



Visiting BG's family farmstands **Pg. 3**

BLOOMING GROVE POST

BLOOMING GROVE'S BI-MONTHLY NEWSPAPER



Class of '25 has its day **Pgs. 10, 11**

FREE VOL. I, NO. 5

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MOFFAT LIBRARY PUBLICATION

Timely BG symbol has long history

By Isabella Croce

BG Post Community Reporter

You know it. You've seen it. You've heard it. The Moffat Library clock tower is the symbol and centerpiece for the village of Washingtonville.

It all started in 1885 when Denver railroad magnate David Moffat had the idea of building a library in his hometown. Once constructed and topped with a clock tower, its familiar chimes began echoing through the town, marking the passage of time through generations.

HISTORIC LANDMARKS

Today, the iconic clock tower appears on many signs and logos throughout the village, most notably on the official seals of the Village of Washingtonville and the Blooming Grove Chamber of Commerce – demonstrating its deep connection to this community.

A recent renovation

During the library's renovation in 2017, a completely new clockworks system was installed in the tower, and the clockface was restored to its original state. While the original clockworks are no longer in use, they have been carefully refurbished and

Clock tower, pg. 8



LOCAL ICON: Moffat Library's clock tower is known throughout the town as a time-honored symbol of Blooming Grove. Carol McCrossen photo



MAN ON

THE BOOM:

Blooming Grove resident Ed Ruotolo, in a tuxedo, strikes a formal pose atop mic boom No. 1 while celebrating the 50th anniversary of "Saturday Night Live."

Provided photo

The hop from mop to mic

BG resident does sound for SNL

By Katie Kornfeld

BG Post Student Reporter

NEW YORK CITY, NY – Imagine "Saturday Night Live." Now, imagine it with no sound. Would the show still be as funny? Would the jokes still land? We have Blooming Grove resident Ed Ruotolo to thank for all the jokes we've heard these past 29 years, as well as the audio on other shows.

At age 13, Ruotolo started working for his father's limousine company, cleaning cars and driving stars. When he was 19 years old, he was offered a job by one of his father's clients, a

man who happened to be the producer of the popular soap opera "Edge of Night." Ruotolo took the job, excited to be behind a camera. Instead, he was handed a bucket and a mop. From day one, Ruotolo was a janitor on the set of the soap, but he saw the menial job as an opportunity.

Moving from one show to another

Working tirelessly, Ruotolo eventually made his way to a position behind the camera. On his way there, he switched from a business to a theater major in school, preparing for a career in show business. Whether cleaning bathrooms or fetching donuts, Ruotolo was proving his work ethic, and he was where he wanted to be.

When one soap opera ended, Ruotolo got cracking on the next, sending

out his resume to every studio nearby. From working on a variety of programs, including "Search for Tomorrow" and "The Cosby Show" to talk shows like "The Joan Lunden Show," he could always find himself behind a camera or holding a boom microphone.

Then one unforgettable day, when Ruotolo was working a soap opera on East 14th Street in Brooklyn for NBC, his producers told him that they'd set him up with an interview at 30 Rockefeller Center, the very address where "Saturday Night Live" was shot. As it turned out, they had referred him for a sound operator position.

Just like that, in June 1995, with all of his high-bar mic freelancer skills, a relieved Ruotolo thought, "Oh, I'm SNL, pg. 8



BG EAGLE FAMILY NEWS: Two juvenile bald eagles have been spotted on Tomahawk Lake this summer. Pictured above is one of them, perched on a sign that reads “Caution – Dam.” Nicole Rushing photo

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BLOOMING GROVE POST

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FROM THE EDITOR-IN-CHIEF

New chief takes the BGP helm

Hello! I’m Caroline Korba, the new editor-in-chief, and I welcome you to my first edition of the *Blooming Grove Post*! As a lifelong Washingtonville resident and recent reporter for this youth-driven community newspaper, I’m excited to inherit a legacy of determination and journalism with a local focus.



Caroline Korba

With unparalleled guidance from Moffat Library Director Carol McCrossen; the expertise and lightheartedness of Joel R. Solonche, poet and professor emeritus of English at SUNY Orange; and invaluable collaboration with librarian Jeremy Joseph; my peers and I have crafted this September/October *BG Post* – a publication reflective of our passions, talents, backgrounds and, most importantly, the community we call home.

It is through this newspaper that we report on not only our personal interests, but those of the residents whose unique journeys are woven into a tapestry of community, putting memories and words to print, thereby preserving a record for future Blooming Grove residents.

The Moffat Library is a historic haven in the heart of Washingtonville. It’s a spot I’ve frequented since my early years, reading books and magazines with my grandmother, volunteering for

the Teen Advisory Board and co-founding my own program, the Junior Scientists Club. Outside of the library, I am a dedicated senior scholar-athlete at Washingtonville High School, devoting my time to myriad activities in and around our town.

I step into this editorship fortified by the skills and lessons I’ve gleaned from my life experiences so far. I’ve seen and appreciated diversity on a regional, state, national and even global scale, both through my love of travel and attending rigorous programs, including Empire Girls State and the FBINAA Youth Leadership Program in Quantico, VA. These

formative experiences have broadened my perspective and served to amplify the special qualities of my hometown.

It is my hope that as editor-in-chief, I will be able to help highlight the individuals and organizations that make our communi-

ty unique. From next-door neighbors to community members we have yet to cross paths with, please enjoy our paper in whatever way that works for you, as a reader or contributor. We are always looking for new ideas, stories, photographs and writers to share their perspectives. We urge you to reach out and get involved. Contact us at bloominggrovepost@gmail.com.

Thank you for sharing this space and for continuing to enjoy your local community newspaper, the *Blooming Grove Post*.

It is through this newspaper that we report not only our personal interests, but those of the residents whose unique journeys are woven into a tapestry of community ...

UPCOMING EVENTS IN BLOOMING GROVE AND ENVIRONS

■ 5th Annual Community Yard Sale

Saturday, Sept. 13, 9 a.m.-4 p.m.; Sunday, Sept. 14, 9 a.m.-4 p.m.; throughout Washingtonville village.

Plan to spend the day bargain hunting! Look for an interactive yard sale Google map coming Sept. 10 at washingtonvilleyevents.com/events/fall-community-yard-sale-weekend.

■ Artisan & Farmers Harvest Market

Sunday, Sept. 14, 9 a.m.-3 p.m.; Veteran’s Square, 29 West Main St., Washingtonville.

Shop local for fresh produce and fare from farms and craft vendors. Live music, too. Look for more details at washingtonvilleyevents.com/events/artisan-farmers-harvest-market.

■ “The Rocky Horror Picture Show” – Live!

Saturday, Oct. 11, showtimes TBA; Theatre on Main Street, 6 Depot St., Fulton Square, #207, Washingtonville.

In celebration of the musical’s 50th

anniversary, Theatre on Main Street brings its own live adaptation of “The Rocky Horror Picture Show” to Washingtonville. Join fellow Rocky Horror fans for an uproarious, mind-bending, time-warping cult classic musical. Stay tuned for show time and ticket information at theatreonmainstreet.com/event-details or call 845-237-2456.

■ Witchingtonville 2025: After Dark

Saturday, Oct. 11, 5 p.m.-10 p.m.; Washingtonville village.

The annual village Halloween celebration and festivities. Details coming soon at washingtonvilleyevents.com/events/witchingtonville-2025-after-dark.

■ Witchingtonville 2025: Before Dark

Sunday, Oct. 12, 2 p.m.-6 p.m.; Washingtonville village.

Games, Trunk-or-Treat, Haunted Carriage Rides and more for kids! Look for details at washingtonvilleyevents.com/events/witchingtonville-2025-before-dark.



facebook.com/washingtonvilleevents

■ Halloween Carnival at Moffat

Friday, Oct. 24, 7 p.m.-8 p.m.; Moffat Library, 6 W. Main St., Washingtonville.

Moffat Library opens its doors to kids of all ages and their families for its annual Halloween Carnival, presented by the Moffat Library Teen Advisory Board. Come in costume, or come as you are and enjoy Halloween-themed games, prizes and treats for all. Free. For more information and to register, go to moffat.librarycalendar.com/events/month.

COMMUNITY CALENDAR

Do you have a Blooming Grove event, fundraiser or meeting going on during the months of November and December? Send us the information by Sept. 20 and we’ll post it in our next issue. Include the full name of the sponsoring entity or individual; the date(s) and times(s) of the activity; its name and a short description; where to go for further information; and any other pertinent information about the agency or activity. In addition, please include your full name and contact information so that if we have any questions, we have a way to reach out to you. Send your information in text format only to bloominggrovepost@gmail.com. No flyers please. Please note that we will accept activities that are taking place in or sponsored by an entity located in the Town of Blooming Grove and its immediate environs. Activities taking place outside this area will be selected as space allows. Thank you!



OPEN DAILY: Pine Hill Farm's shop on Rte. 94 in Chester features its own sweet corn along with a wide variety of fresh fruits and vegetables. Emily Solonche photo

BG family farms have deep roots

Offering produce for generations

By Caroline Korba
BG Post Editor-in-Chief

BLOOMING GROVE, NY – Toward the end of July, the doors of Roe's Orchards open wide, welcoming customers into a family-focused farmstand that exemplifies the spirit of our community.

Purchased by William Roe in 1827, Roe's Orchards was a dairy-centered farm with a few cows and apple trees, later transitioning to a bustling fruit operation. The farm consists of 240 acres, with 60 each in orchards and vegetables and the remaining 120 acres allocated to pastures, hayfields and woodlots.

In the 1960s, the Roes saw the need to enter the retail market and opened their farmstand to sell a variety of vegetables. They later added a cider mill and, with the growing popularity of their store, shifted away from the wholesale market to concentrate on selling directly to the community.

A tradition of local farming

Passed down through the years, the land is currently in the hands of Tom Roe and family, who hope to see a seventh generation of Roes running the show. The Roes eagerly await the year 2027, which will mark the bicentennial of their family farm. According to the owners, their prime Hudson Valley location – specifically, 3278 Rte. 94 – has been a huge part of their success. Fertile soil and fortuitous protection from natural disasters facilitate the flourishing of not only Roe's, but of the two other longstand-



Emily Solonche photo

ing family farms in the heart of Blooming Grove – the Pine Hill Farm, located at 3298 Rte. 94, and the Blooming Hill Farm, located at 1251 Rte. 208.

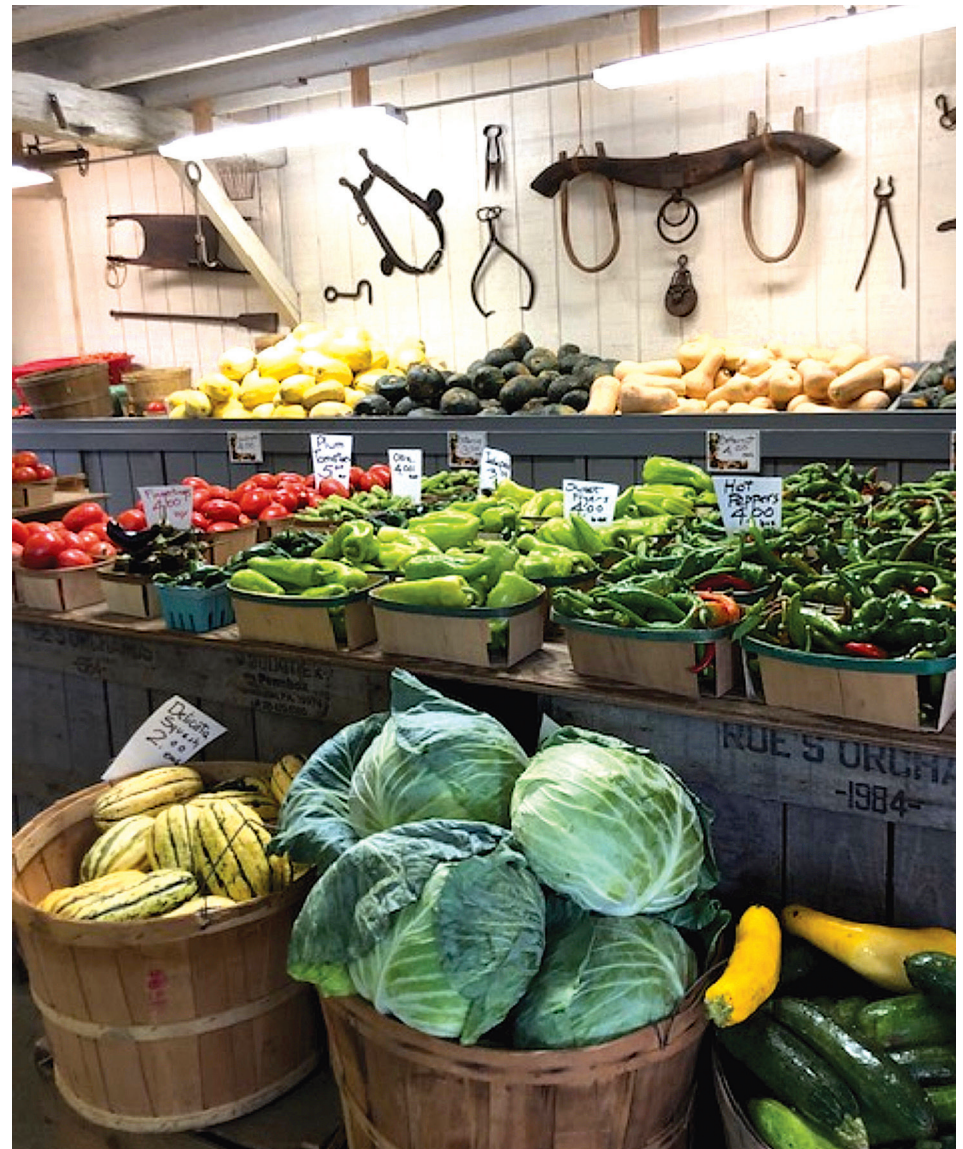
The *Blooming Grove Post* spoke to one of the Roe family members, former owner Carol Roe. Having been a part of Roe's

'It's hard work, but good work.'

Carol Roe
Former Roe's Orchards owner

Orchards operation for 63 years, she generously shared her time and knowledge. Mrs. Roe explained how the season starts as soon as the summer peaches ripen, with several types easing them into the year, along with garlic, another early offering.

Everything the Roes sell is locally sourced, bringing in potatoes, onions, beets and carrots from nearby farms to supplement their homegrown items. The farmstand offers a large variety of fresh produce. The Roes adjust their selections over time to include the aforementioned peaches and garlic, as well as tomatoes, cucumbers, zucchini, pickles, peppers, eggplant, sweet corn, flowers, pumpkins, squash, pears, plums and, of course, apples.



IN SEASON: Roe's Orchards specializes in apples, but their farmstand offers a wide variety of fresh, locally-sourced fruits and vegetables. Roe's Orchards photo

BLOOMING GROVE'S FAMILY FARMS

■ Roe's Orchards

Location: 278 Rte. 94, Chester
Hours: Daily, 9 a.m.-6 p.m.
Web: facebook.com/p/Roe-Orchards-Fruits-Vegetables-100057549635872
Phone: 845-469-4724

■ Blooming Hill Farm

Location: 1251 Rte. 208, Monroe
Hours: Friday, Saturday, Sunday, 10 a.m.-2 p.m.
Web: bloominghill.farm/farm/markets
Phone: 845-782-7310

■ Pine Hill Farm

Location: 3298 Rte. 94, Chester
Hours: Daily, 10 a.m.-6 p.m.
Web: pinehillfarmvegetables.org
Phone: 845-238-8522

With weather-related variables largely dictating their annual crop, "Every year is a little different," Mrs. Roe said. Typically, they begin picking apples in the middle of August. These apples, with new varieties on display weekly, supply the stand with the means to press cider on-site. Perfected over the years, the process pairs incredibly well with the Roe family's delectable cider donuts, which have become a fall staple.

Apples a specialty

October is National Apple Month, so autumn is the perfect time for Roe's Orchards to shine, drawing hundreds of apple lovers to the stand. With the logistics now mastered, the apples last until the end of the season in late January. Over winter, the apples are kept in cold storage while the trees are pruned before they're ready to produce for the next season.

As with most farms, Roe's Orchards is sustained through careful husbandry and demanding physical labor.

"It's hard work, but good work," Mrs. Roe said, chuckling. She recognizes the rewarding nature of their craft. Functioning as one cohesive unit, the family strives to offer quality produce to the people, maintaining high standards to give them "the whole package."

It's no secret that the excitement and sense of family is prominent at the farmstand. From the genuine smiles that greet arriving guests to the checkout counter's signature "take an apple for the road" basket, a trip to Roe's is always a heart-warming experience.

Be sure to visit our town's other family-owned farms, Pine Hill Farm and Blooming Hill Farm, for fresh produce, baked goods, local honey and other goodies.

About this month's hot topic

WHSer talks fire safety

By Maggie Ohm

BG Post Student Reporter

BLOOMING GROVE, NY – Fire safety. What does it mean? How do we prevent fires? October is National Fire Safety Month, and there is no better time to highlight one of Washingtonville's own hidden heroes, someone who can enlighten the community through knowledgeable insight on fire safety – Mollie Meffert.

Class of 2025 Washingtonville High School graduate, girls swimming team and golf team captain, Meffert is also a firefighter with the Washingtonville Fire Department. Her schedule is brutal, starting her day at 6 a.m. before making her way to school and sports practice.

After that, it's hours of training at the firehouse before returning home late in the day for homework, dinner and rest.

Speaking about how volunteering impacts her personally, Meffert called training as a new member "very intense," attending sessions at least three days a week. "I also take classes with the county so I can become certified, which requires many hours of hands-on work and

lots of studying," Meffert said. "Training isn't all physical – it requires a deep understanding of all the parts and functions of a firefighter and how to implement your skills in real-life situations."

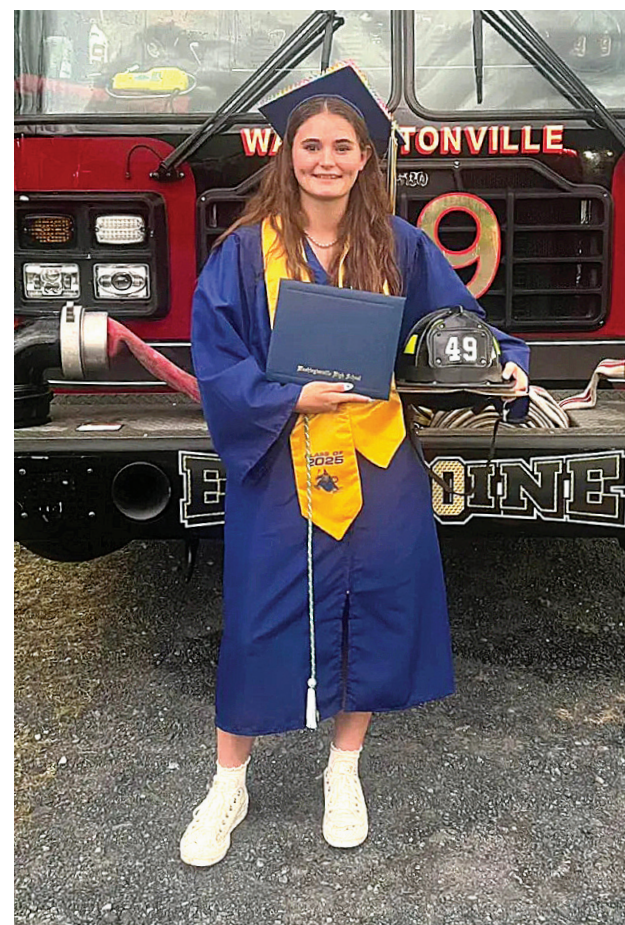
Meffert knows that when it comes to fire science and safety, remaining educated on these topics is of the utmost importance. She defines the phrase "fire safety" as "understanding how you can keep yourself and others safe in case of a fire, and how you can help prevent fires from happening." Preventing fires can be difficult, especially when you don't know what you're doing. As an insider, Mollie gave the *BG Post* some tips and tricks.

To start, the young firefighter urges people to "be cautious of where you put things like candles and objects that produce heat." Meffert warns not to leave such hazards around children, pets, fans, windows or flammable materials. Another precaution she described for preventing fires is to "not leave anything unattended while you are cooking, and to have fire extinguishers in various places in your home."

If there is a fire, Mollie says that the method for putting it out – whether it's smothering, containing, using water or fire extinguishers – is dependent upon the type of fire. "In any situation where you have live fire, you should still inform the fire department – even if you have put the fire out," Meffert said.

What can individual civilians do to protect against future flames? "Fire safety is a practice that can be taught to anyone, no matter how old or what their abilities are. Everyone should have a basic understanding of fire safety," Meffert said. And regarding the role of firefighters like herself, she said, "No matter how embarrassed or scared you may be, we are here to help and protect the community."

From firefighters to little kids and everyone in between, the responsibility of learning about fire safety is a



FIREFIGHTER: Equipped with cap, gown, diploma and helmet, Washingtonville High School graduate Mollie Meffert stands proudly in front of a gleaming fire truck. Provided photo

vital one. Mollie Meffert, student by day and firefighter by night, hopes all *BG Post* readers will spread the essential fire of information, shielding themselves and their community against the real dangers. During this year's National Fire Safety Month and beyond, if you handle heat, handle it with care.

FIRE SAFETY MONTH

LEARN MORE ABOUT SAFETY

Oct. 5 to Oct. 11 is National Fire Prevention Week. The theme for 2025 is "Charge into Fire Safety: Lithium-Ion Batteries in Your Home." Check out the National Fire Protection Association's website for complete information on the safe use of lithium-ion batteries and general fire safety tips at nfpa.org.



ROCKETS' RED GLARE:

A large crowd in L. Vern Allen Park, above, enjoys the dazzling fireworks display capping the festival. The Hillbilly Parade, right, entertains from the festival stage.

Anthony Cioffi photo, above; Washingtonville Events Committee photo, right



TASTE TREAT:

People gather at some of the many vendors offering the best in ethnic food. Provided photo

W'ville's Independence Day

WASHINGTONVILLE, NY – On July 5, the Washingtonville Village, Events Committee, DPW and Police Department joined forces to celebrate America's 249th birthday with over 40 food and crafts vendors, and an estimated 6,000 people in attendance for this wonderful community event in L. Vern Allen Park.

Performing on the newly-restored bandstand, the Hillbilly Parade band captivated one and all with country tunes,

as the crowd danced and sang along to their favorites. Henna tattoos, TumbleBus gymnastics and the Spirit Garden added to the excitement. After a mesmerizing snake and fire performance by Luna Faun Fire, the festivities culminated in a spectacular fireworks display.

This was truly a day and night to remember! To see more upcoming Washingtonville events, go to washingtonvilleyevents.com.

DID YOU KNOW?



LANDMARK: The Round Hill School shown in the early 1900s, left, was built in 1864 as a one-room schoolhouse to replace the original 1786 building, which had been demolished. It was closed as a school in 1933, but it still stands as a private residence. The 1929 class photo in front of Round Hill Elementary School pictures Joseph Beatty, second from left, and (in no particular order) schoolmates Donald Akers, Richard Wright, Francis Bryan, Magdalen Sacias, Pearl Wright, Mary Sacias (Shannon) and Dorothy Sacias. The deed for the property on which Round Hill sat dates to 1786. Photos courtesy of Emily Akers

The one-room schoolhouse on Round Hill

By Isabella Briceno and Caroline Korba
BG Post Student Reporters

For decades, Round Hill Elementary School has been a cornerstone of education and community in our town. While its current building opened in 1965 at the corner of Rte. 208 and Round Hill Road, the school's roots stretch back to 1786, when the original Round Hill School opened in Blagg's Clove. The original schoolhouse, built on property donated by Jonathan Tuthill, served as a school as well as a Sunday school.

In 1864, the original Round Hill building was demolished and then, on the same site, reconstructed as a one-room schoolhouse by James White before he left to serve in the Civil War. In 1933, with schools in the area becoming centralized, the Round Hill School closed its doors, and Blooming Grove children began attending school in Washingtonville. The Round Hill building still exists now as a family home, a lasting testament to the town's past.

A modern update

As the population of Washingtonville grew during the mid-20th century, a new Round Hill Elementary School was conceived and built in 1965 to serve young families. The school was named after the prominent landmark rising behind its structure, Round Hill, and was designed to provide the great education and sense of community we know today.

The Round Hill Elementary of today has embraced modern technology while maintaining the same loving learning environment. The school is now led by

Principal Kristin Shaw, an administrator who takes inspiration from the legacy of distinguished educators who came before her. Of her own influences, Principal Shaw said, "I had teachers who excelled at motivating ongoing inquiry, creativity and helping others develop a passion for doing something that they loved."

Through encouraging young Ms. Shaw to follow her ever-changing set of interests, from engineering to sports and from government to theater, those mentors left a lasting mark on her career path – one that ultimately led her to Washingtonville's Round Hill Elementary School.

Beyond the classroom, Round Hill Elementary is a wellspring of community engagement. The school sponsors annual fairs, science nights and cultural festivals that bring families, students and fellow

residents together regularly. Students from Washingtonville High School and Middle School have the chance to bond with the next generation of students, further crafting a close-knit community.

Fostering individual growth

To foster a setting conducive to such connections, Principal Shaw explained that at Round Hill, "we celebrate both the big and small victories, and ensure that our students feel seen and that they have a voice." For the students, she and her staff work to "create a safe place for them to be their unique selves and to grow into individuals that will ultimately impact their community in the future." By "starting with the end in mind," one of Round Hill Elementary's primary goals is to prepare its students for the wider world

Our "Did You Know" series is dedicated to highlighting lesser-known facts about Blooming Grove. For our fifth issue, the *BG Post* digs into the history of the Round Hill School.

beyond this town we call home.

The Round Hill Elementary School we know today symbolizes the change and the growth in our community, representing both the School District and the town as a whole. As Principal Shaw noted, "My hope is that I bring my small-town values and love of community to everything I do." With a rich past and dynamic present, it is clear that the school has a bright future as it continues to shape young minds and enrich our community.

SMALL-TOWN VALUES:

The current Round Hill Elementary School building was built in 1965 and sits adjacent to the former one-room schoolhouse.

Washingtonville Central School District photo



HEALTH



HANDS ON: A chiropractic adjustment can relieve discomfort in the back and shoulders, and can reduce stress by freeing up breathing and bodily movement. dreamstime.com photo

Daily pressures can be a pain

But chiropractic can help

By George Thompson, DC
BG Post Community Reporter

STRESSED? My mind is reeling! So much to do! Simply not enough hours in the day! Sound familiar? It should. We've all fallen victim to periods of extreme stress that torpedo our mental and physical well-being.

What is stress? Stress can be anything that poses a threat or challenge to our wellbeing. The body responds by producing certain chemicals which trigger higher

heart rate, heightened muscle preparedness, sweating and alertness. Subsequently, blood pressure rises, breathing quickens and sleep patterns are altered. Depending on the situation, these reactions can be lifesaving; however, prolonged exposure to these changes can lead to headaches, depression, increased anxiety, forgetfulness, irritability, emotional breakdown, back and neck pain and muscle spasm.

So how can we deal with this ever-present threat to our health? We must learn to adapt. Know your limits

and don't take on more than you can handle. Avoid people who stress you out. Try to deal with issues head-on. Focus on the positives in a situation, and let go of resentments. And finally, learn to accept the things you cannot change.

When stress does begin to overwhelm us, there are some remedies. Do something you enjoy each day, set aside time for relaxation, get into regular exercise (tai chi or yoga especially), reduce caffeine and sugar, and get plenty of good, restful sleep.

Chiropractic adjustments can release muscle tension, reduce spinal nerve irritation, improve blood circulation and have an overall calming effect.

There is outside help as well. Some people choose medications to deal with stress, but there are more natural approaches. Chiropractic care can help with many of the physical manifestations of stress. Chiropractic adjustments can release muscle tension, reduce spinal nerve irritation, improve blood circulation and have an overall calming and relaxing effect.

So if you are feeling a little "stressed out," contact your local chiropractor and see if you can regain some relaxation and evenness in your life ... naturally!

About Dr. George Thompson: Thompson has been a chiropractor for over 30 years. Originally from Rockland, he received his degree from the New York Chiropractic College and then moved to Blooming Grove in 1992. He opened his practice, Blooming Grove Chiropractic, in 1994.

Which vaccines do older adults need?

By Mark Freitas, RPh
BG Post Community Reporter

As you get older, a healthcare provider may recommend vaccinations, also known as shots or immunizations, to help prevent certain illnesses. Make sure to protect yourself as much as possible by keeping your vaccinations up to date. Talk with your doctor about which vaccines are best for you.

The following are some of the more common vaccinations available.

■ **Flu:** Flu is short for influenza and is a virus that can cause fever, chills, sore throat, stuffy nose, headache and muscle aches. Flu is very serious when it gets in your lungs. Older adults are at a higher risk for developing serious complications from the flu, such as pneumonia. There's a new vaccine each season.

■ **COVID-19:** A respiratory disease that causes symptoms such as fever, cough and shortness of breath. Older adults are more likely than younger people to get very sick from COVID-19. The disease can lead to serious illness and death.

■ **Pneumococcal :** This is a serious infection that spreads from person to person by air. It often causes pneumonia in the lungs and it can affect other parts of the body. Older adults are at higher risk than younger people of getting very sick or dying from pneumococcal disease.

■ **Tetanus, diphtheria and pertussis:** Diseases caused by bacteria that can lead to serious illness and death. Most people get vaccinated as children, but you also need booster shots as you get older to stay protected against these diseases.

■ **Shingles:** Caused by the same virus as chickenpox. If you had chickenpox, the virus is still in your body. As you get older, the virus could become active again and lead to shingles. Shingles affects the nerves. Common symptoms include burning, shooting pain, tingling, and/or itching, as well as a rash with fluid filled blisters.

■ **RSV:** Respiratory Syncytial Virus is a common virus that usually causes mild, cold-like symptoms. However, older adults have a higher risk of developing severe symptoms if they are infected with RSV. The illness can be particularly dangerous for people who have chronic diseases or a weakened immune system. Older adults who get very sick from an RSV infection may need to be hospitalized, and the illness can even be life-threatening.

Please note that the current Norovirus can be prevented by washing your hands with warm water and soap. Alcohol hand sanitizers have no effect on the virus.

Mark Freitas, RPh, has over 35 years of experience in the pharmaceutical industry. Freitas brought his knowledge and passion to his local community and opened the Washingtonville Pharmacy in 2007. He earned his Bachelor of Science in pharmacy from the State University of New York at Buffalo. He is a member of the National Community Pharmacy Association (NCPA), the American Pharmaceutical Association (APhA), and the Pharmaceutical Society of the State of New York (PSSNY), as well as the Blooming Grove/Washingtonville Chamber of Commerce and the Orange County Chamber of Commerce.

Best prescription for cancer care? Be aware

A doctor's advice

By Sharen Casazza, MD, FAAP
BG Post Community Reporter

Although it's easy to put off routine medical appointments, especially with the busyness of everyday life, routine cancer screenings are important to catch disease at an early stage. Early detection can mean the difference between a possible cure and a much tougher fight. Because guidelines which are developed for the population as a whole can change over the years, you should always discuss with your doctor the general guidelines for screening and how they apply to your individual body.

■ **Breast cancer:** 3-D mammograms should start once a year at age 40. At age 50 some women can change to every two years, and based on your doctor's recommendation, some women should continue once a year. Mammograms

FOR YOUR HEALTH

should continue until your life expectancy is less than ten years. Slight differences in these guidelines are found from one cancer group to another, so be sure to follow your doctor's recommendations. Ultrasound images can be used as a next-step tool if you have dense breasts. Women in high-risk situations may also have a screening MRI of the breast. Men with a close family member with male breast cancer can also start screening according to their doctor's recommendation.

■ **Colon Cancer:** The gold standard for colon cancer is colonoscopy screenings starting at age 45 years and continuing every five to ten years until your life expectancy is less than ten years. Many people at age 75 years are told to stop



ANNUALLY: Mammograms should continue right up until the last decade of life. dreamstime.com photo



A GOOD PRACTICE: It is recommended that you have a general physical exam every year or couple of years. Your doctor will examine your glands and skin for early signs of cancer, catching any issues before they become serious. dreamstime.com photo

colonoscopy, but if you are active and healthy at 75, you have the option of continuing the colonoscopy. A colonoscopy finds polyps before they have a chance to become a cancer and can be removed during the procedure. Virtual colonoscopy (swallowing a small camera in a pill) will find polyps but cannot remove them. Stool tests for blood and Cologuard for DNA mutations usually find polyps only after they have become a cancer.

■ **Prostate Cancer:** Men at average risk for prostate cancer should start a screening blood test called PSA at age 50 years and then continue based on the level of PSA and how it changes over time. Men of color and men with a family history of prostate cancer should start getting screened at age 40 years.

■ **Lung Cancer:** Screening with a low-dose CT of the chest is recommended for smokers at age 50 to 80 years old who have smoked one pack a day for 20 years, or two packs a day for 10 years, or half a pack a day for 40 years. If you quit smoking more than 15 years ago, you do not have to screen unless your doctor wants you to. Family members who lived and grew up with smokers are known as passive smokers. You should consider screening after a discussion with your doctor.

A colonoscopy finds polyps before they have a chance to become a cancer and can be removed during the procedure.

■ **Ovarian Cancer:** We do not have good screening methods for ovarian cancer. A blood test called C-125 can be done starting at age 25 in high-risk people, but it is not always accurate. Scientists have recently discovered that ovarian cancer starts in the Fallopian tubes, not the ovary as doctors have thought for years. OB/GYN doctors now recommend that women past childbearing years who have abdominal or pelvic surgery for any reason should consider having their Fallopian tubes removed at the same time. Talk to your doctor about this.

■ **Cancer Vaccines:** We are fortunate to have several vaccines available that help to prevent cancer. The Hepatitis B vaccine, routinely given to newborns, helps prevent liver cancer by preventing chronic Hepatitis B infection. If you did not receive it as a young infant, you can receive it as an adult. The HPV vaccine, routinely given starting at age 9 to 11 years, can prevent cervical, vaginal, penile and mouth and throat cancers. If you

did not receive HPV as a preteen, adults can receive it up to age 45 years.

■ **Physical Exam:** Do not neglect the standby general physical exam done every one to two years. Examining the thyroid gland will find nodules that can be investigated by ultrasound. Examining the skin will find early skin cancers that can be removed. Dentists can find early signs of mouth cancer at your yearly dental exam.

■ **Research:** Scientists continue to study new ways to screen and diagnose cancers. Liquid biopsies (blood tests for mutations) and full body screens, such as MRIs, are currently in the news, but do not yet have scientific backing. New data from research studies will continue to guide us in the prevention and treatment of cancer.

Screenings are helpful in finding cancers before they start or in finding cancers at an early stage. I realize this is a lot of information to remember. So keep a record, follow the appropriate guidelines and then go out and live your life!

Dr. Casazza is a retired MD and is the founder of Washingtonville Pediatrics. She is also the co-author of Chicken Little, Come Out, The Sky is Not Falling for toddlers, and Anxiety Stoppers for preteens.



SOUND PERFORMANCE: Ruotolo studies notes in a rare quiet moment. Provided photo

SNL: Lorne's 'crazy spaceship'

From pg. 1

never seeing this place again." Lo and behold, in September of Saturday Night Live's twenty-first season, Ed Ruotolo was operating the show's mics. He was finally given the go-ahead to touch gear, watch the show and assist in more technical work on set. At 21, he was put in charge of clearing and laying wires for scenes.

Three decades on the set

In his now 29 years with SNL, Ruotolo has seen and worked with his share of celebrity guests. Kanye West, who performed several times but never hosted the show, was the worst, he said. His favorite guest was Sir Paul McCartney, who personally greeted every crew member.

Ruotolo's resume in show business is a long and distinguished one. After working Thursday, Friday and Saturday for SNL, and on the remaining weekdays and off-season for other movies and shows, his stacked schedule kept him busy. Then the Covid pandemic hit, and Ruotolo switched to working for SNL exclusively.

"I go to work with a smile on my face, and I usually leave with a smile on my face," he said. "At 11 o'clock, I still get a sweaty palm. This is a live show and you don't want to goof it up in front of the boss. Lorne (Michaels) is right there, and he is the show." It has been Ruotolo's true pleasure to work for "Saturday Night Live," and, even after 29 years, he always thanks Michaels for letting him "be a part of his crazy spaceship."

"Saturday Night Live" means a lot to millions of people – especially to those who run it. As fans find laughter in

'I go to work with a smile on my face, and I usually leave with a smile on my face.'

Ed Ruotolo

"Saturday Night Live" mic operator

living rooms each weekend, Ruotolo's own chuckles melt into the background every Saturday night. SNL is a cultural memento, one which Ruotolo wants to hold on to just as tightly as he holds his boom mic up. With lights down low, as the cameras go live and the audience begins to clap, listen to Ed Ruotolo getting to work.



GRIN AND ...: An SNL skit? Nope, just Ruotolo interviewing a stuffed bear. Provided photo

HISTORIC LANDMARKS

FIXER UPPER:

Workmen make repairs to Moffat Library's clock tower during an extensive renovations in 2017. In this photo, the copper roof has been installed. Below, one of the original wooden hands

Carol McCrossen photos



Clock tower: W'ville's

From pg. 1

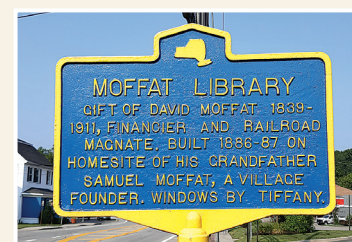
will soon be displayed in the main hallway of the library, once a protective enclosure is built. The display is intended to preserve the legacy and craftsmanship of timekeeping, and to educate visitors on its workings and significance to the village.

Moffat's master timekeeper

One of the men responsible for keeping this remarkable timepiece ticking was Bob Farfalla of Farfalla Clock Co. From the 1960s until 2013, he maintained and cared for the clock's mechanisms, often climbing inside the tower to make various repairs. A tool and die maker by trade, Farfalla's passion for clocks eventually guided him in this new direction.

"I started to gather clocks, buy clocks, learn, fix and repair them. I read a lot of books," he said. Farfalla's clock repair business is located in Goshen, and has been in operation for 49 years.

Over the course of his career, Farfalla, who is entirely self-taught, estimated he has repaired between 40,000 and 45,000 different clocks. "I can't let



In this ongoing series, the *Bloomington Grove Post* highlights Historic Landmark-designated properties and areas in our town, so residents can learn more about the places where our history began. For our fifth article in this series, we look at the Moffat Library clock tower.

it go. I love what I do. I love my customers. I love talking to people, too," Farfalla remarked. "When you love what you do, you don't work."

Farfalla recalls many adventures while maintaining the clock tower, including a memorable story involving the original wooden clock hands. Spinning the tale, he related how in the summer heat, the hands would expand and warp, sometimes touch-



symbol of collaboration

ing one another and stopping the clock. Each time it happened, the library would call Farfalla. The repair was a difficult process. The hands were located outside of the tower, and to reach them, Farfalla relied on community members from the Washingtonville Fire Department for help.

"I had to climb up the ladder of the firetruck," he chuckled. "I couldn't look down because I have a fear of heights."

A lasting symbol

For many in Washingtonville, the Moffat Library Clock Tower is more than just a landmark; it's part of the town's memories. Strong and tall, it has stood during decades of change, celebrations and milestones. Thanks to the dedication of individuals like Bob Farfalla, area resident Russell Hallock, and his father, Russ V. Hallock (who is mentioned in Ward Poche's 1960s article at right) who also worked on the clock for many years, the clock remains for future generations to admire. The clock tower not only stands as a symbol of the collaboration of the people who've kept it ticking through its history – it is the very heart-beat of Washingtonville.



RENEWED: The renovated clock tower as it appeared at the 2017 Grand Reopening Ceremony. Matthew Versweyeld photo

Time marches – and chimes – on

By Ward Poche

Written circa 1960; edited by Jeanne M. Versweyeld

Anyone who has been in Washingtonville for any length of time has to recall with fondness the hourly chiming of the Moffat clock, just as Hurricane and Spitfire pilots of World War II still remember, not so fondly, the ringing of a phone which sent them scrambling after the Germans in the Battle of Britain.

The clock in the cupola of Moffat Library is as much a village fixture as is Russell V. "Russ" Hallock* – the man who gave it a weekly winding and tender loving care for the last 25 to 30 years, after "falling into the job" because no one else was available. Hallock recently gave up the job, which was taken over by Donald Roberts of Washingtonville.

'The clockworks are in a small chamber under the cupola ...'

Winding the clock is more like starting a Model T Ford, because a crank is used to turn two windlasses and raise weights on cables which run the clock mechanism and strike the bell signaling the hour. The clockworks are in a small chamber under the cupola where there is just about enough room for

Roberts to squeeze in for the clock's weekly winding. The path to the tiny room is up a staircase and rickety ladders.

Arrangements of pulleys allow the cables to run the length of the building – which is also the Blooming Grove Town Hall** – and then drop from the attic down to the basement. A series of weights of about 50 pounds each at the end of the cable operate the mechanism, which for all it does, is surprisingly simple. As the clock runs, the cable plays out and the weights drop from the top of the building to a pit in the basement.

Other than not being wound, the only time the clock stops, or slows down, is in the winter when freezing rain or snow might stop the hands from moving. The faces of the clock are unprotected. The hands on the clock faces are all run simultaneously by the one mechanism and a series of gears. One bell does the chiming.

In the case of a stoppage or long slow-down because of weather, the clock has to be reset by ear because a person cannot see the faces of the clock. You have to know the hour and then make adjustments until the chiming coincides with it.

The bell was cast in Baltimore in 1887 and the works were manufactured by the Howard Clock Co. in Boston. A simple sheet of framed instructions is screwed to the wall near the mechanism.

There are some names written in blue carpenter's chalk on the beams in the attic – Charlie Bowman, Benjamin C. Sears, C.B. Jones and another that looks like Barnam. The date beside the writing is Nov. 28, 1886.

As a police officer in the process of keeping his eye on things, Hallock saved the town clock some 10 years ago. Work was being done on the stage of the town hall and during clean up, a workman had thrown the clock weights on a truck of rubbish destined for a dump. He was in the process of trying to remove the cables when Hallock spotted him and put a stop to it.

"Time," he said, "has to march on."

Jeanne M. Versweyeld is the Washingtonville village historian.

*Russel V. Russ Hallock was Washingtonville's sole police officer from 1931 to 1963. You can still see his police booth, which is on display in McLaughlin Square across the street from the library.

**At the time this article was written, the Moffat Library building was also home to some of the town's offices. When the building fell into disrepair in the 1950s and could no longer be maintained by the library, the Town of Blooming Grove "bought" the building for a dollar and continued its operation through to 2013, when it was "sold" back to the library for a dollar. Along with space for the library, the Town located various offices at the building between the 1950s and 2013, including the Town Hall and the Town Recreation Department.



HOOR KEEPER: Although it's no longer in service, the 1887 Moffat clock bell forged by the McShane Bell Foundry in Baltimore is still in its original location in the library attic. Rick Balzer photo

Class of 2025

Graduates receive their diplomas

Photos by Lily Korba
For the Blooming Grove Post

With the close of the school year, members of Washingtonville High School's Class of 2025 are preparing for the next phase of their lives. After twelve years of schooling, they've seen many changes and learned much about academic subjects as well as about themselves.

Graduation ceremonies in Washingtonville took place on Friday, June 27. The day dawned cloudy, but despite the threat of rain, the early evening ceremony was held outdoors as planned. A brief shower did not dampen enthusiasm for the proceedings, and Principal Brian Connolly, delivering his final graduation speech after 15 years at Washingtonville, welcomed students, parents, grandparents and siblings.

He then introduced Class of 2025 president and former *BG Post* editor-in-chief Avery Upeslakis. She addressed her fellow graduates, offering observations about how challenges the graduates will face going forward can be overcome by working together.

Salutatorian Sophie DeCarvalho then spoke. A National Honor Society member as well as a member of the English Honor and the Science Honor Societies, Sophie shared her thoughts about how Washingtonville grads should be mindful of their impact on the world and that they should act with grace and care.

Next to address the students was valedictorian Olivia Tran, also a member of the National Honor Society, the Math Honor Society and the Language Honor Society. She offered insights into her four years at Washingtonville, sharing edifying and occasionally amusing experiences. She reminded her listeners that they should treasure memories of their school years and to take them along as they turn a new chapter in their lives.

After an inspiring speech by the event's keynote speaker, alumnae Colleen Decker, diplomas were handed out and the newly-minted graduates shared hugs and a few tears with their relatives and fellow classmates. The *BG Post* wishes the Class of 2025 well and all the best in their future endeavors, because the future is indeed theirs!

GOOD OMEN: A rainbow forms above a crowd of soon-to-be Washingtonville High School graduates as they await their special moment.

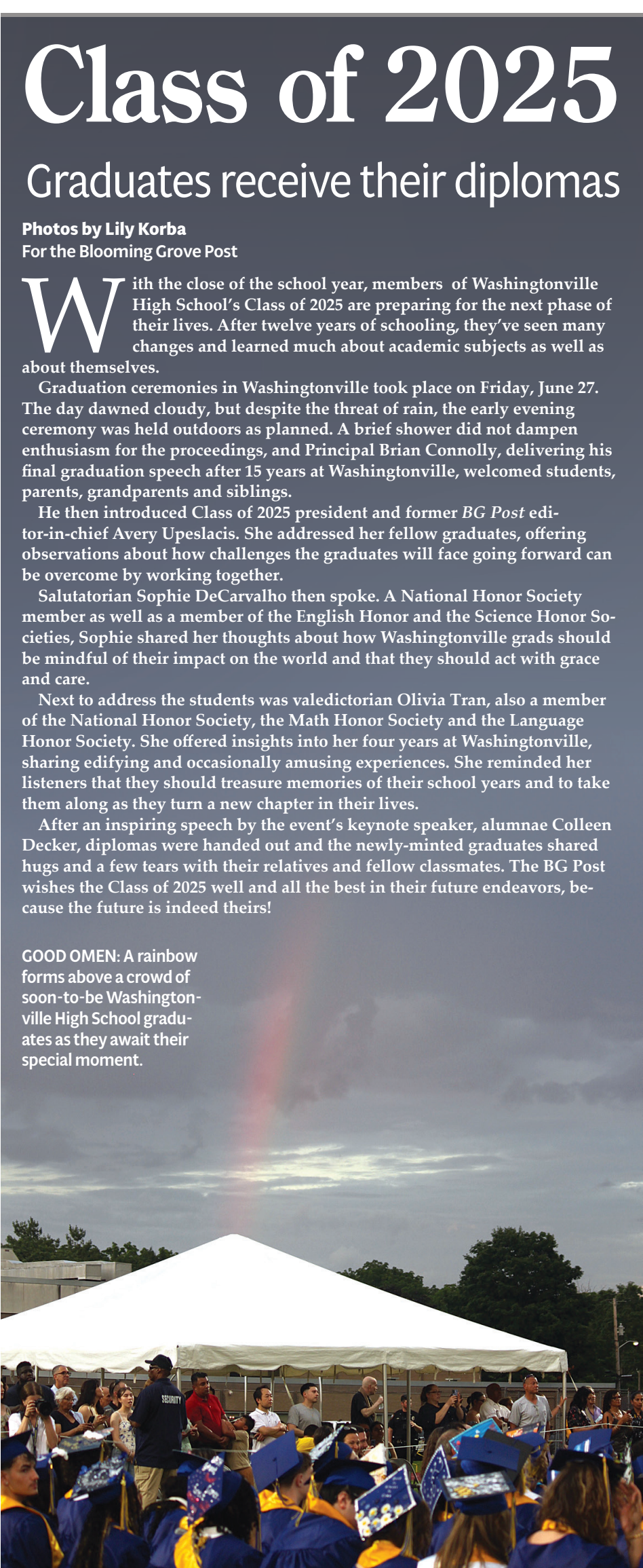
bids farewell to



GETTING UNDERWAY: Washingtonville High School JROTC cadets Pagan, DeFrancesco, Mitchell and Mantali, above, participate in the activation Color Guard ceremony for the Washingtonville High School's Class of 2025 graduation. Wani Miguel, center left, in the procession prior to the ceremony, while, below, a graduate strikes a pose for the camera.

BGP SEEKS RECENT EVENTS

Have you attended a recent event in our area that you'd like to tell us about? Please send a "who, what, where and when" in text format only along with any full-sized photos to bloom-inggrovepost@gmail.com. Also include the event name, a short description and names of individuals in the photos as well as who took them. Include your name and contact information so we can contact you if we have questions. Thank you!



WHS



WORDS OF WISDOM: Valedictorian Olivia Tran reads her graduation speech, left, moving teachers and students alike with her words, while Salutatorian Sophie DeCarvalho, right, takes in the moment as she addresses her fellow graduates in a captivating speech.



FAMILIAL SUPPORT: The Alisca family escorts their graduate across the stage in a heartfelt moment of joy as she receives her diploma from Principal Brian Connolly.



CONGRATS: Mollie Meffert, a dedicated participant in Odyssey of the Mind, shares an embrace with Principal Connolly after accepting her diploma.

BG POST'S OWN: Harvard-bound Avery Upeslacis, below, former *Blooming Grove Post* editor-in-chief, stands up in a crowd of fellow graduates in preparation for her speech.



PROUD ACCOMPLISHMENT: Class of 2025 graduate Sophie Kilcoyne confidently returns to her seat after accepting her diploma.



HIGH SEAS BEAUTY



AHOY, MATEY: In its inaugural January/February 2025 issue, the *Blooming Grove Post* featured the exceptional sculptural work of artist Bill Cypher. At that time, Cypher was working on a major piece, the “Shannon Gail 2,” a five-foot-long, fully-rigged pirate ship. It has now been completed in all its ghostly glory and is on display in the Washingtonville Village Hall at 9 Fair Lawn Drive. It can be seen Monday through Friday between 8 a.m. and 4 p.m. If you missed that issue of the print edition of the *BG Post*, or any others, you can find them at moffatlibrary.org/news/blooming-grove-post. Erin Cypher photo



PROUD HISTORY: Dancers perform in Oaxaca, Mexico, while celebrating Hispanic Heritage Month. dreamstime.com photo

A time to honor Hispanics

By Juliana Serrano
BG Post Student Reporter

From Sept. 15 to Oct. 15, Hispanic Heritage Month is celebrated across the United States of America. It’s a time in which we recognize and honor the culture, history and contributions of Latinos and Hispanic Americans.

Hispanic Heritage Month started as a week-long celebration in 1968, and then grew to its current duration in 1988 with President Ronald Reagan’s approval. The span’s mid-September beginning is representative of the approximate independence date of several Latin American countries, including Mexico, Honduras, Costa Rica, Guatemala and Nicaragua.

During this designated period, people dedicate extra time to learn more about Hispanic traditions, food, music, language and important historical events or people. Some partake by listening to

cultural songs, making staple foods or sharing generational stories. Celebrating Hispanic Heritage Month is important because it helps people understand different cultures and acknowledge the diversity within the Hispanic community itself. Not all Hispanic people are of the same descent or even speak the same kind of Spanish; for instance, accents and regional characteristics differ among people from Colombia, the Dominican Republic, Mexico and Cuba. It is this variety that makes every Hispanic person unique. Hispanic Heritage Month isn’t just about celebrating – it’s also about respecting, listening and learning. Although cultural awareness is emphasized in these thirty days, Hispanic Heritage Month aspires to develop habits that stretch into the other eleven months, working for all nationalities and ethnicities to feel seen and appreciated no matter the time of year. Learn more about Hispanic Heritage Month from the National Museum of the American Latino at latino.si.edu.

PUZZLES

Pete’s puzzlers

Here’s another brain-teasing puzzle from our friend, postman Pete Devitt. You’ll remember that when we stopped by the Blooming Grove Post Office in January to drop off copies of our first issue of the *Blooming Grove Post*, Pete offered us a set of puzzles for our March/April issue. This is his latest brainteaser and, once again, can you guess what the initials mean?

- 1. 9 L. of a C. _____
- 2. 100 Y. in a C. _____
- 3. 28 D. in a L.M. _____
- 4. 1,000 W. that a P. is W. _____
- 5. 200 D. for P.G. in M. _____
- 6. 50 S. in the U.S. _____
- 7. 2,000 P. in a T. _____
- 8. 5 F. on a H. _____
- 9. 3 S. is an O. _____
- 10. 3 P.C. _____

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

WORD SEARCH

- Find this month’s words, selected especially for the fall season
- Acorns
 - Apples
 - Autumn
 - Black cat
 - Chilly
 - Cider
 - Costumes
 - Foliage
 - Football
 - Ghost
 - Halloween
 - Harvest
 - Hayride
 - Jack-o’-lantern
 - Leaves
 - Orchard
 - Pumpkins
 - Raking
 - Scarecrow
 - Skeleton
 - Witch

Stuck? Find the answers to these puzzles on page 15.



THANK YOU *Blooming Grove Post* staffers Jeremy Joseph, left, Carol McCrossen and Joel Solonche present outgoing Editor-in-Chief Avery Upeslacis with a token of appreciation for her time and work on the newspaper, above. At right, outgoing *BG Post* Student Reporter Lara Cunnane receives a certificate of appreciation at the farewell event with staffers.

Joanne DeLuca photos

A fond and grateful farewell

It was with both sadness and happiness that on June 10, the *Blooming Grove Post* held its last official editorial meeting with our outgoing senior student reporters.

Our inaugural Editor-in-Chief Avery Upeslacis and student reporter and photographer Lara Cunnane were both presented with certificates honoring them for their hard work and dedication

to the success of our community newspaper. The adult staff also wishes to thank student reporters Andrew Colaianne and Aidan Geller for their outstanding contributions.

This project would not have gotten off the ground if not for the enthusiasm and commitment of our talented Washingtonville High School students. Thank you, and all the best to you!

A Moffat Library card is your ticket to books, movies and more

This September, Moffat Library invites you to celebrate Library Card Sign-Up Month and discover how a single card can open the door to endless opportunities. With a Moffat library card, you can do more than check out books. From free classes and job resources to homework help, streaming media, and cultural events, today's libraries connect communities to information, inspiration, and

each other.

This year's theme, "One Card, Endless Possibilities," is a reminder that libraries are for everyone - no matter your age, background, or goals. Whether you're diving into a new hobby, searching for your next great read, brushing up on tech skills, or helping your child succeed in school, it all starts with a library card!

At Moffat, you'll find:

- Kanopy streaming movies and TV shows, e-books and databases, such as *Consumer Reports* and *Chilton's Auto Repair* online.

- Free museum passes to places like Storm King Art Center and Motorcyclepedia.

- Programs and events for all ages, from storytimes and tutoring for elementary school-age children to art classes and

tech help.

Getting a library card is free, easy and empowering. It's a gateway to lifelong learning and it's a smart way to stay connected to your community.

Stop by Moffat Library or visit us online at moffatlibrary.org to sign up for your card today. Because with a Moffat Library card, the possibilities are truly endless!

Explore a world of cinema with Kanopy.

kanopy
stream smarter

Start today at kanopy.com

Kanopy Streaming Service

**Available FREE with your
Moffat Library card!**

KANOPY provides Moffat Library patrons with a collection of thought-provoking, thoughtful, classic, educational, and mindful films – a majority of which you actually can't find elsewhere online. This unique collection contains close to **30,000 films and TV series for all ages** – adults, teens and kids! Find the Kanopy app on Apple, Amazon and Google devices, smart TVs or watch online at kanopy.com.

Start watching today at kanopy.com/en/moffatlibrary. To log in, enter your 14-digit Moffat Library card barcode and your PIN.

Questions or assistance? Call us at **845-496-5483, x326** for assistance.

PLACES OF WORSHIP

Please note: Check with the place of worship for updated information. Email listings to bloominggrovepost@gmail.com.

Bethlehem Presbyterian Church
1520 Rte. 94, New Windsor
Denomination: Presbyterian
Services: Sunday, 11 a.m.
845-496-9187

BG United Church of Christ
2 Old Dominion Rd., Blooming Grove
Denomination: Protestant
Services: Sunday, 10:30 a.m.
845-496-9311

Echo Grace Church
(Formerly Grace Community Church)
2839 Rte. 94, Washingtonville
Denomination: Non-denominational
Services: Saturday, 5 p.m.; Sunday, 8 a.m.,
9:30 a.m., 11 a.m., 12:30 p.m.
845-576-0730

El Shaddai Christian Church
26 Hallock Dr., Washingtonville
Denomination: Assemblies of God
Services: Sunday, 9:30 a.m. (English),
10 a.m. (first Sunday of the month),
11:30 a.m. (Spanish)
845-496-3756

Encounter Church
647 Station Rd., Rock Tavern
Denomination: Non-denominational
Services: Sunday, 10:30 a.m.
845-497-0142

First Presbyterian Church
30 Goshen Ave., Washingtonville
Denomination: Presbyterian
Services: Sunday, 9:30 a.m.
845-496-3814

Hope Chapel Mission Church
40 Clove Rd., Salisbury Mills
Phone: 845-496-2475
Denomination: Non-denominational
Services: Sunday: 11 a.m.

Korean Buddhist Temple Wonkaksa
260 Clove Rd., Salisbury Mills
Phone: 845-497-2229
Denomination: Buddhist
Services: Sunday: 11:30 am (in Korean)

Life Changing Word Church
Haitian American Christian Church
30 Goshen Ave., Washingtonville (currently
meeting at the First Presbyterian Church
of Washingtonville)
Denomination: Non-denominational
Services: Sunday, 1:30 p.m.
845-418-2889

St. Mary’s Church
42 Goshen Ave., Washingtonville
Denomination: Catholic
Services: Daily, 9 a.m.; Saturday, 4 p.m.;
Sunday, 7:30 a.m., 9 a.m., 10:30 a.m., noon.
845-496-3730

Unitarian Universalist Congregation
9 Vance Rd., Rock Tavern
Denomination: Unitarian
Services: Sunday, 10:30 a.m.
845-496-9696

Westminster Presbyterian Church
560 Station Rd., Rock Tavern
Denomination: Presbyterian
Services: Sunday, 10 a.m., 2 p.m. (first
Sunday of the month only), 6 p.m. (other
Sundays only)
845-496-7971

MOFFAT LIBRARY CALENDAR

FALL 2025 PROGRAMS

Please Note: All programs take place at Moffat Library unless otherwise noted. Registration is required for all library programs as space is limited. Please register online at moffat.librarycalendar.com.

PROGRAMS FOR KIDS

Jr. Scientist Club (For grades K-5 with an adult
Tuesday, Sept. 16 & Wednesday, Oct. 15, from 5-6 p.m.: Enjoy an afternoon of science and fun with our teen volunteers!

Learning Lab (For grades K-6)
Monday, Sept. 8, 15, 22, 29 & Oct. 6, 20 & 27, from 4-6 p.m. (30-minute sessions): Need extra help with math, reading, or writing? Sign up for a 30-minute session with a certified elementary school teacher! This program is designed to give students individualized attention in a relaxed, supportive environment.

Read to Dogs with Paws for a Cause (For ages 6+ with an adult)
Wednesday, Sept. 24 & Oct. 29, from 4-5 p.m. (15-minute sessions): Build reading skills and confidence by reading to a calm and comforting dog from READ (Reading Assistance Dogs) through Hudson Valley Paws for a Cause Therapy dogs. There will be one dog at each session and 4 appointment slots open.

Books & Babies (for babies 6-23 months with an adult)
Thursday, Sept. 25 & Oct. 23, from 11:30 a.m.-12 p.m.: Our youngest patrons and their grown-ups are welcome to join us to explore early literacy with songs, stories, & playtime.

Playdough Playtime (For ages Pre-school-Kindergarten)
Wednesday, Oct. 1, from 4-5 p.m.: Join us at the Moffat Library for Play-Doh Playtime, a fun and hands-on session for preschool and early

elementary-aged children! Explore creativity while building fine motor skills and early literacy through playful activities with Play-Doh. We'll provide the Play-Doh; you bring the imagination!

STEM Saturday (For ages 8-12)
Saturday, Oct. 11 from 1-2 p.m.: Join us at Moffat Library for STEM activity with tech expert Nick Miller and explore the fundamentals of electronics in a hands-on workshop. We'll be building a fun gadget that each child will get to take home! This interactive session promotes creativity, teamwork, and early confidence in STEM.

Halloween Carnival @ Moffat (For all ages with an Adult)
Friday, Oct. 24, from 7-8 p.m.: Moffat Library opens its doors to kids of all ages & their families for our 18th annual Halloween Carnival presented by the Moffat Library Teen Advisory Board! Come in your costume or come as you are and enjoy Halloween-themed games, prizes & treats for all!

PROGRAMS FOR TEENS

Teen Advisory Board (TAB) Meetings (For ages 13-18)
Tuesday, Sept. 2 & Oct. 7, from 4-5 p.m.: Looking for community service hours? Become a TAB member and attend monthly meetings where teens share ideas and help shape how young adults experience the library by helping to develop new clubs, programs, and events. Earn volunteer hours! Stop by the library to pick up an application today!

Moffat Art Club (For ages 11-18)
Friday, Sept. 19 & Tuesday, Oct. 28, from 4-5 p.m.: Your creative haven within the library's welcoming space! New projects every meeting with local artist Fable Culhane! If you're a high school or middle school student with a flair for art or a desire to explore your creative side, this club is perfect for you!

Dungeons & Dragons Club (For ages 13-18)
Friday, Sept. 26 & Thursday, Oct. 30, from

4-5:30 p.m.: Every session is an epic adventure waiting to unfold! Whether you're a seasoned Dungeon Master or a first-time player, our club is your gateway to the magical world of D&D and tabletop role-playing games.

Super Smash Bros & Mario Kart Tournament (For ages 10-18)
Monday, Sept. 29, from 5-7:30 p.m.: Join us for an exciting evening of friendly competition at Moffat Library! Test your gaming skills, race to the finish, or battle your way to the top in this action-packed tournament. Nintendo GameCube, Wii, & Switch! There's fun to be had and prizes to be won.

Robotics Workshop (For ages 13-18)
Tuesday, Oct. 14, from 5-6 p.m.: Explore core circuitry & STEM concepts in a hands-on workshop, working together to design and assemble electronics projects. Learn to read schematics, build prototypes, and troubleshoot real circuits. Each session offers practical experience with components and fosters problem-solving, creativity, and collaboration.

PROGRAMS FOR ADULTS

Trivia Night with Ant The Trivia Guy (For adults)
Thursday, Sept. 25, from 6-7:30 p.m.: Put your knowledge to the test with Ant the Trivia Guy in a night of trivia fun! Bring a friend or two and get ready to compete!

The 10 Warning Signs of Alzheimer’s (For adults)
Tuesday, Sept. 30, from 6-7 p.m.: Join Sharon Mills-Besheer, Community Educator for the Alzheimer's Association, to learn about the 10 Warning Signs of Alzheimer's and other dementias, and as well as normal expected aging behaviors.

Frida Kahlo Presentation (For adults)
Tuesday, Oct. 7, from 6-7 p.m.: Join art educator Laura Nicholls for a presentation about painter Frida Kahlo to celebrate Hispanic Heritage Month.

GOVERNMENT MEETINGS

Town of Blooming Grove
Town Board meets on the first and third Tuesdays of the month at 7 p.m.
Town Planning Board meets on the fourth Wednesday of the month at 8 p.m.
Meetings take place at Blooming Grove Town Hall, 6 Horton Rd., Blooming Grove
For information and updates, **845-496-5223; bloominggrove-ny.gov**

Village of South Blooming Grove
Village Board meets on the second and fourth Mondays of the month at 8 p.m.
Village Planning Board meets on the fourth Friday of the month at 10 a.m.
Meetings take place at South Blooming Grove Village Hall, 811 Rte. 208, Monroe
For information and updates, **845-782-2600; villageofsouthbloominggrove.com**

Village of Washingtonville
Village Board meets on the first and third Mondays of the month at 7 p.m.
Village Planning Board meets on the second Tuesday of the month at 7 p.m.
Meetings take place at Washingtonville Village Hall, 9 Fairlawn Dr., Washingtonville
For information and updates, **845-496-3221; washingtonville-ny.gov**

SERVICE ORGANIZATIONS

Neighbors for Neighbors Program
Services: Provides local transportation, grocery shopping, wellness calls and friendly visits to neighbors who are over 60 who are residents of Blooming Grove, Washingtonville, Salisbury Mills and South Blooming Grove.
Information: **845-325-8775**
To volunteer: **845-341-1173, ext. 305**, or email **volunteer@jfsorange.org**

Country Kids Food Pantry
Services: Provides food to families within the Washingtonville Central School District.
When: Food is distributed on the first and third Wednesday of each month from 3-6 p.m. Upcoming 2025 distribution dates: Sept. 3, Sept. 17, Oct. 1 and Oct. 15.
Location: The Food Pantry is located at 2 Father Tierney Circle, Washingtonville.
To Register: Contact Val Palmer at **845-496-2119**.
To donate: Non-perishable food items can be placed in the blue or red box on the Pantry's front porch. For perishable items, please bring them on a distribution day so they can be frozen or refrigerated.
To volunteer: Visit **countrykidsfoodpantry.com/how-to-volunteer**.
Blooming Grove Chamber of Commerce
Services: Protecting and promoting the local

business community by helping business owners network and grow.
Where: The Blooming Grove Chamber meets at various locations in the Town of Blooming Grove.
Information: To become a Chamber member or to find out more about the Chamber, email **membership@bloominggrovechamberofcommerce.org** or go to their website at **bloominggrovechamberofcommerce.org**.
Humane Society of Blooming Grove
Services: The Humane Society of Blooming Grove is a nonprofit animal shelter located in Washingtonville. It has been in existence since 1975 and is dedicated to giving shelter to unwanted and abandoned animals. It currently serves the Town of Blooming Grove, including the villages of Washingtonville and South Blooming Grove.
Where: The Humane Society of Blooming Grove is located at 2741 Rte. 94 (mailing address is PO Box 226), Washingtonville, NY 10992.
When: The shelter is open Thursdays, Fridays and Saturdays, 9 a.m.-5 p.m.; Sundays, 9 a.m.-2 p.m.
Information: Call **845-496-6199**, e-mail **bghumanesociety@gmail.com** or go to the Society's website at **humanesocietybg.com**.
To volunteer or donate: Go to **humanesocietybg.com/how-you-can-help.html**.
More Services, pg. 15

It’s a great month to sample vegetarian cuisine

By Joel Solonche
BG Post Associate Editor

Have you been to Walmart, Michael’s or Walgreen’s lately? If you have, you couldn’t miss what holiday stuff is already on display. That’s right – Halloween costumes, Halloween candy, Halloween crafts, all stuff Halloween. Amazingly, October is just around the corner, but October means more than carving jack-o’-lanterns, dressing in scary costumes and going trick-or-treating. It means peak fall color in the Hudson Valley, apple picking at our local orchards, Indigenous Peoples’ Day and the World Series. However, here’s something you may not know – October is also National Vegetarian Awareness Month.

People think going vegetarian is simply omitting meat from your meals. Actually, it’s not quite that simple. Although all vegetarians eat fruit, vegetables, grains, dried beans and peas, nuts and seeds and all abstain from red meat, there are significant differences among them:

- A lacto-ovo-vegetarian diet includes dairy products (milk, yogurt, cheese, etc.) and eggs in it.
- The lacto-vegetarian diet includes dairy products, but no eggs in it.
- An ovo-vegetarian diet includes eggs, but no dairy products in it.
- A pesci-vegetarian diet includes fish.
- The semi-vegetarian diet includes both fish and poultry.
- Vegan is the most restrictive diet and only includes food from plant sources. No eggs, dairy products or honey are permitted.

A vegetarian diet may be more restrictive than what you’re used to, but there are many benefits that these diets can provide. Adhering to a well-planned diet that incorporates a variety of fruit, vegetables and grains will provide all the nutrients your body needs. The Academy of Nutrition and Dietetics states that a properly planned vegetarian diet is “healthful, nutritionally adequate and provides health benefits in the prevention and treatment of certain diseases.” Vegetarian diets offer lower levels of saturated fats and cholesterol, and have higher levels of fiber, along with important antioxidants like vitamins C, E and phytochemicals.

In case you’re wondering, there have been – and are – many famous vegetarians, including Pythagoras, the Buddha, Leonardo da Vinci, Tolstoy, Franz Kafka, Einstein, Mahatma Gandhi, Paul McCartney, Billie Eilish, Lizzo, Alicia Silverstone, Ariana Grande, Joaquin Phoenix, Natalie Portman and Jessica Chastain.

If you’ve been thinking about experimenting with a vegetarian diet, this is the time to do it. For starters, you can try one or both of the recipes here. The



SWEET STACK: While a breakfast of lacto-ovo-vegetarian Pumpkin Pancakes does use milk and eggs, the cakes are so tasty you won’t miss the bacon or sausage. dreamstime.com photo

pumpkin pancake recipe is perfect for an October breakfast, as its chief ingredient is pumpkin. Because Sept. 15 to Oct. 15 is National Hispanic Heritage Month, we also have an easy and healthy vegetarian pilaf made with quinoa, one of the sacred grains of the Incas. Bon appétit!

PUMPKIN PANCAKES

Total time: 15 minutes
Yields: 4 servings

Ingredients

- 1 cup all-purpose flour
- 1 cup whole wheat flour
- 1 Tbsp. baking powder
- 1 tsp. pumpkin pie spice
- 1/2 tsp. baking soda
- 1/2 tsp. salt
- 1 cup whole milk
- 1/2 cup pumpkin purée
- 3 Tbsp. brown sugar
- 2 large eggs
- 2 Tbsp. vegetable oil
- whipped topping (optional)
- chocolate chips (optional)

Directions

1. In a large bowl, whisk all-purpose flour and whole wheat flour, baking powder, pumpkin pie spice, baking soda and salt.
2. In small bowl, whisk whole milk, pumpkin purée, brown sugar, eggs and vegetable oil. Stir into flour mixture until almost smooth.
3. Lightly grease 12-inch nonstick skillet; heat on medium until hot. In batches, scoop batter by 1/4-cupfuls into skillet, spreading to 3 1/2 inches each. Cook 2 to 3 minutes, or until bubbly and edges are dry. Turn, cook 2 minutes or until golden.
4. Drizzle with syrup. Create “ghosts” with whipped topping; add chocolate chip “eyes.”

PRONTO QUINOA PILAF

Total time: 25 minutes
Yields: 6 servings

Ingredients

- 1 Tbsp. olive oil
- 1 medium onion, finely chopped
- 1/2 red bell pepper, finely chopped
- 1 clove garlic, minced

- 2 Tbsp. pine nuts
- 1 cup quinoa, rinsed until the water runs clear
- 4 cups water (for a richer pilaf, cook the quinoa in vegetable stock instead of water)
- 1 Tbsp. chopped fresh flat-leaf parsley

Directions

1. Heat the oil in a large nonstick skillet over medium heat.
2. Add the onions, bell peppers, garlic and pine nuts. Cook for four minutes, or until the onions are soft but not brown.
3. Add the quinoa and cook for one minute.
4. Stir in the water. Season with salt and black pepper.
5. Bring the mixture to a boil over high heat.
6. Reduce the heat to low, cover and simmer for 20 minutes, or until the quinoa is tender and the water has been absorbed.
7. Add the parsley and fluff the quinoa with a fork.

Sources: The pancake recipe comes from Good Housekeeping Test Kitchens, online at goodhousekeeping.com. The quinoa recipe comes from Steven’s Raichlen’s Healthy Latin Cooking, Rodale Press 1998. Find it and other cool cookbooks in the cookbook section at Moffat Library, moffat.aspendiscovery.org/?browseCategory.

PUZZLE ANSWERS

SEPTEMBER/OCTOBER WORD SEARCH

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

PETE’S PUZZLER

- | | | |
|--|---|------------------------|
| 1. 9 lives of a cat | 5. 200 dollars for passing Go in Monopoly | 8. 5 fingers on a hand |
| 2. 100 years in a century | 6. 50 states in the United States | 9. 3 strikes is an out |
| 3. 28 days in a lunar month | 7. 2,000 pounds in a ton | 10. 3 primary colors |
| 4. 1,000 words that a picture is worth | | |

It was a memorable season for WHS tennis

‘Final Four’ Wizards made history

By Giovanni Berchielli
BG Post Student Reporter

This year on the Washingtonville tennis courts, the season wasn't just about winning matches – it was about making history. With a fourth-place finish at the state tournament, the Wizards not only surpassed all expectations, but cemented themselves in school history.

The journey began with confidence, as most players practiced year-round in preparation for the season. Led by coach Matthew Anastasi, an English teacher at Washingtonville High School, the team quickly started to rack up wins and would clinch their division undefeated.

After going on to win counties, sections and regionals, the team found itself with a spot at the NYSPHSAA Final Four, marking the first time a Section 9 team has gotten past regionals. They were the clear underdogs, but that didn't stop them from training relentlessly.

In balancing the “work” and “play” aspects of their sport, the WHS tennis boys had many memorable experiences. From enjoying an overnight trip to Queens to having the opportunity to play on the US Open Courts (as that is where the state championships are held), the Wizards had a remarkable run and a great time in the process.

Unfortunately, as the fourth seed in

the competition, the Wizards had to play the two-year defending state champion, Syosset, and were ultimately eliminated.

“From the ride down to the city and just walking a few blocks in Queens, the entire trip was a ton of fun. I guess the whole process was just so enjoyable because of our exceptional team chemistry,” team member Alex Triantafillou commented.

“It feels wrong to say it wasn't about the sport – because it was. But the part I'll always remember was the friends I made along the way. To be honest, though, it felt so natural making it that far. Together, we had grown familiar with winning

‘Together, we had grown familiar with winning and this was just the next step ...’

Alex Triantafillou
WHS Tennis Team member

and this was just the next step, and that definitely took a lot of pressure off preparing. We were experienced and had nothing to lose,” he said.

Ending his senior year with a bang, Alex sees the team's shared triumph as “something to be proud of,” and certainly, the team's dedication and statistics speak for themselves.

For Washingtonville Tennis, this season truly was an unforgettable one, as the team ended with a record of 17-1 – the best in school history. Their success this year is owed to so many people, but mainly to their coach, Mr. Anastasi, who gave everything he had to his players before, during and after their spring season.

In an interview with this reporter – who also happens to be a proud member of the Final Four team – Coach Anastasi had this



TEAM CHEMISTRY: The 2025 Varsity Tennis Team from Washingtonville at their final match of the year at the US Open Tennis Center in Queens, NY, in June. Giovanni Berchielli photo

to say.

“Making the Final Four really solidifies the work that this current group of varsity athletes has put in over the years, and I think it was a really nice opportunity and reward that they have earned.” Un-

doubtedly, this reporter knows from personal experience how amazing the team is and how rewarding all the hard work has been. He reminds everyone they'll be back on the court next year, better than ever.

SERVICE ORGANIZATIONS

From pg. 15

Blooming Grove Senior Bus Program

Services: The Blooming Grove Senior Bus services all residents over 60 years of age within the Town of Blooming Grove, including those in the Villages of South Blooming Grove and Washingtonville. This program is partially funded by the United States Administration on Aging, the NY State Office for the Aging and the Orange County Office for the Aging. Please Note: The Bus will pick up passengers at home at the time scheduled when reservations are made. All services require reservations with 24-hours notice which can be made by calling 845-496-4411 Monday through Friday. Seniors are requested to donate \$1 upon entering the bus (each way). Once all passengers are loaded, the bus will proceed along its route to the pre-identified location of that trip. Please note that all trips are subject to change and trips can be canceled due to lack of ridership.

Schedule for Wednesdays: Monroe Shopping to Walmart; Target shopping area; Woodbury Commons; ShopRite and Stop & Shop and other area stores.

Schedule for Thursdays: Vails Gate/Newburgh Shopping including Price Chopper; Walgreen's;



bloominggrove-ny.gov photo

ShopRite; Walmart; Kohl's; Adam's Fairacre Farm; other area stores.

Schedule for Fridays: Monroe shopping to Walmart; Target shopping area; Woodbury Commons; ShopRite and Stop & Shop and other area stores.

Info: For more information or to make a reservation, call 845-496-4411 or go to townofbloominggroveny.com/Departments/Senior-Bus.

Kiwanis Club of Washingtonville

Services: Kiwanis is a global organization of volunteers dedicated to changing the world, one child

and one community at a time. The Kiwanis Club of Washingtonville was chartered in February 2015 with 37 members. We are a group of community-minded citizens whose focus is to improve our community.

Where: Meetings of the Kiwanis Club of Washingtonville are held at the Blooming Grove Senior Center located at 6 Horton Dr., Blooming Grove (Mailing address is PO Box 397, Blooming Grove, NY 10914).

When: Meetings take place on the first and third Mondays of the month at 7 p.m. at the Blooming Grove Senior Center. Featured speakers present informative and educational programs during the member meetings. For more information, email Kiwanis at kiwanisclubofwashingtonville@gmail.com or call or text 845-728-1376.

WHS's Community Service Club

Services: Cultivates a collaborative environment of civic-minded student volunteers focused on improving school and local community through events such as Adopt-A-Family, Coffeehouse, weekly recycling, drives for food, books, gifts, clothing, holiday or personal care items, and creating cards for distribution to senior citizens, veterans and hospital patients.

BG POST LOOKING FOR ORGANIZATIONS

For the benefit of our readers, we are planning to create a list of local nonprofit organizations and the services they provide. If you are a member or know of an organization that serves the residents of our area, please send all pertinent information including full name of organization; contact name, phone, email; services they provide; and any other information to bloominggrovepost@gmail.com. Thank you!

Where: Cafeteria, Washingtonville High School, 54 W. Main St., Washingtonville

When: The club's monthly afterschool meeting dates are announced on Google Classroom (code vsci6fg).

To volunteer: Every student is welcome; email advisor at efrey@wcsdk12.org or president at ckorb07@wcsdk12.org