



## EVENTS SCHEDULE

**THURSDAY, JULY 4TH**  
4TH OF JULY CELEBRATION  
SKATING DAY - DJ Julio

**SATURDAY, JULY 6**  
SKATING DAY -  
DJ Misbehaviour with DJ MR G

**SUNDAY, JULY 7**  
SKATING DAY - DJ Rob Scott

**SATURDAY, JULY 13**  
SKATING DAY

**SUNDAY, JULY 14**  
BASTILLE DAY -  
no skating permit yet

**SATURDAY, JULY 20**  
KOREAN FESTIVAL  
NO SKATING

**SUNDAY, JULY 21**  
SKATING DAY -  
DJ Lee & DJ Miss J

**SATURDAY, JULY 27**  
SKATING DAY

**SUNDAY, JULY 28**  
SKATING DAY

### THE CENTRAL PARK SKATE CIRCLE

takes place every Saturday, Sunday and major holiday in 2002 from April 13th to October 31st. The music plays from 2:30pm to 6:30pm.

### CPDSA COMMITTEE MEMBERS

Lezly Ziering - Chairman  
Bob Nichols  
Bill Levy  
Muhammed Abdul-Aziz  
Stuart Pollack  
Alonzo Jones  
Calvin Coleman  
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## Hip Replacement's Hip, Knees are Hipper

by Lezly Ziering

Many of you know about my several replacements, making me the first member of the CPBSA - the Central Park Bionic Skaters Assoc. I'm writing this article to prepare those of you who anticipate a time in the future when you may need to have joint replacement and dread it - it ain't all that bad. It's certainly no romp through the daisies, but it sure as hell is not the end of the line.

In 1999, I mentioned to my wife, Robbin (Super Nurse), that for months I had been experiencing a nagging groin pain which seemed to be getting worse. She informed me that it was my hip, not my groin that was the problem. I usually do not question my wife's infallible diagnoses, but "Dammit, don't you think I know my groin from my hip," I told her, "as clearly as I know this bone between my forearm and bicep is my elbow -

and not my..."

"Yeah,yeah," she said, "just go get an X-ray." I did, and as usual, Robbin was right. The doc told me I was a prime candidate for hip replacement. This was a shock to me. I knew my knees were on their last legs - but my hip? After 40 years as a professional dancer sliding across stages on my knees - double air tours to the knees, knee spins, a couple of skiing injuries, 4 knee operations, leaving me with zero cartilage, and my rheumatologist, Dr. Smiles, frowning over my x-rays saying, "I don't know how you walk let alone skate," - I long anticipated that I would eventually need knee replacement. The good doctor was now looking at my hip x-rays telling me I may have to do the hip first.

He said there was no urgency but that when the pain became too

much to bear, and I could not find a position to sleep in at night, I'd know it was time. That time came very quickly.

Here is the biggie - I never at any time entertained the thought that I would not skate again or that these operations were anything but a temporary interruption of my skating career. One of the many doctors I consulted told me I may only regain 50% of the range of motion in my knees - I told him "Great - that would be a 25% improvement right there." If you have to do it, think positively and work hard. You will be gratified by the results!!

I was recommended by a couple of people in the know, to Dr. Joseph Fetto, the inventor of the state of the art titanium hip prosthesis, the patents for which are framed on his office walls. I figured if tita-

*Continued on page 2.*



Bill Levy and Calvin Coleman unloading a rental van at Tavern on the Green — waiting for volunteers to help them bring the CPDSA sound equipment down to Skaters Road on a recent Sunday.

nium is good enough for my king pins and axles, it's good enough for my joints. We planned the hip replacement for December so that by April, after several months of intensive rehab, I would be ready for the skate season in CP.

My right hip was replaced early in Dec. of 1999 at NYU Medical Center. As soon as I regained consciousness I began to do the "in-bed" exercises to build the quadriceps and muscles that support the hip. I walked that day with a walker. The following day I was off all pain medication and graduated to crutches (the kind that look like a cane with an extension that circles the biceps) and most important, every hour on the hour, I went through all the exercises I was allowed to do.

On day 4, I moved downstairs into the Rusk Institute - NYU's renowned rehab unit, for a 2 week stay. My regimen was to arise at 6am and do a complete workout in my room before breakfast - then my day of exercise and rehab would start at 10am and I would work hard at it till 4pm with a break for lunch.

My rehab counselor said she never saw any one come back so fast. When I left Rusk after 11 days, I was able to walk without a cane and with only a hint of a limp. I began working 3 times a week in a rehab gym in addition to my daily workouts at home. I was teaching skating again in 10 weeks. I was not skating up to par by any means, but I was skating well enough to teach and demonstrate for my beginners.

When the CPDSA opened the Skate Circle in April for the 2000 season, I was back, determined to keep exercising and building the muscles in order to be ready to undergo bilateral knee replacement (both knees) in August. At age 68, I wanted to get it all over in the shortest possible time rather than drag it out over several years.

As luck would have it, on the third weekend of the season, a skater hit me from behind, locking my wheels with his and I went down hard on my newly repaired hip, tearing the muscles away from the bone and damaging the ball part of the new joint and the lining of the cup the ball rests in, ending my season

abruptly. Instead of the knee surgery I had planned for August, I had a hip revision. Dr. Fetto had to open me up, replace the ball and cup and reattach the muscle. Then began the labor once more, first at Rusk and then in the gym and at home to build the muscles to protect the prosthesis. I was determined not to let this setback discourage me. The dedicated work paid off and I was teaching and skating again by November.

Due to my teaching schedule I had to wait till December 2001 before entering NYU to undergo the bilateral knee replacement. I was to learn that a hip is a much easier recovery than 2 knees, but I was determined for this to succeed.

I insisted on walking on the first day. It was hell just getting off the bed. Leaning heavily on my walker, I walked a short distance with great effort, felt sick to my stomach and thought I was going to pass out. I began the same regimen as before - bed exercises every hour on the hour and walking every time they would allow (under supervision). It took a week of exercise before I could raise my legs off the bed, I had to slide my legs sideways and lower them slowly to the floor to get out of bed. By day 2, I was back on my crutches and only occasionally needed pain meds. By day 4, I was comfortable using 1 crutch and took a half a dozen steps with no support at all. I went back into Rusk for another 10 days of intensive rehab. Up at 6am for my pre-workout workout and then the 10am to 4pm day of exercise, walking and occupational therapy. On my seventh day in Rusk my therapist caught me walking without my cane. He was flabbergasted and let me do most of my walking with no cane and concentrated on improving my balance and gait so that by the time I left Rusk, exactly 2 weeks after my operation, I was able to walk unassisted with no sign of a limp. I was advised, however, to use a cane when walking outside.

On the day I left Rusk, an elderly lady called me over and said, "There is a group of us that have been watching you work out over the last 2 weeks. We are amazed at your progress; you have been an inspiration to us all." I left feeling good about the future.

I did have to work hard. Lots of ice packs (it took 4 months for the swelling to come down), lots of working with weights, increasing the load gradually to avoid injury. There have been setbacks. One from an overly enthusiastic therapist who pushed too hard trying to increase my range of motion. That set me back 2 months - I was able to teach, but I had to sit it out at the Roxy & just watch and socialize. Then when I did get back on skates I overboogied, you might say, at the Roxy one night and felt something pop. I had pulled a tendon which rendered me a spectator for about 6 weeks.

I never missed a class, however, in those down times. I am happy to be skating again - like Jack Nicholson said in that scary flick - "I'm back." I still ride my bike every day and continue to work at strengthening those muscles, and I ice my knees daily. Each day it gets a little easier and I have to keep myself in check to keep from overdoing it. But I can bend and straighten both knees for the first time in 10 years and I sleep like a log at night.

I have written this article not to blow my horn, but to give hope to those of you out there who are daunted or frightened by the prospect of joint replacement. Medical science has come a long way - it can give you a new lease on life. At age 69 I feel renewed and gratified that the hard work is paying off.

Keep rollin' y'all!!!



Illeana and Carlton celebrate a beautiful day by showing their partner dance-skating skills to the crowd on a recent weekend in June.

Photo ©2002, Kenneth Nelson



DJ Robert Scott works the turntables.

Photo ©2002, Kenneth Nelson

# The View from Skater's Road

by Bob Nichols

A significant portion of the CPDSA operating budget is spent on official permits. Over the past few years of handling them, I've learned to read these documents very carefully; if the dates are not exactly right on the Parks Dept. Special Events permit, the police are going to question our application for Amplified Music permits. That leads to nerve-wracking, last-minute calls to the Parks Dept. and Conservancy while I'm waiting at the Central Park Precinct. So, maybe I am reading too much in this, but I have noticed that the first line in our special events permit reads: Permit for: Artist/Performer.

For 7 seasons, our permits classified us as a "recreational skating event;" but now, we have been elevated to the ranks of Artists. What does this mean for us; does it confer first amendment rights of free speech to our activity? Will it impress someone at Mineral Springs enough to win us back our in-park storage? Maybe we should ask the Shakespeare people at the Delacorte Theater for help? After all, we're artists now; kindred spirits.

Every weekend we stage a skate dance party, it is a major production. From official approvals, to storage room and truck rentals; there are details to work out and checks to be written. There is DJ scheduling, equipment repair and maintenance, battery charging and trucking and carting equipment. This is not a haphazard process, and yet, our operations are often filled with conflict and drama. Each time we come out to the park these days is an adventure.

The first stirrings of the Skate Circle begin at 2pm when our permit takes effect. Tall Blond Kenny opens the locks and pulls the rattling chains through the barricades. A clanking metal on metal sound echos up and down Skaters Road announcing the beginning of the show. From then on, the Circle is alive with activity. Skaters who have been congregating around the benches go into action; barriers and benches are moved into place. The Circle begins to take shape. At that moment, a van or car filled with CPDSA sound equipment is somewhere on the West side heading for the Tavern on the Green parking lot. If things go well, a small group of volunteers will meet the vehicle, unload it onto hand trucks

and head down the crowded path next to the Sheep Meadow.

When the equipment carts finally arrive on the Skaters Road, more skater/volunteers speed the process. They move purposefully, yet with a joyous anticipation of the skating to come. Like a stage crew, dressing a set with props, they are a team with a mission.

The carts converge on the center circle where barricades are already set up for the DJ booth. Brooms are unloaded, and the floor is swept clear of twigs, sand and debris that could trip up a dancing skater. In a flurry of activity the sound equipment is hooked to the battery and speakers. If it is 2:15pm or later, a CD goes into the player and music starts to play. A few skaters begin circling the rink.

There is still plenty of work to be done, putting up the canopy and the FM antenna, hooking up turntables for the DJs. The peripheral speakers are put in place and sound levels are adjusted. Ropes are strung along the western boundary to keep strollers from wandering into the skating area. As the final knots are tied and the last pieces of the technical puzzle are clicked into place, the FM transmitter is switched on and music can be heard in the peripheral speakers at the farthest reaches of our grounds. There is a magical quality to the sound now.

The DJ gets down to business. Skaters circle the rink in droves, others dance in the freestyle area. The regulars have arrived and the stars are warming up. Suddenly, a critical mass is reached and it all comes together; somehow, our little corner of Skaters Road is transformed into a stage, an Arden forest for our mid-summer afternoon dream. People passing through the park stop to watch, something compels them to stay, sometimes for hours.

Is the Skate Circle a dramatic medium? Are we performance artists engaged in a new art form? I don't know for sure, but there is a certain point in every session when we surrender to the power of the music and get free; that is when you can almost hear the director call: "Places everyone...places...ready...and...Action!"

The Skate Circle Lives!

## ▶ WANTED ◀

- Sponsors
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- Funding

*The CPDSA is facing the most daunting challenge in its 7 year existence.*

Our budget has almost doubled from last year - and our money pool is almost exhausted.

To perpetuate this highly valued and much loved source of recreation, relaxation and spiritual sustenance - we need your backing and your assistance - it cannot continue without your help!!

We are having a fund raiser, this Independence Day Weekend -

during which we will be giving away premiums for donations and soliciting your contributions to help keep "our thing" alive. It's the second of the five fund raising opportunities we are allowed each year.

Be generous - dig deep - we do have some hot items for you to take away and enjoy for years to come.



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If you are a CPDSA member interested in submitting an article, please e-mail our editor at [marciroth@yahoo.com](mailto:marciroth@yahoo.com)



Sinan and Natalie work up a sweat on a hot summer day at the CPDSA Skate Circle.

Photo ©2002, Kenneth Nelson



Wouldn't you like to have a  
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who skates in the same circles you do?

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Please cut out this membership application and mail it, along with your contribution, to the CPDSA headquarters address listed below.

You can get additional applications and more information from Lezly Ziering at the CPDSA Skate Circle, located mid-park at the foot of the bandshell. You can find us by entering Central Park at 72nd street and walking along Olmsted Way toward the center of the park. Just follow your ears. Listen for our dance music. You can't miss us.

Member # \_\_\_\_\_

Date \_\_\_\_\_



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