

10964

Jan. 1983 No. 57

Palisades Free Library

This community newsletter publishes information, events, problems and concerns affecting the people of Palisades. 10964 needs your moral and financial support. Please send a contribution for 10964 to Box 201, Palisades, NY 10964. With your help you'll find 10964 in your mailbox every month.

PALISADES FREE LIBRARY

The Annual Meeting of the Palisades Free Library Association will be held on the 30th of January in the library, from 2 pm to 4 pm. Copies of the Annual Report will be available and a Ballot Box will be at the desk for the election of three trustees. Residents of Palisades, eighteen and over, are eligible to vote. Candidates are: Robert Burcaw, Joan Bracken, Marguerite Gundlach, Lillian Langseth, Mark Morris and Diane Raleigh.

The Guest of Honor and speaker will be Dr. Lynn Sykes, Associate Director of Lamont-Doherty, Professor of Geological Sciences. His subject will be "The Quest for a Comprehensive Nuclear Test Ban - The 25th Year". Dr. Sykes will speak of the Research being done at Lamont-Doherty Laboratory. Seismology has helped to solve major problems dealing with detection of underground nuclear explosion and compliance with a major item in a "nuclear freeze".

PALISADES COMMUNITY CENTER

A special thanks to the Senior Citizens who decorated the tree and added decorations to the inside of the building. Laura Ebmeyer donated the lovely wreath for the front door. Our childrens Christmas Party was a success - at least 40 of our children attended.

The Annual Meeting will be held on Jan. 21, 1983 at 7 pm at the Center. We will hold the election of new officers for the Board of Directors. Following the election and presentation of any new business, a pot luck supper will be served for the members. The Center will provide wine, cheese, coffee and desert and we ask all members who attend to bring a main dish to serve 4 to 6 people.

Barbara Olson (7280) is handling reservations. Please call her by the 16th of Jan. We are hoping to have had the inside of the building painted by then. If you are not a member it is not too late to become one. Individual memberships cost \$5.00.

Watch for the Center's Ballot and covering letter the early part of January which will give the slate of officers to be voted upon on Jan. 21st. We hope you will come to our Pot Luck Supper and spend a pleasant evening with your friends and neighbors.

BOARD OF DIRECTORS

PALISADES SENIOR CITIZEN CLUB

The year 1982 has been good to so many of us. Aside from the usual complaints, we have been blessed with good health and for most of us happiness. Our membership has grown and we hope that next year we will welcome some more new faces. Our Holiday party was a great success. The refreshments excellent, the traditional lighting and story of the menorra and the celebration of Chanukkah performed and explained by our Vice President, Harry Sena, the tradition of Christmas told in story about the Christmas Tree, followed by poetry in celebration of Christmas by the President. Our grab bag full of goodies, the ornamental novelties and our entertainment were all so great. The International Folk Dance and Song Troupe were terrific, they were so good that we intend to have them back again. There is a lot of talent wrapped up in that group.

Thanks are given to all who helped our club through the year. Some are modest and work behind the scenes and want no recognition or praise and we take this opportunity to thank them. For those of you that we have thanked publicly all year, again our THANKS. You were all great.

Our first meeting in 1983 will be on Thursday, Jan. 13, 1983 and from there on in the meetings will be as usual, the 2nd and 4th Thursday of each month, except July and August, one in November, one in December. By the time this reaches you, all of you will most likely have broken or are thinking of breaking any New Year resolution that you made. Like Andy Rooney tells us, he is not going to make any for 1983. He likes himself and what he is doing, just the way it is and has no intentions of wasting his time or changing himself just to please others. We all have that choice, but human nature being as it is, I know that I intend to make some resolutions. I will of course select the easiest ones to keep, and as in past years repeat my performance and not keep one of them. Guess I'm just another Andy Rooney. To all of you the best of everything in 1983.

LAURA EBMEYER

Happy New Year!!!

CALENDAR

- Jan. 9 Rockland Center for the Arts members' exhibit -- through Jan. 24th. Call 358-0877 for further information.
- 14 Martin Luther King Singers Concert (First Baptist Church, 77 Main St., Nyack).
- 21 Palisades Community Center Annual Meeting/Pot Luck Supper (Palisades Comm. Center, 7 pm).
- 30 Palisades Free Library Annual Meeting. Guest Speaker - Lynn Sykes, Lamont-Doherty Observatory (Palisades Library, 2-4 pm).
- 30 Palisades Presbyterian Church Annual Meeting (Palisades Presbyterian Church, 5 pm).

RESTAURANT REVIEWS: THERESA'S

Theresa Miraglia, a resident of Nyack, greatly encouraged by all those who had dined at her home, decided to start her own restaurant. So, after months of renovating the space formerly occupied by the Turning Point, THERESA'S opened in October.

The room has been attractively done in tones of brown with some very nice art work, including an Erte illustration. The spacious tables and Breuer chairs offer one a comfortable manner in which to dine. The restaurant only seats 32 people so reservations are requested. The menu is Italian with the choices limited since everything is made by Theresa. She does -- on occasion and at her whim -- prepare something extra that is not on the menu.

We began by asking for a sample from the Antipasti selections so we could all have a taste. The Stuffed Mushrooms won out over the Carpaccio, Cold Stuffed Jumbo Shrimp, and Fresh Roasted Peppers and Anchovies. The other choices were Mussels in White Vermouth and Herb Sauce and Fresh Vegetables with a Hot Olive Oil and Anchovy Dip. Prices range from \$3.50 to \$4.95.

For the first course, we were offered a choice of Minestrone or Pasta Alfredo. We all opted for the pasta, and it was perfect.

On to the main course -- one guest ordered Sovrana De Pollo Fiorentina, a boneless breast of chicken stuffed with spinach, cheeses, prosciutto, and pine nuts. We all had a taste and pronounced it quite good with a nice texture. Jack ordered the Filetto Di Spigola Alla "Livornese", poached striped bass with clams, mussels, and shrimp. The fish was perfectly cooked, and the sauce delicious. However, we felt the mussels and clams were not quite up to par and should have been eliminated. Our other companion ordered the Vitello Allo Marsala, but the veal was tough. This is not the fault of the kitchen as it can happen. With much apology, he was offered a choice of another entree, but our friend was quite full by then and declined. The charge was therefore subtracted from our bill. I had the Rollatine Melezane, eggplant rolls stuffed with four cheeses (but don't ask me which ones) and I loved it.

Salad was served afterwards, and Theresa apologized for not being able to offer arugula. However, the red leaf lettuce was fine, and I could give a gold star to the place for not including iceberg lettuce in the salad. Entrees start at \$10.50 up to \$18.50 and include pasta or soup and salad.

For the two of us who had to have our chocolate fix, there was nothing on the menu. We settled for Theresa's special Cassata with diced candied fruits, nuts, and chocolate chips. She said she is considering offering a Sacher Torte, made locally, to satisfy those with similar cravings. I later returned and sampled it as well as her homemade Cannoli, and both were excellent.

A few words about the wine list. In keeping with the mood of the restaurant, only Italian wines are offered. We had a very nice Pojar E Sandro, Chardonnay di Faedo at \$14.50. It was dry, crisp, and quite pleasing. The other selections include Viticchio Chianti Classic at \$9.50 and Fabio Berlin Collio Pinot Grigio at \$13.50.

The atmosphere of the place is such that you get the feeling you are dining in a private salon and not a restaurant. The service is very leisurely and you should plan on from two to two and a half hours from start to finish. We were very relaxed and enjoying good wine and conversation, but we thought our main course could have been served sooner than they were. This was partly our fault as we first had a discussion about the wines and then enjoyed a glass before ordering dinner. You can request that they speed things up a bit, but Theresa and staff want to maintain the relaxed and comfortable feeling of eating in a private dining room.

KAREN JEFFERIES

THERESA'S

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PALISADES CHURCH

The Palisades Presbyterian Church will hold its Congregational Annual Meeting on Sunday, Jan. 30th at 5 pm. The Annual Meeting program includes the election of Elders and Deacons, the Budget projections for 1983 and the reports of the Commissions.

ARTS & LETTERS

Members' Exhibit

The Rockland Center for the Arts invites you to participate in a members' exhibit, opening Sunday, Jan. 9th and continuing through Jan. 24th. Membership in the Center is required for anyone wishing to participate in the exhibit. Anyone over 18, who joins the Center before January 3rd, will be eligible for the members' exhibit. Entries are limited to calligraphy, clay pieces, drawings, graphics, glass, enamels and silver, mixed-media works, paintings, photography and sculpture.

The cost of membership in the Center is \$18 for a single membership and \$30 for a family membership.

For further information, contact the Center at 358-0877.

Concert

The Martin Luther King Singers of Nyack will present a Concert at the First Baptist Church, 77 Marion St., Nyack, on Friday, Jan. 14th. Members of the Chorus represent a number of churches in the area. The date, Jan. 14th, is Martin Luther King Day, an appropriate time for these talented singers to perform. The public is cordially invited to attend the performances.

For those who are prone to Allergies, cold weather does not necessarily bring relief. The home itself contains many offensive allergens. The only answer is to allergy-proof ones home, which is not an easy task.

We are printing the following check list for your information. It was taken from an article in the Journal News by Eleana Siegel and sent to us in the hope that the information will be of value to the allergy sufferers of our community.

ALLERGY-PROOFING -- A HOME CHECK LIST

Allergy-proofing a home begins by removing substances known to trigger allergies. Here are some suggestions:

- Use synthetic, dacron, or polyester pillows instead of pillows with foam, feather, or kapok stuffing. The pillow stuffing, even under a cover, can cause allergic people discomfort.
- Cover pillows, mattresses, box springs with plastic, zippered covers, and seal the zippers with masking tape. This is protection against the dust mite, a microscopic creature that lives inside these accessories and causes a great deal of allergic misery.
- Buy simple, basic furniture of smooth wood, plastic or metal instead of stuffed or upholstered furniture. It's more protection against the dust mite, which cannot be seen but certainly can be felt.
- Use washable cotton or synthetic fabrics for curtains, sheets, blankets and rugs instead of fuzzy fabrics, quilted or chenille bedspreads, wool or shag rugs, venetian blinds, heavy drapes, sleeping bags or down comforters. Fiberglass curtains are fine.
- Don't store down parkas (which may be filled with allergens) in frequently used rooms or closets.
- Keep dust collectors such as knickknacks, books, records, toys and stuffed animals outside the bedroom. Use boxes, closed shelves and plastic bags to store clothes, toys (washable toys are advised) and books.
- Use wood or tile flooring, which will prevent dust buildup. Carpeting is a favorite home for the dust mite and vacuuming often makes things worse because it circulates the dust.
- Place the bed away from heating ducts and vents.
- Avoid irritants such as moth balls, insect sprays, aerosol sprays and powders.
- Use a dehumidifier to help reduce mold growth.

(Source: Environmental Control Instructions from the Children's Hospital Medical Center, Boston).

HAPPENINGS

One of our Palisades girls, Jennifer Barba, Grade 3 in William O. Schaefer School, has received third place award in the Ninth Annual Arts Day Festival Children's Exhibit, sponsored by the Arts Council of Rockland County. Congratulations, Jennifer!

* * * *

Please don't forget to send us any news of merit, awards, births, weddings, etc., so that we can include it in our "Happenings" for Palisades each month.

CATS CATS CATS

As many of you know, we have a "stray cat problem" here in Palisades. It was brought to my attention through neighbors calling to ask if any of them were mine. We have seven cats, all of which have been neutered at six months.

Being an animal lover, I feel very protective of these poor helpless and homeless creatures -- especially in anticipation of the winter months ahead. I also feel obligated as a member of the community to take on some of the responsibility to stop this rapidly growing cat population.

The solution, I realize is not simple. After speaking with Mrs. Stone from The Elmsford Animal Shelter, in Elmsford, New York, who told me she was willing to help us in this matter, I feel maybe we can do something. According to Mrs. Stone, we should try to capture them using "Have a Heart" traps, which are safe and cannot do any harm. They can be obtained from the ASPCA or at "Farmer Jones" in South Spring Valley.

Myself, along with others in the area will be trying to organize a way to work together on this. Mrs. Stone has pledged her help in bringing the captured cats to the shelter for adoption, and has mentioned that kittens especially could probably be given homes. This shelter does not exterminate their animals. And I am sure they would welcome any donations at this time.

If you think you can help, please call me at 359-0141. I have labeled all our own cats with our name written on a white flea collar in order to distinguish them from the strays. I suggest this as a preventive -- we wouldn't want to have our neighbor's pets mistaken for strays and sent away!

ROBERTA HERMAN

Editor's Note: The above article was written by one of our Palisades neighbors whose concern for the animals is shared by many of us



in the community. Care should be taken in using only the HAVE A HEART TRAPS as Mrs. Stone says that several three-legged cats who had been injured by leg-hold traps were brought into the shelter. They recovered their health at the shelter and are now happy

in new homes. If you care to know more about the work of the shelter or make a holiday contribution to help the animals their address is: ELMSFORD ANIMAL SHELTER, South Saw Mill River Road, Elmsford, N.Y. 10523.

S.A.T. COURSE

The Educational Services Center of Spring Valley will be giving an S.A.T. Course at the Palisades Community Center which will begin the week of March 6th. This is a seven session course devoted to the improvement of verbal and mathematical reasoning skills. Test taking strategies are an integral part of each session. The course meets for three hours per week in a small group setting. For further information call Marcia Frankel, Director at 356-8963.

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Norma and Phil Evola started the New-Year right for us by their generous contribution to 10964. We thank them for remembering us at this busy time of the year. If you've been meaning to send in your contribution, please do it now before you forget!

10964 STAFF

Marilyn Solimine/Editor; Assoc. Editor Karen Jefferies; Eileen Larkin/Treasurer. Marline Barba, Joan Bracken, Rusty Lotti/Lay-out; Carol Elevitch/Consultant; Lois McCoy/Founder-Consultant

CLASSIFIED

FOR SALE: Snow Blower, National Geographics from the years 1960 and 1970, and wallpaper (designs are a grid done on a beige patent background with a burnt orange line and a coordinate design done with the grid and a contemporary floral in brown). Call 359-6589.

DEADLINE for 10964 is the 15th of each month. Please try to get your articles and material to us by that date so that we can have your Newsletter to you on time. Thank you...

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