Cell Tower Settlement Draws Crowds

Some Nelsonville residents urge board to fight on

By Liz Schevtchuk Armstrong

Nelsonville residents packed Village Hall twice this week to express their dismay, frustration and, in some cases, support for a proposed settlement to lawsuits filed by telecommunications firms after the village rejected plans for a cell tower on a ridge above the Cold Spring Cemetery.

Lawyers for Nelsonville and the telecom companies negotiated the settlement, which would allow a 95-foot tower disguised as a fir tree.

The debate spread across Monday and Wednesday nights (Jan. 6 and 8) as the mayor and four trustees heard feedback on an agreement that would end federal lawsuits filed by Homeland Towers and its partner, Verizon Wireless, and AT&T Mobility, which intends to use the Homeland-Verizon tower.

The companies sued in June 2018 after the Zoning Board of Appeals denied a permit for a 110-foot tower on a parcel on Rockledge Road. A dead end, Rockledge connects to Moffatt Road, which twists uphill from Route 9D past rural and suburban properties at the southern end of Nelsonville and Cold Spring.

(Continued on Page 8)

Beacon to Hold Forums on Development

Proposed by new mayor at his first meeting

By Jeff Simms

After winning an election dominated by talk of development, new Beacon Mayor Lee Kyriacou wasted little time addressing the issue this week, setting the stage for a pair of community forums and refreshing the rosters of the city's Planning Board and Zoning Board of Appeals.

The City Council, which also has two new members — Air Rhodes and Dan Aymar-Blair, representing Wards 2 and 4, respectively — agreed on Monday (Jan. 6) to hold two forums before Beacon's moratorium on new development expires on March 3. The dates and locations are to be determined, but the council agreed to hold one forum on a weekend and the other during a weekend.

(Continued on Page 6)

Putnam Sheriff Releases Three Defendants Under Bail Law

One charged in fatal Philipstown hit-and-run

By Chip Rowe

The Putnam County sheriff released three defendants awaiting trial in the county jail under the provisions of a new state bail law that went into effect on Jan. 1.

Sheriff Robert Langley Jr. said in a statement that the three men included an undocumented immigrant who in October allegedly struck and killed a 38-year-old Philipstown resident on Route 9 near Horton Road and fled the scene.

The defendant, Javier Lorenzano-Fernando, 40, was taken into custody by agents from the U.S. Immigration and Customs Enforcement upon his release from the jail, according to the Sheriff's Department. After being arrested in Dutchess County the day after the October crash and charged with leaving the scene of a fatal accident, a felony, he was being held in Carmel on $25,000 cash bail or $50,000 bond.

Lorenzano-Fernando appeared in Philip-

(Continued on Page 8)
By Chip Rowe

David Haviland is a psychotherapist in Cold Spring and the author of Angry Like Me.

Have you struggled with anger?

Yes. Hence the title of my book. I grew up as one of 11 children in an Irish-Catholic family in lower Westchester. I remember watching the meatloaf platter being passed around and wondering if I would get any, and also never being able to use our one bathroom. From that I think I developed a level of impatience that fuels my anger. My trigger might be standing in line at ShopRite in Fishkill with one item behind someone digging for a coupon while I’m late for an appointment in Cold Spring. That’s where I am vulnerable.

You spent 25 years as an advertising creative director. Why the switch?

When I was in college studying communications, I wanted to make a lot of money doing famous ads. I was at CBS for many years, and Viacom. I enjoyed it, but there was so much [office] politics. I wanted to do something meaningful. In 2003, I finally said to my wife, “It’s going to be hard for us, but I’m going back to school.” I went from being a creative director at Viacom to working in a group home. After I graduated, I opened a private practice in Cold Spring but also took a job as the advertising copy chief at Toys R Us — I was the voice of Geoffrey the giraffe. Two years later I took a huge pay cut to join the psych unit at Saint Francis Hospital in Poughkeepsie.

Are you predisposed to be angry?

There’s probably some of that, but to me it’s about shining a light on childhood trauma. I had one patient who was mandated by the court to see me. Somebody had bumped into him on the road and he got out of his car and smashed their windows with a garbage can. I asked him, “Where do you think that comes from?” He grew up with an abusive father but always stifled his anger. I said that every time he exploded, some of that anger was bubbling out like lava. He was expressing it in bits and pieces. It’s like a reflex. I’ve seen the anger of mental illness, but when a person gets medication they are sorry. Anger is more of a developmental problem.

Is there more anger now than in the past?

I think so. Look at all the anger in this country. One of my daughters said to me, “It seems like everyone wants to punch everyone else in the face.” Our leaders have given us permission to express the worst side of ourselves. Put that swastika up! Let ‘em know how we feel! Some people are broken. They will victimize others and unleash their anger on them and insist, “I have a right to do that.”

Someone cuts you off in traffic. What’s the response?

I tell patients, you have to turn the kaleidoscope. People take getting cut off as a personal affront. When we believe that, we tailgate, our blood pressure rises, we scream, we get out of the car. There are consequences for those responses. The person who cut you off may have been careless, but it also might have been something else. Maybe they are upset about a phone call. Maybe they are trying to get to the hospital. Before you get behind the wheel, understand that getting cut off may trigger you, and give other drivers the benefit of the doubt. Be willing to turn the kaleidoscope to see the other possibilities. You weren’t hurt, the car is OK; understand it happens and let it go.
Electric Cars in Cold Spring Could Get a Jolt

Climate Fair also in the works

By Michael Turton

Cold Spring could have its first charging stations for electric vehicles by the fall.

At its Jan. 7 meeting, the Village Board voted to support a grant application by Climate Smart Philipstown to fund the $10,000 project. Roberto Muller, the CSP coordinator, said, if the grant is approved, the state Department of Environmental Conservation will pay $8,000 while Cold Spring and Philipstown would each contribute $1,000.

Muller said the charging station would be located on lower Main Street, utilizing two parking spaces north of the pedestrian tunnel that passes under the Metro-North tracks. He said the station would accommodate two vehicles, with a full charge taking from three to four hours. Drivers would be able to monitor and pay for the recharge via their smartphones, and the Cold Spring police would monitor usage and, after a short grace period, issue tickets if a vehicle remains at the station after a charge is complete.

Stations capable of charging a vehicle in 30 to 60 minutes cost from $45,000 to $60,000. For the time being, Muller said, those stations are limited to highway rest stops.

The grant application deadline is the end of May. If the grant is approved, a local electrical contractor would be selected to complete the installation.

The board also gave preliminary approval for Climate Smart Philipstown to hold a Climate Fair near the riverfront bandstand on Saturday, May 2. Muller said the event will emphasize strategies for reducing greenhouse gas emissions in Philipstown based on data collected for a CSP Task Force inventory. Environmental groups interested in taking part can email Muller at csphilipstown@gmail.com.

In other business...

¢ Mayor Dave Merandy will sign a new fire protection services agreement with Philipstown in which the town will pay $62,970 for services provided by the Cold Spring Fire Co. during 2020.

¢ John Sherer's request to hold another Hops on the Hudson beer festival at Dockside Park on May 30 and 31 received no support from the board. Sherer, who was not in attendance, earlier received approval for two festivals to be held at Mayor's Park this summer. Merandy expressed concern over the lack of parking at Dockside and Trustee Fran Murphy pointed out that the village's agreement with the state, which owns the park, stipulates that a portion must always remain open to the public. Sherer's proposal calls for a ticketed event that would close nearly all of the park.

¢ Trustees approved Cold Spring Police Department Officer-in-Charge Larry Burke's request to hire Robert Detlefs as an officer. Detlefs, who lives in Clinton Corners, will soon retire as a deputy with the Putnam County Sheriff's Office.

¢ Brewster lawyer Andres Gil will serve as Cold Spring's prosecuting attorney beginning Feb. 1. The village is required to have a prosecutor for minor traffic offenses because the service will no longer be provided by the Putnam County district attorney under the state's newly enacted bail reform laws. Gil will work one day a month at a rate of $150 per hour. Burke said some of that cost may be recouped through fines levied by the court.

¢ The board turned down one request and postponed two others for the purchase of small pieces of village-owned property; each was presented by architect James Hartford. Trustees opted not to sell part of the sidewalk at 114 Main St., where, Hartford said, the owner wants to establish a cafe. Tightrope Interactive has offices there but will relocate to Beacon in May. Merandy said the village has sold a number of stoops, but does not want to sell portions of sidewalks. Decisions on sales of property at 29 Rock St. and 207 Main St. were tabled pending site visits.

¢ Village resident Tweeps Phillips Woods was appointed to the Recreation Commission.

WHAT DO YOU THINK OF

The HIGHLANDS

Current

The Highlands Current plans to hold focus groups in Cold Spring/Philipstown and Beacon next week to hear feedback from readers (and non-readers) about the paper's content and coverage. The meetings will take about two hours and include a free lunch. If you are interested in participating to help us improve the paper, complete the form at:

highlandscurrent.org/focus-group

We will select 10 to 15 people for each group. The Cold Spring/Philipstown group will meet on Friday and the Beacon group on Saturday.

Questions?
development@highlandscurrent.org
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, 142 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.

LETTERS AND COMMENTS

Water for state park

I was startled by the equation made by Cold Spring’s mayor between the water needs of the proposed Little Stony Point water hookup and those of the Butterfield development as a drain on the Village of Cold Spring ("State Park Wants Cold Spring’s Water," Dec. 27). One is a year-round, 24/7 cluster of residences with showers, washing machines and dishwashers. The other is a pass-through site used by hikers from dawn to dusk and for occasional one-day events such as Maple Syrup Day.

The difference is between filling a teacup and a reservoir. The facility at Little Stony Point receives minimal use during the winter months. In the high season, even with more than 1,000 visitors a day, each would be unlikely to use the sanitary facilities more than twice a day. They might refill a water flask. Probably they’d buy bottled water instead.

Would it be preferable to find unwanted "deposits" along the trails? Little Stony Point is a part of life in Philipstown. Common sense calls for it to be made more usable for our local citizens as well as for the young outside visitors who may bring new vigor and an economic boost to our beloved town.

Fran Hodes, Cold Spring

Clearly, Little Stony Point needs composting toilets, like the Clavis Multrum units in use in many similarly remote situations. Better yet, the park’s stewards could install a harvest toilet, such as the Phoenix, made by Advanced Composting Systems in Whitefish, Montana, which allows users to turn poop and pee into fertilizer. Come on, fellow beings — think outside the flush toilet!

Helen Zuman, Beacon

Nelsonville tower

It is with both sadness and anger that I read the proposed settlement for a 95-foot “monopine” cell tower (“Nelsonville Has Draft Cell Tower Settlement,” Jan. 3).

Our community worked hard trying to prevent this insulting eyesore from towering over our historic cemetery. The settlement comes after months of Homeland Towers, AT&T and Verizon pouring money into a court battle to defeat the decision of our Zoning Board not to issue a permit. The nearly unlimited resources of these companies ensured their success despite the best efforts of our current village leadership and citizens to save the cemetery.

The telecom industry is used to getting its way, and the forced reversal of our village board’s decision is just another example of its power.

Although, with 5G, the tower technology is becoming obsolete, we see these Frankenstein towers poke jarringly out of the countryside. But this one is different, not just because it is in our village and will hover over our 157-year-old cemetery, which is on the National Register of Historic Places, but because this will be the first tower built in a Scenic Area of State-wide Significance (SASS). There are six areas of the Hudson River Valley that are considered important scenic resources and have been previously protected from this kind of ugly intrusion. When this tower is built, a new precedent will be set, and the areas that have been designated as SASS will no longer have protection.

As a part of the Philipstown Cell Solutions group, I have been shocked and horrified by what Homeland Towers, AT&T and Verizon were willing to unleash upon this village in order to make their money. From recommending the village hire an “independent” engineer (which it did) who turned out to own his own tower, to misrepresenting facts and using manipulated computer programs, and even supplying bogus real estate “research” (paid for by the telecom industry) to prove surrounding property values would actually increase (ha!). Finally, Homeland exaggerated its needs so that we could “settle” on what it wanted. Homeland played dirty to overturn the democratic process of our village.

Tragically, it will not just be Nelsonville’s sovereignty that will suffer, not just our beautiful cemetery marred by 95 feet of metal, not just the children who will stare at this monstrosity every day from Manitou’s windows, and not just our failure to protect our neighbors, whose property values will plummet. We also will have failed to protect what we have been entrusted with: our piece of the Hudson Valley, land saturated with history and unique beauty. It is so fragile in the hands of the corrupt power of the telecom industry.

Eliza Nagel, Nelsonville

Hustis arrest

Because of Chuck Hustis’ high visibility in both his former position at Foodtown and his civic activity in the Village of Cold Spring, this was a newsworthy article, fairly and passionately reported, despite protests

(Continued on Page 5)
otherwise ("Former Cold Spring Trustee Arrested by FBI," Dec. 20). To think there might be sexual predators living and working alongside us is disconcerting. For those readers who expressed dismay after clicking the link at highlandscurrent.org to read the complaint despite the warning that it contained graphic language, their response perhaps reflects a naivete about how sexual predators go about their business.

As reported in the FBI agent's affidavit, the alleged Facebook exchange between Hustis and the 16-year-old boy reads like a textbook case of how a youngster can be groomed through flattery, job offers and "titillating" language. As a community, we should be collectively grateful to the victim, who had the courage to bring this conversation to the attention of law enforcement and give permission for the investigation to continue.

That's a weighty responsibility at 16. Hustis will have his entitled day in court and, if found guilty, will hopefully get the help he needs. But let's not live in the dark and turn a blind eye because these things are distasteful.

Rian Keating, Cold Spring

Tesla stations

As difficult as charging stations may be to implement, the installation in the spring of 12 Tesla charging stations on Route 9 in Fishkill is a promising start for a relatively small community ("Electric Fill-up," Dec. 27). If we are to leave a livable planet for our children and grands and greats, etc., electric vehicles will have to be a major part of that future.

I hope we are smart enough to figure it out economically and politically, care enough to raise a resounding collective voice and open-minded enough to select policy-makers who will get it done.

Carinda Swann, Beacon

Will the stations charge all brands of cars, or only Tesla? I noticed in a few shopping centers in Connecticut and New Jersey that the stations were placed in areas that had been handicapped spots, which were moved farther away.

Tony Bardes, Cold Spring

The editor responds: The stations will only charge Tesla vehicles. David Liebshin of the Dagar Group, which manages the Hudson Valley Towne Center, said the stations will be located far from any buildings or stores and will not displace any handicapped spaces.

Mayor Casale

Randy Casale and I were classmates beginning in kindergarten at South Avenue School ("Beacon's Mayor Reflects," Dec. 27). We were the two Randys in our high school class of 1969.

Like him, I remember Beacon during the late 1950s and early 1960s. There were actually banks on Bank Square where my parents got a mortgage for their home at 80 North Ave. Then things started to go downhill, even before the Newburgh-Beacon Bridge was built. There was a lot of talk about "urban renewal." What urban renewal? The only "urban" was Main and the only "renewal" amounted to a few flowers, bushes and trees being planted along the street.

I'm exaggerating, but it was depressing enough that many Beaconites, including myself, left. I recently heard Beacon referred to as Yonkers North — is that good, or bad? I know people are complaining about the changes but from all I've heard and from what Randy describes, the changes will be for the best. At least Beacon has been able to attract people and businesses. I was in Wappingers, Poughkeepsie and Newburgh a few years ago and I can't say the same about those places.

I hope to visit Beacon this spring and get a fresh look at the changes and talk to people face-to-face to hear their honest assessments.

Randy Sandford, Orlando, Florida

Library fines

I want to add some details about our new policy that eliminates fines on overdue items owned by the Desmond-Fish Public Library ("Book Benefits," Dec. 27). It is part of a national trend, in keeping with the core mission of libraries to ensure equitable access to resources for everyone. Studies have shown that fines disproportionately impact low-income households, which are often the patrons that depend on libraries the most.

Doing away with late fees is a simple way to break down barriers and bring patrons who need our services back to the library. We will still have due dates, and we encourage patrons to return their items on time. Lost-item fees may be applied to a patron's account if items aren't returned in a timely manner but those fees will be waived once the items have been returned.

As libraries adopt fine-free models across the nation, return rates have been shown to remain the same and many libraries are seeing increases in circulation, card holders and the return of materials.

Jen McCreery, Garrison

McCreery is director of the Desmond-Fish library.

Not only is it offensive to presume poor people lack the responsibility to return books in a timely manner, but this misguided compassion will now make it harder to get items for everyone as there will be no incentive to return on time.

A consequence to returning an item late is a good thing. This ridiculous rule will only encourage everyone, despite their ability to pay, to take advantage. Let's see how long it will take to get popular items after this. Next they will get rid of library cards — how about just leaving the library doors open?

Judy McLaughlin, via Facebook

I work as a counselor with many working-class families who are completely unaware of the many services the Desmond-Fish offers. Adolescents tell me their parents stopped taking them because they were so worried about incurring fines. When you are working two jobs and raising children, it is easy to forget to return items on time and this imposes a significant burden on some families.

The income earned by the library from late fees is negligible. Eliminating fines brings families back to libraries, especially families who can benefit from such a valuable resource. It frees up staff time to focus on other programs and engaging with patrons. It eliminates a punitive system that punishes people who are seeking to engage with learning.

Thank you, Desmond-Fish, for making changes that will have a real impact in the lives of families and other patrons. Garrison has a huge range of incomes, from the uber-wealthy to many middle- and low-income families, and Putnam County is among the top three counties in the state for income inequality.

Tracy Prout Bunye, via Facebook

So, no accountability for poor people?

Patricia Burruso, via Facebook

Libraries have found that fines do little if anything to encourage responsible use of library materials — rather, people who can afford the fines don't care if they accrue them, and people who can't afford the fines avoid borrowing from the library. It's important that everyone feel empowered to take advantage of their right to use their library.

Ryan Biracree, via Facebook

Biracree is the digital services coordinator at the Desmond-Fish library.

Common-sense approaches like this are welcomed and applauded in this generous community. I hope the policy will encourage other libraries to follow.

Alex Clifton, via Facebook

Libraries are the heart and souls of our communities. I use their services many times a week. There have been times I couldn't pay a late fee and I see a lot of patrons in the same boat. Don't assume responsibility comes only with a deterrent.

Deb Luke, via Facebook

NOTICE

The Garrison School: Superintendent Search

The Trustees of the Garrison Union Free School District Board of Education would like to invite residents of the Garrison School District to attend a Community Forum led by our search consultants, District Wise Search Consultants. Your input will be valuable to us while we create a profile for our next Superintendent. The Community Forum will be held on Thursday, January 16th at 7:00 p.m. in the Garrison School Library. Public members' participation is very important during this process. All information gathered by District Wise will be included anonymously in a report that will be prepared for the Board. We hope you can make it on January 16th. For those unable to attend the meeting, or who prefer to provide their suggestions and opinions privately, a confidential email address has been established by the consultants: gufsuptsearch@districtwiserearch.com

This address will accept emails until February 16th for inclusion in the report. Any emails received after this date will be forwarded anonymously to the Board of Education.

Thank you for your support and encourage our readers to shop local.

Contact us: ads@highlandscurrent.org
Beacon Council (from Page 1)

“If we understand the process as a community and we understand what’s in our comprehensive plan, it’s reasonably sound,” Kyriacou said. “One of the goals of the comprehensive plan is to get sufficient density to support a Main Street in the long run. I don’t think that’s going to change, but the ways that we accomplish that are going to change. Bringing that to the table and allowing an open discussion, I think we’ll all be better off.”

The council appointed Elaine Ciaccio to replace Duquesne, who resigned recently, and will serve the two years remaining on his term. Warner will serve the last year of the term of David Burke, who also resigned. Byrne will serve a standard three-year term and replaces Patrick Lambert, whose term ended.

Kyriacou proposed, with the council’s approval, four new members for the Planning Board and Zoning Board of Appeals, the two volunteer agencies charged with reviewing development plans.

Kevin Byrne and Karen Quiana, both architects, and Leonard Warner, an environmental engineer, were added to the Planning Board. Quiana replaces Gary Barrack, who resigned recently, and will serve the two years remaining on his term. Warner will serve the last year of the term of David Burke, who also resigned. Byrne will serve a standard three-year term and replaces Patrick Lambert, whose term ended.

The council also reappointed John Gunn and Richard Muscat to the board, with Gunn tapped to again serve as chair.

The council appointed Elaine Ciaccio to the ZBA, which decides whether to allow use and area variances requested for development projects. She succeeds Garrett Duquesne, who resigned, and will serve the two years remaining on his term. Warner will serve the last year of the term of David Burke, who also resigned. Byrne will serve a standard three-year term and replaces Patrick Lambert, whose term ended.

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The council also reappointed John Gunn and Richard Muscat to the board, with Gunn tapped to again serve as chair. Grant, an at-large member beginning her second term, to step in as acting mayor if Kyriacou is absent from a meeting.

Finally, the City Council agreed to hold one meeting each quarter on a Saturday, to allow commuters and other residents who don’t normally come to meetings to attend. Its scheduled meetings occur at 7 p.m. on the first and third Monday, with workshops on the second and fourth Monday, except when a holiday pushes the meeting to Tuesday or a month includes five Mondays, in which case the fourth Monday is skipped.

Haldane Teacher Receives Certification

One of 97 honored statewide

Nearly 100 teachers in New York earned certification from the National Board for Professional Teaching Standards, including Michelle Cordaro of Haldane High School, who teaches social studies and history.

To achieve certification, teachers must complete a performance-based, peer-reviewed assessment process that includes a review of teaching portfolios, student work samples, videos and analysis of a candidate’s teaching and student learning. The process typically takes 200 to 400 hours.

Dutchess Awards $1.3 Million to Nonprofits

Agency Partner Grants designed for community work

Dutchess County on Dec. 26 announced more than $1.3 million in funding to 21 nonprofits through its Agency Partner Grant program.

The grants include $100,000 to the Boys & Girls Club for after-school programs; $35,000 to Catholic Charities Community Services of Dutchess County for eviction prevention; $15,450 to the Child Abuse Prevention Center; $226,000 to Cornell Cooperative Extension Dutchess County to support 4-H, Green Teen and Parenting and Support Education; and $20,000 to Dutchess Outreach for its fresh market.

The grants also included $40,000 to the Exodus Transitional Community for re-entry work readiness for ex-inmates; $31,000 to Friends of Seniors of Dutchess County for its transport service; $244,000 to Hudson River Housing for financial workshops, housing services, youth training and updates to its homeless shelters; $53,000 to Literacy Connections for adult and family literacy education; $106,000 to the Mediation Center of Dutchess County for a Restorative Justice Initiative; and $60,000 to Taconic Resources for Independence for special education advocacy and to upgrade its computers.

In addition, NAMI Mid-Hudson received $59,000 to promote mental health literacy and the Grace Smith House was given $18,000 to update its domestic violence hotline technology.
DUTCHESS COUNTY — Twenty-four of the 25 Dutchess County legislators, representing Beacon, Poughkeepsie, eight villages and 20 towns, were present on Jan. 7 to be sworn in for new two-year terms. Gregg Pulver was also re-elected as chair.

COLD SPRING — Trustee Fran Murphy, Mayor Dave Merandy and Trustee Marie Early were sworn in for new terms on Dec. 10 by Cold Spring Justice Thomas Costello.

BEACON — Newly elected Mayor Lee Kyriacou took the oath of office on Jan. 1 with New York Assembly Member Jonathan Jacobson officiating. Kyriacou’s wife, Elizabeth Barrett, is with him.

PHILIPSTOWN — Putnam County Legislator Nancy Montgomery, whose district includes Philipstown, administered the oath of office on Jan. 1 to Highway Superintendent Carl Frisenda, whose wife Denise, right, held the Bible. Montgomery also administered the oath to Judy Farrell, elected in November as a Town Board member, as Judy’s daughter Megan, right, assisted.

Phillipstown Supervisor Richard Shea and returning Town Board Member Robert Flaherty were sworn in by Phillipstown Justice Camille Linson on Jan. 3.
To not give judges the ability to consider the dangerousness of a defendant before releasing them directly into a community defies logic and puts public safety in jeopardy. ~Sue Serino

**Bail Reform (from Page 1)**

Sue Serino of the 21st Senate District, who represents Philipstown, Beacon and Cold Spring, said the bail-reform law has allowed judges to set bail for “aggravated family offenses” such as assault, menacing, stalking, manslaughter, coercion, burglary and harassment where the defendant and the alleged victim are members of the same family or household.

“To not give judges the ability to consider the dangerousness of a defendant before releasing them directly into a community defies logic and puts public safety in jeopardy,” Serino said in a statement. “Making this important change is not about partisan politics, it’s about public safety.”

The bail-reform law, enacted as part of the 2019-20 state budget, eliminates cash bail for defendants charged with most misdemeanors and non-violent felonies, a step seen by its supporters as keeping low-income defendants from being jailed for long periods before trial. (A non-violent felony can include stalking, assaults that don’t cause serious injuries, drug offenses and burglary.) By one estimate, as of Dec. 30, about 65 percent of the state’s jail population was comprised of people charged with misdemeanors or the lowest class of felony.

The exceptions are sex-related misdemeanors and violations of orders of protection in domestic violence cases. For non-violent felonies, a judge can set bail for sex offenses, conspiracy to commit murder, witness intimidation or tampering, terrorism-related offenses or violating an order of protection.

Sandy Galef, whose state Assembly districts includes Philipstown, and Jonathan Jacobson, whose district includes Beacon, both voted for the budget bill that included the law. State Sen. Sue Serino, whose district includes the Highlands, has been outspoken in her opposition.

A few states, including New York, do not allow judges to take “public safety” into account when deciding on bail. (A judge can consider flight risk.) In November, Serino introduced a bill that would allow judges to consider public safety — or what Serino called a suspect’s “dangerousness” — when determining whether he or she should be detained.

She also introduced a bill that would allow judges to set bail for “aggravated family offenses” such as assault, menacing, stalking, manslaughter, coercion, burglary and harassment where the defendant and the alleged victim are members of the same family or household. (At the Dutchess County Jail, officials released at least 10 defendants following implementation of the bail-reform law.)

The law also requires police officers to issue court appearance tickets rather than arrest most people charged with misdemeanors and the lowest class of felony. The exceptions are sex-related misdemeanors and violations of orders of protection in domestic violence cases. For non-violent felonies, a judge can set bail for sex offenses, conspiracy to commit murder, witness intimidation or tampering, terrorism-related offenses or violating an order of protection.

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“To not give judges the ability to consider the dangerousness of a defendant before releasing them directly into a community defies logic and puts public safety in jeopardy,” Serino said in a statement. “Making this important change is not about partisan politics, it’s about public safety.”

She added: “Proponents of the new bail law have argued that New York recently passed ‘essentially’ the same bail reforms and has seen a reduction in crime as a result. However, New York ultimately did include measures to allow judges to conduct risk assessments before release based on the defendants’ criminal history and the severity of the charges — a measure that is missing from New York’s new bail law.”

The Putnam County Legislature on Dec. 18 unanimously approved a resolution calling on the state Legislature to repeal or amend the law. “Bail reform will make it impossible for a judge to set bail on a whole host of cases since cash bail will be eliminated for Class E felonies that include assault, aggravated harassment or theft, in addition to most misdemeanors,” it read. Before voting, legislators amended the resolution to reference Lorenzano-Feranco’s case.

**Cell Tower (from Page 1)**

If the parties can’t agree on a settlement by Jan. 31, the telecom companies can ask a judge to issue a summary judgment, or a ruling that would end the case in their favor. Nelsonville could contest that request and the litigation could continue. However, Adam Rodriguez, a lawyer appointed by the village’s insurance firm, advised on Monday that because of the companies’ willingness to settle, the village will never have more leverage than now.

Village Board members could vote to adopt the proposed settlement on Tuesday, Jan. 21, at their formal monthly meeting.

“We had our shot in federal court,” Mayor Michael Bowman said on Monday. “This is going to be our settlement. We are not going to waste people’s money on a fight we’ve been told we cannot win. None of us is happy about this.”

Nonetheless, “we have a responsibility to the full village,” he said. “It’s not an easy decision.” Further, he said, it’s “basically out of our hands,” because of federal laws that treat cell towers as public utilities and restrict local municipalities’ control over where they are built.

Trustee Joe Pedlosky said local representation costs the village about $5,000 a month and that insurance is not covering all the fees.

Peggy Clements, who voted against the cell-tower application when she served on the Nelsonville ZBA in 2018, said she backed the settlement. “I have every faith that this board has done everything to get the best solution to a situation none of us wanted,” she said.

But Maria Stein-Marrison, the director and managing partner of the private Mani-tou School, on Mottast Road, objected.

“What can we do to continue to fight against this?” she asked. “I started this school and I’m now facing the prospect of losing it. If parents pull [students] out of school because of this tower, I’m going to have to close it down. I urge you to please not accept this settlement.”

David Eisenbach, a Nelsonville resident, recalled neighborhood preservation disputes in New York City and remarked that “there are no unwinnable fights until you stop fighting.” With concerns about the tower’s effect on history, the environment and public health, opponents have three powerful issues, he said. “You can win.”

Former Mayor Bill O’Neill, who lives near the proposed tower site, contended that “this community ought to continue the fight as long and as hard as we can against this abomination. A settlement at this point is premature and unwise.”

Two days later, O’Neill made similar points, urging the Village Board to “have some courage to continue the fight. We can prevail.” O’Neill led the village during the review of the cell-tower application and in the first months of the lawsuit.

Pedlosky cautioned on Wednesday that none of this is happy about this.

~ Nelsonville Mayor Michael Bowman
Friends mount memorial show for Don Alter
By Alison Rooney

For years, Don Alter’s studio was a jam-packed, single-car garage in Newburgh. After his death in February at age 88, two friends, Tony Moore and Harald Plochberger, decided to mount a memorial show.

It will open on Beacon’s Second Saturday, Jan. 11, at Hudson Beach Glass, with about 50 paintings, drawings and prints that Alter created later in his life. A reception is scheduled for 5 to 8 p.m., and on Sunday, Jan. 19, at 3 p.m., Moore and Plochberger will speak about their colleague and his work. (The snow date is Jan. 26.) The show continues through Feb. 2.

Alter experimented throughout his life, whether with painting, drawing or digital. In an interview with The Current in 2014, when he opened a show at the now-closed Gallery 66 NY in Cold Spring, Alter said he still asked himself, “What is a painting?” “I try to push at that all the time,” he said of the format. “What that embodies is always being investigated.”

Alter was “important to the Hudson Valley and the greater art world partly because he was one of the last of his generation,” says artist Carla Goldberg, who lives in Beacon. “The things he lived through are fading in our collective memory as his generation passes on. Thankfully Don left us an incredibly prolific record of his visual storytelling.”

Goldberg recalls “the privilege of wandering through his archived works and studio storage while pulling work for a show last year in Berlin. Getting that close to his process and the meaning behind each work as he explained them is something I will always treasure.”

“The subjects he tackled are the history of the 20th century: war, home, love, religion, the everyday and aging. The artists...”

Seattle transplant opens Beacon gallery
By Alison Rooney

Three months after moving to Beacon from Seattle, Nancy LeVine has opened a photography gallery. “For me, the ideas come up and then I just follow them,” she says.

Brown Eyes Gallery is located in a second-floor space on South Street, just off Main. LeVine says she will use it to display her work, teach and carve out some space for local photographers to socialize and talk shop.

LeVine is no stranger to New York. She moved to the city to become a fashion photographer, then relocated to the West Coast about 20 years ago.

“I had been in Seattle for quite a while and wanted to move back east to be near friends and family,” she explains. “What I like about Beacon is that it’s a warm, engaging town with people-to-people visibility. I’ve already met and photographed so many just by ambling down the street walking my dog. It’s a cliché, but a world spent looking at machines gets old.”

After quickly acquainting herself with the arts community, LeVine will be leading a six-session weekly workshop called Storytelling with Photographs at the Garrison Art Center beginning Sunday, Jan. 12.

“We’ll meet as a small class group for the first and last classes, and in between it’ll be one-on-one, all levels,” she says. Participants “will pick a subject and we’ll work together to deepen their understanding of how to say what they want to say and create a cohesive body of photographs. It’ll be a good, interesting discourse. At the last class, they’ll present their work.”

LeVine will also host workshops at her gallery beginning Tuesday, Jan. 14, “working with people to deepen their vision of whatever subject matter they want to explore,” she says.

During her time in Seattle, LeVine taught at the Photographic Center Northwest and other institutions, enlivened annual reports for Starbucks and brochures for Microsoft with her “visual voice,” and worked on projects such as photographing the Seattle Children’s Hospital, where she freelanced for 17 years, learning to tell stories.

“It was not just a sick child or a doctor,” she recalls. “I photographed every corner of the hospital — surgeries, research scientists, children and parents.”

Whatever the subject, whether it’s a fashion line or a series on “senior dogs across America,” which led to a book of the same name, LeVine says what’s critical is what she calls her “recognition of the other,” or “a deeper sense of whatever or whoever you...”
THE WEEK AHEAD

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

COMMUNITY

SUN 12

Putnam Service Dogs Info Session
COLD SPRING
Noon. Hudson Library & Archives | 219 Main St. 845-466-2408
Putnamlibrary.org

During this free informational lunch, learn about raising a puppy that will become a service dog for someone with physical or hearing disabilities.

WED 15

Chamber Breakfast
COLD SPRING
9 a.m. Hudson Library & Archives | 219 Main St. 845-466-2408
chamber@coldspringny.org

Meet and greet local elected officials and get answers about operating a business in Philipstown and Cold Spring. Cost: $15 ($20 door; $10/$15 members)

KIDS & FAMILY

SAT 11

Fei-Fei
BEACON
Noon. Howland Cultural Center | 477 Main St. 845-863-3012
howlandmusic.org

This Classics for Kids concert will feature the New York City-based pianist in a family-friendly program. Cost: $10 adults (children free)

SAT 11

Middle School Night with Lazer Tag
GARRISON
7 – 10 p.m. Philipstown Recreation 107 Glenclyffe Drive | 845-424-6418
philpottowrecreation.com

For Philipstown residents in grades 6 to 8. Cost: $5

TUES 14

Family Science: Bubbles
GARRISON
6 p.m. Desmond-Fish Library 472 Route 403 | 845-424-3020
Desmondfishlibrary.org

In this family event, learn why bubbles behave the way they do, how to make the best bubbles, and how to manipulate them. Participants are asked to dress for a mess. Registration closes SUN 12 at 2 p.m. Free

THURS 18

The LEGO Movie 2
GARRISON
6 p.m. Desmond-Fish Library 472 Route 403 | 845-424-3020
Desmondfishlibrary.org

This 2019 animated film has a new adventure in space to protect Brickburg from invaders who tear down things faster than they can be rebuilt. Rated PG. Free

VISUAL ART

SUN 12

The Shape-Shifters
PEEKS KILL
3 p.m. Hudson Valley MOCA 1701 Main St. 914-788-0100
hudsonvalleymoca.org

Artist and art historian Marcy B. Freedman will begin a three-part series, Art History with a Twist, to explore how art confronts human behavior. Cost: $20 ($10 members)

SAT 18

Art is Elementary
BEACON
2 – 4 p.m. Howland Public Library 313 Main St. 845-331-1134
beaconlibrary.org

This fourth annual exhibit of artwork by eight students from each of the Beacon district’s elementary schools — J.V. Forestal, Glenham, Sargent and South Avenue — was organized by teachers Sallie Farkas, Cathy Pezzo and Susan Wurtz. Through Feb. 1.

TALKS & TOURS

SAT 11

Marketing Seminar for Artists
BEACON
10 a.m. Catalyst Gallery | 137 Main St. 845-204-3844
theresa.gooby.com

In this two-hour presentation, Theresa Gooby, an artist and career consultant, will teach artists how to get exposure for their work. Cost: $125

SAT 11

Winter Gardening
GARRISON
10:30 a.m. – 1:30 p.m. Desmond-Fish Library 472 Route 403 845-278-6738
butterfieldlibrary.org

Master Gardeners will discuss seasonal projects such as growing microgreens and pollinator-friendly plants from seeds, and how to support wildlife in your yard. Cost: $15 ($5 children)

SAT 11

Understanding and Responding to Anti-Semitism
PUTNAM VALLEY
Noon. Reform Temple of Putnam Valley 362 Church Road | 845-528-4774
rtvp.org

Rabbi Steven Altea-Ruca will lead a discussion for adults on how to understand the current wave of anti-Semitism. Share your thoughts and feelings in a supportive group.

WED 15

Hudson Valley Cyber Security Summit
POUGKEEPSIE
9 a.m. Marist College 3399 North Road | 845-486-2450
dutchessny.gov/cybersummit

In this three-hour workshop for community leaders, industry experts will explain what to do before, during and after a cyberattack. Registration required. Free

WED 15

Get Your Strength Back: Managing Pain
BEACON
6 p.m. Howland Public Library 313 Main St. 845-831-1134
beaconlibrary.org

Dr. John Uhorchak, who specializes in orthopedic sports

have felt marginalized despite the gains of recent decades,” said Florke, whose husband is Rep. Sean Patrick Maloney. “This is the first time in a house of worship and it’s particularly meaningful for it to be where Sean and I got married.”

THURS 18

Be an Empowered Health Care Consumer
GARRISON
1:30 p.m. Desmond-Fish Library 472 Route 403 | 845-424-3020
Desmondfishlibrary.org

Judy Farrell, a member of the Philipstown Town Board and the Community Service Society of New York, will talk about how to reduce medical debt and get the most of the healthcare system. Free

SAT 18

A Personal History of the Gay Civil Rights Movement
COLD SPRING
7 p.m. St. Mary’s Church 1 Chestnut St. 845-265-2539
stmaryscoldspring.org

Gwen Walz, the First Lady of Minnesota, will interview Philipstown resident Randy Florke about his life and experience as a gay civil rights activist. “Gwen and I have taken this presentation to college campuses across the nation where it has resonated with students, many of whom
50 Years Later: Building the Sloop Clearwater
BEACON
7 p.m. Scenic Hudson River Center
Long Dock Park | 845-463-4660
bannermanloophouse.org
Betsy Garthwaite, a former captain of the sloop, will recount the story of how Pete Seeger’s dream became an environmental flagship. Free

Hauntings of the Hudson River Valley
COLD SPRING
5 p.m. Putnam History Museum
63 Chestnut St. | 845-265-4010
putnamhistorymuseum.org
Vincent Dacquino will discuss his book on the legends of Sybil Ludington, Chief Daniel Nimham and George Denny and how they may have left behind spiritual residue. Cost: $10 (free for members)

Deciding Together
GARRISON
7 p.m. Desmond-Fish Library
472 Route 403 | 845-424-3020
desmondfishlibrary.org
As part of the library’s annual celebration to mark Martin Luther King Jr. Day, Mildred Solomon, president of the Garrison-based Hastings Center, will speak about its work to counter the effects of polarization in federal policies on science, health and civil rights. Bring a dish for a potluck that begins at 6 p.m. Free

Whispers from the Castle Keep
BEACON
Noon – 4 p.m.
Beacon Historical Society
17 South Ave. | 845-831-0514
beaconhistorical.org
The exhibit will include paintings, photos, catalogs and artifacts provided by the Bannerman Castle Trust that tell the story of the arsenal and castle, including items from the Civil and Spanish American wars. It will be open Thursday from 30 a.m. to noon and Saturday from 1 to 4 p.m. through Feb. 29.

Donald Alter
BEACON
5 – 8 p.m.
Hudson Beach Gallery
162 Main St. | 845-440-0068
hudsonbeachgallery.com
Harald Pischberger and Tony Moore curated this exhibit of the late artist’s work in memoriam to him. It includes more than 50 paintings, drawings and prints created during his final years. See Page 9.

Small Works Show
BEACON
5 – 8 p.m.
Catalyst Gallery
137 Main St. | 845-204-3844
catalystgallery.com
This is the closing reception for the annual show.

New Year/New Artists
BEACON
6 – 9 p.m.
RiverWinds Gallery
172 Main St. | 845-838-2880
riverwinds-gallery.com
Paintings by KP Devlin and photographs by Jennifer Dooley will be on display.

Camaraderie / Beyond the Tide
BEACON
6 – 9 p.m.
BAU Gallery
506 Main St. | 845-440-7584
baugallery.org
Jack Troy, a potter and teacher, gathers artists to create pieces and fire them together, working in shifts with anagama kilns. Some of the results will be displayed in the Main Gallery. Nash Hyon’s paintings in the Beacon Room express how elements exist in relationship to each other, such as the moon and tides.

Fei-Fei
BEACON
4 p.m.
Howland Cultural Center
477 Main St. | 845-831-4988
howlandmusic.org
The Howland Music Circle’s annual piano festival will open with Fei-Fei performing Beethoven’s Sonata in E-Flat Major, Op. 31, No. 3; Schumann’s Kinderszenen Op. 15; Debussy’s Jeux de Printemps and Rachmaninoff’s Moments Musicaux, Op. 16. Cost: $30 ($20 students)

Fei-Fei: Sonata in E-Flat Major, Op. 31, No. 3

Met in HD: Wozzeck
POUGHKEEPSIE
1 p.m.
Bardavon
35 Market St. | 845-473-2072
bardavon.org
Watch the Metropolitan Opera House’s live broadcast of Berg’s 20th-century opera with baritone Peter Mattei in the title role. Cost: $29 (members $26, children $12)

The Artichoke
BEACON
8 p.m.
Howland Cultural Center
477 Main St. | 845-831-4988
artichoke.brownpapertickets.com
Storytellers Elna Baker (This American Life), Micaela Blei (The Moth Radio Hour), Erin Barker (The Story Collabor), Sandi Marx (Stories from the Stage), Mike Cho (Risk!) and Mike Burdige of Story Screen Beacon will perform. Cost: $17.50 ($20 door)

RJ Storm and Old School Bluegrass Band
BEACON
8 p.m.
Howland Cultural Center
477 Main St. | 845-831-4988
rjstorm.bpt.me
The band is known for its energetic and engaging performances. Cost: $10 ($15 door)

Back to the Garden 1969
BEACON
8:30 p.m.
Towne Crier
379 Main St. | 845-855-1300
townecrier.com
Music from the Woodstock era. Cost: $30 ($35 door)

From Senegal to Seeger
BEACON
7 p.m.
Towne Crier
379 Main St. | 845-855-1300
townecrier.com
Michael Miles will perform his one-man tribute to Pete Seeger with a narrative concert that includes protest songs and banjo. Proceeds will benefit the Hudson River Sloop Clearwater. Cost: $15 ($20 door)

Hudson Highlands Poetry
GARRISON
1:30 p.m.
Desmond-Fish Library
472 Route 403 | 845-424-3020
desmondfishlibrary.org
The latest installment of the series will feature Sean Singer reading from his collection, Honey & Smoke and Iain Pollack from Ghost, like a Place. Free

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

Superintendent Search Forums
GARRISON
2 & 7 p.m.
Garrison School
1100 Route 9D | 845-424-3689
gufs.org
Search consultants will lead a discussion of the qualities that are desirable in a district leader as the school board searches for a successor to Laura Mitchell, who left Dec. 31.

Tiokasin Ghosthorse
BEACON
9 p.m.
Howland Cultural Center
477 Main St. | 845-831-4988
tribalharmony.bpt.me
For the first concert in the center’s 2023 season, the Howland Music Circle presents Tiokasin Ghosthorse, a Lakota people on handmade flutes who will perform music from the indigenous cultures, Ghosthorse. Cost: $10 ($15 door)

Top Brass
WEST POINT
7 p.m.
Cadet Chapel | 722 Deanssey Road
845-938-2308
westpoint.edu
The Concert Band Brass and Percussion, led by guest conductor

Vince Dacquino’s Art Exhibit Closing Reception
BEACON
5 – 8 p.m.
Hudson Beach Glass
477 Main St. | 845-831-4988
hudsonbeachglass.com
The latest installment of the series will feature Sean Singer reading from his collection, Honey & Smoke and Iain Pollack from Ghost, like a Place. Free
Third Floor Corporation

structural repairs • design and build • architectural projects
historic preservation • high-performance construction

Alter (from Page 9)

who knew and loved him well enjoyed hearing his opinions. He always ended with the words, ‘I don’t know — maybe I’m wrong,’ which was his invitation for your opinion.”

At age 18, Alter enrolled at Black Mountain College, an experimental, influential liberal arts college and artistic community near Asheville, North Carolina. For the next two years, he studied painting, “but I did everything that I could touch,” he recalled in 2014. “Sculpture, weaving, all kinds of crazy stuff.”

After Black Mountain, Alter said he never felt the urge to return to school. “Once you learn yellow and red make orange, you’re off and running,” he said.

Following a stint in the U.S. Army, Alter began a career in the mid-1950s as a textile designer. In 1980, he returned to painting, “That’s where my heart was,” he said. “During all the textile years I painted every single day — never put a brush down all that time.”

By the time of his 2014 exhibit, Alter had shifted to digital. “I came to use the computer because I was driven to it — I have to use it,” he said. “I’ve come to question whether paint is important. Painters

LeVine (from Page 9)

are photographing. When people look at my dog photos, they make a human connection. All the work is about this recognition. All of us want to be seen. It’s essential for humans. It all comes down to a meaningful photograph; I aspire to that always.”

LeVine spent part of her childhood on St. Thomas in the U.S. Virgin Islands, where her family moved when she was in third grade. “We lived in a house at one end of the island where there was silence and beauty, with beaches and conch shells lying untouched, and the freedom to meander around,” she recalls.

It was during college that she took up photography. “My dad was a serious hobbyist,” she says. “I grew up with someone who always had a camera in his hand. I wound up doing it where I could — at camp, taking yearbook photos.

“The fashion side I got from my mother,” she says. “She ran a boutique on St. Thomas; later she worked at Bergdorf’s — all the women would come to Zelda because they trusted her taste. Life is funny; some people know just what they’re going to do. I was never that person.”

Brown Eyes Gallery is located on the second floor at 1 South St. in Beacon. See browneyesgallery.com or call 206-250-1019.

LeVine

by Nancy LeVine

Senior dogs in Denver, from left: Phyllis (12), Englebert (9), Loretta (12), Eeyore (14), Enoch (5)
Out There

Small Steps

By Brian PJ Cronin

We're midway through January, which means, according to studies, 95 percent of you have broken your New Year's resolution and the other 5 percent are lying. I'm no life coach, but running increasingly insane distances has taught me a thing or two about goals and perseverance, and the lessons are applicable even if you don't plan to cover 100 miles at a time this summer:

Don't set abstract goals

Endurance athletes are taught to focus on “process” goals instead of “outcome” goals. A process goal is something you do to help you succeed. An outcome goal is what you hope to accomplish.

If your outcome goal is to run a 50-mile race in under 12 hours, you don't stand at the starting line and think, “OK, my goal is to run this in under 12 hours.” Instead, identify three to five actions you can take during the race, such as: “I am going to take in at least 200 calories an hour, thank all of the volunteers, and not spend more than two minutes at any of the aid stations.”

Let's say your resolution for 2020 is to “get into shape.” That's great! But it means nothing. How will you get into shape? You might say, “I'm going to exercise on a regular basis, eat healthier and get more sleep,” but that's still not concrete. How much exercise? What does eating healthier mean? How much sleep is more?

It's OK if you don't make it to the top, as long as you're getting closer. Photo by B. Cronin

Start from where you are

Say you want to exercise three times a week. How many times a week are you exercising now? Zero? It's OK! Start exercising one time a week. Once you've done that four weeks in a row, move up to two times, and so on.

The rule of thumb for runners is you don't increase your weekly training volume by more than 10 percent. Part of this is to give your body a chance to adapt to doing more work. But you're also giving the rest of your life time to adapt.

If you're going to a gym for an hour but don't increase your weekly training volume by more than 10 percent, you might be doing more than 10 percent. Part of this is to give your body a chance to adapt to doing more work. But you're also giving the rest of your life time to adapt.

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If you're going to a gym for an hour but it's a 15-minute drive and it takes another 15 minutes before and after in the locker room, and the drive home, exercising three times a week will take six hours. That's six hours a week of something else you're doing that must be given up.

We all have superfluous things we can cut out, such as screen time (sorry, Baby Yoda), but we also have to do things like work, walk the dog, feed the kids and clean the bathroom every once in a while. Try to do too much exercise all at once, and you'll slack off in other areas, which can be a slippery slope. Not giving yourself time to plan and shop for healthy meals leads to hitting the fast food joint located near the gym. And I can almost guarantee you're not getting enough sleep, so trying to get more done by sleeping less isn't worth it.

Something's got to give, and the thing that usually ends up giving is your resolution, since you haven't been doing it long enough for it to become a habit. That usually takes around a month — hence, waiting until you've hit your modest goal of exercising once a week for four weeks in a row before you bump it up to twice. But if you start slow, you'll also slowly be making the changes you need to make in the rest of your life to free up more time, as well as gaining confidence when you hit your goals week after week.

And if you're not hitting your goals?

Identify obstacles; remove them

We often blame ourselves when we can't stick to our resolutions. We're lazy, or we lack willpower. But we're all lazy. (I'm writing this on my laptop while lying down in bed, covered by several cats.) Often, there's something else that's working against you.

Are you having trouble getting enough sleep because you lack the willpower to go to bed at a reasonable time? Or is it because you drank two cups of coffee with dinner and spent an hour in bed aimlessly scrolling through Twitter? (I'm talking to myself here.) If you're trying to eat more fruits and vegetables, but don't keep a supply of fruit for snacking, of course you're going to reach for the Oreos instead of driving to the store for a banana.

So you simply don't have six hours a week to devote to the gym? The problem may not be you; the problem may be that you've picked an exercise that takes too much time. Drive five minutes to the park and run for an hour. Run to the park and back. Do simple exercises at home, a few times a week, for a half-hour.

Is that ideal? Maybe not. But idea isn't the goal. Progress is the goal. And we can all make progress. If nothing else, it'll give you something to look back on one year from now and be proud of.

When he's not writing for The Current he's teaching journalism at Marist College, Brian PJ Cronin can usually be found outside doing something questionable. You can reach him at bcronin@highlandscurrent.org.
Back to Ballet
Women take up where the girls left off
By Alison Rooney

A mid the youthful chatter and homework-cramming at the Ballet Arts Studio in Beacon, a group of determined grown-ups are putting on their leotards and warming up their muscles in preparation for a weekly class.

Each of the women in the “low-intermediate adult ballet” session taught by Deanna Ford on Tuesday evenings has a history with ballet.

Juliet Harvey, 48, earned a bachelor of fine arts in dance, but took a long break until after the birth of her second child in 2010. “I thought maybe I’d want to take a class again,” she explains. “Your mind is working as much, if not more, than your body. It was a reawakening, without the pressure I felt as a child. It’s my time, for myself, to move — a meditation. I’m definitely a much better mom because of it.”

Zarine Schildhorn, 30, has been dancing for 27 years. “I was very serious about grades. But after seeing a production of The Nutcracker of my body as you age,” she says. “We’re not trying to be technically perfect, you’re also filled with the emotion of the music.” Patrice Shea, 58, considers ballet class “the only thing I do for myself all week; I make every effort to get here. As an adult, I feel it’s important to feel strong, flexible and balanced.” Shea said that, like Harvey, she stopped dancing when she had children but found herself wanting to get back into shape. “This class is a judgment-free zone,” she says. Michele Humphrey-Nicol, 58, has the most professional experience of the group. While she was growing up in Ohio, her mother took her “kicking and screaming” to class from the second through sixth grades. But after seeing a production of A Chorus Line at age 13, she was hooked. She later won a scholarship to the Cleveland Ballet, moved to New York City, and performed in musical theater, including the national tour of Cats, for 15 years. Today she is a physical therapist and Pilates instructor. The Tuesday ballet class “helps keep my sanity,” she says. “It’s extremely challenging, wonderful for physical expression, balance, bone density. Deanna is an amazing instructor.”

The dancers say ballet isn’t like riding a bicycle — it doesn’t all come back right. “Jumping is hard,” Harvey says. “The gravity is tough.” For Shea, it’s the turns, but she is forgiving. “You have to accept the limitations of your body as you age,” she says. “We’re not going to beat ourselves up if we can’t do a triple pirouette.” Dizziness is a factor for Humphrey-Nicol, as is flexibility. “It’s hard — ridiculously bad from when I was younger,” she says.

The women critique themselves, but the class environment is the opposite. “My former teacher was from the Royal Ballet, trained in a strict syllabus, everyone focused on themselves — all of which are very good for a child taking a class,” says Schildhorn. “As an adult, everyone talks and laughs and has conversations.” She says she also enjoys her classes at a Kingston studio “with 15- and 16-year-olds. There I’m the weird old person.”

“We know we’re not going to be professional dancers,” says Shea. “This hour and a half empties your mind completely of work and other problems. It’s a mental break the way no other mental break can be.” After all, adds Harvey: “I’m so much kinder to myself now than when I was in my teens.”

Ballet Arts Studio is located at 107 Teller Ave. in Beacon. For adults, beginner ballet meets Wednesday, low-intermediate ballet on Tuesday, and beginner tap on Monday. Each class begins at 7:30 p.m. The first session for newcomers is $18, after which cards for eight classes during a three-month period can be purchased for $220. Classes run through June 1. See balletartsstudio.com or call 845-831-1870.
Honor Rolls

Students recognized for first-quarter grades

GRADE 12
Principal's Honor Roll — Kiara Aviles, Ian Bautista, Ziara Beato, Zachary Blum, Beyonce Otero, John Padoleski, Eliza Principe
GRADE 11
Toujiline, Ravyn Way, Samantha Yanqui
GRADE 11
Principal's Honor Roll — Tamar Adams-Pinnock, Hannah Burch, Rebecca DeLeo, Gabriela Diaz, Lejienda Gecal, Sofia Hock-leer, Thandwee Knox, Ryan Liao, Anna Miller, Beyonce Otero, John Padoleski, Eliza Principe

Garcia, Sebastian Scott-Hamblen, D'Anna Williams
Honor Roll — Mia Amoroso, Victoria Banks, Warren Banks, John Barriga, Caitlin Berdiles, Liam Byrne, Ashley Casterly, Eva Chapin, Bryan Conklin Jr., Gavig Coughlin, Dominie DeMeco, Kaitleen Dixon, Avery Douglas, Savannah Douglas, Taina Fernandez, Adrianna Fish, Alexa Fox-Wolf, Ariyana Garcia, Aiyaene George, Dana Gills, Jaeda Green, Daanyaal Harris, Gannon Hockler, Jackson Jackson, Evan Janks, Nicole Juzefyk, Kieran Kaurie, Jimmy Kuka, Makayla Lemiac, Yusuf Lokman, Christopher Mack, Joreen Madigan, Jade Matias, Makayla Meacham, Matthew Montaldo, Andrew Moroch, Reilly Mowen, Jeremiah Murcia Booth, Kelly Murphy, James Murtagh, Michael Musacchio, Zachary Nyeen, Rocco Notaro, Romeo Nunez, Alyssa Oberle, Neileneane Ortiz Santiago, Tahji Patterson, Jorge Ramos Hernandez, David Reilly IV, Elizabeth Reynolds, Nicholas Rivera, Kimberly Romine, Isabel Santos, Kenneth Schulze, Liam Sheehan, Anna Slackman, Ryan Smith, Murielle Tchouni Wandji, Nathalia Thomas, Amya Thompson, Brielle Travis, Allison Varian, Jeremiah Virtual, Jacob Welsh, Ayanna Williams, Caleb Wilson
GRADE 10
Principal's Honor Roll — Lotta Blumenthal, Shann Boyd, Bella Carassone, Olivia Cornea, Lyesya Darcy, Alexandria Faellia, Cassandra Garrett, Sarah Gibbs, Daniel Gilleo, Samuel Harle, Hunter Ingold, Flynn Johnson, Synasia Johnson, Sydney Kurtz, Evan LaBelle, Maura Lane, Aileen Li, Benjam-min Liebelt, Andrew Lucas, Amatullah Muhammad, Rosa Nunez, Ayanda Nxumalo, Yahya Ouldudaine, Arielle Prince, Aodra Ramirez Paredes, Leanna Rinaldi, Lulu Romer, Kenneth Roths, Thomas Santoro, Ma Shirachiell, Braden Schetter, Keira Seaman, Samantha Sovik, Olivia Spiak, Brandon Thomas, Imani Waller, Cleveland Wright, Alexander Wyatt
GRADE 9
Honor Roll — Gabriel Aquino, Adrian Beato, Derek Bilyou, Anaya Camacho, Kevin Candia Canda, Hope Cleveringa, Grace Cohn, Christopher Crawford Jr., Jacob DeNobile, William Fahlman, Jasmine Gibson-Bocus, Darien Gillins, Aedan Hettling, Justin
(Continued on Page 16)
Honor Roll (from Page 15)
Jackson, Zakiyah Johnson, Sydney Jones, Jack Juhn, Alexander King, Tylunn Jeremiah, Long, Abigail Martin, Brandon Maupin, Jannelle Mercado, Shema Mtagan- 
zwu, Jaeidy O‘Connor, Emani Paulin, Aaron Pugues Jr., Cole Peifer, John Philipbar III, 
Robert Principe Jr., Natalie Quintero, Mia Ramirez, Nathaniel Ramos, Natalee Reyn-
olds, Abigail Salazar, Jamison Sheby, Dyma Stafford, Juliana Sulsona, Indya Waller

BOCES CTI
High Honor Roll — Myocel Couteal, Kaylah Dixon, Tatynnna Fernandez, Ayiana George, Kayla Heady, Kiara Hernandez, Javier Jones-Saunders, Nicole Juzefyk, Yahya

ROMBOUT MIDDLE SCHOOL
GRADE 7
Principal’s List — Beckett Anderson, Anabelle Arginsky, Isabella Baffuto, Taryn Leary, Alexander Beattie,刹车

Honor Roll — Imroz Adams, Christopher Amon Ortega, Nicole Campanelli, Nicole Coliman, Ayla Cruz, Elea-

corning Cummung, Grace Delgado, Damani Deloatch, Chelsea DerBoghossian, Nora Falkes, Arianna Gallego, Risse Garcia Santi-
ag, Christopher Gonzalez, Jessica Gonzalez, Sienna Gorye, Isabella Haydt, Sean Heath, 

Honor Roll — Ryan Chin, Sean Dysard, Camryn Aquino, Ashland Assael, Ethan Bernbaid, Aiyia

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GRADE 10

Honor Roll — Ella Ashburn, Amanda Curtin, Hannah Davis, Robert D'Amato, Michael Desmarais, Zachary DiNardo, Kimberly Edge, William Etta, Kyle Poolon, Bianca Harmanence, Zoe Harris, Rose LaBarbera, Jaclyn Landolfi, Camille Maglio, Maggie Maxwell, Syndee Monroe, Emily Osborn, Mariana Scanga, Sophia Scanga, Felix Schmidt, Molly Siegel, Evan Tighe

Honor Roll — Zoey Beachak, Ezra Beato, Owen Carmineco, Giancarlo Carone, Michael Covelli, Antoinette deMarine, Kyle Frommer, Soren Holmbo, Ryan Irwin, Ada McRieide, Haley McDougall, Ryan Merritt, Maya Osborn, Per Sandlund, Karena Weinpahl

GRADE 9


Honor Roll — Samuel Bates, William Bradley, Quentin Conrey, Kate Jordan, John Kisslinger, Albita McFadden, Kaylyn Powlis, Lola Ritell, Chloe Rowe, Thomas Tucker, Andrea Vasconcelos-Meneses

HALDANE MIDDLE SCHOOL

GRADE 8
Principal's List — Maggie Gordinere, Amalia Kupper, Elaine Llewellyn, Trajan McCarthy, Camilla McDaniel, Matthew Nachamkin, Ellen O'Hara, Percy Parker, Josephine Vasquez

Honor Roll — Scott Bailey Jr., Lily Benson, Vanja Booth, Grace Bradley, Lilianna Cappello, Quinnyln Carmineco, Frankie DiGiglio, Luca DiLello, Oscar Donahue, Liam Gaugler, Evan Giachinta, Emily Gilleo, Clement Grossman, Jeremy Hall, Ivy Hyltine Vasquez

Honor Roll — Hannah Bissinger, Alissa Buskovich, Alexandria Busselle, Liam Flanagan, Zachary Harris, Sarah Jones, Lola Mahoney, Peter Ruggiero, Keira Russell, Dashiell Santelmann, Iain Starr, Samuel Jesse Tippett

GRADE 7

Honor Roll — Anatoly Alhov, Andalou Frezza, Lorelai Luoma, Shanía Vasconcelos

GRADE 6

FOR RENT

COLD SPRING — Private bedroom in 2-bedroom, 2-bath village house. Share house with one other person. Full amenities. All utilities provided. Garden, Living Room, Laundry, Basement Storage. Email replyto@thirdfloorconstruction.com.

GARRISON — Sunny studio apartment 24’ x 27’ plus a sleeping alcove with a kitchen, bathroom, and a deck, $1,300. Just off 9D, borders a stream and state forest. Woodburning stove and propane heater. 12 minutes to Garrison station, tranquil atmosphere. Email Mary Newell at mnewell4@gmail.com.

FOR SALE

ITEMS FOR SALE — The Current moved to its new offices and has some items available for sale. (1) Philips V6D WK106/45B large screen television stand with assorted screws, $20. (2) Danby 3.2 Cu. Ft. Compact Refrigerator — Black, $100. (3) Walker Edison Glass Solo Computer Desk with keyboard tray, $50, 19.75” by 32”, 29” high. Email tech@highlandscurrent.org with interest.

SERVICES

BOW WOW HAUS — Fun and loving daycare and restful sleepovers. Visit our Instagram page at instagram.com/bow_wow_haus or call 914-483-6230. Nancy Bauch & John Funck, 43 Cutler Lane, Garrison

CARETAKER/PROPERTY MANAGER — Caretaker with 20+ years’ experience available to: Manage operations of property; maintenance, repairs, painting; gardening, landscaping; convenience services (errands); pet care. Loyal, trustworthy; flexible to a variety of needs; insured. Resume and references available. Contact Greg at 914-618-2779 or gproth24@gmail.com.

HOUSEKEEPING & SUPPORT SERVICES — Housekeeping, cleaning, laundry, ironing, housesitting, running errands, accompanying patients to hospital appointments and procedures, elderly care-support, experienced executive assistant to HNW individuals and businesses-international experience. Available in Cold Spring, Philipstown, Fishkill, Garrison & Beacon. Whether you require support for an hour or more, email me at sandiafonso70@gmail.com or text 845-245-5976.

NOTICES

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**ACROSS**
1. Possesses
4. Cribbage scorer
7. Ringlet
8. Prelude
10. M*A*S*H setting
11. Scents
13. Kitchen pair
16. — and outs
17. The — Show with Jon Stewart
18. Whopper
19. Citi Field team
20. Marching musicians
21. Topper for Miss USA
23. Rushmore or Rainier
25. Responsibility
26. Cried
27. Lawyers’ org.
28. Memorable mission
30. Shooter ammo
33. 13-Across, e.g.
36. African desert wind
37. Ointment
38. Military subdivision
39. Unattractive
40. Mauna —
41. More, to Manuel

**DOWN**
1. Throws hard
2. Neighborhood
3. — : spoken : libel : written
4. Danger
5. Black wood
6. Ready for action
7. Quarter, e.g.
8. CSA president
9. Overcoat sleeve
10. Japanese pond carp
12. Epithet for Simon Templar (with “The”)
14. Information
15. Scarlet
19. Spring month
20. On the other hand
21. Big brass
22. Slanted, as lettering
23. Viral Web phenom
24. One skilled in playing dead
25. — Kapital
26. Goes up a few degrees
28. Worship
29. Parkinson’s treatment
30. Doctor’s orders?
31. Jealousy
32. Iron or Bronze
34. Out of control
35. Long story

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

**SUN & MOON**

**Snowfall**
Past week: Trace
Month to date: Trace
Normal month to date: 2.8”
Season to date: 10.9”
Normal season to date: 10.0”
Last season to date: 5.4”
Record for 1/10: 0.0” (0)

**POP:** Probability of Precipitation; The patented AccuWeather.com RealFeel Temperature® is an exclusive index of the effects of temperature, wind, humidity, sunshine intensity, cloudiness, precipitation, pressure and elevation on the human body. Shown are the highest and lowest values for each day.

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Haldane Boys Earn First League Win

Defeat North Salem, prepare for Pawling

By Skip Pearlman

The Haldane High School boys’ basketball team opened league play on Saturday (Jan. 4) at the Putnam Challenge hosted by Carmel High by picking up a 48-39 victory over North Salem. The Blue Devils also rolled to an easy 98-31 victory Monday (Jan. 6) at Biondi to improve to 6-2.

Despite the final score, Coach Joe Virgadamo said he didn’t like the way his team came out against North Salem. “We didn’t bring the energy and intensity we usually have,” Virgadamo said. “We did have a nice run in the second, and led 27-14 at halftime. But in the second half we played lackadaisical, turned the ball over, opened the door for them. We were lucky to pull out that win.

“The message we take from that is — the clock is ticking, and we need to improve. If we play like that in March [during the sectionals], the clock is ticking, and we need to improve. Both of them can take over a game. And [senior] Darrin Santos has played great defense.”

In the Blue Devils’ win over Biondi, Champlin lead the way with 23 points and Diba added 20. Kubik had 15 points and nine assists, and Christian Pezzullo scored nine.

Haldane is scheduled to travel to Pawling on Tuesday, Jan. 14, for its second league game.

TOURNAMENT WIN — Chris Crawford, a freshman at Beacon High School, went 7-0 on Dec. 27 and 28 to win the 106-pound championship at the Mid-Hudson Wrestling Tournament hosted by Arlington High School. Crawford defeated Newburgh’s Jackson Meril in a 12-4 decision in the title match.

Tournament Win

Girls’ Basketball

Haldane (6-3) came up strong on Wednesday (Jan. 8) at Rye Neck, building a 31-13 lead by the half en route to a 58-30 victory. Maddie Chiera had 17 points; Bela Monteleone recorded 15 points, five rebounds, five steals and five assists; Liv Monteleone had 10 points and eight rebounds; and Shianne Twoguns added four steals, three assists and three rebounds to go with five points.

Haldane also won at Valhalla, 41-37, on Jan 4. In that game, Bela Monteleone had 14 points; Liv Monteleone recorded eight points and 12 rebounds; Molly Seigel had eight rebounds and four points; and Twoguns had eight points and four assists. Haldane visits Ardsley today (Jan. 10) and Walter Panas on Monday, Jan. 13, before playing in the Peekskill Tournament next Friday.

Beacon defeated Peekskill, 44-21, on Monday (Jan. 6) before falling to Poughkeepsie on Tuesday, 54-51. The Bulldogs host Nyack today (Jan. 10) and Walter Panas on Monday, Jan. 13, before its trip to Haldane on Jan. 17 (see above).

Boys’ Swimming

Beacon picked up a win against Woodlands, 64-27, on Monday (Jan. 6) and Poughkeepsie, 92-61, on Wednesday to improve to 7-1. The Bulldogs host Nyack today (Jan. 10) and Pelham on Tuesday, Jan. 14.

Boys’ Basketball

The Haldane boys’ basketball team will host Beacon on Friday, Jan. 17, in the inaugural Battle of the Tunnel. Game time is 6:15 p.m.

“Battle of the Tunnel”

Girls’ Basketball

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Boys’ Basketball

The Beacon boys’ team defeated Mahopac, 5-2, on Dec. 19, while the girls fell to Mahopac, 7-0, despite a 665 series from Selena Virtuoso. Against Ketchum on Wednesday (Jan. 8) the girls won 7-0 (Virtuoso bowled a 602) but the boys fell despite a 624 series from Dan Gilkie.