need to see is a lot of colors."

Every last detail has been designed for the comfort of the people the staff refers to as its "guests": cushy reclining chairs, healthy snacks, privacy screens, a chest filled with toys and puzzles for those who might arrive with children.

But there is a fine line between comfort and functionality, which is why the floors are smooth, cold and gleaming, without a scrap of carpet to be found. "It makes it easy to clean up puke," Alter explains matter-of-factly.

Even the name of the building was carefully chosen. During the three years the center was under development, it was sometimes referred to as a "crisis center," until County Executive Marc Molinaro suggested a different approach. Its purpose, he argued, is to divert people from places of crisis, such as jails and emergency rooms.

"We want people to feel like they have a place that they can go to before things hit the fan," Alter says.

### Filling the gap

There's no place in the state, and perhaps the U.S., quite like the Stabilization Center, which never closes and at which any Dutchess County resident, regardless of insurance or ability to pay, can receive immediate care, comfort and referrals.

"Addiction is a mental health issue and needs to be first addressed as a mental-health issue," says Molinaro. "And this nation has never dealt with mental health

in the compassionate and responsible way that we should."

Over the last few years, Dutchess County (like many others) has moved on several fronts to address addiction and other mental-health issues. Every police officer in Dutchess has received or will receive Crisis Intervention Training to prepare them for encounters with addicts and the mentally ill. A 24-hour helpline (845-485-9700) that has been operating for 30 years can now be accessed by text and a phone app. Its staff also can send out a Mobile Crisis Intervention Team, created in 2012, to meet with people in person.

### Building the center

New York state so far likes what it sees in Poughkeepsie. On Aug. 29, its Office of Alcoholism and Substance Abuse Services (OASAS) put out a call for bids to open 24/7 walk-in treatment centers in every region of the state, offering up to \$450,000 in development funding to county governments and nonprofits. The grants will be announced on Dec. 6.

(Although the Mid-Hudson is among the regions where OASAS hopes to establish more 24/7 centers, Putnam County is unlikely to have one any time soon, says Arlene Seymour, who runs the treat-

ment program at the nonprofit CoveCare Center. "Putnam is a hard county because it's divided in half" and because it lacks east-west public transportation, she says. "If we have something here in Carmel, would people in Philipstown be using it? They couldn't if they're strung out or sick. How are they going to get here?")

The Dutchess Center came out of a desire to "better address what people actually need, instead of trying to make people's needs fit into what we actually have," says Alter. "The number of people with mental health issues in the jail kept climbing. The number of emergency-room visits in our hospitals kept climbing. And everywhere you go for help, the door always seems to say 'Nope, sorry, wrong place to go.'

"We started talking about a 'no wrong door' place, where anyone can walk in and receive a whole array of services."

The center was funded by the unanimous adoption in December 2015 by the Dutchess County Legislature of a \$4.8 million bond, and construction began in early 2016. The county's partners include Mid-Hudson Regional Hospital (which has provided more than \$100,000 in financial support and four full-time nurses, according to the county), Mid-Hudson Addiction



Beth Alter at the Dutchess County Stabilization Center

Recovery Center, Astor Services for Children & Families and PEOPLE, a nonprofit that specializes in peer counseling. The center was dedicated to Dr. Kenneth Glatt, who retired in 2015 after serving for 35 years as the county's commissioner of mental hygiene.

The closest precedent to the Dutchess Center is in San Antonio, where in 2002 the overcrowded Bexar County Jail needed another 1,000 beds. Local health officials observed that many inmates were there for low-level drug offenses or because of disturbances related to their mental illness. When released, these inmates often ended up back in jail or in the emergency room.

Instead of expanding the jail, police officers in the county received Crisis Intervention Training and Bexar partnered with the state to create a mental-health crisis center. This allowed officers to take low-level offenders somewhere besides jail. Today the county jail typically has 500 empty beds and mental-health related E.R. visits have fallen by 50 percent.

The Dutchess County Stabilization Center works the same way, allowing police officers to drop off people they encounter who they think would be better served by treatment than jail. Unlike the center in Texas, the Dutchess Center is voluntary. People can walk in, and leave, on their own.

"The Stabilization Center doesn't present you with the opportunity to be absolved of criminal activity," says Molinaro. "Our goal is to intervene at the right time (Continued on next page)



The "family room" at the Dutchess County Stabilization Center

Photos provided



## Dutchess Center: No Wrong Doors

(from previous page)

to prevent criminal activity. We needed to have a place where we could de-escalate a situation, evaluate the individual and create the connection to ongoing care so that the individual gets the help he or she needs."

In the process, "we're diverting that person from a more expensive, less effective tool, which would be jail or the emergency room."

### User friendly

The entrance to the center, located around the corner from the Mid-Hudson Regional Hospital, is in the back of the building. Tinted windows provide additional privacy. Alter says the only locked door is the first one, for security reasons.

Once inside, Alter says, the center staff tries to make a patient feel welcomed, safe and comfortable. If an addict is in withdrawal, he or she is already uncomfortable enough.

The first person to greet a visitor is a peer counselor — someone who understands what the patient is going through. The counselor explains what to expect and offers reassurance. The greeting room is small and ringed with lockers for visitors to park their belongings.

The next area contains bathrooms, showers and a laundry room. An initial consultation is performed, including a medical evaluation. The center is technically a non-medical, urgent-care facility — its staff does not give shots, so anyone in need of immediate medical assistance is redirected to a hospital.

Visitors do not stay long. They are asked for the names of their "circle of support." There are no beds. Legally, no one can remain for more than 24 hours, although the average stay is under four hours, Alter says. During their time at the center, visitors have four different communal rooms to choose from, depending on their condition, from the living room-esque Family Room with its kitchenette and warm lighting to the Sobering Room, which has nothing but the dimmest possible lighting and reclining chairs amply spaced apart from one another.

The center is only the first stop. For those battling addiction, the next one may be a referral to a long-term care facility. For those who are clean but fear relapsing, the peer counselor can provide connections with support groups and other community organizations.

"There are a lot of supports for

# Fighting Back the opioid Crisis

a special report

young people who are working very hard to recover from opioid addiction," says Alter. "It's hard to imagine, because all we hear about every day are the overdoses. But the reality is that there are services that can be found if you're looking."

It's the looking that can be the problem, especially to those suffering from withdrawal or mental illness.

### The bottom line

Since it opened in February, the center has welcomed more than 1,000 guests. As of mid-August, 139 were brought by law enforcement, and the remainder came under their own volition. Some were suffering from withdrawal, and some were feeling uncomfortable in their own skin. Some were high.

Some were dealing with mental-health issues for the first time, Alter says, or didn't like the way a new medication was making them feel and wanted to be observed. Some came to escape domestic abuse. Veterans suffering from PTSD walked through the door. Teenagers arrived who have been sent by Family Court.

"Sometimes people just come in because they're frustrated and they don't know what to do," says Alter.

The center can assist up to 40 people within each 24-hour period and currently is seeing 12 to 15, Alter says. She says she expects those numbers to rise because those who need help "want to see if they can trust us. But this is one of those situations where if you build it, they will come. And they're coming."

## Hidden in Plain Sight: Arms Acres

By Anita Peltonen

Arms Acres' new opiate outpatient treatment center is in a low-slung former Comcast office on Old Route 6 in Carmel. It opened June 30, but unless you're looking for it, the facility is easy to miss.

Once part of the inpatient/outpatient rehab center on Seminary Hill in rural Carmel, the Old Route 6 center is the first standalone methadone clinic in Putnam County.

Psychiatrist Timothy Rowe and his colleagues decide which of the "three pillars" of treatment — methadone (a liquid), Suboxone (a film placed in the mouth), or Vivitrol (a shot) — patients will receive, based on their medical histories. To qualify for Vivitrol, for example, a patient must be clean for 10 days.

Many patients rebuild their lives with substitute opiates such as methadone, Rowe says. "And most people aren't going to bother to abuse [Suboxone] because it is not that rewarding," he says.

Rowe says he is hopeful about Vivitrol, because it isn't potentially



Patrice Wallace-Moore, the CEO of Arms Acres

Photo by A. Peltonen

addictive like substitute opiates and only needs to be injected every 28 days. Other non-opioid addiction drugs are in the pipeline but may not be available for years. But if successful, they could be blockbusters.

One, under development at the Scripps Research Institute, uses the immune system's virus-rejection mechanisms to fight opioids as foreign bodies. Another, the brainchild of researchers at the Walter Reed Army Institute of Research, prevents heroin from reaching the brain and also may protect against HIV infection.

### Getting there

Patients come to Arms Acres from a hospital or other detox centers, explains Steve Witte, clinical director of the outpatient facility. When they arrive, they are examined by Rowe, who is also a neurologist and addiction psychiatrist. The new outpatient center has 200 slots, of which 15 were taken as of late August. The center hopes someday to treat hundreds more.

Many patients arrive at the center "anxious, angry, difficult, obnoxious," Witte says. "After we help them withdraw, their personality emerges and then you sometimes have this lovely person who is interested in recovering, as well as helpful to others. It is a transformation" (Continued on Page 14)

## What Does It Cost?

The cost of opioid treatment varies a great deal; treatment centers we visited were reluctant to give precise numbers, saying they provide sliding scales depending on insurance reimbursement and the ability of a patient to pay.

However, cost estimates prepared by the federal government in 2016 found that methadone treatment, including medication with daily counseling, costs about \$6,500 per year; buprenorphine (Suboxone) treatment with twice-weekly visits is \$6,000 per year; and naltrexone treatment is \$14,000 per year.

By comparison, according to the Agency for Healthcare Research and Quality, annual expenditures for patients with diabetes are \$3,600 and for those with kidney disease, \$5,600.

A study that appeared in the *Journal of Substance Abuse Treatment* in 2008 used data collected from 110 substance abuse treatment programs to provide more detail. The costs below, in 2017 dollars, are based on the average number of weeks the treatment lasted, shown in parentheses.

Screening and brief intervention: \$494	Drug court: \$4,786 (46)
Methadone maintenance: \$8,996 (87)	Adult residential: \$12,419 (13)
Non-methadone outpatient: \$2,823 (18)	Adolescent residential: \$12,919 (8)
Intensive outpatient: \$5,186 (12)	Halfway house: \$25,989 (33)
Adolescent outpatient: \$3,587 (12)	



## Hidden in Plain Sight: Arms Acres

(from Page 13)

that is truly magical."

Withdrawal is tough mental and physical work. A patient's health may be compromised after years of neglect, including their dental health, says Rowe. Those addicted to painkillers after injuries often have to endure physical therapy, too. The doctors, nurses, social workers and case workers at Arms Acres meet twice a week to discuss each patient and his or her progress.

"Part of our intake is making sure all patients have a primary-care physician" for follow-up, he says.

Even after they get clean, Rowe says, patients must re-enter the community, either directly or through a halfway house, and find a job despite the gaps in their work history, or a lack of one. (Many are young adults or veterans.) And their friends and relatives may still be using.

In addition to counseling and classes at the inpatient center, Rowe recommends patients find a peer group that is not focused on recovery from addiction, such as volunteering or sports.

It's also important to resolve relationship or legal problems. "The focus is on having them



Angel Duncan, clinical director of the inpatient facility at Arms Acres

## Fighting Back the opioid Crisis

a special report

try to change their lives so that there are no obstacles on the way to recovery," he says.

Tammy Bender, a counselor at the center, says patients who have recovered are a great source of hope when they visit. "It's very rewarding to see that, to see they live productive lives."

Witte says one goal of the outpatient clinic is to help patients address emotional trauma that might contribute to their addiction, such as from abuse or neglect. Rowe can prescribe psychiatric medication to alleviate the immediate effect of post-traumatic stress disorder (PTSD), depression and anxiety.

Rowe sees addicts as young as 14 but says most patients are adults and those under 18 cannot receive methadone from the outpatient clinic. "We have an adolescent program, but we have not been getting very many referrals to it," he says.

### Residential patients

As I pull up the long drive of Arms Acres' inpatient clinic in rural Carmel, an ambulance comes screaming out, scattering patients and alarming the horses in a small corral.

"Sometimes patients have seizures," explains Patrice Wallace-Moore, the clinic's CEO, whom I met in her office near the front door.

Wallace-Moore came to the 54-acre center, which was founded in 1982 by painter and philanthropist Winifred Arms, after working with addicted adolescents at Holliswood Hospital in Queens. She is passionate about everything Arms Acres, foremost her social workers' skill at helping patients reconnect to the world before their insurance runs out.

Most insurance companies will pay for three days' inpatient care initially, or up to 14 total, she says. Before managed care, "we used to have longer stays, about 28 days. So we had fewer admits but longer stays." The insurers' argument, she says, was that withdrawal was not medically necessary because addiction is not always lethal.

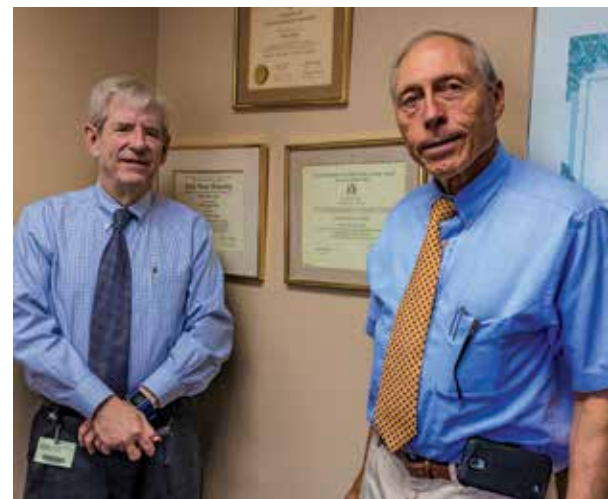
Wallace-Moore credits Drug Crisis in Our Backyard, a grassroots organization founded in Mahopac in 2012, with helping to change the local landscape. (The group was created by Susan and Steve Salamone and Lou and Carol Christiansen, who lost sons to overdoses.) A federal law passed in 2008 and the Affordable Care Act passed in 2010 mandate coverage for addiction treatment.

Many of the inpatient clients are military veterans, as is Angel Duncan, the clinical director. A good number become addicted after receiving painkillers for battlefield injuries, and many suffer from PTSD.

When Wallace-Moore arrived at Arms Acres in 1998, the facility had 129 beds. Since the opioid crisis has intensified, the center has expanded to 183 beds, including 131 for rehab, 21 for adolescents and 31 for detox. Typically, 95 percent are full.

The goal of the staff, Wallace-Moore says, is to get addicts "to the next level of care, for example, outpatient clinics."

In the late 1990s, about a quarter of patients would leave the clinic against the advice of doctors. Today that figure is below 15 percent. In addition, 60 percent of patients keep their first medical appointment made outside the clinic, up from as low as 15 percent, Wallace-Moore said. "We'd like 75 percent."



Steve Witte and Dr. Timothy Rowe at Arms Acres. Rowe also sees patients at St. Christopher's Inn.

Photos by A. Peltonen

## Ending the Lies: CoveCare Center

By Liz Schevtchuk Armstrong

The pervasive grip of opiates comes as no surprise to Arlene Seymour. In more than two decades as a counselor, she has confronted drug abuse, the shame attached to it and the lying the shame produces.

But she also knows the grip can be broken.

At the CoveCare Center, which is designed to provide a "safe space" for addicts, Seymour man-

ages the clinic and treatment programs. She also oversees outreach to schools, including Haldane in Cold Spring. She began her career as an intern at St. Christopher's Inn in Garrison and, before joining CoveCare, worked for years at the Lexington Recovery Center in Beacon, which has since relocated to Wappingers Falls.

Based in Carmel, CoveCare's medical staff provides counseling and medications to addicts, including inmates at the Putnam County jail. Established in 1997

as Putnam Family & Community Services, the nonprofit changed its name this year in part because of a misperception it was a county agency, Seymour says.

Last year CoveCare served 241 patients in its substance-abuse programs, plus another 178 in a rehabilitation program for those with drug or alcohol problems or serious mental-health issues, or both.

### The rise of opioids

Over the last 20 years, Seymour says, opioids have taken over, and

cocaine use has diminished but not disappeared. Two patients tested positive for cocaine in a single week in August, she says.

Alcohol abuse continues but nicotine addiction has decreased significantly, she says, following years of public campaigns against smoking. At the same time, she says, attitudes about smoking marijuana have become more lenient. The problem is, the weed on the street is far more potent than what was available in the 1960s, (Continued on next page)



## Ending Lies: CoveCare

(from previous page)

she says, both in strength and what might be added to it.

Still, opioid abuse claims most of the public's attention, as the toll of victims climbs. Seymour, who attended an Aug. 31 candlelight vigil in Cold Spring to remember those who have overdosed, noted "it's mostly boys" who die, perhaps because they are more likely to engage in risky behavior.

The rate of brain development may also play a role. "In your 20s, you go through a stage when you actually understand what a consequence is, a cause and effect, and your brain matures to accept that," she says. "Boys mature later than girls, so that could have something to do with this."

In addition, alcohol and marijuana use can slow brain development in young people, she says. "A young addict will think, 'I can use one more time; it's not going to happen to me,'" Seymour says.

The longtime counselor says one consistent characteristic of addicts is deceit. "I expect people to lie to me," she says. "I've been doing this for so long, I just don't trust what someone who's addicted says."

That goes for those who seemed to be on the right path but relapse. "You can kind of tell when people are using again, when they're telling you little stories," she says. "They lie to themselves. It's the shame that keeps the lying going."

By contrast, those who are able to stay off drugs "usually are pretty

# Fighting Back the opioid Crisis

a special report



Arlene Seymour

Photo by L.S. Armstrong

honest," she adds. "Life has changed. They don't have that shame."

## The age of addiction

While young people typically overdose on heroin, patients age 50 and older are taking pills. Lately, Seymour says, she's been seeing more patients in their 60s — enough that CoveCare runs free "senior" programs for clients in middle age or older.

For older clients, the risk of addiction or overdose is enhanced, she says, because the body

becomes more "finely tuned" as it ages and because people tend to take more medication. Combined, drugs "can have a synergistic effect — the effect of two are greater than the effect of either one alone." For that reason, doctors "need to be more sensitive to what prescriptions are doing" with older patients.

For a young person suffering from addiction, "families are the key to helping them get better," Seymour says, but finding residential treatment for adolescents can be difficult. "There aren't that many facilities that are good" and although insurance coverage has gotten better, long-term care can still be an economic hardship.

Seymour said her youngest client was 13; state regulations prevent outpatient centers like CoveCare from treating anyone younger than that. But its staff does reach out to students. As part of its schools program, Seymour and other counselors talk to children as young as kindergarten and first grade.

"We tell them it's about making good choices, and feeling empowered, and not feeling bullied, and being able to say 'no' if you really mean 'no' and picking your friends" wisely, she says. "It's about behaviors" early in life, "because behaviors clearly influence your choices later on."

## This series will have four parts.

**In Part 1 (Sept. 22)**, reporters Michael Turton and Liz Schevtchuk Armstrong spoke with the parents of young men who struggled with opioid addiction. One died, one survived, but they faced many of the same obstacles in getting treatment. We asked them to share their experiences, hoping it would provide a road map.

**In Part 2 (Sept. 29)**, we examined the role of law enforcement and the courts in battling the epidemic. Turton looked at the work of the Putnam County Drug Treatment Court, while Jeff Simms spent time with Beacon and Dutchess County police officers who are at the front lines.

**In Part 3**, we look more closely at treatment options. Brian PJ Cronin profiles the Dutchess County Stabilization Center, an innovative first stop for those in crisis, while Anita Peltonen and Armstrong visit treatment centers at Graymoor in Garrison, Arms Acres in Carmel and CoveCare Center in Carmel.

**Finally, in Part 4**, we will share the thoughts of specialists, counselors, doctors and those struggling with addiction about what they feel should take priority in addressing the problem. And we will close with a dose of hope — the stories of people who have survived in what is a lifelong battle.

We appreciate your feedback about the series and thoughts about how best to address the epidemic. Email [editor@highlandscurrent.com](mailto:editor@highlandscurrent.com). If you have missed an installment, each is posted at [highlandscurrent.com](http://highlandscurrent.com), where comments are welcome. We also have posted additional material and resources.

wrestled with addiction for more than a decade before leaving St. Christopher's clean in 2016.

Tobias became hooked at age 16 on the opioid painkillers he was given after appendectomy surgery at Putnam Hospital Center. When his prescription ran out, he bought pills from classmates at Carmel High School or in his neighborhood. When the pills became too expensive, he began shooting heroin. (Continued on Page 16)

# Body and Soul: St. Christopher's Inn



Brian Tobias

Photo by A. Peltonen

By Anita Peltonen

"You can't just detoxify the body; the soul needs healing time, too," says David Gerber, director of counseling and shelter services at St. Christopher's Inn in Garrison. "Then there's the reconnection to skill-building, friends and family, and a life that feels useful."

That sums up the mission of the Inn, run by the Franciscan Friars of the Atonement. The waiting list is long for its 183 beds. Once admitted, patients can stay for several months, not just the four weeks of the typical recovery center.

Among those who have benefited from treatment at St. Christopher's is Brian Tobias, 27, who



## Body and Soul: St. Christopher's Inn

(from Page 15)

In 2014 Tobias was arrested for breaking into a neighbor's house to look for drugs or the money to buy them. He was busted in a Wendy's parking lot 12 hours later, on a tip from his parents, but says he had no memory of what he had done. He fought the charges for months, ending up in Putnam County Drug Treatment Court. He received treatment at Seafield in Westhampton and Arms Acres in Carmel, and, finally — after several relapses — at St. Christopher's.

When he entered St. Christopher's, the cravings for opioids were still there. "But over time they started to dissipate," says Tobias, who received Vivitrol, an anti-addiction treatment that involves a shot every 28 days.

Tobias now lives in an apartment with his girlfriend in his parents' Carmel home. While at St. Christopher's, he says, "I started to think more about wanting to figure out things with my family and girlfriend more than I wanted to use drugs."

His employer, New York City Parks and Recreation, paid for his treatment at Seafield, and he still has his job. In April he was promoted. He used to cut grass; now he fixes and maintains park structures and equipment.

### No religious test

St. Christopher's was started in 1909 to treat men doing the crippling work of building the Croton Aqueduct. It evolved into an inpatient treatment center for homeless men suffering from addiction.

Set amid evergreens on a steep slope, the Inn looks more like a postwar hotel than a detox center.

There is no religious test for admission. The facility is, however, run by believers and offers weekly Catholic Mass in addition to prayer sessions.

Tobias says "religion wasn't really a factor [for him during treatment]. But you still had to go to

## Fighting Back the opioid Crisis

a special report



St. Christopher's patients Matthew, Pasquale (leaning down), Justin and Christopher

Photo by A. Peltonen

meditation daily, a part of the day where you had to sit by yourself and think. That kind of opened me up to new possibilities."

St. Christopher's staff includes two doctors, four nurses and a number of laypeople, friars and a nun who provide counseling. The friars also run treatment centers in New York City.

The Inn may offer both the gentlest and strictest treatment center an addict will ever experience. Texting and cellphone access are limited, to reduce the temptation to arrange a drug drop. Disrespect or failure to work cooperatively will be sanctioned with extra kitchen work or other community service. But the men's

days are full of activity. Each is assigned a job, or several.

And, "they eat a lot," says Father Bill Drobach, the president

and CEO of the facility. "So many have been on the street."

### Early addiction

A current resident of St. Christopher's, Scott (the facility asks that the last names of patients not be revealed), said he believes psychological abuse by his parents, and the psychotropic attention-deficit drugs they gave him, set the stage for his addiction.

"I knew by age 4 that they couldn't accept me for who I was," he says. "They started me on Dexedrine when I was 4, Ritalin at 5." The pills kept coming through his young adult years, until he turned to heroin.

"The fact that I was medicated all my life played into my low self-esteem," Scott says. "The thought that my parents can't even tolerate me while I'm normal, how was anyone else going to like me?"

Charged with two felonies, including driving while impaired by heroin, he has twice been sent to St. Christopher's. He says he is no longer on any medication, legal or illegal, despite being diagnosed with anxiety, depression and other ailments.

"I've never been a fan of organized religion," says Scott, who was raised by Methodists. "But they talk about spirituality here as being more connectedness to people, nature, not that old man in sky with a beard."

Drobach says the center once dealt mostly with alcoholics, but most of its patients now are struggling with opioids. In 2009, 18 percent of (Continued on next page)

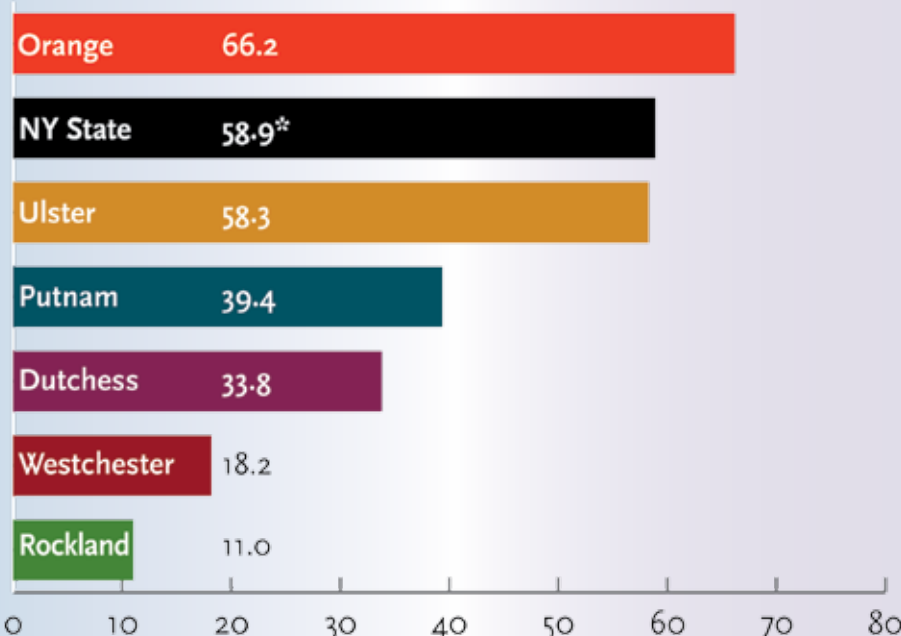
Average cost in U.S. per intensive-care  
overdose admission:

**\$92,408**

Source: *Annals of the American Thoracic Society* (Aug. 11, 2017)

### OPIOID-RELATED EMERGENCY ROOM VISITS (2016)

(# per 100,000 residents)



\* New York State figures exclude New York City

Source: NYS Department of Health (health.ny.gov/statistics/opioid), County Opioid Quarterly Report, July 2017

Charts by Lynn Carano



## Body and Soul: St. Christopher's Inn

(from previous page)

patients admitted were addicted primarily to heroin; in 2016, the number was 46 percent.

Of many factors the staff cite for the rise of opiate abuse, Gerber points to a time when "pharmaceutical companies went around saying we are undermedicating pain. So came the era of dentists with patients having dental surgery and getting 120 Percocets."

And while New York state in 2013 began closely monitoring opioid prescriptions, that sent the cost of pills on the street sky high, he says. "Meanwhile, we have Afghanistan, Mexico providing cheap heroin."

Another St. Christopher's patient, Frank, 52, has been battling alcoholism most of his life. One day he snorted heroin, he recalls, and the next day was shooting up. He eventually lost his flooring business.

Frank says he realizes he can never return to his hometown of Ellenville because he knows people will start calling him, pushing drugs.

At the Inn, he became an acolyte and a member of the choir. He attended every Alcoholics Anonymous and Narcotics Anonymous meeting offered.

"I love this place," says Frank, who arrived in March. "I've been in four other rehabs. This is the only one where I feel I am getting real treatment. Security guys, the nurses — I love everyone." He even quips about becoming a friar.

"One of my first duties or jobs here was to clean the mirrors and

## Fighting Back the opioid Crisis

a special report

the sinks every day," he recalls. "I got to look in the mirror every day, and it helped me to see myself, literally."

### The follow-up

After patients leave St. Christopher's, they typically relocate to halfway houses in New York or Florida. "Any man who is about to separate from us, we give him a suit — he looks like a Wall Street lawyer when he goes out the door," says Drobach.

Drobach notes with pride that St. Christopher's holds an annual picnic for alumni, and this past August more than 500 showed up. "We have a dunk tank so that they can get even with us" for bossing them around, he says.

"They might act arrogant, but addicts usually have low self-esteem," says Gerber. "The lifestyle of the addict becomes an ever-shrinking world. As addiction increases, the sense of connection to healthy people and places diminishes."

That is why everyone at St. Christopher's, including the staff, has to say hello and look each other in the eye.

Nearly  
**1,800 people**  
in  
**Dutchess and Putnam**  
counties were admitted to  
opioid treatment programs in 2016.



Father Bill Drobach, president and CEO of St. Christopher's Inn. The painting shows the center's humble beginnings in 1909.

Photo by A. Peltonen

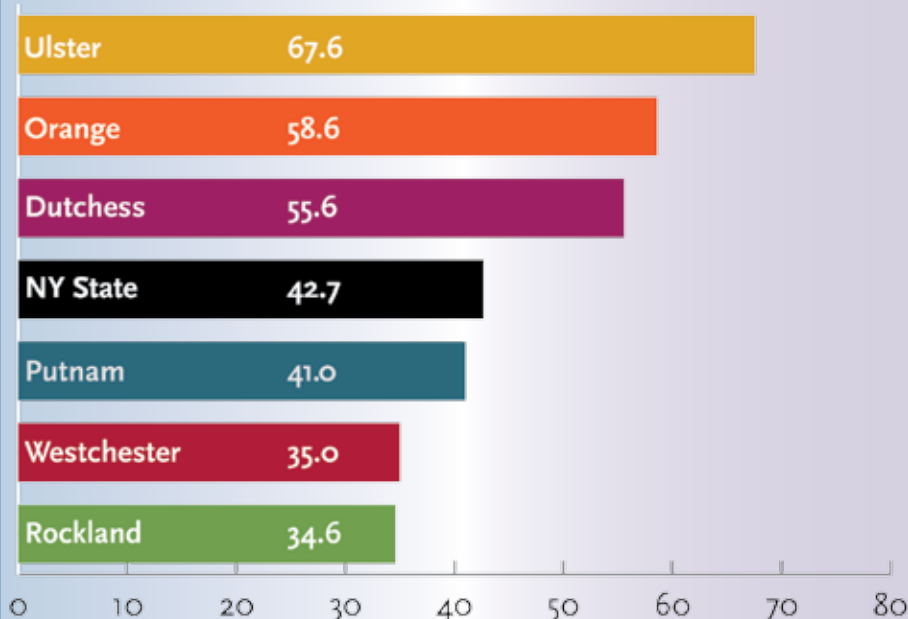
"The men are amazed that we remember their names," he says. "We've been called to heal wounds, unite what has fallen apart, and bring home what has gone away."

Still, says Dr. Steven Shapiro, the lead physician at the clinic, "there are no miracles here. I am a strong believer in medication-assisted recovery. The men must still take counseling and AA or

NA or other modalities to treat the thinking brain. The combination works very well."

For Brian Tobias, his stay at St. Christopher's came full circle. One of the police officers who arrested him for burglary was at St. Christopher's for an event, directing traffic. He remembered the bust, Tobias said, and "he said he was glad I was getting well."

### OPIOID PRESCRIPTIONS (2016) (# per 100 residents)



The national rate is 66.5. In about a quarter of U.S. counties, the rate is 100 or greater.

Source: U.S. Prescribing Rate Maps, 2016, Centers for Disease Control and Prevention

Charts by Lynn Carano



"I've been in four other rehabs," says Frank, a patient at St. Christopher's. "This is the only one where I feel am getting real treatment."

Photo by A. Peltonen



FRIDAY, OCT. 6

Martee Levi: *COBALT* (Opening)  
6 – 8 p.m. Buster Levi Gallery  
121 Main St., Cold Spring  
845-809-5145 | busterlevigallery.com

Ghost Magnets with a Twist (ages 8+)  
6:30 p.m. Howland Public Library  
313 Main St., Beacon  
845-831-1134 | beaonlibrary.org

SATURDAY, OCT. 7

NYS Path Through History Weekend  
paththroughhistory.iloveny.com

Antiques Show and Flea Market  
8 a.m. – 4 p.m. Stormville Airport  
428 Route 216, Stormville  
845-221-6561 | stormvilleairportfleamarket.com

Open to the Sky: Beacon Sukkah Project  
10 a.m. Singing with Vivian Stadlin  
4 p.m. A Thousand Towns with Dar Williams  
7 p.m. Women's Peace Movement in Liberia  
Main Street and Route 9D  
845-831-2012 | beaonhebrewalliance.org

iPhoneography Workshop (Level II)  
10 a.m. RiverWinds Gallery  
172 Main St., Beacon  
845-838-2880 | riverwindsgallery.com

Hazardous Waste Collection Day  
9 a.m. – Noon. Smith Campus  
110 Old Route 6, Carmel  
845-808-1390 x43150 | putnamcountyny.gov

Revolutionary Battle Commemoration  
10 a.m. – 4 p.m. Fort Montgomery  
690 Route 9W, Fort Montgomery  
845-446-2134 | nysparks.com

Calendar Highlights

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

World Hoop Day Celebration  
11 a.m. – 1 p.m. Beacon Recreation  
23 West Center St., Beacon | [cityofbeacon.org](http://cityofbeacon.org)

Mandeville House Tour  
1 – 4 p.m. 1005 Lower Station Road, Garrison

The Farm Show 2017 (Reception)  
2 – 6 p.m. Saunders Farm  
853 Old Albany Post Road, Garrison  
845-528-1797 | [collaborativeconcepts.org](http://collaborativeconcepts.org)

Lattimore Studio of Fine Art Student/Alumni Show (Opening)  
4 – 6 p.m. Howland Cultural Center  
477 Main St., Beacon  
845-765-3012 | [howlandculturalcenter.org](http://howlandculturalcenter.org)

Joel Perlman: *Circle and Squares*  
Patrick Strzelec: *maybe, maybe not* (Openings)  
5 – 8 p.m. Reception | 7:30 p.m. Artists' talk  
Garrison Art Center | 23 Garrison's Landing,  
Garrison | 845-424-3960 | [garrisonartcenter.org](http://garrisonartcenter.org)

Beacon Historical Society Ghost Tours  
7 & 8 & 9 p.m. Howland Cultural Center  
477 Main St., Beacon | [beaconhistorical.org](http://beaconhistorical.org)

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

SUNDAY, OCT. 8

NYS Path Through History Weekend  
[paththroughhistory.iloveny.com](http://paththroughhistory.iloveny.com)

Antiques Show and Flea Market  
8 a.m. – 4 p.m. Stormville Airport  
See details under Saturday.

Open to the Sky: Beacon Sukkah Project  
10 a.m. Rabbi Brent Spodek  
Noon. Tap dancing with Ben Nathan  
4 p.m. Kazumu Tanaka  
7 p.m. Story Slam | See details under Saturday.

Children and Families: Farming Fun  
1 p.m. Storm King Art Center | 1 Museum Road,  
New Windsor | 845-534-3115 | [stormking.org](http://stormking.org)

Mandeville House Tour  
1 – 4 p.m. 1005 Lower Station Road, Garrison

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

Oktoberfest  
2 – 8 p.m. Division Street, Peekskill

Latino Music Festival  
3 p.m. Tompkins Corners Cultural Center  
729 Peekskill Hollow Road, Putnam Valley  
845-528-7280 | [tompkinscorners.org](http://tompkinscorners.org)

Hudson River School of Painting (Talk)  
3 p.m. Private gallery, Wappingers Falls  
855-256-4007 | [bannermancastle.org](http://bannermancastle.org)

Matisse Jazz Project  
4 p.m. Chapel Restoration | 45 Market St., Cold Spring  
845-265-5537 | [chapelrestoration.org](http://chapelrestoration.org)

Thomas Meglioranza (Baritone)  
4 p.m. Howland Cultural Center  
See details under Saturday.

Constellation Sunset Tour  
5:30 p.m. Boat leaves Beacon dock  
[melissamcgillconstellation.com](http://melissamcgillconstellation.com)

Beacon Historical Society Ghost Tours  
7 & 8 & 9 p.m., Howland Cultural Center  
477 Main St., Beacon | [beaconhistorical.org](http://beaconhistorical.org)

Buddy Guy  
7 p.m. Paramount Hudson Valley  
See details under Saturday.

The Invitation (2015)  
7:30 p.m. Oak Vino  
389 Main St., Beacon | [storyscreenbeacon.org](http://storyscreenbeacon.org)

MONDAY, OCT. 9

Columbus Day

Open to the Sky: Beacon Sukkah Project  
10 a.m. Stitch-in with Anne Carbone  
4 p.m. Ori Alon  
7 p.m. Steve Blamires | See details under Saturday.

Harvest Gratitude (Concert)  
4 p.m. Chapel Restoration | Details under Sunday.

TUESDAY, OCT. 10

Open to the Sky: Beacon Sukkah Project  
10 a.m. Amanda Heidel workshop  
Noon. Dance workshop  
4 p.m. Dance performances  
7 p.m. Herman Kumara workshop  
See details under Saturday.

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)

Beacon School Board  
7 p.m. Beacon High School | 101 Matteawan Road,  
Beacon | 845-838-6900 | [beaconk12.org](http://beaconk12.org)

Single-Payer Healthcare (Forum)  
7 p.m. Cortlandt Town Hall  
1 Heady St., Cortlandt Manor  
Sponsored by Assemblywoman Sandy Galef

WEDNESDAY, OCT. 11

Open to the Sky: Beacon Sukkah Project  
10 a.m. Beginnings of Alphabets  
4 p.m. Family activities  
7 p.m. Rev. Ben Larson-Wolbrink  
See details under Saturday.

Senior Luncheon  
Noon. Philipstown Recreation Center  
107 Glenclyffe Drive, Garrison  
845-424-4618 | [philipstownrecreation.com](http://philipstownrecreation.com)

5th Grade Vegetable Sale  
3:15 – 4:15 p.m. Garrison School | 1100 Route  
9D, Garrison | 845-424-3689 | [gufs.org](http://gufs.org)

Get Out (2017)  
7:30 p.m. Stock-Up | 29 Teller Ave., Beacon  
[storyscreenbeacon.com](http://storyscreenbeacon.com)

The Price is Right Live  
7:30 p.m. Mid-Hudson Civic Center  
14 Civic Center Plaza, Poughkeepsie  
845-454-5800 | [midhudsonciviccenter.org](http://midhudsonciviccenter.org)

THURSDAY, OCT. 12

Open to the Sky: Beacon Sukkah Project  
4 p.m. Josh Korenblat  
7 p.m. Potluck dinner / Simchat Torah parade  
See details under Saturday.

Drug Crisis in Our Backyard  
7 p.m. Garrison School | 1100 Route 9D, Garrison  
845-424-3689 | [gufs.org](http://gufs.org)

Tioronda Garden Club Wine Festival  
7 p.m. St. Rocco Society | 26 S. Chestnut St., Beacon  
845-831-9199 | [tiorondagardenclub.org](http://tiorondagardenclub.org)

FRIDAY, OCT. 13

Crop Shop Afterschool Farm Stand  
4:45 – 6 p.m. South Avenue Elementary  
60 South Ave., Beacon | [cityofbeacon.org](http://cityofbeacon.org)

Dragonfly Story Hour for Adults  
7 p.m. Garrison Art Center | Details under Saturday.

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

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SUN 1:30 3:45 6:00  
MON 4:00 7:15, TUE 7:15  
WED 1:30 4:45 7:15, THU 7:15

Blade Runner 2049 (R)  
FRI 3:15 7:45 8:45  
SAT 2:15 6:45 7:45  
SUN 1:15 5:45 6:45  
MON 3:30 6:45, TUE 6:45  
WED 1:15 5:45 6:45, THU 6:45

LEGO: Ninjago (PG)  
FRI 3:00 5:15 6:30  
SAT 2:00 4:15 5:30  
SUN 1:00 3:15 4:30  
MON 3:45 6:00, TUE 7:00  
WED 1:00 3:15 4:30, THU 7:00

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# How to Thrive on Main

*Forum addresses concerns of Beacon small businesses*

By Christine Simek

On an unseasonably warm night last week, nearly 70 members of the Beacon business community filled the workspace collective Beahive for a Main Street Summit designed for merchants, nonprofit leaders and city officials to talk and network.

The summit, held Sept. 26 and organized by Beahive and A Little Beacon Blog, drew a capacity crowd. *The Current* was its media sponsor.

Scott Tillitt, the founder of Beahive and Re>Think Local, set the agenda.

"Tonight we're here to explore issues Beacon is facing around development, around gentrification, around infrastructure issues," he said. "We'll do that with the panel and then we'll get into the roll-up-your-sleeves issues like operations and staffing and money matters."

The three members of the panel, which was moderated by Tillitt, were Pat Moore, owner of the insurance agency Antalek & Moore; City Councilman George Mansfield, who owns Dogwood; and Kelly Ellenwood, president of BeaconArts. Their discussion focused on how a small, business-driven economy can remain viable for merchants and residents.

Beacon's thriving downtown has come

about because of "a shift in consumer attitudes and behavior" about where they shop, said Moore.

At the same time, like many Hudson River towns, Beacon's economic vitality is closely linked to tourism. That can alienate residents and make the success of a business vulnerable to seasonal fluctuations, the weather and the fickle nature of what charms and holds the interest of visitors.

Ellenwood noted that "the only way to be a successful Main Street business is to also offer something to the local population." She said events like Locals Nights at restaurants and galleries can encourage



Katie Hellmuth Martin and Scott Tillitt



A breakout session at the Main Street Summit

Photos by C. Simek

residents to shop and eat in town.

Erin Murphy, owner of the Reservoir boutique, suggested from the audience that reliability — specifically the need for brick-and-mortar stores to maintain consistent hours of operation — is vital to gaining consumer confidence. Shoppers need to know that they can count on stores being open when they need something and, in turn, business owners need to take note of the market and adjust.

Other argued that Beacon residents, as their part of the bargain, need to make a conscious decision to participate in its economy, walk Main Street and investigate its stores, instead of assuming specific products can only be found elsewhere or online.

Emily Burke, the owner of Utensil,

voiced a common concern that development will push up rents and drive locally owned shops away. Panel members responded by raising the issues of rent stabilization, zoning changes and the role of state and local government in attracting businesses to the city.

During the breakout sessions, Katie Hellmuth Martin, the owner of A Little Beacon Blog and the design firm Tin Shingle, said she was glad to see business owners filling groups whose topics might be intimidating, such as staffing and expansion, finances and projecting revenue, and marketing.

"Business owners are often self-taught," she said. "They got in the trenches to figure it out."



Green Tornado, 2011, Joel Perlman

**Joel Perlman**  
*Circles and Squares*

October 7–November 5, 2017



Block Head, 2013, Patrick Strzelec

**Patrick Strzelec**  
*maybe, maybe not*

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**Coco Montoya**

Sun., 10/8 11:30 a.m.  
**Dan Stevens - Free**

Sun., 10/8 7:30 p.m.  
**The Everly Set**  
music of The Everly Brothers

Thurs., 10/12 7:30 p.m.  
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Sat., 10/14 8:30 p.m.  
**Commander Cody**

Sun., 10/15 7:30 p.m.  
**Missy Raines & The New Hip Breakneck Boys**

Wed., 10/18 7:30 p.m.  
**Evie Sands**

Thurs., 10/19 7:30 p.m.  
**Iris DeMent**

Fri., 10/20 8:30 p.m.  
**The Bobs Farewell Tour**

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## COMMUNITY BRIEFS



LEADING THE WAY — Two sixth-grade students mark the route of a new Purple Trail in the Garrison School Forest on Sept. 30 as part of National Public Lands Day.

Photo provided

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## Compassionate Civilization

*Reading at Desmond-Fish on Oct. 8*

Robertson Work, an NYU professor and former U.N. policy advisor on development, will read from and sign his book, *A Compassionate Civilization: The Urgency of Sustainable Development and Mindful Activism*, at the Desmond-Fish Library in Garrison at 2 p.m. on Sunday, Oct. 8. The event was incorrectly listed in the Sept. 29 edition as being at the Howland Library in Beacon.

## Fall Foliage Contest

*Central Hudson to award prize*

Central Hudson will award \$250 for the best photo of the Hudson Valley in its fall glory. Submit to communications@cenhud.com by Nov. 2. The photo must have been taken by the contributor and unpublished. Finalists will be posted to facebook.com/centralhudson on Nov. 6 and voting will take place through Nov. 21 with visitors "liking" their favorite.

## Blue Art

*Martee Levi exhibit opens*

The Buster Levi Gallery in Cold Spring will open an exhibit of work by Martee Levi, *COBALT*, with a reception from 6 to 8 p.m. on Friday, Oct. 6. The show remains on view through Oct. 29. The gallery is open Friday to Sunday, noon to 6 p.m.

## Salon on Saloons

*Historian to speak at Putnam museum*

The Putnam History Museum will host a salon at 5 p.m. on Saturday, Oct. 14, on the history of gathering places and drinking establishments in Cold Spring and Beacon. Presented by Diane Lapis of the Beacon Historical Society, the event will include an Old Fashioned tasting, cocktails and light hors d'oeuvres. Tickets are \$45 at the door or putnamhistorymuseum.org. The museum is located at 63 Chestnut St.

## Beacon

### Lattimore and His Students

*Howland again will host art exhibit*

The Howland Cultural Center in Beacon will open an exhibit by Andrew Lattimore and 27 of his students with a reception from 4 to 6 p.m. on Saturday, Oct. 7. Lattimore, a classically trained fine arts painter, runs a salon in Cornwall.

### Lions Club Fundraiser

*Luncheon at Outback on Oct. 15*

The Beacon Community Lions Club, which was chartered last year, will host a community fundraiser luncheon to support its File of Life (which allows a person to document his or her critical medical information), food drive and scholarship programs.

The luncheon will be held at 11:30 a.m. on Sunday, Oct. 15, at the Outback Steakhouse in Wappingers Falls. Tickets are \$30. Contact Charlie Kelly at 845-831-8721 or ckellybeacon@yahoo.com.



Marilyn Ricottilli of the Beacon Lions Club displays a File of Life kit. *Beacon Works*

### Lilith Fair, 20 Years Later

*Celebrating iconic 1997 concert tour*

A quartet of singers will perform songs from the iconic 1997 Lilith Fair tour that brought together Tracy Chapman, Sarah MacLachlan, the Indigo Girls and other top female performers. *(To next page)*

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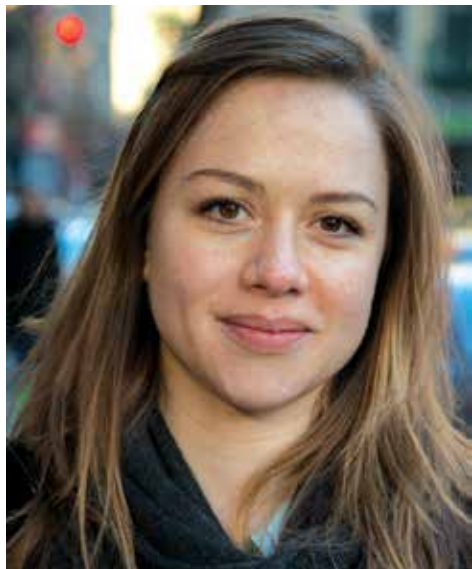
## COMMUNITY BRIEFS

(From previous page) Sharon Goldman, Lara Herscovith, Amy Soucy and Sloan Wainwright will cover songs played on the tour and share original material at the Towne Crier Café at 8:30 p.m. on Friday, Oct. 13. Tickets are \$20 in advance at townecrier.com or \$25 at the door.

## Alfie at Binnacle

Author to sign children's book

Thyra Heder will read and sign her children's book, *Alfie*, at 10:30 a.m. on Saturday, Oct. 14, at Binnacle Books on Main Street. The book is about a child with a new pet. Heder is also the author of *Fraidy-zoo* and *The Bear Report*.



Thyra Heder will read from her book, *Alfie*, on Oct. 14 at Binnacle Books in Beacon.

Photo provided

## Wine and Flowers

Garden club to host festival

The Tioronda Garden Club will host its 12th annual Autumn Wine Festival at St. Rocco's Hall at 7 p.m. on Thursday, Oct. 12, to raise money for its many projects, including flowering baskets on Main Street, holiday wreaths and garlands on lampposts and garden planting and maintenance at historic sites and public buildings.

The club will be honoring Mayor Randy Casale and Sam Way for their support. Tickets are \$25. Call 845-831-9199 for information.



**WHOPPER** — Jack Marino, 12, of Beacon, holds a 30-pound chinook salmon he caught on the Salmon River in Pulaski on Oct. 1 after a 30-minute battle. Closer to home, Jack often can be found at Fishkill Creek angling for trout.

Photo by Adrienne Marino

## Hike and Strike a Pose

Yoga scheduled on Mount Beacon

Instructors from nOMad are leading hikes on Mount Beacon on Fridays in October that incorporate a yoga class. Meet at the trailhead at 9:30 a.m. and bring water and a mat. Space is limited to 10 people, so reservations are recommended. Email studio@nomadalwaysatom.com or call 845-926-2183.

## Meet the Candidates

Introductions for Beacon Council

The Howland Cultural Center will host two Meet the Candidates events before the Nov. 7 election. The Democratic candidates for City Council will introduce themselves and discuss their positions on Tuesday, Oct. 17, and the Republican candidates will appear on Oct. 18. Both events begin at 7:30 p.m. Craig Wolf, president of the Howland Cultural Center's board, will moderate and audience members are invited to ask questions.

## Harvest Gala

Benefit for Common Ground Farm

Common Ground Farm's annual fundraising dinner will take place at the Roundhouse on Thursday, Oct. 19, from 5



**FRUITILICIOUS** — A pear by Karl LaLonde, on display at the RiverWinds Gallery in Beacon.

Image provided

to 9 p.m. The event includes a silent auction, live music and a farm-to-table dinner with chef Terrance Brennan. Tickets are \$200. See commongroundfarm.org.

## Meet the Instruments

Musical round robin on Oct. 14

Children are invited to learn about musical instruments from 1 to 4 p.m. on Saturday, Oct. 14, at a Musical Round Robin at the Howland Cultural Center. Participants will be able to play and learn about the cultural history of familiar and more unusual instruments like the accordion and bagpipes. Children can also make an instrument to take home.

## HALLOWEEN HAPPENINGS

### Ghost Hunting at Boscobel

Guided tours start Oct. 25

A paranormal investigator, a psychic and the author of *Ghost Detective*, will lead ghost tours of the Boscobel mansion on Oct. 25, 26 and 27. The tours, which begin at 6 p.m., are recommended for children ages 12 and older. Tickets are \$45 at boscobel.org.

### Great Blaze

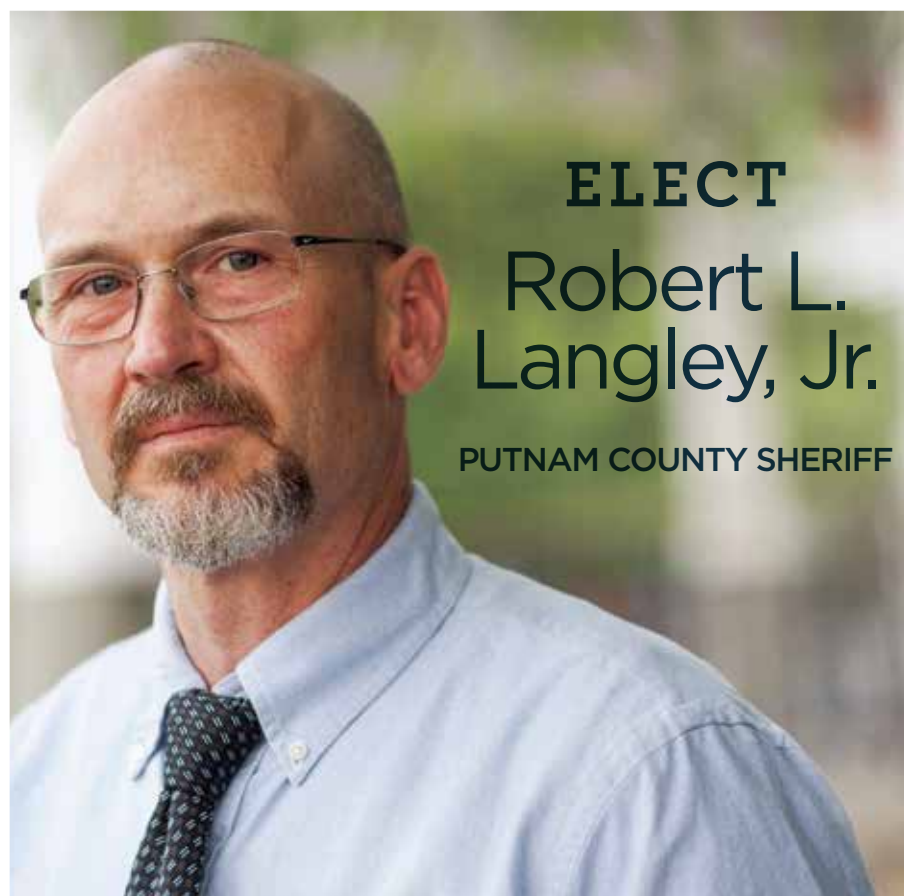
Five dates added to Croton event

Historic Hudson Valley has added five dates to its annual Great Jack O'Lantern Blaze, which began on Sept. 29 and continues every weekend through Nov. 25 in Croton. They are Oct. 10 and 11 and Nov. 1, 8 and 16.

Tickets are \$20 or \$25 for adults and \$16 or \$20 for children ages 3 to 17. Admission is free for Historic Hudson Valley members and children younger than 3. See hudsonvalley.org. The blaze takes place at Van Cortlandt Manor, 525 Riverside Ave.

## Support Groups

For a full list of area support groups, visit: [highlandscurrent.com/sg](http://highlandscurrent.com/sg)



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## The Best Ideas Around (from Page 7)

ternational will advise on all aspects of becoming one. The world is open to us. (Gretchen Dykstra)

### Finding common ground

Create more opportunities for the community to gather and find common ground. (Craig Watters)

### Community garden

It would include a composting center, indoor classroom, workshop and greenhouse. (Rodney Dow)

### Local hydroelectric power

I propose we investigate the use of existing water infrastructure for the production of micro-hydroelectric power. (Gabriel Salas)

### Comprehensive Plan

A group of volunteers created a Comprehensive Plan that was adopted in 2006. As a member of that group, I'd like to see the Town Board appoint a new committee to continue the effort. (Nat Prentice)



At the second of three forums, held at the Garrison Fish and Game Club on Aug. 20, Janice Hogan suggested a petition to demand the county share sales-tax revenue with Philipstown. Photo by Jane Marcy



At the forum on Aug. 20, Mark Bass proposed a "picking it up" campaign to clear trash. Photo by Jane Marcy



Priscilla Goldfarb, one of the organizers of the Congress, speaks on Sept. 24 at the third forum, held at the North Highlands Fire Department. Photo by Ross Corsair

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**Cook On: 1 part chaos, 2 parts calm**

# Chowder for the Wolf

By Mary Ann Ebner

When 10 pounds of potatoes and a couple dozen ears of corn show up unannounced, welcome them home to the chowder pot.

After transforming our backyard into a lobster fest for 65 or so guests in September (three years running for this festive event), a few items found themselves left behind by those who pitched in to make the meal happen. The lobster pit not only provided heat for Maine's finest crustaceans but for the accompaniments of potatoes, corn, mussels, eggs and sausage. We shared nearly everything but overestimated on the corn — fresh from Hudson Valley growers — and the spuds. Something had to be done with the surprise bounty.

When the time came to put the surplus supplies to use, I followed the wise counsel of the renowned food writer M.F.K. Fisher. In *How to Cook a Wolf*, her classic book first published in 1942 and cen-

tered on preparing food during the tough times of rations (but largely about any time), Fisher calls chowder a “light and hearty soup” that would “please any hungry family.” Her basic recipe calls for potatoes and corn, but she gives readers license to go “country-simple” or “town-elegant” based on their tastes and budgets.

More candidly, when debating the controversy of whether a chowder should be tomato- or cream-based, Fisher concludes, “Who cares?” and suggests readers simply cook what pleases them. Cooking the wolf can satisfy even the loudest grumps and gripers. Invite friends and family to the stovetop. Cook something.

*How to Cook a Wolf* was required reading in a food-writing course I took with cookbook author Monica Bhide about 10 years ago. What I found in that lesson illustrated Fisher's candor and dry humor when talking about sustenance for the stomach and the soul, along with her ability to write well with wit and without repetition.

Fisher called things as she saw them and so much of what she saw leading up to and during the World War II era seems to be present in these times. Chapter titles such as “How to Keep Alive,” “How to Pray for Peace,” “How to Comfort Sorrow” and “How to Lure the Wolf” provide a framework to discuss nourishment for humanity with universal neutrality.

As for my latest pot of chowder, it filled a hungry family and disappeared completely the following day. The variation de-



Corn chowder

Photo by M.A. Ebner

scribed here can be easily adapted for a vegan or vegetarian diet or enhanced with clams or ham for the meat eater. To those home cooks who render the lard after frying up a pan of bacon, that mug of bacon grease stashed in the back corner of the refrigerator can add the right measure of fat to the base of your chowder. For big bacon lovers, crumble fried bacon on top of the chowder just before serving. That results in truly rich chowder.

With respect and appreciation for elaborate as well as basic meals like chowder, I am signing off from my regular column at *The Current*. In addition to writing this column, I've enjoyed working in multiple capacities with the organization since its early, digital-only days.

I'll still be writing and cooking, of course, and next up is the semi-annual Middle Eastern tasting that my husband and I prepare for about 30 people. The table entices with spicy meats, salads, stewed vegetables and freshly baked bread. Made with everyday ingredients, the mosaic of recipes from the Middle Eastern region turns out an embracing aroma that helps one disregard the wolf for a while.

## Corn Chowder

Yield: 8 servings

- |                                     |  |
|-------------------------------------|--|
| 2 tablespoons bacon fat             | ½ teaspoon smoked paprika                      |
| 1 large onion, chopped              | 5 ears corn, quick-cooked and cut from the cob |
| 2 ribs celery, diced                | 1 cup whole milk                               |
| ½ cup green pepper, chopped         | 1 heaping tablespoon flour                     |
| 6 medium potatoes, peeled and cubed | freshly ground black pepper and coarse salt    |
| 6 cups water                        |  |
| 1 teaspoon salt                     |  |
1. Cook onion, celery and green pepper in bacon grease until browned. Stir in paprika. Add water, potatoes and salt and bring to a low boil. Simmer until tender.
  2. Mix in milk and flour, stirring until smooth. Add corn, fresh ground pepper and coarse salt to taste. Heat thoroughly and serve with crisp crackers.

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## Sports

### Strong Showing for Haldane Runners

*Third in tournament;  
12th in state*

The Haldane boys' cross country team finished third on Sept. 30 among 31 in their division at the 75th annual EJ Herrmann Invitational in Utica. The Blue Devils are ranked 12th in the state in Class D.

In a field of 231 runners, Adam Silhavy (18:09.20), Jonas Petkus (18:10.30) and Nicholas Farrell (18:15.10) finished the 5,000-meter course in 20th, 21st and 22nd place. Andrew Silhavy was 72nd in 19:47.30, Kyle Kisslinger was 74th in 19:49.50 and Matthew Mikalsen was 88th in 20:14.50.

Runners from Beaver River, a hamlet in the Adirondacks, won the event, placing 1st, 3rd, 5th and 9th. The winning time was 17:03.20.



Haldane's Kyle Kisslinger, Adam Silhavy, Jonas Petkus, Nick Farrell, Andrew Silhavy and Matthew Mikalsen, in Utica with Coach Tom Locascio

*Photo by Derek Kisslinger*

### Highlands Current Athlete of the Week

*Devin Lambe, Beacon*

Lambe, a junior, scored five goals in a 6-1 victory on Oct. 3 over rival Hendrick Hudson, lifting Beacon to its 11th win of the season. Lambe, who led the team in scoring the past two seasons, has 13 goals in 2017, including eight in the last three games. He also has 13 assists.

The Bulldogs (11-1-1) are ranked 12th in the state in Class A. They next play at Poughkeepsie on Oct. 13.



Devin Lambe

*Photo by Dawn Sela*

### Haldane Inducts 11 to Launch Hall of Fame

Haldane High School, in a ceremony on Sunday, Oct. 14, at Dutchess Manor in Beacon, will induct the first 11 members into its newly created Athletic Hall of Fame.

The inaugural class was selected from nominations made to a seven-member committee. In the first two years, the committee may select as many 10 people who graduated or coached at least five years earlier; it then drops to five annually. One team also can be inducted.

The 2017 class is Mike Scoba (Class of 1937), Joe Schatzle (1949), Frank Milkovich (1951), Coach Patrick Shields (1957), Jack LaDue (1961), Brenna O'Connor (1986), the 1989 girls' basketball team, Josh Maddocks (1990), Jen Moran (1994), Brittany Shields (2008) and Coach Ken Thomas.

Athletic Director Chris Salumn would not say why each inductee was chosen, or provide biographical information, prior to the ceremony. But for some inductees, it's not hard to figure out:

Scoba, who died in 2006, was "probably the greatest [football] backfield man ever to be graduated from the Cold Spring school," wrote the *Peekskill Evening Star* a year after he graduated. He became an All-American at Syracuse.

Schatzle, who died in 2011, was a sprinter for the Blue Devils who went on to run for Manhattan College. In 1953, as a member of the U.S. track team, he won the 100- and 220-yard titles at the British Games.

The girls' basketball team of 1989 won

the school's first state championship, in Class D.

Moran, a basketball standout, scored 1,776 career points for the Blue Devils, a record that stood for 14 years until broken by Shields, below.

Shields, another basketball star, scored 1,950 points during her Haldane career. As a senior, the guard led the Blue Devils to the Class C state championship and was named MVP. Shields went on to play for Pace University.

Thomas, in 13 seasons coaching the

girls' basketball team before his retirement in 2001, went 274-39, including four Class D state championships.

#### Haldane Homecoming

**Friday, Oct. 12**

Football vs. Millbrook, 7 p.m.

**Saturday, Oct. 13**

Boys' Soccer vs. Irvington, 11 a.m.

Volleyball vs. Ossining, Noon

Girls' Soccer vs. North Salem, 2 p.m.

#### Varsity Scoreboard

##### Football

Tuckahoe 22, Haldane 12  
*Sam Giachinta (20 carries, 156 yards, TD); Brandon Twoguns (7-for-18 passing 87 yards, TD, 80 yards rushing)*  
Brewster 21, Beacon 14  
*Joseph DeCandia (16-for-34, 140 yards TD); Jaden Navarro (10 catches, 93 yards, TD)*

##### Boys' Soccer

Putnam Valley 3, Haldane 2  
Blind Brook 7, Haldane 1  
North Salem 6, Haldane 0  
Beacon 6, Henry Hudson 1

##### Girls' Soccer

Haldane 1, Arlington 1  
Beacon 6, Yonkers 0  
*Eliza Ericson (4), Chloe Antalek (2)*

Beacon 8, Peekskill 1  
*Reanna Cader (2), Analiese Compagnone (2)*

##### Girls' Swimming

Beacon 89, Port Chester 53  
Putnam Valley-Mahopac 90, Beacon 80

##### Volleyball

Haldane 3, Albertus Magnus 1  
Valhalla 3, Haldane 1  
Arlington 3, Beacon 2  
Lourdes 3, Beacon 1  
Beacon 3, Henry Hudson 0  
Beacon 3, Roosevelt 0

##### Tennis

Pleasantville 3, Haldane 2  
Haldane 5, Croton 0  
Haldane 4, Tuckahoe 1  
Briarcliff 3, Haldane 2  
Beacon 7, Eastchester 0  
Carmel 4, Beacon 3



#### Haldane Boosters

The Blue Devil Booster Club offers support to student-athletes at Haldane High School, including through grants and scholarships. It meets on the third Monday of the month at 7:30 p.m. in the Home Economics room at the school. Memberships are \$10 for individuals and \$25 for families by sending a check to P.O. Box 356, Cold Spring, NY 10516.