SPRING 2015

92Y HIMAN BROWN SENIOR PROGRAM

GAZETTE

Getting to Know….Sue and Bernie Lepper

Sue Lepper is the first to tell you that she picked up Bernie at a singles party! She had a good eye- they've been together for almost thirty years.

Sue, President of 92Y Himan Brown Senior Program Advisory Council, came full circle when she joined the Program in 2008. Sue grew up on 93rd Street and Park Avenue with her brother, her father who was a wholesale grocer and her mother who, sadly, died when Sue was 15 years old. She remembers taking modern dance classes at 92Y as a child and attended the Ethical Culture and Fieldston schools before leaving for college in upstate New York. Sue's first job was at Seventeen Magazine which she left to raise her son in Queens, returning after several years to work at the McCall Pattern Company. Over the next 28 years, she worked her way up from the production department to assistant to the president of the company.

Bernie and his sister grew up with their parents in the Bronx. Throughout his long career, their father held various executive positions with the U.S. Postal Service and their unions. After attending Taft High School, Bernie went to NYU where he majored in business management and economics, after which he served in the army, and then in the reserves. Bernie's first job was with a textile company, then for a company which made uniforms. He spent the next 26 years as Executive Director of the National Trade Association and, in that capacity, met many well- known figures, including Presidents Johnson and Ford. Bernie has three children who have given him and Sue eight grandchildren.

Sue and Bernie are both enthusiastic members of the Senior Program. Sue particularly enjoys exercising 5 days a week and attending the literature and music classes. Bernie prefers to, as he puts it, "exercise the mind," by participating in discussion groups which include current events, Jewish Thought and Culture and opera. The Leppers are great assets to the Orientation Committee where they communicate their love for 92Y and enjoy meeting new people. Both Bernie and Sue view 92Y as their "second home," a "fraternity and sorority for seniors" and "one big smorgasbord where

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Wacky Warning Labels *by Irene Farber*

"Man sues fast-food chain because it made him fat." "Microwave oven manufacturer sued because pet owner thought it was okay to put dog in microwave to dry after its bath." "Woman files lawsuit against Viagra because her 70 year old lifetime companion left her two days after he started popping the pill." It seems that hardly a week goes by that we don't hear about some ridiculous lawsuit.

We have become such a litigious society that manufacturers often have to resort to placing absurd warnings on their products. Here are a few examples:

On a hairdryer: "Do not use in shower. Never use while sleeping."

On an automobile windshield cover: "Never drive with the cover on your windshield."

On a sleep aid: "May cause drowsiness."

On an iron: "Do not iron clothes on body."

On a container of peanuts: "Warning- contains nuts."

On a baby stroller: "Remove baby before folding stroller."

If this trend continues, we may have to extend the warnings. How about a banner on a hairdressing station reading, "Warning- when provoked, may give a really bad haircut." Or a tag on a dog warning, "May bite when tail is pulled."

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Lepper continued

(they) pick out whatever activities they like."

We are so glad that Sue and Bernie found each other…and found their way to the 92Y!

Poet's Corner

the great wall of indifference

by Monte Olenick

everyday the great wall of indifference grow taller,
less and less possible to sense anything on the other side,
huge stones and small pebbles clog the pleading mouths,
dusty, powdery, gray cement blinds the eyes in our faces,
red brick dust covers the noxious odor of doom and decay,
old, dried out mossy ideas reinforce the looming structure;
how much time must pass until sensitivity returns to our senses,
till we realize the pleading mouths speak in a language like ours,
till we see around the limits of our self- imposed isolation,
till we shed the myths of superiority and self-righteousness,
till we are aware of the link between ourselves and all the rest?
Will it eventually crumble by itself, or does it need our help?

Going Green Makes Cents!

By Phyllis Brusillof, Social Action Committee

You can recycle the following:

- *Computers and electronics* at some stores or go to www.ban.org/pledge/Locations
- *Ink/ toner cartridges* at some stores or go to www.recycleplace.com
- *Motor oil* www.recycleoil.org
- *Foam packaging "peanuts"* at pack and ship stores like UPS and FEDEX or call 800-828-2214 to find a drop off site.
- *Phones* will be refurbished and sent to developing countries, domestic violence victims or veterans. See websites: www.collectivegood.com, www.donateaphone.com, and www.cellphonesforsoldiers.com

Household Hints: The Amazing Cucumber!

By Evelyn Semaya, Orientation Committee

Cucumbers contain most of the vitamins you need every day including B1, B2, B3, B5, C, folic acid, calcium and more

Feeling tired in the afternoon? Put down that caffeinated drink and pick up a cucumber instead.

Out of WD 40 and need to fix a squeaky hinge? Take a cucumber slice and rub it against the hinge.

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Wacky Warning Labels *continued*

Possible warnings on food will have to increase, too. Chocolate could have the warning, "May be addictive and can cause increase in weight." Bananas might have a sticker reading, "Peel before eating." And a package of hot dogs could state, "Remove from package before cooking."

Some sports equipment already bears a warning but perhaps they should include golf clubs too. The warning label could advise the golfer that, "Prolonged use may cause anxiety and elevated blood pressure."

Wasn't life simpler when the only warnings we had to deal with were those on pillows and mattresses? We never did find out what would happen if we removed those tags.

Discover New York!

by Arlene Glatzer, Trip Committee

Wave Hill, West 249 Street, Riverdale
www.wavehill.org

This magnificent, 28 acre public garden, Greek Revival estate and cultural center built in 1843, overlooks the Palisades and Hudson River. It's easily accessible by #1 subway to West 242 St. or Metro North, Riverdale Station and there's a *free* Wave Hill shuttle that will meet you at the train or subway station to take you to the garden.

Besides the manicured gardens and spectacular vistas, there's more to see: The historic **Wave Hill House**, **The Shop**, with its unique artisan created gifts and seasonal plants, **The Café,** with its cuisine built around locally grown seasonal organic ingredients and **The Glyndor Art Gallery,** showcasing works of contemporary artists exploring various aspects of nature.

This spring, through the end of May, Wave Hill celebrates its 50th anniversary with *Night Lights*, performances of classical, jazz and show tunes. The exact schedule is on the Wave Hill website.

Wave Hill is an easily reached city destination to a serene place you won't forget . Enjoy!

Cucumber *continued*

Eliminate bad breath by pressing a cucumber slice to the roof of your mouth for 30 seconds.

Erase crayon, marker and pen marks on walls with the outside of the cucumber.

Who knew?

Bible Bit

Passover is the Jewish holiday commemorating liberation. Seven weeks later, *Shavuot,* falling this year on May 24th and 25th, commemorates the giving of the *Torah* on Mount Sinai. The period between the holidays is called the *omer.*