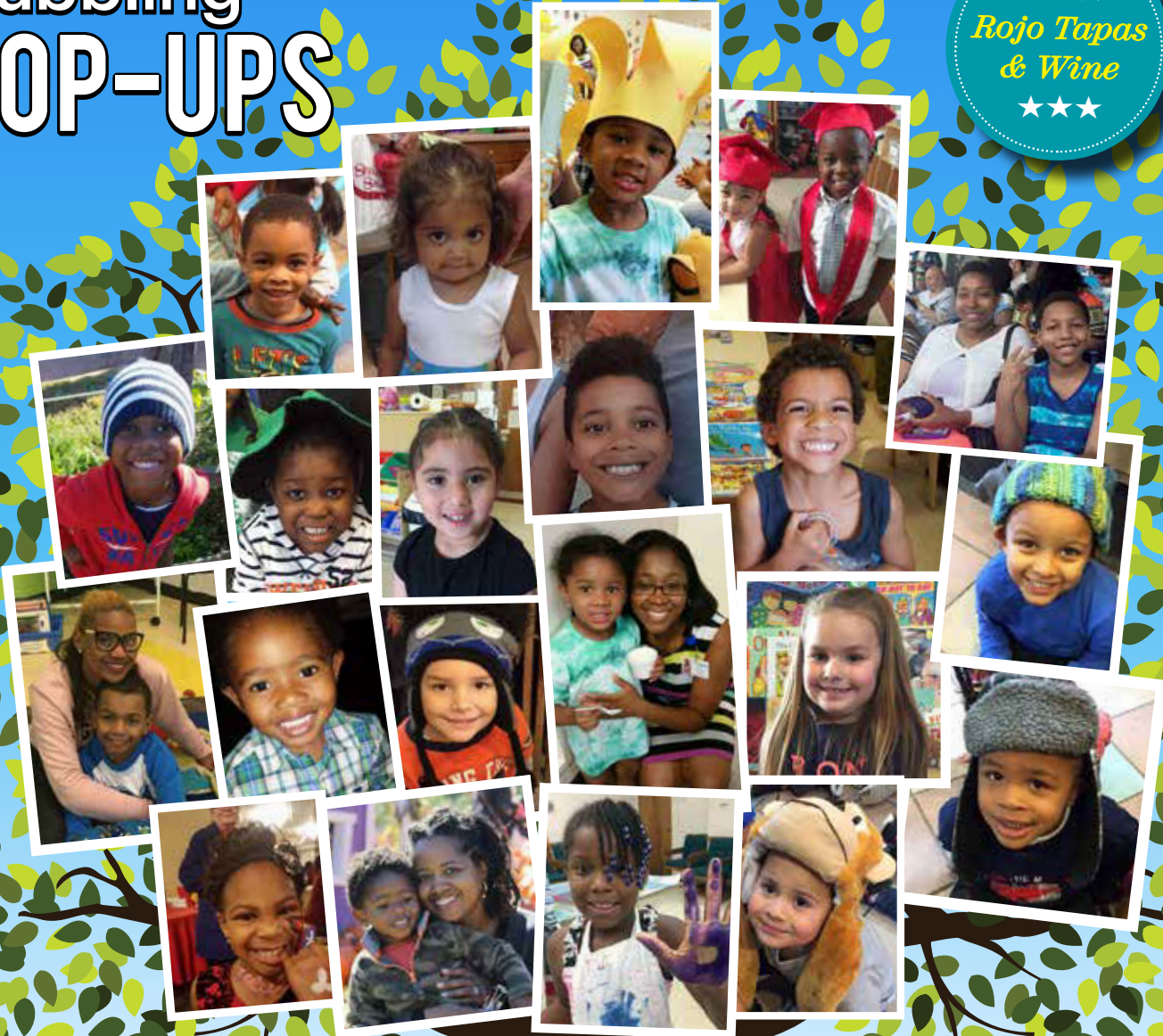


Astor Family

Vol 6 Issue 1
Spring 2017

Bubbling
POP-UPS

★★★
*Rojo Tapas
& Wine*
★★★



A BRONX TALE
RUBÉN DIAZ, JR.

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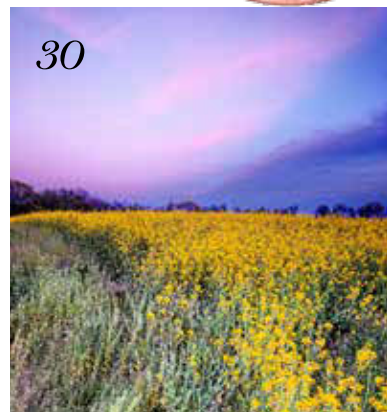
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Contributors



Jamila Codrington, PhD

Dr. Jamila Codrington is a New York state licensed psychologist specializing in children, adolescents, and families. She has worked at Astor Services for Children and Families for nearly 13 years and is a clinical supervisor at the Tilden Outpatient Clinic in the Bronx.

Dr. Codrington is also an Adjunct Professor at New York Theological Seminary and Past President and current Board Member of the New York Association of Black Psychologists.



Luke Kelly

Luke Kelly received his Bachelor's in English at Ithaca College in 2012.

After college, he split his time between working as a commercial fisherman in Alaska and traveling the world. He has been to 18 countries in the last four years and has been published in outdoor magazines such as the *Alaska Sporting Journal* and the *California Sportsman*. Luke started working at Astor in January 2015, and is currently the Help Desk Technician.

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



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Dear Astor Family...

I read with interest your Autumn 2016 issue of *Astor Family* and especially appreciated the article about Astor Head Start. We share a common commitment to providing quality learning opportunities for children and their families.


Head Start Story Time takes place on the second Wednesday of each month at 1:15 p.m. at the Red Hook Public Library and all are welcome.

Thank you for the services you provide to our community and for this positive and informative publication. I look forward to reading more!

*Dawn Jardine, Director
Red Hook Public Library*



We would like to receive your feedback & suggestions. Please e-mail letters to Sonia Barnes-Moorhead, Publisher, Astor Family Magazine. E-mail: smoorhead@astorservices.org



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Welcome to this Issue of Astor Family

I love the Bronx! Often dismissed as the lost borough of New York City, the Bronx has enjoyed a resurgence in recent years. No longer the borough that is burning, the Bronx is an undiscovered treasure with beautiful parks, a rising real-estate market, a blossoming arts and culinary scene, and a renewed commitment by community members to bettering life for all residents.

When I moved to the Bronx in 2010, I immediately became a booster of the borough. I wanted to tell everybody about its considerable charms. I also wished to get involved in my community for its improvement and sought an organization through which I could help make a difference in residents' lives.

When introduced to Astor Services for Children & Families, I found an exemplary organization that makes life better for the borough's children facing many challenges. For, despite the many positive things recently occurring in the Bronx, many residents are still excluded from the good life the borough has the potential to offer.

Upon joining the Bronx Committee of the Board of Astor, I was asked to become editor of Astor Family magazine. The founding editor, Arthur Schiff, had announced his intention to step down after five years of service. Very honored to receive this invitation, I immediately said yes. I can only hope that I continue Arthur's huge legacy of producing this quality publication, which spreads the news far and wide about Astor's mission and accomplishments.

In this issue we spotlight the Bronx, where Astor has a large footprint. We feature interviews with Bronx Borough President Ruben Díaz, Jr., who discusses the upward trends in the Bronx, and Barbara Stern, a valued volunteer at the Lawrence F. Hickey Center. We do not neglect our upstate colleagues, however. "Families for Astor is Making a Difference" discusses a new outreach committee dedicated to supporting Astor families and upgrading Astor's Residential Treatment Center in Rhinebeck.

May is Mental Health Awareness Month. Jamila Codrington, PhD shares insights into the special problems young people confront when afflicted by mental illness. She identifies the warning signs that a child may be at risk and the interventions necessary to treat the condition early in life. Astor Services for Children & Families is, of course, at the forefront of these efforts, not just in May but every month. Won't you join us in our mission?

Tim W. Brown
Editor of Astor Family

Tim W. Brown is a writer at Bloomberg LP

Astor Family

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Printed in the USA

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.

Until We Meet Again

by **Kimberley McGrath**

As most people who have met Arthur Schiff know, he never passes up a chance to give people a hard time.

During a recent lunch with the five-year-editor of *Astor Family Magazine*, and in keeping with this aspect of his character, he proceeded to probe a waitress about an array of things...sugar free beverages, tasting samples, the heartiness level of the food choices, vegan-versus-meat options on the menu, and a series of ice-related requests.

While Arthur's waitress may not have understood how this incessant questioning could be a positive thing, this element of Arthur's character is the key to what has made *Astor Family Magazine* what it is today. His vision – detailed investigations and all – is a blueprint for a magazine that is and will continue to be a uniquely high-quality product that provides Astor-specific information intermingled with interesting feature articles. Now, as Arthur steps down from his role as editor, a look back at how *Astor Family Magazine* came to be under his leadership seems appropriate.

It all started a few years ago, when Arthur sat around a table with his lovely wife, Ginny, along with Sonia Barnes-Moorhead, Executive Vice President of The Children's Foundation of Astor, and others, as they admired a newly created testimonial piece being used to thank Astor donors. Arthur looked at the sleek-looking piece and suggested that the publication of a magazine would better serve Astor's purposes, and he was just the guy to do it. What resulted was the birth of *Astor Family Magazine* in 2012. From the outset, Arthur's focus for *Astor Family Magazine* was on creating a high-quality and readable magazine and less on hard-selling Astor.



Arthur Schiff

“My goal at Astor was to insinuate it into the community,” he said. “If we raised awareness of Astor, and it was associated with a quality publication, people would have an idea of the quality of the organization.”

This also was the model Arthur had used for another magazine that he produced earlier in his life called *City Family*. The concept of *City Family* was to provide useful life-coping information for impoverished city residents, but it also included lighter features, such as decorating your subsidized housing unit. Arthur saw an opportunity to take this model and use it with *Astor Family Magazine* by combining a focus on one Astor program in each issue with broader-interest stories about the Hudson Valley and the Bronx where Astor's services are based.

As Arthur moves on from his editorial role, he leaves an indelible imprint. Humor and intelligence, with a careful eye to the concerns, changes and humanity of Astor families, will always remain a trademark of the magazine that Arthur built. He will be missed at magazine meetings, but we anticipate his critiques for many years to come.



by **Jamila Codrington, Ph.D.**

MENTAL HEALTH AWARENESS MONTH



May is Mental Health Awareness Month! Ever since 1949, the month of May has been observed as a time to raise awareness and educate the public about mental health issues in the United States.

How many Americans are affected by a mental health condition in their lifetime? What are the realities of individuals living with these conditions? How can we reduce the stigma associated with mental illness? How can you find out if you're suffering from a mental health issue and where can you go for support? These are important questions.





MENTAL HEALTH AWARENESS MONTH

Through media campaigns, local events and screenings, organizations interested in addressing such issues have raised awareness and provided assistance for millions of people during Mental Health Awareness Month. This year, the theme for Mental Health Awareness Month is “Risky Business” and the intent is to educate the public of the risks that certain behaviors present —especially to young people— so that we can detect early warning signs and provide resources for prevention and early intervention.

Young people are our most precious resource. Although they comprise of only a portion of the U.S. population (24 percent based on the 2010 Census), they are 100 percent of our future.

However, for the estimated one-in-five young people with a diagnosable mental health condition, their futures are often compromised. They have a greater likelihood of experiencing a host of negative life outcomes like lower educational achievement, teenage parenting, drug and alcohol misuse, juvenile justice involvement, reduced participation in the workforce and a lower quality of life. With this in mind, the goal of identifying risk factors associated with mental health problems and providing both prevention and early intervention measures are essential campaigns for Astor to champion...*because every child deserves a future.*

Unfortunately, this goal comes with some challenges. Several of the habits and behaviors associated with the risk of mental health conditions – such as risky sex, prescription drug misuse, internet/gaming addiction and excessive marijuana use – are the very ones that often plague adolescents. These young people are at a stage of life characterized by risk-taking, a hunger for freedom and independence, fluctuating moods, experimentation, a search for identity, and susceptibility to peer pressure. What makes matters worse is that these typical dynamics of adolescence occur at a time when the part of the brain responsible for planning, judgment and decision-making (the frontal lobe), is not fully mature. Therefore, it’s important to understand when risky behaviors in teens may be a sign of poor mental health or merely a byproduct of an underdeveloped brain and the typical “storm and stress” that often characterize adolescence.

Here, education is key. Not all adolescents go through the storm and stress of this developmental stage. As guardians and helping professionals, we must be careful not to assume that nothing’s wrong when risky behaviors emerge. Passing it off as “just a phase” or a young person “just being a kid” can leave teens who are crying out for help behaviorally, without the support. Likewise, it’s damaging for adolescents to be pathologized because their risky behaviors are simply not understood or accepted by parents or societal institutions. We must understand that biological changes and environmental influences naturally drive many dynamics in adolescent behavior, while simultaneously paying careful attention to warning signs of deeper mental health problems.



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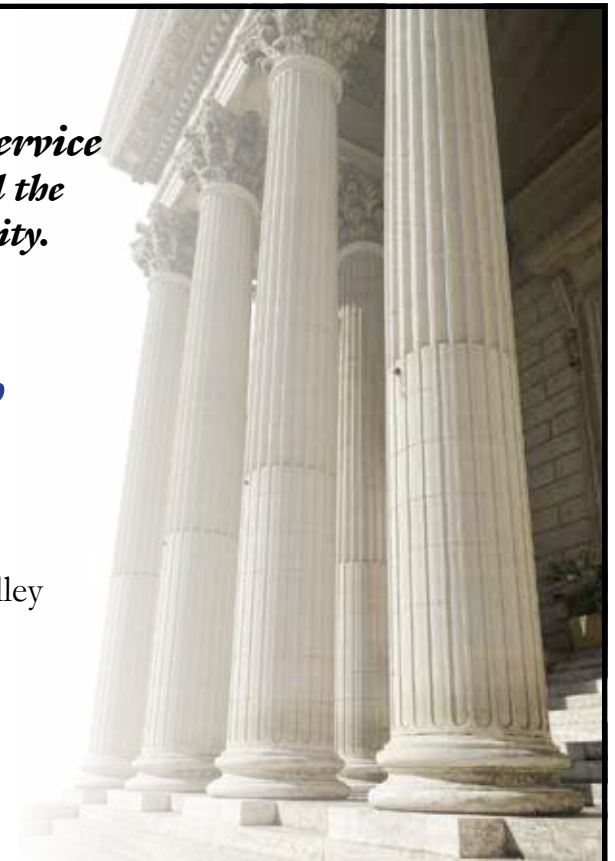
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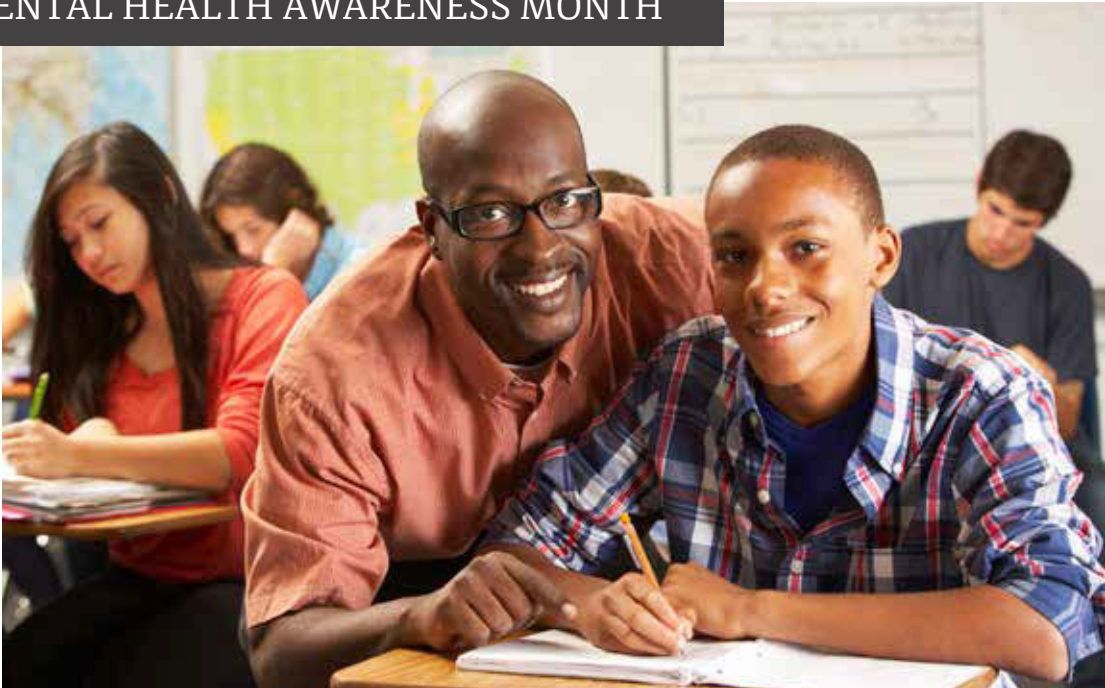
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MENTAL HEALTH AWARENESS MONTH



Some of the most common red flags, especially when present across different settings, are a pattern of severe mood swings that cause problems in relationships; extreme difficulty in concentrating, staying still or controlling impulses that can lead to school failure; repeated drug or alcohol use, changes in sleeping or eating habits; intense worry or fear that interferes with daily life activities; thoughts of suicide or self-harming behaviors; and out of control or destructive behaviors that cause harm to self or others.

If noticed, it's helpful to adopt a stance of compassion, care and curiosity when approaching young people about emotional or behavioral concerns, versus judgment, discipline, frustration or blame.

**Remember:
connection before correction.**

Also, we must embrace both traditional and nontraditional methods of addressing mental health challenges. Many young people are highly resilient and have a plethora of individual, family, cultural and spiritual strengths that can be used by caregivers and other supportive adults in the community as a resource in the natural coping, healing and change process. This is important to remember since the majority of youth experiencing mental health symptoms go undiagnosed and without proper treatment.

Particularly, youth of color experience racial/ethnic disparities in mental health treatment and have greater percentages of unmet mental health needs. This is due in part to the stigma attached to mental health illness in communities of color, especially among African Americans; cultural mistrust of predominately Caucasian institutions; reliance on religious/spiritual resources such as church and prayer to end stress and emotional pain; poverty and limited access to quality mental health care; culturally insensitive providers and systems of care; and a history of racism and oppression that at times has normalized suffering and contributed to a lack of self-worth.



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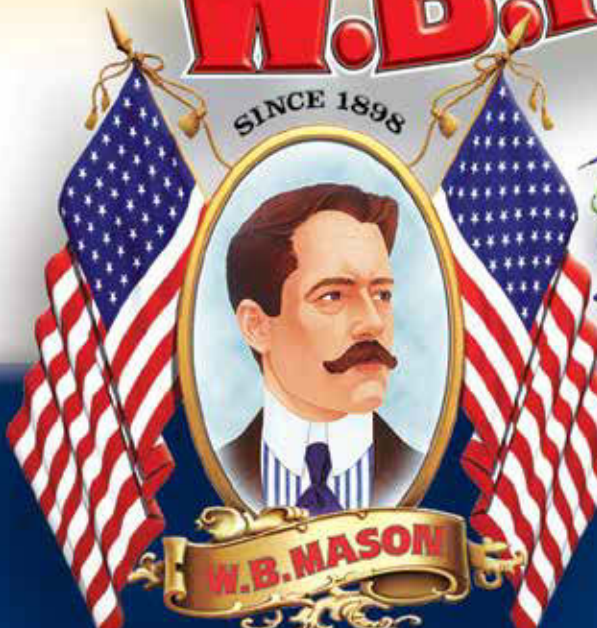
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MENTAL HEALTH AWARENESS MONTH

Fortunately, there are many community-based supports outside of mental health settings that can fill the void and promote positive youth development through innovative responses to risky behaviors.

These supports are more likely to be successful if they are in alignment with the natural help-seeking behaviors and cultural norms/values of youth, developmentally appropriate, easily accessible, in familiar settings, and trauma-informed. We must also engage in holistic strategies such as strengthening families and rebuilding disadvantaged neighborhoods; providing recreational outlets, employment opportunities and opportunities for social action; promoting faith formation; and helping develop self-esteem, positive self-identities and a sense of life purpose. These types of interventions offer tangible benefits that are less

stigmatizing and not as easily achieved by traditional modes of mental health treatment.

While some youth get better with time, community-based supports and holistic interventions, others may need professional mental health services. The good news is, mental health treatment can be very effective, especially when started early.

If you are unsure of where to go for help, start by talking with a family doctor, insurance company/Health Maintenance Organization, clergy/religious leader, community center, hospital psychiatry department, outpatient mental health clinic, school staff and/or social service agency.

There are also various mental health hotlines that can help, such as LifeNet (1-800-LIFENET), which provides free and confidential mental health and substance abuse information, referral, and crisis services for New York. Together, with the right information and understanding, we can help our youth succeed.



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by **Samantha Lowe**

*Troy Haley and
Kate Kortbus.*



*"And my soul
from out that shadow
that lies floating on the floor
Shall be lifted—nevermore!"*

boomed the voice of actor Paul Rudd.

The audience was hooked.

Displaying his dry, dramatic wit, Rudd finished his reading of Edgar Allan Poe's "The Raven" to a standing ovation. Then the spectators sat riveted as fellow actors Jeffrey Dean Morgan and Hilarie Burton bantered, while thespians Mary Stuart Masterson and Griffin Dunne read their favorite childhood ghost stories. Just before the curtains closed, Morgan exclaimed, "We will see you again next year."

The event, a star-studded and wonderfully successful fundraising performance called Ghostories, marked the coming-out party of its organizers, Families for Astor.

Formed in the late spring of 2016 as a communications and fundraising committee for The Children's Foundation of Astor, Families for Astor jumped into action. The team of eight, comprised of Kate Kortbus, Lawrie Bird-Firestone, Donna Faraldi, Carol Gorcynski, Troy Haley, Samantha Binetti, Tara Shafer and Michelle Platt, organized Ghostories in less than six weeks with the help of

local actors and Rhinebeck residents Burton and Morgan.

The project's 90-minute show featured a compilation of personal narrative and dramatic readings of classic ghostly tales. It was held at the world-renowned Richard B. Fisher Center for Performing Arts at Bard College in Annandale-on-Hudson.

"Throughout my childhood, my father was the executive director of a Boys & Girls Club of America in the South Bronx," said Kate Kortbus, a principal of Families for Astor. "I was lucky enough to spend a lot of time at the club interacting with the kids and staff and seeing the immense importance of providing inner city kids with programs and community support.

I was also exposed to the philanthropic side of helping to raise funds and awareness of not-for-profits. The basic concepts of giving back and helping others was woven into the fabric of our family life. I wanted the same for my children. When I learned about Astor, I knew this was the very place where we could instill those same values."

Not long after the Ghostories event, Families for Astor members, with the assistance of their children, worked on Astor's Adopt-A-Family Program in early December. The program matched generous community members with the neediest clients and their families to provide gifts for each during the holiday season.

The contribution from Families for Astor members was significant, as they donated, wrapped and transported gifts with their enthusiastic children jumping in to help.

As Families continues to gain momentum, the group now is involved in its most hands-on project so far, thanks to the proceeds of its Ghostories event, which have been earmarked to support a makeover project of Astor Services for Children & Families' Residential Treatment Center (RTC) in Rhinebeck.

The 24-hour intensive residential program for children ages 4-to-13, who have severe emotional and behavioral issues, is a last-chance option for many children who otherwise would have to be hospitalized. While the residence is a haven, it needs significant updating and Families for Astor has taken on this project with thoughtful urgency.

Again partnering with Burton and Morgan, Families will undertake updating the facility's lighting, bedding, painting and carpeting. Incrementally, they intend to renovate the entire unit of eight rooms.



Families for Astor children volunteer their time to spread the word about Astor Services for Children and Families.

But they won't stop there. The group is planning to create more community awareness events and get involved in extracurricular activities at Astor's residential programs, including a fly-fishing trip this summer.

"I am just feeling at this

stage of my life like this world can feel so overwhelming," said Kortbus. "But, if we focus on our community and the good that can come from service to others, maybe we will feel a little less overwhelmed."

Kortbus quickly found that she was not the only member of her community that felt that way. Many of her friends also believed it was time for their children to learn the meaning of philanthropy. Now, as Families for Astor moves head-first to help children who need it most, and simultaneously teach their own children the importance of doing for others, the group maintains its intent as more than just about donating money. It also is about ensuring that every child at Astor has the childhood that he or she deserves.

Mahatma Gandhi wrote, "Any good that I can do or any kindness that I can show to any human being, let me do it now. Let me not defer or neglect it, for I shall not pass this way again."

This seems to be the mantra of the Families for Astor.



A BRONX TALE

A profile of Bronx Borough President

Rubén Díaz, Jr.

Bronx Borough President Rubén Díaz, Jr., knows there's more to be done in the Bronx, but that doesn't mean the strides it's made in the past 40 years aren't worth celebrating.

by **Sonia Barnes-Moorhead and Nathalie Tejada**

“Back in the day, we were not as cohesive as we are today,” said Díaz, Jr. “Everyone was doing great work but we were missing something. Today is different. We have a very diverse team working collectively, like a family; a family that fights together stays together. We can fight negative energy with the positive energy of unity.”

Thanks to the collaborative efforts of those in the government, like Assembly Speaker, Carle Heastie, plus members of the business community and nonprofit sector, headway has been made in employment, housing, and economic development. In fact, some political leaders have worked together to identify critical issues that have an impact on the community and are speaking in “one voice” to garner support for those issues. Such unity, said Díaz Jr., provides strength, as people advocate for what is needed.

In his recent State of the Borough report, Díaz Jr. quantified some of the progress made in

the borough, like the creation of more than 23,000 new housing units and millions in new business funding through the Overall Economic Development Corporation to help companies expand their operations. According to Díaz Jr., one direct outcome of the economic investment in the Bronx is that new eateries are opening throughout the borough, with the area becoming New York City’s top destination for world-class beer and spirits, while remaining as a global leader in wholesale food production.

Díaz Jr. is also quick to point out that while the borough has made tremendous progress over the past four decades, some areas still need more improvement, such as education, healthcare (including mental health), and deep-rooted negative perceptions.

“We have brilliant students who need the resources in order to excel,” he said. “We are implementing time and energy to find solutions in these areas.”

Díaz, Jr. said some of the negative perceptions of the Bronx, is fueled by things like tourists’ visits to see the Bronx burning and revived memories of growing up and watching movies that portray the Bronx in a negative way, like Fort Apache, The Bronx and A Bronx Tale. Other factors such as the crime, poor education and lack of opportunities





2016 Astor Young Professionals Board Gala Keynote speaker Bronx Borough President Díaz, flanked by Astor Board Member James Raimos, & Astor CEO James McGuirk. Díaz will again be the Keynote speaker at the 2017 Astor Young Professionals Board Gala on May 4, 2017.

in the 70s, 80s and 90s perpetuate an unfortunate perception of the Bronx.

"It is clear that 'this' Bronx is not the reality today," said Díaz, Jr. "I am proud to say the Bronx is no longer burning and our future is looking brighter."

Born and raised in the Bronx, Díaz Jr., visualized himself at an early age transforming the borough's image. His political career started in 1997, when he became the youngest assembly member elected to the legislative body since Theodore Roosevelt. By 2009, after playing an impactful role in the changes taking place in the Bronx, he was elected Bronx Borough President, a position he has been serving ever since.

Díaz Jr.'s foray into public service is deeply rooted in his family's history. As the son of immigrant Puerto Rican parents, he launched his career in politics by helping his dad, Senator Rubén Díaz, with his campaign for office.

"We have brilliant students who need the resources in order to excel."

Bronx Borough President
Rubén Díaz, Jr.

His mother worked as a day care teacher for more than 20 years, and his sister held the rank of sergeant with the New York City Police Department. Today, Díaz Jr. lives in the Bronx with his wife, with whom he has two college-graduated sons. Clearly, the Díaz family has a history of holding service

to their community with high regard.

Díaz, Jr. is guided by a love for his borough and a clear vision for it built through collaboration. When it comes to employment, housing, economic development, and reducing crime, right now, he said, the Bronx does not have anything to envy another borough.

"I am convinced that everything we are doing in the Bronx has a big impact, not just here, but in New York City as a whole," he said. "If the Bronx is in a good place, we are all in a good place. We need to continue moving forward with one united voice."



Bubbling POP-UPS

by Kimberley
McGrath

THEY APPEAR OUT OF NOWHERE
AND DISAPPEAR JUST AS QUICKLY

Pop Up Cutline here



Whether it's for original designer clothing, antiques, art galleries, theatre readings or one-night-only dinners in unusual locations, a pop-up is probably happening right where you live.



While the pop-up business was once a rarity, it not only looks like the business model is here to stay, but it also is changing the world of commerce as we know it.

The pop-up concept is simple enough. A shop is set up in a vacant or temporary space, then opened and closed, often within months. It's an attractive scenario for both landlords and entrepreneurs, with far less risk than a traditional arrangement. For instance, for landlords with long-term vacancies, pop-ups can liven their spaces with a short-term occupancy that helps attract a more permanent tenant. For the pop-up visionary, the business model provides an opportunity to try an idea or test a product in real time, before a real audience, without the hassle of a long-term commitment.

One industry that has taken full advantage of the pop-up model is the culinary world, which has pursued this type of business in a big way. Consider the explosion of food trucks – the original pop-up. Tacos, meatballs, loaded French fries, dumplings, cupcakes, barbecue – the options of food

served from a mobile vehicle are endless. The food truck has always been a testing ground for aspiring restaurateurs, and has grown by leaps and bounds as the hunger for new and imaginative food choices has grown.

There also is the genesis of one-night-only dinners served in unusual locations like cargo containers, garages and barns. As well, in existing brick-and-mortar locations, guest chefs have taken over restaurants for a brief time to experiment with new food concepts. What better way to test the waters for the next big foodie thing than to experiment in a low-pressure setting, allowing for tweaking without the pressure of bad reviews or unrealistic expectations?

While food artisans and small businesses are the most visible example of pop-ups, large-scale businesses like Target, Gap and JC Penney also have experimented with new lines in temporary spaces. Testing audiences, branding and generating new excitement are some of the goals of large retailers that utilize the pop-up.



Industries in the arts also are taking advantage of the pop-up business model. Galleries, live theatre and performance art were popping up in available spaces long before the trend took hold. The temporary nature of art installations and performances lends itself well to short-term, exciting happenings, making artists one of the early adopters of pop-up venues. Visual artists, musicians and theatre and performance artists, are familiar with showcasing their talents in untraditional spaces, including warehouses, barns, alleyways and public squares. You name it, and a pop-up art event is likely to have taken place there.

Today, pop-up businesses have become so commonplace that full-blown services have opened to help entrepreneurs build their dreams. Vacant, PopUpHood, PopUpMob and GoPopUp are some of the businesses that have that have grown out of the demand for finding available spaces, marketing tools, business plans, budgets and everything else that goes into the development of a pop-up shop.

As the pop-up business model matures, it's become necessary for entrepreneurs to stand apart from others by doing more, going bigger and being louder and more outrageous. New trends lose their sheen quickly, especially in large metropolitan areas and other locales, where many people have a short attention span. In many smaller towns, however, the pop-up is still a novelty. Regardless of the size of a community there is one thing clear: the pop-up is here to stay.

Pop-Up Listings in the Hudson Valley

Basilica
Hudson

A Little
Beacon Blog

Dutchess
Handmade

Hudson River
Exchange

Kingston
Smorgasboard

Pangea
Restaurant



Portrait of an Astor Volunteer

Barbara Stern

In 2014 Barbara Stern began volunteering with Astor Services for Children & Families in the Bronx, where she teaches gardening to children served by the Lawrence F. Hickey Center. We asked her a few questions about her experience as a volunteer and what it means to her.

How did you become connected to Astor?

I needed to find employment that included health benefits while raising two daughters, and applied to work at Astor. I was a teacher at the Lawrence F Hickey Center in the Bronx from 2001- 2014.

Where had you taught previously to Astor?

I had previously been a pre-school teacher in East Harlem. I have always worked at the pre-school level.

How did you become a volunteer at Astor?

I had been visiting the Hickey Center periodically after I left my full-time position there to attend Thanksgiving celebrations and other events, when Celesta Parisi, a senior teacher that works at the Hickey Center, suggested that I work as a volunteer with the kids on a regular basis.

What sort of volunteering do you do at the Hickey Center?

I have been teaching the children gardening, including allowing them to plant seeds like sunflowers, in trenches in the ground. We also planted some Amaryllis bulbs in flower boxes out in front of the building, as well. I work with



them one-to-three times a week, based on scheduling with the teachers.

How do the children respond to gardening?

Some of them don't like to get their hands dirty but are happy to drop seeds in the ground. But the important thing is to treat the children just as you would any other child. You treat them just like regular kids, and in turn they think of themselves that way and respond positively. I have always treated the children at Astor in this way.

How would you describe your experience at Astor?

Astor is a great place to learn about work with children. It's a fantastic starting ground for teachers just entering the profession. I believe that this work is natural for me as I am a nurturer, and I have enjoyed helping these children realize their potential, whether in the classroom or in the garden.

**Thank you, Barbara,
for sharing your time
and story with us.**



May is Mental Health Awareness Month!



Did you know?

...suicide is the third leading cause of death among **children ages 10-14?**

...19% of Hispanic **students in grades 9-12** report having considered attempting suicide?

...there are more children with **mental health disorders** than with cancer, diabetes and HIV, combined?

...50% of all psychiatric illnesses occur before the **age of 14?**

In commemoration of **Mental Health Awareness Month**, Astor wants to draw attention to reducing the stigma around mental health, especially for children.

For too long, the stigma surrounding mental health has prevented many needing treatment from receiving it.

Astor also recognizes the importance of early intervention and diagnoses in reducing the severity of mental illness.

Children's Mental Health Awareness Day is May 4

ABOUT ASTOR: Since 1953, Astor Services for Children & Families (formerly The Astor Home for Children) has been providing behavioral and educational services in a caring environment where children and their families find strength, healing, hope and trust. Now serving more than 8,000 children and families annually in over 40 locations, Astor's current range of services in the Hudson Valley (Dutchess, Orange, and Ulster counties) and the Bronx include: Residential Programs (for children ages 5 - 14 who have severe behavioral and mental health challenges); Early Childhood Programs (in Dutchess County, Astor operates The Early Head Start and Head Start programs, which are federal early childhood programs for low-income families); and Community-Based Behavioral Health and Prevention Services (outpatient mental health services).



For more information contact us at (845) 871-1171 or www.astorservices.org.



Rojo

tapas and wine

As our lives become increasingly fast-paced and wrapped up in technology and social media, it's become more important for people to have a place to go where they can unplug, unwind and simply enjoy a casual conversation over a great meal with friends.

by **Luke Kelly**

This was the concept behind Rojo Tapas and Wine, which opened in December in Tivoli. The restaurant was the idea of Marisi Pujol and Ricardo Fernandez, a couple who moved from Puerto Rico to the Hudson Valley four years ago.

Opening a restaurant had always been a dream of theirs, and when space became available in the quiet village of Tivoli, they decided to make that dream become a reality - much to the delight of local residents.

"They love the food, they love the wine," said Pujol. "Right now we have 28-to-30 labels of wine. We take a lot of pride in our wine list. It's affordable. We also have beer and cider."

The idea of a casual tapas and wine setting came to the couple when they realized that, while there were plenty of restaurants and sports bars in the area, none of them had the inviting and unhurried vibe of a tapas bar.

"There wasn't really a nice place that you could go, chat, relax and just meet people without feeling rushed," said Pujol. "We wanted to create that kind of relaxing place."

The laid-back, classical atmosphere of Rojo welcomes flowing conversations and intimate chats between friends throughout its three sitting areas: at the recently refurbished large antique bar, in the lounge and at traditional table seating.

"We wanted the place to be really comfortable - that's where the idea of having the lounge area came to us," said Pujol. "It's very unique, it's very warm. The tabletops we did ourselves, so it has a really creative and artistic aspect."

The welcoming interior of Rojo, coupled with its wine selection and delicious food, makes it a favorite spot for different types of restaurant-goers, including college students, professionals and teachers - even the mayor of Tivoli.





Chef Ricardo Fernandez



“When the mayor brings his mother to Rojo, that says something nice,” said Pujol.

With rotating weekly specials, the food at Rojo has been as much of a hit as the wine has been.

“The food is actually a combination of traditional Spanish tapas and Caribbean flavors because we are from Puerto Rico,” said Pujol, with the small-plate dishes serving as both appetizers and full meals. “My husband Ricardo is a great cook – his father is from Spain, and he’s spent a lot of time there and he’s very familiar with Spanish cuisine, hence the combination.”

The couple’s passion for food and friendship makes Rojo not only a great place to eat and dine, but also a community staple.

“One of my favorite parts of the business is making new friends and having people come over and feel comfortable here,” said Pujol. “This is such a rich community in terms of the personal histories and the work that people do here. It’s a lovely, lovely community and we enjoy meeting the people that make it great.”





Rojo Tapas & Wine shares a recipe

Gambas al Ajillo

Traditional garlic shrimp

YIELDS 4 SERVINGS

**4 tablespoons of Spanish
extra-virgin olive oil**

5 garlic cloves, finely minced

16 large shrimp, peeled (about 1 pound)

1 guindilla red, dried chili pepper

1 teaspoon brandy

1 teaspoon fresh lime juice

1 teaspoon chopped fresh parsley

Salt to taste

Heat olive oil in a medium saute pan over medium-high heat. Saute the garlic cloves until beginning to brown (about 2 minutes).

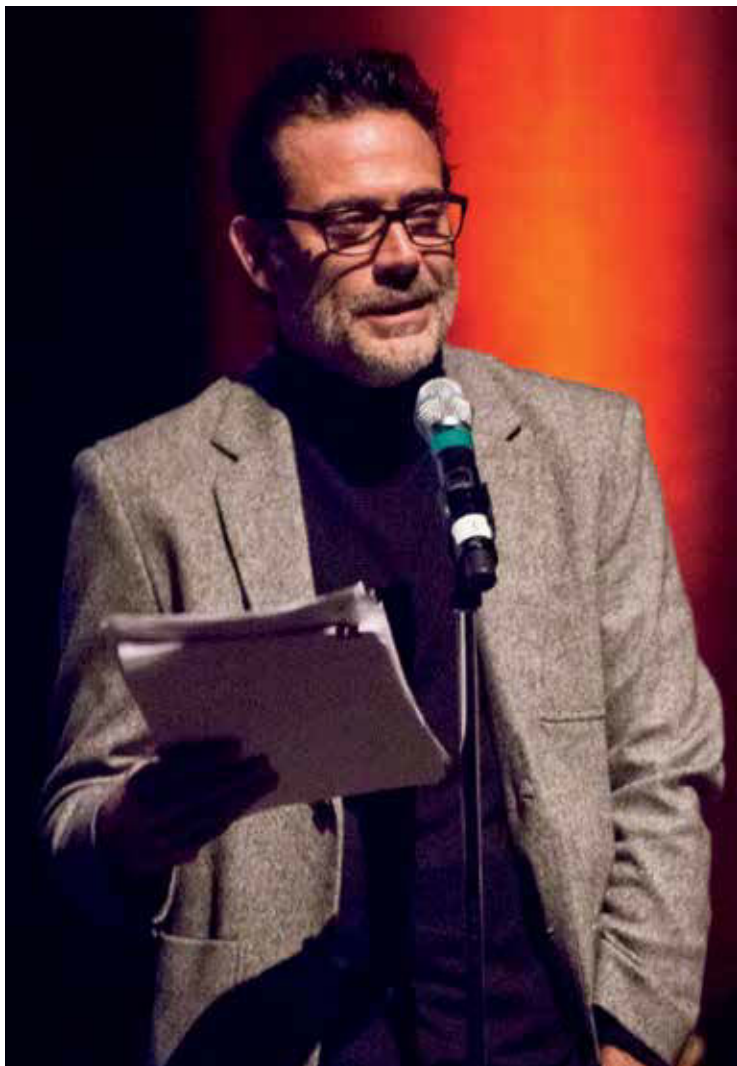
Add the shrimp and chili pepper and cook for about 2 minutes.

Turn the shrimp over and saute for another 2 minutes, until the shrimp are pink.

Add the brandy and lime juice and cook for another minute.

Season to taste with salt, sprinkle with parsley and serve.





Astor Snaps

Ghostories Benefit

At left: Jeffrey Dean Morgan

Below: Hilarie Burton with Astor students Shana & Jayden

Bottom: Hilarie Burton, Mary Stuart Masterson, Jeffrey Dean Morgan, and Griffin Dunne.

Photos courtesy of Eve Trojanov of Blubird images



7th Annual Cabaret



Patti Anne McDonald and Magee Hickey



LeAnn Black and Danielle Errico

Pictured at right: Robert Peluso, Jeffrey Brown, Holly Foster-Wells, Heather Linhart-Coulthard, Charlie Pignone and Savannah Brown



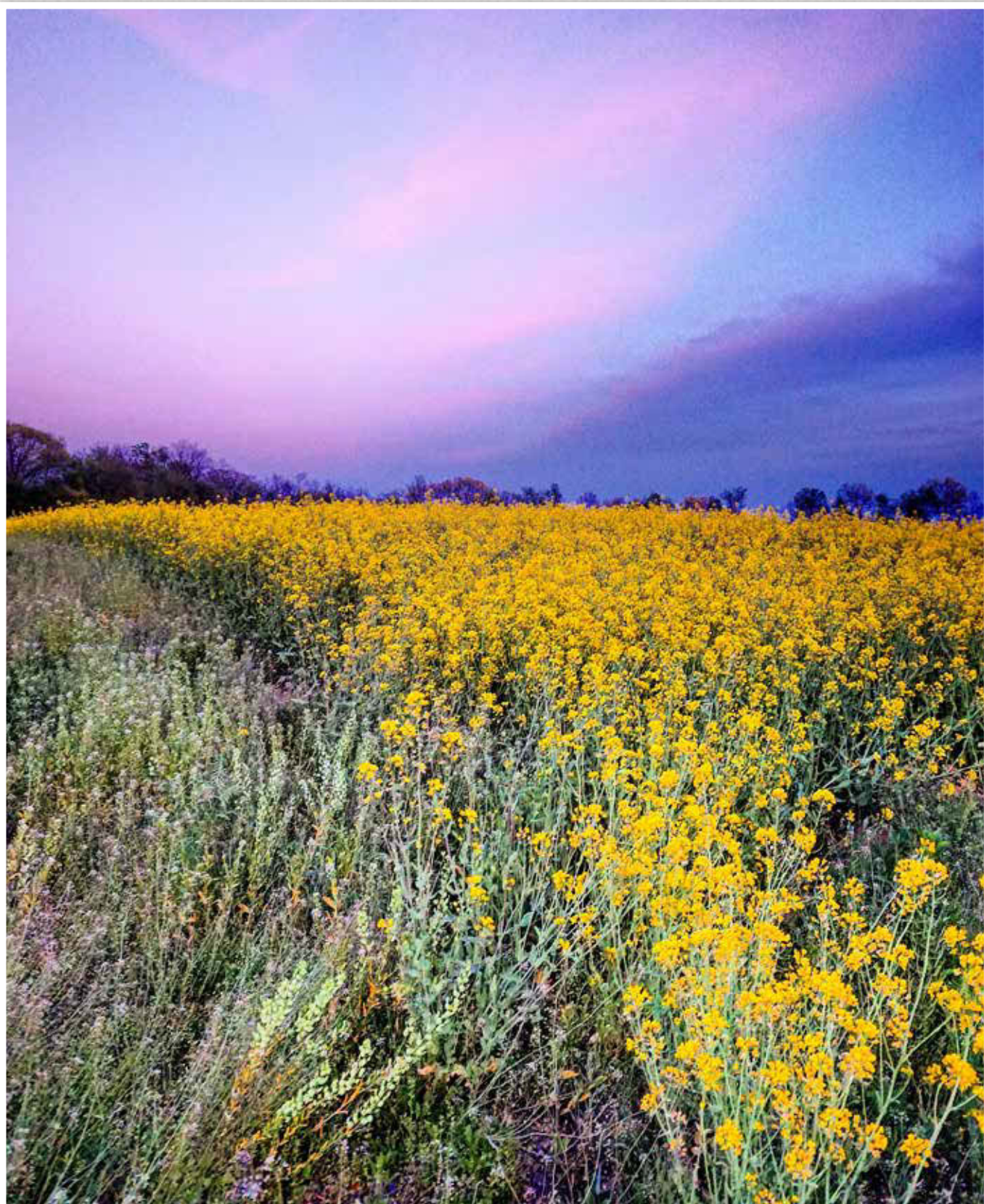
Stacy Sullivan



Young Professionals Board Reception and Art Show

Pictured far left: Stacy Bercu, Amanda Hahn and Stephanie Damesghi

Pictured at left: Nicole Giambarrese and Matthew Lubrano



Golden Waves at Sunset

by Luke Kelly

*Our community
involvement
is local...*

*Serving communities
throughout New York
and Connecticut...*

Protecting clients
around the world.



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Support Astor at the following upcoming events

The poster for the 2nd Annual Astor Gala. It features a black background with a close-up image of a piano keyboard at the bottom. The text is in white and gold. At the top left is the Astor logo. The main title "Gala" is in a large, elegant, gold script font. To the right of "Gala" is the text "TO BENEFIT THE CHILDREN OF ASTOR SERVICES". Below this is the date "Thursday, May 4" and the location "The New York City Supreme Court, 60 Centre Street, New York, NY". At the bottom, it says "Reception: 6pm | Program: 7pm" and "Special Performance by Live Jazz Band". The ticket information is at the bottom right: "BLACK TIE - TICKET: \$175. To purchase tickets contact Samantha Lowe at (845) 871-1171; slowe@astorservices.org or visit www.astorservices.org".

 The Children's Foundation of
ASTOR **Mental Health:**
Breaking the Stigma

2ND
ANNUAL

Gala

TO BENEFIT THE
CHILDREN OF ASTOR SERVICES

Thursday, May 4
The New York City Supreme Court
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Reception: 6pm | Program: 7pm
Special Performance by Live Jazz Band

BLACK TIE - TICKET: \$175
To purchase tickets contact Samantha Lowe at
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or visit www.astorservices.org

The poster for the 19th Annual Stenberg Cup Golf Tournament and the 2nd Annual Astor Tennis Tournament. It features a black background with a golf ball on a tee at the top left and a tennis ball on a court at the bottom right. The text is in white and gold. The date "Monday, June 12" is at the top right, followed by the location "POWELTON CLUB, NEWBURGH, NY". The two tournament titles are in the center: "19th Annual Stenberg Cup Golf Tournament" and "2nd Annual Astor Tennis Tournament". Below these is the text "Join us for a full day of golf, tennis, fantastic prizes and giveaways to benefit the children of Astor!". At the bottom right, it says "For information, contact Tara Thorne (845) 871-1024 or tthorne@astorservices.org".

 **Monday, June 12**
POWELTON CLUB
NEWBURGH, NY

19th Annual
Stenberg Cup
Golf Tournament

2nd Annual
Astor
Tennis Tournament

*Join us for a full day of golf, tennis,
fantastic prizes and giveaways
to benefit the children
of Astor!*

For information, contact
Tara Thorne (845) 871-1024 or
tthorne@astorservices.org

Visit www.astorservices.org
for more information on any of our upcoming events.
To reserve tickets, call (845) 871-1171.