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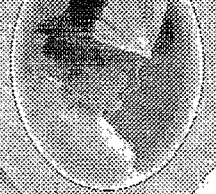
THE
PALISADES
NEWSLETTER

MAY 1999 NUMBER 166

The Palisades
Free Library

Spring Gala & Auction

Custom made Designer Hats



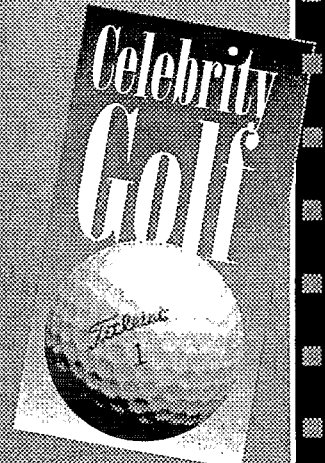
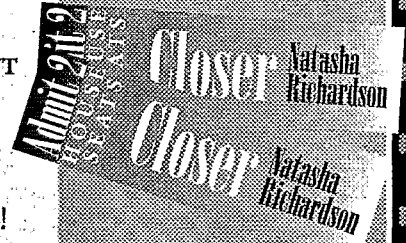
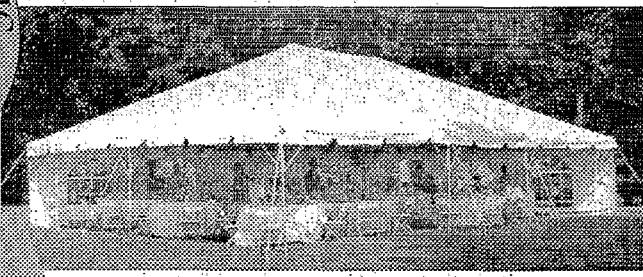
Come to the Party!

Enjoy an evening of fine HORS D'OEUVRES and ENTERTAINMENT with friends at the library! Partake in LIBATIONS and MERRIMENT as you bid on choice items and creative services offered at the auction.

Our auctioneer, Ernie Quick, will be on hand presenting a selection of incredible things! (Catalog available at the library on May 4; preview on May 8 from 5:30 to 7 pm.)

Ticket prices: \$35 per person in advance, cash bar. Call the library for tickets: 359-0136.

If you are unable to attend this library benefit, a contribution will be greatly appreciated.



The New York City Ballet
NUTCRACKER
The New York City Ballet
NUTCRACKER
A HOLIDAY CLASSIC



MUSIC BY
THE HIGH-5'S

Saturday, May 8, 1999, 7:00pm

When our interviewer asked Denise Madura, the Palisades Postmistress, what the next 1,000 years might hold in store for our local post office, she had to admit that she was still working out the details and couldn't give us an accurate picture going out all that way quite yet. Current improvements are limited to plans to extend the roof out over the loading dock to keep the mail from getting wet on rainy days. Other than that, according to Denise, there are no other plans for renovation needs.

However, the U.S.P.S. now has entered the realm of e-commerce,



with its own website, www.usps.com. Users will find many services available over the web, including change of address, zip code reference and a new delivery confirmation service available for less than a dollar on letters and packages.

The postal staff, consisting of Denise, Bernie Doyle, and Helen Douglas has recently been augmented. Deborah Karbatsch has taken over Marty's carrier delivery route, and an additional relief carrier will start work soon. Deborah used to work in a large post office up in Wappingers

Falls, but likes the small town atmosphere in Palisades, where she can get to know people on her route. Bernie is only two and a half years away from retirement, which is a dismal prospect for postal patrons. Bernie knows everything about everybody, "and what I don't know, I make up."

One important goal at the post office is to improve service and increase revenues. According to Bernie and Denise, many of the Postal Service's best

services are under utilized, and

Palisadians who own their own businesses might be surprised to know how useful the local post office is for mailing and shipping. Of course, the \$3.20 Priority Mail

PALISADES POST OFFICE LOOKS TOWARDS THE NEXT MILLENNIUM

able in a large post office in New York City or Spring Valley. Convenient Express Mail accounts for businesses are easy to set up, and applications are available at the window.

Using the Palisades Post Office is also important in a way that most of us may have never been aware of. As

the U.S. Postal Service increases its "private-enterprise" orientation, small local offices such as ours increasingly need to generate a certain minimum level of revenue in order to justify their existence. While we are in no immediate danger of losing our local office, it's important that Palisadians not take the existence of the Post Office for granted. "Use it or Lose it," would be a good sum-

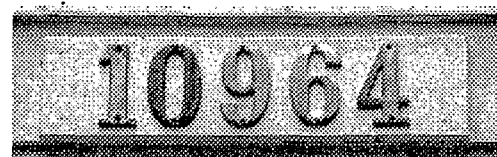
mation of the situation.

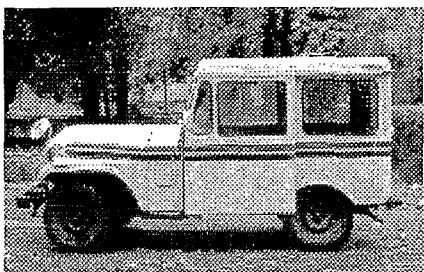
Although Palisades is pretty urbane in its way, our post office is officially classified by the Postal

Bernie's top five Postal Patron FAQ's

1. "Cold enough for you?"
2. "Hot enough for you?"
3. "Is there anybody back there?"
4. "Does anybody work here?"
5. "Do you need to be able to read to do this job?"

envelope is an extremely inexpensive and reliable way to send document-sized things of any weight for 2nd day delivery, but the post office also is happy to sell large coils of stamps or process bulk mailings with the kind of personalized service that would be inconceiv-





Service as "rural," which has several interesting regulatory implications. One is that we are all expected to keep our own mailboxes accessible during bad winter weather, as the carrier would never be able to complete her route on time if she had to carry mail up to the front door of every house where she couldn't reach the mailbox. "Urban" post offices do offer this door-to-door service, but we are out of luck.

In spite of our officially recognized "rural" status, we ironically can no longer use the old Rural Delivery numbers. Computerization throughout the sorting process requires that accurate, up-to-date addresses be used, or a letter gets separated out for hand processing, which slows it down. The machines read addresses from the bottom up, so if you have a P.O. Box, put it under the street name, not above it. In closing, Denise emphasized a second time that getting your mailers to write you with accurate, up-to-date address information is the most important factor in achieving efficient delivery service.

—Greta Nettleton

LOBBY HOURS:

M-F 7 am to 5 pm

Sat 7 am to noon

Window hours:

M-F 8 am to 4:45 pm

Sat 9 am to noon

Box collection:

M-F 7:30 am, 1:30pm, 4:15pm

Sat 7:30 am & 12:50 pm

Plant Sharing in Palisades

The Library Spring Plant Sale is on "hold" until May 2000 because its crew and date have been preempted by a fantastic auction to benefit the Library.

However, since overcrowded gardens have donations available now and everyone has a need for something new, the Spring Plant Sale tradition of almost fifty years will be maintained by the following opportunities.

A list of available local, acclimatized favorites will be posted at the Library the last week of April. It will include foxgloves, columbines, bleeding hearts, bee-balm, plume poppies, rose of Sharon, berries, rhubarb, ground covers, etc. After May 1 you may call 359-4225 with your requests or your available plant donations. Checks for your selections should be made out to Palisades Free Library.

Let's keep our garden sharing alive and growing!

—Margaret Anderson



The Earth Sciences and Nuclear Arms Control

Nearly everyone has heard of the asteroid that struck the earth sixty-five million years ago killing the dinosaurs and almost all other life on the planet. Astronomers tell us that hits such as this will surely happen again but cannot be predicted much in advance. In any case, there is presently nothing we can do to avoid such a deadly encounter.

The destruction of all human life on earth by nuclear holocaust is also a real possibility but unlike an asteroid hit, there are measures we can take to prevent it. Ironically, the best chance to set in place a means to reduce the threat of nuclear destruction may soon be in jeopardy if the nations of the world do not soon ratify the 1996 Comprehensive Nuclear Test-Ban Treaty. This important topic was the subject of Dr. Paul Richards' talk at the Lamont-Doherty Public Lecture on March 21.

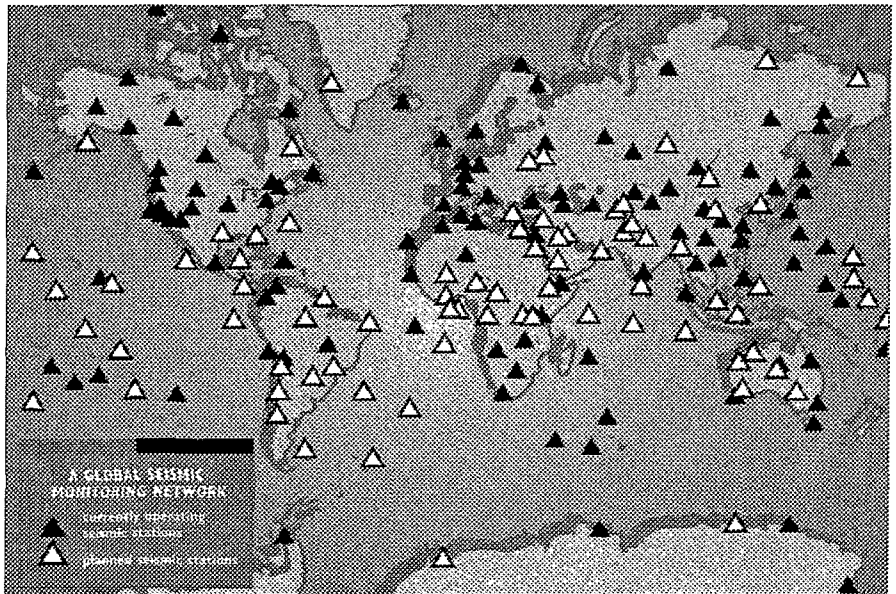
Nuclear Testing

To underscore the importance of the test ban treaty, Richards explained that design and development of nuclear weapons cannot be accomplished by engineering calculations alone, it must be done along with actual tests. In 1963 nuclear tests in the atmosphere were banned but not before hundreds

of US and Soviet tests had spread traces of radioactive contaminants throughout the world. By now, some two thousand nuclear explosions have been carried out by those nations with nuclear capability, three-quarters of which have been conducted underground. These tests have resulted in the production of ever larger and more destructive nuclear weapons. The first atomic bomb that destroyed

Nuclear Testing Verification

Dr. Richards stressed that the key factor in making the treaty work is the verification regime. This includes an international system capable of monitoring in four technologies: seismic, hydroacoustic, radionuclide, and infrasound. For layman, these trans-



Hiroshima was rated at 15 kilotons (the explosive equivalent of 15,000 tons of TNT). Today, a single nuclear artillery shell can pack as much power as this first bomb, while the largest bombs are incredibly destructive 58,000 kiloton devices.

The map above illustrates the Global Seismic Monitoring Network, with triangles indicating both currently operating seismic stations and planned seismic stations.

late respectively as monitoring earth tremors, underwater sound, radioactive contaminants, and pressure pulses in the atmosphere. As an expert in earthquake seismology, he pointed out that positive verification has been difficult to achieve because seismograph recordings of underground nuclear explosions show some similarity to the dozens of natural earthquake signals that are observed every day.

Fortunately, advances in seismology, made in many cases by university science institutes, have significantly improved the prospects for underground test verification. According to Richards, these include better techniques and programs for analyzing seismometer records to uniquely identify nuclear explosions and the development of instruments with greatly enhanced sensitivity.

With technical and scientific requirements for monitoring an effective nuclear test ban now available to the international community, the way should be clear for final ratification of the treaty. Except for one crucial element: the political will to accept the provisions of the test ban.

Ratifying the Test Ban Treaty

President Clinton was the first to sign the treaty in 1996. Since that time, 152 nations have signed, including all known nuclear-weapon states. However, it is discouraging to note that only 32 of them, including France, Germany, and the United Kingdom, have actually ratified the treaty. In order for the Treaty to take effect it will require ratification by 44

specified (technically advanced) nations, only sixteen of which have presently deposited their instruments of ratification. China, India, Israel, North Korea, Pakistan, South Africa, Russian Federation, Ukraine, and, most importantly, the United States, all have yet to ratify.

Unless there is a change of heart by this nation and others to ratify the test ban treaty before September 24, 1999, the benefits of the international monitoring system to control the development of nuclear weapons cannot be implemented.

The Comprehensive Nuclear Test-Ban Treaty was submitted to the US Senate in 1997 for its advice and consent on ratification by the President who called it a vital step to end nuclear testing forever. Not only has there been no response to date, but the Chairman of the Senate Foreign Relations Committee, Senator Jesse Helms, has stated that he does not intend to allow debate on the treaty to reach the Senate floor. Unless there is a change of heart by this nation and others to ratify the test ban treaty before September 24, 1999, the benefits of the international monitor-

ing system to control the development of nuclear weapons cannot be implemented.

This stimulating monthly Public Lecture Series at Lamont-Doherty Earth Observatory will continue through the spring season, resuming in the fall. The talks by senior Lamont scientists offer a unique opportunity for young and old to learn of new research in the earth sciences which may have important implications in our society.

—Sam Gerard

Lamont-Doherty News

Dr. Peter Eisenberger has resigned as director of Lamont-Doherty Earth Observatory as of June 1 due to ill health. Dr. John Mutter will serve as Interim Director while a search is conducted for Dr. Eisenberger's successor.

Primary among Dr. Eisenberger's accomplishments are his successful efforts in cementing closer relationships with Columbia University, bringing CIESIN (Consortium for International Earth Science Information Network) to the Lamont Campus, developing a new salary plan supporting Lamont scientists and their work, and introducing a more participatory form of governance for Lamont.

As Lamont celebrates its 50th anniversary this year, watch for announcements of a conference and reunion as well as the traditional Open House early in October.



BULLETIN BOARD



Congratulations to **Blythe Anderson** and **Bob Chase** who were married on April 30 at the Palisades Presbyterian Church. Blythe, the daughter of long-time residents **Margaret and Jim Anderson**, grew up in Palisades and worked as Operations Analyst in Rockland County government; Bob has served as the interim minister of the church for the last year and a half. They will live in Cleveland, Ohio where Bob has accepted a position with the United Church of Christ on the Executive Council as the denomination restructures in the year 2000.

Palisadians available to provide music for all occasions are **John Ballesteros**, now playing drums and singing with several groups, and flutist **Jacquelyn Drechsler**, who performs with many different groups and orchestras in the tri-state area. Call John at 398-1328 and Jacquelyn at 359-3112.

Jocelyn DeCrescenzo will read* on May 14 at 7pm at the Hopper House Art Center in Nyack in conjunction with an exhibition on magical realism.

Joseph Gannon of Oak Tree Road writes us: "Just recently, a rather astute friend (and fellow movie buff) of mine noted a face in a movie we were watching. The face belonged to what theater people call, I believe, a 'Who? Oh yeah!' (translation 'Who is that?'). In any event, he said the gentleman was a native of Palisades. He sent me to my library on the movies and I found he was accurate. **James Millicam**, born

1910, Palisades, educated University of Southern California, (was cast as) 'a utility character actor in numerous action films either as a 'heavy' or 'a tough good guy.' Millicam appeared in 23 films between 1932 and 1956, many of them James Stewart movies: *The Sign of the Cross*, *Mills of the Gods*, *The Remarkable Andrew*, *So Proudly We*



Hail, The Story of Drive Wassell, Tokyo Rose, The Man From Colorado, Hazard, Command Decision, The Dalton Gang, Fighting Man of the Plains, Winchester '73, Mister 880, Al Jennings of Oklahoma, 14 Hours, I was A Communist for the FBI, Springfield Rifle, Bugles in The Afternoon, Jubilee Trail, Strategic Air Command, Chief Crazy Horse, The Man From Laramie, Red Sundown."

Former Palisadian **David Sanders** is featured in the musical review *And the World Goes 'Round* at the Elmwood Playhouse in Nyack from May 21 through June 19—songs by the composer and lyricist of *Cabaret*, *Chicago*, *Kiss of the Spider Woman* and many more Broadway shows.

SOUTH ORANGETOWN SCHOOL BUDGET VOTE

TUESDAY, MAY 18

7 AM -- 9 PM

at Tappan Zee Elementary School on Rte. 9W.

If you have voted in a school or general election in the last 4 years you do not need to register; if not, Voter

Registration Day is Tues., May 11 at Tappan Zee Elementary School from 9 am - 1 pm and 6 to 8 pm.

BASEBALL OPENING DAY

On April 10, players, parents, Town Supervisor Thom Kleiner and other dignitaries attended the Opening Day Ceremony which introduced the teams and dedicated new

dugouts at the American Legion field on Rte. 340. ABOVE LEFT, some members of the Orioles, one of the teams in the League.

COMMUNITY CENTER TO GO "OFF-LINE" TO FINANCE NEW ROOF AND FURNACE

The board of the Palisades Community Center has contracted to rent the building as an artist's studio, beginning in June, to finance desperately needed repairs to the historic two-room schoolhouse. The Center will not be available for community activities for at least one year, and probably more.

The process will begin with replacement of the entire roof and reconstruction of three of the four entrance porches. Interior painting and a new furnace are also planned.

*This reading is made possible, in part, with funds from the Decentralization Program, a regrant program of the New York State Council on the Arts administered by the Arts Council of Rockland under the Community Cultural Grants Program.

Henry Schiowitz, the temporary tenant, is a sculptor who has lived and worked in Piermont, Tappan and New York City for many years. Much of his recent work has depicted parts of the human body, cast in bronze. He intends to invite the community to periodic shows of his sculptures.

NYACK FARMERS' MARKET OPENS

Thursday, June 17 at

8:30 am, the Market begins its third season!

Join us for Opening Day festivities at 10 am and every Thursday through October, 8:30 am

- 2:30 pm, rain or shine. You

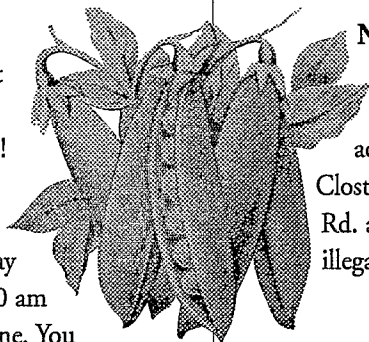
will find a weekly celebration of regionally grown fruits and vegetables and locally prepared specialty foods, such as baked goods, honey, jams and jellies, bread, cheese, wine and farm raised trout. Back this year will be the *Orchards of Concklin*, *Andryshak Farm*, *D'Attolico Organic Farm*, *High Meadow Flower Farm*, *The Pie Lady*, *Popovitch Provisions (cheese)*, *Concklin Apiaries (honey)*, and *Rock Hill Bakehouse (breads)* and *Harvest Home (jams)*.

The Market holds weekly events that are entertaining and enlightening: Story/Craft hour for children every Thursday at 10 am (and you never know when a band, a clown, a face painter or a farm animal will show up!), new ways to prepare seasonal fruits and vegetables, and gardening workshops. The Markets' goal is to advise about agricultural and environmental issues that affect our area and artists are welcome to demonstrate their craft.

Events scheduled for the season include a Berry Berry Festival, the

Annual Corn Roast, Annual Harvest Festival, Eco-Festival, Health Fair, and Not-for-Profit Fair. Nyack Farmers' Market is located in the municipal parking lot next to the Helen Hayes Theater on the corner of Main and Cedar Street. Call Chamber of Commerce at 353-2221 for further information.

—Carol Baxter



NO PARKING NOTICE:

Orangetown Police Dept. (Traffic Division) has advised that parking on Closter Road between Oak Tree Rd. and the Library driveway is illegal and cars will be ticketed.

BUS STOP SHELTERS ON RTE. 9W:

Concrete foundations are in place and the permit process for building under-way. Approval is expected shortly.

CALL BEFORE YOU DIG ... IT'S THE

LAW: Whether you're laying a foundation for a building or planting a tree, you must first check for the existence of underground utility lines and cables.

Call toll free - 1 800 962-7962.

James Wadleigh 1936-1999

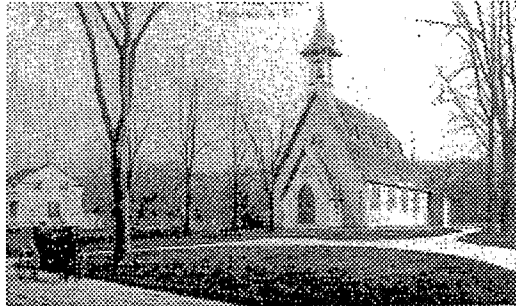
James Wadleigh, along with his dog, Muffin, died on March 10 when fire destroyed his home on Closter Road.

Wadleigh was an accomplished musician and, as his friend, Victor Powell, has said of him, a very fine organist. He was Kappel Meister for 22 years in Munich, Germany. He had taken a law degree at Harvard, but after military service, he went back to school for a degree in music and made of music his life work. He revered the conductor Rafael Kubelik and cherished their friendship. And he liked to tell that Maria Von Trapp (*Sound of Music*) was a second mother to him.

Jim lived in New York for eight years after he returned from Germany. One of his concerned kindnesses during this time was to walk the dogs belonging to AIDS sufferers. Muffin was given to Jim on the death of his owner.

Jim came to Palisades in 1995. He was generous with his talent and with his possessions. He loved to entertain his friends. He gave an organ recital at the Palisades Church and he accompanied Patty Katz (Patricia Potter) in a benefit concert for the church's building fund. He had his own piano installed in the church sanctuary for the occasion. No one who saw Jim at the organ, his feet prancing over the pedal keyboard, his glasses riding down his nose, will forget his passion for the music. And well it is to remember. Jim suffered a stroke over a year ago, and though he strove with great courage to recover the strength of his hand, he did not play again. —Dorothy Davis

Palisades Presbyterian Church News



After 18 months as the interim pastor, **Rev. Robert Chase** led worship for the last time on Easter Sunday at the Palisades Presbyterian Church. He and Palisadian **Blythe Anderson** were married at the church on April 30. They will move to Cleveland where Bob has accepted a position with the United Church of Christ. Bob will work on the Executive Council as the denomination restructures in the year 2000.

On May 1, **Rev. Christina Hindley** will start as part time temporary stated supply at the church. She will lead worship, moderate meetings and be available for emergency pastoral care for the congregation while the Pastor Nominating Committee continues to search for a candidate to be the next installed Pastor. Rev. Hindley is currently the chaplain at White Plains Hospital.

Meanwhile, the following church sponsored activities of interest to the community at large continue during the month of May:

Mondays, 5 pm	Taekwondo
Tuesdays & Thursdays, 5 pm	Karate
Wednesdays, 10 am	Caregivers and Kids

AND KEEP THE FOLLOWING DATES IN MIND:

- May 31** Memorial Day Pancake Breakfast
- June 4** *The Tempest*; performance by children from the Store Front School of Harlem
- June 5** Auction of crafts from Central America, along with a wine and cheese reception (fundraiser for "Bridges with Community")
- June 12** Annual Strawberry Festival
- June 16** Elmwood Playhouse benefit of *And the World Goes 'Round*, a musical review of songwriters Kander and Ebb (featuring former Palisadian David Sanders).

Please check with church secretary Loretta Jones to verify events and times by calling the church office at 359-3147. Church office hours are 9 am to 1 pm on Tuesday, Thursday and Friday.

—Mercy Garland





LIBRARY NEWS



New Books

NEW NON-FICTION TITLES

Ackerman, Diane	Deep Play
Angier, Natalie	Woman: An Intimate Geography
Bryson, Bill	I'm A Stranger Here Myself
Cheever, Benjamin	Famous after Death
Halberstam, David	Playing for Keeps
Horowitz, Daniel	Betty Friedan and the Making of the Feminine Mystique
Kidder, Tracy	Home Town
Korda, Michael	Another Life: A Memoir
Lawrence-Lightfoot, Sara	Respect
Murray, Bill	Cinderella Story; My Life in Golf
White, Edmond	Marcel Proust

NEW FICTION

Barnes, Julian	England, England
Byatt, A. S.	Elementals: Stories of Fire and Ice
Gowdy, Barbara	The White Bone
Guterson, David	East of the Mountains
O'Nan, Stewart	A Prayer for the Dying
Proulx, Annie	Close Range: Wyoming Stories
Reichs, Kathleen	Death du Jour
Rushdie, Salman	The Ground beneath Her Feet
Seymour, Gerald	Dead Ground
Smith, Martin Cruz	Havana Bay

NEW BOOKS ON TAPE—ADULT

Animal Farm	George Orwell
Chimney Sweepers Boy	Barbara Vine
Citizen Soldiers	Stephen Ambrose
Cold Mountain	Charles Frazier
Cuba Libre	Elmore Leonard
Damascus Gate	Robert Stone
Dangerous Woman	Mary Morris
Diamond Necklace...	Guy de Maupassant
Dreams of My Russian Summers	Andrei Makine
Ellen Foster	Kaye Gibbons
Jane Austen: A Life	Claire Tomalin
Larry's Party	Carol Shields
Major Andre	Anthony Bailey
A Man in Full	Tom Wolfe
Once upon the River Love	Andrei Makine
The Perfect Storm	Sebastian Junger
Smilla's Sense of Snow	Peter Hoeg
Song of the Lark	Willa Cather
The Stone Diaries	Carol Shields
Ten Stories	Katherine Mansfield
Undaunted Courage	Stephen Ambrose
Underworld	Don DeLillo
A Walk in the Woods	Bill Bryson
A Widow for One Year	John Irving

NEW BOOKS ON TAPE—CHILDREN

The Chocolate War	Robert Cormier
The Phantom Tollbooth	Norton Juster
The Slave Dancer	Paula Fox
That Was Then - This Is Now	S. E. Hinton

LIBRARY INTERNET GUIDELINES

- All users must have a valid RCLS library card. Patrons who do not bring their cards will not be permitted to use the computer.
- Internet users will be asked to register at the Circulation Desk and sign the log book for each session.
- Children 10 and under must be accompanied by a parent or guardian for use of the internet.
- A parent's or guardian's signature is required for patrons under 18 years of age.
- Use is on first come, first served basis.
- Sessions last one hour, including time required to print. Please plan accordingly.
- Maximum of 2 people at workstation.
- Users must have basic computer skills, including the ability to use a mouse.
- Misuse or abuse of the computer or internet access will result in immediate suspension of internet access privileges.

Search Me

The library has two computer catalogs: one in the children's room and one on the first floor in the nonfiction area. They are quite easy to use. The staff will happily show you the basics when you visit us.

You should know that you can access this new catalog through the internet on your home computer. Using the Palisades Home Page at <http://www.rcls.org.pal> you can search the holdings of all the public libraries in the Ramapo Catskill Library System, and access over one million magazine and newspaper articles free, and find answers to your health and business questions. You may also reserve books from home. Just place a hold using your library card and we'll call you when the books are ready to be picked up here.

We will be scheduling summer workshops to give the public hands-on demonstration of our new technology.

PROGRAMS FOR CHILDREN

- Storytime for children age 3 and older continues at 1:30 PM on Wednesdays through June 23rd.
- The Summer program featuring reading incentives and a variety of programs including crafts, will begin Monday, June 28th.
- Come to the library and sign up for programs and begin borrowing books for summer reading.

READING CLUB

The library's Reading Club meets once a month. If you wish to join, please call Ms. Joan Sanders at 623-8262.

TAPPAN ZEE THRIFT SHOP

Donations of household items and seasonal clothing are always welcome to benefit the library.

LIBRARY HOURS

Monday through Thursday	1 PM - 9 PM
Friday	1 PM - 5 PM
Saturday	11AM - 5 PM
Sunday	1 PM - 5 PM
Closed on Sundays from June 20th through September 5th	

HOLIDAY CLOSINGS

Sun/Mon	May 30th, 31st	Memorial Day
Sun/Mon	July 4th, 5th	Independence Day

PHONE: 359-0136

Home Page: <http://www.rcls.org.pal>



ARTIST IN RESIDENCE FRANNY BREER

TRANSCRIBED NOTES EXCERPTED FROM THE LIFE OF FRANNY BREER.

"When did you start drawing, painting and sculpture?"

"About ten years ago I took a drawing and sculpture class at Rockland Community College. I had never drawn at all. At the time, I was a therapist/ social worker, working in the city. When I retired, I knew I wanted to draw."

"But hadn't you already done a lot of photography?"

"I think I drifted among the arts all my life, starting with the violin at age 7. My grandmother taught me and with my mother, a concert pianist, we performed as a trio at schools and churches in Providence, Rhode Island. I think I am a natural musician but performance jitters precluded any career. I still play chamber music twice a week with friends and have for 30 years (last week with Jack Rosoff and Phyllis Anwar). During school and college years I sensibly turned to dance—Martha Graham Technique—and ended up with an Argentinean dance troupe in Paris where I went for a year after graduating from Vassar with a degree in Liberal Arts. (1949-1950). That was when I met the artist and filmmaker Robert Breer. My first job was as assistant to a publisher. I was paid only \$15.00 a week but got to deliver prints and so met George Roualt and got to hold books open for Aldus Huxley to sign, who wrote the introduction for *Piranesi's Engravings*."

"When does photography enter the picture?"

"In 1950 I came back to New York and found a job with the fashion photographers, picking up the rudiments of photography along the way - using the dark room at night. Over 5 years time I had produced a body of work that I was proud of. The last job I had then was with Bruno and Frances Pellegrini. They brought me out to Snedens Landing." [Franny has had her work

published in: *Harpers Bazaar*, *Fashion and Travel*, *Sports Illustrated*, and *Theatre Arts*.]

"What happened after that?"

"In 1955 (in NYC) I married Robert Breer and we moved to Paris for the next five years. It was an interesting life, the cafe life with artists. Marcel Duchamp came to the studio to see Bob's films, as did Man Ray.



A PORTRAIT OF HER GRANDMOTHER

Jean Tinguely was a big influence. For some reason we had a lot of Swedish friends. I did some photography but one artist in a family is enough. That was Bob's territory. There were a lot of artists wives who deferred until they were on their own for one reason or another. I found myself busy enough with a new family that eventually, came to four daughters."

"Did you think of a career in photography?"

"My bosses thought I could have a career in that field. I thought it would get in the way of having a family. Now, women do both. I

suspect I was shy and needed encouraging until I could be my own best friend. I made the right decision. Being a mother was, I think, the best. There is time for many lives."

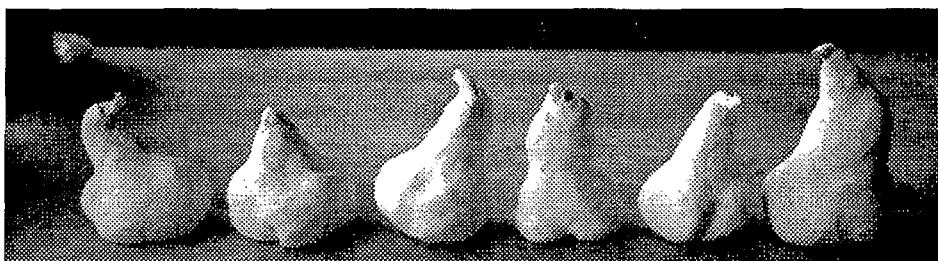
"When did you return to America?"

"Just in time for the exciting 60's in NYC, which had then become the center of the art world. Through our Swedish friend Billy Kliver we entered 'the scene'. Rauschenbergs 'extended family'. He liked having people around. The Oldenbergs were good friends. A lot of high jinks with Pop Artists, going to openings, happenings, loft parties and coming home at 4 in the morning to get the children up at 7 AM. It amazes me now. All this time I was 'studying' art through osmosis. Somewhere in there I spent 10 years writing short stories and going to the New School."

"What are you doing now as the millennium approaches?"

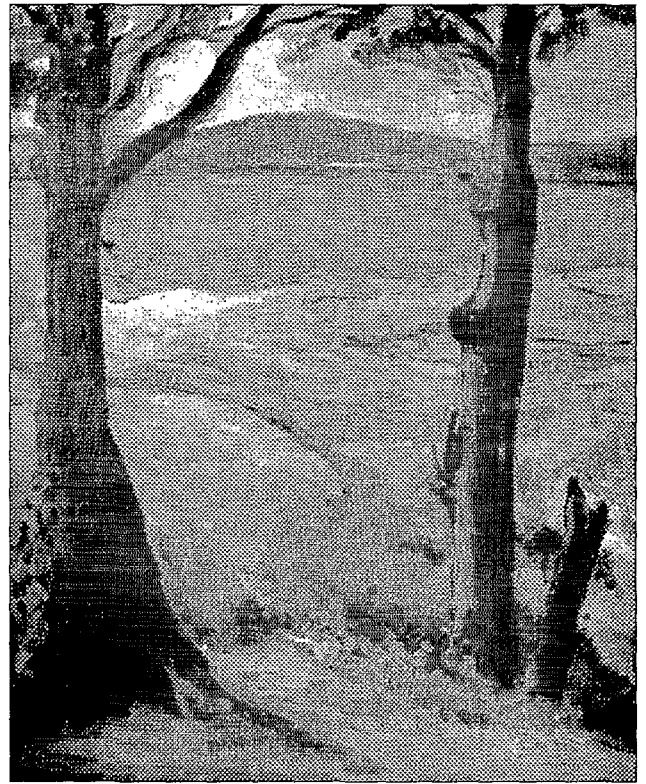
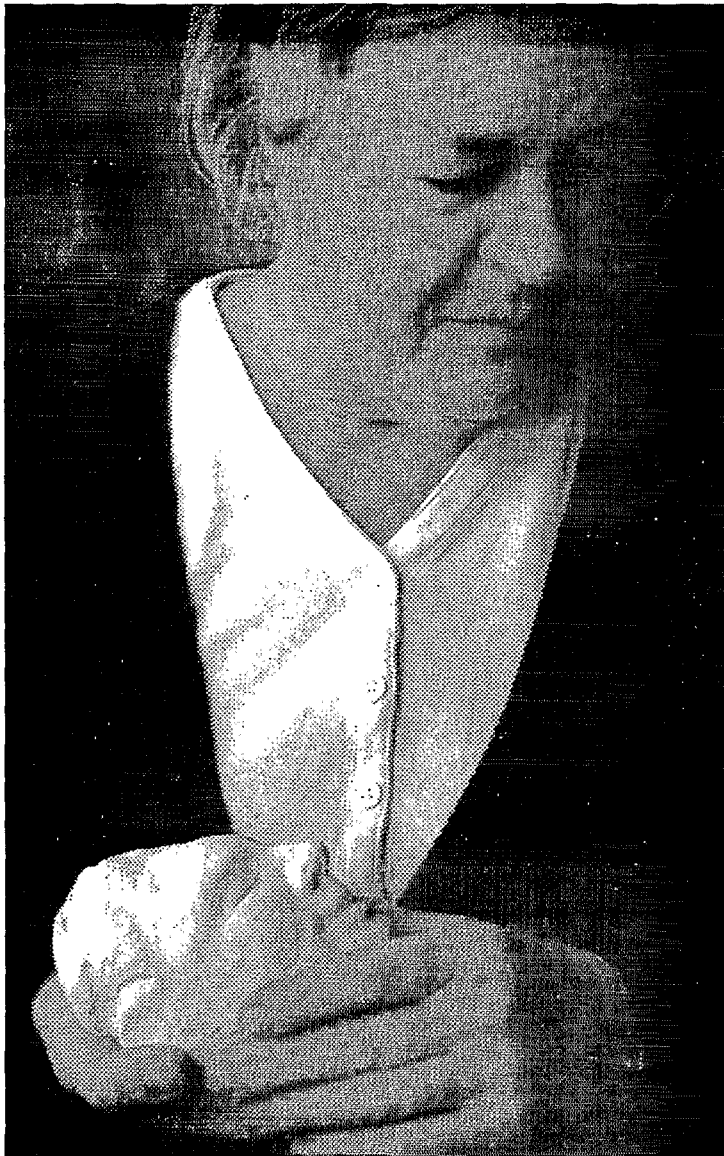
"From the avant-garde to academia. What am I doing with torsos and heads? It doesn't matter. I am still looking. On a good day at the Vydicil School of Art, the Rockland County branch of the Art Students League of NYC (where I have studied for the last 4 years), well, on a good day I slip into an intuitive state 'where you paint from the back of your neck' (my daughter Emily says) and where you find something you didn't know was there. On not so good days, I look at other people's art and have bean soup for lunch."

—Interviewer: *Jocelyn DeCrescenzo*

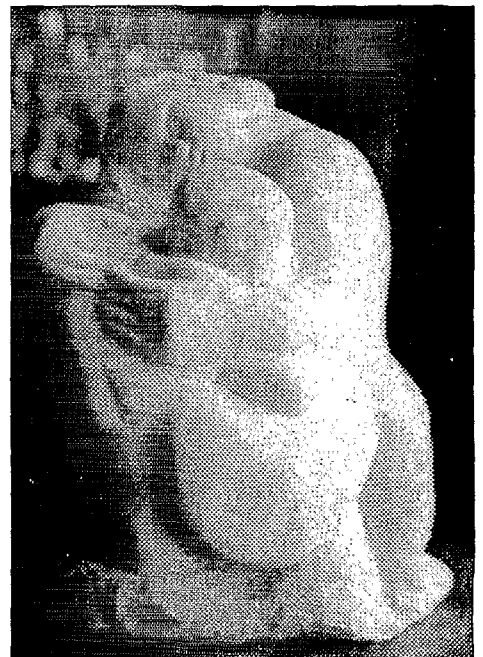
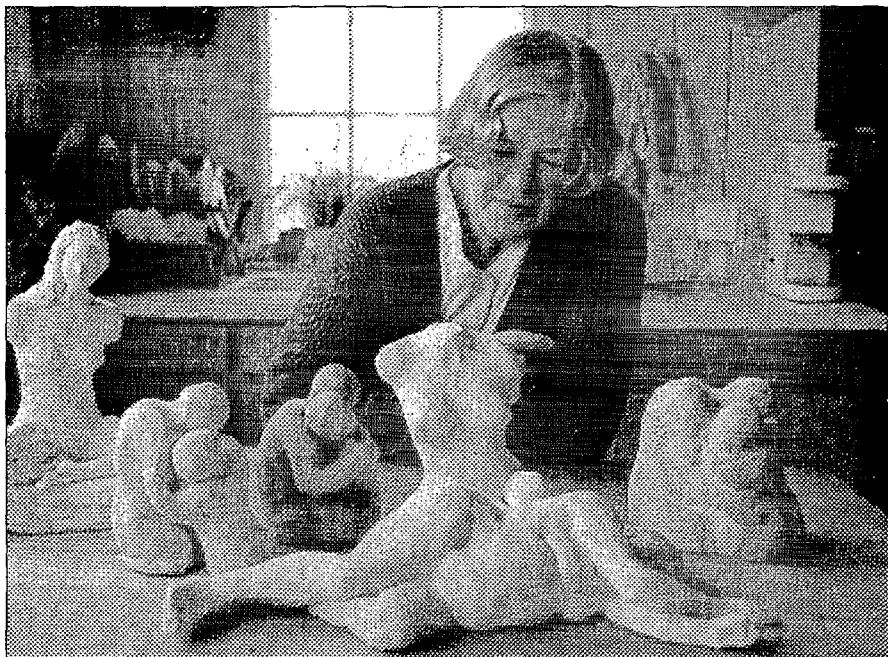


SIX PEARS

ALL PHOTOGRAPHS, EXCEPT "GRANDMOTHER" BY MARY TIEGREEN



"ON A GOOD DAY I SLIP
INTO AN INTUITIVE STATE
'WHERE YOU PAINT FROM
THE BACK OF YOUR
NECK' AND WHERE YOU
FIND SOMETHING YOU
DIDN'T KNOW
WAS THERE."



The Presidential Election of 1932

"It was a house divided!" That is what the neighbors said when they saw those signs in our front windows in the summer of 1932. Side by side, one said, "VOTE FOR HOOVER"

who was the Republican incumbent.

The other said, "VOTE FOR NORMAN THOMAS" who was the Socialist party candidate, then in the midst of one of his several campaigns for the presidency. My father, a staunch Republican, and my mother, at that time a Socialist, had placed those signs in our window.

Eleven years old at the time, I had not previously paid much attention to political campaigns. I did remember that four years earlier, in 1928, Al Smith, a Democrat, ran against Herbert Hoover, in the race to succeed Calvin Coolidge, but the only thing I remembered about that campaign was a slogan frequently shouted by kids in the neighborhood whose parents were Republicans: "Hoover in the White House talking to a lady, Smith in the outhouse crying like a baby."

The 1932 campaign took place in the depths of the Depression. My mother thought Norman Thomas and the Socialist programs which he advocated would solve the problems of the vast hordes of unemployed. No more soup kitchens for the needy because there would be no need for them. Also she was a pacifist and though very few people in 1932 foresaw World War II there was a pacifist movement in those days and she thought Norman Thomas would prevent our getting into another war.

My father dismissed the possibility that Norman Thomas might become president—the real enemy was that radical Franklin D. Roosevelt, the Democratic candidate running against Hoover and Thomas.

I don't remember the specifics of my father's objections to Roosevelt. My father was a gentle person and I don't remember that he ever said Roosevelt was an evil man, but

it was clear to me upon listening to my father that it would be a terrible state of affairs if Roosevelt won the election. Why it would be so terrible was not clear to me, but I figured my father knew what he was talking about so I

shared his desire for a Roosevelt defeat.

When the election returns came in and Roosevelt was declared the winner, my father acted as though the world was coming to an end. His first words were, "All I can say is that the people who voted for that man will get what they deserve, and it will be bad for all of us."

Listening to those words and seeing how strongly he felt

about the matter, I tried desperately to think of something to turn the situation around and cheer him up. Impulsively I blurted out, "Maybe someone will shoot him." The effect of my words on my father was immediate and forceful. He grabbed me by the shoulders, looked me in the eye, and said, "Son, we don't solve our problems that way in this country. We'll have to put up with that man for four years, and then we'll vote him out of office."

That made a strong impression on my young mind and was one of my first lessons in democracy.

As the years went by I gradually realized that Franklin Roosevelt wasn't very bad and maybe even had a few good points. Now I rate him as a man who, like all of us, had some faults, but was one of our five or six greatest presidents.

After electing that "terrible" man to the presidency in 1932, the American people saw fit to reelect him three times and lo and behold, the world did not come to an end!

—Reg Thayer

[Reg wrote this piece, among others, for a class - "Writing Your Family History" - offered at Dominican College in Orangeburg.]

**When the election
returns came in
and Roosevelt was
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coming to an end.**

Yesterday, your elderly neighbor was working diligently in her garden. Today, she's in the hospital with a broken hip. One slip on her kitchen floor, and she now faces a long, painful recovery period and a fifty-fifty chance of permanent disability. Your neighbor's accident may have seemed to be a sudden, unpredictable event, but it was actually the end result of a long-term disease process called osteoporosis. This insidious, usually painless disease steals away bone tissue over a period of decades, until the bones become so porous and weak that the slightest mishap can lead to a fracture.

Osteoporosis is the most common of all bone diseases. It causes more than 1.5 million bone fractures in the U.S. each year. About 25% of women over the age of 60 have osteoporosis, but it isn't exclusively a woman's disease. Men can get it too, especially men who have reached their eighties or nineties and those with a history of alcohol abuse.

People often think of bone as an inert, rocklike substance, but it is actually a living tissue that grows and changes. Throughout life, bone is broken down and reformed. In young people, new bone is added faster than old bone is removed. Later in life, the balance shifts, and bone loss begins to exceed bone gain.

If insufficient bone is accumulated during youth, or if bone loss occurs too rapidly in later years, osteoporosis begins to develop — usually, without producing any symptoms. Osteoporosis is a silent thief that steals bone tissue a little at a time, without leaving any evidence of the crime. The victim doesn't become aware of the theft until a seemingly trivial accident leads to a serious fracture.

Risk Factors for Osteoporosis

Many factors can increase an individual's likelihood of developing osteoporosis. They include: female sex, increasing age, family history of osteoporosis or fractures, Caucasian or Asian ethnic heritage, thin, small-framed body, medical conditions that cause abnormalities in the menstrual cycle, certain other medical conditions such as rheumatoid arthritis, ankylosing spondylitis, diabetes, and chronic liver and kidney diseases, early or surgical menopause, low dietary intake of calcium or vitamin D, lack of physical activity or extended bed rest, cigarette smoking, excessive use of alcohol, and the long-

term use of certain medications, such as glucocorticoids, thyroid hormone, prednisone or anticonvulsants.

Reducing Your Risk of Osteoporosis

Obviously, some of the risk factors for osteoporosis, such as gender and ethnic background, cannot be modified. But others can be. You may not be able to change your heredity, but you can change your lifestyle in ways that will help to protect your bones. Ideally, you should start paying attention to bone health early in life, so that you will build up as much bone tissue as possible. But even if you are middle-aged or older, it's not too late to change your habits.

Getting enough calcium in your diet is basic to bone health because calcium makes up a major part of the structural material of bone. The Institute of Medicine of the National Academy of Sciences recommends that adults up to the age of 50 should get at least 1,000 milligrams (mg) of calcium daily, that people aged 51 and over should get 1,200 mg, and that teenagers should get 1,300 mg. The best dietary sources of calci-

um are milk and other dairy products. Experts recommend that everyone should have at least three servings of milk, yogurt, or cheese a day. If you can't or won't drink this much milk, you may want to consider taking a calcium supplement.

Vitamin D is also crucial to bone health. It enables the body to absorb calcium from the digestive tract into the bloodstream. Since exposure to sunlight causes vitamin D to be formed in the skin, most people have little difficulty getting enough of this vitamin. However, because the ability of the skin to make vitamin D decreases with age, older people shouldn't rely on sunlight as their only vitamin D source. They need to drink vitamin D-fortified milk regularly or take a vitamin D supplement.

Regular exercise plays an important part in osteoporosis prevention. The best types of exercise for bone health are weight-bearing activities such as walking and jogging. Non-weight-bearing activities such as swimming are healthy in other ways, but they are of little benefit to the bones.

You can also help to protect your bones by not using tobacco in any form and by not drinking excessive amounts of alcohol. You don't need to abstain from alcohol completely, however. Moderate drinking (no more than two drinks daily) does not seem to be harmful to bone health.

When women reach menopause, they can help to protect

Osteoporosis

The Bone Thief

According to a recent government study, among all women 20 years or older only 20% have adequate calcium intake. Among 12-19 year old females only 15% get adequate calcium.

their bones by taking estrogen replacement therapy. Estrogen is the most effective drug for the prevention and treatment of osteoporosis. Unfortunately, however, it is not appropriate for all women. For women who can't or won't take estrogen, several other drugs that help to prevent bone loss are now available. These drugs, unlike estrogen, are also suitable for use in men who have osteoporosis. They include Alendronate (brand name Fosamax), Raloxifene (brand name Evista), and Calcitonin.

Testing for Osteoporosis

Osteoporosis can be diagnosed through several painless techniques. The appropriate technique depends on a person's specific history and condition. Insurance does not always cover all tests so check with your doctor beforehand to avoid financial surprises.

Preventing Falls

For people who have osteoporosis (and older people in general), efforts to prevent falls should go hand-in-hand with efforts to preserve bone mass.

To reduce your risk of falling, you should

- stay as active as possible, in order to maintain muscle strength and flexibility
- make sure that your eyeglass prescription is up-to-date
- review your medications with your doctor to see if you can find alternatives to drugs that might cause dizziness or clumsiness.

Simple safety precautions can also prevent falls. For example, it is a good idea to

- keep clutter off the floors
- wear shoes or go barefoot rather than walking around in socks
- make sure that all carpets and rugs have skidproof backing or are tacked to the floor
- install handrails on both sides of the stairs
- make sure that there is adequate lighting in all parts of your home, including the stairways
- use a rubber mat in the shower or tub and consider installing grab bars as well.

—Lillian Langseth

[Lillian, a medical writer, is an adjunct professor of Public Health at Columbia University.]

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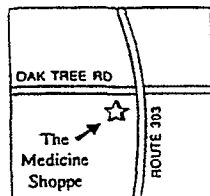
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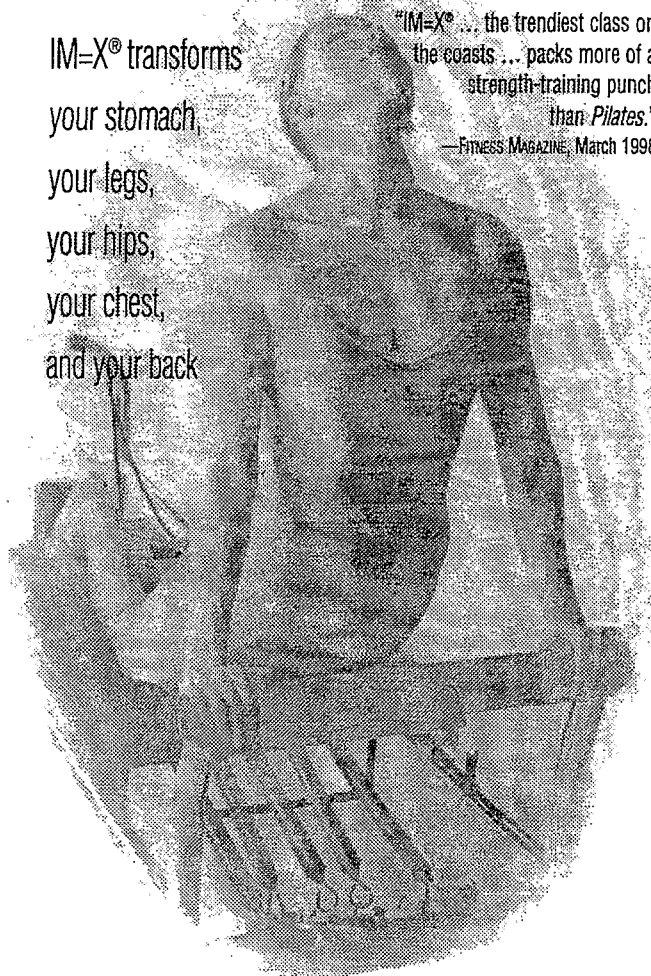
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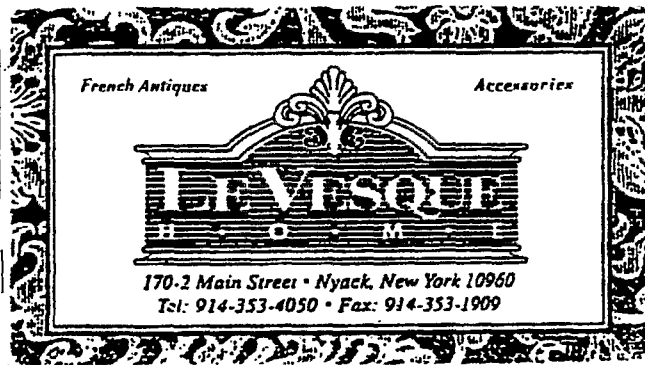
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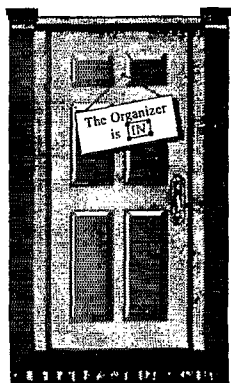




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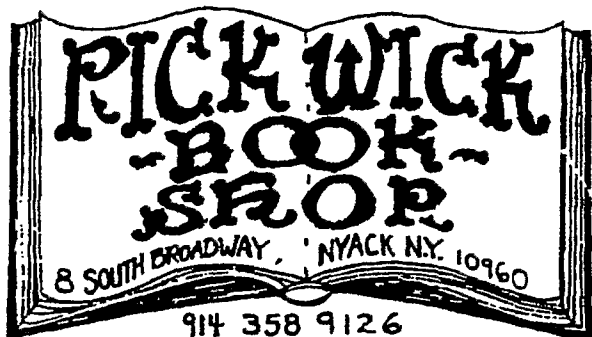


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