

A Publication of the Southern Westchester BOCES Center for Career Services

Special partnership helps culinary students learn, help community

The culinary program has partnered with Caritas of Port Chester. Students will prepare food to be served at the soup kitchen.



Faced with the need to prepare 250 pounds of sole, 300 pounds of venison and 300 pounds of Brussels sprouts might be enough to cause an aspiring chef to run out

of the kitchen screaming. However, not the students in the Culinary Arts program at Southern Westchester BOCES. They viewed it as a challenge – one that would improve their cooking skills and help the community.

Prepping hundreds of pounds of protein and vegetables was part of a new partnership between the culinary program and Caritas of Port Chester, a soup kitchen that provides two meals a day during the week to those in need.

Students received the food from the organization and were responsible for deciding what recipes would be best to prepare using the available ingredients. They cooked up batches of stews, soups and meatloaf with the venison. They filleted the sole, breaded it and sealed it so it would freeze well. They also chopped the abundance of sprouts.

"We set up an assembly line," said Chef John Damiani, adding that it took both his

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morning and afternoon classes a day and half to prepare the food during one week in January.

Student Sean Gooden said he viewed the several hundred pounds of food that needed to be prepared as a mission for him and his classmates to conquer.

"It had to get done," he said. "We made sure it was made with love. I hoped they enjoyed it."

This is the first time the culinary program and Caritas of Port Chester have worked together. This impressive operation will not be the last as both hope to continue the partnership into the future.

"It's a wonderful partnership," Chef Damiani said. "It's really amazing. My goal is to have our students visit the soup kitchen and serve the food they prepared."

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A Message from the Director



The hard work of our students and staff has continued throughout the year and many have had amazing opportunities to learn from experts.

Brooklyn-based artist Amanda Browder visited campus to work with students in our Fashion Design and Merchandising class. Ms. Browder creates large, public fabric art pieces, and our students helped to sew large swathes of fabric together that will become one of Ms. Browder's pieces to be displayed at the ArtsWestcher building in White Plains later this spring.

Several of our young male students had an opportunity to participate in the My Brother's Keeper event. It was a day of inspiration and motivation for the young men who gathered at the Westchester County Center as part of the MBK Youth Leadership Summit 2019.

Our Commercial Art students were out in the community sharing their amazing work. Through a collaboration with the White Plains Public Library, students were able to have their work on display in the teen space.

Our Cosmetology students benefitted from a visit from Drew Suza, a platform artist with Pretty in a Minute. Mr. Suza demonstrated the many products his company has to help stylists do their best work. Students also had an opportunity to use the curling irons and hair care products on their own.

We have all been impacted by the coronavirus this spring, and I thank the administrators, staff, students and their families for their patience and flexibility as we navigate through these unprecedented times. We are doing everything we can to ensure our students and staff are safe and remain healthy.

Our long-distance learning program is up and running and we encourage our students to visit our website and find the course work for their specific class.

It is difficult to know where we will be once we resume our normal schedules, but we know that we will all come together as we navigate whatever the future may bring.

#BOCESStrong

Sincerely, Dahlia A. Jackson

Director, Southern Westchester BOCES Center for Career Services

Special partnership helps culinary students learn, help community

COOKING FOR A CAUSE, cont'd from page 1

Caritas of Port Chester began operating out of a local church more than 20 years ago with a once-a-week soup dinner. The soup kitchen opened in 2003, expanding to serve breakfast and lunch on weekdays. In 2012, it received its non-profit status and adopted its current name. It also operates a food pantry on Wednesdays and Saturdays.

During lunch on Feb. 5, Bill Cusano, the executive director of Caritas of Port Chester, said the soup kitchen served the fish that BOCES students had prepared and froze for them. They had seven trays of fish ready that would feed more than 200 people.

Flexibility is key to the work that the pantry and students are doing, Mr. Cusano said. The soup kitchen does not always know ahead of time what foods will be available to them. They collect perishable foods from area grocery stores that are near their expiration date that the store can no longer sell. They also get an assortment of donations from individuals and other agencies, such as Feeding Westchester. In addition, they sometimes receive food from hunters due to a state program that enables fresh game to be donated. Nevertheless, the particulars – how much food, what type of food and when they will receive the food – are all variables.

Because the soup kitchen does not have much storage space, it must decide what to do with the perishable food they receive as quickly as possible. By working with the culinary program, Mr. Cusano is able to reach out to the chefs there and let them know what food he has available. The chefs then decide what they can do with it and how the students can incorporate the recipes and preparation into their curriculum.

With the aforementioned fish, Mr. Cusano said his program is grateful that it was prepared and ready to go. On the day it was served, he was short-staffed; however, all the volunteers had to do was take the fish out of the freezer and cook it. There was enough food that several clients could take some home for another meal.

"The benefit to us is we can serve more people," Mr. Cusano said, explaining that the food is already prepared before arriving at Caritas of Port Chester, which cuts down on



Culinary students prepped fish filets to serve at Caritas of Port Chester.

the time it takes before they can serve it.

In addition, the partnership enables a wider variety of meals to be prepared and served.

"It's something more creative that our guests normally wouldn't have," Mr. Cusano said. "We have more variety and the folks love it."

"I like to give back to people," Sean said about the partnership, in which students also earn work-based learning hours.

"It's like a blessing to be able to help others," added fellow student Jaylen Anderson. "If you are struggling that hard, you would want someone to do that for you."



For juniors and seniors it may take some time for them to determine what they hope to pursue in the future. There are so many options to consider, they can sometimes use some assistance.

During a recent visit to the Southern Westchester BOCES campus, Constance Barnes, a technical career coach at CUNY Lehman College, talked to students about the opportunities available to them at her school and offered suggestions as to how to best manage their future educational opportunities.

A graduate of Lehman herself, Ms. Barnes now works for the Bronx-based college and is responsible for encouraging businesses to consider Lehman graduates. She does this through a number of networking opportunities for both students and hiring managers. In addition, she helps to coordinate internships for students and has placed some at Equinox Gym, Capital One, Knowledge House and more. "My job is to go into the city and say 'come out to the Bronx, see my students,'" she said.

The college offers a number of majors, with nursing being ranked second in the state and 10th nationally as well. There are also



LEHMAN COLLEGE REPRESENTATIVE HIGHLIGHTS PROGRAMS

Constance Barnes, a technical career coach at CUNY Lehman College, talked to students during a recent campus visit.

a number of clubs offered pertaining to specific majors too, including the Association of Latino Professionals for America, or ALPFA.

Although she spoke with several juniors, she encouraged them all to look into joining

clubs on campus, such as SkillsUSA, or even those in their hometown or at their church. This can also include playing a sport, volunteering or being active in theater. Participation in these types of activities is important, as it can help an applicant stand out.

"Start to look at these things now so you have them in the back of your mind so you are ready to go," Ms. Barnes said.

Lehman has a wide variety of students, and many are immigrants or come from low income households. Many start their post-high school educations at a community college and transfer to Lehman. Some may consider these conditions obstacles to obtaining a degree, however Ms. Barnes assured, there are many scholarships to help with costs and counselors who can help guide and direct any student needing assistance.

Finally, Ms. Barnes encouraged students to visit Lehman, or any school they are considering.

"Go visit, find someone on campus, a counselor, ask questions make that connection," she said. "When you apply you can say I visited you when on campus, that may be an advantage when you apply." A Publication of the Southern Westchester BOCES TOOS Center for Career Services

COLLISION STUDENTS:

NEXT UP



A HUMVEE AMBULANCE

As they stood outside of the Collision Technology garage students marveled at the large green vehicle parked there.

"Can I drive it?" one student asked.

"No," teacher Paul Casagrande responded matter-of-factly.

It would be Mr. Casagrande who drove the vehicle a few feet into the garage, after enough air had been let out of the tires so it would fit inside.

It will be the students, however, who do the exterior work of transitioning the Humvee ambulance from a military-grade one to one that will be used by the City of Rye Police Department.

"It's awesome, I want one," Mr. Casagrande said echoing some of the comment's students had made upon first seeing it.

This is the second project the collision technology students have undertaken for the Rye Police. Last year they finished painting a Chevy Tahoe in the black and white colors of the Rye police fleet. That vehicle was slated to be used for the department's Auxiliary Police Unit.

"The students worked on the vehicle last year and did a terrific job," Lt. Scott Craig of the Rye Police Department said. "When we picked up that vehicle, we told Paul (Casagrande) about the other vehicles we had through the program and thought it would be a great opportunity to tackle a Humvee.'

Like that first vehicle, the Humvee was obtained through the Law Enforcement Support Office, or LESO 1033 program, which enables law enforcement departments to obtain military surplus vehicles for their fleet.

The 2012 Military Humvee, which had been deployed as an active duty ambulance, was brought to campus on the back of a tow truck. The plan is for students to sand, scuff, clean and paint the vehicle. They will work on the exterior only, painting it all black. They will leave the bright red crosses on the sides, back and roof of the Humvee as a nod to the vehicle's former use as an ambulance.

The Rye Police Department plans to use the Humvee in emergencies, such as extreme flooding situations, Lt. Craig said.

"The fact that we are a coastline community, when a major storm or hurricane hits, we are prone to flooding and a vehicle like this will allow us to get through deep water to help in rescue operations and transports," he said.

"It's bigger and more exciting," Mr. Casagrande said of this project, compared to the previous one with the Rye Police Department. "The students are buzzing all over it," he noted, watching as students looked the vehicle over, both inside and out, and made comments about how "cool" the Humvee is.

Lt. Craig also noticed how excited the students are when working on these types of projects.

The excitement we see from the students when we drop the vehicles off and the pride they have when we pick up the vehicle speaks volumes," he said.

"It allows the students the opportunity to work on vehicles that they would not normally have access to, it allows us to have vehicles added to our police fleet with the proper identifying color scheme and lastly it gives us an opportunity for police officers and students to bond over a common interest," Lt. Craig continued.

There was a lot of buzz when the Humvee arrived on campus on Jan. 14. Several students commented on its size and were curious about its history.

"I thought it was huge," Joey Aratingi, a senior at Edgemont High School said. "I was not expecting that. This is going to be a fun project."

"I'm excited for the Rye Police Department, it's a good investment for them and exciting project for us," Joey continued.

"It's going to take alot more time, but it's definitely going to be fun," Chris Orellana, senior at Sleepy Hollow High School, said. "It's just really putting the skills you have, doing what you've got to do and doing your best on it."

"I didn't expect something as big as this," commented Robert Young, a student with Southern Westchester BOCES.

"It's good experience for us."

Each class, both the morning and afternoon sessions, will be divided into small groups responsible for painting a certain section of the vehicle.

These types of projects have two factors that benefit students, Principal James Matera said. It provides an opportunity for students to work on a community service project while also raising awareness about technical education. It also enables students to have a positive interaction with police.

There is also a practical side, the principal noted. Students have

an opportunity to hone their skills. In a way, he said, they are learning how to interact with customers.

"It's a cool project," Mr. Matera said.

Students take a closer look at the military Humvee they will be refurbishing.

Fashion follows the headlines



Following the ban on single-use plastic bags, Fashion Design and Merchandising students sewed fabric tote bags.



With all the news about coronavirus, **Fashion Design and Merchandising** students created face masks.

Students in the Fashion Design and Merchandising classes have been busy the last few weeks working on projects pulled straight from the headlines.

On March 1, a new law went into effect in New York which put a ban on single-use plastic bags.

In response, students sewed more than 20 fabric, reusable tote bags. They will be distributed to each classroom at the Southern Westchester BOCES Center for Career Services. The idea was suggested by Chef Peter Tomaskovic, who thought the totes would be useful for the popular breakfast sandwich Fridays. Each Friday the culinary students make and sell breakfast sandwiches and now students will be able to carry several of the orders back to their classrooms.

The washable totes are all made out of corduroy and were purposefully made larger to carry more items. There are laundry facilities on campus that will be available for use to clean the totes.

Teacher Carmen Galiano had students incorporate gussets, or pieces of material that help expand an item.

"It's a great project for beginner students because it's all straight lines," Ms. Galiano said.

In addition, as school, state and health officials grapple with the impact of the novel coronavirus, or COVID-19, students worked on a project relating to this health issue.

Using extra scrap material, they sewed a number of colorful face masks. Although not guaranteed to offer complete protection from any virus, the masks can be used as a barrier to airborne germs. In past viral outbreaks in Asia, residents there began to use surgical masks, that quickly morphed into more fashionable options and the trend continued. Even some celebrities, Ms. Galiano said, took up wearing more decorative protective masks.

Students have sewn a number of masks in a variety of colorful fabrics. They have a simple structure that covers the nose and mouth and are held in place with elastic. These too are washable.

"Fashion is a reflection of what is going on around you," Ms. Galiano said.

Students at the Center for Career Services collaborated in creating a fun and fanciful BOCES Boutique, selling gently used items.





The second BOCES Boutique had Valentine's Day flair and sold items including card, chocolate and carnations.

BOCES Boutique back up and running for Valentine's Day



Once again, Room B112 was transformed from a conference room to a Boutique, this time with a Valentine's theme. There were bargains galore on clothing, shoes, handbags, ties, jewelry and even a selection of Valentine cards and candy. Cupid could also pick up a heart-shaped balloon or carnation too!

This is the second time the pop-up store has opened for students and staff to shop at. Several classes collaborated to create a delightful shopping experience by decorating the room with a Valentine's Day theme, dressing mannequins and manning the cashiers table. There was even live music provided by Kevin Castro from the sound production program.

Proceeds from the Boutique will go toward SkillsUSA.

BOCES student working towards her dream to be a cop



As a little girl, Leslie Patino attended a Halloween parade with her mother. She was dressed up in one of her favorite costumes — a police

officer. During the event, a local police officer noticed her and handed her a plastic police badge, looked her in the eye and told

her he knew one day she would be a police officer too.

"Being a cop is one of my dreams," Leslie, a junior at Sleepy Hollow High School, said. "When I heard about the Security, Law and Policing program at the Southern Westchester BOCES Center for Career Services, I automatically said I was going. I didn't have to think about it."

Leslie said the field of law enforcement appeals to her sense of adventure and the thrill one gets from being in challenging situations.

Since the start of the school year she has been learning many of the skills she will one day need including how to handcuff suspects, fingerprint an individual and conduct searches.

As a member of the Greenburgh Police Department Explorers Post, Leslie said, she learns many things in her class at BOCES

that are later taught in the Explorer program too.

"I learn it at BOCES and I know what to expect when I go to the academy," she said.

Learning skills that will benefit her work in the future was one of many things that inspired her to attend BOCES, along with the no one knows anyone, then you become friends," she said. "I have a lot of friends from BOCES now. It's not just for the class or program, you are also meeting a whole new group of people and working with them, hands on, it's good."

Leslie and her fellow Sleepy Hollow BOCES

students meet before school begins to catch a bus to the Valhalla campus. They spend two-and-a-half hours in their respective programs, before being bussed back to their home school for their regular classes.

"When I go back to Sleepy Hollow, it's depressing," Leslie said. "I miss BOCES and the schoolwork there.'

She also misses her teacher, Ray Sulla.

"He's the best," she said. "I don't know

what it is, but ever since the first day, I've had a good feeling about him. He knows what's what and he makes sure everybody is on track."

Leslie is still considering her options for the future before she becomes a police officer. She is trying to decide between earning her associate degree or joining the Air Force for two years.



Junior Leslie Patino travelled to Albany with BOCES Leadership to meet with assembly members to discuss supporting BOCES programs.

hands-on approach used in the classroom. In addition to the focus on law enforcement that she enjoys so much, Leslie said an added benefit of attending BOCES was the opportunity to meet new people.

"You are meeting people from a whole bunch of schools in the districts. It gives you a feeling of opening up to other people more because you are in a classroom where



Aspiring police officer Leslie Patino learned how to

take fingerprints in her Security, Law and Policing

class at the Center for Career Services.

Students earn fourth and fifth place prizes at auto competition

A select group of Automotive Technology students made their mark at a competition sponsored by the Greater New York Automobile Dealers

Association. They took home fourth and fifth-place prizes.

Students Giovanni Triolo and Brian Tejada worked together through several stations at the competition that required different skills and were awarded a fourth-place prize. Nicolas Renzo joined them as an alternate and was kept busy with his own tests.

In addition, Victor Aquino and Paolo Renzo

returned from the competition with a fifth-place prize, with Nicolas again serving as an alternate.

Participants were tested on heating systems, transmissions and finding the specs of different type of cars in a competition consisting of both mechanical components and writing.

In addition to a trophy, winners received hats, t-shirts and a Snap-On screwdriver. They also came away with a \$2,000 Lincoln Technical Institute Whitestone Scholarship, a \$2,000 Lincoln Institute East Windsor, CT Scholarship and a \$500 Ohio Technical College Scholarship.



Junior Cosmetology students participated in an educational demonstration from a local beauty trainer from the Hott Salon, based in Rye Brook and Armonk. In 2016, they were voted the best salon in Westchester County. According to instructors, Yolanda Lopez and Teresa Galitello, this opportunity was very timely as students are preparing for their junior exit projects.

A Publication of the Southern Westchester BOCES TOOLS Center for Career Services

A closer look at construction jobs during Construction Career Day



During Construction Career Day students got to try their hand at soldering.



There was a whole lot of shaking going on during a jack hammer demonstration.





Construction Career Day was an opportunity for students to try several different skills and learn more about apprenticeships.

Welding is not as easy as it looks. Fortunately, there are ways to learn the skill using virtual reality.



From plumbers and electricians to painters and bricklayers, there was an abundance of representatives from a number of different trades at the Hudson Valley Construction Career Day.

Students in the Construction/Electrical and other programs at Southern Westchester BOCES spent the day learning about future job and training possibilities in the trades at the annual event, held at Rockland Community College.

Donning hard hats, they joined close to 1,000 students from the region. Others tried their hand at a number of trades. Some slathered mortar on a stack of bricks at a booth hosted by the International Union of Bricklayers & Allied Craftworkers Local 1 New York, others tried their hand at soldering, and some ended up with a whole lot of shaking going on when they tried a jackhammer. Junior Aileen Cuello tried just about everything.

She put on gloves and safety glasses and soldered some metal. Later, she was laying bricks and she even wielded the controls of a bucket loader.

"I am a hands-on person," Aileen said. "It's always good to expand your mind. You never know what is going catch your attention."

Aileen is a BOCES student in the Architecture and Interior Design program. She joined the program because she enjoys drawing and has found the class fun. She is thinking of becoming a radiology technician.

The event is hosted by the Construction Advancement Institute of Westchester & Mid-Hudson. Students were informed that there was a myriad of opportunities to learn a trade first by becoming an apprentice, and eventually work their way up the ranks to a journeyman, foreman and superintendent.

"We are not a job, we are a career," Joe Dullea of Local 21 United Association of Plumbers & Steamfitters told the students. "You can leave, come back. You will always have your training."

Several unions offer apprentice opportunities and will pay for students to go to college while they work.

"It's like winning the lottery," Mr. Dullea said.

Ryan McCarthy, a Construction/Electrical student and junior at Pleasantville High School, was at the event for the first time.

"It was interesting to me," he said, adding he plans to go right to work after graduation.





The Katonah Museum of Art Young Artists 2020 exhibit is an opportunity for high school students to share their work. Several Commercial Art students had their work on display.

ON THE WALLS FOR ALL TO SEE Commercial Art students participate in KMA student exhibit



For the second year in a row several students in the Commercial Art program at Southern Westchester BOCES Center for Career Services had

their work on display as part of the Katonah Museum of Art Young Artists 2020 exhibit.

The exhibit is comprised of work done by almost 400 high school seniors from schools in Westchester, Duchess, Putnam and Fairfield counties.

Senior Angelina Forgione from Harrison High School selected a self-portrait for the show.

"For me it was my best work," she said. "I didn't know I could do that until I tried it," she commented on how she surprised herself.

"It's mind blowing for me," Angelina said of having her work on public display. "I never saw myself going into art."

Angelina was among a select group of art students who had the opportunity to participate in the Young Artists Graphic

Design Workshop that took place ahead of the exhibit. She said students worked to create a logo for this year's exhibit.

"It was interesting, everyone had different ideas," Angelina said.

Liam Bravo, a senior at Rye Neck High School, submitted a Dignity for All Students Act, or DASA,

Commercial Art students from Southern Westchester BOCES Center for Career Services were well represented at the art show. project, a poster he designed that brings attention to the dangers of cyberbullying.

"It's one of my best pieces," Liam said. "I had a personal attachment to it. I put a lot of effort into it."

Sleepy Hollow High School senior Eric Tuba said he created a superhero for the piece he submitted.

"I love comics," he said, adding he wanted to make a real-life version of one of the characters he admires.

While Eric said he felt a bit nervous about having one of his pieces displayed in public, he hopes it inspires others.

The students who submitted work for the show include Liam Bravo, Eric Tuba, Angelina Forgione, Carlos Valiente, Jose Mendoza, Liam Tannian, Nicholas Piccirillo and Stephanie Castaneda.

"I was excited," Carlos Baliente, a senior at Woodlands High School said about the show. "I thought it would be nice to present it to people."

He was among several students who attended the exhibit opening on February 9.

"I wanted to see the other work people had done and learn by seeing different techniques," Carlos said.

Stephanie Castaneda, a senior at White Plains High School, submitted a piece that is half colorful and half in gray.

"I enjoyed doing it and it's not something I normally do," she said of this particular style she used. "It's a nice opportunity."

Nicholas Piccirillo, a senior at Ardsley High School, submitted an illustration he had done of different characters.

"I just felt like I wanted to show it off to people," he said of his selection.

New Rochelle High School senior Carlos Mendoza submitted a self-portrait he said was inspired by artists Banksy and van Gogh.

> "I was really happy to see other people were creative," Carlos said of viewing all the work at the premiere. "I felt proud of myself when I saw my drawing there."

Carlos also participated in the Young Artists Graphic Design Workshop and said he enjoyed working with other students.

A piece by Commercial Art student Liam Bravo was among the student work displayed at the Katonah Art Museum's Young Artists 2020 exhibit.







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Inquiries regarding this policy should be directed to the Compliance Officers at Southern Westchester BOCES, 17 Berkley Drive, Rye Brook, NY 10573. (914) 937-3820.

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"The job of BOCES is to support the work being done in schools by providing services and supports they are not able to provide for themselves."



Foley fun at Alchemy Post Sound



Leslie Bloome walked in place, using almost a marching motion. Soon he quickened his pace as if running down a flight of

stairs. It was an action he did over and over again, only stopping to put on a different pair of shoes.

This is the life of a Foley artist at a Foley recording studio, in this instance the Alchemy Post Sound studio in Peekskill.

Foley artists are a unique group that create additional sound effects that are dubbed into television and movies. It can take five years for artists to master the skills necessary to be at the top of their Foley game.

Students in the Sound Production program at the Southern Westchester Center for Career Services in Valhalla visited the studio in February to get a behind the scenes look at this impressive art. The facility consists of three studios where sounds are reproduced - from footsteps walking on wooden floors, to someone traversing a gravel path. There is also space for editing video and a studio for recording live music.

The sounds are recorded and later edited into a show or movie. This takes place in a sound booth with the editor watching the action on a large screen and matching the sounds with what is taking place. The studio also has the capability of recording live music and is home to an ADR, or Automated Dialogue Replacement, studio. The company brings in actors who may have to re-record portions of their dialogue.

On this day, Mr. Bloome, a Foley artist, and Ryan Collison, a Foley mixer, were working on an Apple+ television program called "Dickinson," about the life of poet Emily Dickinson.

"There are five elements of film," Mr. Bloome said. "Dialogue, music, cut

Sound production students got a behind the scenes look at Foley recording.

effects such as explosions and gunshots, background sounds and Foley."

"We add the glue that holds it all together," he said of Foley production. "We look at every single detail one frame at a time. We are here to tell a story and make it as precise as possible," he continued.

To that end, Mr. Collison will begin a session by digitally marking each character in the show. The duo will then record all the necessary material for one character at a time — including footsteps or noises relating to picking up and putting down items or even the sound of the noise fabric makes when a character moves.

The studio often creates 300-400 sound effects each day.

The studio is in an ideal location with its proximity to New York City where film and television production is increasing. This year alone the studio has worked on more than a dozen projects, including the recently released movie "The Invisible Man."

"What we are doing is trying to make it sound real," Mr. Collison said.

Teacher Sean Harty is always looking to introduce his students to the variety of careers that involve sound production beyond the music industry.

"In reality, the film industry is 60 percent sound," he said. "You do not have to be stuck on one path."

Garbriel Cedeno, a junior at Pelham Memorial High School, expressed interest in becoming an intern at the studio. In his spare time, he said, he likes to make films and when he heard about the sound program at BOCES it piqued his interest.

"I want to learn more about the other side of filming," he said, as to his interest in interning at the studio. "There are a lot of opportunities in being a sound engineer as well."