Anti-Abortion Draft Ignites Debate at Putnam Legislature

Montgomery clashes with other legislators over state law

By Liz Schevtchuk Armstrong

Putnam County’s meeting room turned into a crowded debate chamber Monday (March 18) as residents clashed with legislators and each other over a new state law dealing with abortion and Legislator Nancy Montgomery (D-Philipstown) defied her colleagues by defending it. Despite Montgomery’s pleas, two of the three members of the Legislature’s Health Committee, Amy Sayegh (R-Mahopac) and Toni Addonizio (R-Kent), approved a draft resolution that blasts the Reproductive Health Act for “essentially authorizing infanticide.”

William Gouldman (R-Putnam Valley) the remaining committee member, abstained, without explanation. The committee vote sends the draft to the full Legislature for

(Continued on Page 14)

Challengers Sweep in Nelsonville

First-term mayor and trustee turned out

By Liz Schevtchuk Armstrong

Challengers swept the elections on Tuesday (March 19) in Nelsonville, winning the mayor’s seat and two trustee positions.

Trustee Chris Caccamise, who opposed Mayor Bill O’Neill, the first-term incumbent, won by 15 votes, 110-95, or 54 percent to 46 percent. Caccamise was appointed in August to the Village Board to fill a vacancy.

Newcomers Dove Pedlosky and Lisa Mechaley defeated first-term incumbent Alan Potts to fill the two open trustee seats. (Nelsonville voters in 2017 approved an expansion of the Village Board from three to five members.) Pedlosky received 117 votes, Mechaley won 116 and Potts had 103. Pedlosky and Mechaley will join Trustees Michael Bowman and David Moroney.

Nelsonville has 413 registered voters. In 2017, O’Neill, running unopposed, received 86 votes, and Potts, also running unopposed, received 81. In the Tuesday election, 203 voters participated, for a turnout of just under 50 percent.

The new mayor and trustees are expected to be sworn in at the board’s regul-

(Continued on Page 3)
ALVIN BELL

By Michael Turton

What song would you want played at your funeral?

By Michael Turton

"Another One Bites the Dust," by Queen

"Swirl," by Soul Blind

Either "Into the Mystic," by Van Morrison or "Kashmir," by Led Zeppelin

~ Jessica Dudzik, Beacon

~ Dylan O'Connell, Beacon

~ Karen Maschke, Cold Spring

Five Questions:

1. Where did you grow up?

I grew up in South Hill, Virginia. We were sharecroppers. My father grew 10 acres of tobacco; that's a lot! It was backbreaking work. I was in the fields from when the sun came up until the sun went down, 18 hours a day. I wasn't paid but we got enough money for food, school clothes and the like. When we were kids, we didn't have the 25 cents for a haircut. I was about 8 or 10 years old when my mother had me cut Mr. Jones' hair. It looked pretty good! Then I cut his kids' hair, then Mr. Brown and his kids' hair, then my brother's hair and our friends' hair. I used shears, hand clippers, nothing electric. That's how I learned the trade.

2. How did you end up as a barber in Beacon?

I boxed in high school, as a middleweight, like Sugar Ray Robinson. I was good, with a hard right. If I had been coached, if I could have come to New York City, maybe I could have made it. I graduated from Mecklenburg County High School after grade 11. I did odd jobs with my brother, like cleaning yards for white people, and saved my money. Soon after I turned 20, I got on the first train north to Beacon. I had relatives here and wanted a job. I've been here 62 years. I worked for seven years at Beacon Piece Dye, a textile company, then went to work at Nabisco for 27 years. (The factory is now Dia:Beacon.) I'm a pressman by trade. I don't want to brag but I worked my way up to become the top pressman. I made $15 an hour and later with overtime as much as $40,000 a year. When Nabisco closed I opened my barber shop. It was like a miracle; cutting hair just came back to me. Tobacco was backbreaking but there's nothing hard about being a barber. People are good. It's one of the best trades in the whole world. My son Michael and my grandson Michael are both barbers, too.

3. What was it like cutting Pete Seeger's hair?

Well, Pete didn't have a lot of hair to cut! I would call him "Mr. Seeger" and he would say, "Don't call me that, my name is Pete!" We did a lot of stuff together, sang together. One time, not long before he died, we were going to perform at the big church on Wolcott Avenue. He said: "Al, we have to rehearse, you know. Where are we going to rehearse?" So, we rehearsed right here in my barber shop. I'm not making that up! We packed the church.

4. Who are your customers?

My business is rated five stars. To be a good barber you just have to satisfy the customer — young and old. The people you meet would blow your mind. Beautiful people. I just got a letter from a woman in Italy who was here. A guy came in the other day who's lived here more than 20 years and didn't know I was here. First thing he said when he sat in the chair was "I feel so comfortable here." Young people come here, and they come back. I'm picking up a lot of newcomers to Beacon. I have as many white customers as I do black customers. Men and women. People know my work; I'm good. I even do traditional hot towel, straight razor shaves. My hands are still smooth. I'm also a very spiritual person; I'm a deacon at Springfield Baptist Church. A lot of brothers and sisters come here and we get right into Scriptures and the Bible. And we talk politics and baseball. I'm a Mets fan.

5. Do you plan on retiring?

I just saw an article about the 107-year-old barber in New Windsor. I want to go meet him, talk to him. I figure I have another 20 years of barbering left in me.
Sheriff calls decision ‘too big for our politicians’

By Liz Schevtchuk Armstrong

A s members of the Putnam County Legislature on Monday (March 18) urged the state to slow the push for legal marijuana, Sheriff Robert Langley termed the issue “too big for Albany.”

Speaking before the Legislature’s Health Committee in a room in which the audience spilled into the hallway, Langley called for a statewide referendum on the legalization of recreational marijuana.

“Let the people be heard,” Langley said. “This is up to our society. This is too big for our politicians.” (Robert Firriolo, the Legislature’s lawyer, noted that New York does not permit statewide referendums.)

In January, Gov. Andrew Cuomo proposed that the state legalize recreational use of marijuana by adults, with taxes providing revenue to fund oversight.

“We need to tell the governor to slow down on this,” said legislator Amy Sayegh (R-Mahopac), a member of the committee.

“The real issue here is the children,” added legislator Carl Albano (R-Carmel). Were it just a question of adult use of marijuana, with no chance that children could obtain it, “I don’t think anyone would lose too much sleep.”

The sheriff cautioned that state income from marijuana operations is likely to be offset by the costs of increased law enforcement and social ills. “Can we afford this?” he asked. “Is it really worth it?”

He recalled investigating a traffic accident which, he said, involved marijuana: “I walked around on a roadway which was covered with brain matter. Is that what we want in our society?”

Although he said he supports the medical use of prescribed marijuana, which is legal in New York, the sheriff warned that legalizing marijuana for recreational use could lead to increased mental health problems. He said 58 percent of inmates in the Putnam County Jail suffer from mental problems, yet New York State does not fund county jail treatment efforts. If the situation gets worse, “who’s going to pay?” he asked. “We all are.”

Moreover, he asserted, criminals would target licensed marijuana stores. “You’re taking a major risk. We’re going to take steps backward by legalization of marijuana. I want to take steps forward. We need to put our heads together and come up with a plan.”

Kristin McConnell, executive director of the Prevention Council of Putnam, shared statistics that dovetailed with Langley’s remarks. According to the National Institute on Drug Abuse, about 6 percent of high school seniors report daily use of marijuana.

She also noted a 2018 survey that found 35 percent of high school seniors in Putnam reported using marijuana in the preceding 30 days, compared to the national average of 23 percent. In addition, she said, 54 percent of Putnam students regarded marijuana as harmful, compared to 79 percent in 2008. She said pot use among local teens outstrips their tobacco use and that marijuana is addictive and can lead to psychosis.

New York must “slow down right now and look at all the costs,” she told the committee. “It’s a health and safety issue and should be driven by science, not profits.”

Audience members jumped into the debate. A Cold Spring resident commended Langley. “We want our kids and our families to be safe,” she said.

A Putnam Valley resident, who said that he abandoned marijuana after smoking it for 20 years without becoming addicted, objected to suggestions that pot automatically triggers addiction. He supported overall legalization of drugs under tight restrictions that include bans on teen access.

A Mahopac woman likewise called the idea that pot users are destined to become addicts “a scare tactic” and termed some of McConnell’s statements “alarmist and inaccurate.” She backed marijuana legalization, claiming that “only through legalization can we regulate what’s out there.”

Another attendee proposed a follow-up session with invited speakers who support legalization.

HELP WANTED

The Haldane Central School District, Cold Spring, NY is seeking candidates who hold a NYS Registered Nurse license for the role of per diem nurse substitute. Candidates with experience working in a school setting preferred, but not required. This position pays $90 per day. An application may be requested by calling the school at 845-265-9254, ext. 122 or candidates can download and mail a non-teaching application from the school website at www.haldaneschool.org, click on the ‘Departments’ tab from the home page, choose ‘Employment Resources’ from the drop-down menu; click ‘Employment Opportunities’, then scroll down to ‘Employment Application’ to print the application. Mail completed application to the attention of Mr. David Wallick, Principal, Haldane Elementary School, 15 Craigside Drive, Cold Spring, NY 10516 by Monday, April 1, 2019. A fingerprinting/criminal background check is required.

County Legislators Discuss Pot Legalization

Sheriff calls decision ‘too big for our politicians’
Geothermal

I was disappointed to read that geothermal heating and cooling will not be included in the Garrison school district’s capital improvement project vote on May 21 (“School Board Budget Time,” March 8). Instead voters will have no option but to go with an oil-dependent heating system.

U.S. schools spend more than $6 billion each year on energy — more than they spend on computers and textbooks combined. Most schools, like our own, occupy older buildings that often have poor operational performance.

At the end of the day, geothermal lost to a conventional heating system not because it can’t be done — our neighboring district in Putnam Valley is a great example — but most likely due to the perceived risk of an uncertain return on investment.

But what about the risks of locking the school into oil for 30 years? That brings us to the year 2050, when carbon emissions should have long ago stopped.

The problem with an oil-dependent system is the appearance that it is the cheaper solution. But it would be shortsighted to not consider that a tax or fee will be placed on carbon in the near future. Climate change is not going away, and as we kick that can farther down the road, the solutions will only have to be more drastic.

At the very least we need to do an energy audit and make a long-term plan to retro-fit our existing building so we are operating efficiently.

Finally, there are other options besides heating with oil or geothermal. We could instead use air-source heat pumps, for example, which in those days was a major hit. It garnered Julie Harris (playing Sally Bowles) the first of her five Tony Awards and the script by John Van Druten was named the Best American Play of 1952 by the New York Drama Critics Circle.


James Shearwood, Kent Lakes

Boatyard vision

In the March 8 issue, Sandy Saunders wrote to suggest that a boatyard be constructed across from Ferry Boat Landing. Over the years, visitors have enjoyed the view and the opportunity to relax and enjoy the water. It would be nice to see something come of this idea.

As a taxpayer and parent, I want our children to spend their day in a safe environment conducive to learning, but I also expect them to be able to do that trek. We should have long ago stopped.

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In the March 8 issue, Sandy Saunders wrote to suggest that a boatyard be considered for Dockside Park. A lot of people visit Cold Spring from the Cornwall Yacht Club, but there are no docks that can accommodate larger boats of 30 feet to 45 feet. These boats carry many people who love the restaurants and to visit Moo Moo’s for ice cream!

How about some moorings and a dinghy dock? When we had a smaller boat, there were many times there wasn’t any dockage. Boaters are a perfect target market for your village. Good luck with your planning.

Sandy Wilson, Cornwall

Welcome to Beacon

I understand that the lot on which Ferry Landing townhouses are proposed is unfortunately zoned for residential development (“Beacon Townhouse Proposal Moves Forward,” March 15). The buildings won’t convey “Welcome to Beacon” as the first thing visitors and residents see when they come up from the train station. Rather, it will convey, “In Beacon, we build on every square inch available.”

This tiny lot, nestled below a cliff, is an inappropriate spot for townhouses, especially if they are four stories tall. In addition, it could cause a traffic hazard. Visually and safety-wise, it should not pass the necessary environmental review. We should not be the prisoner of past zoning errors.

Arthur Camins, Beacon

Cabaret

It was good to learn Haldane Drama presented Cabaret and better still that The Current covered it (“The Party’s Over,” March 8). But in discussing how Christopher Isherwood’s Berlin Stories was adapted, Alison Rooney wrote: “The material was adapted into a poorly received play, I Am a Camera, in 1951.”

Poorly received? The play ran for seven- and-a-half months, or 214 performances, which in those days was a major hit. It garnered Julie Harris (playing Sally Bowles) the first of her five Tony Awards and the script by John Van Druten was named the Best American Play of 1952 by the New York Drama Critics Circle.


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Arthur Camins, Beacon

Those loud-as-hell train whistles blowing constantly and the wonderful bass blasting from Newburgh will be an added bonus.

Laurie Gallio, via Facebook

I have a spare half-acre and could only get permission to build a garden shed. Jeanette Boyles, via Facebook

Build away. Why should this build be stopped? Everyone else gets to build.

Luis Galarza, via Facebook

The Highlands Current
Beacon Parking (from Page 1)

tiple spaces and five would cover single spaces — but that the equipment would pay for itself in about 16 months.

Meters could be a tough sell for both the council and residents. Council Members Amber Grant and Jodi McCredo said off the bat that their instinct is not to charge for parking. Meters could penalize merchants already dealing with high rents, McCredo argued, while Grant said that alternatives to driving should be a bigger part of the conversation.

“If the goal is to create a more walkable and bikeable city, what else are we doing to get to that end?” Grant asked. In addition to bike racks installed on Main Street in recent years, “there’s more that we can do,” she said.

A study conducted in 2014 by Dutchess County estimated there were nearly 1,900 spots on and near Main Street: 1,304 on Main and adjacent streets, and 794 in private and municipal lots. Between 38 percent and 59 percent of the spaces were occupied at any given time, the county found, with peak usage on weekdays.

With an 85 percent occupancy rate considered ideal, the data “suggests there is still ample parking capacity in the downtown area for future growth,” the Dutchess planners wrote.

Many have changed since 2014, and the city plans to take new counts, possibly using drone photography, along Main Street, Verplank Avenue, Washington Avenue and several streets that run parallel to Main, Casale said.

At 291 Main St., the Telephone Building isn’t as affected by a parking crunch as merchants on the east and west ends of Main could be. The Telephone Building — the headquarters more than 110 years ago for the Hudson River Telephone Co. — also has its own lot. But Deborah Bigelow, the building’s owner since 1992, said she noticed a spike in pedestrian and street traffic in the summer of 2017, when it became difficult to park the equipment she uses to maintain the Main Street facade of the building.

As a shopper, she added, “I know there are days of the week and times of the day when it’s going to be hard to park on Main Street. That has, more or less, always been the case. Now, it’s more the case.”

“Friday afternoon was always tough. So was Saturday,” she said. “But those windows used to be smaller. Now it’s Thursday through Sunday.”

In addition to meters, the Dutchess planners recommended revenue-sharing to incentivize owners of private lots to open them to the public; building a lot on the east side of the Madam Brett House; and adding clearer striping on roads adjacent to Main to encourage more parking there.

Beacon has moved forward on other recommendations in the report, such as enhanced bus service — the Beacon Free Loop bus was launched last year — and establishing the fund for parking and Main Street improvements. The report recommended improved biking and walking access in the city, as well.

During the March 11 meeting, city planning consultant John Clarke suggested gathering the parking studies that developers have done when seeking approval for their projects and using them to create a composite view. The city could then commission a new report that included a bike-plan study, he said.

“That’s how you can provide a good alternative for parking and traffic issues,” he explained. “You can accumulate all that development data instead of having to start from scratch again.”

What About Cold Spring?

There have been discussions over the years of adding parking meters on Main Street to ease congestion and as a source of revenue.

A parking committee formed in 2008 counted 2,550 parking spots in the village, including 950 off-street (excluding driveways) and 1,600 on the street. It calculated that metering 121 spots on Main Street and at Depot Square with 12 pay-and-display stations, as well as 46 spots in the municipal lot on Fair Street with a single pay station, could bring in $180,000 annually based on a rate of 50 cents per hour on weekdays and $1 per hour on weekends and the meters operating from 11 a.m. to 8 p.m. daily.

The Village Board didn’t act on the report, and in 2014 another parking committee was formed. It recommended removing the painted lines on Main Street, which studies had shown could increase the space for parked cars by 15 percent.

In 2016 the village added the single pay station to the municipal lot that had been recommended by the 2008 committee. It grossed $15,000 in six months, exceeding expectations.

Looking to Aspen

When considering parking, the federal Department of Transportation points to Aspen, Colorado, as an example of a city that’s taken a “contemporary” approach.

Aspen implemented a “pay-and-display” parking system in 1995 (drivers place a receipt on their dashboard) while issuing residential permits for adjacent neighborhoods and doubling its bus services. Its goal, the city says, was to “decrease congestion, improve air quality and preserve our small-town character.” The revenue funds free public transportation in Aspen.

The changes were initially panned by many residents, and the city council agreed to hold a public referendum after it had been in place for three months. By the time of the vote, three-quarters of voters supported it.

A map posted on the city’s website shows its municipal parking lots in black.
The Cold Spring Police Department recently purchased a 2018 Ford Interceptor from The Cruiser Division, a Mamaroneck-based dealer that specializes in municipal and law-enforcement vehicles. The all-wheel drive SUV, outfitted for police duty, cost $39,973. Purchasing a police vehicle isn’t much different from buying a family car, but the options couldn’t be more disparate.  

Photo by M. Turton

By Michael Turton

Computer Mount, Docking Station $1,056
Radio Installation $250 (from inventory)
Siren & Light Controls $600
Ticket Printer-Holder $125
Computer $2,000
(E Courtesy Putnam County District Attorney)
Electronics Tray $186
Radar $1,200 (NYS grant)

Prisoner Cage & Barrier $200
Light Displays $658
Back Seat Cover $300

Gun Mount, Gun Locks $100

Push Bumper $400
Lettering & Striping $850
Door Panels, Window Bars $380

Radar $1,200 (NYS grant)
Electronics Tray $186
Ticket Printer-Holder $125
Computer $2,000

Siren & Light Controls $600

Radio Installation $250 (from inventory)

Computer Mount, Docking Station $1,056

MAGAZZINO ITALIAN ART

Giovanni Anselmo
Alighiero Boetti
Pier Paolo Calzolari
Luciano Fabro
Jannis Kounellis
Mario Merz

Marisa Merz
Giulio Paolini
Pino Pascali
Giuseppe Penone
Michelangelo Pistoletto
Gilberto Zorio

Thursday through Monday,
11am to 5pm
Admission is free to the public
2700 Route 9
Cold Spring, NY 10516
magazzino.art
The Calendar

By Alison Rooney

Time and again, music took a back seat in Claudia Gibson’s life. As her 30s overtook her 20s, she set aside her aspirations as a singer and songwriter to care for her three children in Cold Spring, and her career was again delayed by the 2008 recession.

More recently, with her children grown, she has established herself in the music scene in Austin, about 45 minutes from Wimberley, the small Texas city where her family moved in 2007 for a change of pace and scenery after 18 years in Philipstown.

Gibson will return to the Highlands next week to perform at Dogwood in Beacon on Thursday, March 28, and at the Depot Theatre in Garrison on Friday, March 29. Accompanied by guitarist Chip Larison, she will play songs from her album, Louisana Sky, released earlier this month.

After growing up in Rockland County and studying guitar at SUNY New Paltz, the singer-songwriter moved to New York City but recalls having trouble getting a band together. “I was in the wrong places, playing the wrong music,” she says now. “I wasn’t playing what was authentic to me.”

She and her husband, Harlan Gibson, who is a chef, gave up a rent-controlled, $250-per-month apartment in the East Village to move to Cold Spring to raise their children. Gibson found part-time work in the city and also worked as a reporter for The Putnam County News & Recorder.

She stayed connected to music mostly through the Hudson Valley Musicians Alliance, which met monthly. A trip to Northern California to visit her sister, who was running a music camp, rejuvenated her, Gibson says. “I didn’t have a guitar at that point, but I bought a little Taylor and started writing again.”

There were immediate challenges for the family after the 2007 move to the southwest. Harlan was laid off, their older son was treated for cancer and their younger son had brain surgery. (Everyone is healthy — and employed — now.) “We put our plans on hold,” Claudia says. “It was a difficult period for all of us.”

As the economy recovered, Gibson began performing at open mics and attending the weekly Austin Songwriters Group. In 2015, she used a few thousand dollars inherited from her mother to attend a retreat in Austin called Songfarmer. One of its founders, Gordy Quisp of the Americana group Band of Heathens, called her afterward, “very enthusiastic about my work. I thought it was a practical joke. I wasn’t used to success!” (Quist produced Gibson’s 2016 debut, Step by Step.)

The Calendar (Continued on Page 10)

Intertwined Lives

The founders of a Beacon knit shop discuss their connections

By Brian PJ Cronin

Anna Pulvermakher and Oejong Kim are the founders of Loopy Mango, a yarn and knitting store at 500 Main St. in Beacon. Their first book, Loopy Mango Knitting, will be published by Abrams in the fall.

How did you meet?

Pulvermakher: Fifteen years ago, at a workshop at the Fashion Institute of Technology, I opened the door and there was Oejong.

Kim: She fell in love with me.

P: I said, “Wow I’ve never seen anyone like her before!” When people meet her, they just want to be around her.

K: Not true.

P: It’s true! When she was living in Japan, this one woman wanted to adopt her, even though she was in her 30s.

K: I was nicer then, and not so grumpy.

P: So we barely knew each other, but I was working on a series of portraits and I asked her if she wanted to pose. A month later she came to my studio, and while she was posing, she was crocheting. And I said, “I used to crochet when I was little with my mom and my grandma.” But she was doing it in this modern way that I had never seen before. She took me to some yarn stores. Then one day...

(Continued on Page 10)
THE WEEK AHEAD
Edited by Pamela Doan (calendar@highlandscurrent.org)
For a complete listing of events, see highlandscurrent.org/calendar.

COMMITTEE

SAT 23
Sugar Maple Celebration
FISHKILL
10 a.m. – 4 p.m. Sharpe Reservation 436 Van Wyck Lake Road | 845-897-4320
maple-celebration@fishkillconservancy.org
See how maple sugaring is done, enter a maple syrup contest, watch an animal show and check out the nature discovery room and planetarium. Free

SAT 24
Maple Syrup Day
COLD SPRING
10 a.m. – 1 p.m. Stone Point 3011 Route 9 | littlestonny.org
This annual event will feature a pancake breakfast and demonstration of how maple syrup is made, as well as live music by members of the Breakneck Ridge Revue. Free

COMMUNITY

SAT 23
Free Pet Rabies Vaccination Clinic
MAHOPAC
2 – 5 p.m. South Putnam Animal Hospital 2308 Baldwin Place Road 845-808-1390, x43160
Open to dogs, cats and ferrets. Bring photo ID to prove Putnam County residency, along with evidence of prior vaccination. Free

SAT 23
Restaurant Week
HUDSON VALLEY
valleystable.com/hrvw
This weekend will be the final two days of the annual Hudson Valley Restaurant Week organized by The Valley Table, with nearly 200 restaurants offering three-course meals for $22.95 and dinners for $32.95. Local restaurants include Baja 328, Melzingah Tap House, The Pandorica and The Roundhouse in Beacon and Cathy’s Tuscan Grill, the Hudson House River Inn and Riverview in Cold Spring. Also, SUN 24.

SAT 23
Purim Celebration
COLD SPRING
4 p.m. St. Mary’s Church 1 Chestnut St. philipstownreformsynagogue.org
The Philipstown Reform Synagogue invites community members to dress in costumes and participate in reading the Book of Esther, known in Hebrew as “the Scroll” (Megillah). Bring noisemakers and enjoy pizza. Free

SUN 24
Maple Syrup Day
COLD SPRING
10 a.m. – 1 p.m. Stone Point 3011 Route 9 | littlestonny.org
This annual event will feature a pancake breakfast and demonstration of how maple syrup is made, as well as live music by members of the Breakneck Ridge Revue. Free

SUN 24
Castle to River Run
GARRISON
7:30 a.m. Philipstown Recreation Center 107 Glenclyffe Drive | castle-to-river-run.org
This annual race, rescheduled from November, features views of the Highlands. Check-in begins at 7:30 a.m. with the 5k race ($65 fee) at 8 a.m., the half-marathon ($45) at 9 a.m., the 5K ($25) at 9:30 a.m. and the youth 1-mile (free) at 11:30 a.m. Register online by FRI 29.

SUN 31
Soup4Greens
BEACON
10 a.m. – 2 p.m. VFW Hall 413 Main St. | beaconfarmersmarket.org
Purchase bowls of soup donated by restaurants and individuals to benefit Greens4Greens, a food program organized by Common Ground Farm and the Cornell Cooperative Extension Dutchess County’s Green Teens.

SAT 31
STAGE & SCREEN

Ajuma
PEEKSKILL
3 p.m. Hudson Valley MOCA 1704 E. Main St. | 914-788-0100
hudsonvalleymoca.org
The spoken-word and visual artist Katri Walker will present this one-person show based on sevenTestimonies of women who overcame isolation, depression and recovery from parental neglect and trauma. A Q&A will follow. Also, SAT 30. Cost: $20 ($15 members)

SAT 30
Lily Red’s Journey Through Tale Town
GARRISON
3 & 4 p.m. Philipstown Depot Theatre 10 Garrison’s Landing | 845-424-3900
brownpapertickets.com/event/4189693
The Depot’s Young Players (Wyatt Rose Chadwick, Allegra Clementson, Carla Coleman, Nomi Karetney, Diem Lee, Gabriel Marzollo, Calista Mc Dermott, Emily McPher son, Dean Moyer, Ora Nobel, Suli O’Shea, Natalie Taylor, Sophia Taylor and Emily Wynn) will present this play written by Kalista Sale Parrish. Cost: $3

STAGE & SCREEN

Rebirth Into Motherhood
BEACON
3 p.m. Howland Cultural Center 477 Main St. | 845-831-4988
rebirth.brownpapertickets.com
A reading of a new play by Erin Buckley that explores the challenges of new mothers that are not often discussed, including fertility, feelings of guilt and loss, sex, anxiety, loneliness, depression and recovery after birth. Cost: $5 ($10 door)

TALKS & TOURS

THURS 28
Smallfoot
GARRISON
6 p.m. Desmondfishlibrary.org 472 Route 403 | 845-424-3020
This 2018 animated comedy, a Yeti discovers a human but no one believes him, so he must go on a journey to prove it. Rated PG. Free

TALKS & TOURS

SPARK
BEACON
7 p.m. Riverview Funeral Home 2 Beekman St. | 845-831-0380
riverviewbyhalveyn.com
This presentation will look at Montano’s work, which explores healing, aging and death and is on display at the Dorsky Museum at SUNY New Paltz through April 14. The funeral home contributed material for the Dorsky exhibit. Montano is a visual and performance artist based in Saugerties. RSVP to riverviewbyhalveyn@gmail.com. Free

SUN 24
A Student Chess Tournament
COLD SPRING
9:45 a.m. Haldane Elementary School 313 Main St. | chessny.org
Join D. R. Whitehead for the launch of Taylor’s Party Dilemma, the first in her Middle School Mayhem series of children’s books.

SUN 24
Dutchess County Genealogical Society
DOVER PLAINS
1 p.m. Beacon Library 3128 Route 22 | dcgs-gen.org
Valerie LaRobardier, the society president and “Family Trails” columnist for The Current, will introduce internet research techniques to find veteran ancestors, with a focus on World War I and the Revolutionary War. Free

SUN 24
Working OverTime
BEACON
5 – 8 p.m. No. 3 Reading Room 469 Main St. | bookshopworks.com
Clarence Morgan and David Rich, longtime colleagues, explore in their works on paper the meanings of “overtime.” The artists will talk about their work at 2 p.m. on SUN 24.

MON 25
Linda Montano: The Art/Life Hospital
BEACON
7 p.m. Riverview Funeral Home 2 Beekman St. | 845-831-0380
riverviewbyhalveyn.com
This presentation will look at Montano’s work, which explores healing, aging and death and is on display at the Dorsky Museum at SUNY New Paltz through April 14. The funeral home contributed material for the Dorsky exhibit. Montano is a visual and performance artist based in Saugerties. RSVP to riverviewbyhalveyn@gmail.com. Free

MON 25
Electronics Recycling
POUGHKEEPSIE
12 – 3 p.m. Amsterdam Plaza 465 Dutchess Turnpike | 845-463-6020
Department of Public Works
Open to Dutchess County residents. Accepts large appliances, TVs, cell phones, printers, small appliances, etc. Free

MON 25
Dutchess County Green Teens
POUGHKEEPSIE
6 – 9 p.m. Create Community 11 Peekskill Road createcommunityspace.com
Samantha Palmeri, a painter and former director of Beacon Open Studios, curated this show with Jean Brennan and Greg Slick. See Page 12.

TALKS & TOURS

SAT 23
Embodied Equity Project
BEACON
1 p.m. All Souls Unitarian Universalist Church 291 Main St. | embodiedequityproject.com
This four-hour experimental workshop will bring white people together for anti-racism exercises and “accountable community practices” to help them become “more useful and active in the growing multiracial coalition to end racism.” Cost: $40 to $100
THURS 28
300 Years of Hudson Valley Communities
BEACON
7 p.m. Beacon Sloop Club
2 Red Flynn Drive | 845-463-4660
beaconsloopclub.org
Architectural historian James Kelly will explore the development of the great-estate communities along the Hudson River. The event was rescheduled from March 21. Free

SUN 31
Land Use and Forest Regeneration in Putnam County
PUTNAM VALLEY
11 a.m. Tompkins Corners Cultural Center
729 Peeksill Hollow Road | 845-528-7280 | tompkinscorners.org
Hiker and historian Ed Illiano will recount the story of Putnam through the lens of land use and forest regeneration. Free

WED 27
First-Time Homebuyer Seminar
BEACON
6 p.m. JonCar Realty | 387 Main St.
A panel that includes a real-estate agent, a lender, an insurance agent and a lawyer will discuss the process. RSVP to KMargineJonCarRealty@gmail.com. Free

WED 27
Dutchess During World War I
BEACON
7 p.m. VFW Building | 413 Main St. 845-831-0514
vbeaconhistorical.org
Bill Jeffrey, executive director of the Dutchess County Historical Society, will provide background and context for the Over Here exhibit at the Beacon Historical Society that examines the “yet-to-be-told” stories of women, men and children in Dutchess County during the first World War. Free

THURS 28
PoemsProseDialogue
BEACON
7 p.m. Towne Crier | 379 Main St. 845-855-1300 | townecrier.com
Edwin Torres will bring his audio-visual body-lingo to the Calling All Poets Series in celebration of his book, Xoeteox: the infinite word object, and his forthcoming anthology, The Body In Language. Cost: $5 donation

SAT 23
Diary of the Chapel’s Architect
COLD SPRING
3 p.m. Chapel Restoration | 45 Market St. 845-265-5537 | chapelrestoration.org
In 1832, an 18-year-old English immigrant named Thomas Kelah Wharton designed what is now the Chapel Restoration. Steve Walton, a professor of history at Michigan Tech, and Michael Armstrong, a former board president of Chapel Restoration, edited Wharton’s journals for a book published earlier this year by SUNY Press. They will speak as part of the Sunset Reading Series. Free

TUES 26
Project Drawdown
GARRISON
6:30 p.m. Desert-Fish Library
472 Route 403 | 845-424-3020
desertfishlibrary.org
As part of this statewide community reading program, environmental journalist Andy Desmondfishlibrary.org
472 Route 403 | 845-424-3020
desertfishlibrary.org
Pete Salmonsolhn of the Putnam Highlands Audubon Society will lead an interactive program on bird identification for adults and children ages 8 and older. Free

TUES 26
Alexa in Your Home
GARRISON
7 p.m. Desert-Fish Library
472 Route 403 | 845-424-3020
desertfishlibrary.org
Pam McCluskey-Doran and Jennifer Harrison-Wilson will share ways to maximize your experience with Amazon’s digital assistant. Free

SAT 23
First-Time Homebuyer Seminar
BEACON
6 p.m. JonCar Realty | 387 Main St.
A panel that includes a real-estate agent, a lender, an insurance agent and a lawyer will discuss the process. RSVP to KMargineJonCarRealty@gmail.com. Free

SAT 23
Dean Friedman
PEEKSKILL
8 p.m. Central Market Dramatic Hall
900 Main St. | eventbrite.dean-friedman.com
Friedman will be performing, on guitar and keyboards, songs from his four-decade career, including radio hits and fan favorites from his eight albums. Cost: $19.50 to $27.50

SUN 24
Molsky’s Mountain Drifters
BEACON
7 p.m. Towne Crier | 379 Main St. 845-855-1300 | townecrier.com
Bruce Molsky, a Grammy-nominated fiddler and Berklee Visiting Scholar, performs with guitarist Stash Wyslouch and Allison de Groot, a master of the clawhammer banjo. Cost: $20 ($25 door)

FRI 29
Claudia Gibson
GARRISON
7:30 p.m. Philipstown Depot Theatre
2 p.m. Desmond-Fish Library
11 Peekskill Road | haldanearts.org
The former Cold Spring resident, now based near Austin, Texas, returns to the Highlands to perform at the Depot and on THURS 28 at Dogwood in Beacon. See Page 7. Cost: $20

FRI 29
Mike Baggetta, Mike Watt and Stephen Hodges
BEACON
8 p.m. Howland Cultural Center
477 Main St. | 845-831-4988
howlandmusic.org
The trio, which specializes in “post-genre improvisational grove,” is touring to support its album, The Many — celebrate the music and cultural heritage of Ireland. The group is accompanied by an orchestra and a band of drums and pipes, along with dancers. Cost: $45

MON 25
City Council
BEACON
7 p.m. City Hall
1 Municipal Plaza | 845-838-5011
cityofbeacon.org
This four members of Celtic Woman — vocalists Mairéad Carlin, Éabha McMahon and Megan Walsh and violinist Tara McNeil — celebrate the music and cultural heritage of Ireland. The group is accompanied by an orchestra and a band of drums and pipes, along with dancers. Cost: $45

MON 25
School Board
BEACON
7 p.m. Beacon High School 101 Matteawan Road | 845-838-6900
beaconk12.org
Explore the art ofcyanotype printing with Teaching Artist Jamie Young. Cost: $30 ($25 students and seniors)

SAT 30
Alexi Kenney and Renana Gutman
NEWBERG
4 p.m. Howland Cultural Center
477 Main St. | 845-765-3012
howlandmusic.org
The violinist and pianist will perform, as part of the Howland Chamber Music Circle series, a program that includes Sonata for violin and keyboard BWV 1006 by Bach, Airs du Rossignol et Marche Chinois by Stravinsky, Sonata No 16, Op. 96 by Beethoven, L’Eroica Amoroso by Struzzi, and Sonata No 3 by George Enescu. Cost: $30 ($10 students)

FRI 29
Mike Baggetta, Mike Watt and Stephen Hodges
BEACON
8 p.m. Howland Cultural Center
477 Main St. | 845-831-4988
howlandmusic.org
The trio, which specializes in “post-genre improvisational grove,” is touring to support its album, Wall of Flowers. The bands 100 and Zero and 16 Hundred Pound Pig also will perform. Cost: $15 ($20 door)

SAT 30
Thumbscrew
NEWBERG
8 p.m. Atlas Studios | 11 Spring St. 845-391-8855 | atlassymphonycadillac.com
The Sydney-based trio plays “a mixture of jazz, swing folk, blues and old-timey music with a contemporary style.” Back in the day, the Jim Kweskin Jug Band opened for Janis Joplin, Peter Paul & Mary, Linda Ronstadt and The Doors. Cost: $25 ($20 students and seniors)

TUES 26
Board of Trustees
COLD SPRING
7:30 p.m. Village Hall 85 Main St. | 845-265-3611
coldspringny.gov
Gibson (from Page 7)

Gibson also attended the annual Southwest Regional Folk Alliance Conference, where she played for publishers. “It was the first time I’d gotten real, positive feedback and it spurred me on,” she says. “I learned that being genuinely true to your music, and by developing relationships, that’s how things happen.”

Last year, Gibson’s song “Dreamers,” which chronicles the lives of Deferred Action for Childhood Arrivals (DACA) immigrants, won the Woody Guthrie Folk Festival Songwriting Competition. Gibson also last year joined Soul Writers, an online writing group, which provides members with a weekly prompt. “It’s made me a faster songwriter, and I think of Florida. I want to write something fast. Nobody was teaching people how to knit but in Manhattan everyone has a short attention span. We wanted giant yarn so that they could knit something fast. Nobody was making giant yarn, so we bought equipment and started spinning yarn called Big Loop. Then they doubled our rent, so we moved to Key Largo, Florida.”

“I don’t push yourself, you get rusty and there’s less output,” she adds. “It’s important to mess around with your rusty and there’s less output,” she adds.

“I learned that being genuinely true to your music, and by developing relationships, that’s how things happen.”

It’s important to mess around with your rusty and there’s less output,” she adds.

Gibson will perform at 8:30 p.m. on Thursday at Dogwood, and at 7:30 p.m. on Friday at the Depot Theatre. Tickets for the Garrison show are $20 at brownpapertickets.com/event/4187674.

Intertwined (from Page 7)

K: I said, “One day I’d like to open a store.”
P: So we went to Avenue B and opened a store. We thought we could make money selling her crocheted hats and my artwork.

K: Do you remember B Side? The bar?
P: We were right next to B Side.

K: We were there for a year. Then we moved to Brooklyn. It became a lifestyle boutique. Then we moved to SoHo. But it was during the recession and there was scaffolding blocking our storefront.

P: We were almost going out of business. Oejong said, “We’ve tried selling everything, but I want to sell yarn. Let’s sell yarn.” And I said, “No way.” But we were desperate. So we bought some yarn, and suddenly people started coming for our yarn, because Oejong has a good eye and she knows what people like. We wanted to teach people how to knit but in Manhattan everyone has a short attention span. We wanted giant yarn so that they could knit something fast. Nobody was making giant yarn, so we bought equipment and started spinning yarn called Big Loop. Then they doubled our rent, so we moved to Key Largo, Florida.

K: You don’t think of wool when you think of Florida.

P: We focused on production and online sales. We were in Florida for three years, but Oejong got divorced and it had been her husband’s idea to move to Florida. We kept the production and fulfillment in Florida, but we wanted to go back north and we didn’t want to go back to the city. One day we ended up in Beacon. We didn’t know anything about it.

K: We saw a “For Rent” sign and the space had a studio upstairs.

P: We took 20 minutes to make the decision.

HOW DOES THIS ITERATION OF LOOPY MANGO COMPARE TO THE OTHERS?

K: These days you have to do business differently. A physical location is important, but it can be anywhere. And people want to know the story behind the product.

P: During those three years in Florida, we didn’t have a retail space. But we make yarn, and people want to feel it, touch it, try on a sweater before they buy the yarn to make it.

K: We had a customer drive a long way here because, even though she had the pattern, she wanted to talk to us and make sure she was doing it right. It’s nice to meet people like that.

CAN YOU EXPLAIN THE RESURREGENCE OF KNITTING?

K: It skipped a generation. It used to be an uncool grandma thing. But now a lot of young people, because they’ve only seen their grandma do it, have nostalgia for it.

P: There are companies like ours putting a modern twist on it, and because our yarn is so thick, it’s easy to make something with it.

K: After all the manufacturing moved to China, people wanted to know more about not only crafts and their clothing, but their food.

P: You want to know about where ingredients come from and use those to make your own things as opposed to buying something that’s mass-produced. You know slow food? This is slow fashion.

DID YOU MAKE THE SWEATERS YOU’re WEARING?

P: We knit so much that we can’t remember who made what. We also hire remotely trained knitters. They’re all women, and a lot of them have small children at home. Everything is made in the USA. If our goal was just to make money, we’d make acrylic yarn in China, but we don’t like acrylic. It’s a synthetic fiber and it only benefits the oil industry. It’s bad for the environment, and it’s bad for you. So we do natural fibers that are biodegradable. Obviously we need money to sustain the business, but it’s not the main goal. The main goal is to get more yarn and knitting needles for Oejong!

WHAT DOES LOOPY MANGO MEAN?

P: I asked my friend, Vlad, to help us with a name. He said, “How about Loopy Mango? You two are so loopy.” And it stuck.
The Soul of Main Street

After 40 years, BJ’s still has the pig, the cow and the fish

By Michael Turton

Barbara Sims often begins her morning cleaning 50 pounds of fish, to be consumed that day by diners at BJ’s Restaurant, the soul-food destination she has operated on Beacon’s Main Street for more than 40 years.

The lifelong city resident had worked the night shift at the Montrose campus of the Veterans Affairs hospital for 20 years when she opened the restaurant in 1978. A decade of double duty followed. Her mother, Thelma Humphrey, helped out for several years by opening the restaurant at 5 a.m.

“At first I only sold coffee and hamburgers,” Sims recalls. “I grossed $65 a day. It was a poor area then.”

One day a customer helped Sims expand the menu. “This lady came in and said, ‘There’s nobody here. You need to have a fish fry!’”

Sims bought 10 pounds of fish and stuck a makeshift sign in the window. Within two hours, the place was packed, she says, and about an hour after that, the fish was gone.

Whiting is still BJ’s signature seafood, along with porgies and tilapia, and fish and grits is a popular breakfast item.

Asked to define “soul food,” Sims laughs. “It’s everything that comes on the pig and the cow! It’s the pig and the cow!”

BJ’s menu also includes fried, baked and barbecue chicken, barbecue pork ribs, short ribs, pork chops, pig’s feet, oxtails, meatloaf, fish and salmon cakes. “I can never cook enough chicken wings,” she says. Side dishes range from collard greens, yams, mashed potatoes and cabbage to rice and gravy, macaroni and cheese, string beans and cornbread.

The desserts are made on-site. “My daughter Brenda bakes our sweet potato, apple, cherry and peach pies,” Sims says. “Throw some vanilla ice cream on it … and you gain 10 pounds!” The cakes Barbara bakes each day sell out. (BJ’s takes its name from the initials of the mother-daughter team: Barbara Joan and Brenda Joyce.)

“Soul food is part of my heritage,” Sims says, and cooking it well requires “time, patience and a clean kitchen.”

She could save time by cooking 10 pounds of chicken at once but says she wants every order prepared fresh. “If someone gets smart because they are impatient, I tell them I can give them their porkchop raw, or I can cook it,” she says, with a laugh. “I sometimes run off at the mouth!”

Customer attitudes have changed over the decades. “In the early years it was hard to please people,” Sims recalls. “If you gave them a plate of food, they always wanted more.” She finds today’s diners more accommodating. “If they come in on the weekend and it’s busy, they get a beer or wine or soda and relax,” she said. “They tell me the food is worth waiting for.”

Sims says she has witnessed a healthy change in the city, which had as many as 20 bars when she opened for business. “Young people used to buy 40-ounce beers and sit around on the weekend drinking all day,” she says. In the early morning, young men did battle across Main Street, throwing the large, empty bottles at each other. “By 6 a.m., store owners and the fire department had to sweep all the glass off the street so people could park!”

Sims had to replace the restaurant’s picture window numerous times during her first year. “Thank God for the Beacon police,” she says. “They cleared all that up.” Now, people can sit out at night and quietly have a beer. “It’s nice sight. And it’s much safer.”

BJ’s has welcomed its share of celebrities over the years. Cast members from the TV show Good Times often ate there. The Rev. Al Sharpton and a steady stream of lawyers were frequent customers during the infamous 1988 Tawana Brawley case.

But Barbara’s favorite? “Pete Seeger was my best customer; he came in here for years.” She said, adding that Seeger often played his guitar or banjo in the restaurant. And his lunch order was consistent. “He liked fish and wheat bread and a lot of collards. It was good to have him here, very good.”

Brenda Sims served as a master sergeant in the U.S. Army, then worked in a Niagara County law office after earning her J.D. from SUNY Buffalo. She retired in 2004 and has worked at BJ’s ever since.

“I like the customer-service aspect,” she says, adding that she has never worked harder in her life.

Brenda said her mom loves BJ’s, its customers and the community. “This place is her life; she’s worked hard, seven days a week, for 40 years,” she says. “I can’t keep up with her — but I’m not about to tell her that!” Brenda was also emphatic that the restaurant couldn’t survive without its other five employees.

When asked when she might retire, Barbara, who declined to divulge her age, laughs and says: “I am retired, I’m happy, everything is good. I’m not mad at nothing.” The restaurant “was just something to keep me busy, but it got out of hand!”
By Alison Rooney

Samantha Palmeri has ordered two new business cards to reflect her separate, but related, working lives: artist and curator.

"I think of curating as another art form," she explains. At the gallery level, she says, it involves the original vision, choosing the artists, choosing the artworks, hanging the artworks, marketing the show.

"You're dealing with a three-dimensional space and your job is to find the best way to lead the viewers through that space," she says. "You're laying the foundation for their experience. Hanging is more about how the works relate to each other. In my own work, I think about the relationship of abstract forms, and curating has subliminal connections to that."

Palmeri is curating and exhibiting in a three-artist show, Force of Nature, which opens on Saturday, March 30, with a reception from 6 to 9 p.m. at the gallery at Create Community in Nelsonville. It will run through April 28. The other artists are Jean Brennan and Greg Slick.

While planning the show, Palmeri worked closely with the other two artists to make decisions, "which makes the process much more collaborative. All three of us have looked at the space and gone over the floor plans.

"I also went to both Greg's and Jean's studios to see the work and discuss what would work best. Each artist in this instance brought his or her ideas to the discussion of how the work best fit the space and with the other pieces in the show. Each of us has been working on new pieces specifically for this show.

"Texture will play an important part," she adds. "Greg's works are rough-textured stonework, picked at with a chisel. Jean makes clear glass vessels with natural pigment liquid inside."

Two questions Palmeri says she hopes to ask with the exhibit are: What are the origins of art, the forces of nature that compel us to create? And: What links us to the evolutionary and material forces that led to cave painting 40,000 years ago?

"There is a primitive need for humans to put a mark down and call it art," she says. "It can be intentional or not. All three of us are intrigued in some way with pattern recognition, visual memory, the expression of nature through the body, or the body through nature. These have been fundamental since the dawn of modern man."

Create Community Gallery is located at 11 Peekskill Road in Nelsonville. (The entrance is around the corner, on Pine Street.) It is open by appointment.

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Bok Choy with Mushrooms, Soba and Miso Butter

Serves 4

6 to 8 small heads baby bok choy (aka Shanghai bok choy)
10 to 12 medium-large white button mushrooms
7 tablespoons butter
5 tablespoons white miso paste
2 tablespoons sesame oil
1 small shallot, sliced thin
3 cloves garlic, minced
1 teaspoon fresh ginger, minced or grated
½ teaspoon red pepper flakes
½ cup broth (chicken or vegetable)
Splash light soy sauce
1 tablespoon rice wine vinegar
8 to 9 ounces buckwheat soba (2 to 3 small dried bundles)
¼ cup sliced scallion greens for garnish
Poached or soft-cooked egg (optional)

1. Roast mushrooms at 350 degrees for 20 minutes. Cool, quarter and reserve. While mushrooms roast, roughly chop the light stalks of the bok choy and julienne the greens; reserving each separately. In a small saucepan, warm 5 tablespoons of butter and the miso paste.

2. Heat the sesame oil and 2 tablespoons of butter in a large skillet over medium heat. When hot, add shallots and cook, stirring until translucent (about 3 minutes). Add garlic, ginger and red pepper flakes; cook until just fragrant. Add the mushrooms and cook about 2 minutes. Add chopped bok choy stalks and cook, stirring for a couple of minutes. Add ¼ cup broth and a splash of soy sauce, lower heat and cover skillet while you cook the noodles.

3. Boil noodles for 3 minutes. While noodles cook, whisk rice vinegar into 7 tablespoons butter. Heat and reserve. While mushrooms roast, roughly chop the light stalks of the bok choy and julienne the greens; reserving each separately. In a small saucepan, warm 5 tablespoons of butter and the miso paste. Heat and reserve. While mushrooms roast, roughly chop the light stalks of the bok choy and julienne the greens; reserving each separately. In a small saucepan, warm 5 tablespoons of butter and the miso paste.

4. Add bok choy greens to the skillet and keep covered until just wilted. The more delicate bok choy greens are barely wilted at the last minute.

Served atop a nest of buckwheat soba, this could be an undeniably healthy and nearly traditional Chinese-inflected meal — if it weren’t for the luxe, cross-cultural addition of umami-rich miso-butter sauce brightened with a splash of rice wine vinegar. That and the additional and optional (and once again nutritionally questionable) soft-cooked egg.

By Joe Dizney

Five years ago the federal Centers for Disease Control and Prevention published a list of 41 “powerhouse fruits and vegetables” based on the density in each of nutrients associated with cardiovascular and neurological health.

Surprisingly, broccoli, cauliflower, Brussel sprouts and the nefarious kale do not appear until the middle of the list, behind maligned leafy greens such as chard, collard, turnip, mustard and beet greens — giving credence to Michael Pollan’s rule for eating: “Eat food, not too much, mostly plants.”

Topping the list is watercress (with 100 percent nutrient density — although it’s usually dismissed as a garnish), followed at No. 2 by Chinese cabbage, which refers to a large group of related but distinct leafy vegetables such as napa cabbage and bok choy, which is itself a family of at least three greens — bok choy, baby bok choy and Shanghai bok choy.

With bok choy the confusion is pretty much ensured by other less common English designations such as Chinese chard, Chinese mustard, celery mustard and spoon cabbage. Chinese cabbage is a cold, hardy plant, which makes it valuable as a year-round source of nutrition. (Anecdotally, bok choy also has the distinction of being outer-space hardy, being one of a handful of botanical experiments on board the International Space Station that also was eaten by the crew in shades of Matt Damon in The Martian).

But science is one thing and eating is another, and until our collective consciousness, palate and cultures have evolved to accommodate a truly global outlook, it’s relatively easy to meet bok choy on its home ground in this recipe that stresses (and perhaps stretches) Asian influences.

Bok choy is cooked in a homey setting of garlic, ginger and sesame oil. The more substantial white stems or stalks are roughly chopped and braised stovetop along with white button mushrooms. In an additional preliminary step, the mushrooms are dry-roasted to concentrate their flavor before sautéing and braising. The more delicate bok choy greens are barely wilted at the last minute.

Greens, Of — and Out of — This World

Small, Good Things

By Joe Dizney

Also has the distinction of being outer-space source of nutrition. (Anecdotally, bok choy which makes it valuable as a year-round...
Anti-Abortion (from Page 1)

consideration at its next formal monthly meeting, on April 2. Montgomery is the sole Democrat on the nine-member Legislature.

Gov. Andrew Cuomo signed the RHA into law in January after it passed the state Senate and Assembly. It revises the state criminal code, which allows someone to attack a pregnant woman to be charged with criminal abortion, akin to homicide, if the assault killed the fetus after 24 weeks’ gestation. With the change, “homicide” in the criminal code refers specifically to a “human being who has been born and is alive.”

The law also allows licensed and certified health care practitioners—not just doctors—to perform abortions and eliminates a requirement that a second doctor monitor an abortion at 20 weeks’ gestation or later in case it results in the birth of a child who would die without immediate medical care.

Drafted by Robert Firriolo, the Putnam Legislature’s lawyer, the proposed resolution asks the state to repeal the RHA. The resolution claims that the RHA will make abortion more common but less safe; that allowing a late-term abortion to safeguard the woman’s health—not just her life—means a pregnancy can be terminated for almost any reason, including travel; and that removing abortion from the criminal code could “allow violent criminal acts to go unpunished.”

“I have seen women choose abortion for health—not just her life—means a pregnancy can be terminated for almost any reason, including travel; and that removing abortion from the criminal code could “allow violent criminal acts to go unpunished.”

“Our life begins when our hearts start beating,” argued Addonizio, who chairs the committee. “Many people agree that abortion shouldn’t be allowed to stop a beating heart.” She acknowledged a county legislature “can’t reverse” the RHA, but said it can express its opposition.

“It’s important to have our voices heard,” added Legislator Ginny Nacerino (R-Patterson), who sponsored the resolution. She recalled Catholic cardinals’ ongoing trauma after abortions.

In response to Nacerino’s comments and the witnesses, audience members, including Kathleen Foley, a resident of Cold Spring, accused the committee of religious evangelism or of only hearing witnesses whose views reflect its own.

“I find it distressing we’re quoting Catholic bishops,” Foley said. As legislators, “you have a responsibility to separate your personal beliefs” from county business. “You’re proselytizing at a public meeting,” she complained. “If you pass this, don’t do it in my name.”

Nacerino responded that voters “trust us to vote the way we think, to the best of our ability.”

The committee heard remarks at length from the audience, which seemed equally split between RHA opponents and supporters.

Tara Vamos, who also lives in Cold Spring, said good medical service involves birth control. “If you’d like to see less abortion in Putnam County, please put more resources” into multi-faceted reproductive health initiatives, she said.

Similarly, Montgomery said that allowing non-physicians to perform abortions helps women in rural communities get medical care.

“As lawmakers, we are charged to support our people,” she said. “For this Legislature, which has done nothing to provide service for reproductive health care, to be proposing this resolution is troubling, she continued. “Access to reproductive health care,” even to obtain a birth control prescription, is “hard to find. There’s not one clinic in Putnam County.”

Sayegh shot back that “I shop at Macy’s, and there’s no Macy’s in Putnam County.” Montgomery also emphasized that “any infant born alive is a person; therefore … they’re protected. Any propaganda saying we’re committing infanticide is just wrong. It is cruel and wrong. I ask that before we send this [resolution] to Albany, we really consider what we’re saying and get it right.”

Joseph Castellano (R-Mahopac), who chairs the Legislature, said critics “have from now until April 2 to rally people who agree with you.”
7-Day Forecast for the Highlands

Saturday 45/28
Windy with decreasing clouds

Sunday 59/38
Mostly sunny and not as cool

Monday 54/22
Clearing and a couple of showers possible

Tuesday 40/19
Cooler with a blend of sun and clouds

Wednesday 48/29
Mostly cloudy

Thursday 55/36
Partly sunny

Friday 61/43
Mostly sunny

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Snowfall
Past week 0.0"
Month to date 5.8"
Normal month to date 3.3"
Season to date 31.5"
Normal season to date 30.4"
Last season to date 49.1"
Record for 3/20 9.5" (1944)

SUN & MOON
Sunrise today 6:55 AM
Sunset tonight 7:11 PM
Moonrise today 10:28 PM
Moonset today 8:43 AM

7-Day Forecast for the Highlands
Windy with decreasing clouds
Mostly sunny and not as cool
Cooler with a blend of sun and clouds
Partly sunny Clearing and a couple of showers possible
Mostly cloudy
Mostly sunny

Puzzle
ACROSS
1. Element of human psyche
3. Behold; archaic usage
5. Tropical tree & houseplant
6. Supreme being
9. Numerical identifier, by initials
12. Common article
13. Magi mission (3 words)
18. Type an access code (2 words)
19. What track stars run (2 words)
20. Poet Cummings
22. Nature-evoking musical piece
23. Act
25. Bow
27. Part of the Bible, initially
28. Egotistical problem
29. Viewed
30. Type of weight
33. Appellation
34. Contradictory word
35. Connected with
36. 1928 candidate Smith
37. British general in 1777
39. Obtains
42. Grandmother of Jesus
43. Movie rating, abbrev.
45. News service, initially
47. Tree juice
48. Old pronoun
49. Jesus as craftsman
50. 500 sheets of paper
51. Gun-owner group, by initials
52. Army police officer, by initials
53. Near
54. Ethical and principled
55. More uncommon
57. Worshippers at St. Mary’s

DOWNS
1. Third-person pronoun
2. Beacon museum
3. Boy
4. Not off
6. Gunk
7. Church instrument
8. Type of believer
9. Vamoose
10. Rock type
11. Pleasant
14. 550 in Roman Forum
15. Explosive initials
16. Aural appendage
17. French article
20. Dine
21. Epoch
23. Water barrier
24. Have a debt
26. Tiara
27. Water barrier
28. Tree juice
29. Store transactions
31. Afore
32. Baffle and frustrate
33. Horse
37. Dried grass
38. Sole, single
40. Card flap
41. Conduct surveillance
42. Break a sentence into parts
43. Gift from the Lord
44. Gift from the Lord
45. ____ of Two Cities (2 words)
46. Danger
49. Dime or penny
50. Arafat’s group, by initials
51. Gun-owner group, by initials
52. 500 sheets of paper
54. Army police officer, by initials
55. 37th president, initially
56. Army police officer, by initials
57. Ostrich-like bird
58. Snow-sport item
59. Oft-used preposition
63. Spanish “yes”

Answers will be published next week.
See highlandscurrent.org/puzzle for interactive versions.
Seven Beacon Wrestlers Honored

Senior and eighth-grader named to all-section team

By Skip Pearlman

Seven members of the Beacon High School wrestling team earned postseason honors for the Bulldogs, who closed their dual-meet season at 15-5.

“We struggled with some injuries and forfeits along the way,” said Coach Ron Tompkins. “Some of them sacrificed to go up and down (in weight), but it was a close team, and they worked well together.”

Senior Joe Maldonado, a team captain who finished with a 26-4 record at 160 pounds, was named to the Section 1 team and also earned all-league honors for the second year. Eighth-grader Chris Crawford, at 99 pounds, also earned All-Section and All-League recognition after a 34-5 winter that saw him earn a spot at the state tournament (where he went 0-2).

“Joe wrestled through some injuries, and came out of it well,” Tompkins said. “And Crawford is a tough kid. It was a nice accomplishment for him to make states as an eighth-grader. He has a bright future at Beacon.”

Senior captain Dirani Haynes (182 pounds), was named All-League. Javon Dortch, a junior who wrestles at 99 pounds, was named to the All-League team.

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