

10964

June 1983 No. 62

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.

GALA AUCTION PLANNED

It's that time again!! Your 10964 needs money to finance another season of publication.

Due to the tremendous appeal of previous years we've planned a gala "10964 Goods and Services AUCTION NO. 3", for late October.

You have all summer to put your "thinking caps" on and come up with a super idea to auction off. Remember in previous years, we've had oil paintings by neighbor artists, sailing lessons on the Hudson, catered dinners or luncheons for 4 to 6 people, as well as many lovely antiques.

An organization meeting will take place the last week in August. If you'd like to take part, volunteer your help, or have any special ideas, please call me over the summer.

This event provides a wonderful evening of unusual entertainment and the additional opportunity to enjoy the company of your friends and neighbors under relaxed circumstances.

The September issue will have dates and more specific information. In the meantime the future of 10964 depends on the success of this auction.

MARILYN SOLIMINE
EDITOR

LIBRARY DANCE 1983

The Trustees of the Palisades Free Library are delighted to announce that the tradition of the "annual Library Dance" will be restored.

The date is Saturday, Sept. 24th. The location and other pertinent details will be announced in the next issue of 10964.

ROGER JELINECK

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PALISADES FREE LIBRARY NEWS

SUMMER SCHEDULE - June 20 - Sept. 12

| | |
|--------------|--------------------------------|
| Mon thru Thu | 10 am to 1 pm; 5 pm to 9 pm |
| Fri | 10 am to 1 pm |
| Sat | Closed |

INSTANT CAMERA LOANS

An instant camera featuring a built-in electric flash and one-button operation can now be borrowed free-of-charge from the library. Palisades residents with a valid adult library card may borrow a camera for up to one week. Patrons must supply their own film. A small deposit is required. It will be refunded when the camera is returned.

The SUMMER READING PROGRAM for young people will start June 27 and end August 31 with a party for all participants.

M.A.D.D.

(MOTHERS AGAINST DRUNK DRIVERS) Rockland County Chapter is now being formed. All concerned citizens who have a desire to stop the violent tragedies caused by drunk driving (DWI) please call Rose McCoy (914)359-6154 for further information.

ARTS & LETTERS

Thorpe Intermedia Gallery opened the final exhibit of its current season on Sunday, May 22nd. Called TRANSPARENT STRUCTURES: ENDLESS SUMMER, it illustrates the many uses of transparent and translucent materials in architecture and sculpture.

The ancient Romans made translucent wall covers by splitting talc stone into thin sheets. Architects today wrap entire buildings in glass. Throughout the centuries, transparency has captivated the minds of designers and builders.

TRANSPARENT STRUCTURES: ENDLESS SUMMER is presented in three parts. One of these sections highlights the historical background through blow-ups of photographs and early manuscripts of such historic sites as London's Crystal Palace; the 18th century Linnaeus Gardens of Upsala, Sweden; and the 19th century greenhouse built by Jay Gould at Lyndhurst in Tarrytown.

Among the contemporary structures to be exhibited through models and photographs are the seven-acre greenhouses of Holland; pneumatic structures used for meetings and sports; and a variety of dwellings such as those designed by Phillip Johnson, Charles Eames, and Buckminster Fuller. Included among the domestic residences located in the Hudson Valley area of New York are the Kissinger House in Monticello, the dome house built by Sam Weinreb in Stony Point, and Paul Hultberg's pool house in Pomona.

Within the gallery itself an actual greenhouse will be constructed which will serve as a sample structure and as an exhibition area. Elsewhere, glass brick walls will stand to illustrate the use of glass as a structural material.

Another facet of the exhibit is the transparent and translucent work being done by contemporary artists. This section will include the sculptural and architectural works of over 15 artists.

TRANSPARENT STRUCTURES: ENDLESS SUMMER was funded in part by the N.Y. State Council on the Arts. The exhibit is open Thurs. through Sun., 1-4, through June 26, or by appointment. (914)359-6400, ext. 256. Admission is free.

Thorpe Intermedia Gallery is located on Route 340 in Sparkill, NY (Rockland County), near Exit 5N of the Palisades Parkway.

LIFE IN THE COUNTRY

by

Karen Jefferies

The story began in the summer of 1981 when my young daughter, Elizabeth, noticed birds building a nest on our porch. A pair of purple finches had selected a corner spot under the awning amid the trumpet vines. It was a perfect choice: cool, shady, and protected from the elements. Elizabeth was quite excited. As the porch becomes our summer living/dining room, we were able to observe closely the birds' progress.

We were eating our breakfast outside one morning when we heard chirping noises. We tiptoed over to the nest and looked in. There were three baby birds. Elizabeth was very excited. Each day we watched the parents feed their babies and found the father to be the more devoted parent.

The birds were a week old when disaster struck. One evening as we were bringing our food outside, I looked up at the nest and saw a big black snake wrapped around the vines. He was eating the babies. I screamed, "You can't do that, Go away!" My husband hurried our daughter inside. I picked up a broom and beat the snake. He slithered away across the vines. Elizabeth came running back, saying "I'm very brave. Let me see. Oh, the snake ate the little birds. Their poor mommy will be so sad. That bad snake did not listen to his mommy. It is not nice to eat baby birds." While I knew this rule did not apply to snakes, this was not the time for a lesson in the ways of nature.

Just then the father bird flew up to the nest to feed his children dinner. Where were they? He looked up and down, peeping frantically. He flew away, came back, looked again, and left. Elizabeth was crying. We were so sad: our dinner untouched. Then Jack heard a noise in the side garden. He looked over and saw one baby bird. He picked him up and put him back in the nest. We waited to see if the father returned. Of course not. Why should he. He knew they were not there.

It was getting dark. We could not leave the baby all alone and defenseless. What to do? We moved the baby, nest and all, to a hanging flower basket where we thought he would be safe. Giving the bird a dish of water and some bread crumbs, we went to bed, emotionally spent.

The next morning Elizabeth wanted to see the baby bird. Was he still there? Had his parents found him? The suspense. We went out to the porch. The baby was chirping nervously. The father was perched on a nearby tree. Did he hear the baby? Would he see him? We did not move. The father flew up to the basket, looked in, and saw his baby. He went away, singing happily, and came back for a second look. Yes, indeed, that was his baby. The father returned with some food. The baby was so excited that he fell out of the nest, sixteen feet to the ground. I raced down the steps, picked him up, and put him back in. The father returned with the mother, who was just as excited -- a joyful family reunion. Everything went smoothly except for an occasional fall from the nest. Fortunately, someone was always around to retrieve the baby.

Several days later, we were again eating dinner on the porch when, suddenly, Jack jumped up, grabbed Elizabeth, yelling, "Snake". That nasty reptile was two feet from our table. He was feeling hungry and smelled a baby bird. I hit him with my trusty broom, and he went away. I knew it was just a matter of time before he returned. That bird was too tempting. The poor baby had to be moved again. Where? Inside? Would the snake follow him in? Bats and squirrels have managed to get in our house. Why not a snake?

My husband said he was a nervous wreck and was going inside. My daughter fell asleep. I kept watch, armed with a flashlight and the broom. The snake returned. I struck. He disappeared. My husband came back and stood guard while I picked up the bird from the nest and took him inside. We put him in a wicker hamper along with some water and bread crumbs. What do we do now? Keep him inside? No. I would not be able to sleep. We decided on the roof. We propped the basket up against the shutters and hoped for the best.

The bird was still there in the morning but very unhappy with his new quarters. Elizabeth and I carried the basket out to the porch, and I put the bird back in the flower basket. He chirped happily, and I saw the mother nearby.

We went inside while I fixed breakfast. When we returned, the bird was gone. We searched everywhere -- no baby bird. I was desolate but resigned. We had done our best. Then my husband saw them on the lawn: father, mother, and baby. Elizabeth laughed and said, "His mommy and daddy will take care of him. Look! He's trying to fly!"

I knew that bird would make it. He was a survivor. When, this past summer, a pair of purple finches again built a nest in exactly the same spot, we were certain that our special bird had come back to show us his/her appreciation for our help.

So, here it is the summer of 1983, and we are waiting to see if the next generation returns to make our home their home.



PALISADES RESIDENT Ray O'Brey performed in a dance number in the National Dance Institute's "Event of the Year" at the Felt Forum May 23. He is pictured here with Fellow NY City Police officers Don Carroll and Ed Deacy rehearsing with TV and Movie star Mary Tyler Moore. Congratulations Ray!

RESTAURANT REVIEW: CORNICHE

This month we traveled across the Tappan Zee Bridge to White Plains to try out the restaurant at La Reserve Hotel, CORNICHE. We had heard good things about it from friends in Westchester and decided that Mother's Day would be a good time to sample the fare. This will not be a complete review since there was a special Mother's Day menu. However, I did manage to come away with the dinner menu so I can at least describe some of the dishes.

La Reserve is a new, modern hotel -- suites only -- that caters to the growing number of corporations in the White Plains area. CORNICHE is quite attractive, well-designed with comfortable upholstered chairs, green carpeting that continues up the walls. Pink tablecloths, plants and flowers contribute to the pleasant atmosphere.

Jack began with the Smoked Trout. The dish was attractively presented, and the trout delicious. I had one of my all-time favorites, Billi Bi, a cold, cream of mussel soup. It was quite possibly the best I have had. Even Elizabeth, my finicky six-year old, loved it.

For the main course, I chose the Sauteed Chicken with Apples and Calvados. The chicken was perfectly cooked with just the right amount of calvados in the sauce. Jack had the Medallion of Veal with Wild Mushrooms. The veal was excellent, and the sauce yummy.

Desserts included home made ice cream and sorbets. We tried the Cappucino, Kiwi, and Chocolate -- all were quite delicious. The selections from the pastry cart looked scrumptious, but we were too full to even consider them. The restaurant is expensive with the Mother's Day Dinner priced at \$24.75.

To tempt you further, I will just mention some of the dishes culled from the dinner menu. Broiled Shrimps stuffed with Scallops, Leek and Mushrooms (\$16.75) and the Poached Salmon with fresh Basil (16.25) sounded appealing. The Duckling Au Poivre Vert (14.95), roasted and served with a sauce of Green Peppercorns, Cognac and Cream looked interesting. Two veal dishes also intrigued us: the Veal Steak aux Chanterelles (16.75), sauteed in butter with mushrooms, cream and cognac and the Medallions of Veal Facon (17.25), sauteed and blended with chives, port wine and cream.

If you have room for dessert, the Souffle Glace Napoleon (3.75), home made ice cream flavored with Napoleon Brandy and Grand Marnier would be a nice way to end the meal or perhaps the Pear Williams Ice Cream (3.50) also home made and laced with Pearl Williams Brandy.

If you care to drive over to White Plains, I recommend CORNICHE for a pleasant dining experience. It is only about a twenty minute drive. Take #287 to exit #6, turn right on to North Broadway for about 7 blocks to Barker Avenue, make a right, go about 2 blocks and the Hotel is in front of you -- parking lot on Cottage Avenue.

KAREN JEFFERIES

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Cardiovascular conditioning keeps your heart, lungs and blood vessels in as healthy a condition as possible. Through vigorous exercise, you'll be getting the most amount of benefit from the least amount of time -- a handy benefit for those whose busy schedules don't allow much time for exercise.

Specifically, here's how regular physical exercise, such as walking, jogging, swimming or cycling, helps your heart: it increases the diameter of your coronary arteries, so that blood flows more easily; it helps your red blood cells pick up and carry more oxygen from the lungs to the heart; it helps the oxygen in your blood diffuse more rapidly in to the heart muscle, where it is actually used; and it helps the contraction of your heart muscle, so the pumping action of the heart is improved.

Exercise also has a tranquilizing effect. It can help relieve the tensions, stress and anxiety that all of us carry with us daily. Feelings of anxiety, fear, frustration and anger correspond to increased levels of adrenalin and other similar compounds in the blood. Even worry is a form of low level stress, sending little spurts of adrenalin into your bloodstream. These stress hormones can affect the heart muscle and may result in irregularities in the heart's rhythm, which can be harmful under certain circumstances.

By exercising, you may be helping your heart fight off the effects of these stress chemicals. Also, experts believe that if you do have a heart attack, your chances of surviving will be four times as great if you previously participated in a regular exercise routine.

By reducing weight and decreasing feelings of stress, exercise gives you a total feeling of well being and vigor. Why not give it a try?

Each time you exercise:

Warm up: Before you begin any vigorous activity (for at least five minutes) include movements which begin slowly. Warm-up movement should include all parts of your body.

Cool down: Following vigorous activity (for three to five minutes) easy walking, followed by relaxed stretching, is a good choice after most types of exercise.

Note: If you are not active and wish to begin an exercise program, begin slowly. Be good to yourself and start gently. If you are uncertain, contact your physician.

MYRA BRYCE-RICHARDSON MPH, RN

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LETTER TO THE EDITOR

The purpose of this letter is to report a recent incident involving a heavy truck on Oak Tree Rd. in Palisades which came very close to causing several fatalities.

On Tuesday, May 3, my daughter, Karen and I with her young twins were starting to drive from Palisades to Tappan. An 18-wheel tractor trailer truck headed West with a strong rubber-smelling smoking rear wheel was stopped just West of the intersection opposite the post office. The driver hailed us down and asked directions to Northvale, NJ. We told him his wheel was smoking but he expressed no interest in the smoke but only in getting to Northvale. I told him how to get there and also told him he was in violation of a 10-ton limit on 9W and a 5-ton limit on Oak Tree Rd. He paid no attention to that, either.

We then proceeded West on Oak Tree Rd. on our way to Tappan. Karen was driving and I was in the back seat with the twins. While stopped for a red light at Rt. 340, through her rear view mirror Karen suddenly saw lots of smoke and the truck careening down the hill toward us blowing it's horn. We immediately knew it had no brakes. Fortunately, we were the only Westbound car at the light and Karen was able to quickly pull to the right onto 340 and the truck went barreling through the intersection -- against the light. We were lucky -- we were able to get out of its way in the nick of time. If we hadn't and if the driver had left his lane to avoid hitting us, he would surely have hit 2 Eastbound cars waiting for the light to change. Luckily, also, there were no cars traveling on 340 at that moment.

We got back on Oak Tree Rd. with the truck in front of us with heavy rubber-smelling smoke still coming from it's rear wheel. We couldn't believe he was going to continue driving without brakes but he did.

When he reached 303 he pulled over to the right and somehow managed to stop. We pulled up beside him and let him know in no uncertain terms that he could have killed any number of innocent people. His

reply was "how was I supposed to know my brakes were going to give out and how do I get to Norvale, NJ from here?!"

The following day I reported the incident by phone to Capt. Wanamaker of the Orangetown Police. I told him we were appalled that a driver who knew his brakes were failing would continue driving -- especially in an unfamiliar area that might involve going down a hill. He didn't seem overly surprised at that but did say that the time has come for the Orangetown Police to have another crack-down on illegal trucks on Oak Tree Rd. He said the police will do a road check on 9-W by stopping and checking out all heavy trucks. He said this is more effective than stationing a police car on Oak Tree Rd. to catch illegal trucks. As of this writing I have seen no evidence of such a crackdown, but perhaps it will take place by the time this letter is published.

This frightening experience exemplifies the danger of uncontrolled heavy trucking in this residential area.

DOSSI THAYER

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.

SERVICE ADS

EXPERIENCED 12 year old will take care of your pets while you are away. Loves animals. References. Call Ilena Elevitch (2995).

Our sincere appreciation to Anne Gugler for her generous contribution to 10964. We appreciate the thoughtfulness of each and everyone who has voluntarily remembered to send their checks to 10964. This has enabled us to continue to bring your community newsletter into your homes each month. Have a happy and safe summer and we will be back in your mail boxes in September.

THE STAFF OF 10964

Larry C. Sorriento (914)578-6550



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