

The HIGHLANDS Current



Soul of Beacon | Page 11

MARCH 22, 2019

161 MAIN ST., COLD SPRING, N.Y. | highlandscurrent.org



Linda Cochrane of the Hopeline Pregnancy Resource Center held up a plastic fetus during her statement in support of a resolution condemning a new state law. Photo by Ross Corsair

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)

Could Parking Meters Come to Beacon?

City discusses option and revenue it could generate

By Jeff Simms

Beacon officials this year are planning to revisit Main Street parking regulations, a divisive but recurring issue as the city grows.

City leaders have discussed installing timed meters several times, including in 2014, when Dutchess County planners recommended them along Main Street, and in 2015, when the council began to set aside funding for Main Street parking and "streetscape" improvements.

Mayor Randy Casale suggested during the council's March 11 meeting that the fund — it now has \$11,000 in it — should be expanded and used to improve public transit, as well.

The idea, he said, is that parking meters on Main Street, if they're implemented, could be used to upgrade Main Street. "If you want prime parking, you should pay for it," Casale said. With visible improvements, the city could make the case for meters that "here's what it costs to drive and park, and here's what it gives you."

A supplier estimated in 2013 that it would cost the city about \$207,000 to install 24 meters — 19 would handle mul-

(Continued on Page 5)



CLASS ACTION — Haldane fifth-graders Louise Denehy and Philip Cappello were among about 20 students who left class on March 15 to call for more to be done to slow climate change. They joined thousands of students who walked out of school in a global strike inspired by a 16-year-old Swedish activist, Greta Thunberg. See highlandscurrent.org for an account by students at the Manitou School. Photo by Pamela Cook

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 regu-

(Continued on Page 3)



FIVE QUESTIONS: ALVIN BELL

By Michael Turton

Alvin Bell, 84, has been a barber on Main Street in Beacon for 30 years.

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.

How did you end up as a barber in Beacon?

I boxed in high school, as a middle-

weight, 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.

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.

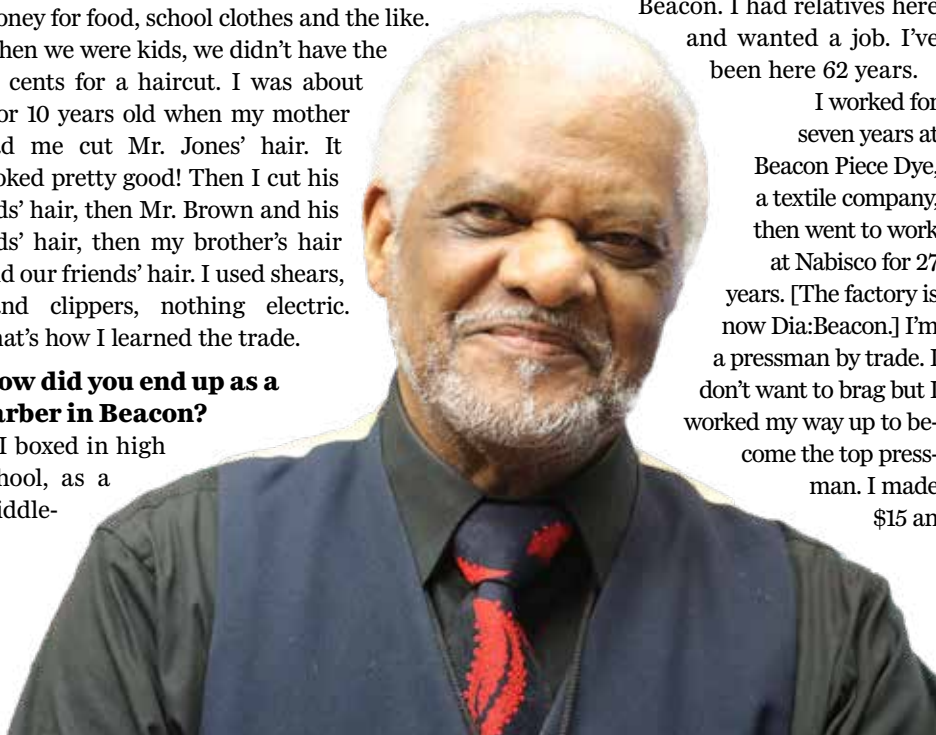
Who are your customers?

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.

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.

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Alvin Bell Photo by M. Turton

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ON THE SPOT

By Michael Turton

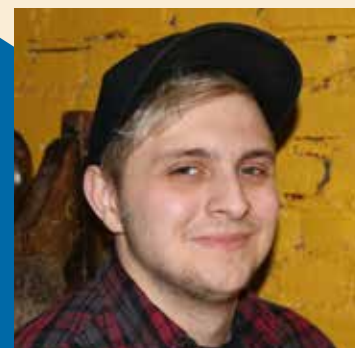
What song would you want played at your funeral?

"Another One Bites the Dust," by Queen



~ Jessica Dudzik, Beacon

"Swirl," by Soul Blind



~ Dylan O'Connell, Beacon

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



~ Karen Maschke, Cold Spring

County Legislators Discuss Pot Legalization

Sheriff calls decision 'too big for our politicians'

By Liz Schevtchuk Armstrong

As 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



Putnam County Sheriff Robert Langley Jr. spoke to legislators on March 18 about his opposition to the legalization of marijuana for recreational use. Photo by Ross Corsair

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.

Nelsonville Vote *(from Page 1)*

lar monthly meeting in April. The term for each position is two years.

At a meeting of the Nelsonville Village Board the day after the election, Caccamise said: "I'd like to compliment Alan and the mayor. They've done a wonderful job. The mayor has amazing ideas. I would just simply approach them from a slightly different way."

During board member remarks, O'Neill said, "I'd like to thank the village for offering me the privilege of serving over the last two years. I hope I can walk away with some sense of achievement."

Potts said: "Thank you for the opportunity, and I wish the incoming board members much success."

The rhetoric before the vote was less reserved, much of it centered on how the Village Board has handled an application to build a cell tower overlooking the Cold Spring Cemetery. After the application was denied, Homeland Towers, Verizon and AT&T sued the village in federal court. (O'Neill said Wednesday that negotiations had broken down and he expected the cases to go to trial.)

Also at issue was whether a conservation easement should be applied to a 4-acre, village-owned plot in the Nelsonville Woods that would limit what the municipality could do with the land.

The campaign involved a clash of personalities. In a post at *highlandscurrent.org* during the week before the vote, Caccamise accused O'Neill of conducting himself "in a dictatorial fashion, not as a first among equals. He has concentrated power, making unilateral decisions, limiting the flow of information among the trustees and restricting our access to the village attorney, on whose counsel the entire board relies. He has treated his colleagues and the public with disdain and disrespect."

O'Neill responded that Caccamise had been "a disappointment" as a trustee. "Meeting after meeting he sat quietly, never offering any perspectives whatsoever. Perhaps my supposed dictatorial style intimidated him." He described Caccamise and the two challengers for trustee positions as a "nasty insurgency coalition."

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LETTERS AND COMMENTS

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 \$8 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 would work in our climate, and would heat and cool.

As a taxpayer and parent, I want our children to spend their day in a safe environment conducive to learning, but I also want it done in a way that doesn't harm the environment (or impact my wallet). A major building system upgrade happens rarely, so we cannot waste this opportunity.

The good news is saving energy equals saving money. That is something we can all get behind.

Krystal Ford, *Garrison*

Tell us what you think

The Current welcomes letters to the editor on its coverage and local issues. Submissions are selected by the editor to provide a variety of opinions and voices, and all are subject to editing for accuracy, clarity and length. We ask that writers remain civil and avoid personal attacks. Letters may be emailed to editor@highlandscurrent.org or mailed to Editor, The Highlands Current, 161 Main St., Cold Spring, NY 10516. The writer's full name, village or city, and email or phone number must be included, but only the name and village or city will be published.

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.

Brooks Atkinson in *The New York Times* praised it, but Walter Kerr in the *New York Herald Tribune* did write, in a famously short review, "Me No Leica."

James Shearwood, *Kent Lakes*

It's a shame that photos of young people smoking cigarettes were used to promote the production.

Erin Giunta, *via Facebook*

Boatyard vision

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.

Judy Wilson, *Cornwall*

Sandy is right about using a launch service to enjoy the water and surrounding views and help ferry hikers back and forth from the trails to the train. It would also create a few jobs. The walkway costs and the maintenance seem out of reach. He is also right about older people who will not be able to do that trek.

It would be nice to see something community-driven at Dockside. The boatyard building could be used for meetings, workshops and other community events. There is a popular boat-building barn in Port Jefferson, Long Island, that builds small boats and sells them. There is also one in the Hamptons. Kayaks, rowboats and other types of boats could be built by teens and elders.

We often take up prime parking on the weekends to load and unload our 14-foot whitehall rowboat. By the time I have accomplished this process, I am tired. I think a rowboat/kayak rack is a must for our village. We would be willing to build it (urbanboatworks.com) and the town could collect rent per slot.

Dana Carini, *Cold Spring*

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*

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.

Jeannette Boyles, *via Facebook*

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

Luis Galarza, *via Facebook*



Beacon Parking *(from Page 1)*

multiple 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.

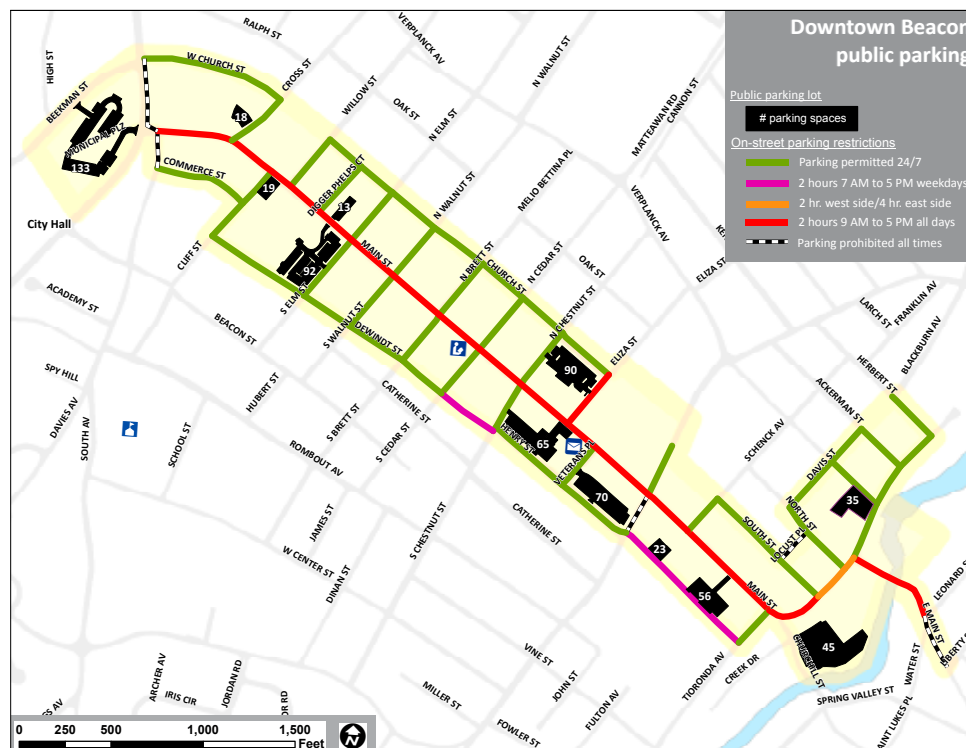
A study conducted in 2014 by Dutchess County estimated there were nearly 1,900 spots on and near Main Street: 1,104 on Main and adjacent streets, and 794 in private and municipal lots. Between 38 percent and 59 percent of the spaces were occupied at any given time, the county found, with peak usage on weekday afternoons.

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

Much has changed since 2014, and the city plans to take new counts, possibly using drone photography, along Main Street, Verplanck 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 100 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



A map posted on the city’s website shows its municipal parking lots in black.

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.”

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.

What About Cold Spring?

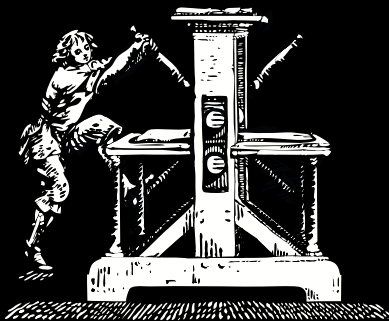
There have been discussions over the years of adding parking meters on Main Street to ease congestion and as a source of revenue.

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.

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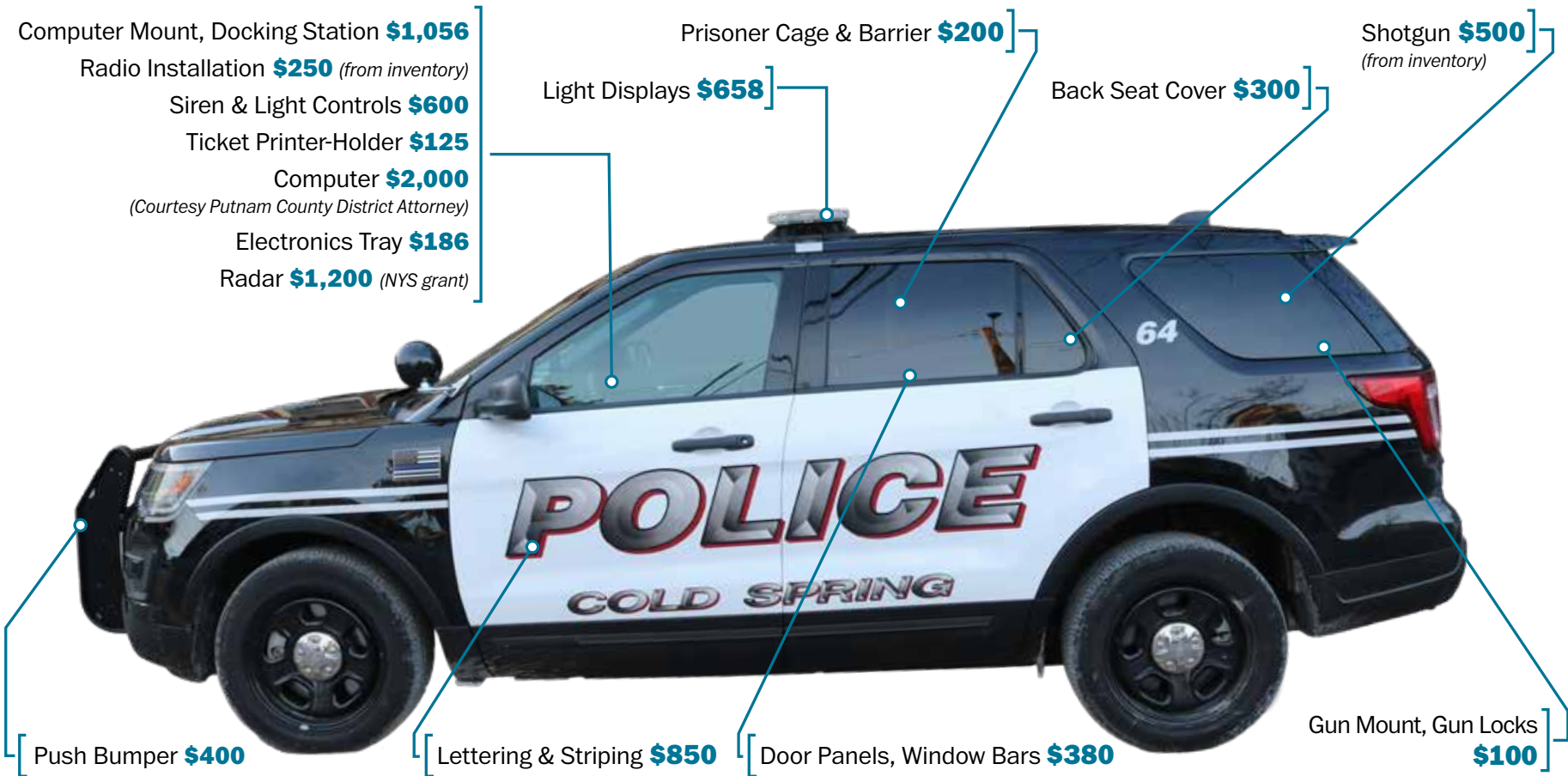
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POLICE CAR PRICING

By Michael Turton

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*



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The Calendar



Claudia Gibson

Photo by Valerie Fremin

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, *Louisiana 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!" (Quisp produced Gibson's 2016 debut, *Step by Step*.)

(Continued on Page 10)

The Gibson Kids

- Tyler is an attorney for the City of New York Department of Investigation.
- Emma designs wigs and is a makeup artist in Austin.
- Nathaniel works in a research lab in New Orleans and hopes to attend graduate school to study environmental biology.

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)



Anna Pulvermakher and Oejong Kim at Loopy Mango

Photo by Monica Simoes

THE WEEK AHEAD

Edited by Pamela Doan (calendar@highlandscurrent.org)
For a complete listing of events, see highlandscurrent.org/calendar.

COMMUNITY

SAT 23

Sugar Maple Celebration

FISHKILL

10 a.m. – 4 p.m. Sharpe Reservation
436 Van Wyck Lake Road | 845-897-4320
freshair.org/maple-celebration

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 23

Free Pet Rabies Vaccination Clinic

MAHOPAC

2 – 5 p.m. South Putnam Animal Hospital
230B Baldwin Place Road
845-808-1390, x43160
putnamcountyny.com

Open to dogs, cats and ferrets. Bring photo ID to prove Putnam County residency, along with evidence of prior vaccination.

SAT 23

Restaurant Week

HUDSON VALLEY

valleytable.com/hvrw

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, prix-fixe lunches for \$22.95 and dinners for \$32.95. Local restaurants include Baja 328, Melzingah Tap House, The Pandorica and The Roundhouse in Beacon and Cathryn'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. Little Stony Point
3011 Route 9D | littlestonypoint.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*

WED 27

CPR Refresher Class

BEACON

7 p.m. Beacon Volunteer Ambulance
1 Arquilla Drive | 845-831-4540, opt. 5
beaconvac.org

RSVP to training@beaconvac.org. *Cost: \$45 (members free)*

FRI 29

Tattoo Fest

POUGHKEEPSIE

2 – 11 p.m. Mid-Hudson Civic Center
14 Civic Center Plaza
hudsonvalleytattoofest.com

More than 200 artists will show their work and take appointments. There will also be live music, food and a “puppy burlesque” show with adoptable dogs. Also, SAT 30, SUN 31. *Cost: \$24 (\$60 for three-day pass)*

SAT 30

Household Hazardous Waste Disposal and Electronics Recycling

POUGHKEEPSIE

8:30 a.m. – Noon.
Department of Public Works
626 Dutchess Turnpike | 845-463-6020
bit.ly/dutchess-waste

The county will accept for

disposal product containers marked Warning, Hazardous, Flammable, Poisonous or Corrosive, along with products such as monitors, printers, TVs and fluorescent tubes. (See site for full list.) Registration is required and limited to the first 360 households. *Cost: \$10*



SUN 31

Castle to River Run

GARRISON

7:30 a.m. Philipstown Recreation Center
107 Glenclyffe Drive | bit.ly/castle-river

This annual race, rescheduled from November, features views of the Highlands. Check-in begins at 7:30 a.m. with the 50k 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.

KIDS & FAMILY

SAT 23

Middle School Mayhem

BEACON

Noon – 3 p.m. Howland Public Library
313 Main St. | 845-831-1134
beaconlibrary.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.

SAT 30

Student Chess Tournament

COLD SPRING

9:45 a.m. Haldane Elementary
15 Craigsides Drive | bit.ly/haldane-chess

Trophies will be awarded to the top five players in each section, which includes unrated rookies (grades K-4, four rounds, no clocks), reserves (K-12

rated up to 700) and championship (players 700+). Scholarships are available. Register online. *Cost: \$29 (\$35 after March 29, \$45 at door)*

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, Nomie Karetny, Diem Lee, Gabriel Marzollo, Caelan Mcdermott, Emily McPherson, Dean Moyer, Ora Nobel, Suvi O'Shea, Natalie Taylor, Sophia Taylor and Emily Wynn) will present this play written by Kalista Sale Parrish. *Cost: \$3*

STAGE & SCREEN

SAT 23

Ajuma

PEEKSKILL

3 p.m. Hudson Valley MOCA
1701 E. Main St. | 914-788-0100
hudsonvalleymoca.org

The spoken-word and visual artist Katori Walker will present this one-person show based on seminal moments in generations of her family that involved escape, abuse, love and legacy. A Q&A will follow. Also, SAT 30. *Cost: \$20 (\$15 members)*



SUN 24

A 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)*



THURS 28

Smallfoot

GARRISON

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

In 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*

VISUAL ART

SAT 23

Working OverTime

BEACON

5 – 8 p.m. No. 3 Reading Room
469 Main St. | photobookworks.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
riverviewbyhalvey.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 riverviewbyhalvey@gmail.com. *Free*

SAT 30

Forces of Nature

NELSONVILLE

6 – 9 p.m. Create Community
11 Peekskill Road
createcommunityspace.com

Samantha Palmeri, a painter and former director of Beacon Open Studios, curated and is part of this show with Jean Brennan and Greg Slick. See Page 12.

TALKS & TOURS

SAT 23

Embodied Equity Project

BEACON

1 p.m. Beahive | 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*

SAT 23

Dutchess County Genealogical Society

DOVER PLAINS

1 p.m. Tabor-Wing House
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*



Maple Syrup Day, March 24



Dutchess During World War I , March 27

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. Desmond-Fish Library
472 Route 403 | 845-424-3020
desmondfishlibrary.org

As part of this statewide community reading program, environmental journalist Andy Revkin, who lives in Nelsonville, will lead a discussion of the science-based solutions to climate change outlined in the 2017 bestseller, *Drawdown: The Most Comprehensive Plan Ever Proposed to Reverse Global Warming*. See drawdown.org. *Free*

TUES 26
Alexa in Your Home

GARRISON
7 p.m. Desmond-Fish Library
472 Route 403 | 845-424-3020
desmondfishlibrary.org

Pam McCluskey-Doran and Jennifer Harriton-Wilson will share ways to maximize your experience with Amazon’s digital assistant. *Free*

WED 27
Using Google’s My Business

WAPPINGERS FALLS
1:30 p.m. Cousins Ale Works
1582 Route 9 | 845-293-2739
dutchesstourism.com

In this workshop sponsored by Dutchess Tourism, participants will receive step-by-step instructions on how to use My Business search and maps to connect with customers. *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 RMartinezJonCarRealty@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 Jeffway, 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 men, women 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, *Xoetex: the infinite word object*, and his forthcoming anthology, *The Body In Language*. *Cost: \$5 donation*

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 Peekskill 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*

SUN 31
How to Identify Birds

PHILIPSTOWN
2 p.m. Desmond-Fish Library
472 Route 403 | 845-424-3020
desmondfishlibrary.org

Pete Salmonsohn of the Putnam Highlands Audubon Society will lead an interactive program on bird identification for adults and children ages 8 and older. *Free*

MUSIC

SAT 23
Eric Starr Trio

NELSONVILLE
5:30 p.m. Create Community
11 Peekskill Road | haldanearts.org

This fundraiser for the Haldane Arts Alliance features Starr on drums, Daniel Kelly on piano, Lindsey Horner on bass and vocalists Lisa Sabin and Christine Bokhour. *Cost: \$15 (\$25 family)*

SAT 23
Greater Newburgh Symphony Orchestra

NEWBURGH
7:30 p.m. Mount Saint Mary College
Aquinas Hall | 845-913-7157
newburghsymphony.org

Pianists Alan Murray, Frank Siegel and Seth Grosshandler join the orchestra for *The One and the Many*, a program of Mozart, Beethoven and Ravel. *Cost: \$25*



How to Identify Birds, March 31



Alexi Kenney, March 31

SAT 23
Dean Friedman

PEEKSKILL
8 p.m. Central Market Dramatic Hall
900 Main St.
eventbrite.com/dean-friedman

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
10 Garrison’s Landing | 845-424-3900
brownpapertickets.com/event/4187674

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
mikebaggetta.bpt.me

The trio, which specializes in “post-genre improvisational groove,” 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
Jim Kweskin and Samoa Wilson

PUTNAM VALLEY
7:30 p.m. Tompkins Corners Cultural Center
729 Peekskill Hollow Road | 845-528-7280
brownpapertickets.com/event/4034168

The duo 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)*

SAT 30
Thumbscrew

NEWBURGH
8 p.m. Atlas Studios | 11 Spring St.
845-391-8855 | atlasnewburgh.com

Mary Halvorson, Michael Formanek and Tomas Fujiwara will play original jazz and their interpretation of the standards. *Cost: \$20 (\$25 door)*

SUN 31
Alexi Kenney and Renana Gutman

BEACON
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 1016* by Bach, *Airs du Rossignol et Marche Chinois* by Stravinsky, *Sonata No 10, Op. 96* by Beethoven, *L’Eraclito Amoroso* by Strozzi, and *Sonata No. 3* by George Enescu. *Cost: \$30 (\$10 students)*

SUN 31
Celtic Woman

WEST POINT
5 p.m. Eisenhower Hall Theatre
655 Pitcher Road | 845-938-4159
ikehall.com

This four members of Celtic Woman — vocalists Mairéad Carlin, Éabha McMahon and Megan Walsh and violinist Tara McNeill — 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*

CIVIC

MON 25
City Council

BEACON
7 p.m. City Hall
1 Municipal Plaza | 845-838-5011
cityofbeacon.org

MON 25
School Board

BEACON
7 p.m. Beacon High School
101 Matteawan Road | 845-838-6900
beaconk12.org

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 have a much bigger selection of my work to choose from," she says. "Maybe 10 or 20 percent of what I'm writing turns out to be good, but I'm not afraid of writing a bad song anymore."

"If you don't push yourself, you get rusty and there's less output," she adds. "It's important to mess around with your guitar every day. Learn how to kick yourself in the butt. You have to keep writing."

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? We were right next to B Side.

P: Everybody remembers 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,



Oversized "Big Loop" yarn and needles at Loopy Mango

Photo by Monica Simoes

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 RESURGENCE 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.

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Friday, March 22, 8:30 p.m.
Sloan Wainwright & Cosy Sheridan

Saturday, March 23, 6 p.m.
Chris Brown - Free

Saturday, March 23, 8:30 p.m.
Yarn

Sunday, March 24, 11:30 a.m.
Tony DePaolo - Free

Sunday, March 24, 7 p.m.
Molsky's Mountain Drifters

Thursday, March 28, 7 p.m.
CAPS #poemsprosedialogue

Thursday, March 28, 7 p.m.
Dance Jam

Friday, March 29, 7 p.m.
Peter Calo - Free

Friday, March 29, 8:30 p.m.
Cherish the Ladies

Saturday, March 30, 6 p.m.
Cassidy, Robin Treacher - Free

Saturday, March 30, 8:30 p.m.
Kenny White
Lipbone Redding

Sunday, March 31, 11:30 a.m.
Dead End Beverly - Free

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Barbara Sims bakes four cakes each day for the restaurant.



Barbara Sims (left) and her daughter, Brenda, make cornbread.

Photos by M. Turton

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 barbecued 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 a 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!"



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Natural Selection

Curation as an art form

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



"Double Diamond Petroglyph," by Greg Slick

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 ori-

gins 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.

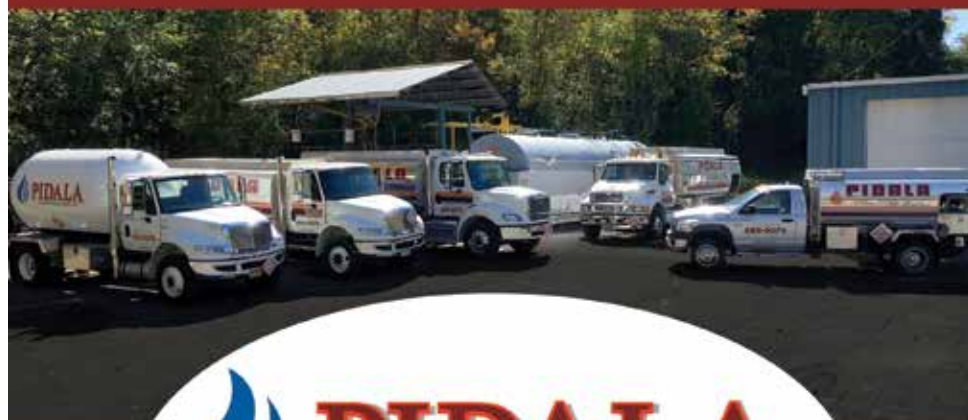


"All that is air melts into solid" (detail), by Jean Brennan



"The Marriage Table" (detail), by Samantha Palmeri

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Small, Good Things

Greens, Of — and Out of — This World

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, Brussels 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.

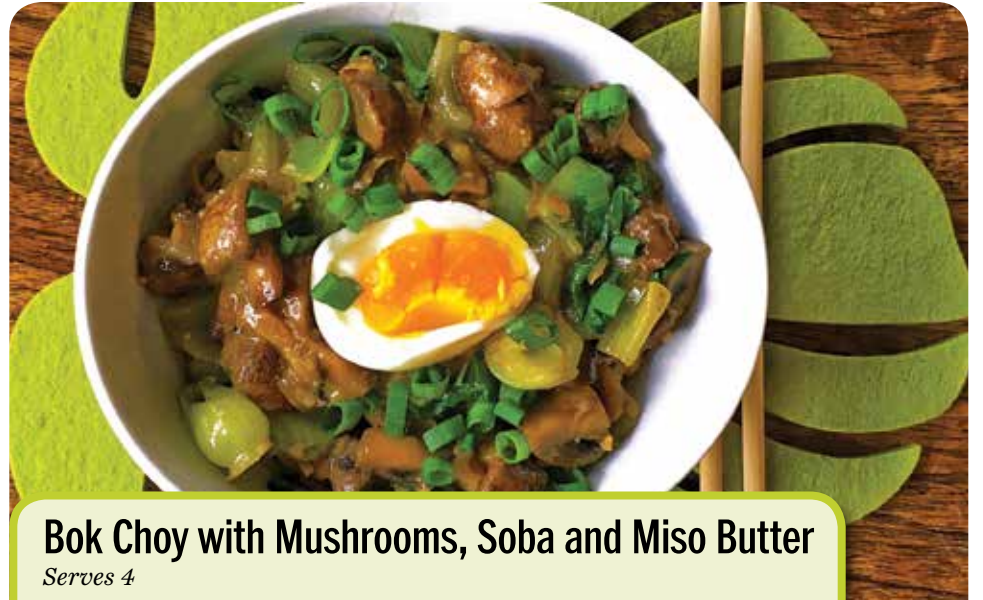
Bok choy is cooked in a homey setting of garlic, ginger and sesame oil. The more substantial white stems or stalks are roughly chopped and braised stovetop along with white button mushrooms. In an additional preliminary step, the mushrooms are dry-roasted to concentrate their flavor before sautéing and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

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.

Powerhouse 10

01. Watercress
02. Chinese cabbage
03. Chard
04. Beet green
05. Spinach
06. Chicory
07. Leaf lettuce
08. Parsley
09. Romaine lettuce
10. Collard green

Source: CDC



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. Heat and salt a large pot of water to boil the noodles.
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 miso butter and keep warm. When noodles are done, drain and rinse with cool water. Reserve.
4. Add bok choy greens to the skillet and keep covered until just wilted. Add miso butter and stir to incorporate. (Add remaining stock if mixture seems too thick.) When fully warmed, serve over cooked soba. Garnish with chopped scallions (and soft-cooked egg if desired).

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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 had allowed someone who attacked 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."

"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' pledges to aid women with unplanned pregnancies and asserted that for Cuomo "to codify this legislation while proclaim-



Legislator Nancy Montgomery critiques the draft anti-abortion resolution during a committee meeting on March 18.

Photo by L.S. Armstrong

ing himself a Catholic is a travesty."

Denouncing the RHA, she cited her belief that "the majority of Putnam County residents stand shoulder-to-shoulder with me on this. I cannot comprehend any rationale justifying this diabolical legislation. It is an atrocity to mankind."

Like Nacerino, other legislators not on the Health, Social, Educational & Environmental Committee attended its meeting and informally endorsed the draft resolution.

The committee heard from two invited witnesses. The first, Linda Cochrane, the CEO of the Connecticut-based Hopeline Pregnancy Resource Center, testified that "I have seen women choose abortion for 24-week healthy, viable babies" despite alternatives. The second, Pastor Andrew Columbia of the Mount Carmel Baptist Church, a retired New York City police officer, asserted that women often suffer 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 wit-

nesses 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 "entrust 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."

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Current

7-Day Forecast for the Highlands

Saturday

45/28

Windy with decreasing clouds

POP: 0%

NW 20-30 mph

RealFeel 35/24

Sunday

59/38

Mostly sunny and not as cool

POP: 0%

W 6-12 mph

RealFeel 59/35

Monday

54/22

Clearing and a couple of showers possible

POP: 30%

S 4-8 mph

RealFeel 55/10

Tuesday

40/19

Cooler with a blend of sun and clouds

POP: 5%

NNW 8-16 mph

RealFeel 34/17

Wednesday

48/29

Mostly cloudy

POP: 5%

W 4-8 mph

RealFeel 49/29

Thursday

55/36

Partly sunny

POP: 20%

SW 6-12 mph

RealFeel 57/37

Friday

61/43

Mostly sunny

POP: 0%

S 6-12 mph

RealFeel 61/40

Snowfall

Past week0.0"

Month to date5.8"

Normal month to date3.3"

Season to date31.5"

Normal season to date30.4"

Last season to date49.1"

Record for 3/209.5" (1944)

SUN & MOON

Sunrise today6:55 AM

Sunset tonight7:11 PM

Moonrise today10:28 PM

Moonset today8:43 AM

LastNewFirstFull

Mar 27Apr 5Apr 12Apr 19

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CROSSCURRENT

By
Liz Schevtchuk Armstrong

ACROSS

- Element of human psyche
- Behold; archaic usage
- Tropical tree & houseplant
- Supreme being
- Numerical identifier, by initials
- Common article
- Magi mission (3 words)
- Type an access code (2 words)
- What track stars run (2 words)
- Poet Cummings
- Nature-evoking musical piece
- Act
- Bow
- Part of the Bible, initially
- Egotistical problem
- Viewed
- Type of weight
- Appellation
- Contradictory word
- Connected with
- 1928 candidate Smith
- British general in 1777
- Obtains
- Grandmother of Jesus
- Movie rating, abbrev.
- News service, initially
- Tree juice
- Old pronoun
- Jesus as craftsman
- Near
- Ethical and principled
- More uncommon
- Worshippers at St. Mary's

59. First-person of "be"

60. Formerly, by name

61. Stately tree

62. State next to MO

64. Latin for "you"

65. Roman two

16. Aural appendage

17. French article

20. Dine

21. Epoch

23. Water barrier

24. Have a debt

26. Tiara

29. Store transactions

31. Afore

32. Baffle and frustrate

33. Horse

37. Dried grass

38. Sole, single

40. Card flap

41. Conduct surveillance

43. Break a sentence into parts

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

56. 37th president, initially

57. Ostrich-like bird

58. Snow-sport item

59. Oft-used preposition

63. Spanish "yes"

SUDOCURRENT

Answers for March 15 Puzzles

R	A	J	A		S	H	A	H		V	I	P
E	L	A	N		P	O	L	O		E	D	O
V	E	N	T	R	I	C	L	E		N	E	E
				H	U	N	K		C	U	G	A
S	E	V	E	N				C	A	M	E	
I	T	E	M		C	O	O	K	W	A	R	E
B	U	N		T	H	I	N	E		N	O	R
S	I	D	E	W	A	L	K		S	C	A	R
				E	V	E	R			V	E	E
H	O	T	E	L			A	R	I	D		
E	S	T			V	E	N	E	Z	U	E	L
A	L	A			E	R	O	S		C	L	A
D	O	S			S	E	N	T		E	M	M

9	7	2	6	1	3	8	5	4
6	5	1	4	2	8	3	9	7
3	4	8	7	5	9	1	2	6
4	1	3	2	6	7	9	8	5
2	8	5	3	9	4	6	7	1
7	6	9	1	8	5	2	4	3
5	3	6	9	4	2	7	1	8
8	9	7	5	3	1	4	6	2
1	2	4	8	7	6	5	3	9

Answers will be published next week.
See highlandscurrent.org/puzzle for interactive versions.

SPORTS

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Chris Crawford, an eighth-grader who wrestles for the varsity squad at 99 pounds, was named to the All-Section and All-League teams.

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 post-season 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), junior captain George Pinkhardt (285), senior Damani Bellamy (220), senior Adam Sovick (170), junior Javon Dortch (152), and freshman Dan Way (99) were also named to the All-League team.



Javon Dortch, a junior who wrestles at 152 pounds, was named All-League.

File photos by S. Pearlman

Records Made To be Broken

By Chip Rowe

As runners, jumpers and throwers in the Highlands prepare for the outdoor track season, which begins April 1, we thought we’d bring together the local, Section 1 and state records for a number of events.

Many Beacon and Haldane high school marks are broken every season or every few seasons by small margins. But some have endured — three boys’ records at Beacon date to 2009 and two girls’ marks to 2010. At Haldane, Brenna O’Connor’s impressive throws from 1986 in the shot-put and discus seem safe for a while more, but girls’ team members broke eight other records last season. By contrast, the boys have seven records that have stood for at least four decades. Could this be the year?

EVENT	BEACON	TIME	HALDANE	TIME	SECTION 1	NYS
B 100M	Rayvon Grey (2016)	11.1	Corbett Francis (2015)	11.74	10.57	10.40
B 200M	David Adams (2016)	22.54	Joe Schatzle (1948)	22.74	20.88	20.70
B 400M	Alex Shapiro (2010)	49.04	Dave Downer (1959)	51.14	46.19	45.93
B 800M	Colin Battersby (2016)	1:57.76	Bob Mooney (1960)	1:56.74	1:50.5	1:48.56
B 1,500M	Jason Raeburn (2009)	4:30.31	Theo Henderson (2016)	4:25.02	3:46.99	3:43.4
B Mile	Devin Rocks (2011)	4:28.91	Nick Farrell (2016)	4:31.77	4:06.3	4:02.7
B 3,200M	Blake Calabrese (2009)	10:26.77	Theo Henderson (2016)	9:39.19	8:57.99	8:42.92
B 110M hurdles	David Abrams (2016)	14.05	James Neville (2003)	15.8	13.97	13.46
B 400M hurdles	David Abrams (2015)	54.34	Eric Saari (2003)	57.4	49.97	49.97
B 3K Steeplechase	Colin Battersby (2016)	10:01.65	Theo Henderson (2016)	9:30.3	9:06.36	8:52.6
B 4x100 Relay	2016 team	44.78	2001 team	47.2	41.52	40.73
B 4x400 Relay	2016 team	3:21.98	2014 team	3:32.2	3:11.6	3:10.93
B 4x800 Relay	2010 team	8:10.95	2016 team	8:02.64	7:40.2	7:31.62
B Shot put	Dominic Reid (2016)	49-4.5	Russ Miller (1978)	59-7	66-7	68-11.75
B Discus	James Hall (2010)	130-3	Wayne Stellefson (1972)	150-3	189-6	202-9
B High Jump	Alex Bowen (2011)	6-8	Tom Nastasi (2001)	6-5.25	7-1	7-3
B Pole Vault	Jake McBride (2009)	12-0	Ethan Gallagher (1976)	13-3	16-8.75	16-8.75
B Long Jump	Rayvon Grey (2016)	25-6	Jeff Macaluso (1971)	21-5.75	25-6	25-6
B Triple Jump	Rayvon Grey (2016)	49-1.75	Bill Brownell (1968)	42-8	53-4.5	53-4.5
G 100M	Victoria Alexander (2011)	12.06	Marina Martin (2016)	13.04	11.67	11.4
G 200M	Victoria Alexander (2011)	24.53	Abbey Stowell (2015)	27.14	23.85	23.24
G 400M	Naomi Anderson-Benjamin (2018)	1:00.36	Ashley Haines (2018)	1:01.7	52.82	51.04
G 800M	Jummie Akinwunmi (2017)	2:32.86	Heather Winne (2016)	2:25.1	1:59.51	1:59.51
G 1,500M	Jamilyah Reed (2016)	6:02.5	Maura Kane-Seitz (2018)	5:01.35	4:11.01	4:11.01
G 3,000M	Marisa Mourgues (2018)	16:43.07	Kaitlyn Phillips (2015)	11:10.62	9:09.71	9:09.71
G 100M hurdles	Ally Rola (2010)	17.07	Abbey Stowell (2018)	15.72	13.88	13.45
G 400M hurdles	Jummie Akinwunmi (2016)	1:13.94	Heather Winne (2018)	68.48	58.01	57.09
G 2K Steeplechase	Mallory Rutkoski (2010)	8:22.66	Heather Winne (2016)	7:57.38	6:33.7	6:29.56
G 4x100 Relay	2018 team	49.39	2016 team	52.51	46.4	46.01
G 4x400 Relay	2018 team	4:20.80	2016 team	4:11.30	3:46.15	3:39.77
G 4x800 Relay	2016 team	12:01.1	2018 team	10:12.9	8:49.85	8:46.98
G Shotput	Dominique Peterson (2012)	38-1.25	Brenna O’Connor (1986)	43-1	46-0.75	50-7.5
G Discus	Sofia Gonzalez (2018)	84-2	Brenna O’Connor (1986)	146-11	146-11	172
G High Jump	Jummie Akinwunmi (2017)	5-5	Abbey Stowell (2018)	4-11.75	5-10	6-0.75
G Long Jump	Jummie Akinwunmi (2018)	17-11	Abbey Stowell (2017)	16-9.75	20-10.75	21-11
G Triple Jump	Jummie Akinwunmi (2018)	37-3	Ashley Marino (2002)	32-4	41-10.75	42-1.25
G Pentathlon	Jummie Akinwunmi (2017)	2,722	Abbey Stowell (2018)	3,160	3,394	3,783