Are the Kids Alright?

School is back to normal but students may not be

By Jeff Simms

The Beacon High School parent described her teenage daughter as “the glue of the family” — a headstrong young woman who always “wants to make sure everybody’s well and together.”

But by the summer of 2020, after students in New York finished the last three months of the school year behind computer screens because of the COVID-19 pandemic shutdown, something had changed.

One day that summer, the mother took her daughter to Long Dock Park at the Beacon waterfront for some fresh air. The girl wore a sweater. “I thought it was weird, because it was hot out,” said the mother, whose identity, along with her daughter’s, is being withheld so she could speak candidly about her family’s mental health.

Later that summer, her daughter was in the kitchen “grabbing something — and that’s when I noticed her arm,” the mother said. The girl, who said she felt isolated because of the shutdown, and feared she or her parents would contract COVID before vaccines were available, had been cutting herself with a razor blade.

While her reaction was extreme, the Beacon student was hardly alone in her Are the Kids Alright?

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While her reaction was extreme, the Beacon student was hardly alone in her

(Continued on Page 18)
Rachel Arbor, 31, is the coordinator of environmental education at the Garrison School.

What is your philosophy as an environmental educator?

My mantra is “connection to nature, connection to self, connection to others.” If we’re going to fight this climate crisis, we need to understand and appreciate nature. We also need to understand ourselves and our role in nature. Finally, we need to understand how we can collaborate with others to solve the problem.

While you have your own class teaching environmental engineering and community-based conservation projects, you also contribute to the core curriculum. What’s your approach?

Here’s an example. Our fifth grade teacher has a unit called “The Age of Exploration,” about European explorers. I’ll teach how that relates to the environment. The explorers needed resources from the environment. That’s why they explored. That mindset is something that we still have. We ask, “How can this ecosystem give us what we need?” rather than, “How is this a two-way relationship?”

You received a butterfly grant?

I’m applying for a grant to make the Garrison School part of the Pollinator Pathway. That means we will plant local flowers that attract migratory monarch butterflies on their path from Canada to Mexico. This is part of my community-based conservation initiative. My goal is to connect Garrison students with the larger community. Students also will learn about pollinators as part of their ecology curriculum.

You had said that the late Bob Oddo, who taught science at Horace Greeley High School in Chappaqua, was a big influence on you. How so?

He was so unconventional. In one assignment, he made us go be “freegans” [someone who scavenges for food]. We went to Dunkin’ Donuts and got all of their extra bagels. We had no idea what restaurants did with their waste. He got us out there in a way that changed our perspective on what food manufacturing looks like. He sent us dumpster diving! His passion was contagious.

Do people remark on your last name?

Yes, I do. My students call me Ms. Arbor. My husband and I met while leading backpacking trips. We loved being in nature and we loved helping students be in nature. When we got engaged, we wanted to find an identity that fit us both. So we looked at the letters in our names [Rachel Tabin and Jake Harrison Latchaw] and we figured out how we could scramble them to give us an identity we appreciated. When we changed our names legally, the judge said, “Let the court reflect the fact that this is beautiful.” We both go by Arbor. Jake is an English teacher at Beacon High School. His students call him Mr. Tree. My students call me Ms. Arbor.
Shots Fired Into Fishkill Restaurant

Police arrested a 42-year-old man on Sunday (Oct. 2) after shots were fired into Antonella’s Pizza on Route 9 in Fishkill. The six people inside the restaurant were not injured.

Gary P. Bonventre Jr., of Fishkill, was charged with six counts of attempted assault, criminal use of a firearm, criminal possession of a weapon and six counts of reckless endangerment. Police said they recovered a Rohm .22 short-caliber revolver.

Police said Bonventre fled the scene. He was arraigned in Village of Fishkill Court and remanded to Dutchess County Jail on $100,000 cash bail or secure bond, or $1 million partially secure bond. He is scheduled to return to court Oct. 17.

Metal Detectors (from Page 1)

It will move its remaining Friday night games to the daytime on weekends. The district already has metal detectors in place and security guards who inspect bags at night games and said it will add lighting and cameras. It also canceled or moved home games for all sports scheduled through Oct. 13.

In his statement, Landahl also alluded to a stabbing after a football game in September 2021 at Arlington High School that killed a 16-year-old student.

Byrne Announces Transition Team

Running unopposed for Putnam executive

Kevin Byrne, who is running unopposed to succeed MaryEllen Odell as the Putnam County executive, announced his transition team on Monday (Oct. 3).

Byrne, a state Assembly member, will appear on the Republican and Conservative Party lines on the November ballot. He said his transition team will be chaired by Jim Burpoe, commissioner of the Orange County Department of General Services, and include Joe DeMarzo, Putnam County’s former deputy commissioner of mental health and social services; George Oros, who was the chief of staff for Rob Astorino when he was Westchester County executive; Willis Stephens Jr., the Southeast town attorney; and William Spain, the former Putnam County attorney.

Byrne said in a statement he has “reached out to every town supervisor and village mayor in the county to hear their thoughts and discuss ideas on how they can do more to work together moving forward.”

He also said he had “secured a group of top-tier government experts to review the current structure, finances, programs and personnel within Putnam County government” to provide “detailed recommendations” for his tenure.

Haldane Foundation Opens Grant Requests

Application deadline is Oct. 31

The Haldane School Foundation has opened its fall grant application process and is accepting requests through Oct. 31. The nonprofit said it funds projects “that enrich students’ education, supplement curriculum and provide rich experiences, programs and resources that fall outside the regular school budget.” See haldane-schoolfoundation.org.

Haldane Foundation

APPLICATION DEADLINE OCT. 31

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COVID-19 BY THE NUMBERS

<table>
<thead>
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<th>PUTNAM COUNTY</th>
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</tr>
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<tbody>
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Source: State and county health departments, as of Oct. 5, with totals since pandemic began and change over the previous week in parentheses. Percent vaccinated reflects those who have received at least one dose as of Sept. 30.
Public restrooms

The ongoing problem of access to the public restrooms needs to be solved, stat (“Notes from the Cold Spring Village Board,” Sept. 23).

It’s shameful that the Cold Spring Chamber of Commerce does nothing to contribute to the costs of maintaining a service that directly benefits its members and Main Street businesses.

I cannot understand the rationale. The cost of a cleaning service to maintain the restrooms on the weekends could easily be covered if every Main Street business owner contributed $5 per week. It doesn’t cost much for anyone but benefits everyone.

Since merchants are not charged a fee for permits or licenses to do business in the village, as in many neighboring municipalities, it seems like the least they could do. Considering that two members of the Village Board are Main Street business owners, it’s astonishing they refuse to entertain the idea.

Lynn Miller, Cold Spring

Clariﬁcation

A story in the Sept. 30 issue reported that the Putnam County Sheriff’s Department had been alerted that a suspect in a shooting was fleeing north on the Taconic State Parkway. Arrested in Putnam Valley, Shyvarie Hernandez, 40, of the Bronx, was charged with fleeing a police officer and reckless driving. The Sheriff’s Department later clarified that Hernandez was not wanted in the shooting, but that the NYPD had been looking for the car he was driving.


Residents of Market, Lower Main, New Fish, North and West streets should be given a similar seat at the table as Fair Street residents were.

Further, how can HHPT prove that all traffic to the trail will be routed through the Dockside trailhead and/or a shuttle bus? Imagine a resident or visitor standing at the corner of Main Street and Route 9D, or Main and Fair, directed by GPS to head as the crow flies down the hill to Little Stony Point, the Dockside terminus and/or a shuttle bus? Alternatively, the Dockside terminus is a solution in search of a problem. Further, the Dockside terminus is a draw for events.

Trains to Little Stony Point, the Dockside terminus and be done with it. We need safe access to Little Stony Point, and we need to save Dockside from overdevelopment/overuse.

The solution is bike/pedestrian improvements on 9D and Fair Street connecting the village to Little Stony Point, regardless of what happens at Dockside — a multipoint trailhead that responds realistically to the facts on the ground.

Ethan Timm, Nelsonville

We should expect the village and trail to be asked to accommodate special events. On Oct. 1, Walkway Over the Hudson in Poughkeepsie hosted Walktoberfest, with 120 vendors, shuttle buses, food and alcohol. It’s easy to imagine that charities and for-profit groups would be eager to use the trail as a draw for events.

Aaron Wolfe, Cold Spring

I was somewhat disappointed with the outcome of the Sept. 28 meeting on the Fjord Trail but hopeful for the Planning Board’s intervention. I thought its members spoke eloquently and provided insights that should persuade the Village Board to scuttle support for the ill-conceived idea of an elevated pedestrian walkway starting at Dockside.

Whereas Planning Board members seem to see the forest for the trees, the mayor adopted the position that the village should wait and see what the traffic and environmental impact studies turn up. There’s no need to wait. Clearly, the Planning Board is better suited and far more experienced in such matters. It would be a dark day if we have to rely on the government and developer’s conflicted-interest impact studies to sway decisions.

Because Fair Street already conveys pedestrians to Little Stony Point, the idea of an elevated walkway to the same destination is a solution in search of a problem. Further, it directs people in the opposite direction of nearly every village business. Why would any village support that counterintuitive notion? Hikers will use Fair Street, bridge or no bridge.

Is it too much to ask elected officials to be practical?

Derek Graham, Cold Spring

Haldane plans

As the parent of a Haldane High School senior who grew up in Philipstown and has attended Haldane schools her entire life, I am well aware that the students and...
Fishkill Approves Developer’s Request

Water/sewer district will be expanded for themed hotel, shops

By Liz Schevtchuk Armstrong

Following a court ruling, the Fishkill Town Board on Wednesday (Oct. 5) approved extending a water and sewer district to include a planned shopping and hotel complex on a Revolutionary War site on Route 9.

The board voted, 3-1, to reject a proposal to appeal the ruling, and then voted, 3-0, with a member abstaining, to extend the district to the property. Supervisor Ozzy Albra, who has opposed the project, did not vote.

The board acknowledged that the judge’s decision was binding but also pointed out that the town must approve any mains and pipes that are installed.

Domenic Broccoli, the developer, intends to construct a complex on the 10.5-acre site that he calls Continental Commons, with an inn, shops, restaurants and museum designed to replicate a colonial village. The land lies across Route 9 from the Dutchess Mall and across Snook Road from the Van Wyck Homestead, which served as a headquarters for the Continental Army.

Although Broccoli’s plans call for drawing water from Fishkill, sewage and wastewater would be treated by Beacon’s plant.

A rendering of the north end of the proposed Continental Commons development charged that Town Board members who allowed the water and sewer extensions “sold out the people of Fishkill and disrespected the soldiers who are laid to rest at the Fishkill Supply Depot.” Although the developer “has won his case,” it said, “we feel that we have won our case in the court of public opinion.”

When it rejected Broccoli’s application two years ago, the Town Board questioned his plan to use existing pipes and determined it was not in the public interest to approve the extensions because neither water nor sewer hook-ups had been approved by the Dutchess County Department of Health.

In her Sept. 19 ruling, the state judge said that although the case file “is rife with public opposition to the project in general, there is no evidence that approval of the water and sewer extensions would be contrary to the public interest.” She also noted that town approval of the extensions only grants a right to utilize the water and sewer districts and that connections could not be made without county approval.

NOTICE OF SEQRA PUBLIC SCOPING HEARING

TOWN OF PHILIPSTOWN PLANNING BOARD

HUDSON VALLEY SHAKESPEARE FESTIVAL PROJECT

October 20, 2022 at 7:30 PM

PLEASE TAKE NOTICE that the Town of Philipstown Planning Board, as Lead Agency pursuant to the State Environmental Quality Review Act (SEQRA), will be holding a public scoping hearing to provide an opportunity for public input on the Draft Scope for the preparation of a Draft Environmental Impact Statement (DEIS) for the Hudson Valley Shakespeare Festival (HVSF) project. The public scoping hearing will be held on Thursday, October 20, 2022, at 7:30 p.m. at Philipstown Town Hall, 238 Main Street, Cold Spring, New York 10516.

The Draft Scope and other application materials on the project are available on the Town of Philipstown’s website at:

https://philipstown.com/planning/planning-board/planning-board-agendas-minutes-index/planning-board-agenda-packets-video-for-2022

Garrison Properties, LLC and HVSF (the “Applicant”) are requesting amendments to the Town of Philipstown’s Garrison Golf Club Planned Development District (GGCPDD – established 2005) and Rural Conservation District (RC) (the “Proposed Action”) to allow the relocation of HVSF from the Boscobel House and Gardens (also in Philipstown) to the Garrison Golf Club (2015 Route 9, Garrison). In addition to approval of the proposed amendments to the GGCPDD and RC districts from the Philipstown Town Board, the Proposed Action also requires site plan, subdivision, and special use permit approval from the Philipstown Planning Board, and freshwater wetland permit approval from the Philipstown Conservation Board.

The Planning Board has declared the Proposed Action a Type I action under SEQRA, and has adopted/circulated a Positive Declaration (dated July 21, 2022) requiring that the applicant prepare a DEIS to address certain potential environmental impacts of the project. Involved and Interested Agencies, residents and other members of the public are invited to participate in providing input on the Draft Scope. At the SEQRA Public Scoping Hearing there will be a three-minute time limit for each public speaker. Written comments on the Draft Scope are encouraged and will be accepted by the Lead Agency until October 27, 2022.

Written comments may be sent to the Philipstown Planning Board, 238 Main St., PO Box 155, Cold Spring, NY 10516 or emailed to the Planning Board Secretary at crockett@philipstown.com. This notice is issued pursuant to Part 617 of the implementing regulations pertaining to Article 8 (SEQRA) of the Environmental Conservation Law.

Dated: September 30, 2022
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www.hudsonriverlinerealty.com

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**Campaign Spending**

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<td>34</td>
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<td>$649K</td>
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Source: Federal Election Commission, from April 1 to Aug. 3  
*Ryan’s numbers are through Sept. 12

**Outside Money (from Page 1)**

Democratic National Congressional Committee (DCCC) and the Congressional Leadership Fund (CLF), which supports Republicans, are behind most of these negative TV and digital advertisements, as they seek to influence the races for New York’s newly redrawn 17th and 18th congressional districts.

In the 18th, Ryan faces a challenge from Schmitt, a state Assembly member who lives in New Windsor, and in the 17th, Rep. Sean Patrick Maloney, a Democrat who lives in Philipstown, is defending his seat against Republican Mike Lawler, a state Assembly member who lives in Pearl River. (Maloney currently represents District 18, which includes Beacon and Philipstown, while Ryan was elected in August to fill the District 19 seat until the end of the year after it was vacated by Antonio Delgado when he became lieutenant governor.)

Outside funding for negative ads happens all over the country. According to the nonpartisan OpenSecrets.org, super political action committees (known as super PACs) have spent $814 million during this election cycle. In the 2020 presidential election, super PAC money accounted for two-thirds of outside spending, according to its analysis.

The amount of outside money devoted to a race generally reflects its importance to the national parties; the balance of power in the House, where Democrats have an eight-seat advantage, could easily shift based on the outcomes of the most competitive races.

As of this week, the elections forecaster FiveThirtyEight describes the race for District 18 between Ryan and Schmitt as “leaning Democrat” while District 17 between Maloney and Lawler is “likely Democrat.” The site lists the Ryan-Schmitt race, as well as a campaign for the new District 19 between Dutchess County Executive Marc Molinaro, a Republican, and Josh Riley, a Democrat, among the 50 most competitive House races in the country.

That is reflected by independent expenditure reports compiled by the Federal Election Commission (FEC). The Congressional Leadership Fund, a super PAC aligned with Kevin McCarthy, the House minority leader, spent $1.2 million in September on digital ads, text messages and flyers blasting Ryan and $961,000 going after Maloney. At the same time, the DCCC, a wing of the Democratic Party that seeks to elect Democrats to the House and is chaired by Maloney, spent nearly $1.7 million in September on ads attacking Schmitt but has spent nothing to oppose Lawler.

Notably, the negative ads purchased with outside money stand an arm’s length from the candidates. When a candidate buys an ad, he or she must explicitly endorse the message on camera. Ads run by political committees and PACs are not endorsed or paid for by the candidates. For example, the New York Republican State Committee has distributed flyers featuring Lawler that accuse Maloney of being “too extreme” for the Hudson Valley because of his progressive positions on abortion and bail reform.

While candidates and campaign strategists apparently believe negative ads are effective, political scientists aren’t so sure. “The effect of negative advertising on voter mobilization is a highly studied thing in political science, but it’s also something we don’t have good answers on,” said Scott Minkoff, a political science professor at SUNY New Paltz.

(Continued on Page 7)
Looking Behind Negative Ads
By Leonard Sparks

We selected negative ads about each candidate and researched their claims. It is not exhaustive but illustrates that any campaign material should be read with a critical eye.

**DISTRICT 17**

**Maloney (D) on Lawler (R)**

**CLAIM:** “He [Mike Lawler] voted against protecting safe and legal abortions in New York.”

**CAVEATS:** In June, two weeks before the U.S. Supreme Court struck down Roe v. Wade, Gov. Kathy Hochul signed a package of bills to protect abortion rights in New York. Lawler, who is a member of the state Assembly, voted against the bills, including those that would protect medical professionals from misconduct charges for providing abortions and protect them from criminal and civil cases if they treat patients from states where abortion is illegal. Lawler’s anti-abortion position is well-established, but his campaign accuses the Maloney campaign of running an ad that “claims that Mike’s against the national ban on abortion when we’re on the record in over a dozen other news outlets saying we’re not.” This ad doesn’t make that charge, although another calls Lawler “extreme on abortion” and implies that he would join with Republicans who support a national ban.

**Lawler (R) on Maloney (D)**

**CLAIM:** “They’ve [Sean Patrick Maloney and President Joe Biden] given us record inflation and surging crime.”

**CAVEATS:** The federal Bureau of Labor Statistics’ monthly inflation update released July 18 showed that prices rose 9.1 percent between June 2021 and June 2022, which was the highest 12-month increase since November 1981. However, there were several periods when the highest 12-month rate was much higher: June 2019 to June 2020 (23.7 percent); March 1946 to March 1947 (20.1 percent); and March 1979 to March 1980 (14.8 percent). Maloney’s campaign stood by its claim: “If we’re nitpicking ‘record’ to say in the past 100 years, that’s one thing,” a representative said. “But realistically, most folks, I think, would agree that inflation has not been higher in a long time in their lifetimes, and it is near record highs.”

(Continued from Page 6)

The prevailing wisdom, he said, is that negative advertisements suppress voter turnout but do not boost support for the candidate on whose behalf they are created.

“These groups don’t spend money that they know will be wasted,” said Richard Born, a professor of political science at Vassar College and an expert on congressional politics. “Sadly, negative advertising catches voters’ eyes. It causes them to pay more attention.”

The new ads
The new Congressional Leadership Fund ad, the one in which the narrator labels Ryan a “dangerous liberal,” echoes a familiar Republican attack: Democrats are soft on crime and want to defund the police. In the 30-second TV spot paid for by the group, Ryan can be seen marching with Black Lives Matter demonstrators in Poughkeepsie during the summer of 2020 following the murder of George Floyd by Minneapolis police officer Derek Chauvin. (Molinaro also attended.)

The CFL has also created a website, which the super PAC is paying to promote on Google, that encourages visitors to share the ad on social media.

Minkoff observed that the ad is likely designed to boost turnout among rank-and-file Republicans, not to persuade independent voters. “If you thought Ryan was anti-police or going to take your gun away, you probably weren’t going to vote for him anyway,” he said.

On Twitter, Ryan maintained that negative attacks won’t persuade voters. “My opponent has Kevin McCarthy and his dark-money super PAC spending hundreds of thousands of dollars to attack me, and it won’t work in November,” he wrote. Ryan has pledged not to accept campaign contributions from corporate PACs.

Schmitt’s campaign did not pay for the ad, but his campaign representative, Taylor Weyeneth, defended its message. “Pat Ryan is dramatically out of step with Hudson Valley families when it comes to public safety,” he said.

Meanwhile, the DCCC is running a 30-second TV and digital ad on YouTube highlighting Schmitt’s stance on abortion, a point Ryan is also hammering on the campaign trail.

“If he [Schmitt] gets to Congress, he and his extremist allies could ban abortion nationwide,” declares the video’s female narrator. Like the CFL ad, this one uses dramatic music to give urgency to its message. The narration

(Continued on Page 9)
Heritage Applefest

SUNDAY, OCTOBER 9 | 10:00 AM - 4:00 PM

Celebrate Hudson Valley harvests with cider pressing, apple preserving, and sweet-cider sampling.

Live music and storytelling by Carla Hall and Jim Keyes, 19th-century games, demonstrations and hands-on crafts, plus Open House tours of the Historic House Museum.

Shuttle service available from Putnam County’s Cold Spring Trolley.

1901 NY ROUTE 9D, GARRISON, NY | BOSCOBEL.ORG
Outside Money (from Page 7) plays over an image of Schmitt speaking at a podium, as the faces of distraught women appear above him on a red background.

How it works

Under the Federal Election Campaign Act, super PACs are allowed to raise unlimited sums of money from individual donors. Unlike citizens or companies, they cannot make direct contributions to political campaigns. Instead, they spend money on behalf of campaigns and candidates, such as on ads.

All super PAC donations must be made public, in contrast to so-called “dark money” or “issue welfare groups,” which are usually nonprofit 501(c)(4) organizations and can accept unlimited contributions from any source; these groups are not required to disclose their donations publicly.

As a result of the 2010 Supreme Court ruling in Citizens United v. Federal Election Commission, which rolled back campaign finance regulations, dark money groups can raise unlimited sums of money from corporations, trade unions and individuals and spend it on ads and direct mailers, as well as phone banking and canvassing operations on behalf of candidates. Like super PACs, these groups cannot coordinate any of their spending with the campaigns themselves.

Examples of dark-money groups include the National Rifle Association and Planned Parenthood, as well as think tanks like the Heritage Foundation or the Center for American Progress. Campaign committees like the DCCC and the Republican National Committee can raise a maximum of $36,500 per year from each individual donor.

The FEC also prohibits candidates from communicating with PACs that support them. But elections experts note that the laws intended to prevent candidates from coordinating with outside groups can lead to more negative political ads.

“Super PACs often run very negative or misleading ads,” said Minkoff. “They do the dirty work because the candidate on whose behalf the money is being spent can claim they had nothing to do with it.”

Even if campaigns cannot write the ads PACs run on their behalf, Minkoff noted, candidates can skirt the rules by simply releasing their campaign strategy to the public in the hopes that PACs will run ads based on those messages.

On rare occasions, negative advertising can backfire. In 2016, the CLF ran ads attacking Delgado during his 19th District race against John Faso. The ads targeted Delgado’s career as a rapper in Los Angeles during his 20s, labeling the Black candidate, who was also a lawyer and Rhodes scholar, a “big city rapper.”

Many local TV stations pulled the ads from their airwaves, and Patrick Murray, director of the Monmouth University Polling Institute, told reporters that the ad appeared to galvanize Democrats to vote for Delgado, rather than energize Republican voters to line up against him and in support of Faso.

Faso was forced to distance himself from the videos in a debate against Delgado. “Those are not my ads,” Faso told the audience.

This story was adapted from an article by Feldman that appeared in the Red Hook Daily Catch (thedailycatch.org), with additional reporting on the District 17 race by Leonard Sparks.
AROUND TOWN

CATCHING AIR — A dance troupe rehearsed at the Beacon waterfront on Sept. 24 for a performance that day at the Soon is Now climate-action festival.

Photo by Ross Corsair

MOOSE SPOTTING — Robert Culp was taking an early morning walk on Philipse Brook Road in Garrison on Monday (Oct. 3) when he encountered an unusual sight — a male moose that apparently trekked off course from the Adirondacks or New England. It may be the same moose spotted in Danbury, Pawling and East Fishkill during the week of Sept. 25. The New York Moose Research Project, a partnership between the state Department of Environmental Conservation and several universities, has recorded regular sightings farther upstate but few in the Highlands. There are an estimated 600 to 700 moose in the Adirondacks (and 75,000 in Maine).

Photo provided

NEW ORGAN — St. Philip’s Episcopal Church in Garrison dedicated its new organ on Sunday (Oct. 2) with a performance by Craig Williams of the West Point Cadet Chapel.

Photo by Ross Corsair

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Artist seeks connections with Black ancestors

By Alison Rooney

In her mixed-media artwork, Alisa Sikelianos-Carter feels she is sharing information communicated by her Black ancestors, and their stories of resilience. “I am them, they are me,” she says. “I have to recreate my family tree, because descendants of Africans don’t always have that information available to them. This work is that: trying to retrace those relationships.”

Her show, *A Spell is a Map to What is Meant for You*, is on view at the Fridman Gallery in Beacon through Oct. 30 and includes seven new works.

Sikelianos-Carter grew up in Bethlehem, New York, near Albany, and also spent time in the Berkshires and Cherry Valley, all places she says had an impact on her life and outlook. “There’s a through-line between all of those places that runs through the stars, nature and mountains. Trees were always important and inspiring in terms of the ways I think about material and aesthetic.”

She also was influenced by her experience being “a Black person in very white school. Feeling isolated informed how I saw and see myself in sometimes negative, and sometimes positive, ways. If I had grown up in New York City, my work would be different. I lived in the city for two years and found it overwhelming.”

Sikelianos-Carter, who earned bachelor’s and master’s degrees from SUNY Albany in painting and drawing, is currently based at the Headlands Center for the Arts in Sausalito, California, the most recent of nine residencies.

The artist believes she was called to make connections to those who came before by incorporating memory, the divine and, importantly, “the painful trajectory of collective ancestors in constructing new archetypes.” She has written: “I envision a cosmically bountiful world that celebrates and pays homage to ancestral majesty, power and aesthetics.”

Sikelianos-Carter says she is inspired by traditional Black hairstyles, using sources from online and printed catalogs to create with her paintings “a mythology centered on Black resistance and utilizing the body as a site of alchemy and divinity.”

Citing two of her works in the show, *In Shape of My Memory* 1 and 2 (see above, center), Sikelianos-Carter explains that “the black silhouettes are planetary forms. The shape, the color palette and the makers’ marks describe the beginning of this world, and the pink and green dash marks are asteroids.”

She adds: “I love the idea of a super-opulent, seductive, beautiful fantasy world. The beauty is on purpose, to draw people to it, eye-catching. It’s also about what materials feel good — delicious — physically. I want my beings to exist in an abundant world where they have everything they need, including adornment, which can be a Black aesthetic. It’s what Black Americans are bringing: a kind of glamor magic, which uses beauty to uplift and draw in.”

She enjoys show openings because she can engage with visitors about her work. “Their experience, their understanding of it, is so exciting, and is so much of why I do it,” she says. “I’m happiest when I can tell that my work has done its job, created portals for feeling it.”

The Fridman Gallery, at 475 Main St. in Beacon, is open from 11 a.m. to 6 p.m. on Saturdays and Sundays, or by appointment. See fridmangallery.com or call 646-345-9831.

“‘I Am Them, They Are Me’

Alisa Sikelianos-Carter with some of her paintings

Photo provided

I have to recreate my family tree, because descendants of Africans don’t always have that information available to them. This work is that: trying to retrace those relationships.

“"
MARTEE LEVI
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OCT 7TH - OCT 30TH
RECEPTION: FRIDAY, OCT 7TH: 6-8:30PM

BUSTER LEVI
GALLERY
121 MAIN ST. COLD SPRING NY
GALLERY HOURS
FRI | SAT | SUN. 12PM TO 5:00PM

Philipstown Garden Club
Presents
‘Bulbs For Spring Bloom’

Sunday, October 16, 2022
From 10:00 a.m. until the bulbs are gone
Philipstown Recreation Center
107 Glenclyffe Drive, Route 9D, Garrison

The 2022 Fall Bulb Catalog for our Annual Fundraiser is waiting for you at our website: www.Philipstowngardenclubny.org
Browse the Catalog and Buy your bulbs at the Sale

ArtEast
Open Studio Tour
Oct. 15-16 & 22-23
11am - 5pm
Amenia, Dover Plains, Wingdale
Poughquag, Hopewell Jct.,
Holmes, Patterson,
Pawling
arteastdutchess.com
THE WEEK AHEAD
Edited by Pamela Doan (calendar@highlandscurrent.org)
For a complete listing of events, see highlandscurrent.org/calendar.

COMMUNITY
SAT 8
Flea Market
STORMVILLE
8 a.m. – 4 p.m. Stormville Airport 426 Route 216 stormvilleairportfleaemarket.com
Browse antiques and collectibles, arts and crafts, and new merchandise. Rain or shine. Also SUN 9. Free

SAT 8
Fall Fair
COLD SPRING
9 a.m. – 3 p.m. United Methodist 216 Main St.
Browse craft items and baked goods, or order breakfast and lunch from the kitchen. For take-out, call 845-265-3365.

SAT 8
Rascal’s Craft & Flea Market
WAPPINGERS FALLS
10 a.m. – 3 p.m. Dutchess Stadium 1500 Route 9D | 845-838-0094
Find artisan wares and treasures. Parking is $7. Free

SAT 8
Market Day Crafts Fair
FISHKILL
11 a.m. – 6 p.m. Van Wyck Homestead 504 Route 9 fishkillhistoricalsociety.org
Take a tour of the museum, enjoy seasonal refreshments and find a showcase of local craft-makers. The rain date is SUN 9. Free

SAT 8
Open House
CARMEL
11 a.m. – 2:30 p.m. Putnam Humane Society 68 Old Route 6 | 845-225-7777 putnamhumane.org
Bring a can of dog or cat food to donate and meet the dogs and cats looking for homes. The Cadillac Brothers will perform.

SUN 9
Heritage Applefest
GARRISON
10 a.m. - 4 p.m. Boscobel 1901 Route 9 | boscobel.org
Enjoy cider pressing, apple preserving and samples, plus live music and storytelling. Cost: $24 ($21 seniors, $13 children, free ages 4 and younger)

TUES 11
Blood Drive
BEACON
10 a.m. – 3 p.m. Memorial Building 413 Main St. | redcross.org
Register online for a time or walk in to donate.

WED 12
Putnam Flu Shot Clinic
GARRISON
2 – 6:30 p.m. Garrison Firehouse 1616 Route 9 putnamcountry.com/seasonalfluclinic
Appointments required, ages 18 and older. Cost: $25 (free for 65 and older or with Medicare card)

SAT 15
Rummage Sale
BEACON
10 a.m. - 4 p.m. Christ United 60 Union St. | 845-831-0365
The church will also be offering soup and salad take-out for $15.

SAT 15
Grand Slam Beer Festival
WAPPINGERS FALLS
1 – 6 p.m. Dutchess Stadium 1500 Route 90 | hopsonthudson.com
Enjoy beer, cider, food, live music, games and a makers’ market. Ages 21 and older. Cost: $52 ($107 VIP, $25 designated driver)

SAT 15
Tabroots Festival
BEACON
1 – 4 p.m. The Yard | 4 Hanna Lane Beacon Climate Action Now will host this afternoon of trivia, storytelling and children’s games. Food and a raffle. Get information about reducing energy use and ways to get involved.

SAT 15
Rato Kim | El Hooligan | KLV
BEACON
3 – 9 p.m. Clutter Gallery | 139 Main St. 212-255-2505 | clutter.co
The solo and custom exhibitions will be on view through Nov. 4.

SUN 16
Memorial Car & Bike Show
WAPPINGERS FALLS
9 a.m. – 4 p.m. Dutchess Stadium 1500 Route 90 | jamestownjx.com
All proceeds from this third annual event will benefit No One Walks Alone, which works to prevent suicide. To show a vehicle, see carshowmania.com/event/1122. Cost: $5 admission

SECOND SATURDAY
SAT 8
Belief in a Disenchanted World
BEACON
4 – 6 p.m. Mother Gallery 1154 North Ave. | 845-236-6039 mothergallery.art
This two-person exhibit will include paintings by Kadar Brock and alabaster sculptures by Lee Hunter. Through Dec. 10.

SAT 8
American Impressionists
BEACON
4 – 6 p.m. Bannerman Island Gallery 150 Main St. | 845-831-6346 bannermancastle.org
Deborah Cotrone, Gary Fifer and Marguerite Takvorian will share their work in this group show on view through Nov. 27.

SAT 8
Words Unbound
BEACON
5 – 7 p.m. Howland Public Library 313 Main St. | beaconlibrary.org
Work by more than 20 artists inspired by the printed word was chosen for this exhibit to celebrate the 150th anniversary of the library. Through Nov. 27.

SAT 8
John DeMarco
BEACON
6 – 8 p.m. BAU Gallery | 506 Main St. | 845-440-7584 | baugallery.org
DeMarco’s paintings and mixed media works explore existential references. A group show will fill Gallery 2 and the Beacon Room will feature work by Rob Borky, Jason Laney, Sarah Fox, Sydney Ruckdeschel, Eileen Sackman and BJ Watson. Through Nov. 6.

KIDS & FAMILY
SAT 8
Kids Craft Connection
GARRISON
9:30 a.m. & 1:30 p.m. Boscobel 1801 Route 90 | 845-265-3368 boscobel.org
Children and families are invited to take a flashlight tour of the mansion and make early-American-style clay pots. Cost: $24 ($13 children)

SAT 8
Halloween Costume Swap
BEACON
2 – 5 p.m. Beacon Recreation Center 23 W. Center St. facebook.com/weeplaybeacon
Bring a children’s costume and select a new one at this exchange.

[ Continued on Page 15 ]
It’s time to celebrate FALL!

**CHURCH RUMMAGE SALE & SOUP & SALAD TAKE OUT**

Lemon Chicken Orzo or Beef Tomato Soup, Salad for 2, Bread and Cookies!
All for only $15.00 (extra quarts available for $10.00)

**Saturday, October 15**
10:00am - 4:00pm

Christ Church United Methodist
60 Union Street-Beacon
(845)831-0365

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**collaborative concepts**

@ Tilly Foster Farm
100 RTE 312, Brewster NY
September 3 - October 29, 2022
Open Daily 10-4pm
35 Outdoor Sculpture Installations
Opening Reception: Sat, Sep. 3, 3-5 pm
Live music
(Rain dates: Sun, Sep. 4 or Mon, Sep. 5)

Malin Abrahamsson • Anna Adler • Inez Andruycyk • Celeste Barnes • Jo-Ann Brody • Susan Buroker • Jodi Carlson • Donna Castelluccio • Joe Chirchirillo • Ursala Clark • Emiri Fujimoto • Eric Jacobson • Lenny Harrington • Natalya Khorover • Kevin Laverty • Conrad Levenson • David Link • Jim Lloyd • Timothy Lutz • Bob Madden • Carol Paik • Hildy Potts • Herman Roggeman • Peter Schlemowitz • Fred Schlitzer • Tom Shaw • Laurie Sheriden • Herrat Sommerhoff • Robert Spinazzola • Betty Stafford • Storm King School • Naomi Teppich • Patrick Todd • Abhishek Tuwala • Max Yawney

This project is made possible in part through the Putnam Arts Council’s Arts Link Grant Program with public funds provided from

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Thank you to everyone who participated in the Philipstown Behavioral Health Hub’s 2022 5K and Family Fun Run!

Your support makes local access to mental health and addiction resources more accessible to everyone in Philipstown!

**Special Thanks to our Local Business Sponsors!**
TUES 11
Little Cubs Storytime
HIGHLANDS FALLS
10 a.m. Bear Mountain Inn
55 Hessian Dr.
tailsidemuseumandzoo.org
Children ages 5 and younger are invited to hear a story, make a craft and learn about nature. Email christian.owens@parks.ny.gov.

TUES 11
Halloween Treat Tools
GARRISON
6 p.m. Desmond-Fish Library
472 Route 403 | 845-424-3020
desmondfishlibrary.org
Gather in the Maker’s Space to use tools to make tools. Children ages 12 and younger must be accompanied by an adult. Registration required.

THURS 13
Claribel Ortega
COLD SPRING
4 p.m. Cold Spring Coffeehouse
92 Main St. | 845-265-2080
splitrockbks.com
As part of the Split Rock Kids Book Club, the author will read from her latest graphic novel. Prizes. Registration required.

STAGE & SCREEN
SAT 8
CP2 Series Readers Theatre
WAPPINGERS FALLS
8 p.m. County Players Theater
2681 W. Main St. | 845-298-1491
countyplayers.org
The players will alternate the readings of two plays, Admissions and The Niceties. Also SUN 9. Cost: $15 ($20 for both)

SAT 8
Comedy Variety Show
BEACON
8 p.m. Howland Cultural Center
477 Main St. | 845-831-4988
howlandculturalcenter.org
Serious Comedy Theatre will perform stand-up and skits. Cost: $20 ($25 door)

SAT 8
HorrorShow
BEACON
9 p.m. Story Screen | 445 Main St.
storyscreenbeacon.com
The annual festival returns with Event Horizon (1997), about the return of spacecraft that vanished years ago. Other screenings will include the slasher film Poplar (1999) on WED 12 and the parody Scary Movie (2000) on SUN 16. Cost: $10

TUES 11
The Ivy League of Comedy
BEACON
7 p.m. Towne Crier | 379 Main St.
845-855-1300 | towncrier.com
Karen Bergreen, Shaun Eli and Jon Fisch will perform stand-up. Cost: $30 ($35 door)

SAT 15
Inside Out
POUGHKEEPSIE
11 a.m. Bardavon | 35 Market St.
dutchessny.gov/movie
Residents of all abilities and their families are invited to this sensory-sensitive screening of this 2015 animated film. Registration required. Free

TALKS & TOURS
SAT 8
The Stone Chambers of Mead Farm
CARMEL
10 a.m. Mead Farm
1090 Route 52 | 845-265-4010
putnamhistorymuseum.org
Learn about three mysterious areas of the landscape and hypotheses about how they came to be during this hike organized by the Putnam History Museum. Register online. Cost: $15

WED 12
Energy Grid Transition
ALBANY
7 p.m. Via Zoom
Assemblywoman Sandy Galef, whose district includes the Highlands, will host this forum with panelists from New York Independent Systems Operator, Sustainable Westchester and Sustainable Putnam, as well as heat pump installation experts. Call 914-941-3111 or email galef@assembly.ny.gov to register.

MUSIC
SAT 8
School of Rock Music Festival
POUGHKEEPSIE
2 – 10 p.m. The Chance
6 Crannell St. | thechancetheater.com
The Grateful Dead cover band The Grateful Dead cover band will perform for an Indigenous People’s Day observance as part of Quinn’s weekly jazz series.

TUES 11
Candidate Forum
TARRYTOWN
7 p.m. Via Zoom | www.org
This forum, hosted by the League of Women Voters, will include Sean Patrick Maloney, the Democratic incumbent, and Mike Lawler, his Republican challenger. Register online to attend and submit questions. District 17 includes Philipstown.

SAT 15
Benjamin Verdery
PUTNAM VALLEY
7 p.m. Tompkins Corners Cultural Center
729 Peekskill Hollow Road
tompkinscorners.org
The classical guitarist will play original songs and covers by diverse artists. Cost: $20

SAT 15
Popa Chubby
BEACON
8:30 p.m. Towne Crier | 379 Main St.
845-855-1300 | towncrier.com
The hard-rocking blues guitarist will perform with his band. Cost: $30 ($35 door)

CIVIC
TUES 11
City Council
BEACON
7 p.m. City Hall | 1 Municipal Plaza
845-838-5011 | beaconny.gov

TUES 11
Dutchess Legislature
POUGHKEEPSIE
7 p.m. Legislative Chambers
22 Market St. | 845-486-2100
dutchess.ny.gov

TUES 11
School Board
BEACON
7 p.m. Beacon High School
101 Matteawan Road
845-838-6900 | beacon12.org

WED 12
District 17 Candidate Forum
TARRYTOWN
7 p.m. Via Zoom | www.org

TUES 11
School Board
GARRISON
7 p.m. Village Hall | 729 Main St.
845-265-2500 | garrisonny.org

WED 12
School Board
NELSONVILLE
7 p.m. Village Hall | 258 Main St.
845-265-2500 | nelsonvillyen.org
Living Green

What Schools Can Do

By Krystal Ford

School is back in session. Energy, imagination, laughter and learning pulses in the halls and classrooms for the next 10 months. And while some schools recognize the challenge that climate change poses to students’ future and the necessity of teaching climate science and solutions, there is one glaring disconnect. For one reason or another, schools aren’t practicing what they preach.

According to New York State, our 6,000 plus public and private schools spend about $1 billion on energy each year while producing 5.6 million metric tons of carbon dioxide.

In school districts, there is a responsibility to do whatever they can to reduce greenhouse emissions and sequester carbon. Of course. Not only would they be setting an example to their students and the community, the money saved by moving away from fossil fuels is important when budgets are so tight. If we can’t get teachers, staff, school boards, parents and other community members to care about the generational justice issue of our time, who will?

What would it look like to have everyone at a school working together?

For starters, parents would email district leaders and attend board meetings asking for more action. If parents don’t care about this issue, it remains lower on the priority list.

I encourage everyone to learn about and vote yes on Proposal 1 in November, which supports the $4.2 billion Environmental Bond Act that will help fund projects related to the environment and global warming mitigation. Amongst the list of items that could be funded are electric school buses.

Teachers should support state Senate Bill S4783A, which would require the teachers’ retirement system to divest of any source of income that profits from fossil fuels.

The district has some ability to act, but there could be much more legislation passed to help schools with the financial burden of making the transition.

The New York State School Board Association has called on Gov. Kathy Hochul and the Legislature to help districts address areas such as alternative energy sources, energy efficient technology and sustainable retrofitting or construction. Aside from building aid, there is no consistent and dedicated funding source for these sorts of environmentally focused projects.

In Garrison, where I lived until recently, the school district has already taken advantage of state funding and eliminated its dependency on fossil fuel to heat its building. As part of its recent capital improvement project, the school’s oil-heating system was replaced with an electric HVAC system. The district received $120,000 from the state’s Clean Heat Program that will be used to purchase sustainable, eco-friendly furniture for a new Learning Commons space. Additionally, the district was awarded a $90,000 state and municipal facilities grant that will be used to replace inefficient oil-heated water heaters with electric. The oil tank will be removed from the campus.

Superintendent Carl Albano said the district applied for a highly competitive Environmental Protection Agency Clean School Bus grant to purchase electric buses and will find out soon if it was selected. (The EPA says it received 2,000 applications for the $500 million earmarked for bus grants; in response, it increased the funding to $965 million for 2022 and $1 billion for 2023.)

Like Albano, Philip Benante, the superintendent at Haldane, said electric buses would be at the top of his list if grants were available. Both may get their wish: New York announced in April it plans to transition all 50,000 school buses in the state from gas to electric by 2035.

In the meantime, districts can institute purchasing policies that consider the environment. They can also promote practices that improve public and worker health, reduce carbon emissions, conserve natural resources and reward environmentally conscious manufacturers, while remaining fiscally responsible.

Next, they could calculate their carbon footprint and begin work on a climate action plan that could include a plan to replace oil burners with heat pumps or geothermal; phase out diesel buses; install electric vehicle charging stations for staff and visitors; convert unused lawns to meadows that don’t require mowing and can better handle water runoff and survive droughts; and switch out gas-powered lawn equipment.

The climate crisis is urgent, even if it doesn’t feel that way. Isn’t the goal of school to prepare students for the future? Let’s make it a good one.

Lion Electric, a company based in Quebec, produces electric-powered buses that it hopes will soon be in high demand.
When violist and composer Melanie Dyer decided to create a sextet, she says she had one criterion: “I was looking for string players who could improvise.”

WeFreeStrings, which includes violinist and Beacon resident Gwen Laster, violinist Charles Burnham, cellists Alexander Waterman and Michael Wimberly and bassist Ken Filiano, will perform at the Chapel Restoration in Cold Spring at 4 p.m. on Sunday (Oct. 9).

The performance will resemble the Sunday afternoon jam sessions that occurred in Dyer’s Harlem apartment from 2004 to 2013. “We were improvising and recording what we played,” she recalls. “Then we listened to what we played, while having a meal — there was always food.”

“I was looking for people who I knew were excellent players, technically,” she recalls. “Having played with this group influences the way I write. We all develop our own voice, and different voices in the room change the conversation and the way the music is expressed. As improvisers, we don’t always tell the music what to do — it takes us where it wants to go.”

Writing in The Wire, critic Phil Freeman said the music “combines free jazz with the music of African American string bands and classical avant-garde.” He described it as “surging, stabbing, thumping.”

When the Sunday afternoon sessions began, Dyer was already hosting what she calls “multi-generational, multi-ethnic activist speakers centered around ecological issues, parlor music having to do with Earth and justice — socio-political events.” There were films, plays and lectures, as well as music. “It was wonderful — fun and stimulating,” she says.

After a hiatus of five years, Dyer called Burnham and they reached out to others. In 2017, the new group was formed. It weathered the pandemic, pared down temporarily to a trio and performed a few livestreams, including one for the Chicago Jazz Strings summit. Eventually it was able to get into a studio courtesy of Art for Art, a Lower East Side organization that supports musicians who work in free jazz and improvising.

That was followed by a grant from New Music USA that allowed WeFreeStrings to record an album, Love in the Form of Sacred Outrage, released this year on streaming platforms. It includes compositions by Dyer written in tribute to the late writer and poet Amiri Baraka and civil rights activists Fannie Lou Hamer and Fred Hampton.

Much of the album will be performed at the Chapel, as well as Andrew Lamb’s “Pretty Flowers,” a lyrical duet between Dyer’s viola and Laster’s violin, grounded by Filiano’s bass. “Whatever inspires the writing, the music becomes what it’s going to become,” Dyer says. “With composing, you start out alone, you write something down on paper, then you give it to other musicians and their creative energy comes in and sometimes takes it beyond the initial ideas. They expand and improvise that expansion. The listening audience closes that creative process.”

Dyer is excited to play in front of an audience again — the sextet has four gigs in October. “Folks are busy, in a good way,” she says. “Because we were on lockdown for two years, I’m finding audiences are hungry for art in all of its forms and incredibly appreciative.”

She’s also happy to be returning to the Chapel Restoration, which is located on the Hudson River. “I played with Gwen’s group there on Halloween night in 2015,” she recalls. “It was a beautiful night, and the doors were open, with music flowing out. I walked down the hill trail there, looked up and there was a little white-speckled owl in a tree, talking to us, singing.”

The Chapel Restoration is located at 45 Market St., adjacent to the Metro-North train station, where parking is free on weekends. Admission is free, although donations are welcome.

WeFreeStrings in 2018 performing “Baraka Suite,” a masked ceremony with dance and spoken word based on poems by Amiri Baraka. Photo by Patricia Nicholson Parker
emotional struggles during the pandemic. Last month, schools in the Highlands began the 2022-23 academic year unlettered by the pandemic for the first time since early 2020. Classes are being held in person and there are no mask or distancing requirements. But according to school officials, teachers and parents, not everything is back to normal. Problem-solving and other skills have diminished in the classroom, they say, while many children are more withdrawn and fearful of making mistakes, and less able to regulate their emotions. In this series, we hope to provide insight into what's happening with children and teenagers, the youngest of whom have never attended school without precautions.

Anxious times

After discovering she was cutting herself, the Beacon girl's parents removed knives from the kitchen and shaving razors from the bathroom. If she needed to shave, her mother would stay in the bathroom with her. The couple installed security cameras inside their home to keep an eye on her. “It was something that came out of nowhere for us,” the mother said. “We never thought that she would be suffering like that.”

The girl told her parents that, in the moment, cutting made her feel better. Research has shown that cutting often begins as an impulse and, because it provides a temporary sense of relief from other painful or overwhelming emotions, can become habitual. “It may help for that moment, but you have to address the core of the problem,” the mother told her daughter. “Whatever you're dealing with is still there.”

Although public schools in Beacon reopened for “hybrid,” two-days-per-week in-person instruction in the fall of 2020, the girl began having stomach aches and continued to feel anxious around crowds. At one point, feeling unsafe at home, she asked to be admitted to a mental health treatment facility.

The stay only lasted a few days; upon returning home, she committed to learning to manage her anxiety. The parents met with school administrators and designed a plan that allowed the girl to give teachers a nonverbal signal and leave class to speak with a counselor if needed. She was also provided extra time to complete tests, to counter anxiety.

Her mother said as she and her husband helped their daughter, “we found out that some of her other friends were dealing with the same issues, becoming very depressed or dealing with anxiety. It was a real eye-opener.”

Of course, many children and teenagers were hurting before the pandemic; the U.S. surgeon general noted in an advisory last year that “an alarming number of young people” struggled with depression and thoughts of self-harm even before the shutdown. But the isolation of COVID did nothing to help.

Topsy-turvy

Last month, while reviewing state testing scores with the Beacon school board, Sagrario Rudecindo-O’Neill, the district’s assistant superintendent of curriculum and student support, presented a chart to summarize the issue.

In one column were students’ grade levels — first, second and so on. In the other was the grade at which the students last experienced a “normal” year.

For a Teenager entering the ninth grade at Beacon High School, for example, the last uninterrupted academic year was 2018-19, when he or she was in the sixth grade. For a third grader, the last typical year would have been kindergarten.

In the fall of 2021, “our second grade students were technically coming in for the first time like kindergarten students, emotionally,” Rudecindo-O’Neill noted in an interview. “When you come into kindergarten, we’re teaching things such as eye contact, sharing and sitting in the seat and sustaining attention. So all those pre-writing skills that you need in order to be able to learn, we had to start those over again, because your typical second grader didn’t get an opportunity to do that.”

The gap in emotional development is even more evident among middle and high school students. “The last time ninth grade students had a normal school year, they were sixth graders,” Rudecindo-O’Neill said. “So now they’re going into high school, not having had that real experience of middle school, which is when your body is changing and you’re changing emotionally. That’s why middle school is so tough. ‘They get into high school, and they’re struggling to sustain attention and fulfill the expectations that a ‘regular’ ninth grader would be able to. You have to be ready to learn in order to learn,” she said.

In the fall of 2020, after the state Department of Health reviewed hundreds of reopenings plans, the Beacon, Haldane and Garrison districts began the year offering a mix of in-person and virtual instruction. It was the first opportunity for students to return to school since the shutdown six months earlier. Families choosing a hybrid plan sent their children to in-person school two days per week, while all-virtual options were available for students whose families did not want to send them back into classrooms.

As students bounced between virtual and in-person schooling, administrators were juggling mask mandates, contact-tracing and temporary closures in an effort to keep school open while mitigating a highly transmissible virus that by the end of 2020 was killing 2,700 people in the U.S. daily and would get even worse in 2021.

In the spring of 2021, in-person learning was expanded in Beacon and at Haldane High School and — despite the super-contagious Delta variant, which spread throughout the country that summer — in the fall of that year, schools in the Highlands reopened for full-time in-person instruction, albeit with mask requirements.

For students who had been all-virtual, the return to classrooms required some adjustment. “It’s different when you’re at home,” Rudecindo-O’Neill explained. “You don’t have to change clothes if you don’t want to; you don’t have to turn on your camera. It’s a different space than coming in (to the
If there were negative behaviors in school, those came back even more pronounced, which demanded further intervention on our part in ways that we weren’t doing before the pandemic.

- Haldane Superintendent Philip Benante

(Continued from Page 18)

Anxiety in children and teens manifests itself in many ways, said Budecindo-O’Neill. “There’s an inattention and irritability, or misinterpreting things from other students. We’ve had to go back to things that we had under control before — how we treat one another in the [educational] space.”

At Haldane, Superintendent Philip Bena-nt said students have been dealing with similar circumstances. In 2020-21, “we were still seeing signs of kids who were struggling to demonstrate pro-social behaviors,” he said. “For some, it was clear that they hadn’t been around other kids for some time. There was this disconnection, or lack of engage-ment, or, when they were engaging, it was in ways that weren’t the most constructive.

“If a student was already struggling in school, socially or emotionally, that was exacerbated,” Benante said. “If there were nega-tive behaviors in school, those came back even more pronounced, which demanded further intervention on our part in ways that we weren’t doing before the pandemic.”

A second account

Another Beacon High School parent shared in an interview how she, too, grew concerned about her son’s social and academic well-being during the pandemic.

Before the shutdown, her son was “friendly, but not the most social kid.” Once virtual schooling began, he was in his room alone from 8:30 a.m. until 2 p.m. each day, and the isolation intensified.

While the mother hoped her son would become more social as he grew older, the pandemic accelerated the opposite effect. Friendships fell by the wayside, and the teen showed little desire to get together with peers outside of school. He would shoot baskets at home but wasn’t interested in trying out for the basketball team at school.

Her son appeared “happy in his own little world,” her mother said, but “I don’t want him to miss out on forming close friendships. I want him to have fun and still be a kid.”

Academics became more challenging, as well. Over Zoom, the teen didn’t get the one-on-one interaction he needed and fell behind. The boy’s mother said that “some teachers were great,” while others “just made assignments.” At times, the boy would make a “technology” mistake, such as forgetting to hit “submit” after finishing an assignment, and get a zero, even though the work had been completed.

That led her son to become disheartened with school. “Even when students went back to in-person instruction, if he didn’t have a teacher that was on top of things,” her mother said, the boy would make comments like, “This class is a waste of time.”

As the 2022-23 school year approached, she noticed that he had become less moti-vated and more judgmental. He remarked that he hoped he wouldn’t have any “lousy” teachers this year, his mother said.

Few openings

Denise Angelo, a licensed clinical social worker based in Cold Spring, counsels children as young as 3 years old in Dutchess and Putnam counties. She believes the explosion in pandemic-related anxiety in children and teens stems from a need for stability.

“Denise Angelo, a Cold Spring-based therapist  
Photo by Ross Corsair

The pandemic dropped their basic stability, which was school,” said Angelo, who was a social worker at a Westchester County middle school for 23 years before going into private practice. “I used to see kids whose behavior would worsen when summer was coming, because school was the only stable thing in their life. Whether or not they liked it, school was stable, it was somewhere to go.

The teachers were always there. The social worker was there.”

When schools went virtual, and interac-tions with friends and their extended fami-lies were relegated to FaceTime and other digital mediums, children sought something to attach to, she said. “A lot of kids only see their friends in school,” Angelo said. “So what’s happened is you have a lot of virtual friends, and kids see them as their ‘real’ friends, as their lifeline. Their sense of security says, ‘Well, I attach to these people,’ and that’s their whole socialization.”

But a life lived via text messages, or through FaceTime or Discord, can lead to misinterpreta-tion, hurt feelings and anxiety. “I’ve seen so many kids coming in with anxiety,” Angelo said. “We’re living in a crazy world that has everyone in anxiety, but the anxiety level of children has risen so much.”

Since reopening, Beacon, the largest of the three Highlands districts with about 2,600 students, has added two social workers, as well as a teacher focused on social and emotional learning and another on “restorative prac-tices” (see Page 18). It now has 23 mental-health staff members across its six schools.

Haldane, with about 800 students, added a behavior analyst (therapist) and has six full-time mental-health staff members, as well as a part-time psychologist. Garrison, with 215 students, has a psychologist and a guidance counselor, the same as before the pandemic. (The American School Counselor Association recommends one counselor for every 250 students.)

Beacon and Haldane funded their new staff with a combination of money from the American Rescue Plan, a $1.9 trillion COVID relief bill enacted in March 2021, and state and local funding.

Before the pandemic, Nick DeMarco, a psychologist at Beacon High School, would refer students to private therapists “pretty frequently” for issues more substantial than “go to counseling, and then go to math class.” But now, with DeMarco seeing 40 to 60 students during a busy week — roughly double his pre-COVID caseload — there’s an increased need for referrals but nowhere to send them, he said.

Angelo said she began working one to two days a week as a private therapist after retiring in 2014. “I’m now working four days a week, sometimes as early as 9 a.m., until 8 p.m. Then, every other Friday, I come in to see a number of kids. I come in on one Saturday a month to see someone else who can’t come another time. And I’m always getting referrals — I had two yesterday and one the day before,” she said in August.

Angelo estimates that she sees around 35 to 40 clients each week, most of them chil-dren and adolescents. Before the pandemic, her caseload was about half that. She does not advertise or have a website; referrals are all word-of-mouth.

“I’m totally booked. I’m trying to figure out my schedule for the school year,” Angelo said. “I have three groups on Wednesdays, a group on Monday and a group on alternate Thurs-days. That way I can see more children and work with their needs, because some kids do better in groups and a lot of kids are socially isolated. That was something that started with the pandemic and it keeps going.”

Mental Health Staffing at Schools

<table>
<thead>
<tr>
<th>DISTRICT (# OF STUDENTS)</th>
<th>Psychologists</th>
<th>Social workers</th>
<th>Guidance Counselors</th>
<th>Special Assignment Teachers</th>
<th>Behavior Analyst</th>
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<tr>
<td>BEACON (2,600)</td>
<td>6</td>
<td>6</td>
<td>7</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>2018-19</td>
<td>6</td>
<td>6</td>
<td>7</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>2022-23</td>
<td>6</td>
<td>8</td>
<td>7</td>
<td>2</td>
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<tr>
<td>HALDANE (800)</td>
<td>1.5</td>
<td>2</td>
<td>2</td>
<td>2</td>
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<tr>
<td>2018-19</td>
<td>1.5</td>
<td>2</td>
<td>2</td>
<td>2</td>
<td>1</td>
</tr>
<tr>
<td>2022-23</td>
<td>1.6</td>
<td>2</td>
<td>2</td>
<td>2</td>
<td>1</td>
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<tr>
<td>GARRISON (215)</td>
<td>1</td>
<td>-</td>
<td>1</td>
<td>-</td>
<td>-</td>
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<tr>
<td>2018-19</td>
<td>1</td>
<td>-</td>
<td>1</td>
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<tr>
<td>2022-23</td>
<td>1</td>
<td>-</td>
<td>1</td>
<td>-</td>
<td>-</td>
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</tbody>
</table>

Next week:

Social media, self-image and testing data
RALLY FOR OUR RIGHTS

October 23rd 2022

★ Climate Action
★ Civic Action
★ Abortion Rights
★ Voting Rights

McConville Park, 9D & Haldane St.
3:00 to 5:00PM

PHILIPSTOWN DEMOCRATS

AMAZING IS A MODERN MATERNITY UNIT FOR UPPER WESTCHESTER.

We’re helping families with our Maternal & Newborn Care Unit at our Hudson Valley Hospital. We’ve added more private rooms for moms and partners, as well as coaching before, during and after delivery. Just a few more ways to make bundles of joy more joyful.

MORE AMAZING MORE WESTCHESTER

NYP.ORG/MOREWESTCHESTER
## Recent $1 Million+ Sales

<table>
<thead>
<tr>
<th>Price</th>
<th>Address</th>
<th>Square Feet</th>
<th>Bedrooms</th>
<th>Bathrooms</th>
<th>Acres</th>
<th>Year Built</th>
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<td>3,831</td>
<td>3</td>
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<td>4</td>
<td>1966</td>
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<td>125 Sargent Ave., Beacon</td>
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<td>2.5</td>
<td>1.29</td>
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<td>2</td>
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<td>3</td>
<td>2.16</td>
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<td>1881</td>
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<td>3</td>
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<td>2.5</td>
<td>4.48</td>
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<td>2</td>
<td>1</td>
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<tr>
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<td>3</td>
<td>4.5+</td>
<td>0.4</td>
<td>2003</td>
</tr>
</tbody>
</table>

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Alexander Technique with Miles Bukiet

Work with alignment, breathing, and movement to establish improved physical, emotional, and mental functioning for health, peak performance, and peace of mind.

Improves, posture, balance, coordination, alertness, focus, mobility, and emotional regulation.

Studio in Cold Spring and NYC

MilesBukiet.com/Alexander-Technique
Out There

The Return of the Crisp

By Brian PJ Cronin

We are sometimes accused here at The Current of not printing enough good news. While I don’t think it’s our job to provide comfort and happy assurances — that’s what diners are for — I can offer this one bit of glad tidings: I am wearing a sweater, and it’s quite possible that you are, as well.

After three consecutive sweltering Octobers, including last year’s humid, mosquito-laden dystopia, this year’s October is already cooler than normal, and that’s before you take into account the arctic cold front that’s due to arrive this weekend. Of course, because of human-caused climate change, “normal” is a slippery term these days. The majority of the last dozen Octobers have been warmer than “normal,” so this current “colder” October probably feels “normal” to those of us who are old enough to remember what dial-up internet sounded like.

It’s especially welcome after a brutally hot and dangerously dry summer. Measurements taken at the Hudson Valley Regional Airport in Wappingers Falls reveal that we just got through the hottest August and second-driest summer ever recorded. None of that should surprise those of you who spent the summer watching your lawns turn straw-yellow or the ever-widening patches of brown spread across the mountains.

Another bit of good news, then: Just as lawns quickly reverted to green once the rain came in September, the majority of the brown trees on the mountains aren’t dead. They went dormant due to the stress of the drought, shutting down early so that they can make it through the winter. Most of them should bud in the spring, unless they were already in rough shape before the drought.

Stressed trees are more vulnerable to insects such as the emerald ash borer, which means that the drought may prove to be a death blow for the majority of the remaining ash trees. I was once told that, in summers of drought, the transition to fall foliage is early, fast and bland. The trees go from green to brown to bare. This is what I noticed last weekend while driving to the Finger Lakes. Everything between the Catskills and Ithaca was green on Friday and pale-48 hours later. I saw the same thing a few days later in northern Dutchess County: The leaves were turning, but the colors were flat.

Will that happen here? With the Highlands’ microclimates, the rain earlier in the week and a cold front moving in, it’s hard to say. The stress of the drought may lead to trees turning dull yellow sooner, while the arctic air may provide a jolt to the anthocyanins that produce striking reds. But what about brilliant yellows, oranges, and reds at the same time? What about a normal fall?

There’s that word again. In a recent interview, climate researcher Peter Gleick suggested that we might need to stop thinking about normal. “The climate is changing,” he said. “We’re not approaching a new, stable normal — a ‘new normal.’ Rather, we’re entering a period of rapid, unstable changes, and we’re not adequately prepared.”

He was talking about being physically prepared, but I can’t help but think that we’re not mentally prepared, either. My description for what’s going on these days isn’t global warming or climate change. It’s global weirding, a phrase attributed to environmentalist Hunter Lovins to convey the fact that things are becoming unpredictable. Several summers of deluges, as we’ve had here, give way to a summer of drought. Things are too hot, then too cold. Some species of plants and animals suddenly flourish, while others vanish.

If you’re someone who finds comfort in what fall has looked and felt like, it’s time to adjust your expectations. Celebrate those victories of stability and familiarity when you can. I don’t know what the leaves will be doing this weekend, but I do know that it should feel like October. That’s worth celebrating with a long walk in a sweater and, if the colors of the leaves disappoint, a trip to the diner.

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Answers for Sept. 30 Puzzles

RUMSDCVObit
ORALEPARUSE
ISTANBULEDIE
LATTERORGAN
SEIREAP
ASHDEBSNEAD
WEBFADOSLO
WALESYEPSTAG
SERALES
AMIGOSTRUCES
LANESAOPOALO
MIKEMIVEIL
AMISTADDESSO

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

1. DISTANCE, 2. ORNERINESS, 3. SONNET, 4. WILLIES, 5. FERAL, 6. SHOEBOXES, 7. EDITOR

For interactive sudoku and crossword answers, see highlandscurrent.org/puzzles.
BOYS’ SOCCER

Haldane continued its strong play on Tuesday (Oct. 4), shutting out Pawling in a dominant, 8-0 performance during a steady rain. That followed a 3-0 victory on the road last week over Croton.

The Blue Devils’ win on Tuesday was their eighth straight. Ryan Eng-Wong scored twice (to bring his season total to 23), and added an assist; Matt Silhavy had two goals and two assists; Clement Grossman had a goal and two assists; Liam Gaugler and Max Westphal each had goals; Brandt Robbins had a goal and an assist; and Rhys Robbins had one assist.

“We have a wet surface, things can go either way,” said Coach Ahmed Dwidar. “But we came out with a lot of fire.”

On the defensive end, keeper Ronan Kiter stopped three shots; Haldane has given up only five goals this season. “Our defense has been phenomenal,” Dwidar said.

Against Croton, Haldane got goals from Eng-Wong, Westphal and Grossman, with Silhavy and Luca van Dommele delivering assists. Kiter had four saves.

“That was a statement win,” said Dwidar. “Croton won the league last year, and they have a grass field that can be tough to play on.”

Neither team had scored 40 minutes into the game, “but after we chatted at halftime, we put three in the net,” he said.

“We have some special talent at every position,” he added. “But it’s not how you start, but how you finish. Our No. 1 goal is the league [title], then the section.”

The Blue Devils (9-1, 5-0 league) — their only loss was a 3-2 defeat at Hastings on Sept. 9 — are scheduled to host Ketcham at 3 p.m. on Saturday (Oct. 8) and visit Peekskill on Tuesday (Oct. 4). They are 10-1 in second singles and the doubles and 6-0 on Monday at Franklin Roosevelt.

Against Cornwall, the Bulldogs got a winner off a corner kick from Olivia Del Castillo. Cleveringa had six saves.

“One joke aside about racing in muddy conditions at Woodstock, I was proud of how the team responded to the conditions,” said Coach Jim Henry. “It was the second heaviest downpour I’ve had the ‘pleasure’ of racing in during my two decades of coaching. At some point, you just give up trying to stay dry; embrace the conditions and gut it out. A great deal of character was developed during that invitational, for all of the participants.”

GIRLS’ TENNIS

Haldane picked up three wins this week, blanking North Salem, Pawling and Croton to lock up the league title, but dropped a 4-1 decision to Briarcliff.

Two doubles teams — Caroline Nelson and Mairead O’Hara, and Fiona Shanahan and Ellen O’Hara — will compete this weekend at Harrison High School in the individual sectional tournament. It will be the third trip to the tournament for Nelson and O’Hara, who two years ago reached the finals before falling to a team from Croton.

For the team tournament, Haldane (9-4, 7-2 league) should receive a high seed. Nelson is 10-1 in second singles and the doubles team of Ellen O’Hara and Amanda Johnson is undefeated.