The text at the top of the company's website declares, in all capital letters: “Teachers need tools to bring balance into their classrooms.”

Teachers and students in the Highlands may all be seeking balance. They returned to classrooms last month for a school year free from restrictions related to the COVID-19 pandemic, but, as we’ve reported over the past two weeks, the effects of the pandemic shutdown and the monkey wrench it threw into society, and education in particular, have not been easy to shake.

Counselors and school officials say anxiety among children and teenagers is higher than anytime in recent memory. U.S. Surgeon General Vivek Murthy last year issued an advisory highlighting the “urgent need to address the nation’s youth mental health crisis” — a problem that Murthy said existed long before the pandemic, but grew far worse after the arrival of COVID in early 2020. But that doesn’t mean that nothing can be done.

Are the Kids Alright?
Could movement bring anxiety under control?
By Jeff Simms

Some educators believe that unstructured play, pictured here in Beacon, is what children need to recover from anxiety brought on by the pandemic. Photo by Valerie Shively

Some educators believe that unstructured play, pictured here in Beacon, is what children need to recover from anxiety brought on by the pandemic. Photo by Valerie Shively

The Effects of Bail Reform
New data offer first look at impact of changes
By Leonard Sparks

On Sept. 28, the Putnam County Sheriff’s Department issued a press release about the arrest of a Bronx man on the Taconic State Parkway. The New York Police Department had put out an alert about a shooting, the suspect’s car was spotted, a chase ensued, the vehicle was ditched in a driveway in Putnam Valley and the male driver arrested, “processed and released.”

The department’s Facebook page exploded.

“Shooting... police chase... released?”
“This state is such a joke. How demoralizing that they get released with the hope they show up at court. Why bother anymore?”
“God help us with this bail reform.”

However, as the Sheriff’s Department later clarified, the driver was not charged in connection to a shooting — the NYPD was just looking for the car. He was charged with two misdemeanors — fleeing a police (Continued on Page 7)

GREAT AND SMALL — The Beacon Sloop Club hosted its annual Pumpkin Fest at Riverfront Park on Sunday (Oct. 16), including educational displays. Here, Josh Kogan and his son, Alo, prepare to offer passersby a peek at the insects and tiny plants that populate the river. Their presence demonstrates the quality of the water.

Photo by Valerie Shively

Highlands to Get New State Senator
Poughkeepsie mayor, Beacon resident face off
By Leonard Sparks

For the first time since 2015, someone other than Sue Serino will represent Beacon and Philipstown in the state Senate.

Redistricting reshaped the boundaries of the 41st District that the Republican represents. Beacon and Philipstown are now part of the reconfigured 39th District, which starts west of the Hudson River in Montgomery, encompasses Poughkeepsie to the north and reaches east to the Connecticut border.

Without an incumbent, two first-time Senate candidates are running for the seat: Julie Shiroishi, a Democrat in her first campaign for elected office, and Rob Rolison, a Republican who is the mayor of the City of Poughkeepsie.

Shiroishi is a book-publishing profes- (Continued on Page 20)
Narae Yun, who lives in Garrison, will lead a team on Saturday (Oct. 22) for the 20th annual walk in New York City to benefit the Lupus Research Alliance (lupusresearch.org). Lupus is a chronic autoimmune disease.

What was your first clue that you had lupus?

I was vacuuming and I had this intense pain any time my pinky and ring fingers touched anything. I’ve never felt that kind of pain before and as a 24-year-old woman who was healthy, exercised and ate well, it was strange to have joint pain. As the years went by, it progressively got worse and more frequent.

When was the low point?

I went to Puerto Rico with my partner, and the first day I got a bright-red rash on my cheeks after a day outside. That’s a tell-tale sign of lupus; it’s called a malar rash. Within days it progressed. I’ve never felt such a wave of utter exhaustion and intense joint and muscle pain. I couldn’t get out of bed. I needed help to walk to the bathroom. I couldn’t lift my arms to tie my hair because my muscles were so weak and I was in so much pain. Working was not an option; I had to go on disability leave.

How long did it take to get diagnosed?

Five years. I was in and out of doctors’ offices trying to find answers. When I first went to my primary-care doctor, she said: “It sounds like carpal tunnel. It’s probably from having a desk job. Put a tissue underneath your wrist.” She did blood tests and some of my autoimmune markers came up. Even then, it still took three rheumatologists and another 18 months to get diagnosed.

How do you feel now?

Thankfully, my lupus is stable most days. But there are days that I’m very much reminded that I’m still fighting. It’s not just medication — it’s my whole lifestyle that I need to consider. There are a lot of things that happen behind the scenes to make me able to do what I want to do: work, meet up with friends, be a good dog mom and a good partner to my boyfriend. It was quite a journey to get to where I am now.

When did you get involved with the alliance?

After I went back to work, I joined its Young Leaders Board. They’ve asked me to speak and to cut the ribbon for the opening ceremony on Saturday. My message is going to be gratitude for the folks who are out there. Having an invisible disease, and having a complex disease that not a lot of people know about, is so particular and lonely. People showing up in the lives of those who have lupus means the world.
**NEWS BRIEFS**

**Glenclyffe Loop Upgraded**

*Access to trail and signage improved*

The Open Space Institute announced on Wednesday (Oct. 19) that it had improved access to the Glenclyffe Loop Trail in Garrison, which connects to the Glenclyffe, Arden Point and Castle Rock areas of Hudson Highlands State Park, as well as the Metro-North station in Garrison.

The improvements include a 12-car parking area and trailhead, an accessible entry path, trail reroutes, historical panels, a kiosk and better wayfinding and signage.

The 2-mile trail passes through 93 acres of woodlands and includes views of the Hudson River and the path of Benedict Arnold’s escape after his attempted surrender of West Point. It also connects with Marcia’s Mile, a trail that honors Marcia Favrot, a Philipstown conservationist, artist, teacher and philanthropist.

For a map of the loop, see highlandscurrent.org.

**Comptroller: Jail 78% Done**

*Cost so far: $165 million*

The Dutchess County comptroller reported on Oct. 13 that the new county jail under construction in Poughkeepsie is 78 percent complete and on track to be finished by July 2024.

As of June 30, the county had spent $165 million on the Justice & Transition Center, which includes the jail and a sheriff’s office that was finished in early 2019, Comptroller Robin Lois said.

In 2016, the county Legislature approved spending up to $192 million on the project but the jail design was reduced in 2020 from 659 beds to 328 following the enactment of bail reform. The jail population averages 569 beds to 328 following the enactment of bail reform. The improvements include a 12-car parking area and trailhead, an accessible entry path, trail reroutes, historical panels, a kiosk and better wayfinding and signage.

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**State Sen. Pete Harckam, whose district includes eastern Putnam, secured a $500,000 grant and the hospital received $250,000 each from the Kearney Realty and Development Group and the Putnam Community Foundation to renovate the center, the hospital said on Wednesday (Oct. 19).**

The money is funding between $1 million and $2 million in upgrades to the 12,000-square-foot center, which the hospital said would have seven patient rooms, two on-call suites, an operating room and well-baby nursery. It is expected to reopen within three months.

**Drought Watch Continues**

*But most upstate counties return to normal conditions*

The state Department of Environmental Conservation on Oct. 9 updated drought conditions across the state, returning 34 upstate counties from “watch” to “normal” but maintaining the caution light for Dutchess, Putnam, Orange, Rockland and Ulster counties.

A watch is the first of four levels of drought advisories, which progress to warning, emergency and disaster. There are no mandatory restrictions under a watch but residents are encouraged to conserve water.

New York City and Westchester are in normal status. According to New York City, its reservoirs are 8 percent below normal for this time of year.

**Hospital Center Gets $1M for Birthing Center**

*Carmel facility stopped deliveries in March*

The Putnam Hospital Center in Carmel will use a state grant and private donations to renovate and reopen its birthing center, which closed in March after CareMount said its physicians would no longer deliver babies at the hospital.

State Sen. Pete Harckam, whose district includes eastern Putnam, secured a $500,000 grant and the hospital received $250,000 each from the Kearney Realty and Development Group and the Putnam Community Foundation to renovate the center, the hospital said on Wednesday (Oct. 19).

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**Putnam County**

<table>
<thead>
<tr>
<th>Number of cases:</th>
<th>PUTNAM COUNTY</th>
<th>DUTCHESS COUNTY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Positive Tests, 7-day average:</td>
<td>84.0</td>
<td>78.203</td>
</tr>
<tr>
<td>Percent vaccinated:</td>
<td>96.2</td>
<td>73.9</td>
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<tr>
<td>Cold Spring:</td>
<td>135 (5)</td>
<td>704 (2)</td>
</tr>
<tr>
<td>8%</td>
<td>96.2</td>
<td>73.9</td>
</tr>
<tr>
<td>Source: State and county health departments, as of Oct. 19, 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 Oct. 14.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
School choice

Talk about what goes around, comes around! I never thought I’d see the day when Putnam Valley would be trying to entice another district to send their students to our high school (“Garrison Discusses Dropping Haldane,” Oct. 14).

Everyone seems to have forgotten all the bad press and hard feelings there were about non-resident tuition in the days before there was a PVHS. In the 1980s, before it was constructed, we were in a similar situation to Garrison and sent our students to Lakeland. Before that, there was a choice of schools and at one time Peekskill and Mahopac were options.

Putnam Valley was evenly divided between those who wanted to build a high school and those of us who felt it would be too expensive. Studies were done that showed the increase of students in the district was a bubble and enrollment would go down, as it is doing now.

As in Garrison, it was much cheaper to pay tuition to send students to Lakeland, which had plenty of capacity. The district offered us the deal of a century.

Yet there were parents and residents who insisted that our students needed to have their own town identity, or something like that. Nothing would do except to construct a building. The reasons as to why parents had their concerns about Lakeland were obliquely described as “cultural.”

If Garrison agrees to send students to PVHS, perhaps it will be of some small benefit to the taxpayers here.

Patty Villanova, Putnam Valley

Your account of the Oct. 12 meeting of the Garrison school board meeting gave the incorrect impression that we are considering dropping Haldane in order to add Putnam Valley High School as an option for our eighth grade students. That’s just not the case.

It is accurate to say we’re thinking of adding Putnam Valley as an option for our graduates, along with Haldane and O’Neill. But our highest priority is to resolve with Haldane how much we pay for each Garrison student attending Haldane. We all want to reach an agreement with Haldane that works for both parties.

I was quoted accurately saying of Putnam Valley High School: “It’s an extraordinary place. As a parent, I would want my kid to have that option.” I also noted that Garrison and Cold Spring are one community with a rich history, a feature no prospective student will ignore.

Our oldest daughter is a Haldane senior. She has had a positive, life-changing four years there. My wife and I are grateful to Haldane for the phenomenal experience she’s had. As a Garrison school board member, the last thing I’d want is to deprive Garrison students of the option of a Haldane education.

David Gelber, Garrison

Editor’s note: Haldane and Garrison have agreed to a one-year deal. See Page 7.

Fjord Trail

The Hudson Highlands Fjord Trail, per its website, will be “a future linear park on the Hudson River, envisioned by locals to address safety, manage visitation and respect the landscape” (“Cold Spring Raises Concerns with Fjord Trail Officials,” Sept. 30).

The vision has changed drastically from the start. Many locals have been alienated. Safety has been disregarded. Increased access (visitation) is planned. Respect for the landscape is questionable.

This pathway or boardwalk along the river is a boondoggle in both time and money. The cost of the bridge portion over the tracks at Breakneck is $50 million. That means the bridge, at $473 feet long, will cost $114,000 per foot. This seems incredibly expensive and is just one small portion of the 7.5 miles. What will maintenance cost over future decades? The river is rising — Scenic Hudson estimates 6 feet in the next century. With parts of the trail in a flood zone, the upkeep will grow. Will the HHFT, as a nonprofit, be able to care for the trail properly over the next 50 years?

Successful projects depend on communication and dialogue, awareness and trust, and a clear understanding of costs, benefits and value. It seems the Fjord Trail is floundering and needs to reconnect to its mission and its constituents.

Sue Waivada, Beacon

Chamber bathrooms

The Cold Spring Chamber of Commerce does a stellar job with what limited resources it has at its disposal. They have done so many things to improve the village’s image and experience for local businesses and visitors. Why berate the chamber, as Lynn Miller did in her letter in the Oct. 7 issue, for not maintaining toilets — as if that were its chief mission and expense?

Not all local businesses belong to the chamber, so the burden of the restrooms is borne solely by its members, despite all businesses reaping a benefit. I don’t hear any chamber members complaining about that disparity. There are portable toilets provided for tourists, but they are rarely used.

Derek Graham, Cold Spring

In response to Jeff Mikkelson’s letter in the Oct. 14 issue, any confusion about the public restrooms appears to lie solely with the Cold Spring Chamber.

(Continued on Page 5)
There's no confusion at all about responsibilities Chambers of Commerce around New York and the country take on to support local businesses and municipalities. Most establish ongoing and consistent agreements with localities to operate and maintain public restrooms. In the Hudson Valley, the chambers of Warwick, Montgomery, Woodstock, Hudson, Rhinebeck, Saugerties and White Plains, to name a few, include money in their yearly budgets to provide and maintain restrooms for public use.

Most county tourism offices (except Putnam, of course) contribute funds to support comfort stations in municipalities that experience large numbers of tourists, often at the request and encouragement of local Chambers of Commerce.

As long as I've been a local business owner (more than 13 years), and was a village trustee (six years), our local chamber’s contributions to the public restrooms have only been offered begrudgingly, inconsistently and often not at all. The chamber claims to man the information window, but rarely is anyone actually there.

And yet, the chamber proudly pats itself on the back for its haphazard contributions, claiming so right there on its website, quoted here from the tourist information page: “Restrooms: There are public restrooms located at the Visitors’ Center open seven days a week from 8 a.m. – 7 p.m. through the end of the year. The public restrooms are sponsored jointly by the village and the Chamber of Commerce. Please help us keep the restrooms tidy and safe for everyone!”

It's disingenuous to make such a statement while at the same time preposterously claiming that doing so equates to taking on a governmental role akin to managing a police department. This mealymouthed approach to public service is why, after contributing time and money to this floundering organization, I and many other local business operators choose not to maintain our memberships.

It's a better look, and the chamber would achieve better support and membership, if it just stepped up and made a consistent and predictable commitment to help the village operate the public restrooms. Just about everyone around here wishes it would.

Lynn Miller, Cold Spring

Guns at church
I've always found “gun-free zone” signs to be ridiculous (“Pastors Fight Gun Restrictions,” Oct. 14). It seems their purpose is to inform the public that those in charge of the zone don’t like guns and do not allow guns in said zone. But it has no impact on criminals who are intent on using a gun to commit a crime. If anything, it tells the criminal that no law-abiding citizen in the zone has a gun to stop the criminal. Therefore, there is no threat to the criminal. Imagine instead a sign that read: “Staff is armed and will use deadly force if necessary to protect those inside this zone.” That might cause a criminal to pause, and perhaps choose a different target.

Patricia Burrnino, via Facebook

What gun would Jesus be packin’?
Jay Nicholas, via Facebook

Pandemic effects
Thank you for your series about the effect of the pandemic on students (Are the Kids Alright?). It is more important than ever that we address the mental health of our young population.

I'm so tired of people assuming that all kids are resilient and “will be fine” or “get past it.” Whether we like it or not, these last few years have shaped who they are becoming and we need to be extra attentive to their needs and well-being.

Maria Hardman, Cold Spring

These articles should be a wake-up call for parents and schools. We have to work together here.

Pamela Gunther, via Facebook

Transition team
There are many of us in the Putnam County community who share the same commonsense values of Kevin Byrne, who is running unopposed for county executive (“Byrne Announces Transition Team,” Oct. 7).

I'm glad to see that he doesn’t pander to the “woke” culture. He has chosen a transition team that he feels is best to help him in his important duties, regardless of their gender or skin color. I applaud that! And I am further delighted about his non-apologetic support for Moms for Liberty, a group of conservative women who protect parental rights against the critical-race theorists and LGBTQ activists.

(Continued on Page 6)
**The Highlands Current**

**Wins Six State Awards**

Receives firsts for **headline, photo**

The Journalist Association of New York (formerly the New York State Associated Press Association) announced its annual awards on Oct. 15.

*The Highlands Current*, which has a circulation of 4,200, competed in a division that included newspapers with circulations under 75,000.

Reporter Michael Turton won three awards: First place in headline writing for “The Long and Winding Code,” which appeared over a story about Cold Spring revising its village code; second place for his “Reporter’s Notebook” columns, which the judge called “funny and full of unusual wisdom and a good laugh or two — or three”; and second place, with Chip Rowe and Leonard Sparks, for spot news coverage of the local aspects of the fall of Afghanistan.

Skip Pearlman won first place in sports photography for a shot of a baseball runner sliding into third base, while Ross Corsair took second place in feature photos for his shot of a child warning his sister as she balanced on a rock.

*The Current* received second place in the Newspaper of Distinction category behind *The Citizen*, a daily newspaper in Auburn (Cayuga County), New York.

(Continued from Page 5)

You have my vote, Kevin Byrne, and I’m proud to stand with you.

Michael Barr, Philipstown

**Dutchess legislator**

It was great to see our Dutchess County legislator, Yvette Valdés Smith, in *The Current* (“5 Questions,” Oct. 14). I was born and raised in Beacon and it’s wonderful to have someone who represents and shares my common values.

I have reached out to Valdés Smith a couple of times regarding a situation that we have had in our neighborhood and she is always quick to respond. She listens, cares and works hard. I supported her decision to co-sponsor a bill to eliminate the gas tax in Dutchess. I also appreciate that she keeps working families in mind, especially when voting for tax breaks. It’s clear she loves our community.

Erie Hossman, Beacon

**State Assembly**

Please join me in voting for Dana Levensberg for the 95th District of the state Assembly [which includes Philipstown].

Dana will stand up for women’s rights, social justice, equity, health, climate and democratic values like free and fair elections. Dana is quite clear when she speaks on her plans to address issues like affordability, infrastructure and education. Dana will serve you.

Dana’s experience as Ossining town supervisor, Assembly Member Sandy Galef’s chief of staff and years on the Ossining school board, have given her the skills, knowledge, experience and awareness we want in an elected official.

Since her tenure as supervisor began in 2016, Dana has focused on building a healthy community — economically, environmentally, physically, and emotionally. Galef says Dana’s dedication, energy, work ethic and knowledge of the Legislature will enable her to deliver results that matter the most to the 95th district.

As a member of the Assembly, Dana will be able to hit the ground running with the same level of dedication Galef gave to this job. I know Dana will do the same because she learned from the best. Dana has state legislative experience and is ready.

Linda Wildman, Peekskill

**State Senate**

As a former mayor of Beacon and chief of staff for late Assembly member Frank Skartados, I have experience in both city and state governance. With that in mind, I am voting Nov. 8 for Julie Shirishiori for state Senate District 39 (which includes Philipstown and Beacon).

The challenges of state government are different from the ones a mayor experiences at a city level. While I know Julie’s Republican opponent, Poughkeepsie Mayor Rob Rolison, to be a fine person, the politics and issues he and his party represent at the state level do not resonate well for me and would be harmful to people and places like New York.

Julie supports the state issues that are important to me. She will stand up for reproductive rights, affordable health insurance, housing security, mental and physical support services, equality in education, rebuilding our roads and bridges and strong environmental protections. Her positions were formed in Albany as the chief of staff for Assembly Member Jonathan Jacobson, where together they worked on these issues firsthand.

Julie is a brilliant and personable individual who is going to work hard, smart and effectively for the Hudson Valley, and who I believe will become a leader in Albany.

Steve Gold, Beacon

As a woman and mother, the crime epidemic raging across our state is of personal concern. Too many women live in fear that they’ll be targeted for robbery, assault or worse by the career criminals free to run amok thanks to the dangerous bail “reform” laws passed by the Democratic state Legislature.

New York is the only state in the nation where our judges are not allowed to use discretion to set bail on a defendant because that person is considered dangerous to society by the court.

We need to change course in this upcoming election. Rob Rolison will stand with women and other victims of crime and oppose Albany’s soft-on-crime approach to criminal justice. As the mayor of the City of Poughkeepsie for the past seven years, Rob Rolison invested in law enforcement and hired more police officers while other cities were defunding the police.

Mayor Rolison is a retired detective from the Town of Poughkeepsie Police Department with 30 years of experience wearing the uniform and keeping us safe.

Mayor Rolison is running for the state Senate in the 39th District, and he will vote to repeal these ill-conceived bail reform laws. Please join me in supporting change in New York by voting for Rob Rolison for state senator on Nov. 8.

Donna Christian, Beacon

**LETTERS AND COMMENTS**

**Highway Supervisor**

Citizens of Philipstown, it is my pleasure to introduce Adam Hotaling, our highway superintendent.

He was appointed in early 2022, when the previous superintendent resigned because of health issues. Before his appointment, Adam was the deputy highway superintendent.

Adam has been with the Highway Department since graduating from high school and has 25 years of experience. The knowledge learned as a driver, operator, mechanic and deputy superintendent has given him the ability to manage the roads and his crew with attention to all aspects and details.

For those of you who don’t know Adam, he is a lifelong resident of Philipstown who has raised his four children here with his wife, Lora. Adam and his family have been in the construction field for a very long time. His grandfather was the late Harold “Pop” Lyons. Adam is an easygoing person and gets along with everyone.

Adam will be running for highway superintendent in the Nov. 8 election. I am encouraging everyone to cast your vote for Adam.

He is doing a great job and I know he’ll continue to do so.

Bob Flaherty, Philipstown

Flaherty is a member of the Philipstown Town Board. Hotaling is running unopposed.

**SEPTEMBER Real Estate Market Report**

<table>
<thead>
<tr>
<th>Beacon</th>
<th>Philipstown</th>
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<tr>
<td><strong>Inventory</strong></td>
<td><strong>24</strong></td>
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</tbody>
</table>


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**RUMMAGE SALE!**

SATURDAY OCT. 22, 1:00 - 5:00 P.M.

The Parish Hall of St. Mary’s 1 Chestnut Street, Cold Spring

Women’s and Men’s clothing & All-ages Halloween costumes!

To donate clean, gently used clothing (no sport-specific, please!) or to volunteer, contact us at: darsnowden88@gmail.com

Proceeds go to Philipstown Food Pantry and St. Mary’s. Leftover clothing will be given to organizations that help people get back on their feet.
Garrison, Haldane Reach Interim Agreement

Will extend current tuition rate for 2023-24

By Joey Asher

T he Class of 2023 at the Garri-
son School will be able to attend
Haldane High School under an
agreement reached between the two
districts, although whether the choice
will be available for eighth graders beyond that
remains uncertain.

Garrison educates students through the
eighth grade, after which it pays tuition for
those who attend Haldane in Cold Spring
or O’Neill High School in Highlands Falls.

However, a budget crunch and a proposed
tuition hike by Haldane have compelled
Garrison to reconsider how much it pays.

The district has a five-year deal with O’Neill
at a rate of $16,500 annually per student,
which can increase at 2 percent or the rate
of inflation, whichever is less, said Garrison
Superintendent Carl Albano.

Haldane had been charging Garrison less
than it could under a state formula for non-
resident tuition. Last year it proposed rais-
ing the fee in 2022-23 to the maximum, or
about $21,500 annually.

When Garrison balked, Haldane agreed
to a four-year deal to charge $16,500 annu-
ally for each of the 53 Garrison students
attending the high school so they would not
have to switch schools.

The districts have not been able to come
to terms on a rate going forward but this
week agreed to apply the $16,500 rate for
eighth graders who graduate from Garrison
next June. In the meantime, Albano said,
the districts will negotiate a longer-term
agreement.

To ensure that Garrison students continue
to have a choice of at least two high
schools, the district reached a tenta-
tive agreement with Putnam Valley High
School to pay the same rate in place for
O’Neill, Albano said. He said the school
board will vote later this month on whether
to add Putnam Valley as an option for gradu-
ating students.

Bail Reform (from Page 1)

officer and reckless driving — and given a
date to return to Putnam Valley Court.

The reactions in this case, while based on
a lack of information, reflect common concerns
about who is being released under a law that,
as of Jan. 1, 2020, eliminated cash bail for
most misdemeanors and nonviolent felonies.

Bail reform has been central to many
political campaigns in New York, with
Republican candidates hammering Demo-
crats who offered support or voted for the
law and attempting to establish a direct
connection between the release of defen-
dants and perceptions of rising lawlessness,
particularly in urban areas.

However, updated information released
last month by the state Department of Crimi-
nal Justice Services on the effects of reform is
far from conclusive. Generally, people accused
of crimes are returning to court and not being
arrested again while their cases are pending
at the same levels as before bail reform. But
in New York City, rates fell or stayed flat as
reported crime rose, while in the rest of the
state, rates increased slightly while reported
crimes dropped from 2019 levels.

Notably, the statistics do not include defendants who appear in town and village
courts. However, for the first time, they
compared failure-to-appear and re-arrest
rates from 2019, before bail reform, to 2020
and the first nine months of 2021. The state
also broke down failure-to-appear and re-arrests by the type of release provided
by the judge: without restrictions; super-
vised release; or release after paying bail.

In New York City, the failure-to-appear rate
fell by 40 percent through September 2021,
according to the data. For the rest of the state,
failure-to-appear was essentially unchanged,
rising from 17 percent to 18 percent.

New York City saw slight increases in
the rate at which people were arrested for
other crimes after being released and in
the percentage charged with other, violent
felonies before their earlier cases were prose-
cuted. For defendants released on their
own recognizance or after paying bail,
re-arrests fell in 2021 compared to 2019.

The re-arrest rate was highest for people
released under pretrial supervision or with
court-ordered conditions, but it stayed flat.

The rest of the state, where overall crime
fell 5.8 percent but violent crime rose 3.4
percent from 2019 to 2021, fared worse.
Outside of New York City, people released
under the new bail laws were re-arrested
at a rate 5 percentage points higher in 2021
than 2019, and 2 percentage points higher
for re-arrests involving violent felonies.

According to an analysis by the John Jay
College of Criminal Justice, an estimated
19,000 fewer defendants were jailed before
trial in 2020 than in 2019. Before bail
reform, advocates say, there were no limits
on what charges were eligible for incarcer-
ation or what bail amounts judges could set.

The system created a “perverse connec-
tion between financial means and freedom,”
said Rossana Rosado, the commissioner
for the Department of Criminal Justice
Services. “This unnecessary detention was
deply harmful to individuals, families and
communities, particularly those of color and
the poorest among us.”

Advocates argue that the laws save
taxpayers money. In Dutchess, for exam-
ple, where the jail population fell to about
200 inmates per day after bail reform, the
Legislature reduced the size of a new jail
being built in Poughkeepsie by 42 percent,
from 569 to 328 beds. The smaller facil-
ity, which will be completed in 2024, is
expected to cost $131.4 million, or $23
million less than appropriated, according
to the county comptroller.

In December 2021, data released by New
York State showed that about 20 percent of
the defendants released since bail reform after
being charged with misdemeanors or nonvio-
 lent felonies were charged again with other
crimes before their original prosecutions were
completed, but only a small number of those
arrests were for violent felonies.

The data included 284,100 arraign-
ments between Jan. 1 and June 30, 2021, in
courts in New York City, 61 cities (including
Beacon) and two district courts.

Of the 184,653 cases in which defen-
dants were released without bail, about
6.6 percent were re-arrested on new misde-
meanor charges, 5.8 percent on new nonvio-
 lent felony charges and 2.2 percent on new
violent felonies before their earlier cases
were completed.

The same pattern held at the Beacon City
Court. Of 212 people released at arraign-
ment, 20 were arrested on new misde-
meanor charges, seven on new nonviolent
felony charges and three on new violent
felony charges.
Here Are Your Choices

Candidates are listed in alphabetical order. In the general election, you can vote for any candidate you wish, regardless of party registration.

**BALLOT INITIATIVE**

Proposal No. 1
A Proposition

To address and combat the impact of climate change and damage to the environment, the Clean Water, Clean Air and Green Jobs Environmental Act of 2022 authorizes the sale of state bonds up to $4.2 billion to fund environmental protection, natural restoration, resiliency and clean-energy projects. Shall the Environmental Act of 2022 be approved?

**FEDERAL**

U.S. Senate
Joe Pinion (R, C)
Charles E. Schumer (D, WF)
Diane Sare (LaRouche)

U.S. House
Michael Grace (R)
David Zuckerman (D)

New York State

Governor/Lt. Governor
Letitia James
Paul Rodriquez

Attorney General
Kathy Hochul
Antonio Delgado (R, C)

State Senate (District 39)
Rob Rolison (R)
Julie Shiroishi (D, WF)

**NEW YORK STATE**

Dutchess County Sheriff
Lee Zeldin
Alison Esposito (R, C)

County Executive
Kathy Hochul
Antonio Delgado (R, C)

State Assembly (District 104)
FOR VOTERS IN BEACON
Colin Schmitt (R, C)
Laura Mazurek (D, WF)

FOR VOTERS IN COLD SPRING
Jillian Hanlon (D)
Jonathan Jacobson (D, WF)

Highway Superintendent
Adam Hotaling (D)

FOR VOTERS IN PHILIPSTOWN
Michael Nesheiwat (R)
Stacy Halper (D, WF)

FOR VOTERS IN Poughkeepsie
Amy Puerto (D)
Pat Ryan (D, WF)

FOR VOTERS IN Westchester
John Ciampoli (R, C)
John Sarcone III (R, C)

FOR VOTERS IN ROCKLAND
Robert Cypher Jr. (R)
Mark Zuccherelli (D, WF)

FOR VOTERS IN PUTNAM
Mary Hanl (D)
ận Taney (R)

FOR VOTERS IN SUFFOLK
John Ciampoli (R, C)

State Supreme Court, 9th District
(Vote for 7)

The 9th District (of 13) covers Dutchess, Putnam, Orange, Rockland and Westchester counties. Judges serve a 14-year term.

John Ciampoli (R, C)
- Private practice

Robert Cypher Jr. (R)
- Private practice, former Rye judge

Sherri Eisenberg (D, C)
- Rockland Family Court

Joseph Farea (R)
- Private practice

Keri Flore (D)
- Support magistrate, Cortlandt Manor

Elena Goldberg-Velazquez (D, C)
- Yonkers City Court

Michael Grace (R)
- Former Yorktown supervisor

Richard Guertin (R)
- Middletown City Court

Anne Minihan (D, C)
- Westchester County Court

Linda Murray (R)
- Court attorney, Poughkeepsie

Amy Puerto (D)
- Court attorney, Westchester

John Sarcone III (R, C)
- Private practice, Croton

David Squirrell (D)
- Putnam Legal Aid Society

David Zuckerman (D, C)
- Westchester Supreme Court

**Absenente Voting**

To request an absentee ballot, see absenteeballot.elections.ny.gov. The deadline is Monday (Oct. 24), although you can apply in person at the county Board of Elections through Nov. 7. Absentee ballots must be postmarked by Nov. 8.

**Results**

Check highlandscurrent.org after 9 p.m. on Nov. 8 for unofficial results.

**Early Voting**

**For Beacon**
Fishkill Town Hall
807 Route 52

**For Philipstown**
North Highlands Firehouse
504 Fishkill Road

SAT 29: 9a – 5p
SUN 30: 9a – 5p
MON 31: 8a – 4p (Beacon)
MON 31: 9a – 5p (Philipstown)
TUES 1: Noon – 8p
WED 2: 9a – 5p
THURS 3: Noon – 8p
FRI 4: 9a – 5p
SAT 5: 9a – 5p
SUN 6: 9a – 5p

**Absentee Voting**

The deadline to register to vote in the 2022 general election has passed. To verify you are registered and locate your polling place, visit voterlookup.elections.ny.gov.

**Note:** Voters who have been issued an absentee ballot may no longer vote in person on a machine, regardless of whether the ballot was submitted. However, a voter who requested an absentee ballot but did not return it can complete an affidavit ballot at the polls.

**Support our nonprofit. Become a member!**

Senator (from Page 1)

Stated who has lived in Beacon with her family since 2007. The election of Donald Trump as president nine years later kindled her involvement in politics, said the California native, whose father was among the Japanese Americans imprisoned in U.S. camps during World War II.

“I took it for granted that, as a society, we were becoming more tolerant and open-minded,” she said. “When he won, I felt guilty. I thought, ‘Wow. This has been here all along, and I should have been doing something to prevent this from happening.’”

Shiroishi began knocking on doors for candidates, befriending Karen Smythe during her run against Serino in 2018 and managing Smythe’s rematch with Serino in 2020. Shiroishi was chief of staff for Assembly Member Jonathan Jacobson, whose district includes Beacon, when the Dutchess County Democratic Committee elected her in December as its chair.

Shiroishi said her behind-the-scenes work on behalf of Smythe, Jacobson and the county committee introduced her to people in areas outside of Beacon that will be part of the 39th District.

Describing herself as a “pro-working family, pro-opportunity Democrat,” she adheres to core Democratic issues like abortion rights, diversifying police departments and reducing the carbon emissions driving climate change.

“I took it for granted that, as a society, we were becoming more tolerant and open-minded.”

~ Candidate Julie Shiroishi

Shiroishi also backs investments in affordable housing and infrastructure repair, universal child care and training for high-demand, high-paying jobs that do not require a college degree, such as in high-end manufacturing, health care and the construction trades.

“We need to make sure that college is accessible and affordable for those who want to go, but also show our kids that there are other ways to have successful lives,” said Shiroishi, whose father drove trucks for a living.

Asked about issues specific to Beacon, Shiroishi said that addressing the city’s shortage of affordable housing and supporting the long-planned construction of a rail trail from Beacon’s waterfront to Hopewell Junction, estimated to cost $20 million to $30 million, are important.

She also cited a need to find an appropriate use for two local state prison properties: the Beacon Correctional Facility, which closed in 2013, and Downstate Correctional Facility in Fishkill, which the state shut down earlier this year.

“Making sure that those are benefiting the community is important,” she said.

While Shiroishi is seeking elected office for the first time, Rolison is a former Town of Poughkeepsie detective and Dutchess County legislator who is in his second term.
Shiroishi has attacked Rolison because an annual state Comptroller’s Office report that rates the financial health of municipalities designated Poughkeepsie as the one with the most “fiscal stress.”

On Monday (Oct. 17), in releasing the city’s 2023 budget, Rolison said a $13.2 million general fund deficit he inherited when taking office in 2016 is now $2.8 million, and that the remaining deficit should be eliminated next year. Barred by law from seeking a third term, he said that his experience as mayor in a heavily Democratic city is what he wants to bring to Albany. The state Legislature, where Democrats control the Senate and Assembly, “is not working under one-party rule,” he said. “People need to start having discussions with one another, which I don’t see happening in Albany, as it relates to working across the aisle,” he said. “They’re not working together to find common-sense solutions to many of the challenges that we face, and we face many.”

Rolison named as priorities the economy, the cost of living and “the situation that we find ourselves in as far as crime is concerned and the criminal justice reforms that went too far too quickly.”

During a candidates’ forum organized on Oct. 13 by the NAACP’s Newburgh-Highland Falls Branch, Rolison also defended affordable housing, which is lacking in Poughkeepsie, as it is in Beacon. “Affordable housing is not a bad word,” said Rolison, who described himself as “an advocate for all types of housing” in Poughkeepsie.

Democrats, in the wake of the U.S. Supreme Court ruling in June reversing Roe vs. Wade, have also attacked Republicans on abortion rights. But Rolison said he is “not running to go to Albany to stand between a woman and her health care.”

In terms of gun control, “sensible gun laws make sense, and getting guns out of the hands of people on the street who are committing acts of violence is also a priority,” he said.

(Continued from Page 8)
AROUND TOWN

FALL FEST — The Garrison School held its annual fall festival on Oct. 15 with a chili cook-off (Brandon Williams is shown with his trophy and prize) and an obstacle course.

BIG RED TRUCK — Members of the Garrison Volunteer Fire Co. made their annual visit to St. Philip’s Nursery School on Monday (Oct. 17). The firefighters told the students what to do in an emergency and gave them an insider’s tour of the engine.

PUMPKIN PARK — The Beacon Sloop Club hosted its annual Pumpkin Fest at Riverfront Park on Sunday (Oct. 16), with free sails on the Woody Guthrie, a bouncy house shaped like a pumpkin, live music and a small, solar-powered merry-go-round.

FALL FEST — The Garrison School held its annual fall festival on Oct. 15 with a chili cook-off (Brandon Williams is shown with his trophy and prize) and an obstacle course.

BEACON FINE ART PRINTING

MARTEE LEVI
SYNCOPATED
OCT 7TH - OCT 30TH

NOVEMBER 4 + 5
BEACON, NY MUSIC + ARTS FESTIVAL

The Festival Pass includes:
100 live performers + artists
14+ venues
Free tastings & bites; discounts on food, beverage and merchandise at 30+ participating businesses
Warm and cozy campfires (and a singalong or two) all along Main Street, Beacon

BEACON BONFIRE.COM
EVERYWHERE FOR EVERYONE
It had happened again. To her, bits of skin and shattered bone in place of where its head had once been. Dotted her hands, her fingers — were they greener? A small heap of a body lay next to her, coppery taste in her mouth, her lips wet and sticky. A dark red liquid poured out of her. A Quick Bite Beacon Players could perform. She says she rone asked if she something I’d written or asking for help says, “but I didn’t know if he was asking for help me out?”

Meghan Arcuri said she felt a bit terrified when she was asked to write a play for high school theater students. First, she had never written a play; her specialty is short fiction. Second, she had never written for teens. Third, her work is designed to evoke feelings of dread and discomfort. Finally, the person doing the asking was Arcuri’s high school drama teacher, Anthony Scarrone, whom she still tends to call “Mr.” The result of his request, *Green With Hunger*, will be performed at the Seeger Theater at Beacon High School on Oct. 28 to 30.

Scarrone had seen a post on Facebook about Arcuri and her husband running their first marathon and reached out. “We want to do a Halloween play — could you help me out?”

“I didn’t want to be presumptuous,” Arcuri says, “but I didn’t know if he was asking for something I’d written or asking for help choosing horror plays to look at.”

She shared a few candidates, but Scarrone asked if she had written anything his Beacon Players could perform. She says she was flattered, but thought, “Have I?”

In fact, she had. James Aquilone, the editor of an anthology titled *Classic Monsters Unleashed*, had solicited writers to submit stories in which they wrote from the perspective of a famous monster. Arcuri submitted a story centered on the Wicked Witch of the West, from *The Wizard of Oz*.

“She’s such a great villain,” Arcuri says. “It had a horror component built in — I asked, ‘Why is she green?’ I related it to zombies: she’s gonna be hungry and she’s gonna be hungry for people. A zombie story is going to have a little gore, so I went down some of those roads, and it takes place in Oz, which offers so much.”

She shared the story — which hadn’t made the cut for the anthology but was posted by Aquilone online — with Scarrone. The next step was turning it into a play. Her stories include plenty of dialogue but the narrative was more challenging, Arcuri says. She also wondered: “How does getting it across to the audience happen? Do I let the director and actors take care of it?” She was relieved to learn she could use stage directions “for some of the major beats.” Arcuri might have intuited some of this earlier if she had stuck with theater in college, after enjoying it at John Jay Highschool.

Although she is a horror writer, Meghan Arcuri said she felt a bit terrified when she was asked to write a play for high school theater students.

Bound by Land Theater alliance to present stories of ‘tumultuous time’

By Alison Rooney

How does three turn into one? That’s the equation at hand for *Pay Dirt*, the latest project from the Putnam Theatre Alliance following its inaugural run in the spring of 2021 with *The Freedom Project*, which was inspired by a series of plays written in the 1940s.

Alice Jankell, a freelance director who co-founded the alliance, says the group wanted its second project to be specific to the local area “because we found, though it may seem illogical, that the more specific you are, the more the story resonates across the country. We were after a large, ambitious resonance.”

The questions facing the group — the other founders are James Shearwood of Arts on the Lake in Kent, Amy Dul and Nancy Swann of the Philpstown Depot Theatre in Garrison, and Judy Allen of Tompkins Corners Cultural Center in Putnam Valley — were what to look for, where to find it and what to do with it once found.

The group read up on county history, including archival materials provided by Jennifer Cassidy, the Putnam County historian, and documents at the Putnam History Museum in Cold Spring and Philipse Manor Hall in Yonkers.

Also helpful was material written by former county historian Sallie Syper in a book on the history of Putnam Valley and a Columbia University research paper by Meghan Brophy, “On Slavery and Settlers: A History of the Philipse Family, 1662-1785,” which traced how the family accrued and sustained its wealth through slavery, dispossession and exploitation.

After digesting all this information, the group decided to narrow the parameters to the 12 years between the French and Indian War and the American Revolution, or roughly 1764 to 1776, “an astonishingly tumultuous time” in what is now Putnam County, Jankell said.

“During those years many Wappingers, including Chief Daniel Nimham, went off to fight for the crown during the earlier conflict, then returned home to find their land was taken from them,” she said. “Meanwhile, the Philipse family increased their land holdings twofold. People had to make decisions about whether to fight for crown or colony, and sometimes found themselves face to face with people they had fought alongside of 12 years before.”

After doing this abundant research, the question advanced to: “How do we turn it into a play?” The answer, Jankell says, was to “humanize it by focusing on individuals with huge decisions to make.”

They selected three: Nimham, who, after fighting for the crown in the French and Indian War, turned against it during the Revolution (“He came home to find his land had been given to the Philipses,” Jankell says); Mary Philipse, a woman left to protect her land and her family — George Washington tried to convince her to switch sides — who had to hold it all together; and, finally, Caesar, a man enslaved by the Philipse family who ran their mill at Philipse Manor.

This history plays out against various views of land ownership. For the Brit-

The Wicked Witch, with a Twist

Beacon Players to debut Halloween play by local horror writer

By Alison Rooney

Although she is a horror writer, Meghan Arcuri said she felt a bit terrified when she was asked to write a play for high school theater students.

First, she had never written a play; her specialty is short fiction. Second, she had never written for teens. Third, her work is designed to evoke feelings of dread and discomfort. Finally, the person doing the asking was Arcuri’s high school drama teacher, Anthony Scarrone, whom she still tends to call “Mr.” The result of his request, *Green With Hunger*, will be performed at the Seeger Theater at Beacon High School on Oct. 28 to 30.

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A Quick Bite

She woke with a coppery taste in her mouth, her lips wet and sticky. A dark red liquid dotted her hands, her fingers — were they greener? A small heap of a body lay next to her, bits of skin and shattered bone in place of where its head had once been. It had happened again.

From Meghan Arcuri’s short story, *Green With Hunger*
SAT 22
Spooktacular
WAPPINGERS FALLS
4 – 7 p.m. Stony Kill Farm
79 Farmstead Lane | stonykill.org
Meet the animals in a costumed Spooky Barn Tour, take a ride on a hay wagon at dusk, and enjoy a campfire with treats and storytelling. Cost: $5

SAT 29
28th Annual Parade
COLD SPRING
4:30 p.m. St. Mary’s Church
coldspringhallofpalooza.com
Line up at 4:30 p.m. on the lawn in costume. Pets welcome. The parade will proceed west on Main Street to the bandstand at the riverfront.

SUN 30
Castle to River Run
GARRISON
5 p.m. Philipstown Recreation
107 Glyncliff Dr | 845-424-4618
friendsofphilipstownrecreation.org
Registration opens at 8 a.m. and the half-marathon kicks off at 9 a.m., a 5K at 9:30 a.m. and a children’s costume mile at 10:30 a.m.

COMMUNITY
SAT 22
Hike for Hope
BEACON
11 a.m. Dennings Point
914-960-6855 | hikinghome.org
Join a group of walkers at the park or hike on your own. All proceeds will support programs at the Walter Hoving Home in Garrison. Cost: $40

SAT 22
Open House
BREWSTER
11 a.m. – 3 p.m. Tilly Foster Farm
100 Route 312
putnam.cce.cornell.edu/events
 Spend an afternoon on the farm meeting the animals, doing crafts and learning about 4-H and gardening. Registration required.

SAT 22
Harvest Fest
PUTNAM VALLEY
7 p.m. Story Screen | 445 Main St.
Storyscreenbeacon.com
Activities will include Monsters I Have Known, a performance for children by Lou Del Bianco at 12:30 p.m.; crafts; a tag sale; live music; art; artisan wares; and food. Cost: $10 donation

SAT 22
Community Conversation
GARRISON
1 p.m. Desmond-Fish Library
tomtopkincorners.org
The library board invites input on Desmond-Fish’s programs and direction.

SUN 30
Dedication of Northcutt Hall
BEACON
4 p.m. Howland Cultural Center
477 Main St. | 845-831-4988
howlandculturalcenter.org
Florence Northcutt, a volunteer and board member since 1994, will be honored with the renaming of a hall at the Howland.

SUN 23
Scenes from Pay Dirt
COLD SPRING
3 p.m. Putnam History Museum
63 Chestnut St. | 845-265-4010
putnamhistorymuseum.org
Three playwrights have written one-act plays that explore land ownership in the Hudson Valley between the French and Indian War and the Revolution. This will be a sneak peek before the plays debut in November. See Page 11. Free

KIDS & FAMILY
SAT 22
Children’s Winter Coat and Accessory Swap
BEACON
1-3 p.m. Beacon Recreation Center
23 W. Center St. | 845-857-3570
BeaconRec.org
The comedian and actor will perform stand-up during this stop on his No Disrespect Tour. Cost: $10 to $70

TUES 26
The Films of Alfred Hitchcock
BEACON
1:30 p.m. Via Zoom
313 Main St. | beaconlibrary.org
Brian Rose will discuss the filmmaker and his gift for creating suspense. Register online.

THURS 27
Tracy Morgan
PEEKSKILL
8 p.m. Paramount Hudson Valley
1008 Brown St. | 914-739-0039
paramounthudsonvalley.com
Shoppers will find adult clothing and Halloween costumes for all ages donated by Philipstown residents and mostly sold by the bag. Bring your own bag if you can. Proceeds will benefit St. Mary’s and the Philipstown Food Pantry. Cost: $5 to $10

THURS 27
 castle to river run
GARRISON
8 a.m. Philipstown Recreation
107 Glyncliff Dr | 845-424-4618
friendsofphilipstownrecreation.org
Registration opens at 8 a.m. and the half-marathon kicks off at 9 a.m., a 5K at 9:30 a.m. and a children’s costume mile at 10:30 a.m.

KIDS & FAMILY
SAT 22
Children’s Winter Coat and Accessory Swap
BEACON
1-3 p.m. Beacon Recreation Center
23 W. Center St. | 845-857-3570
BeaconRec.org
Find gently used winter gear for children.

TUES 25
Creepy Slime
BEACON
4 p.m. Howland Public Library
313 Main St. | 845-831-1134
beaconlibrary.org
Children ages 4 to 10 are invited to make slippery slime. Registration required.

THE WEEK AHEAD
Edited by Pamela Doan (calendar@highlandscurrent.org)
For a complete listing of events, see highlandscurrent.org/calendar.
THURS 27
Dia de los Muertos
BEACON
315 p.m. Howland Public Library 313 Main St. | 845-831-1134 beaconlibrary.org
Students in grades 6 to 12 can paint a canvas sugar skull in honor of the Day of the Dead. Registration required.

THURS 27
Inspired Parent-Teen Art Series
GARRISON
6:30 p.m. Garrison Art Center 23 Garrison’s Landing covencorecenter.org
This Cove Core Center event will bring together parents and their teens in grades 6 to 12 to make art and commit to be drug-free. Registration required.

SAT 29
Dry Ice Science Show
GARRISON
2 p.m. Desmond-Fish Library 472 Route 403 | 845-424-3020 desmondfishlibrary.org
Talk will perform an interactive story that includes science experiments with dry ice and audience participation.

TALKS & TOURS
SUN 23
Forest Bathing
BEACON
9 a.m. Manitoa | 584 Route 9D 845-424-3812 | visimanitoga.org
Jane Dobson, a mindful nature guide, will lead a hike for ages 12 and older. Cost: $30

SUN 23
Urasenke in Mary’s Meadow
GARRISON
3 p.m. Manitoa | 584 Route 9D 845-424-3812 | visimanitoga.org
Designers Yoshihiro Sergel and Diana Mangaser will lead this tour of the Manitoa house and studio, as well as a walk through the meadow that will include a Japanese tea demonstration with Urasenke Chanyou Center tea masters. For ages 12 and older. Cost: $20

SUN 23
David Hollander
COLD SPRING
4 p.m. Chapel Restoration 45 Market St. | chapelrestoration.org
The author of the novels Anthropia and L.E.F. will read from his works as part of the Sunset Reading Series. Donations welcome. Free

SUN 23
Design Flaw
BEACON
9 p.m. Quinn’s | 330 Main St. facebook.com/hugh.sheehy.5 Hugh Sheehy will read from his new collection of short stories.

TUES 25
Aging With Grace
BEACON
12:30 p.m. Howland Public Library 313 Main St. | 845-831-1134 beaconlibrary.org
Carole Penner will facilitate a discussion of feelings of concerns about aging.

TUES 25
Centennial of the Tomb of the Unknown Soldier
BEACON
7 a.m. Howland Cultural Center 477 Main St. | beaconhistorical.org
Denise VanBuren will discuss her trip in France with the Daughters of the American Revolution to see a pop-up art show art by the Philipstown Food Pantry. A reception will be held from 4 to 6 p.m.

THURS 27
Dollyapalooza
BEACON
3 – 5 p.m. The Lofts | 18 Front St.
Dolly Fairheyes is a New York City-based artist with a love for color, composition and the human condition who has photographed everything from Fashion Week and Las Vegas to Dolly Parton impersonators and sumo wrestlers.

SAT 29
Photos by Brian Nice
GARRISON
Noon – 6 p.m. Daveoren Farm 8A Inveruje Lane
All proceeds from this one-day pop-up art show by the Philipstown artist will benefit the Philipstown Food Pantry. A reception will be held from 4 to 6 p.m.

MUSIQUE
SAT 29
Brass Ensemble
GARRISON
2 p.m. Desmond-Fish Library 472 Route 403 | 845-424-3020 desmondfishlibrary.org
The brass ensemble will perform classical, sacred, early, folk, jazz and pop. Free

SAT 29
Accept
PEEKSKILL
7 p.m. Paramount Hudson Valley 1008 Brown St. | 914-739-0039 paramourthudsonvalley.com
The German heavy-metal band, which formed in the 1970s, will play music from its latest release, Too Mean to Die. The opening bands are Reaper, Azraya and Hittman. Cost: $39 to $69

SAT 29
All About Bulbs
PHILIPSTOWN
9 a.m. – 1 p.m. Stonecrop 81 Stonecrop Lane | 845-265-2000 stonecrop.org
Find out everything you need to know to grow plants from bulbs in your yard, garden and indoors. Cost: $69 ($40 members)

VISUAL ART
SAT 29
Group Show
NELSONVILLE
7 – 9 p.m. Create Community 11 Peekskill Road | 845-416-1427
This is the closing reception for a show with artwork by Richard Bruce, Evelyn Carey-White, Simon Draper and Kathy Feighery.

SUN 23
Brandi and the Alexanders, Oct. 28

SAT 22
The McKrells
BEACON
8 p.m. Towne Crier | 379 Main St. 845-855-1300 | townecrier.com
Kevin McKrell, a pioneer of American Celtic music, will perform with his band. Cost: $25 ($30 door)

SUN 23
Lara St. John & Ronn Yedidia
BEACON
4 p.m. Howland Cultural Center 477 Main St. | 845-765-3012 howlandmusic.org
St. John (violin) and Yedidia (piano) will perform a program that includes works by Debussy, Franck and Jessie Montgomery, as well as various Romanian, klezmer and Hungarian tunes and a piece by Martin Kennedy, Curdiasian Rhapsody. Cost: $35 ($10 students)

SAT 29
Jacob Aviner
BEACON
7:30 p.m. Reserva Wine Bar 173 Main St. | reserva.beacon.com
The singer and songwriter will play his original music.

SAT 29
Acoustic Alchemy
BEACON
8 p.m. Towne Crier | 379 Main St. 845-855-1300 | townecrier.com
The contemporary jazz band is a three-time Grammy nominee. Cost: $45 ($50 door)

CIVIC
MON 24
City Council
BEACON
7 p.m. City Hall 1 Municipal Plaza 845-838-5011 | beaconny.gov

WED 26
Village Board
COLD SPRING
7 p.m. Village Hall | 85 Main St. 845-265-3611 | coldspringny.gov

WED 26
School Board
GARRISON
7 p.m. Garrison School | 1100 Route 9D 845-855-1300 | townecrier.com
Procedures will be followed for the Learning Commons will be held at 6 p.m.

SAT 29
Early Voting
FISHKILL
9 a.m. – 5 p.m. Fishkill Town Hall 807 Route 52 | elections.dutchessny.gov
For Beacon residents. Continues daily through SUN 6.

SAT 29
Carly Voting
PHILIPSTOWN
9 a.m. – 5 p.m. North Highlands Firehouse 504 Fishkill Road | putnamboe.com
For Philipstown residents. Continues daily through SUN 6.
Small, Good Things

Dark Matter

By Joe Dizney

Fun fact: Due to a nasal appendage anomaly, the surname of Marcus Tullius Cicero (Roman statesman, philosopher and skeptic) is apocryphally said to be derived from the Latin word cicer — chickpea (ceci in Italian), for the familial noses’ striking resemblance to the legume in question.

This suggestion is borne out by classical portraits and busts, but it is also argued that the association is due to a suggestion that the family’s fortune derived from the cultivation and sale of the pea.

Whatever. We can be reasonably certain that if chickpeas were in any way involved, they weren’t the variety known as ceci nero, or black garbanzos, a historical specialty primarily from Italy’s Puglia region.

Smaller and thicker-skinned than their pale cousins, black garbanzos are a bit hard to find but worth the effort. (Ranchogordo. com carries them, and there is a smaller Indian variety known as kala chana which will do nicely for some recipes.)

Nuttier in taste, with three times the fiber, black garbanzos are great for stews or black garbanzos (a historical specialty from Italy’s Puglia region). They aren’t the variety known as ceci nero (black chickpeas and black tahini, although slightly different from their paler cousins, won’t confuse your tastebuds, but the sweetness of the black garlic is surprising and welcomed. There’s nothing here to be frightened of...

Food-trick of a recipe that seems tailor-made for an adult Halloween treat. This none-more-black hummus incorporates not only black garbanzos but other culinary dark horses: black sesame tahini and black garlic.

Black garlic is easier to find — Adams Fairacre Farms in Wappingers stocks it. It’s an Asian preparation in which heads of garlic are heated at a low temperature in high humidity, anywhere from three weeks up to two months, into a caramelized paste with a dark, honeyed sweetness and none of garlic’s usual sharp pungency.

This recipe uses black and white garlic as the more familiar garlic flavor marries well with the other ingredients. Fresh lemon juice, smoky cumin and ground sumac, which echoes the lemon juice with a slightly darker edge, complete this surprisingly tasty puree. But honestly, you could substitute regular chickpeas and tahini. It just won’t look as edge, complete this surprisingly tasty puree.

Therein lies the dark secret of this recipe: Black chickpeas and black tahini, although slightly different from their paler cousins, won’t confuse your tastebuds, but the sweetness of the black garlic is surprising and welcomed. There’s nothing here to be frightened of...

Black Hummus

Makes 2½ to 3 cups

2 cups cooked Italian black garbanzo beans/chickpeas (ceci neri or ceci nero)
1 cup reserved bean cooking liquid (aquafaba), chilled, or cold water
2 to 3 tablespoons olive oil, plus more for finishing
½ teaspoon kosher salt
½ teaspoon ground cumin
½ teaspoon ground sumac

Optional garnishes: black and/or white sesame seeds; chopped chives; ground Aleppo pepper or smoked paprika

1. Combine the chickpeas, tahini, four heads peeled black garlic, two cloves peeled regular garlic, lemon juice, salt and ¼ cup of bean cooking liquid in a food processor. Puree until smooth, pausing to scrape down the sides occasionally, and continuing to blend for a few minutes until completely smooth.

2. Taste. Now is the time to decide if you want more black or regular garlic. Regular garlic will give you more of a classic flavor, black garlic less so, but it adds a noticeable sweetness and depth.

3. With the motor running, pour another ¼ cup of bean cooking liquid into the chickpea mixture, stopping to scrape down the sides occasionally. The puree should be about the texture of thick pancake batter. If it’s too thick, add cold water, 1 tablespoon at a time, blending until you reach the right consistency. Add salt as needed to your taste.

3. To serve, drizzle with a little more oil and top with the garnishes of your choice.

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
Wicked Witch (from Page II)

School in Hopewell Junction, where Scarrone and a colleague ran an after-school program that presented musicals like Oliver and Fiddler On the Roof, farce such as Noises Off and dramas such as Dracula. “You could tell right away he was passionate and knew what he was doing,” Arcuri says. (Scarrone became director of Beacon Players in 2012.)

Despite taking a few acting classes, Scarrone left the stage behind, earning bachelor’s degrees in English and math at Colgate University and a master’s degree in natural sciences from Rensselaer Polytechnic Institute before becoming a high school teacher on Long Island. “The focus shifts to paying the bills,” she says. Marriage and two children followed, and with it a move to Beacon, to bring the children closer to their grandparents.

Arcuri found her way to writing while navigating the challenges and isolation of stay-at-home parenting. “I was reading lots of escapist stuff, plowing through books,” she says. She enrolled in a three-day fiction writing workshop geared toward genre fiction, sci-fi and horror.

At first, she was reluctant to write horror because “I’m afraid of everything! What I learned — and this applies to most genres — is that what makes something scary is more about pacing. Writing dialogue means figuring out to keep things crisp, how to pare down your work to the important stuff.”

In the past decade, Arcuri has had her stories published in anthologies such as Borderlands 7, Madhouse and Chiral Mad. Her story “Am I Missing the Sunlight?” was nominated in 2020 for a Bram Stoker Award (named for the author of Dracula) and she is vice president of the Horror Writers Association, which gives them out.

At Beacon High School, she worked with Scarrone and Jonah Mensch, the student director. “We had a great meeting during the first week of school,” she says. “They showed me the set pieces and Jonah shared ideas he had and asked me questions about the character. When I handed over the script, I thought for sure there are things in it which were too violent or ‘mage-y,’ but no one batted an eye.

“I don’t want to be heavy-handed,” she adds. “I want them to interpret it.”

Beacon High School is located at 101 Matteawan Road. Green With Hunger will be performed at 7:30 p.m. on Oct. 28 and 29 and at 2 p.m. on Oct. 30. Tickets are $5 at beaconplayers.com.

Bound By Land (from Page II)

ish, land was passed down to a son, while for the Dutch it could be bequeathed to a daughter. For the Wappinger, there was no concept of ownership. Instead there was stewardship of the land.

The research sparked conversations about land ownership and what constitutes home. “We started looking carefully at rocks, stones, gravestones for enslaved people,” Jankell says. “The more we looked, the more we saw there were stories, secrets, redactions, drama and emotions. We became less and less partisan as we went along, and came to understand that usually decisions were made by people based on their families. “That led us to: ‘Who’s going to write these people?’ The answer was: people of the heritage.”

The alliance commissioned three well-credentialed playwrights — Vickie Ramirez, Kate Moira Ryan and Nan-Lynn Nelson — to each write a 35-minute piece about the struggle for land in the Hudson Valley during that time period. Ramirez wrote from the perspective of Nimham, Ryan from that of Mary Philipse and Nelson from that of Caesar.

On Nov. 4, 5 and 6, actors will bring the scripts to life in public readings at Arts on the Lake, the Depot Theatre and Tompkins Corners.

After the performances, Jankell plans to meet with the playwrights to sort out what worked and what could be combined. Then she will weave the pieces “into one big play, replete with the Lake, the Depot Theatre and Tompkins Corners.”

A preview is scheduled for 3 p.m. on Nov. 7 at Arts on the Lake in Kent (artsontelake.org), at 7:30 p.m. on Nov. 5 at the Philipstown Depot Theatre in Garrison (philipstowndepottheatre.org) and at 2 p.m. on Nov. 6 at Tompkins Corners Cultural Center in Putnam Valley (tompkinscorners.org). See each site to reserve seats; a donation is suggested.

Philipstown Highway Superintendent
The son of Alonzo Bishop of Fishkill Landing was injured when the night express from New York City slowed at the Fishkill Landing station so he and a companion could jump from the back. He lost his footing and struck his head on the track.

The 11-year-old daughter of George Howe of Matteawan was purchased and noticed a blanket under the window, which was producing 300 dozen per day.

A deposit of magnetic ore had been found higher up and smaller deposits of carburet of iron (used in the manufacture of stove polish), plumago and copper.

Business was good at the seamless cloth works in Matteawan, which was turned out an unusual number of carpets, glove linings and hats, and at the nearby hat works, which was producing 100 per day.

A burning mosquito net, ignited by a candle, fell onto Mrs. Wood as she slept in her room at a boarding house south of Fishkill Landing. The widow managed to roll herself out of bed and avoid serious injury.

The Shenandoah Mining Co. was busy opening a hematite iron ore mine on the Sprague farm in the Fishkill mountains. A proposal to raise $840 (about $20,000 today) through a tax levy to build a station for the Hook and Ladder Co. was defeated, 47-6.

After the express train from Montreal hit someone on the drawbridge near Dutchess Junction, the train stopped but the brakeman and the bridge tender could not locate a body. John Kernan, aka “Jimmy the Soldier,” was apparently hurled into the river, where his remains were found three days later.

The wife of Charles Lonergan arrived in Matteawan from Syracuse to identify the body. He had been found dead on the railroad tracks. She said he left the city of his own volition. She hid the body in her room for three weeks before taking it to the General Hospital at Fishkill. The judge sentenced her to a year in the penitentiary.

A proposal to raise $840 (about $20,000 today) through a tax levy to build a station for the Hook and Ladder Co. was defeated, 47-6.

About 100 veterans from the 128th New York Volunteers in appreciation of “many favors received by him,” according to the Poughkeepsie Evening News.

Freeman’s colored friends are enraged over the affair, and they threaten vengeance,” reported The New York Times.

Business was good at the seamless cloth works in Matteawan, which was producing 300 dozen per day.

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Looking Back (from Page 16)

York Regiment held their annual reunion at the Dibble Opera House in Matteawan. The regiment left Dutchess County on Dec. 5, 1863, for Baltimore and New Orleans with 1,000 men. It fought in the Shenan-dosah Valley and later was stationed in Savannah, where it joined Gen. Sherman’s forces following his march to the sea. Sixty percent of the regiment did not survive.

Mrs. Winthrop Sargent purchased the former John Rothery home on Schenck Avenue in Matteawan to create a vocational reform school.

100 Years Ago (October 1922)

New York State distributed its official roll of 13,908 soldiers who died during or shortly after World War I, including 110 from Dutchess County and 11 from Beacon: John Bump (killed Oct. 20, 1918); Thomas Carroll (pneumonia Feb. 27, 1919); Frank Cromade (killed Oct. 14, 1918); Herman Deike of 217 Main St. (wounds, Oct. 17, 1918); George Delahay of 35 Eliza St. (wounds, Dec. 21, 1918); Frederick Garritson (killed Sept. 28, 1918); Frederick Harris of 61 Ferry St. (killed Aug. 13, 1918); Austin Robinson (killed Sept. 2, 1918); Frank Van Houten Jr. (pneumonia Oct. 9, 1918); and William Wilson (killed Aug. 19, 1918).

Contractors finished emergency repairs on the 36-year-old Melzingham dam. “The water had made a small opening that soon expanded into a great hole,” reported the Poughkeepsie Eagle-News. As it happened, the City Council planned to ask voters to approve bonds for the construction of a $125,000 concrete dam there, along with repairs to the north Beacon dam, where the cracks were seeping water, and the installation of a force filter near the powerhouse on Fishkill Creek to purify the water during emergencies.

Four men caught stealing chickens at the Rives’ farm shot at two employees while making their getaway in a Ford touring car. No one was injured.

A 10-year-old boy suffered a fractured skull and a broken nose when he was kicked by a horse. A cut over his eye in the shape of a horseshoe required 15 stitches.

A man was poisoned while drinking illegal homemade whiskey at a friend’s home on Railroad Avenue and needed to have his stomach pumped at Highland Hospital. Police alerted the district attorney.

The Long Dock Coal Co. received 33 carloads with 1,014 tons of chestnut coal, as well as a carload of egg coal. It was to be distributed according to plans drawn up by John Cronin, the city fuel administrator.

After voters defeated two referendums to build an addition to the overcrowded high school, the state Department of Education said it might compel a third vote. Should that fail, it said, it would order construction to begin.

Mayor Irving Stafford warned police officers to enforce prohibition laws or lose their jobs. Soon after, officers arrested “Wild Bill” Henderson, who was fined $10 for possession of moonshine he said made from potato peelings.

Serafina Maraquian, a Spaniard commonly known as John Martin, was arrested on charges he shot William Byrd in the abdomen and both arms during a fight at the Nickerson Brickyards at Dutchess Junction. After the men bickered over the proper laying of sand, Maraquian returned with a shotgun. He claimed Byrd had made a derogatory remark about his mother.

A Beacon police officer detained Edward Cunningham on charges he stole a bicycle and sold it for 75 cents. When his prisoner ran, the officer fired five times, hitting Cunningham in the foot.

Health officials reported the discovery of a “baby farm” in Newburgh, where six infants were found in miserable conditions, including the daughter of a Beacon woman. The woman in charge was found lying in an adjacent room, incapacitated by diphtheria. Police uncovered letters written by several of the mothers, including one who said she was an art student and the father was in medical school and they dared not reveal the birth to their parents.

Peter Tomassilu, convicted of attacking his father with an ax handle, was sentenced to 2½ to 5 years at Sing Sing. In his defense, he claimed he was defending his mother from a beating, although witnesses said she was not at home at the time.

75 Years Ago (October 1947)

Residents of Beacon and Poughkeepsie were required by law to register in person before every vote; in Beacon, election officials registered 4,904 people, an increase of 9 percent over the year before.

About 50 people attended an organizational meeting at Bill’s Restaurant for a chapter, or aerie, of the Fraternal Order of Eagles. A woman reported her sister missing when she did not arrive at her Ferry Street home as expected on a Saturday morning train from New York City. The sister showed up two days later, although no explanation was provided in news reports as to where she had been.

A 33-year-old parachutist died at the dedication of the $72 million Dutchess County Airport in New Hackensack during a “double delayed” stunt. After jumping from a PT-17 at 3,000 feet, the Army combat veteran opened his first chute and detached it. However, his second chute did not open.

Mayor Bolton rejected a plea sent via telegram by the chairman of the National Citizens’ Food Committee to appoint a local committee to encourage conservation, saying that shortages and rising prices were the fault of the federal government.

Following a loss by a softball team of Beacon police officers to a team of Poughkeepsie officers, The Beacon News explained that “our fellows are kept so busy with their duties, which they perform with exceptional efficiency, that they haven’t much time” to practice. The Poughkeepsie Journal responded that the defeat might instead be attributed to the pitching talents of Detective Murphy, who threw a no-hitter.

A 57-year-old New York City man drowned when he fell from the catwalk of a boat at Long Dock. The seaward had come to Beacon on the SS Andrea Barnes and spent the evening at local taverns. A cabdriver said he helped the victim to the catwalk at about 2:30 a.m. and called out to the watchman but heard a splash as he returned to his taxi.

Members of the semipro Beacon Varsity basketball team put out a call for opponents. The squad won 36 of its 42 matches the previous season but could only play away games because there was no local court.

A 72-year-old Corning man was charged with shoplifting an iron from Manning’s appliance store at 506 Main St.

The audiovisual club at Beacon High School listed some of the films it planned to screen at teachers’ requests, including, for the guidance department, The Secretary’s Day, The Secretary Takes Dictation and The Secretary Transcribes, and for the health department, Sitting Right and Tuberculosis.

Thieves broke in overnight at a gas station operated by Eugene Cadmus on Main Street near Chestnut and stole 515 pennies from the cash drawer.

The estate of Leo Baekeland, a chemist who died in 1944 at the Craig House sanitarium in Beacon, was valued at $4 million [$53 million]. After creating celuloid, a photo printing paper he sold to Kodak, Baekeland converted a stable in Yonkers into a laboratory to search for an artificial substitute for varnish. Instead, in 1906, he invented bakelite, the first plastic to retain its shape when heated.

50 Years Ago (October 1972)

The city unveiled its $6 million secondary sewage treatment plant on Dennings Point. Mayor Robert Cahill said the city was not home at the time.

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an appeal. The contract raised the average teacher’s salary to $13,300 ($94,000) annually in its third year.

The Dutchess Ski Lodge hosted a three-day art expo with 90 exhibitors. It was coordinated by the Beacon Civic Arts and Cultural Development Committee.

The Planning Board met to discuss a proposal to build a high-rise apartment building on Fishkill Avenue. The developer’s plan included using a foundation built in 1965 for a similar project that was abandoned but the board indicated it wanted the number of apartments reduced from 102 to 96 and questioned the amount of parking and the 12-story height.

Two men died when their tractor-trailer drove off the two-lane Newburgh-Beacon Bridge. Police said the driver swerved to avoid a stalled truck, collided with an oncoming car and broke through a guardrail. The body of his passenger was found in the sleeping compartment.

A proposal by school board member Robert Frankel to appoint representatives of students, teachers, principals, parents and community members as non-voting members who could attend closed meetings was defeated, 5-1.

A city judge sentenced five teenagers on whether to fund food stamps for 99 county residents who were not U.S. citizens. The federal government had eliminated food stamps for legal aliens as part of welfare reform, but state lawmakers said they would offer them in each county that agreed to pay half the cost. Republican legislators questioned allocating the $84,000 annually, but John Ballo, a Democrat whose district included Beacon, said: “These are legal residents. This is the United States of America. It’s not a country that turns people away.”

The City Council approved the sale, for $1, of the city-owned Dondoro Building at 174-178 Main St. to developer Ron Sauers and architect Jeffrey Wilkinson. “We’re putting Beacon back together to the way it once was,” Wilkinson said. The plan called for commercial space and six loft apartments. Beacon High School chemistry students celebrated National Mole Day with puns, poems, projects and experiments. (A mole is 6.02 x 10²³ atoms or molecules.) The day’s only drama occurred when the chemistry teacher, wearing a welder’s mask, dropped a gummy bear into a flask of liquid sodium chloride and triggered the fire alarm.

Beacon Looms, which opened in 1935 as an expansion of a New York City curtain company, said it would close and dismiss 70 employees. “We just don’t have enough people to keep going,” said Sy Sadinoff, its president. At one time, the firm employed hundreds of people making everything from hats to coats, but business dried up when discount chains such as Journeys and Woolworth’s closed.

(Continued from Page 17)
The HIGHLANDS Current's
HALLOWEEN COSTUME CONTEST
NOW THROUGH OCTOBER 31

Show off your Halloween spirit!

Through October 31, submit photos of yourself, your children, pets or the whole family in costume. A panel of local judges will choose the winners for each of the categories above. Winners will receive a 1-year membership to The Current and a whole year's worth of bragging rights! Winners and select submissions will be featured in our Nov. 4 issue.

ENTER TO WIN
Scan QR code or visit highlandscurrent.org/halloween
Teacher Burnout

While this series has focused on the mental-health impacts of the pandemic on children, they haven’t been the only ones affected.

At Haldane, Superintendent Philip Benante called teacher burnout “underexplored right now,” but predicted it will grow in importance as schools realize “the long-term consequence for staff who are trying to balance the needs of kids, which come first and foremost, but against their own needs as adults, with their own families and their own kids, and trying to maintain some sense of balance with that.”

Andrea McCue, a special education teacher who is the president of the Haldane teachers’ union, said that a handful of teachers in the district retired sooner than they might have if the pandemic hadn’t happened. “The past two-and-a-half years have been extremely stressful” for educators, she said.

Benante noted that toward the end of the 2021-22 academic year, as New York State ended its mask mandate for schools, a sense of normacy began to return for students, “but the staff burnout started becoming more of a factor.”

“It was exhausting,” he said. “It certainly took its toll on me. And I know if it was taking its toll on me, it was taking its toll on everybody.”

This year there’s been an increased emphasis on staff wellness, “because we realize that if the individual in front of the classroom is not in a good place, that has an impact on our kids,” Benante said. “I need to make sure that I’m eating right, exercising and doing all those things that we know are important to our own well-being, so that we can be in a position to do our work for our communities, and the school has a responsibility to its employees” to encourage a healthy work-life balance.

The superintendent said that wellness has been supported through state legislation that increased opportunities for paid time off for educators. In addition, Haldane elected not to furlough any part-time employees in 2020 during the shutdown.

“Our transportation workers, maintenance and custodial — we made sure we kept everybody employed,” Benante said. “We felt we needed to make sure that we could maintain a level of financial stability for our employees, so they could take care of themselves and their families.”

This year, the faculty break room has been stocked with fruits and vegetables and staff are encouraged to get outdoors for a hike or a walk when possible. “We live in a beautiful area, so we’ve organized times that allow our staff to connect with each other, while also engaging in healthy activity throughout the year,” he said.

Are the Kids Alright?

(Continued from Page 1)

According to several agencies, including the federal Centers for Disease Control and Prevention (CDC) and a national alliance of health and physical education teachers, one of the keys to establishing the balance that educators and students seek is movement.

SHAPE America — the Society of Health and Physical Educators — in 2019 created a “crosswalk” — a framework for aligning national physical education standards with the strategies of social and emotional learning, a holistic educational approach that has grown in popularity. Integrating physical exercise, in which the onus is often on children to problem-solve, the teachers say, can help students develop the skills to “deal effectively and ethically with daily tasks and challenges.”

In the crosswalk, a document that’s available on its website, SHAPE America matches its K-12 physical education standards with social and emotional skills that the exercises reinforce.

The connections are more conceptual than literal. In other words, the group doesn’t make specific recommendations, such as playing volleyball, for example, to support team-building skills. Instead, it walks you through its core goals for students, one of which is to exhibit “responsible personal and social behavior that respects self and others.”

That’s in one column. Beneath it, desired outcomes, such as students learning to accept the differences between their bodies and the idealized images they see portrayed by elite athletes or through various media, are explained further.

In another column, the organization identifies social and emotional goals — self-awareness, self-management, social awareness — which can be realized through meeting the physical education standard. The CDC agrees, noting that schools are in a unique position to help children attain a recommended 60 minutes of moderate to vigorous physical activity each day.

The agency encourages school leaders to incorporate physical activity in the classroom, to “reinforce what is taught in physical education and give students a chance to practice their new knowledge and skills.”

Ways to help

The website quoted at the beginning of this article belongs to Fit & Fun Playscapes, a business founded in 2011 by Nelsonville resident Pamela Gunther. The firm, which Gunther moved to Poughkeepsie last year, creates paint kits, “sensory pathways” made with stencils or stickers, and indoor and outdoor games to enhance tactile learning.

A multicolored, nature-themed sensory pathway encourages younger students to step, march, jump or “crab crawl” to get their bodies moving. Stickers that teachers can place on students’ desks help children attain some movement and help to verbalize how they’re feeling, what they may need and how to support peers.

Gunther, a former co-president of the Haldane PTA, believes that something as simple as a greater emphasis on physical activity could help students bounce back from the effects of the pandemic.

“What happens at recess is a microcosm for the rest of their lives,” she said. “It’s not just running around; they’re learning so much more. They’re learning how to negotiate, how to cooperate, how to deal with bullies. This is the place where they can figure this stuff out.”

While those skills are taught in the classroom, “handouts are not going to replace recess,” Gunther said. “The kids have to work these things out on their own.”

Some high school athletics were postponed in 2020, and others frequently interrupted in the years since, when COVID infections forced student-athletes into quarantine. Despite the stoppages, the Haldane school district in Cold Spring kept its extra-curricular and athletics programs going during the pandemic.

“Even when teams may not have been competing, we still had the coaches meeting with kids in some capacity, because we knew that was important to the kids’ experience and their connectedness to school,” said Superintendent Philip Benante. “We were still paying our coaches and encouraging them to have some sort of engagement, even if it was a Zoom session where they were running drills.”

The district also hired more assistant coaches “to increase the number of adults who are working with our kids through athletics,” Benante said.

Cold Spring-based therapist Denise Angelo shared other tips, in addition to exercise, for helping children who are struggling with anxiety, especially if they experience panic attacks.

“I tell kids to start with 99 and count backward by threes,” Angelo said. “It needs to be something that’s not easy. Even telling them to count like 1-2-3-4-5 and then again backwards is fine for little kids. But if you have a teenager with a panic disorder, you need to stimulate the frontal lobe to quiet down the brain and stop the anxiety. Another thing I’ve told them to do is pick up a book, find a sentence and read the words backward.”

She also suggests asking a teen to recall their family’s phone number from a previous residence, or a friend’s mailing address. “Then they have to think, and once they start using that part of their brain, things quiet down,” Angelo said. “I use puppets and have little kids talk to them. I’ve given kids a stuffed animal to talk to or hug and that becomes what they use to cope. It’s their lifetime.”

Journaling or writing down recollections from dreams can also help. “Some of it is dark, but they’re getting it out,” she said. However, “you need to know the kid and get into their head to find out exactly where the anxiety is coming from and what would work best for them. There’s no cookie-cutter measure.”

Parents can help, too. Before the pandemic, Haldane held a series of Friends and Family Universities — joint sessions at which parents, guardians and staff came together to discuss an issue. The district typically paid to bring

(Continued on Page 21)
Report Advocates Diversity in Nature — of Humans

A free electric bus that travels from urban areas to state parks. Halloween "hike and treat" events in the woods. Camping trips in which the gear is provided by someone who shows you how to use it.

The report recommends that the state be more proactive in reaching out to undererved communities to engage them in decision-making processes. Approaches include working with churches, health care professionals and community groups such as Black Girls Hike Buffalo, which has organized snowshoeing and hike and treats during the pandemic.

The state already runs a first-time camper weekend in which families can borrow equipment and receive assistance from parks personnel who demonstrate how to pitch a tent and tend a campfire. Moser said she would like to see the program expanded with assistance from outdoor recreation companies to include other activities.

“If you go to Bear Mountain and you wanted to learn how to snowshoe, is there a way that you could borrow snowshoes?” she said. “All that outdoor gear is expensive. What can REI or L.L. Bean do?”

The report also recommends that undererved communities be included in discussions about the locations of new parks. Gov. Kathy Hochul, for example, has advocated the creation of a Rochester High Falls State Park in downtown Rochester, which would allow access to the Genesee River gorge.

The report highlights the need to increase communication with Indigenous communities. The DEC recently announced the creation of an Office of Indian Nations Affairs, and the report recommends that the state parks department do the same. Once established, these offices would bring Indigenous “knowledge keepers” into the land management process.

OSI and the state plan to continue surveying visitors and collecting data in 2023 to implement the recommendations. In the meantime, Moser said she hopes local organizations will be inspired by the findings and examples.

"It doesn’t have to be New York State implementing this,” she said. “It could be a county or a municipality that can implement this in their own park system.”

The report is available at openspacesinstitute.org/research/openspacesforall.
Roundup (from Page 24)
was twice named honorable mention All-Section and three times All-League. As a wrestler, he had 99 career wins and was named All-Section three times, division tournament champion twice and sectional champion in 2007.

Nelson Delanoy, who attended the Nelsonville School and Haldane High School, was one of the first coaches at the high school and also taught there for more than 30 years. He spent 17 seasons coaching the baseball team and led the team to championships in 1943 and 1951.

Members of the 2007-08 girls’ volleyball and basketball teams were recognized for winning state championships.

John “Jiggum” Merante (1989) competed in football, cross-country, basketball and baseball for the Blue Devils and went on to coach 79 sport seasons between 1976 and 2018. He served for 41 football seasons as the modified-team coach and varsity assistant and was the junior varsity girls’ basketball coach for 31 years.

Lauren Etta (2013) was named to the girls’ volleyball state championship all-tournament team in each of her final three seasons as a Blue Devil. She went on to play for Tulane University.

BASKETBALL
Elijah Hughes, the Beacon native who was selected in 2020 in the second round of the NBA draft, signed a one-year contract on Oct. 14 with the Milwaukee Bucks, the third team of his career, and then was immediately waived so he can play for its G League affiliate, the Wisconsin Herd.

Hughes, who attended Beacon High School for his freshman and sophomore years, transferred to Kennedy Catholic in Somers for his junior year and South Kent Prep in Connecticut as a senior. He played for East Carolina University before transferring to Syracuse, where he led the Atlantic Coast Conference in scoring.

BASEBALL
Lenny Torres Jr., 22, the 2018 Beacon High School graduate who plays for the Lake County Captains in Ohio, the High-A minor league affiliate of the Cleveland Guardians, is pitching for the Peoria Javelinas in the Arizona Fall League.
Puzzles

CrossCurrent

ACROSS
1. Summary
6. Barrel parts
12. Without exception
13. Salsa brand
14. Sweetheart
15. Try to rip open
16. Regarding
17. Chore
19. QB’s stats
20. Scrooge’s cries
22. Droop
24. Embassy VIP
27. Proboscis
29. AAA jobs
32. South Dakota monument
35. Comic strip possum
36. Curved lines
37. Decorate Easter eggs
38. Dhabi predecessor
40. Comestibles
42. Flow out
44. Recipe meas.
46. Golden rule word
48. Horn sound
50. Ray of Goodfellas
52. Like some swimming pools
54. Attractive persons
55. Veteran sailor
56. Order by classes
57. Doctrine

DOWN
1. Certain deer
2. Part of Q.E.D.
3. Ersatz chocolate
5. Overabundance
6. Lushes
7. Long journeys
8. — glance
9. “Impressive!”
10. “Zounds!”
11. Pre-college exams
12. RX overseer
18. Guarantees
21. Busy insect
22. $ dispenser
24. Music booster
25. Cattle call
26. Objects of fear
27. Proboscis
29. AAA jobs
30. Like some humor
31. Observe
32. South Dakota monument
33. San Francisco’s — Hill
34. FDR follower
35. Comic strip possum
36. Curved lines
37. Decorate Easter eggs
38. Dhabi predecessor
40. Comestibles
42. Flow out
44. Recipe meas.
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SudokuCurrent

Answers for Oct. 14 Puzzles

1. TREE, 2. FILTHIER, 3. BREAKOUT, 4. TOOLS, 5. BURDENS, 6. DASHI, 7. DIDDLEY

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

7 Little Words

CLUES
1. most weak (7)
2. rich, in slang (6)
3. giving way (8)
4. unimaginative (7)
5. endure (9)
6. scarlet-legged shorebird (8)
7. Prince’s surname (6)

SOLUTIONS

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BOYS’ SOCCER

Haldane, which completed its season with a 7-2 victory over Croton-Harmon on Oct. 15 to finish 13-2, received the No. 1 seed in the Section I, Class C playoff tournament. On Oct. 30, the Blue Devils will face the winner of a game on Oct. 27 between No. 2 Hamilton and No. 3 Leffell for the sectional title.

Against Croton, Haldane got hat tricks from Ryan Eng-Wong (who increased his school record for career goals to 63) and Max Westphal. Eng-Wong also had three assists, while Clement Grossman had a goal and an assist and Ty Villella and Brandt Robbins each had an assist.

On Oct. 13 at North Salem, Robbins scored twice and Grossman and Luca van Dommele had goals in a 4-1 win. Eng-Wong, Westphal, Grossman and Sam Vargas each had an assist. The win clinched the conference title for the Blue Devils. Haldane was ranked the No. 1 team in the state by the New York State Sportswriters Association.

Against Monticello, Gavin LaDue and Robbins each had two goals and Grossman and Sam Vargas each had an assist. The win clinched the conference title for the Blue Devils. Haldane was ranked the No. 1 team in the state by the New York State Sportswriters Association.

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