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Health & Wellness

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APRIL 18, 2025

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Putnam Executive Calls for MTA Rep to Resign

Cites support for NYC toll, interest in Lawler seat

By Leonard Sparks

A Philipstown resident who represents Putnam County on the Metropolitan Transportation Authority board rejected a demand

by the county executive that he resign because of his support for congestion pricing in lower Manhattan and his interest in the U.S. House seat held by Rep. Mike Lawler. Neal Zuckerman, a Democrat who chairs the MTA board's Finance Committee, served on the Metro-North Commuter Council for six years before being appointed in 2016 to

the MTA board with a recommendation from then-County Executive MaryEllen Odell, a Republican. He was reappointed, to a term that ends in 2026, by the state Senate in 2023 with a recommendation from Byrne, also a Republican.

Byrne, a former Assembly member

(Continued on Page 9)

Grants Fund Beacon's Clean-Energy Transition

Benchmarks and awards increase as city renews certification

By Jeff Simms

With Earth Day approaching, the City of Beacon announced this week that it has received nearly \$900,000 in grants over the past year through the New York State Clean Energy Communities program.

The funding, awarded because of Beacon's "silver" certification as a Climate Smart community, is being used to reduce greenhouse-gas emissions from municipal operations, including through the purchase of electric vehicles, installation of EV charging stations and energy-efficiency audits on city buildings. Beacon earned silver certification, the highest rating possible, in 2020.

Because the Trump administration is dismantling programs created to mitigate climate change, Mayor Lee Kyriacou said it is "more critical than ever for local governments to redouble our efforts to transition toward a clean-energy future."

Energy-efficiency studies are underway at three city-owned buildings: the Wastewater

(Continued on Page 3)



FRESH PASTA — The Desmond-Fish Public Library in Garrison assembled the ingredients, bowls and measuring cups, and David Gustina and JJ Reddington provided guidance on making noodles from scratch during a workshop on April 10. Shown here preparing dough are Allison Barone and her son, Wendt. For more photos, see highlandscurrent.org.

Photo by Ross Corsair

Community Nursery to Close

Universal pre-K puts pressure on day care

By Joey Asher

The Community Nursery School and Learning Center operated by the First Presbyterian Church of Philipstown will close in June after 57 years, in large part because of the loss of 4-year-olds to prekindergarten programs launched by public schools with state aid.

Community Nursery opened in 1968 at the Cold Spring church on Academy Street as an "affordable alternative," the school said in a news release. It was directed for much of its history by Rosemary Rodino, whose 38-year tenure ended with her retirement in 2023.

"We are grateful for the rich history of the school and the efforts made by students, teachers, parents and church volunteers for helping the school to thrive for so long," the

(Continued on Page 3)



First Presbyterian Church opened its preschool in 1968.

One Person Dead in Beacon House Fire

Two others suffer severe burns

By Chip Rowe

A fire on Tuesday (April 15) destroyed a home on Alice Street in Beacon and killed Gene Murphy, a retired highway supervisor for the city.

Firefighters responded at 6:26 p.m. to the home at 9 Alice St., near Prospect, according to the Beacon Fire Department. Three of the four occupants escaped and were taken to a hospital. After the fire was under control, firefighters discovered Murphy's body in the living room. Murphy, 81, worked for the city for 30 years.

(Continued on Page 3)

5 FIVE QUESTIONS: RACHEL HANDLER

By Brian PJ Cronin

Rachel Handler's short film, *Don't Take This the Wrong Way*, shot in Beacon with local actors, is a finalist for the 2025 Easterseals Disability Film Challenge, which continues through Monday (April 21). See dub.sh/handler-video.

What inspired the film?

During a radio interview, the host said: "You use the word *disability* a lot, but I don't like that word. I prefer *challenge*, because we all have some sort challenge." It bothered me because I don't see my disability as a challenge. Disability is so much more than that. It can be a beautiful part of life. That experience got me thinking about how people without a visible disability don't have to deal with being at the grocery store and getting unwanted stares and comments and thinking about how that's going to impact their day. People ask things and they don't realize, "Maybe what happened to her was the worst day of her life and she doesn't want to talk about that."

You've made comedies, heartwarming films and documentaries. But this one had to be a thriller, according to the rules. How did you navigate that?

I never thought I would write a thriller, although I love psychological thrillers. I told



our director and our cast and crew that I had the hardest time staying in character because I was having so much fun. It was a joyful experience, despite the dark and brutal story. I tried to keep in the comedic moments, because it's more entertaining to catch you off guard and make you laugh when you don't want to.

Why did you film in Beacon?

Our director of photography, Robert

Featherstone, has lived in Beacon for many years. So when we wanted to shoot in a grocery store, he said, "I shoot in Key Food all the time. I know the owners. Let me ask them." Thank goodness they said yes. Shooting in Key Food was such a dream. Everyone was so accommodating and welcoming. And we got a nice discount from Healthy in Color for lunch.

Do other people who worked on the film have disabilities?

My friend Frankie [Francis Pace-Nunez], whom I met at Hudson Valley Shakespeare, is a neurodivergent actor. I was excited to have him on board. Some people on the crew didn't realize they had a disability until we did our access check-in — at the top of the day, you ask for safety reasons if anyone has access needs, like, "Is your back hurting and you need to sit down more often?" Filmmaking can be physically demanding.

During the access check, some people said, "I never realized, but I guess I have a disability." One person is blind in one eye. If you approach her from the left, she might not see you. Our director has ADHD [attention-deficit/hyperactivity disorder]. She never identified as someone with a disability, but ADHD is covered under the [federal] Americans with Disabilities Act. We're hoping that more people get comfortable self-identifying so that the perspective shifts to seeing the strengths in disability rather than the flaws.

What do you hope people take away from your film?

I hope that disabled people feel seen and validated in their frustrations. I hope that non-disabled people realize, "Maybe I don't have to say everything out loud that I'm thinking. Maybe when someone is in the grocery store who looks different, I don't have to compliment them," or what you might think is a compliment. I've had people say, "Oh, I hope you don't take this the wrong way, but you walk so well, I wouldn't have known about your leg if you just covered it." They think that's a compliment, but I don't want it.

ON THE SPOT

By Michael Turton

What's your least favorite household chore?

“There are so many! But I hate going to the laundromat.”



Jennifer Rincon, Cold Spring

“Scooping the food residue off the kitchen sink strainer.”



Galen Ballentine, Beacon

“Washing clothes. I hate the folding.”



Genesis Osborne, Cold Spring



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Nursery Closes *(from Page 1)*

Rev. Brian Merritt, the pastor at First Presbyterian, said in a statement. "This was a very tough and emotional decision for us." The Sunday morning service on June 8 will be dedicated to the school.

Because of state regulations, Community Nursery operates for just under three hours in the mornings. It considered expanding to a full-day program but found it too expensive to comply with the licensing requirements, said Laura Reid, who serves on the oversight committee for the school. She said the school has 16 students enrolled but that 10 will turn 4 by Dec. 1, making them eligible for pre-K programs such as those newly offered by Haldane and Garrison.

"We're applauding the fact that Universal pre-K has come to the community, but unfortunately it means that the Community Nursery School is not viable," she said. "We would be losing most of our 4-year-olds."



Rosemary Rodino

St. Philip's Episcopal Church in Garrison has a preschool that has operated for 64 years, since 1960. Like the Community Nursery, it runs for just under three hours in the morning. It has 24 students but saw a dramatic drop in 4-year-olds when the Garrison School across the street launched a pre-K program two years ago, said Betsy Alberty, its director.

The school, which has space for 30 children, had 14 four-year-olds then and now has five. In response, St. Philip's began accepting more 2-year-olds. "We had to be flexible," Alberty said.

Ilana Friedman, the director of the preschool at the Beacon Hebrew Alliance, said pre-K has not had such a dramatic effect because all but one of its 13 students are 2 or 3 years old.

The rise of pre-K at public schools has impacted licensed day cares, as well. In years past at Stacy's House, a preschool operated by Stacy Labriola at her home in Philipstown, as many as half of the children were 4. Today, only two of 16 are that old. "It's free — you can't compete with that," she said of pre-K programs.

Clean Energy *(from Page 1)*

Treatment Plant's administrative building, the Veterans Memorial Building on Main Street and the Beacon Volunteer Ambulance Corps facility on Arquilla Drive. After collecting utility data, state funds will be used to upgrade insulation and convert the aging buildings from directly burning fossil fuels to electric heating and cooling.

Additionally, Clean Energy Communities grants helped the city purchase emissions-free electric vehicles for multiple departments, including police, recreation, building and administration. An electric Ford F-150 Lightning is on order for the Recreation Department. Electric vehicle charging stations will be installed at City Hall and the Recreation Center on West Center Street.

The city is also preparing to solicit bids for a rooftop solar array at the Highway Garage with funding secured by Assembly Member Jonathan Jacobson, a Democrat whose district includes Beacon. The project is expected to add 223,000 kilowatt-hours annually to the electricity

already being produced by a solar array on Dennings Avenue. That facility, opened in 2018 on a 20-acre former landfill site, generates about 70 percent of the electricity used in municipal buildings.

Finally, the city is participating in the Mid-Hudson Municipal Landfill Emissions Mitigation Project, funded by the federal Environmental Protection Agency. The money pays for biofilters that will reduce methane emissions at 14 closed landfills.

Five years after its silver certification, Beacon is preparing to renew its status. "This isn't tinkering," said Faye Leone, the city's Climate Smart coordinator. To qualify for state grants, "we have to keep reducing our emissions by taking on bigger and bigger projects. The work gets harder and harder."

Leone said she expects the "next frontier" in sustainability to be the conversion of municipal buildings to clean energy. Citing the city's all-electric, geothermal, "super-insulated" central fire station that opened last year, she said it "sets a new bar for city buildings: zero or low emissions, cost-efficient and healthy and comfortable for those who work there."

Beacon Fire *(from Page 1)*

According to a post on a GoFundMe page (dub.sh/murphy-family) established to assist the family, Murphy's 56-year-old daughter and 15-year-old great-grandson

suffered burns and his 54-year-old son had minor injuries. All the family's possessions were destroyed, including a vehicle. A fourth family member, Murphy's 42-year-old grandson, was not home at the time.

The Beacon City School District identified

the teenager as Markus Louis, a sophomore at Beacon High School. "Markus suffered serious burns and remains hospitalized," wrote Superintendent Matt Landahl in an email to the community. "His road to recovery will take some time."

The cause of the fire is under investigation. Four Beacon firefighters and two from the Castle Point department sustained minor injuries, and the neighboring home at 15 Alice St. was damaged by the heat, the fire department said.

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LETTERS AND COMMENTS

Gateway project

When visitors travel through Beacon on Route 9D, they see an attractive residential area. Many homes predate the incorporation of the city in 1913. The few exceptions are tasteful and fit well into the cityscape. This proposed development would stand out as an eyesore and blight on the landscape ("Gateway Project Faces Pushback," April 11). It would block views of the river and, if experience is any guide, there will surely be many more such developments of similar size and nature proposed if this one is approved.

We lost too much of our community to the bulldozer of urban renewal to now lose more neighborhoods. Leave the commercial development on Main Street.

William Cornett, *Beacon*

Take a moment to appreciate the corner of Beekman and High streets and the majestic view of the beautiful Victorian homes. These homes are visible in every photo taken from that corner looking toward the river. That historic streetscape can be seen clearly from the intersection of Main Street and Pohill Park.

The city boards hold public hearings, but nine times out of 10, the battle cry of the residents goes unheard. Decisions seem to

favor the developers, regardless of our pleas and evidence.

Please do not allow this grossly overdeveloped project to move forward. We are not Westchester County, and we are not a typical urban city. Stop the influx of cookie-cutter design. We are witnessing the demolition of 19th-century homes to make way for mundane structures that erode our neighborhoods. What we are seeing is not home restoration but gut renovations.

I urge the city to rewrite the comprehensive plan with community input. Do not rush to sell the two historic firehouses; we need them for future growth. And we must install a light rail system from the riverfront to Groverville to transport tourists and residents. We do not need another walking trail. Most important, the city is in dire need of an Historic District Landmarks and Preservation Commission, not just a committee working off the Planning Board.

Theresa Kraft, *Beacon*

Thank you for covering the sad and avoidable impact of thoughtless development. Former Planning Board member Jill Reynolds is right: Careful and rigorous consideration of development is imperative or we will suffer as a community. If

you feel compelled to raise your voice, we have created a petition at change.org (dub.sh/beekman-petition) to encourage appropriate scale and design at 45 Beekman St.

James Zellinger, *Beacon*

Beacon schools

The proposed school budget has a fat salary boost for teachers disguised as a noble endeavor for the public good ("Beacon Schools to Ask for 5.09% Levy Increase," April 11). It will pass because those in charge love to appropriate other people's cash.

Herbert Simon, *Beacon*

I'm happy to invest in future generations and the fine people who are dedicated to developing these future leaders.

Brett Miller, *Beacon*

Is anyone surprised that the Beacon City School District asked for a levy increase just below the maximum allowed? I wonder if the students' reading, math and English scores will also increase. If history is a barometer, I doubt it. More than 75 percent of the budget goes to salaries and benefits; there's not much left for the students.

Don Gallo, *Beacon*

Comparing how much people pay in school taxes in communities such as Arlington, Hyde Park and Wappingers is misleading because Beacon has some of the highest assessments in the county. We need to stop raising taxes, which makes it impossible for families to live here. I'm voting no on the budget.

Aaron Smith, *Beacon*

Putnam guns

A more accurate description would be to say the guns are being "partially" destroyed, with parts sold to vendors to be used in other guns ("Sheriff Receives \$9K for Seized Guns," April 11). What's it going to take in Putnam County to actually destroy a gun? Is it that hard?

Donald MacDonald, *Cold Spring*

Dutchess comptroller

Dan Aymar-Blair sets a high bar for public service ("How Dutchess County Spent \$57M in Federal Aid," April 4). His professionalism, transparency and commitment to truth are exactly what our community needs. He shares data openly, communicates clearly and puts citizens first — even when it's not the easiest path. It's inspiring, and I hope more leaders take note.

Brett Miller, *Beacon*

Hands Off!

If they had any critical thinking skills,
(Continued on Page 5)



LETTERS AND COMMENTS

(Continued from Page 4)

the people protesting the Trump administration in Beacon on April 5 would understand that their Social Security is being saved, as well as taxpayer money (“Hands Off,” April 11). It’s sad how easily some are manipulated by the left.

Maria Greco, *via Facebook*

The administration is trying to make the Social Security system unsustainable — the people who know how to run (and update) the legacy software are being fired and the system will grind to a halt. The people who are aging are in trouble. When it fails, as it inevitably will, they’ll privatize it so they can make money off us, which will probably necessitate a reduction in monthly payments. This is all a scam so that billionaires can make more money.

Beth Shapiro, *via Facebook*

The protest is all coordinated, staged and paid for.

Ron Davis, *via Facebook*

I don’t see any Blacks. So much for diversity. These are just radical white parrot activists.

John Garofolo, *via Facebook*

I’m proud of my hometown!

Deborah Koshansky, *via Facebook*

These are the folks who’ve always hated Trump. You need to reach the quiet ones but sometimes I think this behavior makes them go in the opposite direction.

Glen Weeks, *via Facebook*

The extreme is sometimes needed to move things in a bigger way. People across the spectrum of lifestyle are losing so much, we should be visible. There are so many who can’t speak up right now; I’d like to help them, too.

Tamela Sloan, *via Facebook*

Moderate people did not vote for any of this. But when someone tells you who he is, you should believe him and not give him the keys to the castle.

Kathryn Uster, *via Facebook*

Where are the young people? I’m so tired of them. It’s their future. All they can think of is Gaza while their own country is in flames.

Victoria Hochman, *via Facebook*

Let’s just turn the country over to the immigrants. See how that goes. Give Trump a chance.

Nellie Adams, *via Facebook*

Wow! I am amazed and dismayed at all the hate against people peacefully protesting. I admire those who took the time and effort to make their feelings known and came out to share their opinions of what is happening during these tumultuous times.

Monica Maher, *via Facebook*

I hate seeing people bring children to protests. Keep them innocent of this mess.

Kathie Foote, *via Facebook*

I wish they would protest our City of Beacon government with the same energy.

Paul Yeaple, *via Facebook*

Beacon firehouse

About six years ago, the Beacon Engine Co. had a title search done on the firehouse on East Main Street (“Beacon Engine Case Dismissed,” April 4). It revealed the company owned two-thirds of the building. The city’s portion was an addition built around 1924. The city accepted the title search and suggested a trade of its portion of the building for an adjacent parking lot owned by the company. We declined.

At the same time, we entered into a maintenance agreement with the city in which we would pay two-thirds of the costs. In November 2020, the city reneged on that agreement, removed the fire engine and sent us a letter telling us they were effectively walking away. From that point, we assumed responsibility for utilities, insurance and maintenance and repairs. The city had ignored the building for years, so repairs were badly needed.

A couple of years later, the city did its own title search and said it owned the building. It cited an 1891 deed that stated the property had been conveyed to the Village of Matteawan (a former name of the city) from Beacon Engine. However, it omitted a section that stated the sale “exempted and reserved the existing firehouse.” Around this time, the city had the Dutchess County clerk remove — after 120 years — Beacon Engine as the property owner on the tax rolls. Now we’ve been illegally evicted from the building. The city locked us out.

Our community ties go back generations, from fundraisers and raffles for past members to sponsoring Little League teams and selling Christmas trees to buy presents for needy families — not to mention providing the city with free fire service for 100 years. There are over 250 exempt (retired) volunteer members in the area who should still be able to use the firehouse. There are many ideas on how the building could be used.

The city says that the sale will pay down the debt on the new central firehouse. But when the finances for that project were announced, the city believed Beacon Engine owned the building, so any proceeds from its sale were not considered. The unelected city administrator says he has “a fiscal responsibility to the taxpayers.” Of course he does. But what about the city’s moral and ethical responsibilities? It’s not easy fighting City Hall. It has deep pockets filled with taxpayer money. But we will continue to fight the good fight and hopefully prevail.

Joe Green, *Beacon*

Green is a trustee of the Beacon Engine Co.

My View

10 Years Later, What Has Changed

By Jeff Golden

Beacon is a prison town. Just up the road from the high school sits the Fishkill Correctional Facility; each morning, 1,500 people wake up there.



Ten years ago this month, *The New York Times* ran a front-page story about one of those prisoners, Sam Harrell. He was a 30-year-old Black man from Kingston who suffered from bipolar disorder. He had been incarcerated on drug charges. According to 19 witnesses, as many as 20 correction officers beat him while he was handcuffed. He was thrown or dragged down a flight of stairs and died at a hospital.

In the five years before the assault, the state had settled 175 lawsuits brought against New York correction officers for abuse, many of them with similarities to his case: handcuffed inmates who suffered broken bones, hearing loss, smashed teeth.

The New York Times story sparked horror, grief and outrage in the community. We organized protests, vigils and discussions. We wrote hundreds of letters to state officials. We met with the prison superintendent and legislators. But no charges were brought against the officers. Our primary demands for change — body cameras for officers and restraint in the use of solitary confinement — were ignored.

It should be acknowledged that this violence and dehumanization in prisons impacts the people who work there, as well. A third of correction officers nationwide have post-traumatic stress disorder, and officers commit suicide at a rate twice that of the public. Guards who treat prisoners with respect or raise concerns about abuse are ostracized as “inmate lovers.” Staffing shortages have forced Fishkill Correctional employees to work extremely long shifts, including mandatory overtime. Hundreds of area residents work at the prison.

There have been important changes since Harrell’s death on April 21, 2015, that

residents helped bring about. In December another Black man, Robert Brooks, was killed at a state prison. According to testimony, he was beaten while handcuffed and submissive. This time 13 officers were charged with murder, manslaughter and tampering with evidence. A key difference was that some of the guards were wearing body cameras that they didn’t realize functioned in “passive” mode. Although not a single officer activated the camera, as required by law, prosecutors still had video evidence of the beating.

At this point, officers in most of New York’s 42 prisons have at least some body cameras, and seven facilities have outfitted all their officers. It’s critical that their use be enforced, and that watchdogs outside prisons have access to the video.

Another important change was the enactment in 2021 of the HALT Solitary Confinement Act, based on the United Nation’s Mandela Rules, which consider more than 15 days in solitary confinement to be torture. At the time of Harrell’s death, nearly half of the inmates at Fishkill were subjected to solitary; the median sentence was more than five months. The enforcement of HALT was recently suspended in response to demands from some officers who want to return to unlimited use of solitary, but it hopefully will be reinstated soon.

The biggest change over the past decade has been a massive decline in the prison population, which has dropped nearly 50 percent in New York since the last draconian Rockefeller-era drug law was repealed in 2009. Twenty-two prisons have been closed, including Downstate in Fishkill, and Gov. Kathy Hochul has proposed shuttering five more.

On Saturday (April 19), at 1 p.m., residents and activists will host a memorial for Sam Harrell — along with a call for continued reforms — at the intersection of Verplanck Avenue and Matteawan Road in Beacon.

Jeff Golden is a co-founder of Beacon Prison Action.

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Beacon Bike Share Idea Gets \$100K Grant

Program would connect city with Newburgh

By Jeff Simms

Two area residents have been awarded \$100,000 by New York State to explore a bike-sharing program that would connect Beacon and Newburgh.

Thomas Wright, a Beacon resident and head of the city's Greenway Trail Committee, and Naomi Hersson-Ringskog, an urban planner who lives in Newburgh, were awarded the funding through a Clean Mobility program overseen by the New York State Energy Research and Development Authority (NYSERDA). It aims to add zero-emission connections to public transportation in underserved communities.

The award is not to create a bike-share program but to plan how one could work. Wright, who works in Newburgh, and Hersson-Ringskog will be paired with WXY Architecture + Urban Design to develop a blueprint for a program similar to New York City's Citi Bike initiative. Wright and Hersson-Ringskog said they envision stations with eight to 10 bikes each, some electric, which users could check out for a fee or perhaps at no charge because of sponsors.

The duo foresee their plan leading to a public-private partnership like Citi Bike's, which partners with the New York City



Naomi Hersson-Ringskog and Thomas Wright celebrate their grant.

Photo provided

Department of Transportation and Lyft, the ridesharing company. A combination of private funding, sponsors and memberships support the program.

Officials on both sides of the Hudson River have indicated they're supportive of bikes for transportation, Hersson-Ringskog said. In Beacon, Mayor Lee Kyriacou has endorsed the Hudson Highlands Fjord Trail, a 7.5-mile linear park that Scenic Hudson is planning between Beacon and Cold Spring. The city is equally enthusiastic about a proposed Beacon-to-Hopewell rail trail. Both projects would significantly increase safe bike routes.

Beacon also has applied for funding from Dutchess County for a rehab of Beekman

Street, which leads to the Metro-North station. The project, still several years away, could include bike lanes that would build on the Metropolitan Transportation Authority's "first mile, last mile" initiative for environmentally friendly ways for passengers to connect to trains.

In Newburgh, Hersson-Ringskog's nonprofit, Dept of Small Interventions, in 2020 partnered with the city's Transportation Advisory Committee to create a community bike action plan, while monthly "critical mass" community rides take place from April to October. "You feel proud of your community that you're not starting from zero," Hersson-Ringskog said.

She and Wright are also working to create the "Regional Connector," a 1-mile path that would connect the Metro-North station in Beacon to the Newburgh-Beacon Bridge. That effort, they say, could unify a growing network of trails. A bike-share program could accelerate the campaign, Wright said, "by providing a means of mobility which gives users much greater range. When you add in e-bikes, the options are further multiplied."

WXY plans to survey residents in both cities (see linktr.ee/newburgh.beacon.bike), while Wright and Hersson-Ringskog will make presentations to community groups. WXY will also help with data analysis, mapping and exploring partnerships for maintenance, operations and funding.

"We hope to uncover the voice of a broad cross-section of the communities that desires this," Hersson-Ringskog said. "Here you have a transportation system that could really unite Beacon and Newburgh. We're stronger together, essentially."

The bike-share grant was one of 29 — totaling \$2.9 million — that NYSERDA announced in March. Projects elsewhere in the state will explore the feasibility of charging hubs, scooter-share programs and electric-vehicle car shares. Ten of the 29 are in the Hudson Valley, including in Kingston, Poughkeepsie and New Paltz. With "transformational" developments being considered in the region, Wright said he believes "multi-modal systems" that can alleviate congestion without polluting the environment "are so important to think about."

HOLY WEEK SCHEDULE

April 18 – Good Friday

12:00 pm - Ecumenical Liturgy,
St. Mary's in the Highlands,
Cold Spring

4:00 pm - Children's Service

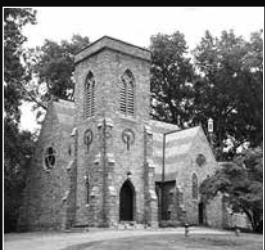
8:00 pm - Stations of the Cross,
Graymoor

April 20 – Easter Sunday

7:00 am - spoken Sunrise Vigil
with Eucharist followed by breakfast

10:00 am - Festival Eucharist
followed by an Easter Egg Hunt
in the Churchyard

*Come
worship
with us*



ST. PHILIP'S CHURCH IN THE HIGHLANDS

1101 Route 9D, Garrison, NY 10524
845-424-3571 stphiliphighlands.org
THE EPISCOPAL CHURCH WELCOMES YOU

EASTER AND RESURRECTION

*The victory of God, Life and Hope
over forces that seek to destroy*

Reception following the service
Children are invited to join in our annual
Easter Egg Hunt

Sunday April 20th 10:30 am

First Presbyterian Church of Philipstown
ALL are welcome, always
10 Academy Street, Cold Spring, NY

NEWS BRIEFS

Beacon Violinist Wins Guggenheim Fellowship

Among 198 winners of prestigious award

Gwen Laster, a violinist who lives in Beacon, was named on Tuesday (April 15) as one of 198 recipients of a Guggenheim Fellowship grant.

The fellowships, presented each year by the John Simon Guggenheim Memorial Foundation, are given based on “career achievement and exceptional promise.” There were 3,500 applications for the 100th class of recipients, who represent 53 scholarly disciplines.

Laster, a visiting artist in residence at Bard College, received her award for music composition. The Detroit native is a graduate of the University of Michigan.

Dutchess Comptroller Posts Survey

Hopes to learn more about lost federal jobs

The Dutchess County comptroller on April 2 posted a form online for county residents and organizations to complete if they have lost federal jobs or funding, directly or indirectly.

“Tracking how much federal investment in Dutchess County is being lost gives us perspective for future economic development, future sales tax revenue and more,” said Dan Aymar-Blair, the comptroller, who took office in January. He said the survey

is a response to the release of his office’s report on the county’s receipt of federal funds from 2021 to 2023.

The Comptroller’s Office identified nearly \$35 million in lost federal investment in Dutchess, including a loss of \$2.4 million in earmarks for a real-time crime center and public safety radio system, but which was primarily for renovations and improvements to fire stations and wastewater treatment facilities.

The survey can be accessed at dub.sh/fed-intake-form.

Putnam Business Council Names Chair

Succeeds Garrison resident to lead group

The Putnam Business Council this month named Nick D’Andrea as the chair of its board, succeeding Garrison resident Nat Prentice.

D’Andrea is employed by Park Ford in Mahopac. Prentice, who led the council for three years, will remain as vice president of government affairs.

Kate Tracy of Tompkins Community Bank and Allison Palais of Medina Surety Agency in Carmel also joined the board of the council, which promotes business development. The other board members are John Kraus of Premier Credit Solutions Insights, Candice Sciarrillo of Pegasus Therapeutic Riding and Zachary Cosentino of Avedata IT Solutions.

REAL ESTATE MARKET REPORTS

FEBRUARY

Beacon Homes	2024	2025
New Listings	5	7
Closed Sales	11	3
Days on Market	64	47
Median Price	\$510,000	\$750,000
% List Received	98.9	101.0
Inventory	35	21

Beacon Condos	2024	2025
New Listings	2	4
Closed Sales	3	1
Days on Market	72	102
Median Price	\$367,000	\$510,000
% List Received	103.7	85.0
Inventory	9	8

Philipstown Homes	2024	2025
New Listings	10	2
Closed Sales	6	6
Days on Market	163	75
Median Price	\$610,000	\$597,500
% List Received	88.6	92.7
Inventory	27	17

MARCH

Beacon Homes	2024	2025
New Listings	11	13
Closed Sales	4	8
Days on Market	18	59
Median Price	\$469,000	\$583,500
% List Received	93.5	104.2
Inventory	35	24

Beacon Condos	2024	2026
New Listings	3	0
Closed Sales	2	2
Days on Market	71	146
Median Price	\$469,500	\$717,500
% List Received	92.1	106.1
Inventory	9	3

Philipstown Homes	2024	2025
New Listings	13	12
Closed Sales	1	8
Days on Market	15	154
Median Price	\$1,228,400	\$740,500
% List Received	102.3	94.1
Inventory	31	21

Source: Hudson Gateway Association of Realtors (hgar.com). Philipstown includes Cold Spring, Garrison and Nelsonville.

~portraits of~

PUTNAM COUNTY FISH

Presented by GEORGE CARROLL WHIPPLE, III
PRESERVE PUTNAM COUNTY
Featuring the Art of Flick Ford



Opening reception & Artist Talk, Friday, May 2, 6pm



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Keep out of reach of children and pets. In case of
accidental ingestion or overconsumption, contact
the Poison Center hotline 1-800-222-1222 or call
9-1-1. Please consume responsibly. Cannabis can
be addictive.
Concerned about your cannabis use? Contact the
New York State HOPELine by texting HopeNY, calling
1-877-8-HOPENY or visiting oasas.ny.gov/HOPELine.

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Putnam Executive Vetoes Lower Sales Tax

Endorses revenue sharing with towns, villages

By Leonard Sparks

Putnam Executive Kevin Byrne this week vetoed a sales-tax reduction passed by the county Legislature and announced a long-discussed plan to share revenue with towns and villages if the rate remains unchanged.

In a memo sent Monday (April 14) to the Legislature, Byrne called on lawmakers to convene an emergency meeting to rescind their 5-4 vote requesting the state allow Putnam to lower the county’s portion of the tax on purchases from 4 percent to 3.75 percent. The reduction would cost the county an estimated \$5.3 million annually.

The higher rate has been in place since 2007, when the state enacted a law allowing Putnam to increase its sales tax from 3 percent to 4 percent. A series of extensions have kept the higher rate in place, but the most recent one expires on Nov. 30, requiring passage of another bill before state lawmakers end their 2025 session on June 12.

Consumers in Putnam County pay 8.375 percent sales tax, which includes 4 percent for the state and 0.375 percent for the Metropolitan Commuter Transportation District. With the reduction, the total tax would fall to 8.125 percent.

Preserving the rate will allow the county to continue reducing property taxes and fund capital projects, Byrne wrote in his memo.

Flanked by officials from Philipstown, Cold Spring, Nelsonville and Putnam’s other towns and villages, Byrne also announced outside Kent Town Hall on Tuesday that if county legislators renew the extra 1 percent, one-ninth of its revenue would be distributed annually to municipalities for infrastructure and capital projects.

If sales-tax sharing had been in place in 2024, Putnam would have distributed \$2.4 million to the county’s six towns and three villages on a per capita basis, said Byrne. Each would be guaranteed at least \$50,000.

With the move, Putnam would join 50 of New York’s 62 counties that share sales tax revenue with their municipalities, according to the state Comptroller’s Office. Dutchess’ 2025 budget includes \$46 million in sales-tax distributions, with an estimated \$6.1 million for Beacon.

Extending the current rate will also help fund a \$1 million reduction in the property-tax levy that Byrne says he will propose for the 2026 budget. The reduction would be the largest in county history, he said.

Speaking at the news conference, Cold Spring Mayor Kathleen Foley said the village has stormwater impacts it needs to



Cold Spring Mayor Kathleen Foley speaks during a news conference on Tuesday (April 15) outside Kent Town Hall.

Photo by L. Sparks

address. She accused legislators of “hoarding” money because Putnam has \$134 million in savings. Extra revenue could also help the village manage tourism.

Dan Birmingham, the legislator who initially proposed a reduction to 3.5 percent, said the size of Putnam’s savings, or fund

balance, justified giving residents a break. During his first stint as a legislator, from 2004 to 2012, Birmingham supported the 2007 increase to 4 percent to cover county losses attributed to the Great Recession.

Now, Putnam is “sitting on top of the largest fund balance-to-budget ratio this county has ever seen,” he said.

When Nancy Montgomery, who represents Philipstown and part of the Putnam Valley, predicted before the April 1 vote that Byrne would veto the lower sales tax, Birmingham said that unless the Legislature has six votes to override a veto, “you return to the status quo” after Nov. 30 — the 3 percent rate that existed before 2007.

Byrne said on Tuesday that sacrificing the full 1 percent “would not help the towns; it would hurt this county” because the annual revenue loss would total about \$20 million.

In 2022, the Legislature unanimously agreed to pass along sales tax that exceeded what the county collected the previous year. In what turned out to be a one-time distribution, it shared \$5 million, sending \$369,670 to Philipstown, \$101,671 to Cold Spring and \$31,945 to Nelsonville, which used its portion to study the feasibility of building a sewer system.

Nelsonville could use any new funding for engineering plans needed to get the sewer plan “shovel-ready” for construction grants, said Mayor Chris Winward. “It takes a long time to get to shovel-ready,” she said.

earth day
community
clean-up

Saturday, April 26, 2025

9am - 12pm

12pm - 3pm

Sponsored by

Community Clean-up & Pollinator Pathways Plantings

Environmental Fair at Hudson Valley Brewery

Beacon’s Conservation Advisory Committee

Join forces with your community to help clean-up neighborhoods around Beacon! This year, we’ll also be working on improving local pollinator pathway planting sites!

Head to www.greenbeaconcoalition.org to pick a site and sign-up:

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storytime, author readings all day, poetry event, afterparty

508 main beacon
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845-674-4707

every day: 10-7
sat storytime: 9AM

MTA Board *(from Page 1)*

elected as county executive in 2022, is an ally of Lawler and a critic of the MTA's 3-month-old congestion-pricing program, which launched on Jan. 5 with a \$9 toll for passenger and small commercial vehicles entering Manhattan below 60th Street.

Zuckerman supports the toll, which is higher for buses and trucks, and raised \$48 million in the first month while reducing traffic and travel times in lower Manhattan, according to the MTA.

In an April 3 letter, Byrne claimed that Zuckerman "conveyed a genuine desire to work across the aisles regardless of political differences" during a meeting in 2023 for his reappointment but had since "outright opposed the policy positions" of the county and "openly assailed several officials duly elected by the people of Putnam County." He called on Zuckerman to resign "in a manner which is dignified and appropriate."

Byrne also referenced news reports about Zuckerman's interest in seeking the 17th District congressional seat held by Lawler, a Republican in his second term. Philipstown is within the district's borders.

Those reports "make clear that you intend to present yourself as a candidate for public office and seem to be using your position in furtherance of that pursuit," said Byrne. "It is imperative that we have a representative on the board who is dedicated to the position."



Neal Zuckerman (left) and Kevin Byrne in June 2023, when Byrne recommended Zuckerman be reappointed to the MTA board

File photo

Byrne copied his letter to President Donald Trump, Transportation Secretary Sean Duffy, Gov. Kathy Hochul, both U.S. senators from New York, Lawler, four members of the state Legislature, the MTA board chair and the chair of the county Legislature.

Individual legislators were also asked to sign a separate letter from Bill Gouldman, who represents Putnam Valley, calling for Zuckerman's resignation.

Lawler said in a statement on Wednesday that Byrne's letter "speaks for itself. If Neal Zuckerman is not representing the interests of Putnam County residents on the MTA board, he should resign."

In a letter responding to Byrne, Zuckerman

said that chairing the board's Finance Committee has enabled him to champion projects that benefit Putnam riders, who use both the Harlem and Hudson lines. Those projects include repairs at the Cold Spring and Garrison stations and funding in the 2025-29 capital plan to buttress the Hudson Line against flooding, he said.

He said his support for congestion pricing "should come as no surprise" since he had voted in 2019 for a capital plan that relied on it. "At recent board meetings, I have lamented the added burden of yet another fee on residents of our region," he wrote. But the program, enacted by state law in 2019, will help fund \$15 billion (25 percent) of the MTA's capital plan for 2025-2029, which will "improve the system that is essential to the livelihoods of Putnam County commuters and, indeed, for the region's economy," said Zuckerman.

He said that 69 percent of Putnam residents who visit the congestion zone get there by train but will benefit from the toll collected from drivers.

If Zuckerman decides to pursue Lawler's seat, he could face at least four other Democrats declaring their candidacies: Beth Davidson, a Rockland County legislator; Jessica Reinmann, founder of the nonprofit 914Cares in Westchester County; Cait Conley, a West Point grad who worked until January at the Cybersecurity and Infrastructure Security Agency; and Mike Sacks, a lawyer and former TV journalist from Croton-on-Hudson.

NEWS BRIEF



Garrison School Board President Sarah Tormey, Mike McDonald and Superintendent Greg Stowell

Photo provided

Garrison School Names Director of Innovation

Succeeds James Yap, who left in July

The Garrison school district on April 10 named Michael McDonald as director of innovation and learning, effective July 1.

McDonald is the executive director of mathematics for the Yonkers City School District and has taught at the middle and high school level.

He succeeds James Yap, who left in July to become an assistant superintendent for the Elmsford school district in Westchester County.

FRIDAY, APRIL 18 7:30 PM

DURUFLÉ REQUIEM

PERFORMED BY THE
HIGHLANDS CHORAL SOCIETY
DIRECTED BY DURWARD ENTREKIN
ORGANIST | **CRAIG WILLIAMS**

JULIE HECKERT SOPRANO
MICHAEL MCKEE BASS

Highlands Choral Society
AT HIGHLANDS CHAPEL

216 MAIN STREET | COLD SPRING, NY | [HIGHLANDSCHAPEL.ORG](https://highlandschapel.org)
ALL ARE WELCOME. DONATIONS GRATEFULLY ACCEPTED

To make a donation, scan the QR code or go to: <https://tinyurl.com/yp9n6a7t>

COLD SPRING THRIFT ALLIANCE
OMNIA CIRCULARIA

invites you to our

SPRING THRIFT SALE

- Friday, May 2, 5:00-7:00
Early-Bird Shopping Shindig - \$20 Entry
- Saturday, May 3, 10:00-6:00
- Sunday, May 4, 10:00-6:00

Sunday Bonus: 3:00-6:00
Fill a grocery-size bag for \$10

Check out the
Prom Thrift & Formalwear Boutique!

Mending Station • Fancy & Vintage • Graphic T's
Cashmere Corner • Dudes' Duds • All your Favorite Brands

All proceeds to benefit St. Mary's and the Philipstown Food Pantry.

St. Mary's Parish Hall, 1 Chestnut St, Cold Spring

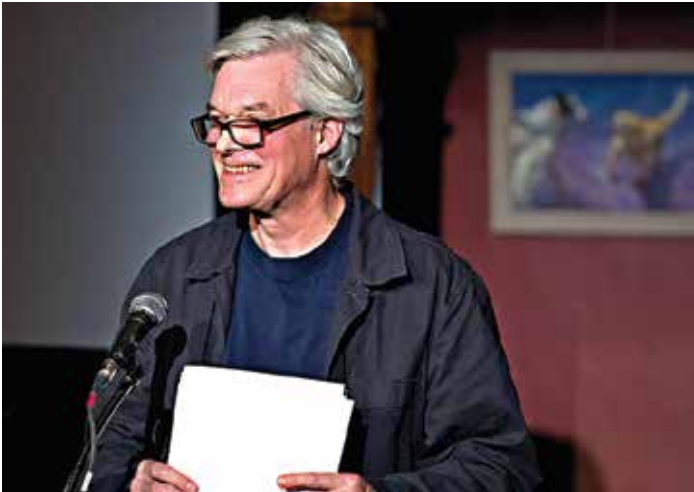
Follow us: [Cold Spring Thrift Alliance](https://www.facebook.com/coldspringthriftalliance) [@coldspringthriftalliance](https://www.instagram.com/coldspringthriftalliance)
[coldspringthriftalliance.org](https://www.coldspringthriftalliance.org)

ILLUSTRATION BY FREEPIK

AROUND TOWN



◀ **LIONS DONATION** — The Lions Club of Cold Spring on March 27 donated \$5,000 to the Philipstown Behavioral Health Hub, which offers free referrals and care coordination to help people with mental health and addiction recovery. *Photo by Sylvia Wallin*



◀ **LIVE WRITING** — Ruth Danon, a Beacon resident who is the Dutchess County poet laureate, invited six poets to the Howland Cultural Center on April 11 — including William Allen of Rhinebeck, shown here — to illustrate how the sister arts shaped their work. The other poets were Nan Ring, Eva Salzman, Elaine Sexton, John Yau and Joanna Furman. *Photo by Ross Corsair*



▲ **DMV VISIT** — Mark Schroeder (center), commissioner of the state Department of Motor Vehicles, visited the Putnam DMV office in Southeast on April 4. He praised the office as “the best in New York” under the direction of County Clerk Michael Bartolotti (third from right). Schroeder was promoting the agency’s partnership with Donate Life NYS; about 60 percent of Putnam residents have signed up to be organ donors, he said. *Photo provided*

EARTH DAY FEST 4.26.25

10-1
AT BOSCOBEL’S MAPLE LANE
WITH THE COLD SPRING
FARMERS’ MARKET

Shop the Farmers’ Market and explore iconic Hudson Valley views, walk through budding landscapes, hike the woodland trail, picnic on the Great Lawn and enjoy music and family fun.

Admission fees to Boscobel grounds, Visitor’s Center and Exhibition Galleries are waived thanks to generous support from funders.



The Calendar



John Blesso performs with Devil Inside, an INXS cover band.

Photo provided

No Regrets at Middle Age

Musician and storyteller embraces Beacon

By Marc Ferris

With a gun pressed against his ribs, John Blesso says his life flashed by in a “starry accounting.”

“In that instant, I felt unbelievable regret because I hadn’t done what I wanted to do — be some kind of performer,” he says. “I’d led a fun, interesting life on one level but never gave myself permission to go for my dream.”

The mugging spurred a move in 2013, at age 43, from Bushwick to Beacon, and the pursuit of the dream. “I’ve become a general-purpose performer in middle age,” he says. “To many of us, Beacon is like Huck Finn’s Mississippi River — a place of freedom, possibility and adventure.”

Beyond storytelling, acting in local productions, picking up the harmonica, learning to play piano and making creative wood tables and bed frames, he developed a drag act, Domina Tricks and the Hissy Fits, which doubles as a tribute to the Misfits.

Blesso blossomed nine days after arriving in the city when he discovered Beacon Music Factory, which he calls his “secular church.” Already a singer and guitarist, he wanted to learn how to play with a band. After enrolling in a three-month adult rock bootcamp, he went from strumming with friends on the beach to rocking on Ramones songs.

Now he fronts Devil Inside, an INXS tribute that will perform Friday (April 25) at Untouchable in Newburgh. From 1983 to 1990, the Australian group had eight Top 10 singles. “The younger generation has no idea who they are,” says Blesso. “I signed up to sing karaoke at Quinn’s and no one believed they were once as big as Prince and U2.”

The cover band’s alter ego, Trois Cat Sank, references a corny French joke about three drowning felines. Blesso lived in France for a few years and recruited his bandmates to don costumes and sing 1980s European pop in French.

The show also serves as a theater piece

about the difficulties of being in a band. “You’re married to four people, argue all the time and have no sex,” he says.

Blesso identifies foremost as a writer. He has written a memoir and served for a spell as managing editor of the *Authors Guild Bulletin*, allowing him to rub elbows with Judy Blume, George Plimpton and Kurt Vonnegut.

Through the medium, he discovered storytelling, where performers get 10 minutes to tell a compelling tale onstage, sans notes (*The Moth* is a popular showcase). In 2019, Blesso launched a production company that merged with The Artichoke, run by Beacon resident Drew Prochaska.

Another project is a book proposal for *The Art of Middle Age*. It helps that he practices what he preaches. Ever since seeing piano icon Jerry Lee Lewis perform in 1985, Blesso wanted to play the 1957 hit “Whole Lotta Shakin’ Goin’ On.” Was he too old to take up a new instrument? Not when he found out that a fellow Beacon Music Factory student learned to play bass guitar at age 62.

Last year, under the tutelage of Jennifer Justice, he learned enough boogie-woogie fundamentals in two months to perform at a recital with students still in grade school.

As he pounded out the bass lines — Blesso soloed with his right hand and put over a solid melody — Justice looked on with amusement and amazement. Pulling off a 2:41 rocker as a beginner takes stamina, and although he ran out of gas in a couple of spots, the feat was inspiring and he is still playing.

“Middle age is often associated with midlife crisis, but it’s the time to keep learning and evolve,” Blesso says. “At the end of their lives, people don’t regret the things they tried and failed — they regret the things they didn’t do at all.”

Untouchable Bar & Restaurant is located at 40 Liberty St. in Newburgh. Devil Inside and Trois Cat Sank — with Blesso, David Hollander, Chris Hutz, Dennis Ulatowski and Jeff Werner — will perform on April 25 beginning at 8 p.m.

The Guys and Dolls of Beacon High School

Student players will present upbeat musical

By Marc Ferris

The last three musicals presented by the Beacon Players — *Les Miserables*, *Phantom of the Opera* and *Man of La Mancha* — featured some heavy material.

This spring, students in the high school’s theater troupe are having a blast working on a more upbeat production. Two weeks before opening night, every team on stage and behind the scenes leaned into *Guys and Dolls*, which opens April 25. After a break for pizza, the players rushed to put on their elaborate costumes for the first time.

Though the story of molls, gangsters and missionaries is dated (at one point the cast sings “For He’s a Jolly Good Fellow”), it’s fun to dress up, recreate the past and bust out watered-down Brooklyn accents.

The play, which debuted on Broadway in 1950 and is edified in a 1955 film with the unlikely pairing of Marlon Brando and Frank Sinatra, features many meaty roles, lots of onstage movement and show-stopping songs like “Adelaide’s Lament,” “Luck Be a Lady” and “Sit Down, You’re Rocking the Boat.” Perry Como’s version of “A Bushel and a Peck” reached No. 3 on the pop charts two months before the show’s Broadway opening.

The play’s emblematic high-pitched squeal, forged by actress Vivian Blaine onstage and on screen, is delivered by the character Miss Adelaide, played by freshman Giana Rodriguez, who rues the fact that she’s waited 14 years to wed rambling man Nathan Detroit (junior Jonah Espinosa).

Molly Lyons, a sophomore who aspires to a professional acting career, chose the role of Sarah Brown, a soul-saver who falls in love with inveterate gambler Sky Masterson (senior Charlie Klein).

“I wanted the best fit,” says Lyons. “Adelaide has some great solo moments, but Sarah is so proper, uptight and by the book, which is not me, so I wanted to get out of my comfort zone.”

This is Klein’s first and last lead role. He usually sits in the pit playing trumpet and is headed to the Manhattan School of Music to study jazz. For the performances, 21 students and 14 hired guns will perform the sophisticated soundtrack.

“I’m trying to get as much as possible out of the role,” says Klein. “I’m kind of reserved and Sky is full of confidence, so I’m treating it like a long, improvised solo. Working with Molly, Jonah and the entire cast makes it easier because we’re much bigger than the sum of our parts.”

X — Javier Gonzales is suitably menacing as Big Julie, a mobster from Chicago who tries to rip off a craps game. Atlas Baltz strikes the right comical chord for Nicely Nicely Johnson, a go-between for Sky and Nathan.



The Beacon Players will present *Guys and Dolls* on April 25-27.



The show includes many dance routines.

Photos by Michael Arginsky

Onstage and behind the scenes, director Anthony Scarrone swings a velvet hammer and maintains high standards. “I’m known for making changes down to the wire,” he says.

Another appealing component of *Guys and Dolls* is the dance routines that fill the cavernous stage. Many performers are comfortable acting and singing, but to be a triple threat, one must move with grace.

“Sometimes choreographers tend to simplify things when overseeing school productions,” says Kimberly Rodriguez, mother of Giana, who is coordinating the steps. “But these kids are fast learners and super eager to do this, so nothing is being dumbed down. We’re challenging them and they are rising to the occasion.”

The Seeger Theater at Beacon High School is located at 101 Matteawan Road. Guys & Dolls will be performed at 7 p.m. on Friday (April 25) and Saturday (April 26) and 2 p.m. on Sunday (April 27). Tickets are \$12 (\$8 for students and seniors) at beaconplayers.com or at the door.

[THE WEEK AHEAD]



SUN 20
St. John the Evangelist
BEACON
7:30 & 10:30 a.m. & Noon.
35 Willow St. | stjochim-stjohn.org

Our Lady of Loretto
COLD SPRING
8:30 a.m. & Noon. 24 Fair St.
ladyofloretto.org

Church of St. Joachim
BEACON
9 a.m. 51 Leonard St.
stjochim-stjohn.org

First Presbyterian
BEACON
10 a.m. 50 Liberty St.
beaconpresbychurch.org

St. Andrew & St. Luke
BEACON
10 a.m. 15 South Ave.
beacon-episcopal.org

St. Mary's Episcopal
COLD SPRING
10 a.m. 1 Chestnut St.
stmaryscoldspring.org

St. Philip's Episcopal
GARRISON
10 a.m. 1101 Route 9D
stphiliphighlands.org

First Presbyterian
COLD SPRING
10:30 a.m. 10 Academy St.
presbychurchcoldspring.org

COMMUNITY

SAT 19
Justice for All of Us
BEACON
1 – 3 p.m. Verplanck & Matteawan
bit.ly/April19Justice
Demonstrators will honor Sam

Harrell, an inmate who was killed 10 years ago at the Fishkill Correctional Facility. Speakers, including Harrell's sister and prison reform advocates, will discuss recent inmate deaths and changes for the system. See Page 5.

SAT 19
Strings for Spring
BEACON
3 p.m. The Yard
4 Hanna Lane | beaonarts.org
At this benefit for Beacon's Backyard Breakfast Program and BeaconArts, violinist and composer Gwen Laster will teach life skills through improvisation, composition and global music. *Cost: \$20 donation*

FRI 25
Tree Planting
BEACON
4:30 p.m. Henry Street
Members of the Beacon Tree Advisory Committee will plant a tree behind the post office for Arbor Day.

SAT 26
Autism Awareness Walk
BREWSTER
11 a.m. – 2 p.m. Tilly Foster Farm
100 Route 312
putnamcountyny.gov/aaw
People of all abilities can participate in the walk, learn about community resources and enjoy food and activities.

SAT 26
Art Book & Zine Fair
BEACON
11 a.m. – 4 p.m. VFW Hall
beaconphotoclub.com/beaconart-bookfair
Meet book and zine makers and see their work.

SAT 26
Community Day
GARRISON
11:30 a.m. – 2:30 p.m.
Garrison Art Center
23 Garrison's Landing | 845-424-3960
garrisonartcenter.org
Shop for resale art supplies, learn about printmaking and the pottery wheel and view current exhibits.



Peter and the Wolf, April 26

SAT 26
Highland Lights Procession
PHILIPSTOWN
7:30 p.m. 190 Snake Hill Road
dub.sh/highland-lights
The fourth annual procession will include community-made lanterns that showcase insects and their habitats. Register online. Rain date: SUN 27.

SUN 27
Walk for Housing
NEWBURGH
1 p.m. Mount Saint Mary
330 Powell Ave. | habitatnewburgh.org
At this 25th annual fundraiser, see two properties donated by the college that were renewed by Habitat for Humanity. Register online.

TALKS & TOURS

SAT 19
Evergreen Minds Workshop
BEACON
10:30 a.m. Dia Beacon | 3 Beekman St.
845-231-0811 | diaart.org
People living with dementia and their caregivers will receive a guided tour focusing on a single artist before making art themselves. Donations welcome. *Free*

TUES 22
Beacon Brickmaking
BEACON
7 p.m. Elks Lodge
900 Wolcott Ave. | beaconhistorical.org
Rachel Whitlow of the Haverstraw Museum will discuss the brickyards that made the building blocks for New York City's development. The

brickyards are the focus of an exhibit at the Beacon Historical Society. *Free*



THURS 24
The Saucerian
COLD SPRING
7 p.m. Split Rock Books | 97 Main St.
845-265-2080 | splitrockbks.com
Gabriel McKee will discuss his new biography of Gray Barker, the personality behind many of the mid-20th century flying saucer stories and conspiracy theories.

SAT 26
Juniper
COLD SPRING
5 p.m. Putnam History Museum
63 Chestnut St.
putnamhistorymuseum.org
Local historian Mark Forlow will share his knowledge of gin and lead a tasting. *Cost: \$60 (\$55 members)*

SUN 27
Susan Minot
COLD SPRING
4 p.m. Chapel Restoration
45 Market St. | chapelrestoration.org
The writer will read from her latest novel, *Don't Be a Stranger*, for the Sunset Reading Series. Donations welcome. *Free*

KIDS & FAMILY

SAT 19
Play Sets: Michael Heizer
BEACON
10:30 a.m. Dia Beacon | 3 Beekman St.
845-231-0811 | diaart.org
Children ages 5 and older and their families can learn about Heizer's work and make their own. *Free*

SAT 19
Easter Egg Hunt
COLD SPRING
11 a.m. Tots Park
4 High St. | 845-265-3191
The Knights of Columbus organize this annual celebration for children ages 8 and younger. Bring baskets and a can of food to donate to a local food pantry. Rescheduled from SAT 12.

THURS 24
Blippi
POUGHKEEPSIE
6 p.m. MJN Center
14 Civic Center Plaza
midhudsonciviccenter.org
Meekah will join Blippi for an interactive concert. *Cost: \$41 to \$73*

SAT 26
Peter and the Wolf
COLD SPRING
1 and 3 p.m. Chapel Restoration
45 Market St. | chapelrestoration.org
The Prokofiev musical will be staged with puppets and a full orchestra. *Cost: \$25 (\$10 children)*

EARTH DAY

TUES 22
Lessons from a Climate Reporter
POUGHKEEPSIE
7 p.m. Marist University
3399 North Road
Andrew Revkin, a former Philipstown resident and *New York Times* reporter who created the Dot Earth blog, will speak at Fusco Music Hall. *Free*

TUES 22
The Valve Turners
BEACON
7 p.m. Beacon Theater
445 Main St. | beaconmovietheater.com
Watch the documentary about five activists who disrupted the flow of tar sands oil from Canada

Marty O'Reilly

FRIDAY, APRIL 18 | DOORS OPEN AT 7P

BEER, WINE, AND OCTAVIO'S FOOD WAGON

Peter and the Wolf

With Crankie and Shadow Puppets, followed by an Instrument Petting Zoo

SATURDAY, APRIL 26
AT 1:00P & 3:00P

SUNSET READING:

Susan Minot

SUNDAY, APRIL 27
AT 4:00P

Free with reception on the portico to follow

45 Market St., Cold Spring | For tickets please visit chapelrestoration.org

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to the U.S. A discussion with the director will follow. The screening is sponsored by the Beacon Film Society and Beacon Climate Action Now. *Cost: \$15 (\$13 seniors, military, and ages 9 and younger)*

SAT 26
Clean-Up and Block Party
BEACON

9 a.m. – 4 p.m. Various
dub.sh/beacon-cleanup

Contribute to a clean-up and plant pollinator gardens from 9 a.m. to noon and visit an environmental fair at Hudson Valley Brewery, 7 E. Main St., from noon to 3 p.m. The event is sponsored by the Green Beacon Coalition and the Conservation Advisory Committee. Register for clean-up online.

SAT 26
Earth Day Fair
POUGHKEEPSIE
10 a.m. – 1 p.m. Vassar
50 Vassar Farm Lane | dutchessny.gov

Sponsored by Dutchess County, the fair at the college's Environmental Cooperative will include family activities and education focused on sustainability, conservation and environmental initiatives.

SAT 26
Earth Day Fest
PHILIPSTOWN
10 a.m. – 1 p.m. Boscobel
1601 Route 9D
coldspringfarmersmarket.org
Shop the Cold Spring Farmers



The Valve Turners, April 22

Market, enjoy live music and nature walks and learn about local environmental activities.

STAGE & SCREEN

TUES 22
The Peekskill Riots
GARRISON

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

The library will screen the second part of a five-part documentary by Jon Scott Bennet about violence at a 1949 Paul Robeson concert in Peekskill.

THURS 24
Sandra Bernhard
PEEKSKILL
8 p.m. Paramount Hudson Valley
1008 Brown St. | 914-739-0039
paramounthudsonvalley.com
The actor, singer and author will

perform her new show, *Shapes and Forms*. *Cost: \$58 to \$78*

FRI 25
Guys & Dolls
BEACON
7 p.m. Beacon High School
101 Matteawan Road
beaconplayers.com

The Beacon Players will stage the musical comedy set in Depression-era New York City about women and their gambling men. See Page 11. Also SAT 26, SUN 27. *Cost: \$12 (\$8 seniors and students)*

FRI 25
Gary Owen
PEEKSKILL
8 p.m. Paramount Hudson Valley
1008 Brown St. | 914-739-0039
paramounthudsonvalley.com
The comedian will do stand-up as

part of his Broken Family tour. *Cost: \$66 to \$81*

FRI 25
Paul Virzi
BEACON
8:30 p.m. Towne Crier | 379 Main St.
845-855-1300 | townecrier.com
The comedian, who hosts the podcast *The Virzi Effect* and co-hosts *Anything Better* with Bill Burr, will do stand-up. *Cost: \$30*

VISUAL ART

SAT 19
Work in Decay
BEACON
1 – 3 p.m. Howland Cultural Center
477 Main St. | 845-831-4988
howlandculturalcenter.org

In partnership with the Beacon Historical Society, the center will share photos from the Patrick Prosser 1982 Collection with modern updates. Through July 21.

SAT 19
Lucas Samaras and Meg Webster
BEACON
2 p.m. Dia Beacon | 3 Beekman St.
845-231-0811 | diaart.org
Max Hooper Schneider will discuss how the two artists influenced his work. *Cost: \$20 (\$18 seniors, \$12 students and disabled visitors, \$5 ages 5 to 11, free for ages 5 and younger and Beacon residents)*

NATURE & OUTDOORS

SAT 19
Native Plants, Their Pollinators and Other Friends
GARRISON

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

Master Gardener Janis Butler will talk about the relationships between native plants and insects and how to cultivate both in your yard.

SAT 26
Bird Walk
PHILIPSTOWN
7 a.m. Little Stony Point | 3011 Route 9D
putnamhighlandsaudubon.org

Look for spring migrating birds during this walk with guides from the Putnam Highlands Audubon Society.



SAT 26
Plant Sale
PHILIPSTOWN
9 a.m. – 3 p.m. Stonecrop
81 Stonecrop Lane | 845-265-2000
stonecrop.org
This annual event brings together a dozen nurseries and vendors. *Cost: \$5*

(Continued on Page 14)

DAIN'S DECK SHOW

APRIL 26TH & 27TH

SATURDAY & SUNDAY 10:00 AM - 4:00 PM

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Emceed by Eli Walker
Info: howlandcentercenter.org
Tix & Sponsors: bit.ly/HCC2025GALA
Cocktails • Buffet • Entertainment

THE WEEK AHEAD

(Continued from Page 13)

MUSIC

SAT 19
Little Lies
BEACON
8 p.m. Howland Cultural Center
477 Main St. | 845-831-4988
howlandculturalcenter.org
The Fleetwood Mac tribute band from Boston will perform the hits.
Cost: \$20 (\$25 door)

SUN 20
Andrew Revkin
BEACON
6:30 p.m. Towne Crier | 379 Main St.
845-855-1300 | townecrier.com
Revkin will be joined by members of the Breakneck Ridge Revue. *Free*

FRI 25
The Dalí Quartet
NEWBURGH
7:30 p.m. St. George's Church
105 Grand St. | 845-534-2864
newburghchambermusic.org
The program will include works by Beethoven and Mendelssohn.
Cost: \$35 (\$30 seniors, \$10 students)

FRI 25
Ben Neill
BEACON
8 p.m. The Yard
4 Hanna Lane | beaonarts.org
Neill will talk about his new book,



Dalí Quartet, April 25
Diffusing Music, and perform with his Mutantrumpet accompanied by video by Carl Van Brunt. *Free*

SAT 26
Hudson Watch Trio
COLD SPRING
2 p.m. St. Mary's Church
1 Chestnut St. | musicatstmarys.com
The violin, cello and piano chamber group's program will include works by Mendelssohn and Jean-Baptiste Loeillet. Donations welcome. *Free*

SAT 26
Bicentennial Lafayette Tour
WEST POINT
7 p.m. Ike Hall Theatre
655 Pitcher Road | 845-938-4159
ticketsatike.universitytickets.com
The French National Orchestra's program celebrates the bond between France and America through the Marquis de Lafayette's role in the

fight for independence. *Free*

SAT 26
Resurrection
NEWBURGH
7:30 p.m. Mount Saint Mary College
845-913-7157
newburghsymphony.org
The Greater Newburgh Symphony Orchestra visits Aquinas Hall to kick off its 30th anniversary season with Mahler's *Symphony No. 2*. *Cost: \$10 to \$115*

SAT 26
Best of The Eagles
PEEKSKILL
8 p.m. Paramount Hudson Valley
1008 Brown St. | 914-739-0039
paramounthudsonvalley.com
The tribute band will play the iconic hits of the timeless band.
Cost: \$44 to \$58

SAT 26
The Dark Horses
BEACON
8:30 p.m. Towne Crier | 379 Main St.
845-855-1300 | townecrier.com
The tribute band plays music by George Harrison. *Cost: \$30 (\$35 door)*

SUN 27
Zigue
PUTNAM VALLEY
4 p.m. Tompkins Corners C.C.
729 Peekskill Hollow Road
tompkinscorners.org
The quartet will lead a workshop at 1 p.m. before performing a concert of traditional Québécois music. *Cost: \$20 (\$40 with workshop)*

CIVIC
MON 21
City Council
BEACON
7 p.m. City Hall | 1 Municipal Plaza
845-838-5011 | beaconnny.gov

MON 21
Village Board
NELSONVILLE
7:30 p.m. Village Hall | 258 Main St.
845-265-2500 | nelsonvilleny.gov

TUES 22
School Board
BEACON
7 p.m. Beacon High School
101 Matteawan Road
845-838-6900 | beaonk12.org

TUES 22
School Board
GARRISON
7 p.m. Garrison School | 1100 Route 9D
845-424-3689 | gufs.org

TUES 22
School Board
COLD SPRING
7 p.m. Middle School Library
15 Craigsides Drive | 845-265-9254
haldaneschool.org

WED 23
Comptroller Town Hall
BEACON
6 p.m. VFW Hall | 413 Main St.
Dutchess Comptroller Dan Aymar-Blair will discuss what his office is working on.

WED 23
Village Board
COLD SPRING
7 p.m. Village Hall | 85 Main St.
845-265-3611 | coldspringny.gov

Week Ahead edited by Pamela Doan (calendar@highlandscurrent.org)
For a full listing of events, see highlandscurrent.org/calendar.

MUSIC  ST MARY'S



Hudson Watch Trio

Ruobing Zhang, piano
Eugene Moye, cello
Marti Sweet, violin

Saturday, April 26, 2025 @ 2 PM

Free - donations in support of Music at St Mary's accepted

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Small, Good Things

No Cheese? No Problem!

By Joe Dizney

Butter and miso are a great flavor combo and, if you just consult the internet, an extremely popular salve for vegetables, seafood and meat. But something clicked when I saw a recipe for vegan pesto touting miso as the best substitute for parmesan cheese.

Extrapolating from that idea — and maybe this nominally qualifies as another stupid food trick — the combination of miso and butter begs further inquiry.

Don't read me wrong: I don't have anything against cheese. But I love a challenge, and where could we take this culinary affront?

Flavor-wise, miso has the salty funk of brined and aged cow's milk cheese and their glutamate umami punch, the re-introduced butterfat of this combination, accentuates the effect. After an epic fail or two, the culinary strengths and tasty delight of the pairing became clear.

Thinking that even a faux parmesan screams for pasta, I fixated on a misremembered asparagus carbonara recipe. As the season for those tender spears of delight



is nigh, a pasta sauce began to take shape. The addition of egg yolks, hazily remembered from a River Cafe recipe, adds a silken creaminess to the sauce, calling to mind a classically cheesy pasta Alfredo. Lemon zest and juice impart a seasonal brightness and tart punch that highlights the asparagus and would surely work with peas or spring onions or other seasonal vegetables. I chose spaghetti as the delivery platform but fettuccini or almost any other noodle or pasta shape would do,

The butter may present a problem for some and, if you were shooting for something lighter, the first stop might be olive oil. Regardless, this particular approach has potential for a host of international dishes. Try adding minced or grated ginger and thinning it to a broth-like consistency for an Asian inflection served over soba, ramen or Thai noodles. A little peppery fire and a garnish of mint or cilantro wouldn't be out of place. Closer to home, a take on classic American mac & cheese is begging to be explored in the fall or winter.



Asparagus Miso-Butter Pasta "Alfredo"

Serves 4

- 1 pound asparagus spears, tough ends removed
- 4 tablespoons plus 1 tablespoon salted butter
- 1 small clove garlic, grated fine
- 6 tablespoons white miso, reserved to a measuring cup
- 5 scallions, white part only, bias-sliced thin and reserved, greens bias-sliced ¼-inch reserved for garnish
- 1 lemon, grated zest and fresh-squeezed juice reserved separately
- 2 eggs yolks, whisked, in a small bowl
- 12 ounces spaghetti
- Fresh grated white (or black) pepper for serving

1. Cut the tips from the asparagus and reserve. Cut stalks on the bias into ½-inch slices and reserve with the tips. Bring a saucepan of water to a medium boil and salt it lightly. When the water is boiling, add the

asparagus and cook for 2 minutes. Drain and refresh in cold water to completely stop the cooking. Once most of the water is drained, reserve to a bowl lined with paper towels.

2. In the same saucepan, melt the 4 tablespoons of butter over low heat. Bring a large pot of water to boil for the pasta. (Salt lightly, if at all, as the miso will be sufficiently salty for the dish.) Add ½ cup of the warm pasta water to the miso and whisk to liquefy. Add the miso to the saucepan with the warm butter and bring to a very low simmer, whisking to incorporate. Add the garlic and lemon zest.

3. Add the spaghetti to the pasta pot. Stir with tongs or a pasta rake to keep the strands from sticking. While the pasta boils, temper the eggs with ¼ cup or so of the butter-miso mixture. When smooth, add to the saucepan, whisking to incorporate at a low simmer. When it starts to thicken, add the lemon juice and ½ cup of the pasta water, whisking to incorporate, and the sliced scallion whites.

4. Reserve a cup or two of the pasta cooking water. When the pasta is done, drain it. While it drains, quickly add the asparagus to the miso-butter sauce to warm. Add more of the reserved pasta water to the sauce to achieve a light, creamy consistency. Return the drained pasta to the pot and toss with the tablespoon of butter. You may toss the miso-butter alfredo with the pasta in a large pot and serve or serve the pasta individually topped by the sauce. Garnish with the reserved scallion greens and a grind of pepper.



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LOOKING BACK IN BEACON

By Chip Rowe

Editor's note: Beacon was created in 1913 from Matteawan and Fishkill Landing.

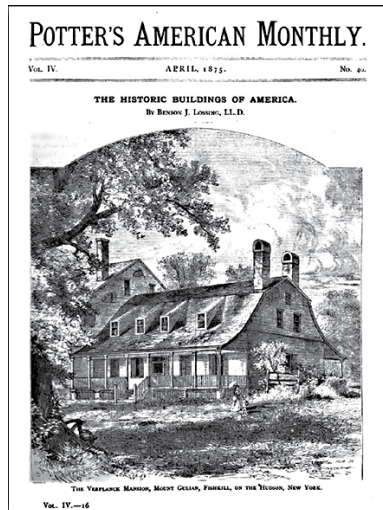
150 Years Ago (April 1875)

Israel Knapp of Fishkill, who had been unable to work for about six months after being kicked by his favorite horse and breaking his wrist, was kicked again by the same horse, breaking his arm.

After H. Knapp of Fishkill was awakened by his dog barking outside, he saw in the moonlight a man trying to persuade the animal to be quiet. Knapp carefully positioned a gun loaded with double B shot on the windowsill, but the movement caught the man's attention, and he bolted. Knapp found the thief had taken a plaid shawl, a green overcoat, a bunch of padlock keys, a jackknife, a blade, a bag with four dead fowls, a 1½-bushel basket lined with feathers and two live fowls.

The new issue of *Potter's American Monthly* had a cover story about a farmhouse built by Judge Samuel Verplanck at Fishkill Landing that in 1782-83 had been the headquarters for Gen. Friedrich von Steuben of the Continental Army. [The structure burned

down in 1931 but was reconstructed as Mount Gulian, which opened to the public in 1975.]



John Erwin, 18, was found dead in an outhouse, a victim of an intentional overdose of morphine or arsenic after he was caught stealing dry goods from the store where he worked. Letters in Erwin's trunk revealed he was being blackmailed by someone in Lowell, Massachusetts, who demanded payment of cash or merchandise for an unknown discretion.

Nine train cars filled with coal were sent south from Fishkill Landing: three for Dutchess Junction, one for Cold Spring, four for Peekskill and one for Sing Sing. Another 19 empty cars waited to be loaded with coal coming from Newburgh.

Owen Grady, a telegraph operator at the

Grand Central depot, returned home to Fishkill Landing to recover from smallpox.

John Clifton of Matteawan sued M.H. Milham for unpaid rent of \$56.20 [about \$1,600 today]. In response, Milham submitted an invoice for \$101 [\$2,900] for a fixture that he said Clifton had taken as security but rented out in the meantime and would not return. A jury ordered Clifton to pay Milham \$30 [\$872] in damages.

According to the *Fishkill Standard*, Newburgh officials often accused Fishkill Landing of putting paupers on the river ferry to get rid of them. But according to a report by Newburgh's Society for Improving the Condition of the Poor, it had supplied at least 23 tramps with ferry tickets to Fishkill Landing. "No wonder tramps are so numerous in our village about breakfast time," said the paper.

William Wood shot a bald eagle with a wingspan of nearly 6 feet.

Foundry workers tested a system to rescue stranded boats by firing 32 one-pound mortars with ropes attached from the highway over the bow of a vessel anchored a mile away.

125 Years Ago (April 1900)

The Matteawan Journal doubled its price to 2 cents [about 75 cents].

Officer McCaffrey received a phone message in Cold Spring to be on the lookout for a "slightly deranged" man who disappeared from his Fishkill Landing home.

The New York Sunday World published a photo of Mrs. James Macklin, a former

member of Fishkill and Newburgh society who moved to France after her husband's death and became Countess Sally Britton Spottiswood Mackin. She had been recognized for her charitable work with the poor by the pope and King Humbert of Italy, in 1897 wrote a memoir, *A Society Woman on Two Continents*, and in 1898 founded a convent in Paris.

Village officials in Fishkill and Matteawan were deciding if they should purchase seven U.S. Standard voting machines. The machines were about 4 feet square and had curtains that closed around the voter.

Methodists in Matteawan decided to economize by shutting off the sexton's salary and doing the work in relays of a month each. The treasurer took the first month.

A forest fire was raging near the Matteawan reservoir, where the keeper and his family with six small children lived in a frame house. Men were sent to bring the children to Fishkill Landing, about 5 miles, but it is feared the fire would make the journey perilous.

William Reilly, 35, a Boston painter, was arrested by the constable, Abram Wiltse, on a Saturday night and placed in the jail in the cellar of the Eureka engine house, in a remote part of the village. On Wednesday, Charles Sparks was passing the jail when he heard groans. He filed off the lock and discovered Reilly in a cell, nearly dead. He had no food or drink for four days and exhausted himself shouting. Wiltse, who was also a butcher, said he simply forgot about Reilly.

A week later, a more-attentive Wiltse

(Continued on Page 17)

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Then and Now



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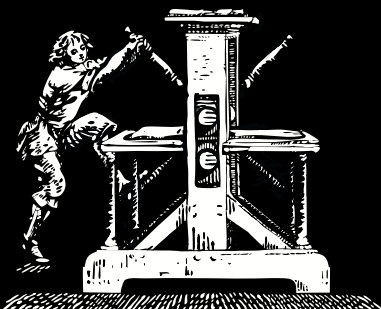
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(Continued from Page 16)

delivered a hot breakfast to another solitary prisoner, John Wiley, but found that Wiley had sawed through a bar of his cell and escaped. He left a card that read: "Wiley is not Riley. Good-by!"

Daniel Flannagan died at Fishkill Landing. Three years earlier, he had been badly beaten in a boxing match that left him paralyzed.

Catherine Neary, a native of Ireland who was the oldest woman in Dutchess County, died at Fishkill Landing at age 100 years and two months.

A man arrested at Fishkill Landing for public intoxication identified himself as William Ashley of Foxboro, Massachusetts. When the police chief searched the suspect, he found a canvas bag with \$4,000 [\$152,000] in cash. Ashley said he had fled Massachusetts because his family, including his son, a physician at Bellevue Hospital in New York City, wanted to check him into an asylum because of his drinking, appoint a guardian and take his money. He sold some securities and headed toward Canada but was waylaid in Fishkill Landing. By the time his family members arrived the next day, Ashley had hired a lawyer and deposited the cash in the First National Bank.

100 Years Ago (April 1925)

The Epworth League Dramatic Circle presented *The New Minister* at the Masonic Hall, followed by a dance.

Lawrence Hoban, the state inspector of motor vehicles, was injured in Beacon when a car whose driver was being tested crashed into a tree.

By one account, there were 22 living daughters of soldiers who fought in the American Revolution, including Jane Squire Dean, 94, whose father, Jonathan Squire Jr. (1763-1842), at age 15 joined Col. Goosen Van Schaick's First New York regiment. He moved his family to Matteawan after the war and died when Jane was 11. [By 1928, Jane was believed to be the last surviving

"real daughter of the American Revolution."]

75 Years Ago (April 1950)

Euphemia Cargill, who moved to Beacon eight years earlier and operated a confectionary and variety store, died at age 64. Her husband lived in Nelsonville.

Central Hudson released a sketch of the steam-generating, \$12 million [\$159 million] electric plant it planned to build on the Hudson River at Danskammer Point, 6 miles north of Newburgh.

The state Department of Public Works awarded a \$1.18 million [\$24 million] contract for additions and renovations of Disturbed Patients Buildings 4A and 7A at the Matteawan State Hospital.

Mr. and Mrs. Charles Lauritsen left with her father, Bertram Tompkins of Beacon, and his mother, Andrea Lauritsen, to drive to Amarillo, Texas, and California.

A 5-year-old Verplanck Avenue girl was killed while riding her tricycle during a visit to Newburgh when a 1949 coupe involved in a collision jumped the sidewalk.

Twenty-two commuters were stranded for two hours on the river when the Beacon-Newburgh ferry, The Dutchess, grounded on a mudflat at 7 a.m., despite the high tide. The passengers were taken 300 feet to the Beacon dock on lifeboats. Twenty-four hours later, two tugboats pulled the ferry free.

Frances Seymour, 42, the estranged wife of Henry Fonda, killed herself in her room at the Craig House sanatorium in Beacon, where she had been a patient since January after being diagnosed with "psychoneurosis with depression." A private service was held at MacGlasson Funeral Home, attended only by Fonda and his mother-in-law, before the actor returned to New York City, where he had been appearing on Broadway for two years in the title role of *Mister Roberts*. Frances was the mother of actors Jane Fonda and Peter Fonda.

A 16-year-old who had gone missing from his aunt's home on Beacon Street was spotted three days later in Syracuse when he

tried to sell a motorbike he had purchased for \$199.50 [\$2,650] on the day he left. The teen said he was headed to Detroit.

A 2-year-old who wandered out of a Catherine Street store while his mother was checking out was found three hours later by a police officer in a backyard sandbox with another toddler at 278 Mill St.

Louis Budenx, a former editor of *The Daily Worker* who became an economics professor at Fordham University, warned in a talk that Communists planned "a series of educational ventures in the form of camps from Beacon to New Rochelle through the medium of labor unions." At the same time, Camp Beacon was sold for \$125,000 [\$1.7 million] to a New York City corporation that vowed to end any Communist affiliation. [Camp Beacon, also known as Camp Nitgedaiget (Yiddish for "no worries"), was founded in 1922 by the United Workers Cooperative Association, which had its roots in the Communist Party.]

50 Years Ago (April 1975)

Beacon elementary and middle school students helped plant the first 600 white pine, Norway spruce and Douglas fir trees of 3,000 planned on the grounds of the former Matteawan State Hospital, owned by the school district.

The Friendly Town Committee of the Beacon-Fishkill Fresh Air Fund was accepting applications from families interested in hosting a needy child from New York City for two weeks in July so he or she could "enjoy some time in the sunshine and fresh air."

The Dutchess County Youth Board asked Beacon and other municipalities to contribute funds for a shelter for runaways. It estimated a nine-bed house would cost \$72,000 [\$428,000] annually to operate.

25 Years Ago (April 2000)

An 18-year-old was charged with assault after a scuffle with a police officer who injured his knee and hand. Police said the teen ran after patrol officers saw him selling marijuana on Eliza Street at 3 a.m.



A daily oasis for National Poetry Month

The Desmond-Fish Public Library in Garrison and *The Highlands Current* are back with another year of One Poem a Day Won't Kill You! Each day in April, a recording will be posted at bit.ly/hear-poem-2025 featuring a community member reading a favorite published poem.

After being found guilty of parking in a handicapped zone, driving on a suspended license and giving a false name, a 40-year-old man was arrested during his court appearance on assault charges when he shoved a police officer.

The City Council approved spending \$761,000 [\$1.4 million] to upgrade the sludge press at the sewage treatment plant on Dennings Avenue.

Scenic Hudson was looking for a developer to transform 8 acres of a waterfront property known as Beacon Landing into a mixed-use project.

Beacon and Washingtonville batters combined for 14 home runs during a high school baseball game at Humeston Field.

Firefighters rescued four adults and an infant from a fire at an East Main Street apartment house. It began when a former firefighter who lived on the first floor fell asleep while cooking french fries. He tried to put out the fire while his son ran next door to the Beacon Engine Co.

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PROPERTY CARETAKER — The Property Caretaker will manage the maintenance and upkeep of multiple properties on the farm, some of which host events and overnight guests. This is a hands-on position that is responsible for painting, plumbing and electrical work while also overseeing a preventative maintenance program. Please see our website at glynwood.org/job-opportunities for a full job description and to apply.

FARM STORE — The Glynwood Farm Store is a mission-driven local foods store and retail destination located in a beautiful setting on Glynwood's working farm and 250-acre historic property. The Farm Store serves as both a welcome center and gateway to the public (visitors, supporters, customers), as well as a reliable food access point for our community. At the shop, we sell our own grown USDA-Organic vegetables, nose-to-tail cuts of Animal-Welfare-Approved meat, and distinctive products from

regional farms. Please see our website at glynwood.org/job-opportunities for a full job description and to apply.

FOR SALE

FRENCH BULLDOGS — We have two French bulldog puppies for sale. Rare and beautiful blue and fawn females. Raised in our living room with kids, dogs and kittens. Very much loved and socialized. Wormed, first shots and very nice confirmation. Local. Email cgry@aol.com.

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NOTICE

NOTICE OF ANNUAL PUBLIC HEARING ON THE BUDGET, ANNUAL MEETING, ELECTION AND VOTE

NOTICE IS HEREBY GIVEN that the Board of Education of the Beacon City School District, Dutchess County, New York, will hold a public hearing on the budget at Beacon High School, 101 Matteawan Road, Beacon, New York, on Tuesday, May 6, 2025 at 7:00 P.M, for the purpose of presenting the budget document for the 2025-2026 School Year.

NOTICE IS FURTHER GIVEN that a copy of the statement of the amount of money which will be required for School District purposes during the 2025-2026 school year (the Budget), as prepared by the Board of Education, as well as the Exemption Report, listing every type of exemption granted, as provided in Section 495 of the Real Property Tax Law, may be obtained by any resident of the District during the fourteen (14) days immediately preceding the Annual Meeting, Election and Vote, commencing May 6, 2025, except Saturday, Sunday or holidays during regular school hours, 8:00 A.M. to 4:00 P.M., at each of the District's schoolhouses, at the Administrative Offices, and on the District's website.

NOTICE IS FURTHER GIVEN that the Annual Meeting, Election and Vote, will be held on Tuesday, May 20, 2025, between the hours of 6:00 A.M. and 9:00 P.M., prevailing time, when the polls will be open for the purpose of voting by voting machine:

A. To elect three (3) members to the Board of Education as follows: Three (3) members to the Board of Education for three-year terms commencing July 1, 2025 and ending June 30, 2028; and

B. To vote upon the appropriation of the necessary funds to meet the estimated expenditures for School District purposes for the 2025-2026 School Year (the Budget).

C. To vote on any other proposition legally proposed.

NOTICE IS FURTHER GIVEN that for the purposes of voting, the School District has been divided into two (2) election districts and that an accurate description of the boundaries of these school election districts is on file and may be inspected at the Office of the District Clerk on weekdays when school is in session, during regular work hours, 8:00 A.M. to 4:00 P.M., at the Administrative Offices, 10 Education Drive, Beacon, New York.

NOTICE IS FURTHER GIVEN that the 2025 Annual Meeting, Election and Vote, will be held at the following polling places in the School Election Districts hereinafter set forth;

SCHOOL ELECTION DISTRICT NO. 1

POLLING LOCATION: BEACON HIGH SCHOOL

Description: - First Ward, First and Second District
- Second Ward, First, Second, and Third Districts
- Third Ward, First, Second and Third Districts
- Fourth Ward, First and Second Districts

SCHOOL ELECTION DISTRICT NO. 2

POLLING LOCATION: GLENHAM ELEMENTARY SCHOOL

Description: Bounded on the north and east by Wappingers Central School District No. 1, Towns of Wappinger, Poughkeepsie, Fishkill, East Fishkill and LaGrange in Dutchess County and the towns of Kent and Philipstown in Putnam County; south by the common town line of the Towns of Fishkill and Wappinger and west by the Hudson River.

Bounded on the north by the common town line of the of Fishkill and Wappinger, east by Wappinger Central School District No. 1 in the Towns of Wappinger, Poughkeepsie, Fishkill, East Fishkill and LaGrange in Dutchess County and the Towns of Kent and Philipstown in Putnam County and Union Free School District No. 3, Town of Fishkill, south by Beacon City line and west by Hudson River.

Bounded northerly by former Common School District No. 4 in the Town of Fishkill and Wappinger, easterly by Central School District No. 1 in the Towns of Wappinger, Poughkeepsie, Fishkill, East Fishkill and LaGrange in Dutchess County and the Towns of Kent and Philipstown in Putnam County and Central School District No. 1 in the Towns of Philipstown and Putnam Valley in Dutchess County; southerly by Central School District No. 1 in the Town of Philipstown and Putnam Valley in Putnam County and the Town of Fishkill in Dutchess County; westerly by the Hudson River and the City of

Beacon being the former Union Free School District No. 3 of the Town of Fishkill.

NOTICE IS FURTHER GIVEN that petitions for nominating candidates for the office of member of the Board of Education must be filed with the District Clerk by no later than 5:00 P.M. on the 20th day preceding the Annual Meeting, Election and Vote, April 30, 2025. Such petitions must be signed by at least one hundred (100) qualified voters of the District, shall state the name and residence address of each signer and the name and residence address of the candidate. Petition forms may be obtained at the Office of the District Clerk on weekdays when school is in session, during regular business hours, 8:00 A.M. to 4:00 P.M.

NOTICE IS FURTHER GIVEN that the Board of Education of the Beacon City School District, Dutchess County, New York, has fixed Tuesday, May 6, 2025, at the Administrative Offices, 10 Education Drive, Beacon, New York, as the date on which the Board of Registration of said School District will meet between the hours of 1:00 P.M. and 5:00 P.M., prevailing time, for the purpose of preparing the register of the School District for each election district for the Annual Meeting, Election and Vote, to be held on Tuesday, May 20, 2025, at which time any person shall be entitled to have his/her name placed upon such register if known or proven to the satisfaction of the registrars to be then or thereafter entitled to vote. Persons whose registration to vote with the County Board of Elections is current, pursuant to Article 5 of the Election Law, shall be qualified to vote without further registering with the School District's Board of Registration, as well as all persons who shall have previously registered for any annual or special district meeting or election and who shall have voted at any annual or special district meeting or election held or conducted at any time during the 2021, 2022, 2023 or 2024 calendar years.

NOTICE IS FURTHER GIVEN that the register of voters so prepared shall be filed in the Office of the District Clerk and shall be open for inspection by any qualified voter of the District between the hours of 8:00 A.M. and 4:00 P.M., prevailing time, beginning fourteen (14) days prior to the Annual Meeting, Election and Vote. Said register will be open for inspection in each of the polling places during the Annual Meeting, Election and Vote.

NOTICE IS FURTHER GIVEN that applications for absentee and early mail ballots for the Annual Meeting, Election and Vote may be obtained at the Office of the District Clerk or downloaded from the school district website. The completed application must be received by the District Clerk no earlier than thirty (30) days prior to the election, and at least seven (7) days prior to the election if the ballot is to be mailed, or the day before the election, if the ballot will be picked up at the Office of the District Clerk. The completed application can be sent by email, or delivered by a designated agent. Absentee ballots and early mail ballots must be received at the Office of the District Clerk by no later than 5:00 P.M., prevailing time, on the day of the election.

A list of all persons to whom absentee and early mail ballots shall have been issued will be available in the said Office of the District Clerk during regular office hours until the day of the Annual Meeting, Election and Vote. Any qualified voter may file a written challenge of the qualifications of a voter whose name appears on such list, stating the reasons for the challenge.

NOTICE IS FURTHER GIVEN that military voters who are not currently registered may apply to register as qualified voters of the school district. Military voters may request an application to register as a qualified voter from the District Clerk. Military voter registration application forms must be received in the Office of the District Clerk no later than 5:00 p.m. on May 5, 2025. In order for a military voter to be issued a military ballot, the school district must have received in the office of the school district clerk a valid ballot application no later than 5:00 pm on May 5, 2025. A military voter may designate a preference to receive a military voter registration, military ballot application or military ballot by mail, facsimile transmission or electronic mail in their request for such registration, ballot application, or ballot. Such designation shall remain in effect until revoked or changed by the military voter. Ballots for military voters shall be mailed, or otherwise distributed, no later than May 6, 2025.

By the Order of the Board of Education of the Beacon City School District Vickie Jackson, School District Clerk

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Puzzles

CrossCurrent

1	2	3	4		5	6	7		8	9	10	11
12					13				14			
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56					57				58			

- ACROSS
1. Barn birds

5. Snooze

8. Humdrum

12. Nerd’s kin

13. Somewhat (Suff.)

14. Green land

15. Hindu royal

16. “My word!”

17. Taxi alternative

18. Allow

20. Peace Nobelst Lech

22. Poetic contraction

23. Armed conflict

24. Melville captain

27. Shortly

32. — canto

33. Nonpro sports org.

34. DDE’s opponent

35. Parts

38. L-Q bridge

39. Moray, for one

40. Attempt
42. “Rats!”

45. Actress Phylicia

49. China setting

50. “The Greatest”

52. Empty truck’s weight

53. Male deer

54. Meadow

55. Inventor’s inspiration

56. Sharpen

57. Family

58. *Brian’s Song* star
- DOWN
1. Shrek, for one

2. Gradually withdraw

3. Sultry Horne

4. Winter vehicle

5. Resident of Lagos

6. Enzyme suffix

7. “That was close!”

8. Biondi in *It’s a Wonderful Life*

9. Resident of Monrovia

10. War god
11. Wife of Zeus

19. French article

21. “Adorbs!”

24. Sit-up targets

25. Haw preceder

26. Resident of Oran

28. D.C. baseballer

29. Resident of Vienna

30. Summer sign

31. Mentalist’s gift

36. Household

37. Yale grad

38. Spiritualist

41. Egyptian sun god

42. Sprint

43. Regarding

44. Chat

46. “Mary — Little Lamb”

47. Bailiwick

48. Campus bigwig

51. Island garland

SudoCurrent

7	4			2		8		9
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	8			9	6			1
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WordSearch

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

FiveSpot

Solve each row by replacing one letter from the answer above or below and scrambling to make a new word. When complete, the top and bottom words will have no letters in common.

D	E	N	I	M	Popular fabric
					Like the SATs
					Pronouncement
					Way of living
					Gain an unfair advantage
					Alternative to pills or injections

BLAHPEWAQUA
BORAAATEFURS
QUIBBLESFIGS
STAIRTRIVET
TONSAXE
REQSAPPTRAM
IOUIDEASEGO
ANIBANSADAM
NEEDDOOR
PETITETERELIT
ALEGQUITTERS
ROTHURNHOOP
MISTILKANNS

Answers for April 11
MFGXEBQVSG
JEPQOETRYOO
FWTTKELINZ
JZGALEAGNF
SOUIPMUEB
RCMUBHPYTQ
MIZIQCOHHT
SACPQNYRAR
EKESREVVHUL
TYOSTANZAC

RIGHT, THEIR, LITER,
ALTER, CLEAT, PLACE

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

Easter Egg Hunt

ST. PHILIP’S CHURCH
IN THE HIGHLANDS
invites the community
to join for an Easter Egg Hunt
in the churchyard following
the 10:00am service on April 20th

Sports

VARSITY ROUNDUP

HALDANE

By Jacob Aframian

BOYS' LACROSSE — After falling at home on April 11 to Putnam Valley, 11-7, Haldane fared no better on the road, losing on Tuesday (April 15) to Harrison, 12-10.

The game was tied, 3-3, at the half but Harrison took an 8-4 lead in the third quarter. Senior Fallou Faye tied the game again at 10 with 5:15 left in the fourth quarter, but 12 seconds later, the Huskies took the lead again.

Faye and sophomore Alex Gaugler each scored four times, and Faye reached a milestone with his 100th career goal. "We've been looking for that second option to mirror Fallou, and Alex has done a great job of stepping up and taking what's being given to him," said Coach Ed Crowe.

The Blue Devils (3-3) traveled to Pearl River on Thursday (April 17) and on Monday (April 21) will be at Blind Brook. On Wednesday, the Blue Devils host Arlington at 4:30 p.m.

GIRLS' LACROSSE — Haldane won its second game in a row on April 10, defeating Hastings, 19-8. Junior Kayla Ruggiero continued her impressive season, scoring 10 times, and junior Samantha Thomas had five goals. Keeper Vivian Eannacony made nine saves. The Blue Devils (2-3) host Croton-Harmon at 4:30 p.m. on Tuesday (April 22).

BASEBALL — The Blue Devils had a rough week, losing three games. On April 10, in a



Zachary Schetter, shown in an earlier game, had an RBI against Chester.

7-1 loss at Dobbs Ferry, Haldane struggled at the plate, securing only two hits, including an RBI single by sophomore Pat Shields. On Monday (April 14), the Blue Devils hosted Dobbs Ferry and lost again, 10-3. This time, Haldane had an early 1-0 lead but gave up 10 runs over three innings. The Blue Devils scored two runs in the sixth. Hudson Yeaple, Lincoln McCarthy and Jake Hotaling had RBIs but the Blue Devils didn't help themselves with four fielding errors.

On Wednesday at Mayor's Park, Haldane was no-hit by Briarcliff and lost, 10-0, while committing five errors. The Blue Devils (1-6) travel to Poughkeepsie on Monday (April 21).

SOFTBALL — Haldane continued its great



Ryan Landisi, shown pitching against Lourdes on April 11, struck out seven against Chester.

Photos by Cadence Heeter

start with two wins. On Monday (April 14), the Blue Devils dominated North Salem, 16-4, at home. Sophomore Juliaanna Minos went 3-for-5, with a double, triple and four RBIs. Ninth-grader Lainey Donaghy was 4-for-5, with two doubles, and senior Callie Sniffen hit a two-run homer. Haldane followed that up with a 10-3 win at home over Hastings on Wednesday. The Blue Devils had 12 hits and eighth-grade pitcher Allegra Clementson struck out nine. Haldane will host Westlake at 5 p.m. on Tuesday (April 22) and travels to Tuckahoe on Wednesday.

BEACON

By Nick Robbins

BASEBALL — Beacon blew out Chester at Heritage Financial Park (formerly Dutchess Stadium) on April 10, winning 11-1, behind Ryan Landisi's seven strikeouts in six innings. Ryan Smith led the way at the plate, going 4-for-5 with a home run. Tye Elias, Elijah Epps and Matt Apostolou each had two RBIs.

On Monday (April 14), visiting Goshen defeated the Bulldogs, 6-5. Allen McKay had two RBIs and James Boucard pitched well, with eight strikeouts over five innings. On Wednesday, Beacon defeated Minisink Valley, 15-5. Landisi threw 3⅓ innings, with four strikeouts. Smith went 3-for-3, all doubles, while Elias had three hits and two RBIs.

Beacon (4-2) traveled to New Paltz on Thursday (April 17) and will travel to Wallkill on Tuesday (April 22) before hosting John Jay East Fishkill at 4:30 p.m. on Wednesday.

SOFTBALL — Beacon's bats went cold on April 11 at Chester, which blanked the Bull-



Elijah Epps, shown in an earlier game, had two RBIs against Chester.

dogs, 14-0. Beacon also lost, 2-0, at Lourdes on Monday (April 14). The Bulldogs (2-4) hosted New Paltz on Thursday (April 17) and will travel to Pine Bush on Tuesday.

BOYS' GOLF — Beacon lost on Tuesday (April 15) to Goshen, 229-257, at the Southern Dutchess Country Club. Jonah Espinosa shot a 45 and Tom Senior shot a 51. Beacon (0-5) hosts Ketcham at 3:30 p.m. on Monday (April 21) before traveling to Port Jervis and Minisink Valley.

BOYS' TENNIS — Beacon moved to 4-2 after knocking off Minisink Valley, 5-2, at home on April 11. The Bulldogs host Valley Central at 3:30 p.m. on Tuesday (April 22) and Monticello at 4:30 p.m. on Wednesday.



Fallou Faye, a Haldane senior shown here in a game against Mahopac, scored his 100th career goal on April 15 at Harrison.

Photo by Skip Pearlman



Small-Town Doctor
SEE BELOW

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Valley Spirit
PAGE C

Health & Wellness in the Highlands



CareFull MD
PAGE E



Beacon Natural Market
PAGE F



Bodywork
PAGE H

The Return of the Small-Town Doctor

Treating the person, not just symptoms

By Michael Turton

A doctor who makes house calls is no longer something from the distant past. At least not in Cold Spring.

"I've always wanted to do house calls," said Dr. Geeta Arora, 43. "No one does it, and I feel that's real medicine."

Arora recently set up her medical office on the second floor of the rectory of at St Mary's Episcopal Church.

Her decision to become a doctor, and later her quest to open a small-town practice, were influenced by two men: her father and actor Michael J. Fox.

"My dad was 65 and really sick," she recalled. "I was 21 and thinking about medicine; I needed to make sure he lived for a long time."

Now 88, her father recently did 15 push-ups with 15 pounds of weight on his back.

Doc Hollywood, starring Fox, planted a seed in Arora's mind that brought her to Cold Spring in 2022. In the movie, Dr. Ben Stone, played by Fox, crashes his car in a

small town and is sentenced to 32 hours of community service in the local health clinic. He likes it so much he stays and becomes the town's doctor.

"I love this town," Arora said of Cold Spring. "My husband laughs and says I'm finally Doc Hollywood. Slowing things down and getting to know the community is something I've always wanted to do."

She is not a primary care doctor, describing her practice as between a general practitioner and a specialist. "I'm an internal medicine doctor, an integrative holistic medicine doctor," she said. "It's about seeing someone as a whole being, instead of just focusing on different organ systems."

That means spending time with her patients. "I don't want to do short visits; my intake interview is 90 minutes," Arora said. That style of medicine may find her sitting at someone's kitchen table discussing what a patient is eating, how they're sleeping, how much exercise they're getting and anything



Dr. Geeta Arora

Photo provided

else that might be affecting their health.

It is not an approach she was taught in medical school. "We didn't learn real health and wellness; we were taught symptom management," she said. "Med school is all about acute care, about making sure someone doesn't die. It's not about ensuring people stay healthy or about reversing chronic disease."

After medical school in the Caribbean,

Arora completed her residency and intensive care training at the Albany Medical Center in 2011. "I also did a fellowship in integrative medicine, and I've been studying reversing chronic disease," she said. "I want to help people to not only be healthy, but to stay healthy and have healthy brains for as long as possible."

Arora said patients and doctors alike are frustrated by the current system. "It's a pain in the butt to get in to see a doctor," she said. "And doctors see 30 patients a day but don't know much about health; they know about sick care."

She sees lifestyle as a major impediment to good health. "Food is a big deal, and fiber is a huge missing component," she said. "We're not pooping well!"

That, along with little exercise, inadequate sleep and not understanding the impact of stress contribute to chronic diseases, including diabetes and heart disease, Arora said.

She credits her mother with inspiring her belief in the importance of healthy food. "I was brought up with Ayurveda, which is food as medicine," she said.

Arora stresses that while she is not a general practitioner, she talks to patients' GPs and their specialists. "I make sure there are no holes," she said. "And in medicine right now, there are a lot of holes."

Those gaps can come about when a patient finally gets to see a doctor — and just seven minutes later leaves with a prescription. "I like to slow down and figure out what's going on with each person," Arora said, adding she uses advanced diagnostics not available in a typical GP's

(continued on next page, B)



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Small-Town Doctor

(continued from A)

office. “Insurance-based practices only cover certain tests. There are a lot more tests that are way better and much more accurate.”
Her practice opted out of Medicare and doesn’t accept insurance. Arora provides a superbill that patients submit to their insurance company for potential reimbursement. They receive a “good-faith estimate” of anticipated costs and may be able to use a Health Savings Account or Flexible Spending Account to pay.
Arora explained that in the past she spent up to three hours on the phone requesting preauthorization from insurance companies and doesn’t have the capacity to hire multiple staff to handle that function. “I’d rather spend those three hours with my patients,” she said.
Arora maintains a small practice in New York City where she uses ketamine dosing and therapy to treat mental health issues such as post-traumatic stress disorder, depression and anxiety. “I only take a small number of people,” she said. “It’s not for everybody, because it’s such an intense process.”
To inquire about becoming Dr. Arora’s patient, visit coldspringmd.com and use the link to set up a 15-minute preliminary meeting. ●

Best Practices for Physical Activity

By Putnam County Dept. of Health

Staying physically active may be a challenge for some. However, we have some tips to help you stay active on your own time, and to make it easier to be active.

Why be active?

Physical activity helps to promote your overall health and well-being. Staying active can help prevent and/or lower your risk of chronic diseases, including heart disease, high blood pressure, high cholesterol, stroke and diabetes. It also helps with weight management and strengthens your heart, lungs and muscles. You should consult with a physician before beginning any new strenuous activity.

Tips for Physical Activity

- **Piece your workout together.** You don’t need to get all your exercise at one time. Ten minutes in the morning, noon and night can give much of the same benefit as 30 minutes all at once.
- **Exercise with a friend.** Finding a workout partner can help keep you on track and motivate you to get out the door.
- **Keep it brisk.** When you walk, make it brisk, since this may help control weight better than walking at a leisurely pace. What is brisk enough? Walk as though you are meeting someone for lunch and you are a little late.

- **Move your feet before you eat.** Hit the gym or go for a 20-minute walk with coworkers and have lunch afterward.
- **Try a pedometer.** Pedometers which count your steps are an easy, inexpensive way to motivate yourself to be active. Work up to 10,000 steps per day.
- **Turn off the TV, computer and smartphone.** Cutting back on screen time is a great way to curb your “sit time.” Move around instead by visiting the gym or even cleaning the house.
- **Turn “sit time” into “fit time.”** Try to combine cardiovascular exercise with a sedentary activity that you already do. For example, do simple exercises while watching TV, or set a reminder at work to get up and walk a few minutes every hour.
- **Sign up for a class.** Check out the fitness course schedule at your local gym or community center, or the dance or yoga class schedule at a nearby studio. You may find that having the structure of a class helps you learn a new activity and keeps you on track.
- **Plan exercise into your day.** Set aside a specific time in your schedule to exercise and put it in your planner.
- **Reward yourself.** Set short-term goals and reward yourself for achieving them. Target a specific event, such as a road race or a walk for charity, to participate in — this can help keep you motivated. ●



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Valley Spirit Wellness Center

An oasis of calm, in a special setting

By Sharon Rubinstein

In a beautiful and tucked away location amid the converted mill buildings of Mason Circle in Beacon sits Valley Spirit Wellness Center, a 2,000-square-foot oasis of calm, pleasant scents, soothing decor and ample space.

Emily Morrison, the owner of Valley Spirit Wellness Center, has been a practitioner of holistic medicine since 2005. In 2016, she moved to the Hudson Valley from Oregon with her then-husband, their young son and while pregnant with their daughter. The two continued to practice together locally for five years. In 2022, Morrison founded Valley Spirit Wellness Center and began growing it into the warm, community-centered healing space it is today.

Morrison's education and background in healing is extensive. She started as a massage therapist, specializing in medical massage. Then she began studying Chinese medicine and Tuina, or Chinese orthopedic massage, in 2008. Ten years ago, she earned a master's degree in acupuncture and Oriental medicine.

Her practice integrates eastern and western modalities such as Tuina, Chinese

herbal therapy, Thai massage, qigong therapy, acupuncture and all adjunctive modalities of Chinese medicine and craniosacral therapy.

From the stained-glass front door to the surprise patio space in the rear, with its pleasant waterfall roar, there are treats at Valley Spirit for all senses. Morrison says her favorite room might be the apothecary, where she stores and decants hundreds of herbs and tinctures she uses in Chinese medicine. The light is low and the atmosphere fragrant.

In another room, there is a massage table surrounded by streaming light from an oversized window with many thriving plants. Valley Spirit is filled with greenery, light-colored wood and spare but comfortable furnishings. One room is devoted to a sauna, there is a bathroom with a shower and there is a full kitchen which facilitates many types of gatherings.

Morrison's aim is to create an environment that reflects and nurtures creativity and growth. She is also sensitive to the fraught and stressful external events that may be affecting her clients. "Because the space is so special, it provides an opportu-



Emily Morrison

Photo by S. Rubinstein

Currently, Morrison is the linchpin of Valley Spirits operations, but she is aided by Felicia Ballos (event coordinator, clinic intern) and Sasha Geerken (social media coordinator). She has a roster of practitioners who serve the community and a blueprint for more. So far, physical therapy, massage therapy, acupuncture, Reiki, shamanic work and hypnosis are all offered or on tap, with other harmonious modalities and lectures anticipated.

"My intention has been to collaborate with other gifted practitioners and facilitators in the area to provide the community with an integrated and deeply supportive space for healing and personal transformation," she says.

Morrison does not rent the space for unrelated parties or events but foresees collaborative gatherings. "I'm deeply grateful for the community that is in this area," she says.

She also appreciates her clients and fellow practitioners. "It's pretty amazing to be in a region where there are so many talented people doing really big work," she says. "Being supported by the community and being supported by fellow practitioners is a really beautiful thing."

nity to 'downregulate' their nervous systems, because we live in a world that is so overstimulating," she observes. Most people who come to Valley Spirit are adults, but Morrison treats children and teenagers, as well.

Morrison is determined to maintain the space for its holistic purpose, rather than see it become just another dwelling. While sustainability matters, her focus is on curating offerings that align with the space and serve the community with sincerity and intention. Morrison wants to see a menu of seasoned practitioners, complementary programs and classes with a regular schedule.

Valley Spirit Wellness Center

36 Mason Circle, Beacon

845-202-7316

hello@valleyspiritbeacon.com

valleyspiritbeacon.com



Come See Us at



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- Events + Workshops

Protect Yourself and Your Family Against Measles

By Dutchess County Health Department

Measles cases are on the rise in the U.S., including cases confirmed in New York state. The Department of Health urges all residents to have the Measles, Mumps and Rubella (MMR) vaccination, as it the best-known way to stop the spread of measles.

“It is important that all residents take this seriously as the measles virus is very contagious and spreads quickly,” said Dr. Livia Santiago-Rosado, the health commissioner. “Already this year, the number of nationwide measles cases as surpassed the total for all of 2024. I encourage all residents to consider vaccination for measles and other respiratory viruses, as it is the most effective way to stop individuals from contracting and spreading these viruses. Together, we can help safeguard the well-being of our loved ones and local community members.”

Measles is a very contagious respiratory virus. An individual can catch the disease by breathing in the virus or touching an infected surface and then touching the eyes, nose or mouth; the virus can live on surfaces for up to two hours. Up to 90 percent of non-immunized people who are in close proximity to a person with measles will be infected.

Among unvaccinated people who contract measles, 1 in 20 will develop pneumonia and 1 in 5 require hospitalization. Individuals who received measles vaccination between 1957

and 1967, and anyone born in 1968 or later who has not received a measles attenuated virus vaccine may be susceptible. Others who are vaccinated do not need to take further action.

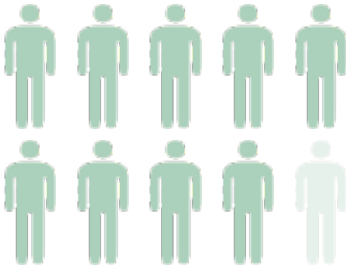
Two doses of MMR vaccine are 97 percent effective at preventing measles. Children should get their first MMR vaccine at 12 through 15 months of age. The second dose is usually given between ages 4 years and 6 years. Because the measles vaccine contains an attenuated virus, it is not recommended for pregnant or immunocompromised people. To protect these at-risk individuals, it is important for anyone who may be in contact with them to be immunized.

Symptoms of the measles virus include fever, cough, runny nose, eye irritation and a rash that usually starts in the head or neck and then spreads to the rest of the body. If you have signs or symptoms of measles, isolate yourself and contact your healthcare provider right away.

To get your measles and other respiratory vaccines, contact your healthcare provider, local pharmacy or the Department of Health clinic at 845-486-2963. The DOH offers MMR and other vaccines on its Mobile Health Unit, which will be at Fishkill Town Hall on April 26 from 11 a.m. to 1 p.m.

For more information about measles, visit the federal Centers for Disease Control & Prevention measles webpage at [cdc.gov/measles](https://www.cdc.gov/measles).

Measles is **highly contagious** and spreads through the air when an infected person **coughs or sneezes**.



It is so contagious that if one person has it, **9 out of 10 people** of all ages around him or her will also become infected if they are not protected.

About 1 in 5 people in the U.S. who get measles will be hospitalized.



Measles

IT ISN'T JUST A LITTLE RASH

- SYMPTOMS TYPICALLY INCLUDE
- High fever (may spike to more than 104° F)
 - Cough
 - Runny nose
 - Red, watery eyes
 - Rash breaks out 3–5 days after symptoms begin

1 out of every 1,000 people with measles will develop brain swelling due to infection (encephalitis), which may lead to brain damage.

1–3 out of 1,000 people with measles will die, even with the best care.

www.cdc.gov/MEASLES/



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Why you need dental insurance in retirement.

Medicare doesn't pay for dental care.¹
As good as Medicare is, it was never meant to cover everything. If you want protection, you need to purchase individual insurance.

Early detection can prevent small problems from becoming expensive ones.
The best way to avoid large dental bills is preventive care. Experts recommend checkups twice a year.

Previous dental work can wear out.
Your odds of having a dental problem only go up as you age.²

Treatment is expensive — especially the services people over 50 often need.
Unexpected bills, like \$190 for a filling, or \$1,213 for a crown³ can be a real burden, especially if you're on a fixed income.

When you're comparing plans ...

- ▶ Look for coverage that helps pay for major services.
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1 "Medicare & You," Centers for Medicare & Medicaid Services, 2025. 2 "Aging changes in teeth and gums", medlineplus.gov, 4/17/2022. 3 American Dental Association, Health Policy Institute, 2020 Survey of Dental Fees, Copyright 2020, American Dental Association.

Product/features not available in all states. Contact us for complete details about this insurance solicitation. To find a network provider, go to physiciansmutual.com/find-dentist. This specific offer not available in CO, LA, NV, NY - call 1-800-969-4781 or respond for a similar offer in your state. Certificate C254/B465, C250A/B438 (ID: C254ID; PA: C254PA); Insurance Policy P154/B469, P150/B439 (GA: P154GA; NY: P154NY; OK: P154OK; TN: P154TN). 6247-0225

CareFull MD

New urgent care clinic fills a void in Beacon

By Sharon Rubinstein

CareFull MD debuted on Beacon’s Main Street on April 1, and within 10 days, it welcomed 34 patients.

The urgent care clinic, set in nearly 5,000 square feet of space adjacent to Key Food, is the brainchild of Yitz Rottenberg, a Rockland-based real estate investor with more than 20 years of experience buying properties in the Hudson Valley.

Several years ago, he noticed the absence of a health clinic in Beacon and began to consider how he might address the need. Now that his concept has come to fruition, he says, “I feel amazing.”

He believes the facility will contribute to the area in ways similar to other essential services. He considers the community a “cozy place,” like a big family, deserving of convenient and accessible health care with a variety of services and extended hours.

“Everybody who needs any kind of care should be able to walk in without any difficulty, and we should be available seven days a week,” he says. “I’m happy we got there.”

The clinic’s location on Main Street was



Office Manager Kim Doyle outside CareFull MD in Beacon Photo by S. Rubinstein

a priority for Rottenberg. Being adjacent to a grocery store is a plus, with considerable visibility and foot traffic.

After extensive renovations transformed the former laundromat into a sleek and welcoming environment, Rottenberg says he is pleased with the clinic’s beauty and its name. While brainstorming possibilities, he hit upon “Careful,” and then realized that “Care-Full” would evoke even more positive associations: behaving carefully or attentively; being full of heart and caring; and, by offering so many hours, being full of care timewise.

The addition of “MD” was to ensure that people understood the services being offered. (Rottenberg notes that New York State permits non-doctors to employ health personnel and open a clinic in areas that

can benefit a locale.) The logo, developed by a designer, links pink and blue hearts.

With a 20-year lease, CareFull MD is in Beacon for the long haul. The space contains exam rooms, a reception area, a kitchen, a lab and X-ray facilities. There is a large area reserved for expansion, with a separate waiting room for those who might be coming in for routine care, appointments or other needs.

Dr. Daniel Purcell is the medical director, and other healthcare providers include a nurse practitioner, a physician’s assistant and a radiology tech. CareFull MD accepts most insurance plans and self-pay patients are offered discounts.

Office Manager Kim Doyle, who has decades of experience in healthcare clinics, is enthused about the launch and location and says she has felt warmly welcomed by the community. “We have seven employees but anticipate adding employees as we get busier,” she says. “The goal is to expand to a family practice to complement the urgent care.” Rottenberg mentions building up the occupational health and testing offerings of the clinic.

CareFull MD is open seven days a week from 10 a.m. to 8 p.m., with plans to expand its hours.

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Beacon Natural Market

(continued from F)

baby food and kids’ snacks, organic produce and locally produced products, including cheeses and meats, are popular, Kitty says. “And we’ve noticed quite an increase in our plant-based product sales.”

When the Sherpas first came to Beacon, they ignored naysayers who worried the city was not wealthy enough to support their plan. Kitty believed that there was a cadre of environmentalists and other like-minded people who would want what they would be selling. It turned out to be true, with both their base and Beacon’s fortunes growing. Pete Seeger was an early customer.

Their plans include increasing managerial capacity and setting the market up for a long future. “I want Beacon Natural Market to continue and thrive,” Kitty says. “We created something that fills the need in the community. I hope we find people on the management level who are interested in helping to lead the store into the next decades.”

Beacon Natural Market

348 Main St., Beacon
845-838-1288
beaconnaturalmarket.com

How to Eat Healthy

Eating healthy means following a healthy eating pattern that includes a variety of nutritious foods and drinks. It also means getting the number of calories that’s right for you (not eating too much or too little).

Choose a Mix of Healthy Foods

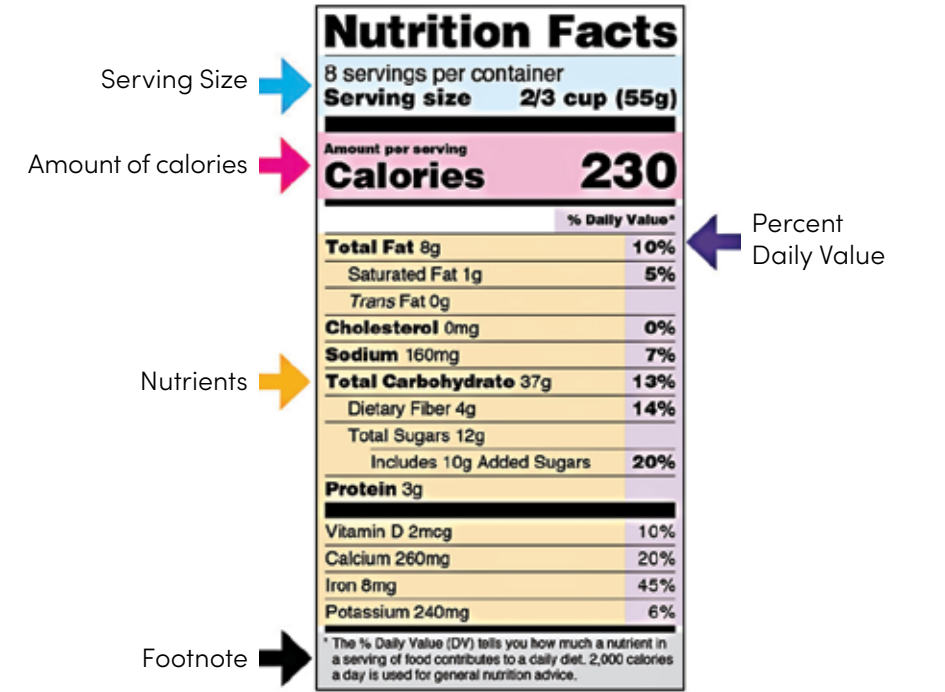
There are lots of choices in each food group, including:

- **Whole fruits** — like apples, berries, oranges, mango and bananas
- **Veggies** — like broccoli, sweet potatoes, beets, okra, spinach, peppers and jicama
- **Whole grains** — like brown rice, millet, oatmeal, bulgur and whole-wheat bread
- **Proteins** — like lean meats and chicken, eggs, seafood, beans and lentils, nuts and seeds and tofu
- **Low-fat or fat-free dairy** — like milk, yogurt, cheese, lactose-free dairy and fortified soy beverages (soy milk) or soy yogurt
- **Oils** — like vegetable oil, olive oil and oils in foods like seafood, avocado and nuts

Limit Certain Nutrients and Ingredients

Sodium (salt)

Sodium is found in table salt — but most of the sodium we eat comes from packaged



food or food that’s prepared in restaurants.

Added sugars

Added sugars include syrups and sweeteners that manufacturers add to products like sodas, yogurt and cereals — as well as things you add, like sugar in your coffee.

Saturated fat

Saturated fat comes from animal products like cheese, fatty meats and poultry, whole milk, butter and many sweets and snack foods. Some plant products like palm and coconut oils also have saturated fat.

For a personalized plan, see myplate.gov.

Health Benefits

Making smart food choices can help you manage your weight and lower your risk for certain chronic diseases. When you eat healthy, you can reduce your risk for:

- Overweight and obesity
- Heart disease
- Type 2 diabetes
- High blood pressure
- Some types of cancer

Take Action

Making small changes to your eating habits can make a big difference for your health over time. Try making one or two small changes this week. For example:

- Drink sparkling water instead of regular soda
- Try plain, low-fat yogurt with fruit instead of full-fat yogurt with added sugars
- Choose low-sodium black beans instead of regular canned black beans
- Cook with olive oil instead of butter

The next time you go food shopping:

- Make a shopping list ahead of time; only buy what’s on your list
- Don’t shop while you’re hungry; eat something before you go to the store

Use these tips to make healthy choices:

- Try a variety of vegetables and fruits in different colors

• Choose fat-free or low-fat dairy or soy milk and soy yogurt with added calcium, vitamin A and vitamin D

• Replace old favorites with options that are lower in calories, sodium, added sugars and saturated fat

• Choose foods with whole grains like 100 percent whole-wheat or whole-grain bread, cereal and pasta

• Buy lean cuts of meat and poultry and eat a variety of foods with protein like fish, shellfish, beans and nuts

• Save money by getting fruits and vegetables in season or on sale

Check the Label

Understanding the Nutrition Facts label on food packages can help you make healthy choices. First, look at the serving size and the number of servings per package — there may be more than one serving. Then check out the calories. Calories tell you how much energy is in each serving of a food.

To stay at a healthy weight, you need to balance the calories you eat and drink with the calories you use. Visit myplate.gov to calculate how many calories you need each day.

Next, look at the percent Daily Value (% DV) column. The DV shows you if a food is higher or lower in certain nutrients. Look for foods that are low in added sugars, sodium and saturated fat (5 percent DV or less) and high in fiber, calcium, potassium, iron and vitamin D (20 percent DV or more).

What About Cost?

Under the Affordable Care Act, insurance plans must cover diet counseling for people with risk factors for heart disease, like high blood pressure. Depending on your insurance plan, you may be able to get diet counseling at no cost to you. Medicare may also cover diet counseling at no cost. ●

Source:
U.S. Department of Health and Human Services
(odphp.health.gov/myhealthfinder)



Transformative Structural Integration

David Murphy helps patients move to the center

By Sharon Rubinstein

David Murphy understands pain and has made it his mission to help resolve it. A skateboarding injury sidelined him for nearly a year in his 20s. Eventually, he found a Hellerwork practitioner who introduced him to an approach that gave him relief and a calling.

Murphy's method is called Structural Integration, a practice for which he is board certified. He began his practice in 2001 and has offices in New York City, Cold Spring (within the Ascend Collective) and Beacon, where he moved in 2020. He is also a Somatic Experiencing Practitioner and a Certified CoActive Coach.

The foundation of Murphy's technique is bodywork, awareness-based movement and coaching. Better balance and strength, as well as the absence of pain, are achieved through becoming conscious of how one occupies space and holds oneself. Our "braced" patterns are often hidden as blind spots, he says. "The mind will trick us to avoid confronting them."

Improvement is a process, with sessions



David Murphy with a patient

Photo provided

personalized for each client and with individual sessions addressing particular needs. "It involves connecting to parts of ourselves that are hidden from our own view," he says. The goal, he adds, is long-term change achieved within a limited course of treatment.

For 24 years Murphy has treated a wide variety of clients, with athletes and creatives representing a substantial number. He was a filmmaker and athlete himself before he began his practice, and it is a point of resonance with many clients.

"I love to work with people who are passionate about being in their bodies," he says. From acrobats to lawyers to any other client description, he strives to help the people with whom he works achieve growth and greater agency over their bodies.

Murphy's model is a collaborative one, and he appreciates when people are ready to invest with effort. "I give lots of homework," he says. But it's not exercises and sets common with some other modes of treatment. Instead, he wants people to be able to answer: "When

you move, how are you doing it?"

Murphy's clients come with a variety of problems, and sometimes a physical complaint can be paired with unresolved psychological trauma. "But some people just need to fix a shoulder," he says.

The typical course of treatment is an 11-session series that helps empower people with knowledge of their own bodies and their needs. "The goal is to get you to be your own therapist, trainer and teacher, and to get you comfortable in your center," he says.

Over time Murphy has added yoga, cranial sacral therapy, visceral manipulation, body-centered dialogue, men's work, trauma resolution, breathwork and somatic movement to his learning and repertoire.

While still maintaining his New York City practice, Murphy's goal is to shift more and more of his hours to the Hudson Valley.

Prospective clients can arrange a complimentary 30-minute consultation and a discounted first session. There is also a discount for those who wish to follow that session with a subsequent package of 10 appointments.

Transformative Structural Integration

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