

10964

May 1983 No. 61

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 new age of fast point-to-point inter-library loan has arrived. The 1983 edition of the Ramapo-Catskill Library system Microfiche Catalog gives our library instant access to information on 80 percent of the titles in the RCLS Union Catalog.

Patrons can be referred to another library in the area and pick up the material they need the same day, or interloan requests can be sent directly to the owning library by-passing system headquarters and cutting several days off location and delivery time. Holdings are listed for 50 RCLS member libraries, 3 Community Colleges and one member of the Mid-Hudson library system.

The following books have been ordered and should soon be on the library's shelves along with the usual best sellers. Brown - "Gardens of a Golden Afternoon: the Story of a Partnership"; Deken - "Electronic Cottage"; Hammer - "Passionate Attachments: Fathers & Daughters Today"; Hinton - "Shen-fen"; Kramer - "In Defense of the Family: Raising Children in America To-Day"; Levot - "F. Scott Fitzgerald: A Biography"; Liebowitz - "Getting Thin: All About Fat"; Ozick - "Art and Ardor"; Postman - "The Disappearance of Childhood"; Teynac - "Wallpaper, a History"; Zeldin - "The French".

NEWS FROM THE PALISADES CHURCH

Italian Dinner - Friday, May 29th, sponsored by the youth group in support of the Summer Work Camp scheduled for Maine, June 26 to July 3. Call Phyllis Brunsen if you wish to donate items or serve as a volunteer that evening (359-5598).

* * *

Blue Grass Fair - Memorial Day, May 30, Piermont.

* * *

The traditional Memorial Day Pancake breakfast is planned again, to be held at the Palisades Church on Monday, May 30, 8 am to 10:30 am.

* * *

The Youth Group of the Palisades Church has planned a CAR WASH on Saturday, May 7. They will be on hand all day to raise additional funds for their Summer Work Camp.

* * * (Cont. Pg. 3)

SENIOR CITIZENS

We are still meeting the 2nd and 4th Thursday of the month, excepting July, August when there are no meetings, and one meeting in the months of November and December. Many of us went to Atlantic City in a luxury bus a few weeks ago, and while the weather was not good for board-walk watchers, the casinos with the one armed bandits, the wheels, the tables were still there. A few of us won, but most of us lost. If I had the bus registration, I probably would have hocked the bus we arrived in. The best way to go to the casinos is to take ONLY the money you want to lose, not that you really want to, but because you probably will. Do not take your jewelry, your charge cards, the deed to your house, etc.

We have been traveling all over the world from our chairs in the newly decorated Community Center. It is lovely, an asset to the community and deserves your support. The Palisades Seniors would like to take this opportunity to thank Eileen Larkin, the President and the Board for their effort.

We went to Great Britain on one of our jaunts and saw the lovely countryside, the museums, the castles, all the places of interest. We even had front row seats at the wedding of Charles and Diana. Last week we visited China, thanks to our good friend and neighbor Gerry Miras, who recently visited there and took the most

(Cont. Pg. 2)



We wish to thank Aetn and Yolanda Man for their thoughtful contribution to 10964. It has been a good year for our Newsletter and we hope it will be even better next year.

As you know our staff is all volunteer but the cost of printing, layout and mailing runs approximately \$200 a month.

So please when you are writing out your monthly checks, write one JUST for 10964.

CALENDAR

MAY	7	Car Wash (Palisades Presbyterian Church Youth Group)
	7	Lamont-Doherty Geological Observatory Open House (10 am-3:30 pm)
	13	Palisades Senior Citizens excursion to Evelyns and Asbury Park (leave 9:00 am from Palisades Community Center)
	14	Annual Meeting of Palisades Cemetery Plot Owners (PLOT) (Palisades Presbyterian Church Parish House, 1:30 pm)
	22	FUN RUN (Sponsored by Palisades Community Center, 11 am)
	29	Italian Dinner (Palisades Church Youth Group)
	30	Memorial Day Pancake Breakfast (Palisades Presbyterian Church 8 to 10:30 am)
	30	Blue Grass Fair (Piermont)

(Senior Citizens)

interesting pictures, which she so kindly shared with us. It is so relaxing to sit in a comfortable chair and watch a wide screen that provides you all kinds of interesting sights. Plus there is sound that explains all these wonders to you. We all thank Gerry for providing us with entertainment.

On May 13, 1983 at 9 am we will board the bus at the Community Center that will take us to Evelyns in Belmar, N.J. where we will enjoy the catch of the day, or whatever pleases us for lunch, incidentally we highly recommend Evelyns. It is sparkling, spotless, the service excellent and the food is great. The menu is extensive. I admit it is mostly seafood, but then you don't visit the Jersey shore for ravioli. They do have other selections, but not too many. After our lunch we go to Asbury Park and there we will do whatever we want, the boardwalk, sightseeing, or just picking up sea shells.

LAURA EBMEYER

The Annual Meeting of P.L.O.T. (Palisades Cemetery Plot Owners) will be held at the Parish House of the Palisades Presbyterian Church at 1:30 pm, Saturday, May 14th. The purpose of the meeting is to elect officers and to transact such business as may properly come before the meeting.

LAURA EBMEYER
SEC'Y/TREASURER

DEADLINE for 1984 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...

ARTS AND LETTERS

The Philharmonia Players of Rockland, the resident chamber symphony orchestra at the Rockland Center for the Arts, will perform its third free concert of the season, entitled "A Celebration of Strings," on Sun., June 5, 3:30 pm at Suffern High School.

The orchestra, under the direction of Stephen Covello, will perform several great works for string orchestra, including Serenade for Strings, by P.I. Tschaikowsky; Concerto Grosso Opus 6, Number 9, by G.F. Handel; Adagio for Strings by T. Albinoni; Air from Suite Number 3, by J.S. Bach.

This concert has been made possible in part by the New York State Council on the Arts regranteeing fund with the cooperation of the Arts Council of Rockland and the Music Performance Trust Fund with the cooperation of Local 291, American Federation of Musicians.

Mr. Covello, the orchestra's Director, is the author of several published compositions and articles on music. During the year he directs the Mozart Sinfonia at the Center and the Vivaldi Orchestra at the Chautauqua Summer School in upstate New York.

* * *

The pottery of Robert Leber and the Paintings of Jerre Vanderhoef will be on exhibit in a two person show at the Rockland Center for the Arts.

Neighbors, friends and co-workers, Jerre Vanderhoef and the late Roberta Leber exhibited a number of times together.

PALISADES COMMUNITY CENTER

Mark your calendar for May 22, at 11 am and come to our first 5 Km (3.1 miles) FUN RUN. We will have prizes to the top 3 winners in each male and female category. Free beer, soda and a raffle chance to all entrants.

Watch for raffle mailing which we are doing in conjunction with the RUN RUN. Arlene Kluck and I have received more than thirty items to be raffled off after the FUN RUN. Each chance costs \$1.00 and all items to be raffled off range in value from \$5.00 to \$20.00. Some lucky person will win a luncheon for two at local restaurants, a 60 ft. garden hose, football, tennis racket, handbags, a tote bag, etc. Please take a chance as this money will go towards landscaping the building and a new driveway. Please call me if you want a registration form for the race. Please come out for a FUN DAY at the Center. Fee for the race is \$4.00 and there is no age restriction. Write Box 222, Palisades, NY 10964 for an application.

EILEEN LARKIN

(Arts & Letters).

Roberta Leber was a member of the faculty at the Rockland Center for the Arts for over thirty years until her death in January of this year. Jerre Vanderhoef has taught Landscape and Still Life Painting at the Center for fifteen years.

GAMELAN SON OF LION ON MAY 14TH

Indonesian shadow puppets, gongs, xylophones and vibraphone keyboards add up to an appearance by Gamelan Son of Lion at the Rockland Center for the Arts on Saturday, May 14 at 2 pm.

Ornate stick puppets will bring to life "The Adventures of Hanuman," a play recounting anecdotes of the epic, Asian monkey-king in the style of wayang kulit theater.

Ethnic court music of central Java and contemporary compositions by the group members themselves will round out the afternoon.

This Javanese and Balinese ensemble is sure to provide a colorful and unique afternoon's entertainment for the entire family.

Admission for this afternoon of Indonesian artistry will be \$2.50 for children and senior citizens, \$3.50 for Center members and \$4.00 general admission.

In conjunction with the concerts, Gamelan Son of Lion will offer workshops at the Center in May and June on gamelan music, instrument building and Javanese dance for children and adults.

For further information, contact the Center at 358-0877. The Center is located at 27 So. Greenbush Rd., W. Nyack.

* * *

The writers' Roundtable, a community of writers at Rockland Center for the Arts will present a DISCUSSIONS on Thursday, May 19 at 8:30 pm, entitled MYSTERY PANEL Crime and Punishment in Literature and in Fact. Admission is \$2.00 to general public and free to members. They will also have a one day fiction workshop, by Edward Rivera, on Sunday, May 15 from 12 - 4 pm. Admission is \$18.00 to general public and \$16.00 to senior citizens, students and members.

(Palisades Church)

Many thanks to Ernie Quick and the Palisades church deacons for completing the new town directory. Special thank you to Andrea Williams for the cover drawing, Johanna Lo for the typography and design and to Laura Ebmeyer for doing all the typing and editing.

We are happy to welcome Myra Bryce-Richardson to our staff. She will write a Health Column each month, giving us information and advice from a professional point of view.

COPING WITH STRESS: SCORE YOURSELF

May is National High Blood Pressure Month, a time to focus on treatment and prevention of a leading cause of death and illness in this country.

In past years, most fatal diseases were "caught," such as smallpox, diphtheria and pneumonia. Today, most diseases are "cultivated" over long periods of time, often by stressful living habits and environmental factors.

The high death rate from heart disease, for instance, is intimately tied to the American lifestyle. Experts are concerned about our diet, loaded with sugar, salt and saturated fats, and about the major "epidemics" of cigarette smoking, lack of exercise, untreated high blood pressure and STRESS.

Stress reduction is one of the keys in the treatment and prevention of high blood pressure, although calm, apparently relaxed people can have high blood pressure, too.

George S. Everly, Jr. of the University of Maryland has developed a stress assessment test for the U.S. Department of Health and Human Services.

It is an educational tool, not a clinical test. Its purpose is to inform you of ways in which you may effectively and healthfully cope with the stress in your life. The test uses a point system to give you some indication of the effectiveness of the coping strategies you are currently using.

First, remember these general suggestions:

1. Recognize that we live in a world that is far from ideal.
2. Build strength through a balanced life style: time management, physical well-being, work, nutrition, recreation and rest.
3. Maintain a good social network: friends, family, doing things for others.

Now the test. Score yourself in the boxes provided and then total your points.

- 1. Give yourself 10 points if you feel you have a supportive family/friends around you.
- 2. Give yourself 10 points if you actively pursue a hobby.
- 3. Give yourself 10 points if you belong to some social or activity group that meets at least once a month (other than your family).
- 4. Give yourself 15 points if you practice some form of "deep relaxation" at least three times a week. Deep relaxation exercises include meditation, imagery, etc.
- 5. Give yourself 15 points if you are within five pounds of your "ideal" body weight, considering your height and bone structure.

- 6. Give yourself 5 points for each time you exercise 30 minutes or longer during the course of an average week.
- 7. Give yourself 5 points for each nutritionally balanced and wholesome meal you consume during the course of an average day.
- 8. Give yourself 5 points if you do something that you really enjoy which is "JUST FOR YOU" during the course of an average week.
- 9. Give yourself 10 points if you have some place in your home that you can go in order to relax and/or be by yourself.
- 10. Give yourself 10 points if you practice time management techniques in your daily life.
- 11. Subtract 10 points for each pack of cigarettes you smoke during the course of an average day.
- 12.* Subtract 5 points for each evening during the course of an average week that you take any form of medication or chemical substance (including alcohol) to help you sleep.
- 13.* Subtract 10 points for each day during the course of an average week that you consume any form of medication or chemical substance (including alcohol) to reduce your anxiety or just calm down.
- 14. Subtract 5 points for each evening during the course of an average week that you bring work home -- work that was meant to be done at your place of employment.

TOTAL SCORE

A "perfect" score would be 115 points. If you scored in the 50-60 range you "probably" have an adequate collection of coping strategies for most common sources of stress.

(*Don't count medication that is prescribed by your physician for specific clinical conditions.)

Next month: "How Exercise Helps"

MYRA BRICE-RICHARDSON, MPH, RN
Community Health Education

On May 7th, Lamont-Doherty Geological Observatory is holding it's annual Open House from 10 am to 3:30 pm. All labs will be open to the public with demonstrations and slide show presentations. There will be a food vender available on the grounds.

CONGRATULATIONS

James T. Farley, Jr. was promoted to Vice President of NBC Radio News. We wish him well in his new endeavor.

Eric Olson, son of Barbara and James Olson of Horne Tooke Road, Palisades won the American Legion Award for a story he wrote.

RESTAURANT REVIEWS: THE OLD '76 HOUSE

We decided to visit The Old '76 House this month because, Paul Dalton, the owner, has put together a new menu celebrating the rich history of our country's regional cuisine. He calls it The American Odyssey to describe the restaurant's presentation of our culinary heritage.

To facilitate the American Odyssey, Paul Dalton is building one of the most complete restaurant kitchens in the United States. The renovation and expansion work is not quite finished. Yet, the kitchen is functional and every item from bread to dessert is made there.

The new menu still has many favorite and familiar American dishes: Baked Stuffed Mushrooms, Nantucket Scallop, Clam and Mussel Chowder, and Roast Duck, Charlemagne Sauce with Minnesota wild rice.

Jack and I went there for dinner after attending a cocktail party, where we nibbled too much to do justice to a full-course dinner. However, to compensate we queried those at nearby tables to get opinions on several more dishes.

We did not order appetizers, although the selections were tempting. My first choice would have been the Terrine of Fresh Fish with Green Herb Sauce. One helpful neighbor said her Broiled Maryland Crab Cakes with Lemon Butter were excellent. Another highly recommended the Gravlax, sugar, salt, and dill-cured Salmon with a Mustard Sauce. Appetizers: \$2.75 to \$6.50.

For our entrees, we both ordered the house specials. Jack had the Norwegian Salmon poached in white wine with herbs and served with dill butter. It was succulent and done to perfection. I had the Veal Medallions, sauteed in sherry with mushrooms and cream. The veal was tender, the sauce delicious. Another friendly neighbor said the Monterey Cioppino, a fish stew originating from Monterey, California, was the best he'd ever had. Other selections included Roast New Jersey Quail in Woodland Sauce and Sauteed Galf's Liver in a Raspberry Wine Vinegar Sauce. Prices: \$11.50 to \$16.95.

The Old '76 House's wine list is very good with mostly California and French wines. We enjoyed a bottle of Macon Village 1981 Grand Cneneau at \$13.50. The house wines are Colli Albani (white) and Castelli Romani (red and rose).

The '76 House serves one of our favorite desserts, Chocolate Lace Mousse. It is just possibly the best with rich, thick chocolate and chunks of chocolate lace candy mixed in. We did manage to restrain ourselves and share one, but nary a speck was left. There is also an excellent dessert tray with yummy cakes and pies. Prices: \$2.75-\$3.00.

KAREN JEFFERIES

The Old '76 House
110 Main Street
Tappan, New York
359-5476
Reservations requested
Lunch: Mon-Fri, 12-2:30
Brunch: Sun. 12-3
Dinner: Mon-Thurs. 5-10
Fri & Sat. 5-11
Sun 4-9.

WANT ADS

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WRITING CONTRIBUTIONS to the newsletter are welcome. Send your story or announcement to 10964, Box 201, Palisades, NY for consideration. 10964 reserves the right to edit material submitted for publication.

10964 STAFF

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

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RAFFLE WILL BE HELD MAY 22nd FOLLOWING THE F U N R U N

Please return no later than May 15, 1983. Tear off and return with \$1.00 to:
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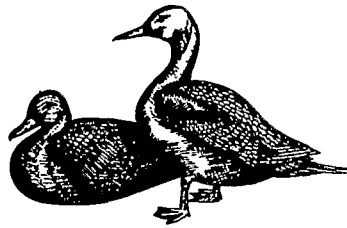
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Dale Botwin and her staff wish to share their excitement with you at welcoming Jane Bernick into their fold. Jane is now associated with Tappan Travel and you can take advantage of her travel expertise by letting her plan your next trip.

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