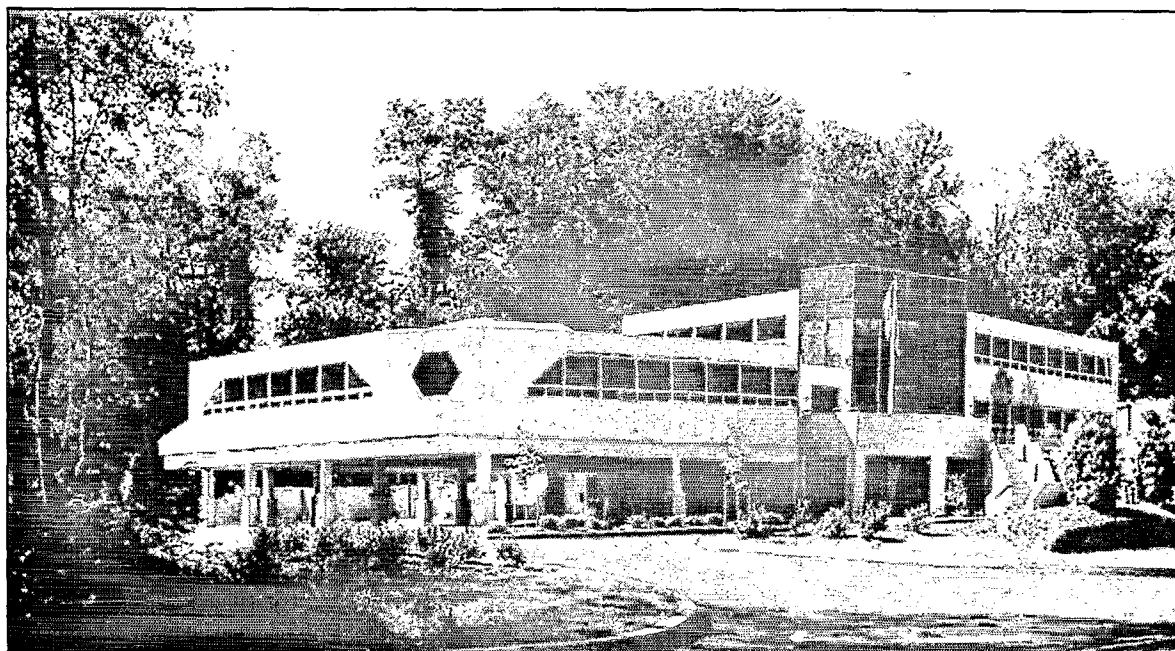


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THE  
PALISADES  
NEWSLETTER

MAY 2003 NUMBER 181

THE MEDICAL MYSTERY BUILDING  
ON ROUTE 9W

For several years now local residents have been wondering about construction on the west side of Route 9W just north of the IBM complex. Some years ago a building permit was taken out very quietly by Albert E. Markarian and his wife and subsequent construction was on-again off-again with many long delays in between. The details surrounding the construction were somewhat of a mystery as people recall very little in the way of public hearings or documents on file at the Building Department.

But finally, on March 25th, Palisadians got some answers at a presentation at "the building," 348 Route 9W. This modern gleaming white structure with its luxurious spa-like interior is the home of Interactive HealthCare Sciences, LLC, a private corporation offering "alternative

medicine." The speakers were founder and managing director Dr. Albert E. Markarian, M.Ps.D, medical director Dr. Rima E. Laibow, MD, and audience members who provided personal anecdotal accounts of healing and cures via "alternative medicine."

Dr. Laibow, a graduate of Albert Einstein College of Medicine, specializes in psychiatry (including alien abduction phenomenon), and more recently has become a specialist in alternative medicine. Others on staff include an industrial toxicologist (PhD), an epidemiologist (MD), an ophthalmologist (N.MD), an acoustical engineer, registered nurses and other technicians.

As explained by Dr. Laibow, the prevailing philosophy at IHS is that "conventional medicine" treats only the symptoms of diseases

*(Continued on next page)*

whereas "alternative medicine" addresses the root causes of disease; that all disease is one in that all disease is controlled by the brain; that the body is self-healing when all toxins are removed and the immune system is sufficiently enhanced; and finally that by re-programing the brain to maintain a strong and healthy immune system patients can eliminate disease and attain a permanent state of optimal health.

### **Speakers and Promotional Materials**

#### **Outline IHS's Treatment**

Health assessment and diagnoses are made primarily by voice recording and analysis of voice frequency. Analysis of this information by an experienced frequency medicine professional, we were told, can provide DNA information, identify chemical and biological toxins in the body, determine excesses or deficits of nutrients in the body, and give direction as to tissues, organs, and systems that are disease prone. Frequency analysis data is then compared with information from a data base of patients in optimal health and the combined information is used to determine an individualized regimen of treatment for each patient. Treatments at IHS are all drug-free and non-invasive and include a program of detoxification, nutritional and metabolic support, neuro-biofeedback techniques and "frequency medicine."

**The first phase of treatment** is detoxification or removal of toxins resulting from chemicals, microbes, cellular free radical damage, damage from electromagnetic fields, improper nutrition, and even emotions such as grief and anger as well as beliefs and attitudes.

These are thought to be significant "health stressors." Detoxification is accomplished mainly by chelation therapy and drainage of the lymph system through use of massage, saunas, and a Light Beam Generator (LBG). The LBG is a non-invasive hand-held instrument that achieves its results on an energetic level "rebalancing the charge of the cells' electromagnetic field."

**The next phase of treatment** is to provide nutrition and metabolic support to the immune system. This requires vitamins/minerals/botanicals, and a strictly organic prescriptive diet individualized to each patient.

**The final part of the program** uses frequency medicine and neuro-biofeedback techniques to re-program the brain to give the proper signals

to the body to boost the immune response system. Patients ultimately achieve "bio-behavioral integration through the use of exercise, relaxation and yoga along with the frequency medicine." This method uses individualized sound frequencies to reprogram the brain and bring the body into better balance.

**A listing of symptoms and diseases** treated at IHS include arthritis, auto-immune diseases, heart disease and stroke, head injury, headaches, chronic pain, irritable bowel disease and colitis, prostate health, Lyme disease, panic anxiety disorder and obsessive compulsive disorder, cancer (treatment choices, information and nutrition support), attention deficit disorders or learning disabilities, memory problems, weight control, premature aging, depression, chronic fatigue, fibromyalgia, yeast infection, menopause and other women's health issues.

IHS currently has some patients but is not fully operational. The center is operating on grants and looking for private and government funding to complete construction and fill staff positions. The goal is to recruit "like-minded" staff physicians to provide expertise in various specialties. Completion of the ground level space will include a singularly innovative 4,000 square foot "Orthomolecular Garden" with waterfalls and music to be used for relaxing patients, particularly those with multiple chemical sensitivities.

Treatment at IHS is mostly paid for out-of-pocket since only about 15% of health insurance plans will cover any of the costs of alternative medicine treatments. Medicare patients will not be reimbursed for any of the alternative medicine treatments. An initial consultation lasting three and a half hours (or more) is \$450. Subsequent treatments vary from \$75 to \$150 per one hour session. For more information call 845-680-0700.

#### **REPORTER'S COMMENTARY:**

IHS is one of about 100 newly established alternative medicine or holistic health centers in the country. Some are located inside of well-known hospitals while other are independent entities. Almost all look more like spas than hospitals and focus on soothing, pleasant, calming environments. The number of such centers is growing rapidly with about one-third of Americans trying alternative medicine. Treatments in these alternative medical centers range from

*(Continued on page 7)*

Didi  
Conn  
as MC  
for  
'Cinema  
Palisadeo'



# NEWS OF THE PALISADES COMMUNITY CENTER



## PALISADIANS ONE AND ALL

Good news! The Palisades Community Center is once again alive and well. Over the past few years the board of directors faced the serious threat embodied in the cliché "If you don't use it, you lose it." Since the reopening, it now appears our community is indeed active and appreciative of the 19th century schoolhouse for its place in our hamlet's history by their willingness to support the various public events offered. For those new to the area or for those who may have forgotten, we are privileged to have at our disposal a great little space just a few doors down from the library on Oak Tree Road to accommodate various functions both public and private.

Recently, the center hosted a lively discussion regarding the Millennium Pipeline. It is the perfect venue to gather neighbors for important issues that effect us all. Additionally, fund raising events and community offerings have included events such as an occasional flea market and on-going knitting classes.

By far our most successful event however was the film festival. While sponsored by the center, the magical two day transformation of the space was the concept of Greta Carlstrom (appearing that evening in vintage Dior). Mary Ellen Ledwith and Gale Barrett acted as priceless elves helping Greta pull it all together. The board wishes to thank these relatively new Palisadians for their creativity and community spirit.

The generous contributions of local retailers require special mention. The Baker's Wife, Il Portico, The Grape D'Vine (all in Tappan), Ned Kelly & Company for the floral displays (Piermont), the Rivertown Film Society, Who's Cooking-Kids!, and of course, Antiques at Yonderhill for supplying us with some beautiful props. All helped to make 'Cinema Palisadeo' a memorable experience. Special thanks as well to Didi Conn Shire, our MC, for setting the evening's uplifting tone.

Just one question, does anyone know what the heck that movie was about?!

The board looks forward to July and August when 'Who's Cooking-Kids' will be in the center offering fun and healthy...?..hmm, lets guess.. cooking classes for children? An herb and vegetable garden is planned as well. Interested parents should contact either Ms. Ledwith or Ms. Barrett at 680-0386.

If you wish to rent the space or if there is a question regarding upcoming events please call Eileen Larkin at 359-6589. Eileen is the keeper of the calendar.

The board members include Andy Norman, Linda Jouas, Tony Gerard, Caroline Tapley, Virginia McCauley, Ed Richardson, Michele Balm, Susan Dillon, Henry Ottley (thanks Henry for the best sandwich board ever made), and myself. I am certain you must know at least one of us; therefore, if you are interested in helping preserve the center or have a project to present please feel free to contact any one of us.

*(Continued on page 7)*



*Greta Carlstrom makes last-minute adjustments to the food table at 'Cinema Palisadeo'*



## BULLETIN BOARD



**Karen Thayer Reina**, who grew up in Palisades, now resides in Pearl River, and is the daughter of long time Palisades residents Reg and Dossie Thayer, was recently elected president of Women Executives in Public Relations. Karen is executive Vice President of Ruder-Finn, a public relations firm headquartered in New York City.

**Perri Gerard-Little** and her mother **Annie Gerard** spent ten days last month in Paris and Normandy with other Tappan Zee High School French language students. The tour for the group of thirty students and parents was sponsored by the South Orangetown School District and led by Mary Taucher, their French teacher.

**Mary Tiegreen**, who has just returned to Palisades after an absence of several months, has a new book out. *The Family Dinner: A Celebration of Love, Laughter and Leftovers*, by Linda Sunshine and Mary Tiegreen, was published by Clarkson Potter this year.

After 16 years, the **Cavanaghs** are leaving Palisades. **Janis, Joe, and Joe Jr.** will move in June to a house in Upper Grandview with a river view. Janis, who has been active in community affairs, is currently President of the Board of the Community Center and a member of the Historic Areas Board of Review. They will be missed, but as Janis says, they will only be five minutes from Palisades.

**Bree Polk-Bauman**, age 14, has been accepted at Cambridge University, England, to study International Law this summer in a high school program.

### Farmers' Market

Fresh lettuce, peas and the promise of vine-ripened tomatoes. It's May! The Nyack Farmers' Market is BACK. Rain or Shine, the Market will be open every Thursday, 8:30 AM-2:30 PM, May through October and is located in the Municipal parking lot next to the Helen Hayes Theater in Nyack. For official opening date, call the Chamber of Commerce of the Nyacks at 353-2221.

## PALISADES CIVIC ASSOCIATION

I would like to thank those who responded to our request for support for the Civic Association. However we are still a long way from the money we need to keep the PCA alive.

### Why this is important

Over the years the PCA has successfully challenged efforts to bring change to Palisades which would have resulted in high density housing along Oak Tree Road, a chain link factory on 9W, the widening of Oak Tree Road, tandem trailers on Oak Tree road, the preservation of the Palisades Community Center and the preservation of the Palisades Elementary School.

### ACTION ALERT!

### MAY MEETING TO BE ANNOUNCED

Recently, Supervisor Thom Kleiner advised neighbors of Route 9W that the driving range

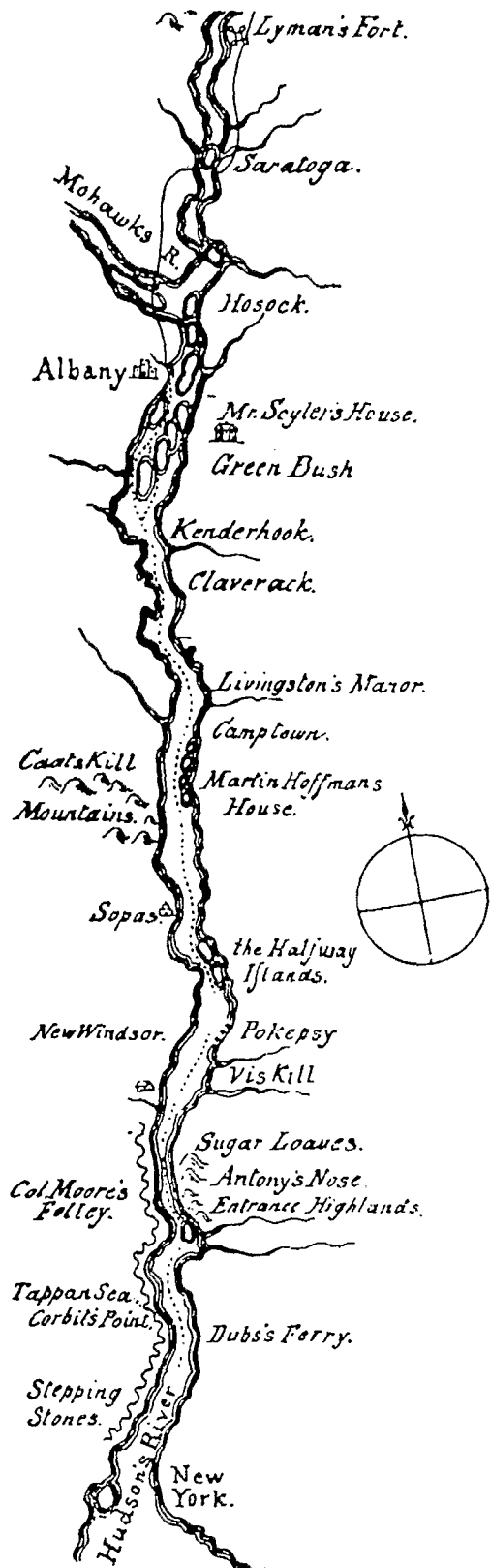
and other property abutting it may be sold to a developer, a Mr. Theis, for senior housing town houses starting at \$600,000 — a total of about 50 units. We hope to learn more about this project at a meeting with the Supervisor to be held at the Community Center in May. The proposed Master Plan recommends that Palisades remain a single family hamlet. There is no zone in Orangetown for senior housing on privately owned property. Recently six applicants came before the Town Board presenting proposals for such housing. Residents who abut these properties should be concerned.

Please support this PCA with your \$5 dues so that we can do mailings to you when we hold special meetings at the Community Center.

*Eileen Larkin*

Palisades Civic Association: PO Box 222

# HUDSON RIVER RESEARCH TEAM AT LAMONT-DOHERTY EARTH OBSERVATORY GETS TO THE BOTTOM OF THE HUDSON RIVER



The Hudson river is a dynamic riverbed, and a map of every curve, crevice, ridge and valley of over 90 miles of the Hudson river floor shows large dunes of sand and gravel, banks of oysters, and archaeological artifacts. On the Hudson bottom sit crisscrossing natural gas pipelines that power the lights of New York and New England, and long-collapsed piers.

The mapping of the Hudson River is just one of the research projects conducted by the Hudson River Research team, formed at Lamont-Doherty Earth Observatory to study the watershed that runs from the Adirondack Mountains of up-state New York through New York Harbor out to the shores of Long Island, known as the Hudson River and Estuary.

The Lamont-Doherty Earth Observatory has been studying components of the Hudson River and Estuary since the early 1950s. In recent experiments, a team of researchers injected trace amounts of a harmless, inert gas into the Hudson River and found that the spreading of the gas was caused not by the seaward flow of the river, but instead by the mixing of the river, which is driven by the tides. In a related study, within hours of injecting a harmless dye tracer near the river bottom just north of the George Washington Bridge it had moved across the river channel to shallow water on the west side. This result has tremendous implications for understanding the way in which contaminants move through the river, and how best to follow them for cleaning.

Researchers have also been investigating levels of lead, mercury and chlorinated organics in people who have consumed appreciable amounts of fish and shellfish from the Hudson. Pollution and over-harvesting appear to have contributed to the early-20th-century demise of oysters within New York Harbor. Researchers at Lamont-Doherty Earth Observatory are examining the evolution of oyster populations in the Hudson River, and they have dated shell remains found in the Hudson from 600 to 2,500 years old, and from 5,000 to 6,500 years old. They determined that oysters disappeared in the Tappan Zee region during cooler times, possibly due to more severe winters, and the demise of oysters may be associated with the Little Ice Age (a 490-year period starting in 1400 that dramatically chilled Europe and the North Atlantic).

And long before the Little Ice Age, an ancient glacial lake once flooded the Hudson Valley, and Observatory scientists are analyzing deep samples of the lake for evidence of climatic cycles, and the river's response to changing climate.

(Continued on page 20)

# PALISADES PRESBYTERIAN CHURCH NEWS



## **MEMORIAL DAY PANCAKE BREAKFAST, A PALISADES TRADITION**

The men of the Palisades Presbyterian Church rise early on Monday, May 26th, to fix scrumptious breakfasts for any and all, starting at 8 AM. through 10:30 AM. Generous-sized pancakes (with syrup or butter), sausage links, coffee, tea, milk and orange juice await the hungry.

This full breakfast for \$5.00 (\$3.00 for children under 10) is a real bargain. This gathering place for the people of Palisades and visitors is busiest after the conclusion of the Memorial Day ceremony at the flagpole. There are plenty of places at the tables in the Parish house behind the church and ample time to sit with a cup of coffee and chat with neighbors and other friends.

## **STRAWBERRIES FETED AT ANNUAL FESTIVAL: SATURDAY, JUNE 14, 2 - 6 PM**

The back lawn of the Palisades Presbyterian Church is the site for the annual Strawberry Festival, that fabled experience of exquisite, home-made strawberry shortcake, heaped with luscious berries and sweet whipped cream. But strawberry shortcake is only one of the delights awaiting visitors.

Children can have their faces painted, play with helium balloons or visit the pocket lady whose apron is filled with tiny, gift-wrapped toys. There is coffee and tea and soda and water and other healthful concoctions to drink. A specialty table features a potpourri of strawberry-based foods: strawberry jelly; strawberry jam; strawberry vinegar and other imaginative gifts made of or look-like strawberries.

For those averse to sugar, unsweetened strawberries and whipped cream are every bit as eye-pleasing and taste-tempting as their traditional twin. Pints of strawberries and every-thing edible are available for take-out.

One of the most popular sites at the festival is the cut-flower section where colorful spring blooms can be combined to make gorgeous bouquets. Tables and chairs are scattered on the lawn so that friends, new and old, can sit together for a comfortable afternoon.

While sponsored by the Deacons of the church, many members and friends bake the cakes, hull and clean the berries, set up and clean up to make this event possible.

Bring your children, bring your friends; the prices are reasonable and the good cheer overflowing. See you there!

## **PALISADES RESIDENT OFFERS TAI CHI CLASS TUESDAYS, 10-11 AM**

Johanna Albin is teaching a Tai Chi Chuan class at the Palisades Presbyterian Church Parish House on Tuesdays at 10:00 AM. Each session will warm-up with Chi Kung exercises before the Tai Chi form is practiced. The class is a mixture of beginners and intermediates.

Tai Chi and Chi Kung are ancient traditions that focus on well-being and balance and as exercises are not strenuous but provide flexibility in movement.

Johanna has been studying Tai Chi for nine years, six of which were at the Dan Tao studio in New York City. Dan Tao translates as "The Way of Transformation." Johanna teaches the Wudong style Tai Chi, the traditional long form.

Classes are for adults at a cost of \$10 per session; part of the proceeds is for the benefit of the church. Due to the construction in the Parish House, please call the church office to make sure that the class you wish to attend is being held there (845-359-3147). No reservations are required. Please wear comfortable, loose fitting clothing (no belts, please). The exercises are more easily performed with Tai Chi slippers, socks or bare feet.

## OF MANSE RESTORATION AND PARISH HOUSE CONSTRUCTION

The restoration of the manse front porch, which for months had been supported by temporary posts, is now complete. Initially, the work involved replacing the four main columns that hold up the porch roof, new decking and a new set of stairs, but later, when it was discovered that the entire porch roof needed to be replaced, the job expanded. The problem with restoration, as many Palisades residents understand, is that there are rarely off-the-shelf items that can be used for 100-year old houses with equally ancient specifications. In this case, the columns had to be fashioned by a lathe, raising the cost of the job substantially. The porch deck, staircase and columns are now of Philippine mahogany.

The church Deacons, the 12 elected officers who are charged with the spiritual and sometimes physical well-being of members and friends, have been working in the church's aging kitchen for many years. The room is too small, the equipment too old and the storage too limited. With the help of the Memorial Gifts and Restoration committee, the group that guided the steeple restoration project (chaired by Steve Van

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## COMMUNITY CENTER *Continued*

In closing, I would like to once again acknowledge John Converse's dedication to the center. He would be pleased to see it back in action.

It was a pleasure to serve on the Board with Andy, Linda, Tony and John the past 13 years or so. Certainly Mitch Warner proved himself a valuable member during his stint. My family and I have lived in Palisades for 16 years. It is a great community. We will be moving this summer and I want to wish you all the best.

Thanks again — God bless you all.

*Janis Cavanagh*

## UPCOMING EVENTS

### AT THE COMMUNITY CENTER:

Flea Market: Saturday, May 3

Blood Drive on Thursday May 15 from 2:30 PM to 8:00 PM.

Defensive Driving Course Monday May 19 & Tuesday May 20 from 6 to 9 PM, Fee \$35.00.

Please call Eileen Larkin -359 6589 - if you are interested in giving blood or attending the Defensive Driving Course.

Dyke), a special kitchen committee of Deacons and others is having the kitchen upgraded, enlarging the south restroom to be wheelchair accessible and adding new storage space.

Church member, Bill Pfaff, an architect, has been working with the committee and has prepared a floor plan of the construction, which is available for viewing in the Parish House. The new kitchen will have a service island, a new sink, a second entrance and new cabinets, flooring, lighting and appliances. Most of the funds for the construction will be taken from the bequest to the church from the estate of Helene Stansbury, a longtime Palisades resident and member of the church.

This construction began in early April starting with work on the enlarged restroom and storage space and will be finished before the Memorial Day Pancake breakfast on May 26th. The kitchen portion will begin after the Strawberry Festival on June 14 and is slated for completion by early fall. The contractor on both the porch restoration and the Parish House upgrade is Wayne Garrison.

*Henry Shaw*

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**MEDICAL MYSTERY BUILDING** *Continued*  
aromatherapy to yoga, including homeopathy, massage, stress reduction therapy, pain management and "forgiveness workshops." One clinic even has a "wellness concierge."

For hospitals and medical centers, providing alternative medicine is often an economic incentive; it fills empty beds and eventually brings in more patients for conventional medical treatment. At the same time it is very popular with patients: people want to spend more time talking and being with their doctors; sympathy, kindness and pampering make people feel better; and other patients are simply dissatisfied with the results of conventional medicine and look to alternative medicine as an option.

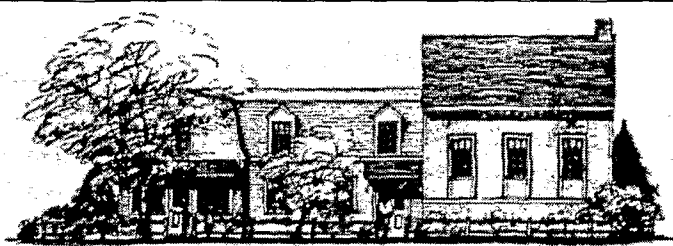
Despite the growing popularity of the holistic clinics, many of the programs are surviving only through grants. There are no clinical trials as yet to prove effectiveness of such treatments but there are many anecdotal accounts of cures from the convinced.

*by Lillian Langseth*

*Doctor of Public Health from Columbia University, Fellow of the American College of Nutrition, and Board Certified Nutrition Specialist.*



# PALISADES FREE LIBRARY NEWS



## **PALISADES FREE LIBRARY**

Member of Ramapo Catskill Library System

Tel: 845-359-0136

Fax: 845-359-6124

Email: [pal@rcls.org](mailto:pal@rcls.org)

### **Library Hours**

Monday-Thursday – 1:00-9:00

Friday – 1:00-5:00

Saturday – 11:00-5:00

Sunday – 1:00-5:00

Closed on Sunday from June 15  
through August 31

Closed Sunday and Monday, May 25, 26,  
for Memorial Day weekend

Closed Sunday and Monday, August 31,  
September 1, for Labor Day weekend

## **SUMMER PROGRAMS FOR CHILDREN**

### **Summer Reading Club**

**Picture This, Imagine That** is the theme for this summer's reading club. Come into the library any time after June 23 to register and learn all about it. We have a **Reader's Group** as well as a **Read-to-me Club**. All children participating in the reading program are invited to attend a special **Musical Program** by Ann Teigen on July 30 at 4:15.

The library will offer a variety of summer programs for ages 5 and older, and a new evening story time for ages 3 and 4. Sign up at the circulation desk.

### **FOR AGES 5 AND OLDER**

**July 2, Wednesday at 4:15, ARTY PARTY:** Stories and fun about artists. Bring an empty cereal box to make an art pack. Make some spectacular projects to put inside.

**July 9, Wednesday at 4:15, GARDENING GATHERING:** Have a green time with books about gardeners and growing things. Paint a clay pot and plant some seeds.

**July 16, Wednesday at 4:15, IMAGINATION CELEBRATION:** We'll be partying till the cows come home! Hear stories about using your imagination, make party puppets and do a little show.

**July 23, Wednesday at 4:15, PEACE BY PIECE:** Sew special to hear quilting tales and make a no-sew quilt square. We'll put them together to make a quilt to hang in the children's room.  
**FOR AGES 3 AND 4**

**July 8, Tuesday at 7:00, I CAN DRAW IT!:**

Stories and excitement about artists. Create your own art book with your masterpieces.

**July 22, Tuesday at 7:00,**

**IMAGINE...MONSTERS:** Tales about tricky monsters. Make your own adorable monster just for fun!

## **SUMMER SPECIALS FOR CHILDREN**

The following performances are for children ages 5 and up. These performances are in cooperation with the Orangeburg, Tappan and Blauvelt Libraries and will be held at the Sacred Heart Church Hall, 120 Kings Highway, Tappan. Tickets will be available for both performances at the circulation desk.

**July 1, Tuesday at 7:00, STARRY, STARRY NIGHT:** *Go for the Stars* with Gary Pozzato who will present an aerospace program about the stars and outer space.

**August 7, Thursday at 7:00, AN EVENING OF PUPPETS:** Michael Wolsky will present a *Surprise Show* with puppets and fun.

## **ADULT PROGRAMMING**

Local author Marina Harrison will have a book signing party at the library on Sunday, May 4, at 2:00. Her latest walk book, co-authored with Lucy D. Rosenfeld, is titled *A Guide to Green New Jersey* and features dozens of natural areas, forests, canals, rail trails, beaches, battlefields, vineyards, marshes and more.



The Palisades Library would like to sponsor a new **book club**. If interested please telephone the library at 359-0136 and ask for Beatrice.

### New Adult Nonfiction

Allende, Isabel	<i>My Invented Country</i>
Bradshaw, Keith	<i>High and Mighty: SUVs</i>
Bryson, Bill	<i>A Short History of</i>
	<i>Nearly Everything</i>
Cohen Elizabeth	<i>A Consumer's Republic</i>
Gould, Stephen Jay	<i>The Hedgehog, the Fox</i>
	<i>and the Magister's Pox</i>
Grossman, David	<i>Health as a Way of Life</i>
Harrison, Kathryn	<i>Seeking Rapture</i>
Helms, Richard	<i>A Look over My</i>
	<i>Shoulder</i>
McPherson, James	<i>Hallowed Ground</i>
Schram, Martin	<i>Avoiding Armageddon</i>
Wolman, William	<i>The Great 401(K) Hoax</i>

### New Adult Fiction

Atwood, Margaret	<i>Oryx and Crake</i>
Berger, Thomas	<i>Best Friends</i>
Connelly, Joe	<i>Crumbtown</i>
DeLillo, Don	<i>Cosmopolis</i>
Godwin, Gail	<i>Evenings at Five</i>
Mitchard, Jacquelyn	<i>Twelve Times</i>
	<i>Blessed</i>
Oates, Joyce Carol	<i>The Tattooed Girl</i>
Smiley, Jane	<i>Good Faith</i>
Westlake, Donald	<i>Money for Nothing</i>
and many new mysteries	

### New and Forthcoming DVDs

*About Schmidt*  
*Adaptation*  
*The Bourne Identity*  
*Catch Me if You Can*  
*Chicago*  
*City of God*  
*Far from Heaven*  
*Frieda*  
*Gangs of New York*  
*The Grey Wall*  
*The Hours*  
*Monsoon Wedding*  
*Possession*  
*Road to Perdition*  
*Talk to Her*

### Looking for Volunteers

The programs at Literacy Volunteers of Rockland County are designed to help adults read, write, and speak English. Our volunteers are trained to work with students to help them achieve their goals. Some of these goals are to speak English, obtain U. S. citizenship, fill out employment applications, earn their GED, or help their children with homework.

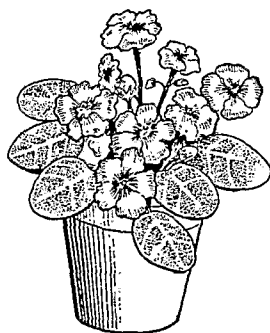
Our series of six training sessions, held either during the day or evenings, and at library locations throughout Rockland, are designed to help our volunteers feel confident about working with our students. If you are 18 years or older, and you would like to make a difference in someone's life, please call us at 845-708-9072 to let us know of your interest in attending our next series of training sessions.

## Palisades Library Annual Plant Sale and Spring Fair

**Saturday, May 10 from 10 AM to 2 PM**  
**at the Palisades Presbyterian Church**

Plants, gourmet foods, pony rides, clown, lunch, music,  
 Mother's Day presents, pie throwing contest, raffle prizes.  
 (Yankee tickets, diamond jewelry, Broadway tickets).

To donate plants call Betsy Hanson, 359-8824  
 To donate food call Marika Hahn, 365-3317





## MEET YOUR NEIGHBORS: THE TALENTED TOVINS

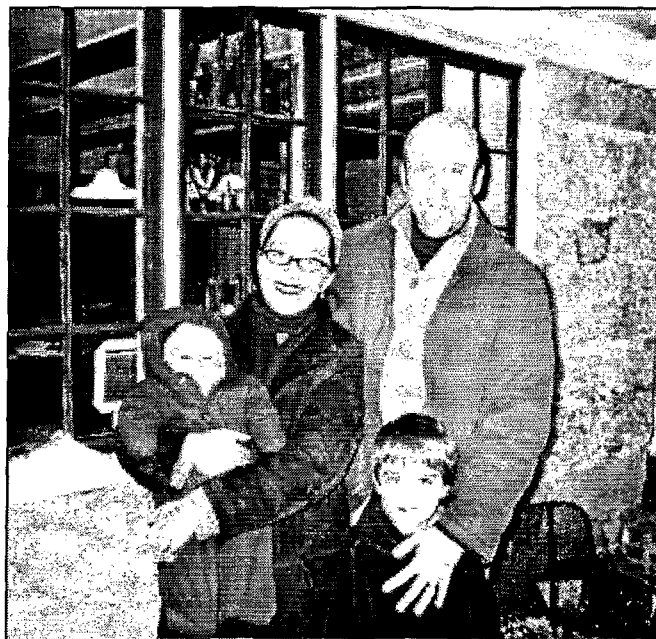


**B**lake Tovin, his wife Suzanna Frosch and seven-year-old son Walker arrived in our neighborhood in June of 2001 from Grandview, having previously lived in the River Road home of architect Wally Heath who designed numerous Snedens Landing homes. Blake, a product designer and craftsman who has his own firm in Nyack called Tovin Design Associates, is involved in designing and licensing home-related products for leading retailers like Crate & Barrel and Restoration Hardware as well as respected furniture manufacturers such as Lane, Vermont Tubbs and Drexel-Heritage.

Blake grew up in Gladwyne, just outside Philadelphia, and graduated from the Philadelphia College of Art, the alma mater of a number of other Palisadians. He confesses that in his high school years he was more interested in his artwork than in school. "When I was in tenth grade I found a part time job with an architectural firm where I learned cabinet making. Later in college I applied this woodworking experience to my artwork and began to focus on furniture exclusively. After graduation from art school I started out designing one-of-a-kind furniture but quickly realized I preferred doing high volume products rather than commissioned pieces."

Later he landed a job with the highly respected designer Jack Lenor Larsen as Design Director of Larsen's furniture division. He was responsible for supervising the production and design of high-end products available through designers and architects, an impressive job for someone so young. "It was a terrific experience. I traveled a lot and learned a great deal." When Blake left seven years later to open his own office one of his first clients was the retailer Crate & Barrel who he had heard was starting a furniture division. "When I began designing for them they had two furniture stores. I was able to grow with them and have had an opportunity to connect with numerous manufacturers through the association," relates Blake.

Blake doesn't have a monopoly on talent in the Tovin household. His wife Suzanna, a



Cranbrook Academy of Art graduate, is also in the design world. An artist with a studio in Nyack, Suzanna's specialty is textile design. She has worked for such prestigious firms as Calvin Klein Home, Brunschwig & Fils and Donna Karan.

When the Tovins moved into their charming but well-worn Washington Spring Road home their first priority was to restore its interiors. Plumbing and electricity needed total redoing. Whenever possible, fixtures were recycled. They then tackled the kitchen and the exterior, replacing the roof and mismatched clapboards. They also buried telephone and electric wires and gas lines.

What's next for the Tovins? A new baby girl named Isabelle joined the household on December 9th. Brother Walker is excited with the new arrival. Suzanna is balancing motherhood with artistic pursuits. Poppa Blake is currently exploring the licensing of a high-end to-the-trade furniture line. And their jewel of a house? With landscaping soon to replace the driveway and parking diverted to the side yard, it will finally be complete.

*by Kathleen M. Sykes*

# MOTORCYCLE ART

"technology, engineering, innovation, design, mobility, speed, rebellion, desire, love, sex, and death"\*

*\*from The Art of the Motorcycle*  
by Thomas Krens

**I**t's all about wheels and speed—seeing the pavement blur just inches under your feet at 60 mph and feeling a zenlike balance in the bank of a curve. That's why such an overtly impractical means of transport continues to transport eager riders mentally and physically all over the country, particularly in beautiful spring weather.

We live in an age of technological epiphanies. So, can motorcycles get any better? Faster? Cooler looking? Better for comfort? It all depends on what you are looking for. "Everyone's dying to individualize their bike," says Dave Finn, of Dave Finn Motorcycles (at 270 Oak Tree Rd. in Palisades) "If, for some reason, you rode a stock, factory-issue Harley, you'd have the most original, unique bike on the road. No one rides a bike the way it comes out of the factory."

Dave's custom motorcycle shop is in the building next to the trucking terminal by the Sparkill Creek. In two years, it's grown from an empty room with barely enough tools to fill one wall into a busy shop so crowded that customers' bikes have to be pushed out into the parking lot to make room for the work going on inside. Business is so good that Dave plans to move to larger space on the other side of the creek in the old Tappan Wire and Cable building this summer.

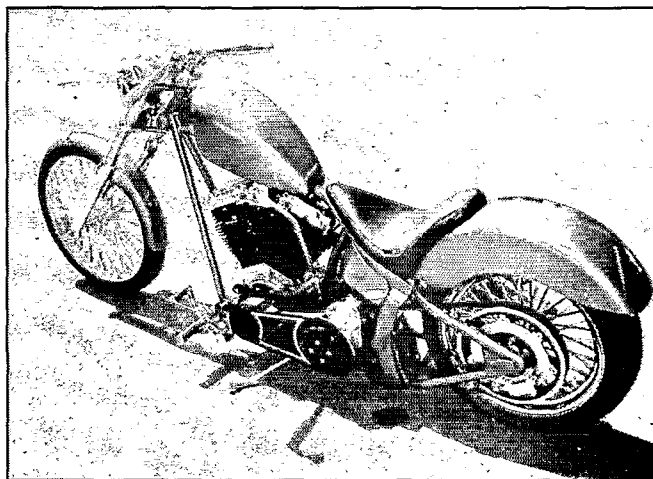
In addition to repair work, Dave specializes in building custom bikes that approach motorcycle art. His designs favor a 'lean' look, which means that all the control cables are hidden inside the tubes of the frame and the machinery is pared down to the bare essentials. Almost every element of the frame is fabricated—only the engine and the transmission came from a factory production line. Retro styling is now found on many customized motorcycles, and also includes swept-back handle bars that recall old balloon tire beach bicycles and hundreds of varieties of

exhaust pipes, all gleaming with perfect chrome finishes. "The chopper look is coming back," says Dave, "But the quality is a lot better now. Most of these new bikes are pretty functional."

Back in the 60s, typical chopper sissybars looked like something yanked off of the aluminum screen door at mom's house. Modern custom shops like Dave Finn's with milling machines, lathes, and welders allow individualized looks to be so slick that they look factory-made. Reversing the mass production model of the industrial revolution, the hottest kind of work in sophisticated custom shops now is to make everything by hand, not unlike what the old gunsmiths used to do for their customers before that crusty Yankee gunsmith Eli Whitney invented the idea of interchangeable parts.

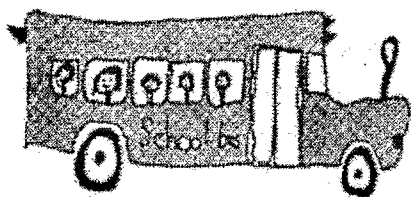
Dave is also an inventor; he has a patent pending for a retractable license plate for real purists who don't want anything sticking out on top of the fender, or hanging off to the side when the bike is parked. A state-of-the-art gear motor slides the plate and brake light out from underneath the rear fender when you hit the road. It comes in standard and wide tire versions, and it's yours for \$799!

*Greta Nettleton*



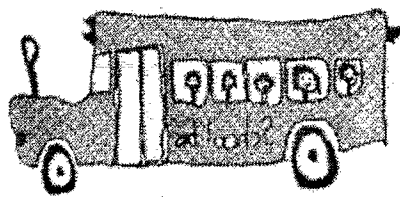
*This bike was built for beauty, and sold to a customer in Bergen County before it was even finished. It's so lean it has no front brakes and no rear suspension, and the clutch and gear shift have been moved from the handlebars to the engine area. The throttle is concealed in one of the chrome handles.*

*(Photo by Greta Nettleton)*



# School News

Budget Vote Tuesday,  
May 20, 2003



On April 14, 2003, the Board of Education adopted the proposed budget of \$ 54,207,462, for the 2003-04 school year. This budget increases spending by 5% with an estimated tax levy increase of 6.11%, the lowest in five years. Further, this budget supports the Board's priorities for 2003-04, and continues to focus on the Board's vision of advancing student performance Pre-K-12, through collaboration and strategic planning.

Over the next few years, South Orangetown, along with all school districts in New York State, will face an uncertain State budget. Based on Governor Pataki's proposed State Budget, our District will lose approximately 8.75% of its consolidated operating aid, resulting in the lowest State aid allocation over a five-year period. This is in addition to other proposed reductions in Excess Private Cost and BOCES aid, as well as major increases in the District's mandated contributions to employee benefits and increased premiums for Health and other Insurance benefits.

Despite fiscal challenges, the School Board, administration, and employees have joined together to continue to focus on meeting the needs of South Orangetown students through quality programs and services, strategically moving forward with new initiatives, while maintaining an eye on fiscal responsibility to our community residents and taxpayers. Of the four school districts located in Orangetown, South Orangetown continues to have the second lowest tax rate per \$1,000 of assessed residential property.

We thank the South Orangetown community for their continued support of and involvement in our schools. We encourage all residents to come to the polls on Tuesday, May 20th.

## **To learn more about the 2003-2004 Budget:**

-Attend the Budget Hearing on May 6, 2003 at 7:30 PM at the South Orangetown Middle School in the Board room

-Visit the school website at [www.socsd.org](http://www.socsd.org)

-View South Orangetown School NEWS on Cablevision Channel 77 every Thursday, 7:00-8:30 PM through May 15th.

## **Budget Vote and Board Election**

**Tuesday, May 20, 7:00 AM—9:00 PM**

Palisades residents vote at the Tappan Zee

Elementary School on Rt. 9W in Piermont.

## **BOARD OF EDUCATION MEMBER**

On the five member school board, one seat is vacant — the seat that is traditionally held by a Piermont resident. As **10964** goes to press, two people have applied to run and will appear on the ballot:

**Mike Peeples**; Piermont resident, three children in the South Orangetown Schools, an Assistant Attorney General for New York State, and former Board of Education member.

**Ellen Cahill**; Blauvelt resident, two children in the South Orangetown Schools, teacher in the Pearl River School district.

## **VOTER REGISTRATION**

**Wednesday, May 14,**

**9 AM-1 PM and 6 PM-8 PM**

At the Tappan Zee Elementary School

If you have not voted in a general or school election since 1998, you must register on May 14th.

To register you must have lived in South Orangetown for 30 days, be a U. S. citizen, and be 18 years of age or older

## **Absentee Ballots:**

If you are unable to come to the polls or will be out of town on May 20th, you may vote by way of Absentee Ballot. You may pick up your ballot at the District Clerk's office in the South Orangetown Middle School. Ballots must be returned to the District Clerk's office by 5:00 PM on May 20. For further information, call the District Clerk at 680-1012.

## **Join us at these Community events in May:**

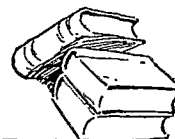
-“Circle of Books” book drive. Now is the perfect time to give away all your outgrown children's books, CD roms and reference books. Bring them to any South Orangetown school April 28-May 2. Also, collecting toiletries for local family shelters. On May 5, at William O. Schaefer from 3:00-6:30 PM, community members are invited to chose as many books as they would like.

-SOCES PTA “We the People” Festival on Saturday, May 3, 2003 from 11:00 AM-3:00 PM at William O. Schaefer Elementary. International music, dance, games and food prepared by families in our elementary schools.

*Carol Baxter*



## BOOK REVIEW



*Palisades-100,000 Acres in 100 Years*, by Robert O. Binnewies  
Fordham University Press and Palisades Interstate Park Commission, 2001

Mr. Robert Binnewies is a lover of nature, a wonderful writer, the former Executive Director of the Palisades Park Commission and, as such, a former resident of Palisades. (The park maintains an official residence for its Executive Director, the Swann House, tucked into a corner of Tallman Park off Route 9W.) After retiring from the Commission in 1999, Mr. Binnewies made use of his unique perspective to write a commemorative centennial history of the Palisades Interstate Park published recently by Fordham University.

The story starts with a bang — quite literally. During the late 19th century, scores of quarry operations were blasting the Palisades cliffs into oblivion for fill to build the streets and cellars of Manhattan. Stopping this noise and destruction set off one of the nation's first conservation battles in the late 1890's, leading to the creation of the Palisades Interstate Park (PIP) in 1909.

The book is a brilliant examination of how various organizations and individuals involved with the PIP blazed the way in determining what an American park is for, how it should be used and how it could attempt to serve all types of people of a diverse nation. The early history of the PIP served as a template for modern civilian management for the entire national park system. The author points out that in the early 1900's, Yellowstone and Yosemite were still being run by the U.S. Cavalry, thousands of miles away from most of the country's population: "Under orders to guard the buffalo, the troopers would catch poachers, beat them senseless and deposit them at the park's boundary with advice to trespass no more." By contrast, after the PIP was created in 1909 only a mile away across the Hudson from the nation's largest city, its commissioners had no choice but to immediately set to work to plan ways of serving the needs of the millions of eager park users waiting to visit from every neighborhood. Profound problems relating to social class, gender and racial tensions inevitably surfaced during the century of the

Park's existence; Mr. Binnewies does a fine job of covering all of these topics.

Readers of this book will also be struck by the leading role local conservation battles to expand the PIP and preserve the beauty of the Hudson Valley have played in the nation's developing ecological awareness throughout the 20th century. Particularly important was the fight during the 1960s and 1970s to save Storm King Mountain from being turned into a huge ConEd power facility. While the PIP Commission seemed at first too willing to compromise with ConEd over this issue, local grassroots opposition presented the case against development so effectively that the commission was persuaded to join the fight. This was an era when Rachel Carson's *Silent Spring* was brand new and Americans were just beginning to come to terms with the very high price they might be paying for their industrial might. The victory at Storm King set an important precedent for protecting other parks from industrial encroachment and left in its wake a host of powerful, well-organized conservation organizations such as Scenic Hudson that continue their vigilance to the present day.

Some names instantly recognizable to our local readers figure prominently in this story — for instance, the first President of the Palisades Interstate Park Commission, George W. Perkins, was criticized in a letter to the editor around 1910 for refusing to condemn the property of Mrs. Lydia G. Lawrence on the border of New York and New Jersey in order to make way for a riverside boulevard connecting Fort Lee with Bear Mountain. Perhaps this staying of the bulldozers was related to the fact that she was one of the first five or six major donors who helped fund the start-up of the PIPC — surely an astute and forward-thinking application of enlightened self-interest if there ever was one! Mr. Binnewies' predecessor, Nash Castro, also a longtime resident of Palisades, carried out a lengthy and dramatic battle with the Marriott Corporation to

*(Continued next page)*

## BOOK REVIEW *Continued*

save the land that now makes up Minnewaska State Park during his tenure as Executive Director of the PIPC during the 1980's.

When Mr. Binnewies took over from Mr. Castro, he quickly found himself thrust into the decade-long battle to save Sterling Forest. When interviewed by 10964 in the spring of 1990, this was all still in the future and the new Director spoke mainly of his plans to establish a Center for the Performing Arts at Bear Mountain and to turn the old military facilities on Iona Island into a research and education center focusing on the Hudson River estuary habitat, both ideas long since abandoned. A defeated state bond issue seemed at the time to be the end of all hope to acquire Sterling Forest. Nevertheless, during the next ten years, Mr. Binnewies stepped up to the plate and spearheaded the successful acquisition of the last big chunk of wild parkland in the region.

Binnewies is especially good at drawing attention to the important contributions of time and effort given by smaller players in these land preservation struggles, including concerned individuals and lesser-known organizations such as women's garden clubs in Bergen County and Cornwall-on-Hudson. In particular, Palisadians

Jamie and Shannon Fitzgerald and Patrick Farley are mentioned for their cross-country bicycle trip that raised \$12,000 for the fund to save Sterling Forest. Mr. Binnewies' tone is generous and detailed in these matters.

Let's not scorn local lore too much — this book is so full of enticing facts about the land close to where we live that it is hard to resist putting too many of them into this review. The cliffs closest to us below the State Line Lookout in New Jersey and north of Nyack at Hook Mountain are almost completely the result of blasting done in the early 1900's, not of natural erosion. That's why it is so hard to hike underneath them — there are still many huge piles of stone collapsed onto the riverbank that were left where they fell when the quarries were closed. Coincidentally, Dr. Alfred Nobel played on both sides of the fence in this drama. First he invented the dynamite that was used in the blasting; then many years later, he was called in as a consulting engineer by the Park Commissioners sometime around 1910 to help design that scenic boulevard that might have gone right through Snedens. Some of our local ghosts are very big ones and this book is one more way to find out more about them.

*by Greta Nettleton*

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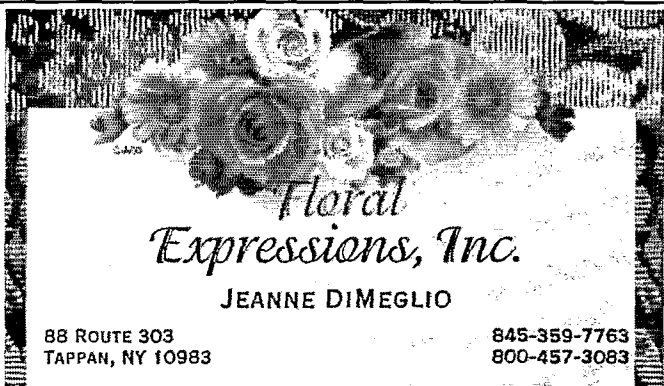
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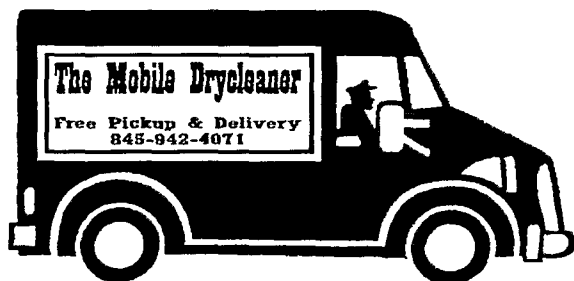
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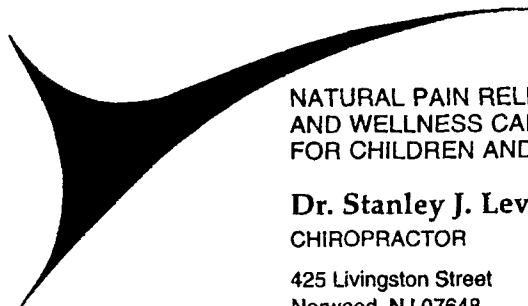
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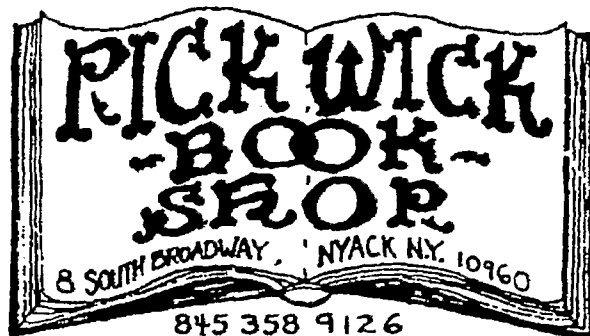
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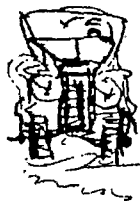
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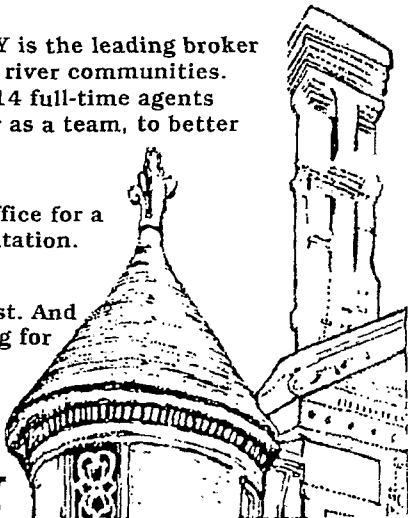
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### Contributions

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### HUDSON, *Continued from page 4*

Marshes can also be especially valuable repositories of historic information about the regional New York climate. The marshes are among the most crucial places in the Hudson, as they form the base of the food chain, protect young plants and animals, and protect the shoreline. A team of researchers are currently doing a comprehensive study of Jamaica Bay — a complex salt marsh environment that is seriously threatened by its urban surroundings. Recently, Observatory scientists examined the vegetational and charcoal content of the marshes and found that over the last 4,000 years, these marshes have been strongly affected by drought.

Documentation of historical droughts in the Hudson Valley will help scientists to understand future climate change and to evaluate the impact of anthropogenic activities on the environment. By studying the Hudson on multiple levels and scales, from its surface to its depths, from

its mud to its marshes, researchers hope to shed light on the complex relationships humans have to the rivers they live near and use for recreation, transportation and commerce and as drinking water supply sources. In the fall of 2001, scientists working with Observatory engineers installed the first part of a riverwide monitoring station just south of the Tappan Zee Bridge. Real-time monitoring of the Hudson River may have widespread impact upon policy development and the prediction of short-and long-term impacts of environmental changes. Salt front movement and its relation to urban water supplies; PCB dredging in the upper Hudson and its impact on the entire river and estuary; and the invasion of exotic species such as zebra mussels and the subsequent shifts in local and regional ecosystems will be some of the issues studied. Other studies will focus on land-use impacts and the implications of climate change on the Hudson River and its surroundings.

Candidates for School Board are:

**MIKE PEEPLES and ELLEN CAHILL**

**VOTE TUESDAY MAY 20TH 7:00 AM to 9:00 PM**

**AT TAPPAN ZEE ELEMENTARY SCHOOL ON ROUTE 9W**

Your participation counts more than in any other type of election. Your vote is important.

If you are not already registered to vote in general elections, you can register on May 14 from 9:00 AM-1:00 PM and 6:00 PM-8:00 PM. Call District Clerk Lillian Stuerke, at 680-1012, for more information.