

Astor Family

Spring 2014

Vol 3 Issue 1

Quick & Easy
**Grilled
Salmon
& Veggies**
Recipe

**Spring
Gardening**

**Pastel
FASHIONS**

Folklife

Great Volunteer

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SPRING FASHION



FOLKLIFE IN THE
MID-HUDSON VALLEY



SPRING
GARDENING TIPS



MAGEE
HICKEY



GRILLED SALMON
WITH VEGETABLES

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Polly Adema

Prior to joining Arts Mid-Hudson as staff folklorist in 2007, Polly Adema worked with arts and culture organizations in Nevada, Wyoming, South Carolina, Washington D.C., the U.S. Virgin Islands, and Texas. She holds a Ph.D. in American Studies from the University of Texas at Austin and a Masters from the Folklife Institute at Indiana University, Bloomington, Indiana.

In her work with Arts Mid-Hudson, Polly draws on her extensive experience with folklife research, arts and culture programming, educational program design and implementation, and community liaison initiatives while working with a wide variety of artisans, tradition bearers, and cultural organizations throughout the Mid-Hudson Valley.

Her areas of interest include community celebrations and foodways. Polly also writes, consults, and does public speaking as a culinary anthropologist. These days you can find her exploring the cultural and culinary riches of New York's Hudson Valley.



Virginia Hayes Sibbison

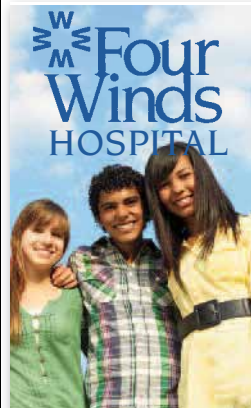
Virginia Hayes Sibbison is a member of the Astor Board of Directors. After earning a Ph.D. in child and family studies from the College of Human Development of Penn State University, she became Executive Director of Welfare Research, Inc. in Albany, NY. After 37 years, she retired from that post in December 2012.

Welfare Research, Inc. is a not-for-profit organization that conducts research, evaluation, technical assistance, training, policy analysis, and resource materials development in the field of human services. It works with state government, local agencies, and foundations. Among Virginia's areas of special interest are child psychology and organizational management.

She has served on the boards of Clermont, the Robert Sterling Clark Foundation, and Groves Conference on Marriage and the Family. Virginia lives in Germantown, NY and is married to Arthur Schiff, the editor of Astor Family magazine.


Cover photograph by Augustus Butero

*If you would be interested in contributing to future issues of Astor Family, please contact
Sonia Barnes-Moorhead – Executive Vice President, Astor Services for Children & Families
Phone: (845) 871-1117 or e-mail: smoorhead@astorservices.org*



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Welcome

Susan Ragusa

Board Member
Astor Services for Children & Families

Celebrating the Hudson Valley and Astor Services for Children & Families

This issue of Astor Family celebrates the historic development of the Hudson River Valley, home to Astor Services for Children & Families. Since the 1800s, boats, trains, roads, and bridges have opened the Hudson Valley to more people and commerce. And with growth comes increasing needs. For 61 years, Astor has supported children and families with emotional and mental health challenges. Once only a residential program, today Astor delivers services in settings such as walk-in outpatient mental health centers, which are featured in this issue.

Strong infrastructure is fundamental for a region and an organization. Dedicated staff, diligent board members, willing volunteers, and generous donors are the essential human infrastructure. I can say with pride that I've been part of the Astor organization since moving to Rhinebeck in 2008. I'm continually impressed by Astor's care and efficiency in providing an array of resources. As a board member, I have an up-close understanding of the impact of Astor's programs on children and families.

"As a board member, I have an up-close understanding of the impact of Astor's programs on children and families."

That knowledge inspires my service to Astor. It is a privilege to be a trustee and to have a pivotal role in maintaining a thriving Astor Services for Children & Families. As a nonprofit strategist specializing in board development, I apply my professional expertise in fulfilling my duties and guiding fellow board members. In addition to our governance tasks, we make donor-centered relationships a priority. In fact, while making thank-you calls to donors recently, I was reminded of the title Astor Family. Like a big extended family, Astor's many contributors keep it strong.

As chair of Astor's External Relations Committee, I invite you to get to know Astor—and to get involved. Along with the articles here, read my blog at Astorservices.org. Astor also sponsors community events. Please comment online and introduce yourself at Astor activities. It's always good to meet a neighbor in the Hudson Valley.

Susan Ragusa

Susan J. Ragusa
Nonprofit Strategist | SusanJRagusa.com

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Astor Family

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ASTOR FAMILY MAGAZINE
Astor Family Magazine furthers the mission of Astor Services for Children & Families. The unique combination of services Astor provides to its clients is the basis for a publication with two goals: to use Astor's experience with children and families under stress as guidelines of benefit to all the families in the region facing the challenges of raising children; and to draw upon the great strengths and assets of the region (i.e., Hudson Valley, New York City, etc.) to help families fully realize their values and goals. This free publication is distributed throughout the Hudson Valley (Dutchess, Ulster and Orange counties) and the Bronx at thousands of locations including doctor's offices, schools, libraries, retail locations, corporations, Astor's 33 locations, etc. The magazine reaches over 10,000 each issue.

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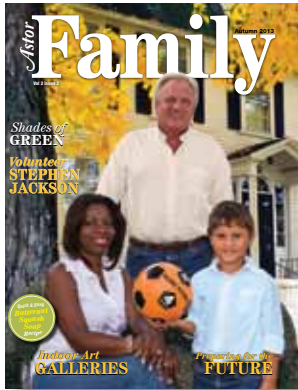
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Dear Astor Family...



Congratulations to Astor Services for Children & Families on your *Astor Family* magazine. As I read through the pages of the magazine, I see everyday families striving to get to a better place in life. I see hopefulness and happiness in the stories.

The story ideas are well thought out, the layout is very good, and I suggest that Astor sell the issues through subscription. Astor is a remarkable organization—always putting children and families first.

The very best with the magazine.

*Pauline Barfield, President
Barfield Public Relations, Inc.
Brooklyn, NY*

I thank you for your article, “Preparing for the Future: Are Your Parents Ready for the Common Core Learning Standards?”

As a parent of a child in middle school and one in high school, your article was very helpful as it reiterated the core standards of learning I think are needed to prepare my children. I want them to be ready for what is to come, and approach college and their working future with the tools needed to succeed. Please continue to be informative to fellow parents and myself. I hope you continue the series, “Preparing For The Future.”

*Marvissa Cotton
Staatsburg, NY*

We would like to receive your feedback & suggestions. Please email letters to Sonia Barnes-Moorhead, Executive Vice President, Astor Services for Children & Families
E-mail: smoorhead@astorservices.org

Your magazine is a breath of fresh air!

From the latest fashion trends to the impact of volunteerism, I discovered a magazine that isn't afraid to tackle every aspect of family life. As the mother of a child with a learning disability I found Dr. Sibbison's article, “Managing Children: Astor's Bronx Program Shows How” to be a compelling argument for parent engagement. However, it left me wondering if Astor Family has opened the door for the exploration of a larger issue: Parental Fear. How can we, as parents, overcome our own fear and stigma towards our child's mental or learning disorders in order to create a dialogue with our child's teachers and clinicians?

I am eager to keep reading future issues to find out.

*Beth Monteleone
Hyde Park, NY*

In Loving Memory



Trish LeSoine
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We miss you!

Jim, Beth & Sean McGuirk

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RIGHTS & RESPONSIBILITIES

Legal Services for Veterans

by **Alexander J. Brandes**

The following is general information that veterans might find useful. If you have a legal issue, you should contact an attorney for specific advice.

After three deployments, my family and friends say I am suffering from Post Traumatic Stress Disorder (PTSD). What are my legal rights to services and compensation?

If, while you were on active military service, you were injured or suffered a disability or a disease, you may be eligible for monthly benefits from the Department of Veterans Affairs (VA). You will have to prove your claim of disability by presenting evidence of your condition and the effect it has on your life.

In addition to you, surviving spouses, dependent children, and dependent parents may be eligible for a monthly benefit, in their own names. This is to compensate for the economic losses caused by your service-connected disability (or death). For more information on disability benefits, veterans can consult www.benefits.va.gov/compensation.

I have been turned down for benefits by the VA. What can I do?

If you disagree with the results of your application, you can appeal to the VA Board in Washington. It will review the decisions of the local VA offices and issue an independent decision on appeal. For more information about how to appeal VA determinations, veterans can consult www.bva.va.gov/docs/Pamphlets/010202A.pdf.

Alexander J. Brandes is an attorney with Legal Services of the Hudson Valley. To reach LSHV, call (877) 574-8529. <http://lshv.org/>

I have a lawyer who wants to represent me at my hearing at the VA. Is that allowed?

Attorneys are required to have a special accreditation from the VA in order to appear at a VA hearing or to represent an individual in preparation for a VA hearing. Unless the VA accredits an attorney, that attorney may not assist you in preparing or presenting your claim for benefits.

I have been unable to find work and the bank is threatening to foreclose. Is any help available?

The VA itself provides home loans, education, vocational rehabilitation, and employment training and opportunities, all of which can be learned about in detail at www.benefits.va.gov/benefits.

In addition, there are many networks to help veterans. These include Legal Services of the Hudson Valley (LSHV), WestCOP, and Hudson River Housing, all of which are partners in the Supportive Services for Veteran Families Program, providing employment, housing, substance abuse, legal, and social services to veterans in need.

I am having a dispute with my landlord, my temporary assistance was reduced, and my application for unemployment benefits was denied. What can I do?

Legal programs, such as LSHV, provide assistance with all of these issues on a regular basis. Most veterans are qualified to receive legal services from LSHV on the basis of their service. Most low-income individuals are also qualified to receive legal services from LSHV, as are certain other individuals in significant need of legal assistance. Go to www.lshv.org, or call 1-877-574-8529 to complete a free intake.



Eye Care for Children

by **Dr. Nicolette Sacco-Brown**

At what age should my child have his/her first eye exam?

Ideally your child should have his/her first exam between 6 and 12 months of age. Many optometrists participate in the INFANTSEE program and are trained to do a thorough evaluation of your child's visual development and eye health. This is a free eye examination. You can find information and providers on the INFANTSEE website: www.infantsee.org.

Does the vision screening at school or the eye test at the pediatrician do the job of testing my child's eyes?

These screenings are for easily detected vision problems, such as nearsightedness. They are not a substitute for a comprehensive eye exam. A complete eye exam will test your child's acuity and refractive error (how clear their vision is), their ability to focus accurately and easily, their "eye-teaming" or binocular vision as well as their eye health. It is critical to diagnose and treat problems with children's visual system early so that they may have the best possible tools to learn successfully.

How often should my child have an eye exam?

If all is well at the infant exam, your doctor will likely recommend the next exam at age 3, then again at age 5. Your child does not need to know the alphabet for the doctor to examine him/her. Most children's exams are "game based" and may use pictures instead of letters. A great deal of information can be gathered by kid-friendly technology and objective testing performed by the optometrist. Try to bring your toddler at a time of day when he/she is fed and well rested.

If the optometrist finds a vision problem, your child may need to be examined every 12 months or sooner by the optometrist. If your child's visual system is developing normally, the optometrist will make a recommendation for the frequency of check-ups.

As a parent, what behaviors should I watch for that might indicate a problem?

- An eye that turns in or out
- Shutting one eye
- Headaches
- Excessive eye rubbing or blinking
- Avoiding reading or other close activities
- Delays in reading at school
- Tilting the head to one side
- Sitting close to the TV
- Squinting
- Difficulty keeping their place while reading

How do I choose an eye care professional for my child?

Doctors who participate in the INFANTSEE program are usually skilled at examining small children. You can also check with your pediatrician or school nurse for a recommendation. When calling to make the appointment, be sure to discuss your concerns and your child's age with the office staff.

Fortunately, the Affordable Healthcare Act requires that children be covered for eye exams. All children will have access to vision care so that they may have the tools to learn and play!

Nicolette Sacco-Brown is a Doctor of Optometry. Her practice, Family Eyecare Center, is in Hudson, NY. (518) 828-8733; www.dr.saccobrown.com

Magee Hickey



Continuing a **LEGACY** *of giving*

You might know Magee Hickey as an accomplished news reporter with decades of experience at major television networks, including NBC and CBS, and most recently at PIX 11 and NY1. What you might not know about Magee, however, is how she has given her time, talent, and financial support to organizations, like Astor, that are near and dear to her heart. What you also might not know is the legacy of giving that permeates through her family, beginning with her father and mother, Lawrence (Larry) and Jean Hickey—her inspirations.

“I was always extremely proud of my parents,” says Magee, who describes having parents like Larry and Jean as “winning the lottery.” She does not mean in terms of money, but in terms of having great parents who set wonderful examples for her and her siblings (two sisters and one brother).

“They were always involved in their community, whether it was the church, presiding over the neighborhood coalition for the homeless, or as a member of a group trying to save the Armory,” says Magee. They were committed to ensuring the world

becomes a better place for children and families. It is with this foundation that Magee and her siblings were inspired to continue the legacy of giving back to their community.

Four years ago, Magee started the “Come to the Cabaret” benefit, where she, her siblings, and some of her newscaster colleagues perform. This benefit supports the children in Astor’s Lawrence F. Hickey Center for Child Development (Hickey Center), named in honor of her dad, who was a long-time board member of Astor. He was also instrumental in procuring the building where the Hickey Center is housed. This program provides early childhood and mental health services to a group of 3-5 year old children with emotional and cognitive needs.

Magee developed the idea of having a cabaret as a fundraiser for the Hickey Center, and as a tribute to her mom, who passed away in 2007 of colon cancer. Her mom loved singing songs from the Great American Songbook. In the years when her mom was ill, Magee and her husband hosted dinners

Continued on page 10



Magee Hickey and friends perform at the Cabaret to benefit the Astor's Lawrence F. Hickey Center for Child Development

every Sunday night for the entire family. They would get together to eat and sing songs from the Songbook. Irving Berlin and George Gershwin were among their favorites. Although Magee loved performing (she was in school plays and also plays the flute), she was afraid to sing in public. When her mom passed away, she began to take singing classes. When she sings, Magee says, "I hear my mom. I think of her and know how much she would have loved to see me on stage singing."

Magee's dad died in 2011. He was her biggest fan at the cabaret. "Father loved people, and loved to go to different cabaret performances, and father will always be in the front row," she says. Magee is thankful to

all her newscaster colleagues who have come out each year to participate in the benefit, which is held at her alma mater, Convent of the Sacred Heart in Manhattan. Magee also lends her talent to other cabaret fundraisers throughout New York.

Magee's sister, Elizabeth Hickey Lavin, is now a member of Astor's Board of Directors, and also volunteers her time to raising funds for the cabaret. The third generation of "Hickeys" is also on the move—one grandchild is working in the social services field, while another and her husband have donated to the Hickey Center each year in her grandparents' memory. Needless to say, they have been inspired by their grandfather's legacy of giving back to one's community.



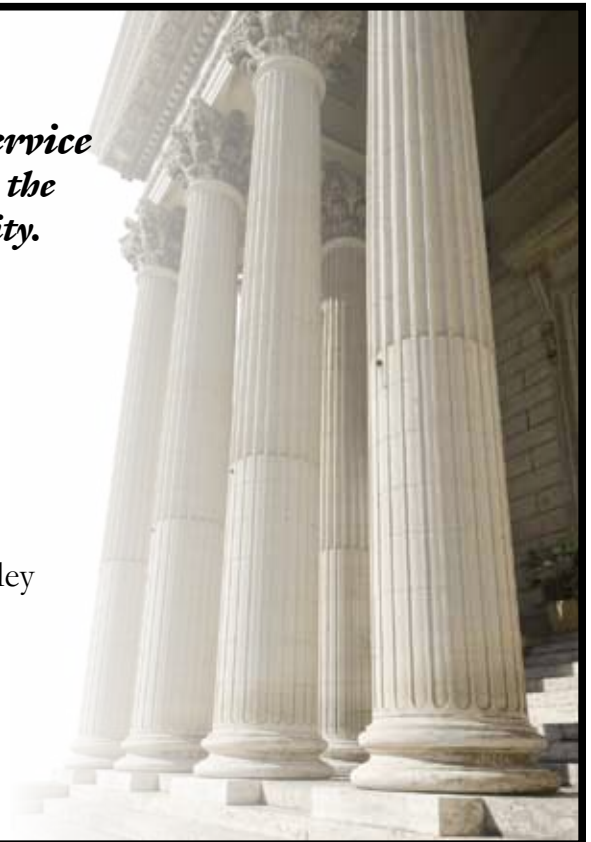
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Folklife

in the Mid-Hudson Valley



Without a word, four people gracefully glide through an exquisitely elaborate prescribed sequence of movements.

by **Polly Adema, Ph.D.**

These are members of the Mid-Hudson Japanese community, devotees of the Japanese tea ceremony committed to life-long study of the ancient ritual practice. The Japanese tea ceremony is just one example of traditional culture or folklife practiced among members of various cultural communities living in the Mid-Hudson Valley.

The three guests avoid eye contact

with the hostess, as is the custom, yet their presence indicates they are welcome. The hostess meticulously prepares and then presents her guests—one at a time, with only a slight bow-type nod of her head to each recipient—with matcha or green tea.

Pictured above: Yoko Matsubayashi of the Mid-Hudson Japanese Community Association demonstrates ritualized tea making during a Japanese Tea Ceremony program at the Gardiner Library organized by Arts Mid-Hudson Folk Arts Program.

Continued on page 12



As a folklorist, I research and document traditional forms of creative expression, also known as folklore, folklife, or folk arts.

Folklife refers to practices passed along informally, generation to generation. They are extended through members of cultural, ethnic, religious, family, or occupational groups. It is through these traditional expressive forms that group members affirm, honor, and pass along their shared identity.

Think, for example, of family recipes, riddles, or children's schoolyard games: traditionally we learn to cook family favorites by watching a family member cook, riddles are passed along by being told, and children learn playground songs and games from their playtime peers.

Folklife is all around us in tangible and intangible forms, including handicrafts such as pysanky. Members of the area Ukrainian community keep alive the tradition of making pysanky, ornately decorated Ukrainian Easter eggs. Complex designs are written on an egg's surface with heated beeswax using a stylus called a kistka. The egg is immersed in dyes of successively darker colors to create each layer of the intended design. After applying the last color, the artist melts the wax off of the egg to reveal a beautiful, elaborate pysanka.

Other examples of tangible cultural traditions in the region include culturally specific architectural features like the bulb-shaped dome that adorns Poughkeepsie's Russian Orthodox Church or the silken saris worn by Indian women at Hindu Samaj in Wappingers Falls.

Knowledge of how to wrap a sari is an example of intangible or ephemeral folklife. Other illustrations of folklife in the Mid-Hudson Valley include traditional music like the Ghanaian drumming performed by the master drummer-Ghanaian immigrant who learned drumming from his master drummer grandfather, or the sonorous gospel songs sung by any of Poughkeepsie's many gospel choirs.

Examples even more specific to the region are knowledge of where and when to source edible wild mushrooms, of how to 'read' the river to know when it is safe for ice sailing or when conditions are favorable for fishing, and of how to 'read' maple trees to know which ones are ready to tap for the sap that will become maple syrup.

Folklorists spend a lot of time working with people from many distinctive cultural and religious communities. We serve as community liaisons and provide technical assistance for different groups. We organize public programs for those wanting to reach out to share their cultural practices. At these programs, audience members interact and engage with traditional artisans.

The folklife program at Arts Mid-Hudson offers opportunities for learning and discovery, engagement, exchange, and personal interaction. Through public programs we generate cultural understanding and appreciation. Learn more at www.artsmidhudson.org.

Top photo: Marianne Crans of the Ukrainian National Women's League of America Branch 95 shows a pysanka she created during a cultural program organized by Arts Mid-Hudson Folk Arts Program. **Middle photo:** Usha Mittal, an active member of the area Indian community, helps a young guest try on a sari at a cultural program organized by Arts Mid-Hudson Folk Arts Program. **Bottom photo:** Trees outside of Rhinebeck tapped for maple sap.

Join us

Upcoming Events



Saturday, April 26, 2014 1:00 PM

Come To The Cabaret

Join **Magee Hickey** & her Singing Newscaster Colleagues

Starring: Ernie Anastos, Kirstin Cole, Tamsen Fadal, Mr. G, Dan Mannarino, Greg Mockler, Kaity Tong, Budd Mishkin, Marvin Scott, Andrew Siff, Scott Stanford and many surprise guests!

1:00 PM – Reception and Performance

1 East 91st Street, New York, NY

Saturday, May 10 6:00 - 9:30 PM

Astor Round Up: Line Dancing

Come learn the different types of line dancing with Joe & Julie Donato of Hudson Valley Dance Depot, Poughkeepsie, NY.

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Radiant Orchid, Dazzling Blue.

These looks are available just
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and summertime vacations.

ELLE™ (pictured at left)

Keyhole front flutter sleeve blouse \$40.00

Soft jacket with asymmetrical ruffle \$68.00

Jennifer Lopez (pictured at right)

Roll-tab slit back top \$44.00

Jegging \$48.00

Cindi heels \$74.99



You'll find beautiful and bright pieces that add variety to your wardrobe, including dresses, blouses, jackets and even athletic shoes in shades of pink!

Also check out a collection designed by Peter Som, which was inspired by the sun-soaked beaches and playful spirit of St. Barths. Som's aesthetic of bold sophistication and eclectic elegance has brought a fresh point of view to the fashion world. He is renowned for designing feminine looks in a signature quirky-yet-classic style.

Photos courtesy of Kohls.



ELLE™ (pictured at left)
Tuck detail ponte dress \$60.00
Naomi wristlet \$39.00
Thin pavé cuff bracelet \$24.00
Andorra wedges \$69.99



ELLE™ (pictured at right)
Mushroom pleated chiffon dress \$64.00
Cropped cardigan \$50.00
Andorra wedges \$69.99

CLOTHING AND FOOTWEAR

is available at Kohl's and Kohls.com



Jumping Beans

Mary Janes (toddler girls)

\$29.99



Converse All Star

Sneakers (unisex)

\$55.00



adidas

Vigor TR 4K Trail Running Shoes (girls)

\$59.99



Nike

Dual Fusion Lite Running Shoes

(grade school girls)

\$68.00



Converse All Star

High-Top Sneakers (unisex)

\$50.00



Early Spring – What To Do In The Garden

by Kimberly
McConville

Flower Power & the Colors of Spring

*I*n late winter, the Adams Landscaping crews design and install an amazing backdrop of patios, ponds, and walkways for hundreds of flowering spring bulbs, annuals, trees, and shrubs in their greenhouses for the Annual Garden Show. In case you missed the show, these photos will give you some ideas for your own backyard as well as tips from an expert.



Greg Draiss, Garden Center Manager

at Adams Fairacre Farms in Wappingers shares some tips to prepare gardens for the eventual spring warm-up:

If the weather warms up too fast, it can make tender plant growth susceptible to a quick night frost. Tiny seedlings growing on our windowsills are not the only things subjected to fast changes in the weather. Many Hudson Valley apple crops have been ruined by normal freezes following abnormal warm spells.

Gardening tips:

- **DIVIDE PERENNIALS AND HERBS.**

If you are lucky enough to have your hosta and day lilies raising their heads above ground, now is a great time to thin them out and start new clumps. Simply dig up a section of the clump using a spade shovel and move the clumps to the new location. After moving the clumps to their new location, feed with a slow-release fertilizer of your liking.

- **PLANT COOL WEATHER CROPS.**

Peas, greens, and radishes can all go in the ground in early spring. Potatoes can also be planted if your mud content is low.

- **STOP CRABGRASS.** Forsythia is in bloom and that means it is time to apply crabgrass preventer. Use corn gluten only when the weather is dry.

- **ACCLIMATE YOUR PLANTS.** Put your plants outside on days above 50 degrees. This includes houseplants as well as seedlings. The fresh air rejuvenates almost any plant that has been hibernating indoors for the last six months. It will make plants healthier in the long run. The effort is worth it!

- **OTHER PREPARATIONS.** Rake up debris in the garden area and remove leaves from the lawn areas. Black plastic placed over garden beds really helps to warm the soil. Just remember to remove it when the hot weather moves in.

- **DON'T FORGET THE BIRDS.** Migrating birds have returned and it's nesting season. Keep feeders full at least until the weather warms significantly and the supply of insects becomes more plentiful.

WARNING LABEL: Be on the watch for ticks, which become more active this time of year.





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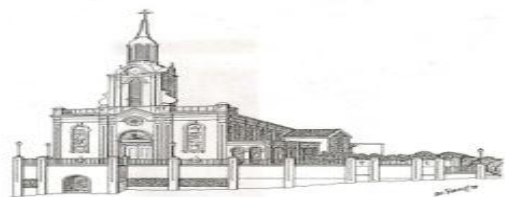
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Hey Parents,

FAMILY COUNSELING

When You Need It

by Virginia Hayes Sibbison, Ph.D.

“My seven-year old son complained of a stomachache before heading for school on a Monday morning—it wasn’t the first time.”

“He was feeling fine the night before and we all had the same dinner— something he liked. Well, I thought, something is bothering him. Instead of running off to the pediatrician, I went to the phone book. I found the Astor Counseling Services Center in Hyde Park. I called. To my surprise, they said come in whenever I could; they would see us right away. It’s a lot harder to see the pediatrician.

“We went that Monday morning and spoke with a certified social worker. After a soft, probing conversation, we got close to what was bothering my son and, in fact, causing the stomachache. It had nothing to do with his digestive system, but rather, it had to do with his anxiety about school. We started going to the Astor Counseling Services Center for family counseling. Help was not only on the way, it had arrived.”

This is a composite story, similar to many that happen everyday at Astor Counseling Services Centers in any one of seven facilities scattered around Dutchess and Ulster counties.

Continued on page 20



Dr. Gus Tsoubris, Associate Executive Director Astor Counseling Services Center with staff member, Cathy Briggs.

In 2013, more than 1,400 families came in and received the help they needed. And they arrived with the full range of challenges afflicting families in these difficult times. The services they received included health screenings, crisis intervention, case and medication management, substance abuse (alcohol and drug) screening, and dealing with attention deficit hyper-activity disorder screening and management.

The centers are for young people from the ages of 2 to 21 years. Clients are not only self-directed, they are referred from schools, county Departments of Mental Hygiene, county Departments of Social Services/Child Protective Services, probation departments, hospitals, and other behavioral health “helping” organizations.

What does the thriving business of the centers tell us about the times we live in? Dr. Gus Tsoubris, Associate Executive Director of the centers, tells us, “First of all, our job is to help people. That is what we do. Intake appointments are between 9 am and 2 pm. We don’t turn down clients, we are never so busy or so crowded that there is not room for one more.”

Dr. Tsoubris and his staff stress the importance

“The quicker we get started, the quicker we can help get families through a crisis.”

*Dr. Gus Tsoubris, Associate Executive Director
Astor Counseling Services Center*

of reaching children and their families who are experiencing stress and behavioral health concerns as early as possible in the life of the child. The earlier the intervention, the more likely it is that the supportive roles of Astor staff will result in positive benefits for the child and the family. Hence, the program seeks to reach families with children even as young as 2 years of age who are showing signs of behavioral health challenges.

He says, “The parents are an essential component of the program. They are encouraged to bring the child with them for the first and subsequent visits. The initial meeting typically includes an assessment of the child and family’s mental health background. The assessment leads to the development of individual and family treatment and therapy plans.”

Dr. Tsoubris explains, “Most of our clients have access to health insurance. And the Affordable Care

Act is opening up new opportunities, although that is still ahead.

And among the services we provide is help with exploring available options (Medicaid and other insurance programs) to reduce or eliminate the cost to parents.”

A big challenge, Tsoubri says, is opening the eyes of parents to the role that stress plays in their lives and the lives of their children. “Pediatricians are our best friends,” he says, “but they are medical doctors, and usually are not trained in psychology. There ought to be no differences in the thought process parents go through when they are trying to find help for a child in trouble. Both medical and behavioral health possibilities should be considered.”

Astor Counseling Services Centers provide services to a child in crisis in hopes of eliminating the need for the family to go to the emergency room or urgent care center. Astor treatment centers are located throughout Dutchess and Ulster counties.

Tsoubri adds, “The quicker we get started, the quicker we can help get families through a crisis.”

Here is where to find help:

DUTCHESS COUNTY

Beacon (845) 838-4920

Poughkeepsie (845) 471-6004

Dover (845) 350-3010

Hyde Park (845) 229-1020

ULSTER COUNTY


Ellenville (845) 647-3349

Kingston (845) 340-4105

New Paltz (845) 419-0850

Contact Gus Tsoubri at
ktsoubri@astorservices.org

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Crossing The Hudson

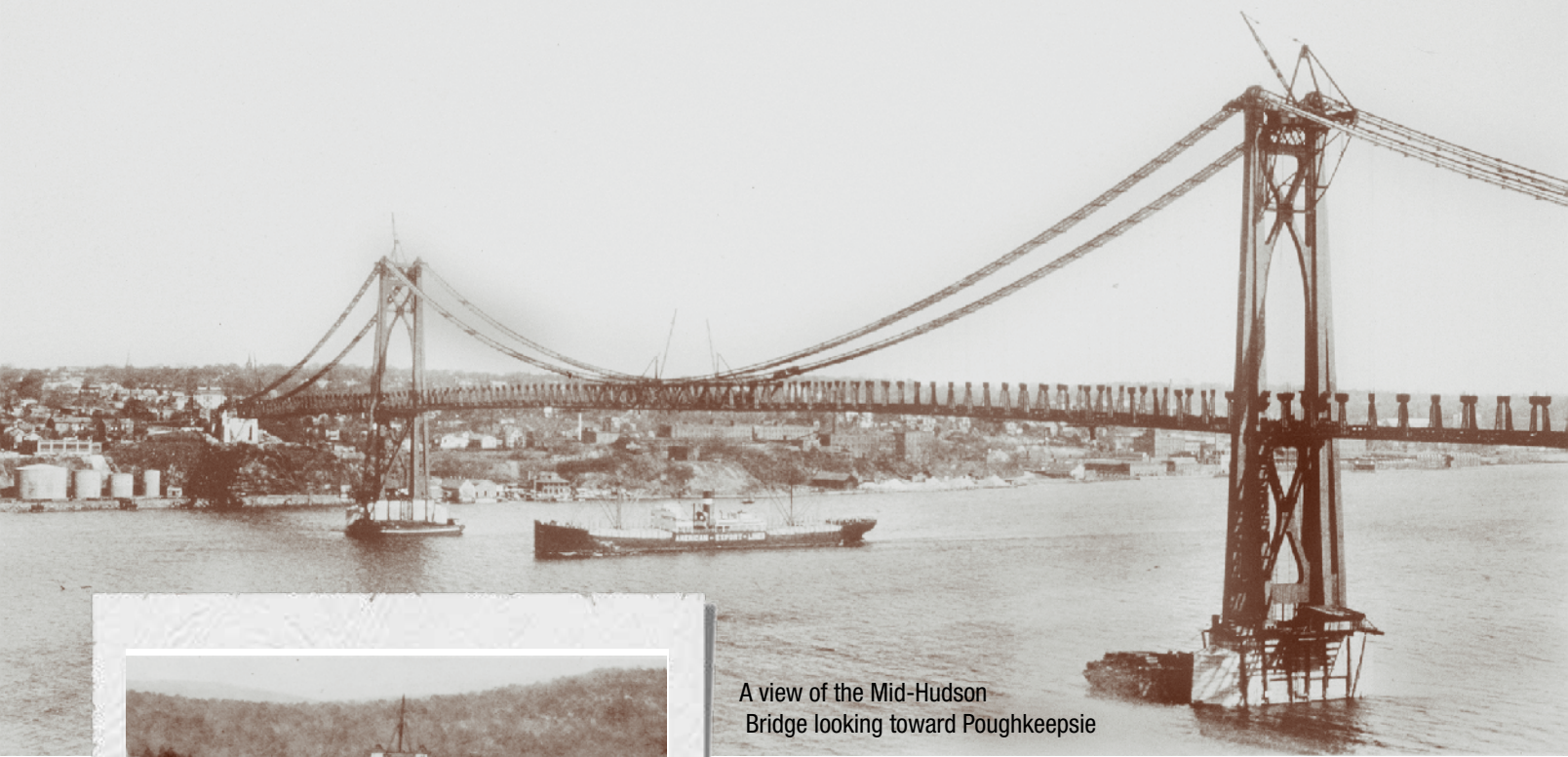
by Arthur Schiff

Control of the **Hudson River** was a strategic objective of the British and Colonial forces during the Revolutionary War.

Bridge building over the river was initially not a high priority for the newly liberated colonies. Ferries were the preferred means of transportation from one bank to the other. With an expanding economy more people and goods needed to get across the river.

The George Clinton Ferry boat ran between Rondout Creek and Rhinecliff.





A view of the Mid-Hudson Bridge looking toward Poughkeepsie



Mid-Hudson Bridge Cable Walk

The first bridge across the Hudson was built in 1804 between Lansingburgh and Waterford, just north of Albany and Troy. The bridge was a hybrid, constructed of timber arches and trusses on stone piers with four clear spans. It was a novel and innovative design.

Over the next two centuries, bridges and tunnels were built at the rate of approximately one every ten years.

While ferries remained important, growing railroads instigated the construction of bridges. Most of the rail traffic took place around Albany.

In the late 19th century, the idea of a railroad bridge going west from Poughkeepsie took hold. The sturm und drang that attends any monumental project was very much in evidence in this one. The key and persistent question was whether the bridge would join the track line on both sides of the river. The builders decided to go ahead.

The Poughkeepsie Railroad Bridge is an important part of transportation history in New York State. It opened on January 1, 1889. Changing fortunes in the railroad industry meant it would never ultimately meet the goals of its founders. A track fire brought use of this bridge to an undistinguished end on May 8, 1974.

The new and popular “Walkway Over the Hudson” footbridge between Poughkeepsie and Highland describes the edifice on which it is built as an “old abandoned railroad bridge.” In fact, it is the cornerstone of the much celebrated repurposing of the span. The Walkway is a great contribution to the community. Generations will experience the Hudson River in an up-close, personal way that cannot be achieved by auto or train crossings.

Continued on page 24



The Walkway over the Hudson replaced the Poughkeepsie Rail Road Bridge. As its name suggests, pedestrians are invited to walk across the river — in either direction. It opened on October 3, 2009. The bridge to the left is the Mid-Hudson Bridge, which opened in 1930.

Trains continue to cross the river north of Poughkeepsie. Indeed the Castleton Cutoff, opened in 1924, is still a big part of current rail transportation.

By the second decade of the 20th century, the future of river crossings was settled. The internal combustion engine would dominate planning and construction of bridges.

Each bridge and tunnel crossing the river is a story of high drama—essentially tales of men against each other and against the elements. They are tales of politics and money, of power and personalities.

Clifford Holland, an engineer, led the planning and construction of the eponymous Tunnel, completed in November 1927. It was named after him when he died before the tunnel was finished.

Almost ten years later, two tunnels engaged in a dispute over the same “Midtown” name. After much wrangling, the Manhattan/Queens Tunnel remained

the Midtown Tunnel. The Manhattan/New Jersey tube became the Lincoln Tunnel.

In 1932, Governor Franklin D. Roosevelt established the New York State Bridge Authority. It is responsible for the bridges north of the Tappan Zee Bridge.

Another agency, the Port Authority of New York & New Jersey, had the rights to all bridges and tunnels built or to be built south of a line drawn between Nyack and Tarrytown. The first proposed site for the Tappan Zee Bridge was between Piermont and Irvington—within the authority of the Port Authority. It did not matter that the proposed crossing never touched New Jersey.

New Yorkers wanted the revenue that the bridge would bring. It took about 30 years to resolve the dispute. New York Governor Thomas E. Dewey stood his ground. Eventually he succeeded, and the Port Authority allowed the Tappan Zee Bridge to

be built north of Piermont and Irvington, between Nyack and Tarrytown. The New York State Thruway Authority owns the bridge. It is now being replaced.

The end point of each crossing brings drama. For example, financial demands by the Thomas Cole estate for land that was to be used for the western approach to the Rip Van Winkle Bridge is said to be one of the reasons the bridge is located precisely where it is.

Of course the eastern terminus of the Kingston-Rhinecliff Bridge is in Rhinebeck. However, the ferry terminal for which the bridge is named was in Rhinecliff.

For the most part, the other spans simply bring the two sides of the river together. It seems to allow some towns on the eastern side, such as Hudson and Rhinebeck, to remain rural enclaves.

Match the bridge to the person for whom it was named.

1924 Castleton Cutoff

1930 Mid-Hudson Bridge

1931 George Washington Bridge

1955 Tappan Zee Bridge

1957 Kingston-Rhinecliff Bridge

1963 Newburgh-Beacon Bridge

George C. Clinton

Hamilton Fish

Malcolm Wilson

Franklin D. Roosevelt

Alfred H. Smith (not the Governor)

George Washington



The river crossings have a grand history. Much of this article is drawn from Donald E. Wolf's *Crossing the Hudson* (Rivergate Books, Rutgers University Press, 2010). Please note that Rutgers is in New Jersey.

Answers: 1924 Castleton Cutoff – Alfred H. Smith; 1930 Mid-Hudson Bridge – Franklin D. Roosevelt; 1931 George Washington Bridge – George Washington; 1955 Tappan Zee Bridge – Malcolm Wilson; 1957 Kingston-Rhinecliff Bridge – George C. Clinton; 1963 Newburgh-Beacon Bridge – Hamilton Fish



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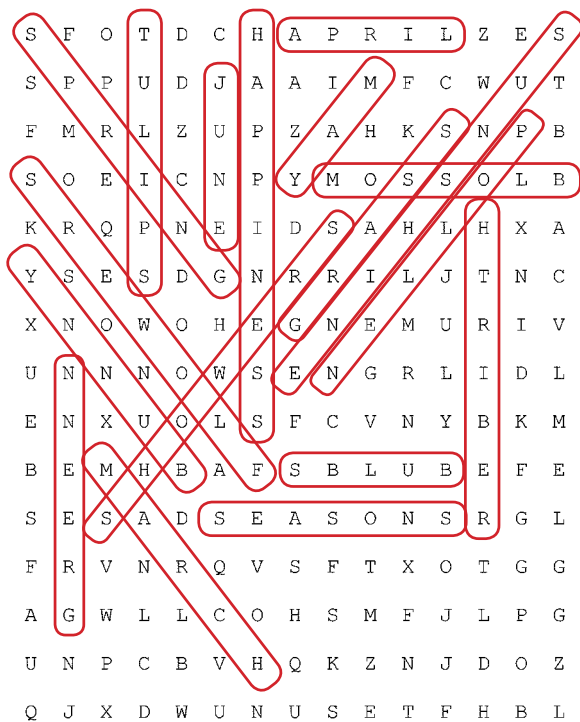
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Word Find Answers

Puzzle on page 28



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INGREDIENTS

(Serves 4):

1-2 lbs. Salmon Fillet
 (1 ½ lbs. for 6 oz. portions,
 2 lbs. for 8 oz. portions)
 2 Large Tomatoes
 1 Small Eggplant
 6 Carrots – Thin & Whole
 1 Large Sweet Onion
 2 Ears of Fresh Corn
 (or frozen & defrosted)
 4 Large Celery Stalks
 ¼ cup Low Sodium Soy Sauce
 ¼ cup water
 2 Tablespoons Onion Powder
 2 Tablespoons Dried Basil Flakes
 1 Tablespoon Garlic Powder
 3 Tablespoons Olive Oil
 1 Teaspoon Black Pepper

Grilled Salmon with Vegetables by Linda Weisbrod

After a long, wet & white winter up North, it's finally time to fire up the outdoor grill. In fact, when this article went to print, we had to shovel a path to the grill in the middle of March. The aromas and freshness of outdoor grilling is a sign that spring has arrived. Healthful cooking is easy with some fresh fish & an array of beautiful vegetables. So, put on your apron, and get outside!

PREPARATION (20 minutes):

Peel carrots, onion, and eggplant. Cut carrots and celery into 2" pieces. Cut corn in half to make 4 pieces. Slice onion into rings and then cut rings in half. Slice tomatoes through the middle, leaving a top & bottom for each. Cut eggplant in half both ways and then into wedges approximately ½" thick.

In a large bowl combine soy sauce, water & olive oil. Add carrots, corn, celery, onions & eggplant & mix thoroughly to cover all vegetables. Let stand 10 minutes stirring frequently to keep all vegetables wet with the liquid marinade.

After sitting for 10 minutes, pour the liquid marinade into a small bowl, leaving the vegetables in the large bowl. Add the garlic powder, onion powder, basil & black pepper to this liquid & stir well until you have a thick and completely blended liquid. This is the spice rub for the salmon and tomatoes.

Open the salmon package, leaving the salmon skin side

down. Place the four tomato halves next to the salmon with the round side down. Use a spoon to coat the tops of the salmon & tomatoes thoroughly with the spice rub. Use almost the entire rub.

COOKING (25-35 minutes):

Preheat the grill on high before cooking – approximately 10 minutes (this will give the salmon and tomatoes time to absorb the spice rub). Place tomato halves marinade up on the grill. Use a section of the grill turned to low or put on an upper shelf. Place the wet vegetables from the large bowl into a grill basket and place on the high heat area of the grill. Shake and rotate the basket frequently.

Once the vegetables have cooked for ten minutes, it is time to start cooking the salmon. Place salmon, skin down and spice rub up on a high heat area of the grill.

Cook salmon this way for 10 minutes. Carefully turn the salmon over, remove the skin, coat with the remainder of the spice rub & continue cooking for 5-10 minutes or until fish is cooked all the way through. Enjoy!

Spring has Sprung!

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April
 Flowers
 June
 Rebirth
 Sunshine

Blossom
 Grass
 March
 Seasons
 Tulips

Bulbs
 Green
 May
 Showers

Bunny
 Happiness
 Pollen
 Spring

Answer key on page 26

Do you Spoil Your Child?



1. Your child is getting picky about what he will or won't eat, and most of what he won't eat is what's good for him (vegetables, fruit, etc.). You...

- A. Tell him he can't have dessert if he won't eat the food that is good for him.
- B. Change the way you cook food in order to make it more appetizing to him.
- C. Don't argue with him. Let him eat what he wants to eat.

2. You notice that your child keeps finding more and more excuses for going to bed later and later every night. You...

- A. Give him money to go to bed at a regular time.
- B. Tell him he can't watch his favorite TV programs if he won't go to bed at the arranged time.
- C. Give him an extra half-hour to stay up and read after he gets in bed at the right time.

3. You hear your child talk to his little sister with mean and hurtful words. You...

- A. Yell at him and then wash his mouth out with soap.
- B. Tell his little sister to ignore him.
- C. Ask him how he would feel if his parents or his sister talked to him like that.

4. Your child's teacher tells you that he isn't doing his homework and his test scores are dropping. You...

- A. Tell him that he can't watch any television until his test scores get better.
- B. Start sitting with him after dinner and on weekends to be sure he is doing his homework and that he is preparing for upcoming tests.
- C. Trust him and accept his explanations.

5. You have come to believe that your child spends too much time on his devices (using a smartphone, watching television, playing computer games). You...

- A. Take the device away from him for a period of time.
- B. Yell at him.
- C. Work with him to create a schedule that limits the use of the device.

SCORE YOURSELF

My Score:

- | | | | |
|--------|------|------|-------|
| 1. A=6 | B=10 | C=2 | _____ |
| 2. A=2 | B=6 | C=10 | _____ |
| 3. A=2 | B=6 | C=10 | _____ |
| 4. A=6 | B=10 | C=2 | _____ |
| 5. A=6 | B=2 | C=10 | _____ |

Total Score: _____

Explanation of the score:

10 to 18

It can't all be punitive—throw in some carrots.

19 to 30

Try a more consistent approach—think before you act.

31 to 50

Stay with the program, you should see good results.

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Leaves that Fall from the Trees Print

This painting was done by Adore, a young girl in Astor's Lawrence F. Hickey Center for Child Development. Adore participated in the "Paint What You Feel" art series which uses abstract expressionist art to help emotionally charged children release their emotions in a productive, confidence-building way. **\$31.50**



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Horoscopes

AQUARIUS – Up & at 'em **Aquarius**!! You have been hibernating for far too long this year and it is time for you to get yourself back out into the world! Thanks to Mars the next few months will be filled with friends, family, and new adventures, so get out there and have some fun!

TAURUS – It is all about you **Taurus**! You are always putting the needs of others ahead of yourself, but this year it is time to forget the others and concentrate on you! Improvements in your work, relationships confidence, and health are guaranteed as you focus on only your needs. Results will attract admirers to the new you.

CANCER – It's a lucky year for you **Cancer**! Last year Jupiter brought you an excess of good luck and as it departs you will be left with the confidence that good luck has brought. This confidence will increase your self-esteem, self-assuredness, and work ethic that will have you in high demand.

VIRGO – Let go and relax **Virgo**! Last year was all about a non-stop schedule of working hard and being there for friends and family. But this year it's your turn. You may struggle with the urge to be busy, but before too long you will be a pro at relaxing.

SCORPIO – Change was the theme for you **Scorpio** last year and that theme will carry into 2014. This year will provide you with a bevy of new experiences and adventures, and all you have to do to enjoy them is to grow, change or adapt after each one. The result at the end of the year will be a better, stronger and more confident you!

CAPRICORN – This year is your year to shine **Capricorn**! The planets are aligning and sending you so much extra luck and energy this year that all you can do is excel. You will see the results in your bank account and your relationships, but what will matter the most to you is the success and accomplishments you will receive at work.

ARIES – Love, love, and more love are headed your way this year **Aries**! Jupiter is sending you love and relationships in all shapes and sizes. Some will be brief and others will last. Remember: no matter how brief, each relationship you have will give you the experience to make you a better friend, family member and partner.

GEMINI – Saving for all those “rainy days” is about to pay off for you **Gemini**. This year it is time for you to stop to enjoy the benefits of all your hard work. It's time for you to go out and have some fun, while not worrying about the cost. But beware, don't go too overboard!

LEO – It's time to ROAR strong and proud **Leo**! This is your year to shine. All things good are headed your way, so take advantage of it before it is too late, because good fortune like this is rare.

LIBRA – Busy doesn't even explain the last year you have had **Libra**! You have been overtaxing yourself with work, and gaining new relationships has been on the very bottom of your to do list. That's about to change. This year will be full of meeting new people who will have a profound impact on you.

SAGITTARIUS – 2013 was a tough year for you **Sagittarius** and resulted in you cutting yourself off from not only the things you love, but the people you love too. It's time to put last year's struggles behind you and start reconnecting to the thing most important to you. Don't worry: your friends and family will be there to support you should you need it.

PISCES – It's time for a new you **Pisces**! The old you is great, but you are ready for a re-do, a fresh start, and it all starts with a new you. With this new and improved you comes new opportunities and new love, so say good-bye to the old and hello to the new.



Meandering Stream
by Betsy Jacaruso

The Room In Which My First Child Slept

By Eavan Boland

After a while I thought of it this way:
It was a town underneath a mountain
crowned by snow and every year a river
rushed through, enveloping the dusk
in a noise everyone knew signaled spring—
a small town, known for a kind of calico,
made there, strong and unglazed,
a makeshift of cotton in which the actual
unseparated husks still remained and
could be found if you looked behind
the coarse daisies and the red-billed bird
with swept-back wings always trying to
arrive safely on the inch or so of cotton it

might have occupied if anyone had offered it.
And if you ask me now what happened to it—
the town that is—the answer is of course
there was no town, it never actually
existed, and the calico, the glazed cotton
on which a bird never landed is not gone,
because it never was, never once, but then
how to explain that sometimes I can hear
the river in those first days of April, making
its way through the dusk, having learned
to speak the way I once spoke, saying
as if I didn't love you,
as if I wouldn't have died for you.

Poem by Eavan Boland – Collected Poems, WW Norton
Painting by Betsy Jacaruso – Studio and Gallery, Rhinebeck, NY
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