

The Piermont Newsletter

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Piermont's Historic District

Having once abandoned the struggle to create an historic district, Piermont suddenly has one. It includes nine buildings and seven sites on both sides of the Sparkill Creek, all near the district's centerpiece, the Rockland Road Bridge (also known as the Silk Mill Bridge).

Homeowners had vehemently objected to a 2006 plan for a village-wide historic district. They feared it would force them to ask an appointed board for permission to make even minor changes to their buildings. This time there were no objections. That's because property owners in the new Rockland Road Bridge Historic District have no restrictions, explained Richard Esnard. He's the vice president of the Piermont Historical Society. It is responsible for creating the district.

Esnard got the idea for it in late 2009

while working on a walking guide. It made him realize the uniqueness of the bridge area, he said. With the help of his wife Lola, he enlisted the support of William Krattinger. He's an official with the New York State Historic Preservation Office. Together they got the entire district placed on the State and National Registers of Historic Places. It simply means that both New York State and the Federal government recognize that the new district has significant historic value and should be preserved.

The dedication ceremony took place on a cool, drizzly June morning. Politicians, including Piermont Mayor Chris Sanders and Congresswoman Nita Lowey gave short speeches before the unveiling of two plaques on the south end of the bridge. Then they, and about 100 or so village residents, walked over

to the Outside In art gallery to enjoy food donated by local restaurants (Alain's French Bistro, Cafe Portofino, Canzona's Market, Confetti's, Sidewalk Bistro, Slattery's and The Market), served by Piermont Civic Association volunteers, and music from the Old No.7 Band.

Here's what the bridge plaques say:

This is the oldest and most historic district of Piermont, as many of the surrounding buildings have maintained their late 18th and 19th century character. It is here that Piermont, as a commercial entity, took root. One might refer to this district as the birthplace of Piermont. The centerpiece of the district, the Rockland Road Bridge, was erected in 1874 and listed on the National Register in 2005. The district is a modestly scaled collection of build-

continued on page 6



Congresswoman Nita Lowey and Mayor Chris Sanders at the dedication of Rockland Road Bridge Historic District.
Photo by Sally Savage

President's Corner



Biking anywhere on 9W is risky but the stretch between Piermont and Nyack, with its slim to non-existent shoulders, is especially dangerous. This June, a car driven by a 25-year-old Sparkill woman, hit and killed a 53-year-old Pomona woman cyclist, said to be an experienced rider. The Upper Grandview accident is, of course, a terrible tragedy for the victim and her family but it is also a nightmare for the driver who will have to live with the memory for the rest of her life. Police did not charge her.

Not only do bikers risk death and injury on 9W, but they also imperil drivers who must swing into the oncoming lane of traffic to pass them. Local politicians are trying to get the state to ban bikes on that section of the highway, but, much to his credit, Piermont Mayor Chris Sanders is not waiting. He's putting up a sign on 9W at the Ash Street intersection, warning cyclists of the dangers ahead. (Cycling on our village's streets is usually safe but there is always some risk. In July, a truck hit and badly injured 49-year-old bicyclist near the post office. Piermont Police charged the driver with failure to yield.)

The Mayor recently also had our Police Department and DPW pay more attention to traffic problems on the pier. The police patrol there more and our highwaymen painted two giant 15 mph speed limit signs on the road. The effort seems to have slowed most of the cars while the bicycles appear to have speeded up. We now have spandex athletes dodging pedestrians, dog walkers, wheelchairs users and little kids at terrifying speeds.

If one of these riders hits you, it could be very serious. In

Florida, they've charged a bicycle rider with homicide. He bowled over a 77-year-old man. That kind of tragedy could easily happen here. Michael O'Shea, our police chief, has promised to have his men pay more attention to those bicycle speeders. I've been trying to do something about it myself. Call me a cranky old man, but when I'm out there and see someone racing by on a bike I've been known to yell, "15 MILES AN HOUR!" It occasionally gets me a rude finger but it sometimes slows them down. Try it yourself.

I have nothing against bicycles. I was an enthusiastic rider until physical problems stopped me in the early 1980s. Back then, you could ride from Piermont to Hook Mountain and not see another person peddling. Imagine that! Now, thanks in part to the Internet, bikers from around the world know Piermont Avenue and River Road. They're there every daylight hour, summer and winter. On weekends, they descend like swarms of bees. One race sends 5,000 of them through the village. Mostly we Piermonters are fine with it, but when they ride two abreast and block the road, and wake us by shouting back and forth early on weekend mornings, they drive us crazy.

Even if you have totally soured on them, you have to admit that they keep downtown Piermont humming. The owners of Bunbury's will tell you that the bikers are critical to their success. Cyclists also fatten the bottom lines of both the Community Market and the Piermont Bicycle Connection. Now, if they'll only slow down on our pier.

~Bob Samuels

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Piermont LWRP Group To Review Coastal Policies:

You Can Help Plan the Village's Future

A citizen's-group of the Village of Piermont is reviewing and updating Piermont's Local Waterfront Revitalization Program (LWRP) which is a comprehensive land and water-use program established by the New York Department of State, for the village's natural, public, working waterfront and developed coastal areas. The LWRP provides a comprehensive structure within which critical coastal issues can be addressed, and increases Piermont's ability to attract private and public resources to help it plan its waterfront in the future.

Piermont Mayor Chris Sanders called an initial meeting in February 2012 seeking volunteers to work on the project. He held another meeting in June. The issues and subject areas that will be studied in the LWRP include:

- Waterfront development
- Fish and wildlife
- Agricultural lands
- Scenic quality
- Public access
- Recreation
- Flooding and erosion hazards
- Water resources

"We had a great second meeting of the LWRP Coalition on Saturday morning, June 23," said Sanders in an email following that meeting. "We had 18 residents at the meeting. I want to note that 45 residents have remained in contact with me via email about the LWRP."

Sanders started the meeting with a brief review of the LWRP process. Those in attendance agreed to divide the larger group into specific subcommittees to look at specific areas of the village.

Those areas are:

1. Waterfront businesses and Riverfront Residential. This includes the marinas, the harbor and residential neighborhoods north from Kinney to the Grandview border and west, uphill to the Erie Path.

2. Business District-This covers Main Street, North to Kinney and Piermont Landing, including the residential neighborhood behind Main Street.

3. Uplands. The focus of this subcommittee is areas to the west of and including the Erie Path. This group will also look at Kips Crossing, the commercial and residential areas

between Hickey and Hovey, Lawrence Park and Roundtree Condos, TZ Elementary School and the Cowboy Fields.

4. The Pier. This subcommittee will look at the Condos and the Hudson waterfront to the North and at recreation including the Goswick Pavillion / Rittenburg Field area.

5. Sparkill Corridor. This subcommittee will study the Patch, Paradise and the estuary to the South.

Residents on these subcommittees will now schedule meetings to begin work on these specific areas. If you want your voice heard concerning the future of the Village of Piermont, call Mayor Sanders at the Village Hall at (845) 359-2040 and leave him a message advising him that you would like to be part of the LWRP and tell him which one of the above groups you would like to join.

~Ron Derven

Editor's Note: The Village of Piermont's current LWRP was approved by the Department of State in 1992. The exploratory work the citizens committee did to formulate this document began in 1984 under the stewardship of then trustee Kathryn Smith, and then planning board members Mimi Bryan, Mildred Burck, Stan Jacobs, Beverly Houghton and Herb Scholbm. Drafting of the LWRP was continued by Tom Mitchell, Rod Johnson, Margaret Grace and Charles Berger, with the Village accepting the LWRP as complete after seven years of work, in 1991. The LWRP, even in its draft stages, played a central role in the redevelopment of the Piermont Pier.



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Meet Stephanie Tassello—Piermont's New Clerk-Treasurer



Stephanie Tassello. Photo by Fred Burrell

Those too-few devoted Piermonters who show up at Village Board meetings will have noticed that this year there's a new face sitting stage right behind a computer screen, taking notes and, increasingly often, confidently providing missing information—budgetary and otherwise—to the Mayor and Trustees. The soft-spoken young woman with blond hair and a dazzling smile is Stephanie Tassello, officially Clerk-Treasurer of the Village of Piermont, who has, since January, when she moved from Deputy Clerk into her current position, uncomplainingly managed—without a deputy of her own—some of the busiest months of the village year—the months of bud-

gets, reassessments, and tax bills.

Who is this wonder-woman and how did she get here? She started in the Bronx, at Montefiore Hospital, the new baby to a not much older brother and sister. In 1971, when she was 9, her family moved to Orangeburg, to a "mother-daughter" house where several years later, two brothers showed up, turning her into the middle child of five. Her father was in construction her mother became a registered nurse. Stephanie went to local schools and in 1981 became the only girl to play football in Orangetown; she has a newspaper picture of herself in jersey #30 to prove it. Starting as split-end on the Mighty Midgets Pee Wee Team, she ended up as halfback.

Terrific training for her present job! "My parents encouraged me to do anything I wanted to do," she explains. She finished her education at Rockland Community College, where she got Associate Degrees in both Liberal Arts and Business.

She considered social work until she began an internship working with inner city kids in Patterson, NJ and found herself continually heart-broken by the children's lives. She smiles forlornly, "So I switched to accounting." She worked in accounting at Cappelli Enterprises—a construction firm. In 1999, she married Robert Nordstrom, gave birth to a son Robert, and continued working. Then, ten years ago, "the two people most important to me, my mother and grandmother both died within six months and my daughter Sofia was born," so she decided she needed to stay home.

Never idle, Stephanie then established Nordstrom moving company from her home as a subsidiary of a firm her husband had founded. Troubled by too much dishonesty in the business, she gave it up after a few years and went back out to work doing contracts and accounting at Nordstrom Contracting. Which is where she was working when she saw an ad for the Deputy Clerk's job, and applied.

Had she ever thought she would have this sort of position? "Not really. I was once in the Police Auxiliary and I had sometimes thought of doing something in government." But when she saw the ad she realized she would really like the job. "You like accounting, don't you?" I asked her. "I love accounting," she said and her face lit up. Hired as Assistant Clerk in May of

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2011, she moved into the clerk's job in January of this year. Getting up to speed on all the legal terminology was the most difficult part of taking over the clerk's job, and she was full of praise for Sylvia who took on all sorts of new tasks to help while Stephanie was learning. What does she like least about the job? The long board meetings. What does she like most? Interacting with the people in Piermont; "I feel blessed to have the opportunity to work in such a great village."

What does she do in her free time? "I'm a jogger," she said. "Every morning I run three miles." And we do things with our kids, hike, ski." Is she a reader? "Yes, I read on my Nook," she smiled. "I like fiction, and I read on health." And when her children are older and she isn't the taxi for all their activities, she plans to go back and get a bachelor's degree.

Although Stephanie hasn't had time to take any walks around Piermont, she looks forward to having a bit more free time when she gets a deputy to see what a beautiful place she's working in. And now that she's got our books in order, she would like to get a website and a facebook page set up for Piermont—"I'd like to bring the village into the 21st Century," she says with a smile.

It's a big family Stephanie's part of—her father was one of nine and still lives in the house attached to hers—all her brothers and sisters and many of her uncles and aunts are still in the vicinity. Lots of them proudly turned out the night she officially became Piermont's clerk. Several of her

relatives told us after the meeting that she was the most honest person they knew and we should be nice to her. Being nice to Stephanie turns out to be very easy.

~Joan Gussow

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Piermont's Historic District continued from page 1

ings. Collectively they offer a limited though insightful cross-section of Piermont's architectural development in the roughly 100-year period from ca. 1785 to 1876. The boundary of the district contains nine contributing buildings and seven contributing structures. The district's spine is formed by the course of Sparkill Creek with the district situated on both sides of the creek.

BACKGROUND – WHY HERE?

Piermont's development is intimately connected with the Hudson River and the Sparkill Creek, known earlier as the Tappan Slote (Dutch word for ditch). As you stand here, look to the left at the Palisades above and look to the right and again you see the Palisades. Where you are standing is the first geographical break in the Palisades ridge. If you are traveling north from NYC, this is the first access to the western side of the Palisades. Because of this break in the ridge, Hudson

River sloops sailed up the Sparkill Creek bringing commerce to Piermont. In 1851, the Erie Railroad was built

through this break in order to get to Lake Erie and the center of the nation, and in 1900, the Piermont Paper Mill Company used this dam and the fresh water for its operations. It is this geographical break in the ridge that makes Piermont unique.

THE BEGINNING OF COMMERCE

It was at this location, at the end of navigation, that the sloops would transfer their materials to land, making it the perfect location for a store. Abraham Mabie, the first known store owner in this district, operated a general store and gristmill before the Revolution. General George Washington stored and acquired equipment from Mabie's store. In 1783 Major Peter Taulman took over Mabie's store. In 1805 Taulman rebuilt the store that is now 239 Piermont Avenue, on the creek just west of the bridge.

SPARKILL PUMP HOUSE & DAM

The mouth of the Sparkill which emerged for a time as a vital local shipping point in relation to the Hudson

River, was dammed in the pre-Revolutionary War period to provide hydraulic power for the hamlet's first milling enterprise. See no. 3 on the 1745 map of the area that shows a cluster of four buildings, one of which was Henry Ludlow's gristmill. The position of the dam became the head of navigation of the creek and remains in this location. The current dam was built in the early nineteenth century to replace an earlier stone dam. It was raised and improved and the small brick pump house that you see on the west bank south of the bridge was constructed in 1902 to pump fresh water to the Piermont Paper Mill, which began operations in 1902. Located on the Piermont Pier, the mill was replaced by residential housing in 1990.

THE BRIDGE

The Rockland Road Bridge is a single-span brick arch structure, and is the engineering feature which forms the crux of the historic district. It is a significant and intact example of a 19th century masonry and brick structure.

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The spandrel and wing walls were constructed of uncoursed and roughly dressed local stone, bedded in mortar. The brick arch, approximately sixteen inches thick, springs from a course of undressed stone built above stone footings presumably seated on bedrock. It is the only surviving stone and single-span brick arched bridge in Rockland County and one of the only three remaining in New York State.

HADDOCK'S HALL (THE SILK MILL) SOUTH-WEST CORNER

In 1856, Roger Haddock purchased Taulman's store at 239 Piermont Avenue. It is suspected that Haddock built the mansard roof and converted the building into stables. This building is located just west of the bridge. A year after the bridge's construction in 1875, Haddock purchased a stone structure from John Ferdon and built Haddock's Hall, now 300 Ferdon Avenue. It is a two-story brick building of Neo-Grec inspiration, with a three-story tower at the southwest end. Haddock's

Hall, known locally as the Silk Mill because it was used as a textile factory to make rip cords for parachutes during WWII, was built in 1876 and listed on the National Register of Historic Places in 1990. It is historically and architecturally significant as a rare example of a combination of civic and commercial use. It served as Piermont's village hall, library, music hall and general store from 1876 to 1900. Until the construction of the railroad, Haddock's Hall and the creek were the center of the Village. The final commercial


owner, the Crescent Ribbon Mill Company, sold the mill in 1976 and it is now a private residence.

It was here, on the second floor, that one of Piermont's most puzzling and tragic mysteries occurred. Roger Haddock's life seemed ideal. He had a loving wife and daughter. He had a successful business brought about by his own energetic efforts. He was a pillar of the community, active in many public endeavors. For an unknown reason, in the mid-afternoon of April 11, 1891, he calmly excused himself, went up to the library above the store and shot himself. As reported by the Rockland County Journal the inquest determined "...that Roger Haddock came to his death by a pistol shot to the head while under a temporary aberration of the mind."

PIERMONT AND VENICE

Go to the middle of the bridge and look east down to the creek between the two buildings. It is here, in 1916, that Piermont made its debut in the movies. The creek side of Haddock's Hall was converted to a Venetian canal for the movie, *The Hungry Heart*, which was based on the French play *Frou Frou*. (See photo below.) It is remarkable how the producers made this site, which has changed little since then, look like a Venetian canal. It was the first time that Piermont was used by the film industry. Since then, other movies have been made in Piermont, most notably, Woody Allen's *"The Purple Rose of Cairo"*.

~Bob Samuels



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Weeds—The Edible, The Awful And The In-between

Weeds are a heated topic of discussion at almost every Piermont Community Garden meeting. Persistence and edibility are two of the variable characteristics among weeds. Some weeds are relatively easy to control, others are extremely hard to get rid of; some weeds, or parts of weeds, are edible, delicious and highly nutritious, others are toxic to people, animals, or even other plants. With limited garden space, are there any edible, not overly pesky weeds in Piermont's gardens that are worth tolerating for their flavor, nutrition and relative ease of removal? Yes - dandelion and purslane.

There are so many good things to say about dandelion and purslane - the briefest summary would be to highlight the fact that they are both incredibly nutritious. One quick purslane fact: it is by far the best plant based source of omega-3 fatty acids. Regarding dandelions - they are so healthy that recently, Dr. Oz touted the benefits of eating dandelions on his TV show.

Dandelion and purslane are eaten raw and cooked all over the world. In Iran and Italy dandelion is used in delicious baked egg dishes. Piermont gardener Sherry Galgano and her grandmother like dandelion raw in salad. Purslane is also great raw in salads. It can also be added to soups and stews. Purslane was even one of Gandhi's favorite foods.

If you're thinking of trying these two weeds, always remember that they are wild edibles, and that means there are

important and special rules. Many reputable websites list wild food safety guidelines and these important guidelines apply to garden weeds as well as to other wild plants. A quick summary includes the following two primary rules: First, make sure you have 100% absolutely, correctly identified the plant and be equally certain about exactly which parts are edible, what season to harvest it in, what stage of growth to harvest it, and how to prepare it. With dandelion, all parts of the plant are edible, though most people eat the young leaves. Dandelion leaves can get bitter, though not toxic, as the plants gets older and flowers. Purslane leaves and stems are edible all season long, but wild food expert Steve Brill says to beware of Spurge - a poisonous plant that looks somewhat similar to purslane, and which sometimes grows near or even among purslane. For more on this, go to WildManSteveBrill.com. The second important rule is to make sure that your source is clean and safe. Many people have pets and many gardeners, municipalities and road crews try to poison weeds, so the clean and safe rule is important too. Lastly, if you have any doubts about identification, or what to eat when, don't eat it. If it tastes disagreeable, don't eat it. If you have allergies to it, don't eat it. If you're not sure the location/source is clean and safe, don't eat it. Having said all of this, I'd like to add that I've eaten and enjoyed both dandelion and purslane harvested from the Piermont Community Garden numerous times. I

put the purslane in salads, the dandelion leaves in soups and baked dishes like frittata, and I've made tinctures with fall harvested dandelion roots.

If you decide to eat dandelion and purslane, remember to let them grow enough so you can harvest them, while also preventing them from spreading to your neighbor's garden. You also don't want them taking over your garden - you want them to be part of the harvest, not all of the harvest. Lastly, if eating wild foods is not comfortable for you, you can purchase seeds and seedlings for domesticated varieties of these two popular edibles from seed catalogues and nurseries.

~Susan Freiman

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Tappan Zee Visual

The new Tappan Zee Bridge will cut a large visual slice out of the view of Hook Mountain that Piermont has cherished for 57 years.

Plans for the new 5.2 billion dollar bridge call for a double roadway rising at a steady angle from the Rockland shore. The two parallel bridges will be built on thicker, sturdier columns. Heavy structural features will be added in case a light rail system is added some time in the future.

Railroads need a flat or shallow grade to allow their steel wheels to keep traction on slick steel rails, so instead of staying level 20 feet above the river, the new bridge will rise grad-

ually and steadily until it becomes 100 feet tall-- five times as high as the present bridge at the point where it starts its steep climb to the central span.

A light rail line may never be added. But the bridge design will remain, slashing our view of the Hook with a grid of concrete.

Commenting on the Environmental Impact Study related to the new TZ Bridge, Piermont Mayor Chris Sanders deplored the visual impact the new bridge will have on the Hudson River Historic District. "The new structure will...challenge the majestic view of Hook Mountain and increase the imposition of a man-made structure on the

Tappan Zee," he said.

The Mayor warned that "The visual impact could adversely affect tourism and the potential economic impact on the Village will need to be considered."

He added, "We recommend the existing height of the causeway should be maintained to not obstruct the view of Hook Mountain.

"The overall architecture of the bridge and its design should be inspiring, and celebrate the Hudson River and the unique environs of the Tappan Zee," he concluded.

~Fred Burrell

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FROM THE LIBRARY

Do you remember when you got your first library card? For many of us, it was the very first personal identity card and came with a big sense of pride in being allowed to check out books on our own. Today the card provides access to much more material, but the basic idea is the same. September is National Library Card Sign-up Month, so if you don't have one yet, come in and sign up for "the smartest card" you can find! It's free and provides free access to a world of books, magazines and a variety of media, databases, and other sources of information.

While you're in the building, take a minute to see what's on exhibit in our gallery space. This summer, colorful works of art created by children in Alexis Starke's classes have livened up the walls. The show, called A Jungle Expedition, will continue during August. Perfect for the season, it includes work from two series com-

pleted over the spring term by students in grades 1 through 8. The first series, done from life, consists of acrylic paintings of tropical foliage inspired by French artist Paul Gauguin and his paintings from Tahiti. The second series comprises imaginative junglescapes done in acrylic and oil pastel inspired by another French artist, Henri Rousseau. Unlike Gauguin, Rousseau never left France and created his jungle paintings using figures, images from books, and plants from local gardens as references combined to form imaginary scenes. The students enjoyed using his method, cutting plants from the library garden and enlarging them to a jungle scale. The library offers free art classes for children throughout the year. Please call for more information.

Upcoming Exhibitions

In September, the Library will partner with the Sparkill Creek Watershed Alliance to present an exhibition

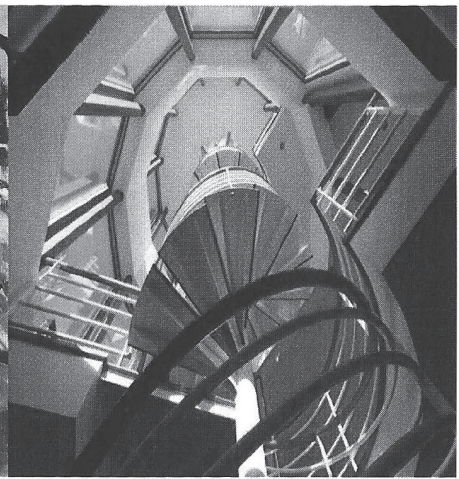
titled The Creek, the Marsh, the River: Our Watershed. This exhibition will be presented as part of the 2012 Hudson River Ramble, which will be taking place each week-end in September throughout the region as a celebration of the culture and natural resources of the areas encompassed by the Hudson River Greenway and the Hudson River Valley Heritage Area. For information about other events go to www.hudson-rivervalleyramble.com

An opening reception and panel discussion will be held in our Hudson River Room on Sunday, September 16, at 2 p.m.

The Piermont Marsh will continue as a theme into October at the library when Margaret Grace, a Piermont artist, will curate an exhibition titled: The Piermont Marsh as Muse. Margaret has painted the marsh for years, and has eagerly sought out other artists that have created works of art inspired by its beauty. Please join us at an opening



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reception on Sunday, October 7, from 2 to 4 p.m.

In November, Heather Leigh Douglas brings us an exhibition of encaustic paintings of our local area. "Encaustic painting is an ancient method of painting dating to 800 BC," she says. "One uses wax which is pigmented with an oil base color. The wax is melted, then painted onto a hard surface. It is applied in layers, fusing each layer with a heat gun. The versatility of this medium is astounding. One can paint in a traditional form and as the wax builds up, the piece develops a soft luminance. One can also add texture, infuse other things into the wax, transfer images, sculpt the wax into three dimensional form, and basically run

wild with the imagination." Ms. Douglas graduated from the University of Vermont with a BA in studio art and has continued her studies in Ireland, at SUNY Purchase and at the Art Students League. She has exhibited widely and won several awards for her work. She will host an opening reception on Sunday, November 4, from 2 to 4 p.m. All are welcome.

Which brings us to December and the annual Gift of Art Holiday Show and Sale to benefit the library's programming budget. The traditional Open House reception will take place on Sunday, December 2, from 2 to 4 p.m. More information will be available on our website later in the year.

Upcoming Events

On Saturday, September 15, at 7:30 p.m., we will host the Suffern Poetry's monthly open mic night with a featured poet, soon to be announced. Suffern Poetry's mission is to find poets in the Rockland/Orange/Bergen area and to inspire new poets. Their emphasis is on poetry as performance art. Original, authentic and real poetry and the interaction between poet and audience are stressed. The event will be free and open to the public.

The Local Author Book Fair will return for a second year on Sunday, October 21, from 1 to 3 p.m. Many authors from last year's event will be here, and we'll have a lot of new talent as well. If you know a local author who might be interested, please give us a call for more information. Remember that books still make great holiday gifts, and the season is fast approaching!

For more information on regular library programs please check our website often: www.piermontlibrary.org. You can also find us on Facebook. The library is open Monday through Thursday from 10 to 8, Friday from 12 to 5 and Saturday from 10 to 4. Phone: 845-359-4595; Fax: 845-359-1579.

~Grace Mitchell



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Energized By A Second Career

It is increasingly common today for people to have multiple careers; more than 8 million Americans over the age of 44 have already launched "encore careers," according to U.S. News and World Report. Reasons for second careers vary and can include an intentional desire to pursue a passionate interest, financial necessity prompted by the Great Recession or other factors; sometimes serendipity brings us to a true calling.

For Laurie Lehey, a long-time Piermont resident, it was the personal experience of prolonged pain that motivated her career change from nursing to acupuncturist. Following a dental procedure, Laurie searched for help for the unexplained pain she was suffering. Her quest led her to multiple sources, including a neurologist, surgeon and endodontist, all without success. Based on a friend's recommendation, Laurie tried acupuncture, which finally delivered the pain cessation she was so desperate to achieve. Another consequence of her positive experience as an acupuncture patient was that Laurie became fascinated by the process and decided to pursue acupuncture as a career. "I just knew, this was my calling," Laurie says.

An R.N. since 1983, Laurie previously served as a nurse in a wide variety of settings before taking the leap to acupuncture as a profession. While she pursued a rigorous three-year Master's degree from the Tri-State College of Acupuncture, taking the board and becoming a licensed acupuncture practitioner, Laurie's family—husband Tim, and their sons Timmy, Joe and Sean, all pitched in to help her achieve her dream, helping around the house and providing emotional support.

An ancient practice that dates back centuries and widely practiced throughout Asia, acupuncture only received widespread attention in the U.S. following President Nixon's opening of relations with China in 1972. Laurie describes acupuncture as "a way to help the body heal itself." The treatment, she says "is centered on the person, rather than the disease," in which "the entire person is taken into account both in diagnosis

and treatment." Acupuncture is based on a meridian system, a navigable map of 365 points of energy or "qi" (pronounced "Chee") throughout the body. The theory is that if qi is blocked, the result will be an imbalance. Using hair-thin, painless single-use needles, pressure is applied at various points to remove blockages. "It's like a dam is blocking the flow or energy. An excess

in one area can lead to a deficiency in another areathrough acupuncture, we release these energy points," explains Laurie. "Deficiencies are added to, and excess is dispersed, to restore balance."

Not only was the course of study very challenging, Laurie says, "I had to change my entire way of thinking about life and health." The contrast

continued on page 15

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The Front Line

Vacationing?

Let the Police Department Know

Chief Michael O'Shea, Piermont Police Department, advises that anytime you will be away from your Piermont home for a period of time, tell the police know. "Please contact us if you are going to be away because we will do closed home checks," he explains.

"Make sure to lock all doors and windows because 60% of burglaries are through open doors or open windows. Put your lights on a timer and your mail and newspaper deliveries on hold. Lock all vehicles and never leave valuables in plain view."

Chief O'Shea reports that the Department's Golf Program is in session from June-August 3. He also says that the Piermont Police will hold its annual Labor Day fund raiser again this year. Proceeds will help pay for a new PAL Van, which is not only used by the PAL but also by the Fire Department and the VFW.

He reminds all residents that the Piermont Police Department provides 24x7 coverage 365 days a year and for non-emergencies call 845-359-2040 and for emergencies dial 911.

Leaf Collection Starts Week of Oct. 22

Tom Temple, Supervisor of the Piermont Department of Public Works (DPW), says that the Department's leaf collection program will begin the week of October 22 and run through December 7. He notes that all leaves should be placed on your property's edge and be free and clear of any brush, rocks or other debris that could cause a clog or damage to the village's expensive leaf collection machinery.

"Please so not block the sidewalks with leaf piles because this creates a public safety issue by forcing pedestrians to walk in the roadway," he advises. "Leaves that are going to be bagged should be placed in biodegrad-

able bags. The DPW has a supply of biodegradable bags that are available to village residents and can be picked up at the DPW garage on Piermont Avenue during regular business hours. Bagged leaves should be stacked in an orderly fashion on your property's edge. The village encourages the use of biodegradable bags and will not pick up any leaves placed in plastic bags. As always, this and other information is available at our website as well at www.villagedpw.com."

Fire Department Looks for Volunteers

The Piermont Fire Department is constantly looking for new members to join its ranks. Anyone who is interested in joining the Department should come to the firehouse on any Monday evening between 7-9 pm.

~Ron Derven



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Energized By A Second Career continued from page 12

with Western medicine and her training as an R.N. was starkly different. The former is focused on health as the absence of disease; indeed, when diagnostic test results don't reveal problems, the test is referred to as being "negative." Compared with the focus of medicine is on eradicating illness, acupuncture is, as she describes it, "about balance and well-being." A list of conditions that are treatable through acupuncture is found on the WHO website: (<http://apps.who.int/medicinedocs/en/d/Js4926e/5.html>).

Laurie emphasizes that her training as a nurse helps her to understand the limitations of what acupuncture can offer, as well as its benefits. She sees the two approaches as complementary. "My nursing background enables me to discern when to refer a patient to a doctor. In fact, I often work in partnership with doctors, where we take a team approach to solving problems."

While it's clear that Laurie is excited about helping her patients "unblock their qi" to find greater balance and harmony, her evident enthusiasm about this second career reveals how acupuncture has replenished her own energy.

~Marjorie Derven



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Take a look at these homes in the Piermont area that sold in the last few months, by a variety of brokers servicing our county:

Address	Location	Bedrooms	Baths	List Price	Sold Price	Sold Date
731 US Hwy 9W	Piermont	3	3.5	\$2,395,000	\$2,190,000	04/05/2012
481 Piermont Ave	Piermont	3	2	\$599,000	\$500,000	04/30/2012
717 US Hwy 9W	Piermont	5	3	\$1,155,000	\$1,155,000	05/07/2012
272 Piermont Ave	Piermont	2	2	\$410,000	\$400,000	05/10/2012
29 Gair St.	Piermont	2	2	\$389,000	\$355,000	05/23/2012
733 US Hwy 9W	Piermont	5	3.5	\$1,135,000	\$1,225,000	06/01/2012

If you are thinking of placing your property on the market, purchasing one or simply renting, we are always here for you. We can also prepare a CMA (Comparative Market Analysis) for you. Please feel free to contact us with any questions you may have about today's Real Estate market.