

10964

Mar. 1983 No. 59

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

offers many programs for children. It is offering a story hour for 4 and 5 year olds on Fridays at 4 pm. Children will be given an opportunity to select books to take home.

LEARN TO KNIT with Ms. Berke -- Learn basic stitches and complete a useable project. Bring \$3 for materials when you register. Wednesdays, March 3rd through March 24th at 4 pm. Children 8 yrs. and up.

Program "Thank Goodness It's Thursday" for elementary school children will start April 7th, 4-5:30 pm and continue through April 28th. Please register two weeks prior to each program. Coordinator: Theona Meschino.

- April 7 -- Tie Dye/Batik
- April 14 - Fabric Animals
- April 21 - Mexican Metal Butterflies
- April 28 - Creative Party Sandwiches

FOR ADULTS IT IS INCOME TAX TIME

The Library has received IRS Reference Publications as well as a set of Reproducible Federal Tax forms and copies of instructions for completing individual income returns.

PALISADES COMMUNITY CENTER

By now you have all received a membership appeal letter and want to thank all of you who have responded so quickly. If you have not sent in a membership fee (\$5.00) or a contribution please do so this week. We need all your support. The interior of the building looks great thanks to Tom Freely who did a beautiful job painting and wallpapering. Our treasury is very low as the winter months are very costly because of the high utility rates, snow removal, etc. We need your support now in order to pay for the interior work. We hope to start work on the grounds in the spring. Please send us a donation so that this building will not be an eyesore to our community. We did not get funding from the Arts Council of Rockland so we will have to postpone Irene Fredericks children's musical review until the fall. We wish to thank Terry and George Albin for the piano they donated to the Center.

EILEEN LARKIN

LITTLE LEAGUE

registration scheduled for March 8th at 7:30 pm at the Aermican Legion Hall on Rte. 340. Boys and girls grades K thru 9 should register. Fee is \$15 per child, not to exceed \$25 a family. Please bring back any uniforms you may have.

There will be Pee Wee registration also. Watch for a second registration date if you cannot make this one.

BILL LARKIN

Several concerned citizens have written to Supervisor Colello regarding the traffic safety on Oak Tree Road. He in turn contacted Chief Crable of the Orangetown Police Department and we are printing below Chief Crable's reply.

"Supervisor Colello has brought your most recent letter regarding Oak Tree Road to our attention.

I directed that another survey of the area be conducted to see if any further measures could be taken in this area.

1. Additional Speed Limit signs have already been posted, as per a prior request.
2. The request for a 'School' sign cannot be complied with since the building is no longer a school with children attending regular classes.
3. We are recommending that 'NO LEFT TURN' signs be posted with the legend 'TRUCKS OVER FIVE TONS', both on 9-W and 340.

By far the biggest problem at this time is with the trucks utilizing Oak Tree Road, perhaps with the advance turn restrictions the truck drivers will not be confused.

Our patrols have been advised to frequently check this area and site any violations that are observed.

We will continue to study this area to see if any other measures will be necessary.

I trust the steps we plan to take will help to eliminate any problems you may have in this area, I remain,

Very truly yours,

/s/

William A. Crable
Chief of Police

cc: Supervisor Joseph V. Colello"

CALENDAR

March 8 Little League Registration, Boys and Girls K-9 (American Legion Hall, Rte. 340, 7:30 pm)

17 HAPPY ST. PATRICK'S DAY

A NIGHT ON THE TOWN

Karen Jefferies is on vacation and her column will not appear this month. In its absence, we thought we would share an experience with you based on one of her columns.

Acting on the advise of 10964's expert restaurant reviewer Karen Jefferies we spent a wonderful "Saturday evening on the town" only 15 minutes away from home.

It was a pleasant drive along the River Road in Piermont to our destination in Nyack, New York. We parked our car in the lot beside the Cinema East Theatre and walked across Main Street to Rauols restaurant. They have two sittings each evening and we had a reservation for 6:30 pm. My husband Vinnie felt that 9:30 pm would be a bit too late for us.

Once inside the aura is one of quiet elegance, with white cloths and flowers on every table, reminiscent of a good restaurant in Paris. Our waiter was charming and efficient and when he overheard our discussion of the Meridian Hotel's fabulous buffet in Paris, he was overjoyed and shared a short retrospect with my husband. He told us he had been a waiter there before coming to America and had fond memories of their food and service.

A tray of several different kinds of pate's, sliced and arranged very attractively, was placed on every table as soon as the customers were seated. We assumed that like Europe, you pay for just what you eat. They looked delicious but as we anticipated going off our diets a bit with the rest of our meal, we regretfully decided not to indulge.

The soup du jour was Cream of Asparagus and we both ordered it. It was brought out from the kitchen in small pitchers and poured into warmed soup plates beside our table. It was perfect eating temperature and delicious.

For our second course we decided to split an order of their special Fettucini. As you can see, we really went off our diets. The order was split in the kitchen and served individually, eliminating the mess and disordered look of having it done at table. To my surprise it was quite good and Vinnie who deems himself a connoisseur on Italian Fettucini, gave it an A+.

The entre selection was so tempting, we decided to each order differently and taste the others choice. Vinnie ordered Duck with Apples and Calvados. The portion was large (1/2 duck) and was meaty, tender and not greasy. The Calvados was a different touch that enhanced the flavor of the duck. Even though duck is not one of my favorite foods, I found the taste very pleasing indeed.

For my choice, I ordered fresh Salmon with Watercress Sauce. Since my trip to Dublin 4 years ago, where I tasted the most delicious fresh salmon I'd ever had, I order it in every good restaurant in hopes of duplicating that wonderful taste again. But alas have not succeeded as yet.

However, Rauols salmon was close to it in texture, freshness and care in serving. The sauce was mild and delicate and the salmon was placed on top, so with each forkfull you could take up some of the sauce. It was not smothered as happens in some restaurants. With it were served fresh carrots, green beans and small parsley potatoes, displayed in colorful arrangement so typical of the French.

With our meal we ordered a Boujelois 1982 (my favorite) from a well chosen wine list, although a bit on the expensive side. Our selection went well with both our choices.

A dessert tray was wheeled to our table, containing an array of delicious temptations, tortes, pastries, Chocolate Mousse, and fresh strawberries with fresh cream. We consumed them all -- with our eyes and settled for espresso coffee. Mrs. Rauol flits back and forth and checks with each patron to see if all is well and indeed it was a perfect meal, in quiet surroundings and served with efficiency and charm.

We walked back across the street and purchased tickets for the movie which wouldn't start for a half hour. Just enough time to walk off some of the calories we had consumed. The shops on Main Street and Broadway although closed offered a pleasant interlude between dinner and the movie.

After the movie, it was great to come out and climb right into our car, no long line at the parking garage and no expensive tab. Coming back along River Road again we stopped for a glass of wine and some lovely live entertainment at the Turning Point in Piermont. They offer wine and beer and a menu of fantastic sandwiches (for those who had not overdone their calorie allowance). The entertainment is live and different every night. That night, we were fortunate in having two singer-guitarists whose music and songs we enjoyed very much. It was a perfect ending for a delightful evening -- and only 15 minutes from home.

MARILYN SOLIMINE

Rauols Restaurant
134 Main Street
Nyack, NY 353-1355

The Turning Point
506 Piermont Ave.
Piermont, NY
359-1089

P.S. For those of you who still may want to go into New York, Rauols has a restaurant on 180 Prince Street in Manhattan open 7 days a week.

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...

Editor's Corner

The blizzard of '83 was certainly the time to sample those Chill Chaser Recipes. When we said the simple recipes were the best, Janet Wollin set out to prove this true. She sent us her Super Short recipe for Spinach Soup.

Take one can of Chunky beef vegetable soup. Cook a package of frozen spinach. Add spinach to the chunky beef soup. Presto! that is all there is to it. Serve piping hot with crispy toasted French bread slices for a hearty lunch or fast supper. P.S. It's a good way to get the kids to eat their spinach.

Here is my favorite recipe for CONCH CHOWDER from the Florida Keys. Since Conch is not readily available up north, octopus, scungilli, or 2 dozen large clams can be substituted.

1/4 pound salt pork or fatty bacon
 2 med. onions, chopped
 4 cloves garlic, crushed
 1 large green pepper, chopped
 1 1-pound can tomatoes
 1 6 oz. can tomato paste
 2 quarts hot water
 1 teaspoon poultry seasoning
 8 large conchs
 1 tablespoon vinegar
 2 teaspoons salt
 1/2 teaspoon pepper
 1 tablespoon oregano
 4 bay leaves
 2 tablespoons barbecue sauce
 9 medium potatoes, peeled and sliced.

HEALTH

Colds, Flu are not just results of winter, springtime brings its share of problems too. We have received some very important and useful information from Charlotte Grace, school nurse at William O. Schaefer School. While she directed it to parents caring for a sick child, the information and suggestions pertain to everyone, young and old or in the middle.

The first suggestion she makes is to continue the medicine until it is finished, even though the fever has subsided and symptoms disappeared. Many of us although instructed by our physician, do not follow this procedure. Perhaps because we do not understand the reason behind this. Ms. Grace gives us the reason as follows: "The bacteria causing the condition is not going to be eliminated completely in the same amount of time that it takes to relieve the fever and symptoms.



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Dice salt pork and fry in large pot. Add onions, garlic, green pepper. Cook until tender but not browned. Add tomatoes, tomato paste, hot water, poultry seasoning. Cook over low heat while preparing conch.

Pound conchs with back of knife to break up tough tissue. Chop. Add to chowder. Bring to boil. (If using clams, open shells, remove clams and chop). Add vinegar, salt, pepper, oregano, bay leaves and barbecue sauce. Bring to a boil, cover, turn heat low and simmer 2 hours. Add potatoes and simmer until potatoes are tender, about 20 minutes. Makes 8 generous servings. It also freezes well.

* * *

Next month we are looking forward to spring, we'd like your favorite salad recipe. Please send it to us.

Some antibiotics do not kill bacteria but prevent them from multiplying until the body resources can get rid of the organism. If the medication is not completely taken, the organism may become immune to the drug. Then, future infections may not be able to be treated with the same antibiotic."

She also suggests some care in taking the antibiotic and what foods and liquids to avoid while on the medication.

"Antibiotics work best if the stomach is free of food -- although there are some exceptions -- so it is best given either 30 minutes before eating or 2 hours after.

When taking antibiotics, avoid fatty or fried foods. If the antibiotic is one of the Tetracyclines, DO NOT DRINK MILK or take food or beverages made with milk because the calcium will prevent the Tetracycline from being absorbed. (See pg. 4)

ARTS & LETTERSDerven and Westby

Painter Laura Westby and sculptor Ralph Derven will be featured in an exhibition opening March 6th at the Rockland Center for the Arts.

Both Westby and Derven are long time Rockland residents, whose works have been shown extensively in the New York area.

Derven has participated in group exhibitions at the Hudson River Museum and Thorpe Intermedia Gallery. He has had one person shows at the 14 Sculptors Gallery in New York, the Zarick Gallery in Farmington, Conn., and at the Rockland Center for the Arts.

Westby has had several New York showings, including Hunter College Gallery, Hanson Galleries in SOHO, Alton McCrary Gallery in Chelsea, and "The Third Generation of New York Painters" show sponsored by Bloomingdales. She has also shown in women's group shows at the Gray Art Gallery at New York University and the Frank Marino Gallery in SOHO. She recently participated in the Mountains and Rivers Exhibition at the Rockland Center for the Arts.

The exhibition continues through March 27th. The Center is located at 27 So. Greenbush Rd., W. Nyack.

(Health)

While fluids are recommended for colds or flu, avoid giving antibiotics with citrus fruit juices. The acid in the juice may help destroy some of the drug in the stomach. Give the medicine with water; one hour before or after juices may be given.

Many upper respiratory infections are caused by a streptococcus organism that causes rheumatic heart disease -- rheumatic fever. The doctor wants you to take ALL the antibiotic to avoid that complication."

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