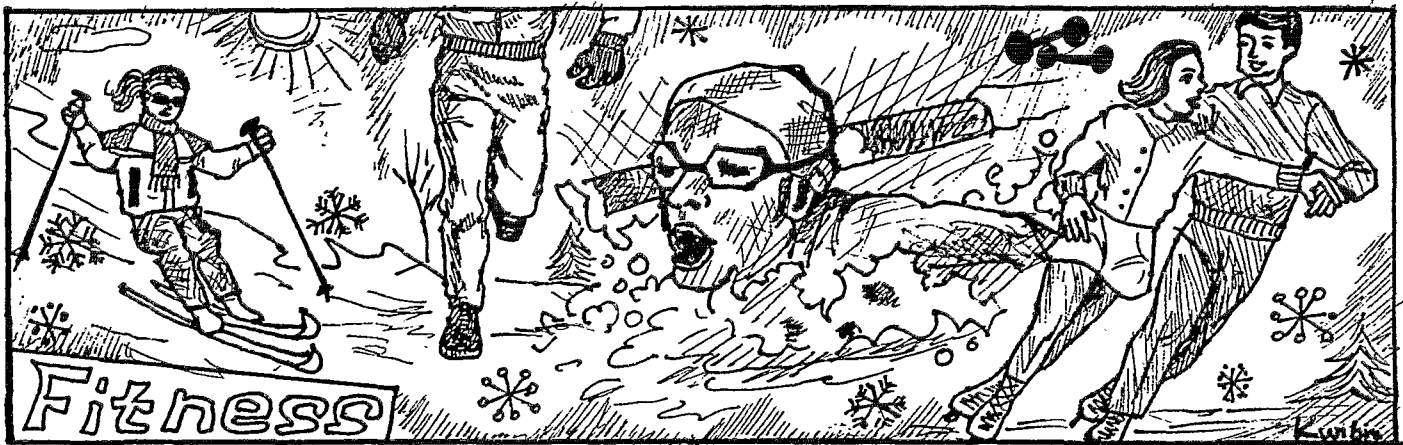


# 10964

*The Palisades Newsletter*

January 1990 • No. 117



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# Keeping Fit in Winter

## Let It Snow Let It Snow Let It Snow!

The way I see it, we have at least three months of cold weather ahead. That's over 90 days, 2,169 hours, 129,600 minutes, over 7 million seconds of frost-biting, "chilled-to-the-bone" days. So, we have two alternatives: 1) Crawl under a blanket and make like a bear, 2) Put on a parka, some mittens and a smile and get out there and enjoy it. Well, if you choose option two, here is a "make it through the winter" suggestion from your fellow Palisadians – **Cross Country Skiing!**

The man at the Palisades Interstate Park Ski Trails says, "If you can walk, you can cross-country ski!" Perhaps a bit of an exaggeration, but here's one of the easiest sports going and the winter activity that is considered the most physical exercise. You can cross-country ski just about anywhere there is snow, but here are some favorite places.

**Tallman Park:** Enter the park on 9W, 3/10 mile north of Oak Tree Road. Take a right and park in the lot. The trail begins there and is especially great for the kids, as it goes on for over a mile without much of a decline or an incline.

**Little Tor Mountain:** Wait for about four to six inches of snow before you head for these marked trails. Take the Palisades Parkway to Exit 10. At the

end of the exit make a left turn and then a right at the light onto Middletown Road. Continue straight; this becomes Little Tor Road. Take this road to the top of Little Tor Mountain. There is parking on the right. The path is past the parking on the right up the hill overlooking the park. If you start going down the hill, you've gone too far.

**State Line Lookout:** This is a great place to get started, as equipment rental is available right "on-the-spot." These trails are located just before Exit 3 going north on the Palisades Parkway. There are five trails, marked Easy to Most Difficult, varying from one mile to two and

one-half miles. A four inch snow cover is required before skiing. Lookout Inn serves hot and cold refreshments. For more information call (201) 768-2238.

Other locations include Silver Lake in northern New Jersey (201) 827-7212, Fairview Lake, adjoining the Delaware Gap National Recreation Area (201) 383-9282 and Craigmear in Newfoundland, New Jersey (201) 697-4501.

Thanks to Bonnie Bowen for all the great ideas. Next month 10964 will bring you suggestions on where to go for Alpine/Downhill skiing and ice skating.

Judy Zehentner

## The Palisades NY Soccer Club

You may be surprised to learn that a "semi-pro" adult soccer team called *The Palisades NY Soccer Club* has been in operation for nearly fifteen years. Founded in 1975, the team is composed of Palisades residents and players from several neighboring communities. Most are over thirty years of age and all share a love of the sport and a desire to stay fit.

Practices are held on Tuesday and Thursday evenings and matches are played on Sunday mornings – **fifty-two weeks a year**. Any interested person is invited to practise with the team. Women as well as men of any age are welcome. For more information, contact Tony Gerard at 623-3459.

John Converse

# Confessions of a (Former?) Exercise Dropout

My first foray into fitness came about 10 years ago, when I believed that fitness was a **THING** to be achieved as opposed to a natural form of self-expression. It was during this period that I was "married without children," and working a hectic schedule at a television network. But as a busy female executive I was determined to have it all. So I joined a health club virtually across the street from my job, and made

plans to work fitness into my routine. That was undoubtedly the most expensive "commitment" to the pre-packaged promise of a healthy body that anyone ever made. One swim on a cold winter night cost me \$400! For I had purchased the year-long plan, but never went back. So the only thing that got exercised during that year was my conscience, which every day spoke to me in Jiminy Cricket-like tones to follow the path of

fitness and virtue. And every day I argued with it, feeling guilty and wrong.

I didn't go near health clubs for another ten years. In the meantime, I had a brief period of maniacal commitment to walking the mile to (of all places!) the Tappan bakery every morning. That was pleasant for a few months, but my routine fell by the wayside when cold weather approached. A mother/child exercise class was abruptly terminated for me when an overenthusiastic squat in response to the energetic command of my teacher produced a knee injury that is still with me today.

What to do! Well, pretty much nothing for the next few years. Then,

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## Sensible Training

After many years of participating, observing and researching in strength and power building, I've come to some conclusions that I believe will make life considerably easier for the strength athlete. It has been said, "a fool never learns," "the average persons learns from his own mistakes," and "the wise man learns from someone else's mistakes." No need to make your own errors.

In 45 years of training, participating, and competing, I've made enough mistakes for all of you. My findings, simply put, are proper training should be easy and a pleasure. A great many of my theories are directly contrary to the popularly accepted convictions. The following is the heart of my hypothesis:

1. You should do as little as necessary to keep improving. My observation is that 99 percent of all strength athletes overtrain.

2. If it hurts, you did too much. If it hurts a lot, you did

much too much. If you work out today and you train properly, it shouldn't hurt you today, tomorrow or the next day.

3. It is impossible to build strength rapidly on less than five workouts every seven days. After 48 hours of rest, a muscle starts to lose tone and strength.

4. In power and strength building, only the last rep counts, and it is of little or no benefit unless it is a struggle and you can barely make it.

5. Sets are not required to build great strength. Often a single all-out effort is all that is required in a workout.

6. For utmost strength development, workouts need not be nor should be longer than 40 minutes.

7. You must go hard every workout.

8. You should never change a workout while you are making progress, no matter how slight. Only change when you are stuck at a plateau.

9. Every time you take a long lay-off you may lose up to 20 percent of your weight lifting capacity, and it will take weeks, if not months, to get back to where you were.

We all know the standard exercises. One for each large muscle group is sufficient. One set of from six to ten repetitions with a weight with which the last rep is very difficult is ideal. When the last rep is easy, increase the weight and go back down to six reps. Do these on alternate days:

Overhead	Bench
Press	Press
Curl	Reverse Curl
Row	Upright Row
Bench Press	Parallel Bar
Squat	Leg Curl
Sit Ups	Leg Raise

For those of you who use machines (Universal, Nautilus, etc.), check with your instructor for the equivalent exercise. Good-Luck!

Stanley Lampert

# CONFESSIONS...

*Continued from Page 3*

unwittingly, even graciously, I accepted a birthday present from a dear friend and neighbor for a three month membership at an all women's health club 15 minutes from Palisades. Since it was a gift, I didn't feel too guilty when I didn't go. The harassing but supportive phone calls to go to the club with my friend came regularly. Since I had recently started my own business and was working from home, I succumbed, partly out of friendship, and partly out of liking the feeling I got when I moved my body for an hour. So what if many of the women there were teeny boppers in gorgeous exercise apparel? So what if the neon lights and flashy surroundings made me feel out of place? So the drive felt too long. At least I was exercising—i.e. becoming fit.

I went at least once a week during those 3 months. And then it came—the expiration date of my gift and the sales pitch for a real membership. My newfound commitment led me to go for broke—I took the **LIFETIME GOLD** package. Now it was wintertime. My neighbor's work and family situation demanded more of her time. I was (uh-oh) on my own. Once a week dwindled to once every two, then three weeks. I became lazy. I liked being at home in front of the TV or a fire better than I did trudging to New Jersey.

Jiminy Cricket started talking to me again, and feelings of despair overtook me. Then, praise the Lord of Fitness and Commitment, my club closed. Just like that. Lost its lease. I was given the option of changing to another club even farther away, or—miracle of miracles—getting a prorated refund! No contest. No question. But somewhere in the fog of

fitness angst, my body remembered how good it had felt to move. To my surprise, I missed knowing that I could work out, even if I didn't!

I found myself making an appointment to see the unpretentious Diplomat Health and Swim Club on Route 9W. Was I crazy? Was I going for another lifetime membership of solid gold symbolism with no tangible benefits to my actual fitness? I went. I saw. What I saw in one glance was what there was: a lovely, clean-looking, not very crowded pool with some serious looking lap swimmers making their determined ways up and back. There was a room with weights and other contraptions and a small exercise room for classes. No neon lights. No flashy looking costumes that screamed, "I am a fitness freak. Don't get in my way." Very low key, nice and friendly. Men and women, but that seemed okay—even pleasant. I was very cautious, making the management write in clear letters on my contract that I could cancel in 14 days. I would really test it out.

I was surprised to discover that every staff member had learned my name by the end of the first week. I timed my drive to the club—3.5 minutes from my house to the Diplomat's door. WOW! I could leave for a 12:00 o'clock exercise class at 12:00 o'clock and hardly be late at all. I went once, then twice, then three times in a week. I worked out a routine. Drive to the Tappan bakery (I couldn't give up my ritual of having a bran muffin and coffee), pick up The New York Times, drive to the Diplomat, bicycle my way through the Times with a program or two on the computerized bike. Go home, do work until 12:00, go back for a class,

etc. This was (is) addictive. Then weekends, I could bring my 6-year-old daughter, who had looked longingly at the pool of a previous health club. Now I knew we could swim together from 12:00 to 3:00 Saturdays and Sundays. What a treat!

Well, I joined August 15. As of this writing I've been going about 5 times a week, even after re-injuring my already exercised-weakened knee, this time at a mother/child yoga class. (What's with these mother/child classes anyway—they're dangerous for people like me!) Because of the injury I had to give up the stair climber at The Diplomat, which I loved because it made my heart race within the first 15 seconds and made me feel as if I were really exercising. But now (and I hope I'm not putting the jinx on it), I'm swimming almost every day—20 laps, which I still can't believe. I've thrown vanity to the winds. I got nose clips 2 weeks ago so I could stop inhaling water (I never learned how to breathe properly!) and I'm even thinking of investing in those professional but very ugly looking goggles.

Esther Williams I'm not, but I am feeling more at home in the water than I ever have. And after my 20 laps, I go into the whirlpool. With the light streaming into the water through the walls of glass, and hot soothing bubbles engulfing me, I'm sure I am being rewarded by some superior power for good deeds I have done. I feel as if I am on vacation every day during my hour at The Diplomat. It's not work. It's more like self-expression—the manifestation of some inner fitness moving outward. My friends tell me I am losing a lot of weight (I'm not), and I know I'm walking more confidently, more pleasurably. I suspect there's something really good going on here. I'm feeling FIT!

Judith Umlas

# Warm Get-Aways for Winter

*We asked our friends and long-time advertisers, Palisadians Jane Bernick and Dale Botwin of Travel Horizons, to tempt us with a few travel ideas. Here is their reply.*

It was with great delight that we received a call from 10964 asking us to do a column. Travel Horizons services so many of our friends and neighbors that we are happy to recommend these very "special places." We decided on warm as opposed to cold.

## **Long Bay Hotel, Tortola, British Virgin Islands\*\*\*\*\***

Hens cackle. Burros bray. Pet ponies hustle you for a sugar cube on your way back from breakfast.

This bucolic hideaway is artfully designed to be just like home—or what most of us would like to call home. The hotel is on 50 acres and is run by a low-key Englishman, whom you may take for one of the guests. There are no dos or don'ts, and you will not find the hotel name posted anywhere. There is a mile-long powdery white sand beach, and the entire hotel and grounds are immaculately kept.

What a revelation to find food like this in a far-away corner of a half-forgotten island. The Coquilles St. Jacques were the very best and the vegetables deliciously fresh. Wonderful food, amber candlelight, and wide airy arches opening onto a botanical gallery of tropical trees. Linen, crystal and fine china

add to the utter romance of this enchanting place.

There are eight cottages, twenty suites, and twelve elevated beachfront cabanas, all with big decks scattered up the side of a flowery hill. Informal dress.

## **Belizean Hotel, Ambergris Caye, Belize\*\*\*\*\***

The charm of Belize is that nothing ever seems to happen there. No invasions, no juntas, no earthquakes, nothing. English is the language, and their currency is faithfully pegged to the U. S. dollar. Belize is situated along the Caribbean coast due south of the Yucatan Peninsula.

This elegant little oasis can only be reached by hotel launch from the rustic fishing village of San Pedro on Ambergris Caye. Upon arrival you are greeted with a large glass of freshly squeezed juice garnished with flowers. There are Mayan-like steps ascending to a freshwater swimming pool that skirts the palm-studded beach. Carved out of the jungle, the Belizean fronts the second largest barrier reef in the world. The waters are crystal clear and shelter innumerable caves, blue holes, and coral forests teeming with colorful fish.

There are seven guest accommodations, each with French doors leading out to a private lanai enhanced by chaise lounges, umbrellas and exuberant climbing bougainvillea. There is air-condi-

tioning, and paddle fans, white-washed walls, and a feeling of openness. The focal point of activity is a stylish lodge and a marvelous bar. The dining room is richly appointed and serves superb cuisine amid candlelight and sterling silver. The delicious and abundant seafood fare is fantastic, and the lunchtime shrimp/lobster/conch/fish salads are absolutely grand. There are jet skis, aqua scooters, Sunfish, scuba diving excursions and wind surfing. This is a very special jewel that will appeal to discerning beachcombers.

## **Little Palm Island, Little Torch Key, Florida\*\*\*\*\***

Escape to your own private island, one of the world's most unique and delightful resorts, Little Palm Island. Scattered throughout this lushly landscaped island, thatched roofed bungalows house luxury suites, each with a large master bedroom, wet bar with stocked refrigerator, living room, and private sun deck with hammock. The rooms are plush and very tropical. All are air-conditioned. There is a gorgeous pool and a white sand beach. Free use of windsurfers, day sailors, canoes, fishing and snorkeling gear and launch service to the mainland is yours for the asking.

Little Palm Island is located in the heart of the world sports mecca, the Florida Keys. It is 28 miles north of Key West.

The centerpiece of this resort is the Great House with its marvelous lounge and a most gracious indoor/outdoor restaurant. The cuisine is excellent and the sunsets are enchanting when observed from the outdoor terrace with a cool drink in hand.

Jane Bernick and  
Dale Botwin

# News & Events

## Palisades Free Library

### Annual Meeting

The Palisades Free Library will hold an Open House, Sunday, January 28 from 3 to 5 p.m. If you are a resident of Palisades and over 18 years of age, please come and vote for the election of three Trustees to fill the places left by retiring Trustees, Barbara Algert, Andrew McIntyre and Lynne Seidler. Guest speaker to be announced. A flyer will be mailed.

### Story Hour

Story Hour with Martha Bosch resumes on January 3. Storytime hours are Wednesdays from 1:30 to 2 p.m. for three and four year olds; 2:15 to 2:45 p.m. for five and six year olds.

### New Books

Christopher, *In Search of Lost Roses*  
Gould, *Wonderful Life*  
Hackett, *The Andy Warhol Diaries*

Jong, *Any Woman's Blues*  
Liu Binyan, *Tell the World*  
Mapplethorpe, *Some Women*  
Pynchon, *Vineland*  
Shirer, *XX Century Journey*  
Szczygiorski, *Beautiful Mrs. Seidenman*  
Tertz, *Goodnight*  
Thomas, *Hanover Place*

...and most titles on the  
Best Sellers list.

### From Library Journal

Regardless of the amount of free time people have, reading

continues to be an important way to fill it. Today, 14 percent of Americans are avid book readers compared to just ten percent in 1960 (when television reigned supreme).

### Percent of Americans Who Read:

- Newspapers -	
At Least Once a Month	90
Every Day	70
1 to 2 Times a Week	17
1 to 2 Times a Month	3
- Books -	
At Least Once a Month	67
Every Day	24
1 to 2 Times a Week	22
1 to 2 Times a Month	21
- Magazines -	
At Least Once a Month	85
Every Day	18
1 to 2 Times a Week	39
1 to 2 Times a Month	28

## Elmwood Playhouse Benefit for Church

Elmwood Playhouse will host a benefit performance for the Palisades Presbyterian Church of *Long Day's Journey Into Night* by Eugene O'Neill on Wednesday, January 31. This Pulitzer Prize-winning drama is cited as a "powerful, moving and emotional drama... a masterpiece about love and family."

Tickets for the benefit performance may be reserved by calling 359-3147 days or 359-3288 evenings. General performances of the play begin January 19 and continue through February 10; Friday and Saturday evenings at 8:30, Sunday matinees at 2:30 and Sunday evenings at 7:30. Tickets for these performances may be reserved by calling 353-1313. The Elmwood Playhouse is located at 16 Park Street in Nyack.

## Managers Are Weighing Spring Event

Donna J. Lee and Allen B. Barnes, co-managers of the IBM School of Business Management, are exploring the possibility of a special event in the spring of 1990 to introduce the company's Route 9W training center to the people of Palisades, according to local communications advisor Connie Nicolosi. Lee and Barnes met with the executive board of the Palisades Civic Association in October to discuss the group's suggestion of a "community open house." Nicolosi said the plan would not become final until decisions are made with regard to inviting residents of other areas of Orangetown and Rockland County to visit the center.

# Rockland Center for the Arts

## Spring Session Begins

The Spring Semester opens on January 22, with many favorite courses, as well as several new offerings. Full twelve week courses in many aspects of visual arts will be offered, also courses in drama, music, and literature. In addition, there will be short courses offered and one day and weekend workshops. All the faculty at the Center are professional, practicing artists and

teachers. A free brochure detailing classes and fees is available from the Center. All classes take place in the Center's fully equipped studios.

The Rockland Center for the Arts is a not-for-profit, multi-cultural organization operating a school, gallery and full schedule of events. The Center is located at 27 South Greenbush Road, West Nyack, N. Y., close to the State Thruway and Palisades

Parkway. For more information call (914) 358-0877.

## Calendar

January 12, 8:30 p.m., Michel Camilo Trio as part of the "Two's a Crowd" jazz series.

January 14 through February 16, major exhibition "Figurative Perspectives: Six Artists of Latin American Background."

January 21, 2:30 p.m., panel discussion concerning bi-cultural influence on Hispanic Artistic expression.

January 26, 8:30 p.m., Alexander String Quartet.

## Recycling Program Update

After one and one-quarter years of operation, Orangetown's recycling program continues to maintain "about 75 percent compliance," according to its now full-time director, William F. Griffith, Jr. "That is very good for this kind of program," said Griffith, pointing out that although the program is mandatory, officials have been understanding with those who do not comply. But "understanding will change to enforcement once the landfill closes," he stressed.

In Palisades, cooperation and compliance remain very high in spite of our many narrow, unpaved private roads. "Considering the difficulties in Palisades, especially in Snedens Landing, the degree of participation indicates a much greater desire to participate in protecting the environment," Griffith stated. "The

people in Palisades should be applauded."

Because of its low clearance, a recycling truck was damaged in a Palisades pothole recently. Residents of some private roads are now required to place their plastic containers at the curb of the nearest public road. "They are very difficult for people to carry, and these residents are participating at great inconvenience," according to the director.

Sometime in 1990, plastics will be added to the list of recyclables, and colored glass is

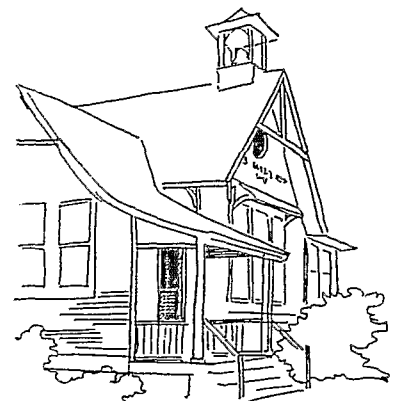
also scheduled to be included again. By the first of the year, offices and apartments will also be included in the program, although Griffith pointed out that Lamont-Doherty is already participating here in Palisades.

Since becoming a full-time director, Griffith says he has taken on more duties, and "there's never enough time for everything." He is the program's sole employee, since the Town sub-contracts for the actual pick ups. But if someone reports being

*Continued on Back Page*

## Community Center's Annual Meeting

The Palisades Community Center will hold its annual meeting on Wednesday, January 24th at 8pm at the Center. Everyone is invited. Wine, cheese, coffee and tea will be served. Come celebrate the 20th anniversary of the Center's founding!





# 20 Years of Colorful Diversity

*The Palisades Community Center 1970-1990*

**Can it be? It can't be. It is!  
The Palisades Community  
Center will be 20 years old  
on February 16, 1990.**

When kindergarten classes shifted into the newly expanded Palisades school in the late 1960s, the old schoolhouse stood empty and idle for the first time in over a century. One day, contemplating the increasingly visible signs of neglect as they waited for their children, Irene Frederick and Edith Ryan decided to ask long-time Palisades principal, Al Soutar, what the school district planned to do with the well-loved, historic structure. "Sell it quite soon, I think," he told them. What about giving it back to the Palisades community? "Talk to Superintendent Perrotta." Conversations with Joseph Perrotta and school board member William Eberle led to a commitment by the board to return the building and land to the community if a suitable organization was prepared to take charge of it.

At a well-attended public meeting in the school gymnasium, Harvey Alderman, Nellie Knudson, Andrew Norman and Mildred Post Rippey (whose family had given the land to the Palisades School District more than a century earlier) were asked to join Ryan and Frederick to work with the school district and with

John Kriz, who volunteered to do the lawyering, to create a not-for-profit membership corporation and take title to the property. A special state law was required to permit a below-market sale (\$1) to a non-governmental agency, but this hurdle was cleared with the help of State Senator Clinton Dominick and Assemblyman Gene Levy. Incorporation papers were signed on November 16, 1969, and exactly three months later the Secretary of State made the Palisades Community Center official.

By-laws were adopted, a board of directors was elected with Norman as president, and then came the hard part: restoring the building to some semblance of respectability. With the help of funds provided by a remarkably diverse rummage sale, the irrepressible Dr. Thomas Tierney and other directors cajoled, conned, contributed and, as a last resort, paid for enough lumber, paint, electrical supplies and skilled labor to enable the building to open for use in the spring. Donated and salvaged furniture, a bumper pool table, a television set and other marginal amenities turned the west room into a teenagers' hangout. And gradually individuals and groups in the community began to discover that the Center made a wide variety of activities possible. A yoga group, a food-buy-

ing cooperative, Paula Babalis's ballet classes, Val Hendrickson's and Mike Gnazzo's drama workshop, Maryann Sahadi's antique sale and the meetings of the first group to try to form an incorporated village stand out in memory as typifying the early period.

If one had to choose a word to summarize the Center's first 20 years, it would have to be "diversity." The Center itself has sponsored Irene Frederick's pre-teen theater workshop, art exhibits, flea markets, a short-lived newsletter that may have inspired Lois McCoy to start 10964, dances, candlelight gourmet dinners, a "Fun Run" that never happened and a disco night that might just as well not have. The peak of ambition (and contrast) was scaled in 1980 with a program offering aerobics, accounting, Israeli folk dancing, bridge, weight-watching and French cuisine.

In the same period began a series of children's Christmas parties that generated many fond memories, including Bill Sullivan's dramatic arrivals as a fire-engine-riding Santa Claus, John Converse's and Reg Thayer's more straightforward performances, and the night in 1984 when Jim Farley's planned surprise appearance through the back door was blocked by wet paint and Jean-Pierre Jouas pried him in through a window. The



1989 Halloween party reported in November's **10964** was an outstanding success and, many hope, the first of a long series.

Many activities that have played a crucial role in the community's life have relied on the Center as their meeting place. Perhaps the most notable has been the Palisades Civic Association, which waged a long, arduous and successful battle to stop a high-density condominium project from being built at the corner of Oak Tree Road and Route 340. At the Association's invitation, IBM gave the community a chance to review plans for its Palisades training center before they hardened, and several constructive suggestions from Palisadians were adopted by the company as a result. Community mobilization to keep tandem trailer trucks off lower Oak Tree Road was organized and implemented by the PCA in the Center, school board candidates were given an opportunity to debate the heated policy issues of the early '80s before Palisades audiences, and the Citizen's Advisory Committee on the new Orangetown Master Plan gathered valuable input on the concerns, knowledge and desires of Palisadians at an open hearing at the Center.

Other activities that have made valuable use of the Center over the years have included the successful campaign in the '70s for a traffic light at Oak Tree Road and Route 340 and, more recently, securing official designation of important areas of Palisades as historic places. And no such list would be complete without mentioning the intense efforts of the groups working both for and against village incorporation.

Special events both public

and private have found the Community Center a welcome and welcoming locale. At a moving ceremony in the bi-centennial year of 1976, the school children of Palisades buried a time capsule, scheduled for exhumation in 2000, containing writings and drawings representing Palisades past, present and future. The same year witnessed the planting of several pine trees dedicated to the future children of Palisades. Annie Gerard's wedding party in 1983, with a festive tent on the lawn, set a precedent for both Shawn and Glyn Frederick, with Shawn's 1984 party entering history as the night the old school bell toppled from its perch.

**Above all, the history of the Community Center has reflected the changing composition and concerns of the community.**

In the early '70s, the babies of the great wave of Palisades immigrants of the late '50's and early '60s had reached their teens. Blink twice, and the Palisades teenager was an endangered subspecies. The pool table, pinball machine and TV set installed in 1970 disappeared, and Lorraine Polasky's Girl Scouts came in, ran their course from Brownies to Cadets and faded away. The Senior Citizens Club led by Laura Ebmeyer, Joe Freil and Edith Ryan waxed and waned. Gail Hyde's Oak Tree Play Group moved in, struggled, flourished, outgrew the Center and moved across the street into the gymnasium. Its place was taken by Johanna Farley's, Barbara Olsen's and Joe Verdigi's Cub Pack 57 in the early '80s, followed by Tiger Cubs and then by Cub Pack 54, which retreated to Blauvelt when the Blue Rock School was born in

1987. Blue Rock has flourished in turn, and is preparing to move into its own building in West Nyack next autumn.

On another level, the Center's history has reflected the building's physical needs. During the early presidencies of Andrew Norman, Norman Baron, Tom Tierney, and Sally LoGerfo, the emphasis was on immediate necessities and the struggle to stay even on maintenance. Irene Frederick managed the tricky task of sewer connection, and Edith Ryan successfully tackled a major roofing job. Eileen Larkin got the building painted inside and out and repapered, and installed a desperately needed new rest room. In the current presidency of John Converse, new lighting and new chairs have been acquired and the long-neglected grounds have been cleared and improved.

The future? Who can say. One fascinating seed was planted in 1989, when the board of directors invited the Palisades Free Library to share the Center's property for a greatly expanded library to be financed largely by the sale of the present library. An architect retained by the PFL came up with an imaginative and attractive plan that would give the Library double its present area, and all on one level, by building a two-story addition behind the schoolhouse and moving the Community Center up to the new second floor, with both stairs and an elevator. The Library board is currently engaged in a thorough review of all its possible alternatives, with a decision expected in the next few months.

Andrew E. Norman

# RECYCLING...

*Continued from Page 7*  
missed, Griffith will often go out himself and make a pick up in his own vehicle.

Something Griffith wants people to be aware of is the problem with hazardous materials, which are serious sources of pollution. He points out that about twice a year citizens can dispose of most hazardous items. The most recent collection was in October, and residents should watch for notice of another collection in the spring. At that time, citizens can take such substances as oil based paints, old gasoline, pesticides and solvents to a designated center. Items not accepted, however, are motor oil, batteries, gas cylinders, arsenic compounds

and asbestos. For more information, Griffith suggests we call the Rockland County Environmental Management Council at 354-0200, Ext. 2468.

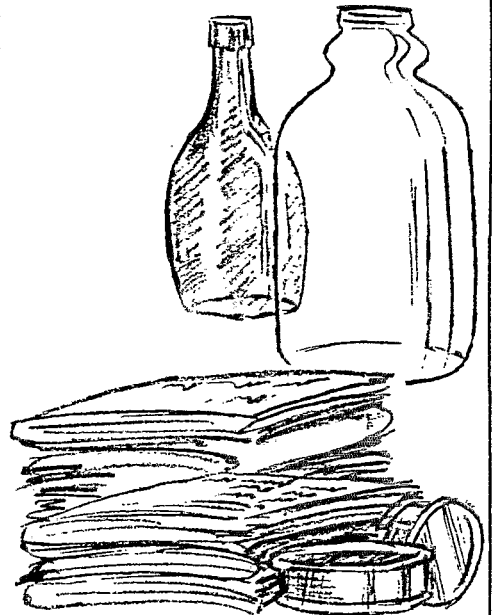
Griffith pointed out that residents can dispose of water-based paints by first leaving the can open for a few days to harden the paint, and then placing the can in the regular garbage.

If anyone has had recycling containers stolen, Griffith urges him or her to report it to the police and obtain an incident number. In those cases, the Town will replace the containers at no charge.

In the future, no doubt recycling will play an ever-increasing role in our lives, wherever in the country we may be. It's nice to know that here in Palisades, as we stack our color-coded bins at the curb every other Wednesday, our efforts are appreciated. As

Orangetown's Recycling Program continues its progress, we in Palisades should be proud of our efforts to protect the environment.

Diana Reif



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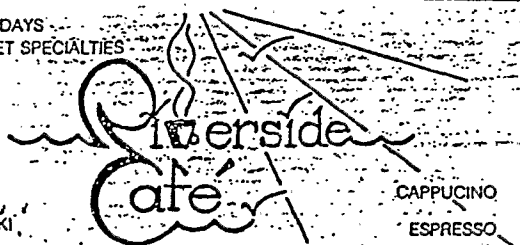
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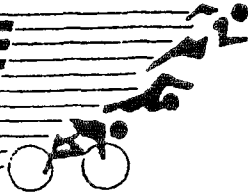
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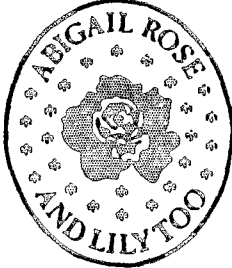


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# About 10964

This community newsletter publishes news and information of interest to the people of Palisades. **10964 needs your moral and financial support.** Please send a contribution to **10964**, Post Office Box 201, Palisades, NY. With your help you'll find **10964** in your mailbox every month.

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**The Deadline** for submission of material for the February issue is **January 15th**. The February issue will appear in your mail as close to the first of the month as possible.

## In Appreciation

Special thanks to Kwibin Park for her Fitness illustrations and to Andrea Williams for her drawing of the Community Center.

## Contributions

Our most recent contributors are Cushman and Alice Haagensen, Miriam G. MacAllister, and Harry and Elizabeth Moody. Thank you all!

## Correction

**10964** apologizes for the misspelling of names in the article, *Holidays Around the World-In Palisades*, in our December issue. Due to typing errors the family name of Krishnasamy and their seven year old daughter's name, Priya, were inadvertently changed. Sorry folks, we'll try to do better!