



HUDSON RIVER DEFENSE LEAGUE

10964 has asked Palisades resident Roger Jellinek, a trustee on the board of the Hudson River Defense League, to recap the activities of the League in which many Palisadians are involved. 10964's staff felt it important to inform residents of events outside of Palisades which will have an impact upon our community.

Piermont Pier Development

The Carlyle Corporation's plans for a large residential, commercial and marina development at the Piermont Pier have been seriously stalled. Last summer the League alerted the New York State Department of the Environment and Conservation (DEC) to the probable existence of hazardous wastes on the old industrial site, and the developers reportedly spent over a million dollars removing contaminated soil. Despite this the DEC will be formally designating the site as an "Inactive Hazardous Waste Site," requiring further study and probably further remediation. Carlyle will not be able to get off the list without a consent order from the DEC, which will not be forthcoming without the further actions stipulated by the DEC. This process will take months to resolve.

Carlyle, given permission by the Piermont Village Board, could go ahead and build anyway. It would presumably be difficult, however, to market housing built on an officially designated hazardous waste site.

The League, in association with the Hudson River Fishermen and a number of other individuals, is suing the Village of Piermont in an Article 78 proceeding, on the grounds that in granting Carlyle a zoning change, the Village did not take due care regarding the toxic waste issue; did not conduct its environmental review process

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OFFICIAL SCENIC DISTRICT DESIGNATION

Bill Beaty is a founding director of the Tappan Zee Preservation Coalition and vice-president of the Preservation League of New York State. He kindly agreed to bring us up to date on some of the most recent developments of Tappan Zee preservation.

Organization of the Coalition

The Tappan Zee Preservation Coalition, Inc., was incorporated on June 5, 1987, with its first objective being the designation of the western shore of the Tappan Zee as an official scenic district under chapter 49 of the New York State Conservation Law.

Preparation of the Application

Following an intensive study of the area by the Coalition and expert consultants over a period of several months, an application for the designation was submitted to the New York State Department of Environmental Conservation. The application was unanimously supported by the seven town and village governments of the proposed area.

Arousing public interest and support

Subsequently, in order to arouse public interest and support for the designation and the preservation of the Tappan Zee and its shores, the Coalition organized a memorable flotilla on July 3, 1988, led by the *Clearwater* and some 150 craft. Kayaks to cutters and outboards to motor yachts sailed past a reviewing stand under Hook Mountain in North Nyack, presided over by the coalition's patron, Helen Hayes, and its president, S. Hazard Gillespie. *The New York Times* and other media gave the event, which was attended by public

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BLUE ROCK SCHOOL

Storytelling

Blue Rock is holding another in its series of storytelling events for children and their families on Sunday, April 30, at 4:30 p.m. at the Palisades Presbyterian Church. That afternoon, storyteller Penninah Schram, founder of the Jewish Storytelling Center in New York, will be drawing on the rich folktales from around the world. Her presentation is titled "From One Generation to Another: An Afternoon of World Tales."

Storytelling is a vital part of the Blue Rock School curriculum. These events are important expressions of the school's belief in the value of live storytelling and listening, something we do every day in our school.

The school's last storytelling event took place in February in space generously made available at the Palisades Presbyterian Church, where Joseph Bruchac regaled a standing-room-only audience with Native American myths and tales

Summer 1989 Children's Program

Because of the enthusiastic response last summer, the school is expanding its summer children's program. From June 26 through July 14, five to twelve-year-olds will have a chance to explore music, dance, theater, art and many other activities in a warm creative environment. The day will begin at 9:00 and run until 3:00. Children will be able to sign up for a week at a time or for the full three weeks. The program will reflect Blue Rock's tradition of small classes, and the faculty will be adult, experienced teachers. Space will be limited to about fifty. There will also be evening programs throughout the three weeks where parents and children can see and hear the work of visiting artists, storytellers and performers. Those interested are encouraged to call Blue Rock at 365-2644 to join our mailing list for further information.

Kate Wheeler

SPARKILL RESIDENT EXHIBITS PAINTINGS

Donald Iannucci will exhibit his paintings at the Thomsen Gallery in Tappan beginning April 4 and continuing through April 30. Iannucci received his BA and MA degrees at Parsons School of Design and studied at the Tyler School in Rome. He currently teaches printing and drawing at Rockland Community College. He has exhibited at the Hopper House Museum, at the Rockland Historical Society, and in Soho. His work was recently selected for purchase by the New York State Legislature and by the Rockland County Art in Public Places Committee.

Sculpture by Peter Ruddick, a graduate of King's College and a former instructor at Pratt Institute, will also be included in the show. Gallery hours are Tuesday through Friday, 1 to 6 p.m. and by appointment (359-7406).

ANNOUNCEMENTS

Brian Warner, who lives on Red Oak Drive and is a junior at St. Joseph's Regional High School in Montvale, N. J., will be starring in the Spring production of "The Little Shop of Horrors." He will play the part of Seymour. The play will be presented on April 28, 29, and 30.

Brian has formerly played the role of the Stage Manager in "Our Town" and also a number of small parts in "Evita" and "Chicago." His family and friends are very proud of him.

Palisades resident Maral Kalayjian recently gave birth to her third son and her first Mid-Eastern food shop, "Oh! Tempting" in Northvale, N. J., near Shop-Rite. Just about everything is homemade, and working moms and dads as well as busy housewives love to stop in and take home the wide variety of delicious temptations; baklava, falafel, hummus and the like. Ms. Kalayjian hopes to put in tables soon to turn "Oh! Tempting" into a relaxing, neighborhood cafe.

PALISADES SWIM CLUB

The Palisades Swim Club's waiting list is moving along swiftly at this time of year. If you are on the list and are not a B/member, now is the time to consider this option while you wait patiently for full membership. It is a consolation on those hot summer days that are ahead of us. If you are interested in a B/membership, please contact Zora Kalinic at 359-0123.

PALISADES FREE LIBRARY

Spring Plant Sale

You could win a 20" children's bike (Dinny Price is donating two for the Plant Sale Raffle), or a piece of Orrefors crystal, or lunch at a local restaurant. These are just some of the raffle prizes at the Palisades Free Library's Spring Plant Sale on May 13, from 10 a.m. until 2 p.m.

Ronnie Estadella will have a wonderful selection of plants for your garden and for Mother's Day gifts. Tempting dishes can be bought from the food table, which will be overseen Barbara Loweree. Plan to browse over the used books, and stay for lunch prepared by our loyal chefs Bill Eberle and John Fawcett.

We need donations. Please bring your plants and food early. Everything from soups to nuts is welcome. If you have books to give, call Nina Prusinowski at 359-4580 before the plant sale so there is ample time for pricing.

Biblio looks forward to seeing you there.

Barbara Algert

fairly or correctly; "segmented" (i.e. improperly postponed consideration for the tactical purpose of getting the development in motion) the condo and commercial development from a clearly implied 700-boat marina; and could not guarantee sufficient Orangetown sewer capacity for the project.

Orangetown Sewage Plant Capacity

In a related development the League joined the Hudson River Fishermen in a suit against the Town of Orangetown under the Federal Clean Water Act, on the grounds that the town has permitted its sewage system to run grossly over its DEC permit capacity, resulting in the discharge of untreated or undertreated sewage into the Hudson River. The law stipulates a fine of up to \$25,000 for each violation. The plaintiffs, led by Robert F. Kennedy, Jr., cited more than 180 violations in 1987 and 1988. The DEC imposed a moratorium on all further development in Orangetown as of January, 1989, until the problem of capacity is resolved. The town is presently considering various alternatives, among them buying capacity from the County, or exchanging it for a commitment to burn county sewage. It is not clear whether the Carlyle project is now included or excluded by the moratorium. The DEC will probably award the Fishermen some \$50,000, which will be designated for some project related to the protection of the Hudson River.

Palisades Mall

The League is an active participant in the fight to stop the huge Palisades Mall planned by the Pyramid Corporation in West Nyack at Routes 303 and 59. If built

it will eventually have by far the greatest impact of any local development, not least probably rendering a second bridge inevitable. The League has joined other citizen groups in another Clean Water Act suit, against Pyramid. Much of the site was a dump, and disturbing the ground there could result in toxic-laden water flowing into the Hackensack River, a major source of Bergen County (N. J.) water.

Contributions Welcomed

The Piermont Pier development may be stalled, but it certainly is not dead. The Carlyle Corporation is in every sense resourceful, and the Piermont Village Board is still set on it. However, the progress reported above would not have been possible without the money from a December fundraiser held in Palisades and attended by residents of all the River communities. The League thanks all contributors on its own and the Fishermen's behalf. All the funds received have been expended on independent and expert reviews of the evidence, and on legal fees.

The League welcomes and needs your support. Annual membership dues are \$10; Contributing, \$25; Sponsoring, \$100. Contributions to the League's (separate) Legal Defense Fund are particularly needed. Please send checks payable to the Hudson River Defense League (and separately to The HRDL Legal Defense Fund) to Katherine D. Bensusen, 161 River Road, Grand View, N. Y., 10960. If you can volunteer time, or have any questions, please contact Marlene Kleiner, deputy director, at 359-2126.

Roger Jellinek

OFFICIAL SCENIC DISTRICT DESIGNATION (Cont'd from p. 1)

officials and dignitaries from both sides of the Hudson, extensive coverage.

Victory!

On October 25, 1988, in a letter to the late Isabelle K. Savell, founding secretary of the Coalition, commissioner Thomas C. Jorling of the Department of Environmental Conservation wrote: "It is with great pleasure that I write to inform you that I have officially designated the Tappan Zee Area as a Scenic District."

Management Plan

The official order mandates that the local governments within the jurisdiction for the District be encouraged to prepare a plan for the management of the lands and the waters within the Tappan Zee Scenic Area and it is to that matter that the Coalition is presently

addressing its efforts, including the threats of a second bridge across the Tappan Zee and the completion of Interstate Highway 287 to Suffern where it will join the New York State Thruway.

Ultimate Success

The key to ultimate success of the objectives of the Tappan Zee Preservation Coalition depends upon an informed and active citizenry. To that end, the Coalition's second annual membership drive is planned for the near future and broad participation and support are welcomed.

Bill Beaty

HOW EFFECTIVE IS SPORTS MASSAGE?

David Tookmanian of Park Avenue, Palisades, is a licensed sports massage therapist. He is a member of the American Massage Therapy Association and the National Sports Massage Team. In 1987, he was a member of the Pan American Games Sports Massage Team. Presently he is team masseur for the North Jersey Bike Club and is a staff masseur for the Ridgewood, N. J., YMCA.

Ask Mary Decker Slaney, Alberto Salazar, Francie Larrieu Smith, Greg LeMond, Eric Heiden, or Roger Craig. "At our level of competition there is such a subtle difference between winning and losing that you need every advantage possible. Massage is one of them," says Davis Phinney of the 1984 U. S. Olympic Cycling team.

Many members of the sports medicine community have concluded that massage is beneficial to the athlete and should be integrated and used in conjunction with medical treatment. Massage warms the skin, eliminates metabolic waste and improves circulation. Another benefit of massage, however, is the psychological uplift the athlete receives after a massage, the rejuvenation that cannot be measured by a stopwatch. This only the athlete himself or herself can attest to, and many do by virtue of the increased demand for and certification of massage therapists over the past few years. Whether the benefits be physiological or psychological, the results indicate that massage works.

In general, massage is a systematic manipulation of the soft tissue of the body for therapeutic purposes. It has been used as a medical modality since the creation of man. The ancient Chinese, Greek and Roman civilizations used massage for treating disease. It was

Swedish professor, P. H. Ling, however, who first refined the art, coupled it with anatomy and physiology, and introduced it in Stockholm in 1813.

There are various forms of massage. Our focus, however, is sports massage, which is a rapidly developing specialty within the field. It not only applies the knowledge essential and basic to massage therapy, but it also requires the therapist to have a thorough awareness of the athletic arena, including the specialized demands of intense training, an acute understanding of the anatomical and kinesiological requirements of body and movement, and physiology as it relates to athletic performance and injury. The prime concern for sports massage is to raise maximum performance levels and prevent injury by increasing body mobility. Decrease resistance and you increase performance.

Muscles are nourished, cleansed and maintained by blood. During normal activity, glucose or blood sugar and oxygen are delivered to the muscles and converted into energy. The by-product of this process, lactic acid, is flushed back into the bloodstream for removal. When activity becomes more strenuous, prolonged sharp contractions of muscle fiber lead to fatigue and inefficiency of the system. Energy demands exceed supply, lactic acid accumulates, muscles become fatigued and cramped. Enter the sports massage therapist.

Massage should never replace training and should never be performed if inflammation is present. When seeking massage, a member of the American Massage Therapy Association should be consulted to insure that you use a licensed professional with the knowledge and certification required for sports massage.

David Tookmanian

NOTES FROM AN EXERCISE JUNKIE

Working out, sweating, stretching, strengthening, toning, limbering, shaping, energizing--call it what you will we're talking about exercise and I love it! I've been hooked from way back when, from the days of "I-bet-you-can't-do-this-one" in the back yard.

Childish challenge acrobatics gave way to long sessions on a neighbor's trampoline, waiting on a long line for my precious turn at "add-on" (a physical version of the memory exercise "I-Packed-My-Bag-And-In-It-I-Put" where each person adds her trick onto the ones done before, and the next person has to remember and perform all that preceded before adding her trick to the chain. Or, the best, whole afternoons with no one else around, jumping for the sheer joy of being a kid with a healthy, high-energy body, sweating with abandon en route to perfecting a feet-to-feet forward flip.

Trampoline tricks led to a 10-year stretch as a competitive diver, with time spent on a summer swim team (the workouts took care of my puppy fat 'long about puberty, a.k.a. boy-time). The supporting exercise for these two activities consisted of ballet classes, lending grace and ta-dah finesse to the diving; and running, for the aerobic and cardiovascular conditioning necessary for the swimming.

Time passed, and while the diving and swimming fell away, the ballet classes continued, with jazz and modern classes added in, as they somehow began to feed into an increasing interest in theatre. I also began to be conscious of the turn-on of having a body that could do whatever I asked of it, whether it meant creating a dance to fit a particular piece of music that needed say, all

It is believed that Stanley Lampert, who resides in Palisades on Century Road, was the first world class shotputter to advocate barbell training, and he has written on that topic since 1949. His early disciples were, among others, Hal Connelly, Bob Backus and the Reverend Bob Richards.

In 1946, while in his senior year at Brooklyn's Abraham Lincoln High School, he was an All City basketball player and achieved the unusual feat of winning both the high jump and the shot put in the P.S.A.L. Outdoor Track and Field Championship. His best high school mark in the shot put was 54 feet, 11 and 1/2 inches, which is still a school record 43 years later.

Stan won many championships while at New York University including the IC4As, the Penn, West Point, and Seton Hall relays, and nine metropolitan intercollegiate championships in shot put, indoors and outdoors, and discus. After college he continued to compete until 1956 and won a total of 12 Metropolitan A.A.U. Championships, took second or third in eight National Championships and won numerous international meets. He set a new World record in 1954 of 59 feet, 7 and 3/4 inches in shot put.

The question is often asked, "How long can a person stay with his fitness training and expect improvement?" Also, "Can I start at 40, 50, 55 and expect results?" The key question, of course, is what are you trying to accomplish? If you are looking for fitness and general good condition, you can go on indefinitely. Those of you already involved can continue, but perhaps the emphasis can be shifted to over-all fitness. Those of you who are looking to start can do so if you remember to proceed slowly and get your doctor's approval first. You get what you train for. If you run long distances you will develop cardiovascular capacity. If you lift heavy weights you will develop great strength. If you train for over-all condition, that will be the result.

Fitness Goals

The various facets of fitness and good condition are:

- 1) Cardiovascular fitness (enhanced heart and lung capacity with good quality of the veins and arteries).
- 2) Strength and power (the ability to exert great force and to move heavy objects with a great deal of speed).
- 3) Local muscle endurance (the ability to resist fatigue in actions or motions that don't cause you to huff and puff but merely tire the muscles, i.e. sawing wood).
- 4) Flexibility (full range of motion in all movements without pain or discomfort).

Does any one exercise mode meet all of the criteria? Unfortunately, the answer is no. Running will not develop strength, flexibility or local muscle endurance (except in the legs). Weight training alone will not develop flexibility or cardiovascular fitness (if done in the regular manner), and stretching won't do much except flexibility.

Circuit Training

What's a person to do? The programs presented here are necessarily a compromise. You won't be as strong as a power lifter, as loose as a dancer, and you probably won't run the Boston Marathon, but you will be more completely fit than most specialists, and you will look considerably better.

We have seen that running alone is not the answer. The closest we come to an ideal system is circuit training. The cornerstone of this procedure is vigorous resistance movements done 12 to 15 repetitions with very little rest between the exercises. Ten or more different exercises should be done so you are working at high intensity for 10 to 15 minutes. Circuit training meets all of the demands for complete conditioning when combined with proper stretching. The 12 to 15 reps will develop considerable local muscle endurance. The very short rest (15 seconds between exercises) will elevate the heartbeat rate and keep it there. The use of proper resistance will foster strength and power building. The resistance (not necessarily weights) should be sufficient so that the last two or three reps are difficult.

Since most everyone understands the need for stretching and since there are several fine books on the topic, I will restrict my advice to this: Do only static stretches (no bouncing), and do at least one stretch for each major muscle group.

Two Programs for Use at Home

There are many possible circuit programs. I will describe two you can do at home with regularly available equipment. The first program utilizes a barbell, one or more dumbbells and a rubber or steel spring cable set (sometimes called chest expanders). Preset the resistance, bearing in mind the last three reps should be hard. A sample program of this type might be: 1) Squat. 2) Dumbbell curl. 3) Cable press behind the back. 4) Floor pushups. 5) Situps. 6) Power clean (barbell with same weight as squat). 7) Dumbbell overhead press (same weight as curl). 8) Cable pull-downs (same cables as press behind the back). 9) Dumbbell swing (same weight). 10) Rise on toes. 11) Leg raise.

The second home program is simpler but by no means easier. It is one that I followed almost exclusively for years, during a time when business priorities allowed me almost no time for conventional workouts. Three days of this a week, plus two of isometrics kept me in excellent shape.

I used only 125 pounds but still found this routine difficult. The following is the order with NO rest until you have done all 120 to 150 reps. 1) Curl. 2) Row. 3) Upright row. 4) Clean. 5) Squat. 6) Rise on toes. 7) Dead lift. 8) Pushups (floor). 9) Situps. 10) Leg raises. These routines should be done three times a week, except when you are also doing other conditioning work (running, swimming or other barbell work).

Good luck in your quest for fitness.

Stanley Lampert

In April Lamont's venerable research vessel, the *Robert D. Conrad*, will sail into the Hudson to its home "port" of Piermont for the last time. After 27 years and a record 1.25 million miles of globetrotting, the *Conrad*, on its last journey, will undertake the first comprehensive seismic survey of the deep rock structures under the Hudson riverbed, from Albany to Long Island Sound.

The *Conrad* has sailed every ocean, and has reached into both polar circles at latitudes as high as 70 degrees North, and almost 70 degrees South. The ship has conducted every kind of geophysical and oceanographic, geochemical and biological experiment, from two-ship seismic surveys to sonar mapping, coring, dredging, water sampling, and moving deployments.

The *Conrad's* unsurpassed record of effectiveness in the academic fleet has required increasingly heroic efforts to maintain. It is with considerable relief that Palisades residents Dennis Hayes, Lamont Associate Director, and Sam Gerard, Marine Technical Coordinator, and their colleagues will soon take charge of a new and state-of-the-art Lamont ship, the *M/V Bernier*, a larger, faster, more flexible and more capable ship that was built for PetroCanada in 1983.

The new ship, acquired by Lamont in January, 1989, requires technical modifications and is expected to be ready for its first academic research project by January 1, 1990.

Roger Jellinek

NOTES FROM AN EXERCISE JUNKIE (Cont'd from p. 4)

angles and crazy balance holds, or coming up with a very specific physicalization for a character in a play. And then there was the fun of being able to go to a "mixer" and have the stamina to dance all night with the hard-core boogie crowd in front of the band, sweating, laughing, DANCING with a bacchanalian abandon. The fringe benefit was the vanity angle. I liked what I looked like when I was in fighting trim.

It was in college that I discovered the stress management benefits of exercise. Long after I took "dancer" off my resume I continued taking dance classes in New York, along with running and stretching. It all seemed to help cope with the city that can tie your neck and shoulder muscles in knots just surviving day to day. The only time in my life that I've ever had trouble with my back (or my weight) was the period when there was literally no time to exercise. That was when I could feel my rear end assume the shape of the chair I sat in day after day at a desk job, and I felt like my mental energy sagged accordingly.

About that time I started reading reports of how patients in mental institutions showed significant improvements when placed on controlled exercise programs. I found time, squeezed time, to work out again, and was amazed at how quickly things came back into line, mentally as well as physically.

Marriage, a huge change in lifestyle, routine, and locale, threatened to sideline exercising, but then the Diplomat Health Club (membership a wedding present to me from RJ) entered my life. Taking classes turned into teaching classes; they were short of staff about the same time I was short of patience at not finding the class that could synthesize dance, stretch, toning, strengthening, and aerobics, in a serious, almost choreographed continuous routine. Perfect! If I couldn't find such a class, why not teach it? In teaching I found a sort of

sacrificial lamb approach. I mean, if I do such exercise "to the max," then the class will too, right? If I sweat, then so will they.

Once again time passed, and I found myself pregnant with what turned out to be Everett Peter. In my journal I noted "I will keep working out--it can only help in the long run." Sure enough, I exercised and taught classes up to 15 days before I delivered. While the actual birth was a nightmare ending in a Caesarian section, the recovery was unbelievably fast, surely attributable to the exercise factor. And the 40 pounds that sneaked on were shed with dispatch as I went back to teaching six weeks after delivery.

Now, as I adjust to life as a mama, I am in the business of proselytizing. I am still teaching at the Diplomat, but I am also teaching a post-partum class at the Rockland Center for the Arts for new mothers. Best of all possible worlds! I can help women who have decided it's time to take steps to return to their pre-pregnancy shape to feel good about their bodies. I can teach awareness of the body, and offer a "baby break." We then sit together and schmooze as a support group with tea and/or coffee, and everybody feels energized.

The point of this gently meandering memoir is EXERCISE!!! Find some time each day just for yourself to work out, even if it's just 15 minute's worth of walking at the start or the end of the day. It's decompression time that's well worth while. You don't have to be a fanatic about it like I am, but even a little is better than nothing at all. My attitude toward physical fitness is the antithesis of Robin Williams' sarcastic assessment of cocaine ("Hey, a drug that makes you paranoid and impotent--give me more of that!...") Exercise adds an element to your life that lifts your mood, benefits your general health, and improves your body. Give me more of that!

IL PORTICO.

DELIGHTFUL & DOWNRIGHT DELICIOUS!

Toss out your Spaghetti-O's. Retire your Aunt Millie's. Finally, there's an honest-to-goodness Italian restaurant with honest-to-excellent food.

Il Portico, a relative newcomer to Tappan, N. Y., opened late last Fall in a building renovated and restored to its original 19th Century Victorian appeal. Obviously, the name was suggested by a simple, street level porch with its inviting call to come and peek inside.

Signore Pappé Pinton, the owner, along with his attractive wife, Anne, set the tone for a delightful dining experience. You're given a warm welcome to sit, eat and drink, then linger awhile over the freshly brewed espresso (occasionally accompanied by a free cordial of your choice; Sr. Pinton's way of saying "grazie"). No newcomer to the restaurant business, Sr. Pinton's last association was with **Marcello's** in Harrington Park, N.J. He helped establish it as a four star restaurant.

Ah! Now to the food. Since I'm a pasta nut, as well as a lover of fish, salads and desserts, that's where I'll begin. The pastas? Pure perfection! They're home-made, cooked to order and come in all shapes and sizes. And, all are cooked *to the bite* and served hot. Someone once said their sauces were like throwing a party for your mouth. The variety of sauces are many, mainly from Tuscany and the Italian North. They're more subtle than gusty. A few favorites: *Pesto* with its fresh basil, virgin olive oil, pinola nuts, aged parmesan and garlic. A *Primavera* that's a blend of crisp, crunchy vegetables in a light chicken broth. *Monte Carlo* [a sure bet for every taste], a potpurri of fresh tomatoes, laced with Sherry and dolloped with Porcini Mushrooms and bits of Prosciutto. My consistent favorite, however, is a made-to-order puree of fresh tomatoes and basil, with a smidgeon of garlic. A fresh, simple flavor redolent of the good tastes of a summer garden. On weekday nights, they'll prepare your pasta tableside. It's-a-nice!

The salads are as close to garden fresh as you can get, with a variety of crisp, flavorful greens combined with the earthy reds and beiges of raddichio, mushrooms and endive. The dressings are made daily by the sous-chef with only fresh ingredients. The house specialty is a true tongue pleaser: A superb blend of extra-virgin olive oil, imported Balsamic vinegar (a slightly sweet, nutty taste), heaps of fresh basil, a touch of fresh tarragon, and a gentle gob or two or three of garlic.

The vegetable selections are the choice of the chef, and change daily. He serves only the best and freshest ingredients from the produce market. True to the ways of the Italian kitchen, the vegetables are served with a lot of their earthy crunch still present, having been steamed, gently sauteed, blanched, or roasted. Sometimes, a hint of garlic and oil is used in the preparation, at others, a touch of lemon-butter, or an enriched chicken stock. Always the true taste of the vegetables comes through.

Next to the Japanese, the Italians are tops in preparing and cooking fish. The secret, again, is freshness. No frozen or day old fish served here. While the menu lists the reliable standards (salmon, sole, swordfish, redfish, as well as a special or two of the marketplace), each is especially seasoned to enhance its individual flavor. The chef is deft and swift in the cooking. The fish flakes just right when touched with your fork, and is always moist to the taste. The accompanying sauces are light and refreshing, and compliment the natural flavor of the fish.

Now, if like "Jack Sprat's Wife" you can eat no lean, you're in "fat city" when the dessert cart comes by. There's *Tiramisu* (means "pick me up," and after one you'll know why). It's a combination of freshly baked Lady Fingers, soaked in Espresso, layered with rich, sweet tasting Mascapone cheese, then showered with thin chocolate shavings. If you're in the mood for something light, you've got to have their home-made *Napoleons*. They're so light, you need two to do them justice. They have an incredible array of cakes and tortes from the *Gateau Suisse*, one more tempting than the other. So order a sampling of each.

Whoops, almost forgot the other menu items for all of you carnivore [meat and chicken eaters, that is]. While I haven't eaten them personally, most of my dining companions—including a few of my New York City food-crank-chums—have ordered the various beef, veal and daily chicken specials. No matter the dish, all of them gave gustatory raves. A big favorite with the meat eaters is the hefty veal chop seasoned with fresh Rosemary, and grilled to a crusty, juicy-pink perfection.

The appetizers are truly that: Appetizing and abundant. To name a few: *Carpaccio* (the tissue thin, air cured beef); *Roasted Peppers* with fresh mozzarella and porcini mushrooms, marinated in a well seasoned virgin olive oil; and, the most ethereal *Gnocchi* (Italian dumplings) this side of Milan. We recommend the chef's rich, tangy Gorgonzola topping.

They have an extensive, smart selection of wines, with prices that won't require a home equity loan. The service is good and efficient, and you don't have to create a ruckus for refills of water or bread. You're never rushed, or hustled to leave.

Il Portico is open Tuesday through Sunday for dinner from 6:00 to 10:00 p.m. Dress is casual. On week-ends, reservations are in order: (914) 365-2100. Most credit cards accepted. The average price per person, including a drink, appetizer, entree, dessert and coffee, along with a shared bottle of wine averages \$40. And, it's worth it.

Il Portico awaits. Go, eat, enjoy!

W. D. McGivney

ROCKLAND CENTER FOR THE ARTS

The Center is located at 27 Greenbush Road in West Nyack. Please call 358- 0877 for reservations and tickets. Please note that advance registration is required for all workshops.

April Workshops

CERAMICS:

- "Ceramic Jewelry": Saturdays, April 8 and 15, 10 a.m. to 4 p.m.
- "Throwing Big Pieces": Sunday, April 23, 10 a.m. to 4 p.m.
- "Japanese Art of Raku Firing": Sunday, April 9, 9 a.m. to 5 p.m.

ACTING:

- "On Camera": Perform commercials before a video camera. Sunday, April 16, noon to 5 p.m.

FINE ARTS:

- "Flower Power: Watercolor Workshop": Four Wednesdays beginning April 12, 9:30 a.m. to 12:30 p.m.
- "Drawing From the Live Model, near life-size scale": Sundays, April 2 and 9, 10 a.m. to 1 p.m.

CRAFTS:

- "Plaited Market Baskets and Variations": For adults (teachers and scout leaders) to teach to children ages 9 and up, 2 sessions, Tuesdays, April 4 and April 11, 7 p.m. to 10 p.m.

CALLIGRAPHY:

- "Pictorial Flourishing": Saturday, April 1, 10 a.m. to 4 p.m.

LANDSCAPE DESIGN:

- "Landscape Architecture": 2 sessions, Sundays, April 23 and April 30, 10 a.m. to 2 p.m.

NEW MOTHER EXERCISE CLASS:

- 6 week session with late enrollment permitted. Wednesdays beginning March 29 through May 1, 10 a.m. to 11 a.m. Baby watcher provided! Fee \$60. For information call 359-7697.

April Lectures, Exhibits, Concerts, etc.

- 1 WRITERS ROUNDTABLE SERIES: "Another Hemmingway," Hemmingway biographer Kenneth S. Lynn, Saturday, 8 p.m.
- 2 COMPUTER ART EXHIBIT: "The Digital Image." Opening reception, Sunday, April 2, 1 to 4 p.m. Exhibit extends through April 23.
- 7 PERFORMANCE ART SERIES: "Off Off Center," visual artist and humorist, Pat Oleszko, Friday, 8 p.m.
- 9 CONTEMPORARY SCULPTURE: "Big Art in the Big Apple," lecture and tour. Lecture: Sunday,

April 9 at 3 p.m. Tour: Sunday, April 16, from 10 a.m. to 2 p.m.

- 25 SENIORS AND DISABLED CONCERT: David Lisker, banjo and songs, Tuesday, 10:30 a.m. Seniors free, bus service for groups.
- 28 TAPPAN ZEE CHAMBER MUSIC CONCERT: Chelsea Chamber Ensemble, woodwinds and piano, 19th and 20th century American composers, Friday, 8:30 p.m.
- 29 WRITERS ROUNDTABLE SERIES: Ernst Pawel, biographer of Theodore Herzl, Saturday, 8 p.m.
- 30 PAUL Y. KEATING PHOTOGRAPHY COMPETITION: Sunday, 3 p.m., reception and the presentation of prizes. Exhibit continues through May 12.

THORPE INTERMEDIA GALLERY

Caroline Crawford: Final Exhibit as Artist-In-Residence

Painter Caroline Crawford will exhibit the work she completed during her three months as artist-in-residence at the Thorpe Intermedia Gallery in Sparkill, on Saturday and Sunday, April 8 and 9, from 1 to 6 p.m. each day. The artist will be present throughout the week-end.

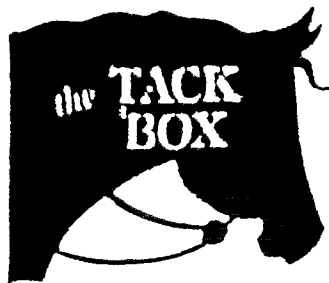
In early January, Crawford moved paints, canvas, and other materials into the gallery and soon transformed the space into an exciting and productive studio. In creating her colorful sculptural paintings, Crawford cuts unusual shapes from plywood, covers them with foam and then stretches canvas over them. These padded surfaces are painted in bright colors and patterns with intriguing textural effects. In addition to paintings, the artist will exhibit color sketches and works on paper. A slide presentation of previous work will be shown continuously throughout the exhibition hours.

Leon Allemon: New Artist-In-Residence

Nyack resident, Leon Allemon, will start work in the gallery during the week of April 10, and will remain through the month of June. Currently working in aluminum, he will create pieces on a large scale, including kinetic sculpture that will move naturally or by motor.

Allemon, for many years owner of The Framers in Nyack, was born in Belgium and studied at Pratt Institute, the Workshop School of Design, and at City College.

The first open studio day is scheduled for Sunday, April 23, from 1 to 4 p.m. Thereafter, open studio days are the first and third Sundays of each month, 1 to 4 p.m. On these days, the public is invited to drop into the gallery to talk with the artist or just observe as he works. Appointments may be made for weekday visits by calling the gallery at 359-6400, Ext. 256. Admission is free.



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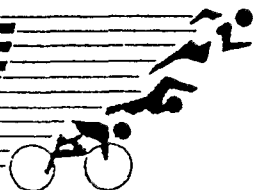


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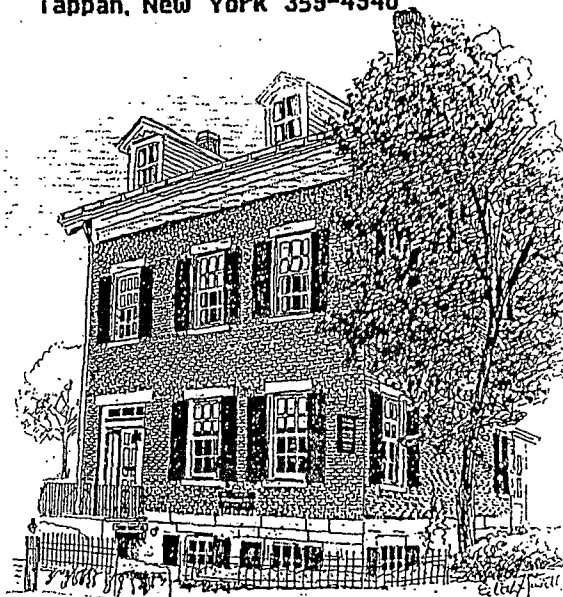
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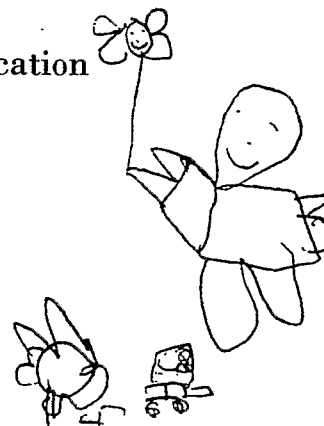
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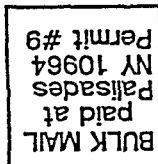
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