

The Preserve Observer



Friends of the Rockefeller State Park Preserve Magazine Vol. XXIX Spring 2013



Phelps and The Friends: Partners in Well-Being

By Katherine Porter

Last year Phelps Memorial Hospital Center officially became a supporter of Friends of the Rockefeller State Park Preserve. Phelps has always viewed this special neighbor as a community partner with a complementary mission.

The mission of Friends of the Rockefeller State Park Preserve is to encourage public participation in sustaining, restoring and maintaining the preserve for the benefit of all members of the community. Phelps is a not-for-profit community hospital dedicated to improving the health of this very same community. Community is a concept central to each organization, defining everyday activities as well as guiding our mutual visions of the future – enhancing, expanding and reaffirming our missions. Partnering with Friends of the Rockefeller State Park Preserve strengthens Phelps' community alliances which include Memorial Sloan Kettering Cancer Center, New York Medical College and Open Door Family Medical Centers.

(continued on page 10)



Entrance to Phelps Hospital

Walking Off Winter Woes

By Sara Jameela Le Brusq

The healing powers inherent in nature are undeniable. Now more and more researchers are looking to quantify just how potent those powers are.

Most of us can appreciate the suggestion of a leisurely walk in temperate weather. The exhilaration one gets from a hike around Lucy's Loop or Peggy's Way is practically tangible. Breaking a light sweat on a jog around Swan Lake enhances your clarity of mind, in addition to your physical prowess. Turn now to winter and early spring – a period when it's easy to overlook the invigoration a respite in the preserve offers when faced with bracing for the weather. Most people are shuffling from a car to the indoors, without a thought to the benefit a walk on the preserve could do them. However, now is prime time for capitalizing on the advantages of being outdoors.

A recent article in the Parks and Recreation section of the New York Times, "For Winter's Gloom, a Healing Dose of Light in a Garden," shed more than a little light on the benefits of spending time outdoors, especially at this time of the year when daylight hours are scarce. A condition called Seasonal Affective Disorder (SAD) is being diagnosed more frequently with research institutes like the Center for Environment Therapeutics and Columbia University's Center for Light Treatment and Biological Rhythms working to provide relief through an array of recently developed services and

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It Takes a Lot To Save a Trail

By Carol M. Lyden
and Thomas A. Capossela



Photo: Carol Lyden

Carriage trail maintenance on the Rockefeller State Park Preserve is a never ending 12 month-a-year endeavor. The maintenance program at the preserve goes hand-in-hand with the seasonal changes in our area.

Every January through March winter storm damage is cleared from the trail shoulders throughout the preserve. This is the section of trail from the road edge to the wood line. It is imperative that this area be cleared for several reasons. Fall leaves can be blown off the trails and into the woodlands and these grassy areas can be mowed to keep vegetation from encroaching the carriage trail area.

Winter time is also the time to evaluate which trails will need surface material added to them in the spring

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**Our Local Village Manager
Speaks Out**
See page 4

Friends Lavish Wine & Food Event Draws a Happy Turnout

By Herbert Hadad

Almost 70 supporters of the Friends of the Rockefeller State Park Preserve, including many members of the Board itself, turned out in late March for a fund-raiser at a former Elmsford railroad station transformed into a vividly decorated Casaletto Ristorante in Elmsford.

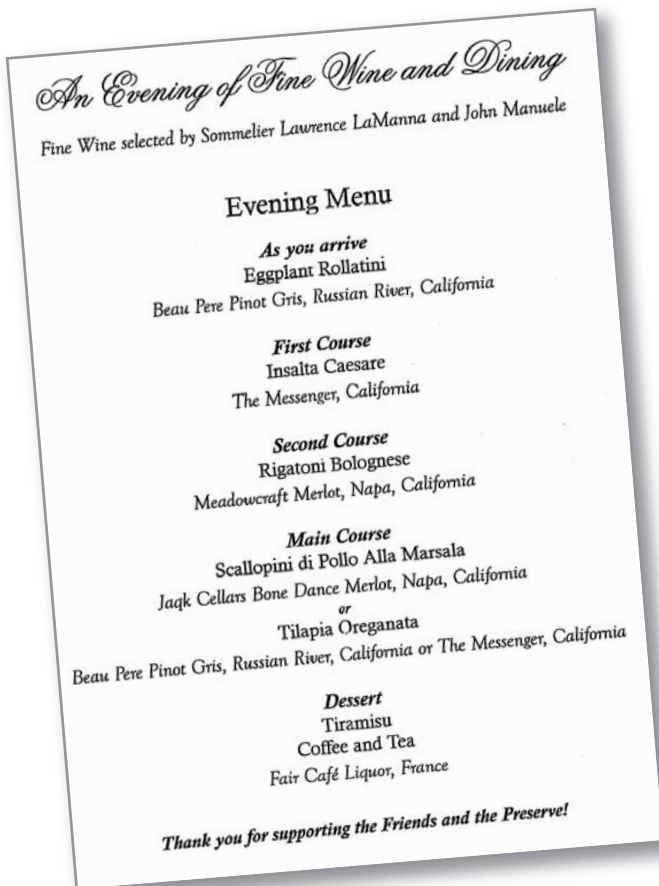
The three-hour Evening of Fine Wine and Dining featured a five-course dinner paired with wines of California's Napa Valley. The exception was dessert, accompanied by a Fair Café liquor from France.

Sommelier Lawrence LaManna and Friends Board member John Manuele selected the wines, and Mr. LaManna rose before each course to provide with ingratiating flamboyance the qualities of each offering.

The diners paid \$150 each for the evening, surpassing the attendance and proceeds of last year in support of the preserve and its system of carriage trails.

Luigi and Paul Guida are the father and son owners of Casaletto Ristorante. The family formerly operated the widely appreciated Guida's Restaurant in downtown Ossining.

Here is the menu for the Friends fundraiser:



Photos: Herbert Hadad

A cross section of happy diners



Sommelier Lawrence LaManna



The Peony Celebration

By Evelyn Hadad

On Thursday, May 9, 2013 from 6 pm – 9 pm the Friends of the Rockefeller State Park Preserve are hosting the Fifth Annual Spring Peony Celebration. This is a fund-raising event that will celebrate the blooming of the well-known Japanese peonies. There will be a cocktail reception, flower arrangements from local garden clubs and an exhibit of fine art by the world renowned artist Richard Hambleton entitled “The Beautiful Paintings”. The reception will take place in the Visitor Center Courtyard under what is hoped will be clear blue skies and warm weather.

This is a much anticipated event each year by members of the surrounding communities. It commemorates receiving the gift of 500 peonies from the town of Yatsuka Cho in Shimane Prefecture, Japan, in memory of the victims of September 11th. It was meant to express a gesture of healing and solidarity towards the United States. The peony is the signature flower from this area and is considered Japan’s “most noble of flowers.”

The placing of Japanese flowers on American soil symbolizes the blending of two cultures and two people. The Friends accepted this generous gift and created a landscaping project around the gateway to the preserve. The remainder of the design called for American wildflowers and native trees. Yatsuka cho graciously sent over Japanese gardeners to plant the flowers and to teach the preserve staff how to care for them. This work is continued to this day by dedicated volunteers led by Keith Austin, the former mayor of Briarcliff Manor and an avid gardener.

Please come and enjoy the magnificent flowers! To get more information, please consult our web site, www.friends-rock.org. Ticket price begins at \$125.



Photo: Herbert Hadad

Peony buds in April (above) yield beautiful blooms in May (right).



JOIN IN!
‘I Love My Park Day’
May 4, 2013



Governor Andrew Cuomo and Friends of the Rockefeller State Park Preserve invite you and your family to join your fellow New Yorkers in signing up for the second annual “I Love My Park Day” on May 4th – a statewide volunteer effort to help clean up and beautify our state’s parks and historical sites. At last year’s event, thousands of New Yorkers pitched in to paint, plant, clean, build, and make repairs across the state.

This year’s volunteer effort is especially important as many of our parks are still recovering from damage caused by Superstorm Sandy. New York’s parks are one of our state’s most treasured assets, and this event helps ensure that New Yorkers and visitors to our state can continue to enjoy and appreciate New York’s natural beauty.

Join the Friends in celebrating the second annual I Love My Park Day. Our event will run from 9 am to 2 pm, focusing on the beautification of Rockwood Hall, including activities such as the removal of invasive weeds and planting of various species at the Rockwood Hall Foundation area. This event is appropriate for ages 13 and up. Please come prepared with water, lunch and garden gloves. For children between the ages of 13 and 17, supervision is required.

Come be a part of something special as we dedicate a day of clean up and beautification to New York State Parks throughout the state while highlighting the importance of the Rockefeller State Park Preserve. The rain date for this event is Monday, May 6. For more information, call the Preserve at 914-631-1470.

Register at I Love My Park
(www.ptny.org/ilovemypark).
Registration is required.



The Preserve Is Our Back Yard,
It Is a Priceless Resource,
It Is Worth Your Donation

By Philip E. Zegarelli

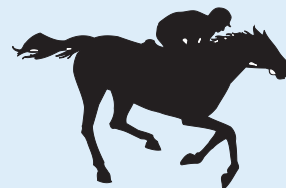
Everyone has been impacted by the numerous hurricanes and so-called hundred-year storms that seem to come our way every year. The toll on everyone with pictures of massive destruction and personal lives disrupted weigh heavy on all of us: however, there is a sector of our environment that has been ignored. No one minimizes the cost, both physical and emotional, of these storms, but no one has really assessed and understands the damage to our environment...namely, our parks and woodlands.

Rockefeller State Park is a gem. I know it personally because I was born and raised in Sleepy Hollow and lived there all my life. My back yard opened onto the Rockefeller Estate where, even as a kid, we walked, played, and explored pristine woods and meadows. The park preserve is a legacy of the Rockefeller family and a gift to all of us. But the Rockefeller State Park Preserve suffers from the very legacy of its namesake donors. With the new park being New York State (NYS) property and under the state park's domain for maintenance, the recent storms have destroyed whole areas of specimen trees, fields, and the network of bridal paths and walkways without let up. There's nowhere to turn to replenish and rejuvenate this gem. It's a misnomer that any facility that has the Rockefeller moniker attached to it should be weathering (no pun intended) the twin effects of storm damage and the current economic doldrums; but, it has.

Face it...we've grown accustomed to enjoying other people's property and, in this case, the ability to walk through the park preserve without financial cost or care. The park needs additional financial donations to maintain the high level of care once provided by the Rockefeller family. People come from far and wide, drive up from out of town and park along local roads, take the train and walk through the area, and never once are asked to pay a fee, donate even a few dollars, or be enlisted in the care of this unique facility. Local residents still consider the preserve as our backyard. NYS funding has atrophied inverse to the real costs of these recent storms. It hurts all of us.

It would be easy to say that people should donate to the Friends of the Rockefeller Park Preserve...and that is an obvious solution. So just do it! You will feel better about it and the preserve will continue to thrill generations of parents and kids for years to come.

Philip E. Zegarelli is Village Manager of the Village of Briarcliff Manor and a former Mayor of the Village of Sleepy Hollow.



SAVE THE DATE

FRIENDS 12TH ANNUAL
AUTUMN COUNTRY PACE
& LUNCHEON
SUNDAY, OCTOBER 20, 2013
at Rockwood Hall
Overlooking the Magnificent
Hudson River!

Rain or Shine!

Trophies & Ribbons for all divisions. Divisions include Pleasure, Hunt, Western and Junior. Advanced registration and payment is required. Registration forms will be made available at www.friendsrock.org beginning September. Rider entries close October 12th, or when Pace is full.

Non-riders are welcome, too!

Enjoy a spectacular day at Rockwood Hall overlooking the Hudson River with friends and great food!

Equestrian Permits are available at the Park Offices. Call (914) 631-1470.

All proceeds from this event underwrite carriage road maintenance.



Westchester Horse Council
e-mail: zyzgy80@aol.com www.westchester-horsecouncil.org

From the Friends President

By Clare M. Pierson

Spring is just making a suggestion of itself here in the preserve as I write my letter to you all. The deer are still looking hungry, and there are no leaves to be seen, but it was 50 degrees for a while this morning and there was a flock of starlings cavorting back and forth across the sky over the fields outside my window. They found something to eat in the lawn (we can only hope it is the cluster flies), and then flew off to the next likely spot.

Mud season will be upon us as the snow recedes and the spring rains come, and we will really be able to see what kind of shape the carriage roads are in after the winter. As of this writing, we have been spared too many severe storms since Hurricane Sandy. Much will be needed on the roads just from a regular winter's wear and tear, and Sandy left another level of clean up that hasn't quite been finished.

Last fall I wrote about the roads, and likely I will be writing about them again this fall. I hate to sound shrill, but as I think about the preserve, its history and what its resources are today, I feel uneasy.

There is some stark math here that is unavoidably grim. In 1986, the preserve had about 900 acres, and a budget of \$300,000 to maintain the carriage roads. Today, we have 1600 acres, and a budget of \$100,000. The weather has been more severe the last few years in ways that are very challenging to carriage roads. (On page 1, see Carol Lyden and Tom Capossela's article about the maintenance of these roads.) Last fall I wrote about the psychology of the carriage roads. This edition of our Observer, I am sticking to the cold hard facts.

We all know we love the preserve, and many of us will expound on why we love it so much endlessly, but what are we willing to do about it?

I'll tell you what I am willing to do: the Friends have a full schedule of fundraising events this year.

Thursday, March 21st was our Wine Tasting dinner at Casalettos Ristorante in Elmsford. We had a wonderful time last year and again this year.

Saturday, May 4th is "I Love My Park Day" and we will be back at Rockwood Hall doing another project cleaning up on the foundations – 9am to 2pm. It's a great day in a beautiful space. Bring your gloves and clippers and shovels and help us plant honey suckle on the fence below the foundations.

Our Peony Reception is being held on Thursday, May 9th. The magnificent blooms will be on display as well as some fine art by renowned artist Richard Hambleton. We will feature some fabulous Japanese food to go with the Peonies.

Saturday, June 8th is our first run of the season, The Rockwood Ramble, held at Rockwood Hall. It is a 10K and has a dedicated following, so sign up early.

Saturday, July 13th is our first ever walk-a-thon in the Park. This will be an event for everyone: dog owners, baby carriage pushers, runners, equestrians and walkers can all be out together to enjoy the lovely weather and the view of the Hudson River while we walk for a good cause.

Sunday, October 20th will be the Twelfth Annual Autumn Pace. Ride with us!! If you don't ride, have lunch with us!!

Saturday, October 26th finds us back at the preserve with the Rocky's 5K. Runners and walkers enjoy this fall tour of some of the preserve's most beautiful carriage roads.

Saturday, December 7th we will be holding a Gala Dinner to benefit the preserve. Fancy dress, and fabulous food in the beautiful setting of the Rockefeller Estate! Come see, and be seen by the elegant set.

This is what the Friends are willing to do this year. Will you join us?

Gratefully yours,



Board of Directors Friends of the Rockefeller State Park Preserve

Clare M. Pierson, President
Stella Medina, Vice President
John Nonna, Secretary
Carol M. Lyden, Treasurer

Thomas A. Capossela
Benjamin H. Cheever
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Administrative Director: Liz Meszaros

From the Preserve Manager

By *Alix Schnee*

As the season changes, so do all living things. This spring has brought with it, for me, retirement after twenty years with New York State. While it brings with it contemplative thoughts of what the change will mean, I once read that after 10 years in a position it is time to move on. And while there are still so many things I would like to do at the preserve, I am also very proud of what I have accomplished in the past ten years and realize that it is time for a new direction, a new way of approaching the issues that need attending.

For my part, I am gratified at what I have been able to accomplish, especially in respect to land use management and also with the ongoing needs of working with such a multi-use facility. Rockwood Hall has undergone the most significant changes. When I arrived, the hill below the foundation was filled with weeds and akebia that were the size of trees, one could barely see the Hudson River. Today, thanks to the generosity of Dr. Lucy Waletzky, the Care of Trees helps to ensure such virulent invasive plants are kept at bay. The Hudson River views that one can now enjoy are magnificent. Importantly, the commission for The Care of Trees, which cleared unsightly weeds, also included an annual maintenance program for the specimen trees near the foundation, and continue to tackle the invasive plants in the areas which surround it. The Friends have supported a project to restore the western sloping hill to "Daffodil Hill." Westover Landscape Architects were commissioned to plant thousands of daffodils. Their spring blooming is pure joy. Again, with the support of Dr. Waletzky, we commissioned a historical landscape report of Rockwood Hall by IQ Landscape Architects. This document is a guide to how the property should be used, an important concern when one realizes that Frederick Law Olmsted was involved in its design; from it we ascertained that the eastern terrace had once been a tennis court. Today, this area has been cleared of weeds, the definition of the court revealed and maintained by planting

grass; Westover Landscape has overseen the volunteer restoration of this area.

I have had the joy of getting to know many wonderful people who came in to help maintain the preserve. These individuals became our volunteers, and as economic resources dwindled, the mainstay of helping us to maintain the preserve and its resources. They've included: Keith's crew who maintain the extraordinary Peony gardens; individuals who have helped with the identification and removal of the ever encroaching invasives—especially the dreaded mile a minute; or daily and weekend patrol of the trails whether on foot or horseback; helping with the art exhibitions; and most critically, office support. A wonderful community evolved that exemplifies the nature of stewardship. This group of people, over a hundred strong represent the multi-use community of the preserve, including the riders, runners, walkers, birders, photographers, and artists to name a few.

Most recently, I found my way back to riding, a childhood joy I had thought was to remain in the domain of cherished memories. By riding the trails I started to really see them for the first time. I learned to distinguish between the classic designs of the Olmsted firm and those of John D. Jr. This was an amazing discovery and one, once understood, that is clearly documented through the variety of landscape architectural designs and experiences.

So to all my friends – from Friends of Rockefeller State Park Preserve, to those I met only through issuing Empire Passports, to volunteers who have become so dear, and to my phenomenal staff – I bid adieu as I go on to new beginnings. My focus now will be one of service—such as an international water project, and also to write – a passion that has been on the back burner far too long. However, whenever possible, I will continue to ride my beautiful Pandora. So, I may be seeing you on trails!

Rockefeller State Park Preserve Staff

Alix Schnee, Preserve Manager
Laurence Gill, Preserve Office Manager
Richard Nelson, Preserve Naturalist
Steve Sciame, Park Aide 6
Jen Sylvestri, Park Aide 5

Contact Station Personnel:
Tony Corda
Frederick Von Pichl

Reaching the Friends

Friends of the Rockefeller State Park Preserve
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E-mail: Friends@friendsrock.org
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The Preserve Observer

Editors: Evelyn Hadad, Herbert Hadad
Letters and submissions are invited.
Please contact us c/o the Friends.



THE ROCKWOOD RAMBLE 10K

**SATURDAY
JUNE 8, 2013**

*Race Master:
Laureen Fitzgerald*

Visit friendsrock.org
for more information



Photo: Herbert Hadad

At the start of a recent preserve race



Spring Gallery Schedule at a Glance

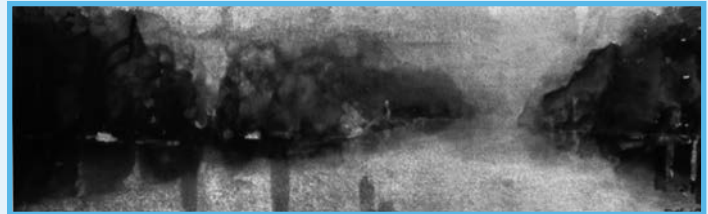
Rifka Milder:

“Nature’s Reflections”

Paintings of Multi-Layered Abstract Reality

March 31 – May 5, 2013

Curated by Audrey Leeds



Lila by Richard Hambleton

Richard Hambleton:

“Beautiful Paintings”

May 9 – June 23, 2013

*Cocktail/Buffer Reception: May 9th on the occasion of
the Fifth Annual Peony Celebration*

6 PM – 9 PM



Preserve Observer Has Global Reach

In an article in our last issue, our contributor described the pleasure of running on the Preserve trails, an activity he transferred to the roads near the American University in Cairo (AUC), when he became a director. The article stimulated a letter from Kendal, the residential community for older adults that adjoins the Preserve.

I read with interest the article by Edward Salim Hadad in the fall “The Preserve Observer” and thought Mr. Hadad might be interested to know that the in-laws of Lisa Anderson, President, of AUC is a resident of Kendal on Hudson and each year for the past few, she has spoken to a very welcoming and interested audience at your neighbor Kendal!

–Jim Wood

Trails (continued from page 1)

and summer. This is done by evaluating each trail and measuring the area to be resurfaced. Once the number of linear feet is determined the material is ordered for the spring time delivery. For example, Witches Spring is 2300 feet, roughly half a mile. It would take 460 yards of trail material, which amounts to \$16,000. This does not include labor, which is reasonable.

Also, in late winter is the time to raise overhead branches and cut back any trees that are beginning to intrude upon the trails.

Early spring is the time of year when drainage work commences. All trails are blown with tractors and hydraulic blowers. This gets rid of the late fall leaves as well as the small branches that have come down over the winter. Drain basins are checked for leaves and debris in both the inlet and outlet areas. Basins are shoveled clean so water from up and coming spring rains flows freely out of the exit area of the drain pipe.

Trail drainage maintenance never ends. Storms are always washing silt and leaves into the drain basins making it necessary to continue the process of drain cleaning throughout the year. When drain pipes get filled with debris they are sewer jetted with a high pressure hose and water. This drain vacuum is a crucial piece of equipment in maintaining the flow of storm water in the drainage system.

After the surface materials are delivered it's time to begin resurfacing sections of trails that have lost material due to storms and being snow plowed in the winter.

Surface materials are loaded into dump trucks, trucked to the desired location and spread over a distance of fifty feet. Once several hundred feet of trails are covered the road grader begins the task of shaping the trail to a 12-foot width

and adding a 6-inch crown to the middle of the trail. The newly resurfaced trail is now hand raked to remove any bumps and rolled with a 10 ton vibratory roller. On an average 2 to 3 miles of trails are resurfaced every year. Many more trails are regraded every season using the existing materials that remain on the trail from years past. This is primarily done to re-install the center crown and fill the pot holes and ruts that occur from everyday traffic.

When the summer months arrive the grass on road shoulders needs to be mowed back to the wood line. This mowing

is done with a farm tractor that has a wing mower. The importance of road shoulder mowing cannot be understated. This keeps the woodlands from encroaching onto the trails, thus narrowing them and ultimately if not addressed turning carriage trails into foot paths. Keeping trail shoulders debris-free makes mowing and fall time leaf blowing go smoothly. The trail shoulders are mowed generally twice per season, early summer and mid fall.

During all of the seasonal maintenance, bad weather and all types of storms need to be dealt with. From hurricanes, tornados and nor'easters, the preserve has all weathered the storms. The date Oct. 29th has been the oneto remember for these last two years. A nor'easter in 2011 and Hurricane Sandy in 2012. Both of these storms did significant tree damage in the preserve knocking down hundreds of large trees and thousands of branches. Cleanup from Hurricane Sandy is ongoing.

In closing, trail maintenance is a twelve-month process. Drains need to be maintained year round because major storms never stop hitting our area. Tree and branch clean up really never ends. As high winds and tropical storms continue to hit the area, the need to clean and support the preserve is greater than ever.

Special thanks to the Greenrock Corporation woodlands crew and Bruce Corbett, along with Kai Sabens, for their joint effort in restoring the trail system after Hurricane Sandy.



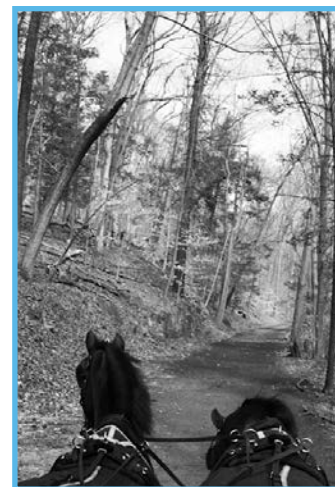
Heavy rains have taken a toll on the trails.

Photo: Carol Lyden



Debris along the trail blocking culverts

Photo: Carol Lyden



View of the trail from a carriage ride

Photo: Carol Lyden

Praise for the Preserve was featured in a special section of The Journal News...

FOR ENDLESS POSSIBILITIES

(March 31, 2013)

Rockefeller State Preserve

Gaze at a bubbling brook. Walk above a 1842 water tunnel. Snap photos of magnificent stone bridges. Stumble upon the foundation of a historic estate. (And pay a visit to farm animals before you head home.)

From nature lovers to history buffs, hikers can find the perfect path at the Rockefeller State Preserve, which includes an extensive network of trails built by the Rockefeller family a century ago.

Back then, they were used as scenic carriage roads.

These days, hikers walk the trails to soak up the beauty of the surrounding landscape.

And with the diversity of the terrain, there are hikes for every level, whether you're pushing a stroller, in the mood for a leisurely stroll or plan to power walk.

Start Here: Put 125 Phelps Way, Pleasantville in your GPS. When you arrive, stop by the visitor center, which includes an art gallery where you can view changing exhibits. The scenic 22-acre Swan Lake, just a short walk from the visitor's center, is an ideal place to begin your hike.

Terrain: Trails at the preserve wind through meadows, fields, wetlands and woodlands. And there are slight grade walks (such as the strollable Brother's Path in the Swan Lake area) to steep grade hikes (try the 1-mile Eagle Hill Path).

Whether you want to walk along a cob-



Along with the trails in Rockefeller State Preserve, you can find produce, pretzel bread and snacks at the Blue Hill Café at the Stone Barns Center for Food and Agriculture.

TANIA SAVAYAN/THE JOURNAL NEWS

blestone path at Rockwood Hall area, or begin your hike in wetlands on the Farm Meadows trail, choose the walk that matches your mood.

Hot spots: See what's blooming in Fern Garden, near the entrance of the park.

And don't fly by the bird feeder area, located near the art gallery.

For a bit of history: The preserve boasts the first triple arch stone bridge in America, along the Pocantino River-Trail. The Rockwood Hall area features the foundation of the once-220-room

mansion once owned by William Rockefeller.

And after your hike, keep on walking to the Stone Barns Center for Food and Agriculture, where you will find their famous farm and the Blue Hill Café.

Amenities: Parking is available (\$6 parking fee).

Good to know: Rather not take a hike? There's much more you can do at the preserve, including horseback riding.

—Latoya West

A Fond Farewell To Preserve Manager Alix Schnee

After having served the needs of the Rockefeller State Park Preserve for these past ten years in a faithful and loyal manner, Alix Schnee has decided to retire. She finds the idea challenging and exciting, although bittersweet since she loves the preserve!

Alix came to the preserve with a distinguished background that included when she was an undergraduate student at American University having studied with Dr. Charles McLaughlin who was recognized as a major Frederick Law Olmsted historian. He (Charlie) infused her with an understanding of Olmsted that has remained with her to this day. At the preserve she was able to draw on Olmsted's unique contributions to American landscape architecture and she also presented a paper at the Rockefeller Archives, in 2011. In it, she distinguished the Olmsted landscape conventions at the

preserve from those of John D. Rockefeller, Jr. thereby differentiating the carriage roads at the preserve from those at Acadia and the visionary concepts employed by JDR, Jr. from those of Olmsted.

Friends President Clare Pierson said, "We have greatly appreciated working with Alix Schnee. We experienced many challenging situations together, including all these winter storms and the damage they wreaked. We're going to miss her!" Former President Carol Lyden added, "Alix is a professional and constantly had the preserve's interests at heart." George Gumina, founding President of the Friends, said, "Alix was here for us, always helping the Friends to fulfill their mission, which included preserving the carriage trails. I hope she comes back to visit often!"

Phelps (continued from page 10)

“Phelps sees support of Friends of the Rockefeller State Park Preserve as an investment in the general health and well-being of the members of our community,” says Robert Lane, Phelps’ Vice President for Development. Opportunities for recreation in the park’s tranquil setting, such as hiking, running, fishing, horseback riding and photography, enhance both physical and mental wellness and vitality. The preserve is an exceptional community resource that invites the practice of a healthy lifestyle. The partnership between Phelps and the preserve is a perfect fit!

The history and vision of each organization is inextricably tied to the Rockefeller family. The family was instrumental in the founding of Phelps Memorial Hospital in 1955 to replace two outdated hospitals in Tarrytown and Ossining, and the Rockefeller State Park Preserve was designed by John D. Rockefeller, Jr.

The hospital and the park, among many other community resources, are the result of the Rockefellers’ belief in the necessity

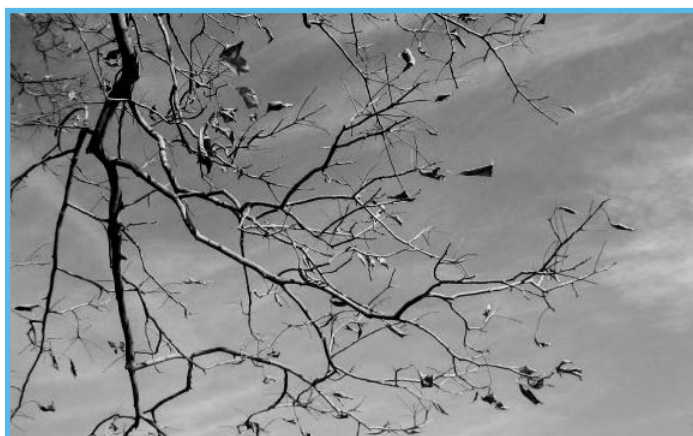
of giving back, providing for the greater whole. Both were created for use by all members of our community and continue as partners today, ensuring that the Rockefeller family’s vision and legacy is perpetuated.



Phelps Memorial Hospital



Diane Knetzger aboard Annie and Kristen Tregar on Nike enjoy a ride on a cold day.



Hanging on for Spring

Photos: Hervé Le Brusq



Barbara Swidziniska, visiting from Poland, with her granddaughter, Ania Malendowicz, enjoyed “A World of Animals and Art” at the Visitor Center. “Llamas are my favorite,” said Ania.

Photos: Herbert Hadad

ROCKY’S 5K
SATURDAY
October 26, 2013

Race Master: Stella Medina
 Visit friendsrock.org for more information

Winter Walk (continued from page 1)

products. The Preserve Observer spoke with the author, Peter Moskowitz, who said typical symptoms include frequent sleep interruptions or changes in sleeping patterns, lack of motivation, and most markedly, feelings of depression. What was once casually termed “winter blues” is now being acknowledged and diagnosed within medical circles.

Lynn Spevack is a psychotherapist who specializes in SAD. She is also a volunteer at the Brooklyn Botanical Garden, giving tours the first Sunday of each month throughout the grounds sometimes dotted with snow and ice. Participation is unpredictable, but by heightening the awareness of the negative effects too much time cooped up can foster, she hopes to change that. “People come see me with marital problems, office problems – they don’t realize they have [SAD],” said Ms. Spevack. “They think, ‘This is just how I am, and this is just how life is.’” She believes that exercise and exposure to sunlight can be a simple solution people do not think to test when it is cold out.

An absence of sunlight means our brains produce less serotonin and vitamin D. While vitamin D is helpful in maintaining your physical health, serotonin acts as a natural antidepressant among other utilities. It is a neurotransmitter that helps to relay messages from one area of the brain to another, and can have an effect on mood, appetite, sleep, memory and learning, and other functions. Conversely, the added hours of darkness may cue a higher production of melatonin, a sleep-related hormone. Research has shown that those who live farthest from the equator are therefore affected the most with 9.2 percent of Alaskans having reported SAD compared to 1.2 percent of Floridians, as cited by psy-



Swan Lake, bleak yet still beautiful

Photos: Herbert Hadad

chiatrist Norman Rosenthal, a leading authority on the condition, in his book *Winter Blues: Everything You Need to Know to Beat Seasonal Affective Disorder*.

To combat the effects of the chemical reactions, a treatment called bright light therapy was developed that aims to help with all the conditions that arise from insufficient time in natural light. Light therapy involves exposure to intense levels of light under controlled conditions. The recommended light therapy system consists of a set of fluorescent bulbs installed in a box with a diffusing screen, which the patient sits in front of in treatment sessions that last from 15 minutes to two hours. The light is meant to illuminate the area around the eyes. Another treatment is dawn simulation in which a computerized timer gradually turns on a lamp with a diffuser to simulate an outdoor springtime dawn in the bedroom. The concentration of light in dawn simulation is much lower than in bright light therapy. As of now, the U.S. Food and Drug Administration, however, does not regulate any light therapy devices.

It is not unusual to succumb to some of the symptoms of Seasonal Affective Disorder, especially at this point in the season when we are all yearning to see the tulip buds emerging and the birds back from their hiatus melodiously indicating that spring has arrived. Let’s skip the therapies if we can, however. The beauty of the Preserve – the sounds, smells, sights, all of which contribute to your well-being and coping with any-time-of-year blues – is time-tested medicine.



A father leads his daughter up to Overlook Trail.

Photos: Herbert Hadad



The Preserve Observer

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Abstract by Rifka Milder

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