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Welcome

Astor's Early Childhood Centers just opened their doors to begin a new school year. Our Head Start and Early Head Start (EHS) programs serve families in Dutchess County - 90% of them poor by federal poverty standards. Astor has been bringing federal Head Start dollars to families in the greatest need of services for more than a quarter century.

Our Early Childhood Program quietly works to help miracles happen. Infants and toddlers come through the "doors" of our Early Head Start program and can stay with us until they are three-years-old.

Our teachers, helpers and parents have one goal: give these children a head start. It is easy to see the commitment in their eyes. The children are beautiful, spunky, curious and alert.

As we welcome the children into our nurturing setting each day, we work to instill routines while allowing for resting, exploration and discovery. Most important of all is the trusting relationships our staff builds with as many as seven children in their care. The impact of the work we do with these kids is remarkable.

The EHS children transition to Head Start and then to kindergarten. Knowing the children are better prepared to learn, participate and enjoy school brings tears to our eyes. We are helping the children become the youngsters we all wish for.

Parents are a vital part of the program because parenting is always a challenge. It becomes even more difficult when there are few other adult supports, unemployment, poverty and sometimes, unfortunately, various kinds of addiction to contend with. We know that some mothers and their children are going home every afternoon to shelters.

Therefore, we work closely with parents to instill confidence, teach routines and hygiene and emphasize reading and play time. The shared focus of our partnership is the success of their children.

I manage this program for Astor. If it sounds like I love my job, it is because I do. I am able to work with beautiful children and their families alongside a dedicated group of caring colleagues whose passion and commitment are evident in their work.

Astor is that kind of agency. The children we serve are the most precious cargo imaginable. We do it right and prepare children for a lifetime.

Mary K. Sontheimer

Mary Sontheimer
Assistant Executive Director
Education and Early Childhood Development Programs
Astor Services for Children & Families



Astor Family

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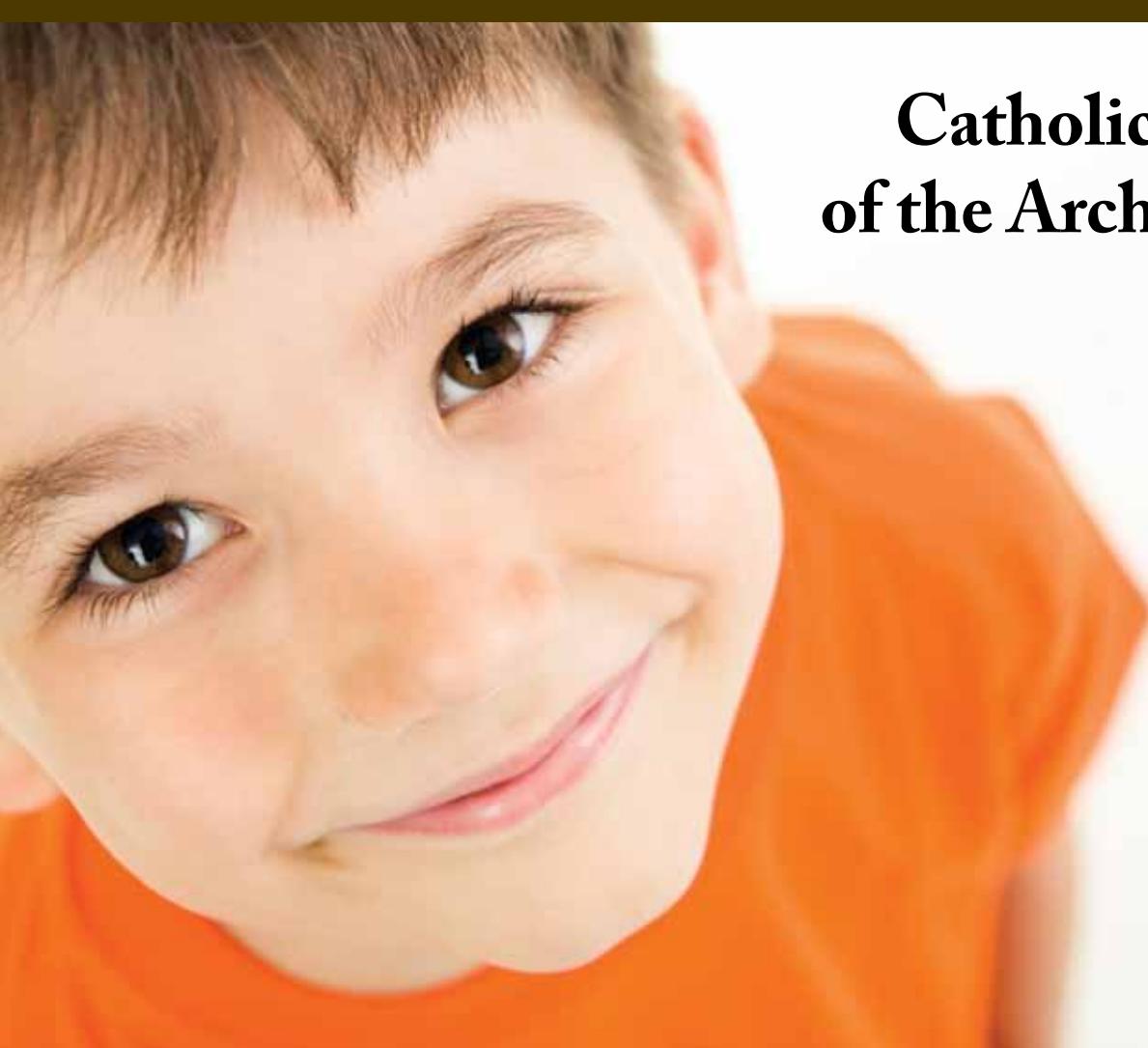


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Printed in the USA

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.

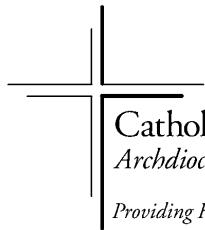


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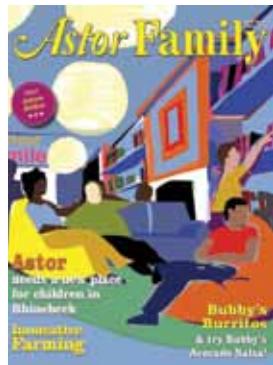
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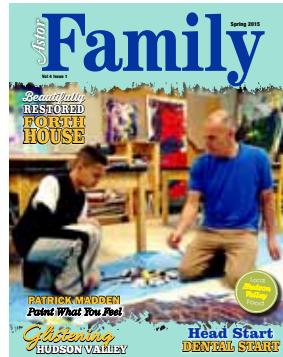
Dear Astor Family...



My name is Jen, and I am the Director of Family of Woodstock's MidWay Program, as well as a few non-residential programs for adolescents in Ulster County. I received my first issue of Astor Family today, and I wanted to share how impressive it is! I especially liked the piece on the Junior Board- what a great

accomplishment!! Thank you for including me on the mailing list. I will pass it around our agency.

*Jennifer Pineda, Program Director
MidWay and Adolescent Services
Family of Woodstock, Inc.*



The cover story about Patrick Madden, "Paint What You Feel," attracted me to the magazine because I am interested in the arts and their importance to education, therapy and rehabilitation for children and adults. Looking through the magazine I felt it was well-designed and a great introduction to Astor. I thought I would like to get involved with an organization like this ...and I am now a volunteer!

*Diana Chesmel
Rhinebeck, NY*

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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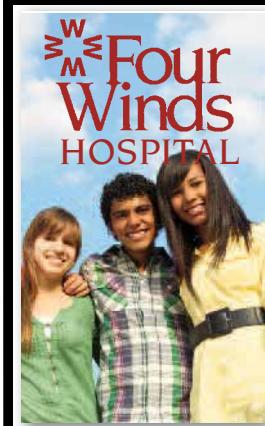
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Astor's Early Childhood Program

Hard to prove it works: Easy to know it does.

by **Virginia Hayes Sibbison, Ph.D.**

To properly prove the impact of getting into the heads and hearts of children, you would have to follow them through their school careers. More easily said than done.

**To know the programs work,
you only have to watch the kids,
talk to their parents and read
the reports of kindergarten
teachers.**

Astor's Early Head Start Program (EHS) is unquestionably an intervention that gives kids the tools they will need as they head into life.

There is a great deal of sound science in the field of education. The impact of early childhood education efforts has been studied, evaluated and reported by authorities such as Nobel Prize winner Dr. James J. Heckman, Professor of Economics, The University of Chicago.

His research and that of others found that early childhood education from birth through age five is an essential and effective investment. It is an investment, not just in the immediate emotional, intellectual, educational and emotional growth of children, but also into their long-term future successes.



What are the formal goals of Astor's program?

- Fostering the value of routines, self-help skills and school-readiness habits
- Nurturing child self-regulation in listening, hygiene, attentiveness, self-control, sociability, motivation, impulse control and cognitive skills
- Introducing school as an important component of a child's life
- Stressing the importance of parent and family engagement
- Empowering parents to be advocates for their children through parent coaching, home visitation programs and referral services

The Astor EHS Program provides services to children aged birth to 36 months, including those with special needs. During the ages of 18 to 36 months, the youngsters are considered "seniors" whose activities are geared for their transition to the Astor Head Start Program for 3-5 year olds.

According to Mary Sontheimer, assistant executive director, education and early childhood development programs,

"Astor is deeply committed to ensuring that each child is given the best experiences to build a solid foundation for his or her future."

Virtually all of the parents in the program are poor. They include the documented and undocumented, as well as those who come from Child Protective Services, shelters and public housing. Many families have significant health issues and suffer from crime, poverty, and high dropout rates. Pregnant mothers are included.

Parents are provided with "positive experiences" in the classrooms and during home visits. They join policy groups and advisory committees and participate in free breakfast and lunch programs. Aided by a nutritionist, parents help in food selection and preparation for themselves and their children.

The Early Head Start classroom staff and the Parent Infant Educators (PIEs) guide parents to resources such as parenting classes and referrals to community services. They make home visits. Sontheimer stresses that there is much more involved than just the joy of interacting with kids and parents that give the staff energy and commitment.

The federal government funds the programs and money is always tight. There is an ever-present need to be creative in order to make the programs stay alive and fresh. It is hard work. The list of regulating and supervising agencies is long. Astor's own commitment to high quality services is at the forefront.

For Mary Sontheimer and the dedicated Astor staff, nothing beats the experience of working with these precious kids and their parents.

In the big world, with education important to many parents, it is easy for people to forget how much they can contribute to the lives of these challenged families.

Readers, rightfully dedicated to their own families, should think and act. If this is what I want for my children, it should be what I want for all children.

Those interested in learning more about the Astor Early Head Start Program, including opportunities for contributions and volunteer participation, should contact Kim Fragetta, Head Start Director (845) 452-4167.



Under The Burnside

Station (2009) "I painted in the el station and then went down to Jerome Avenue. It was the day of the Puerto Rican Day Parade in Manhattan. The gentleman in the picture came back from the parade and set himself up to sell things. He agreed to be in the painting."



BEAUTIFULLY RENDERED:

THE PEOPLE OF THE BRONX

DANIEL HAUBEN

by Arthur Schiff

The Bronx is a work of art. But few artists have attempted, let alone succeeded, in capturing its array of people. It is a deep understanding of this extraordinary borough that inspires Daniel Hauben, an artist and art teacher, whose paintings range from social realism to surrealism.





Bronx Vortex (2013) "Alexander's was a big department store my mother dragged me to. It is no longer there. I kept returning to

As different from its northern neighbor, Westchester County, as any contiguous land areas can be, the Bronx embodies Emma Lazarus' stirring sonnet, "Give me your tired, your poor, your huddled masses yearning to breathe free..."

which is etched in stone on the base of the Statue of Liberty. There is no escaping the working-class character of the borough's inhabitants and, for Hauben, the landscape and its people are inseparable.

A sixty-year-old Bronx native, Hauben is so at home portraying the vibrancy and color of life on the streets of the Bronx that the viewer can't help but be captivated and drawn in to his urban images. He is a street artist as comfortable painting outside in the shadows of the elevated train tracks as he is in his studio.

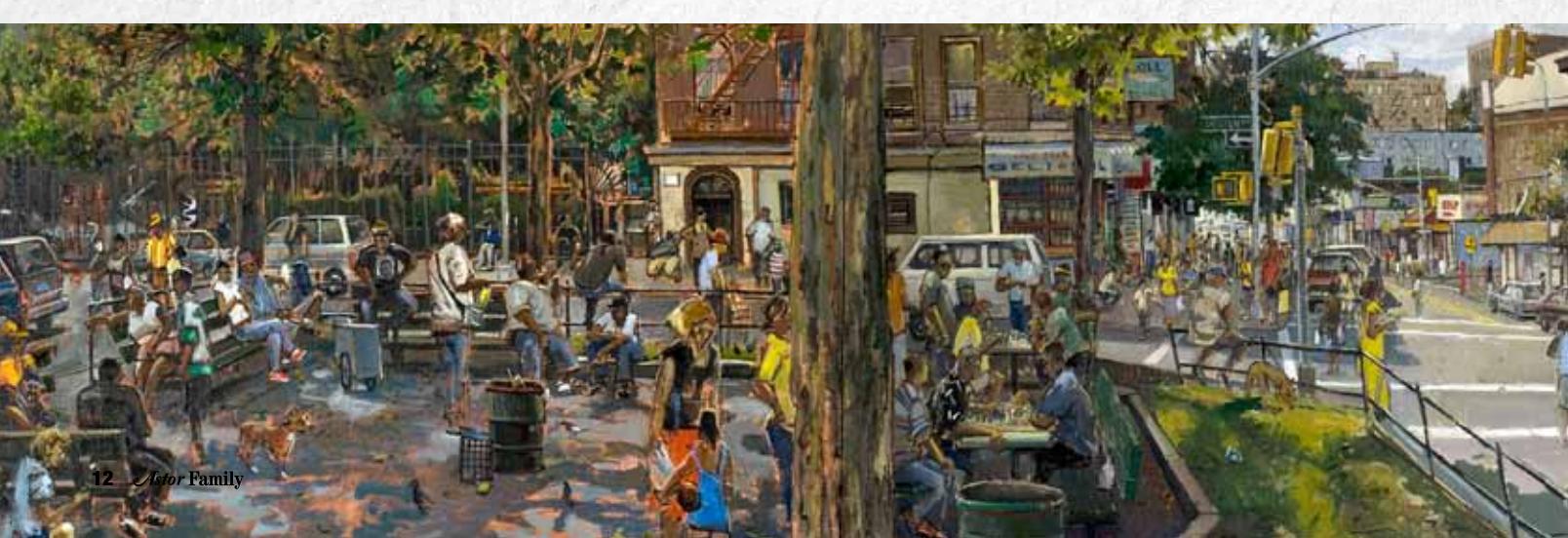
His paintings are elegies to his homeland. One of his references is the 'Ash Can' school of painting, early 20th century social realism that depicted cities (notably New York) as the gritty harsh realities they were, but with the people as the saving grace. Their eyes are set, their determination evident. They face the future with resolution and optimism.

That is the way Daniel Hauben sees the Bronx and its people.

When he talks about the Bronx, Hauben is Walt Whitman without the lyricism. His youth was spent among people from every background, every culture, long before it was fashionable to call it "diversity." His biography gives grounding to his art; the streets and the people are his terrain. When a person is lucky enough to draw inspiration from the quotidian, they will never run out of subjects.

Hauben's star keeps rising. In 2010 he was commissioned to create 22 Bronx-inspired murals

Burnside Park (2009) "I was painting a mural for the new library at Bronx Community College. I was drawn to a local park. I enjoy painting people in parks because they are not moving very fast. The combination of the people, the buildings and the street was just right."





the area and took out-of-town visitors. The amount of activity always amazed me. I tried to capture the impact it makes."

that are permanently installed in the new library at Bronx Community College. (BCC is located on the site of the former NYU campus with its Sanford White-designed colonnade of the Hall of Fame for Great Americans, which overlooks the sparkling blue Harlem River.)

In 2014, Hauben and his wife, Judy Lane, created and coordinated the "Bronx Artist Documentary Project" (BxADP). For this unique endeavor, 30 gifted photographers photographed 80 visual artists at work in their studios throughout the Bronx. An exhibition of the photographs traveled to five venues in the Bronx, and the duo also oversaw the publication of a limited-edition coffee table book of the photographs. More importantly, the BxADP showcased the vital but under-acknowledged visual arts community currently at work in the Bronx.

The Bronx engages the imagination as no other borough does. Yankee Stadium, the New York

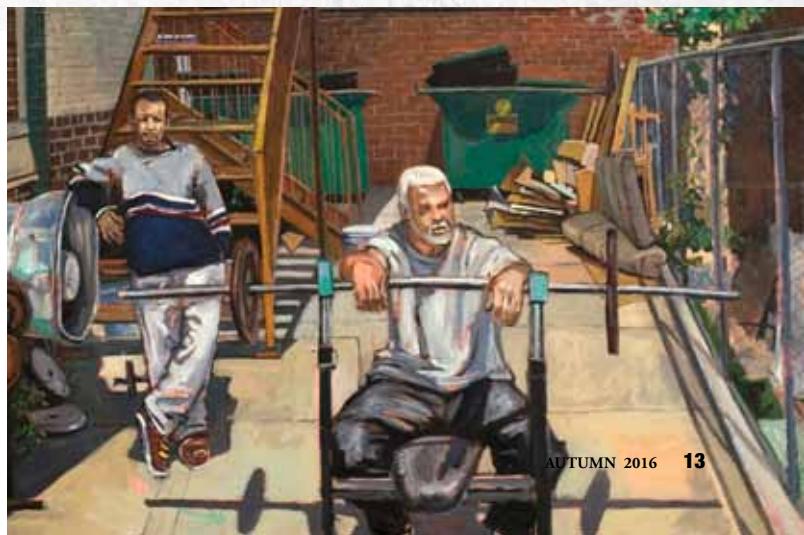
Botanical Gardens, and the Bronx Zoo are international landmarks. But the borough is also a victim of its reputation. For decades, the South Bronx has been a place name for urban deterioration.

The borough is currently on the cusp of all the urban dilemmas. Gentrification is starting. The fabulous Art Deco architecture along the Grand Concourse is inviting to newcomers. The people that give the energy and soul to Daniel Hauben's paintings are facing the limitations of income, education, housing, and health that afflict so many.

Whatever the future holds, Daniel Hauben's Bronx paintings will always transport us to a world where a vibrant people go about their lives with the spirit and determination that only a gifted artist can capture.

Yankee Stadium V (2009) *"I was situated in Joyce Kilmer Park. The neighborhood bustles. Fans came by on their way to and from the stadium. I enjoyed the noise when the Yankees did something good. The area was full of life."*

Ray At The Barbells (2001) *"The locale is a rehab program run by VIP Community Services in the Bronx. I got to know Ray and gave him some materials to paint with. I came back and we talked about what would be good scene to paint. It was Ray."*



BRONX BRAG

Photo by Deborah Coleman / Pixar

by Nathalie Tejada &
Sonia Barnes-Moorhead



PETER SOHN'S STORY...

Have you heard of Peter Sohn?

**You might not know his name, but we're sure
you know his animation work.**

"My most beautiful memories are of growing up in the Bronx," said Peter Sohn, animator of such classic children's films as *Ratatouille*, *The Incredibles*, *Monsters University*, *The Good Dinosaur* and *Inside Out*. Born and raised in the Bronx to immigrant Korean parents, Sohn's childhood was filled with memories of his parents' busy grocery store located at the bottom of the #2 IRT train 241st Street stop. in the Bronx. The Bronx is home to many immigrants.



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THE GOOD DINOSAUR



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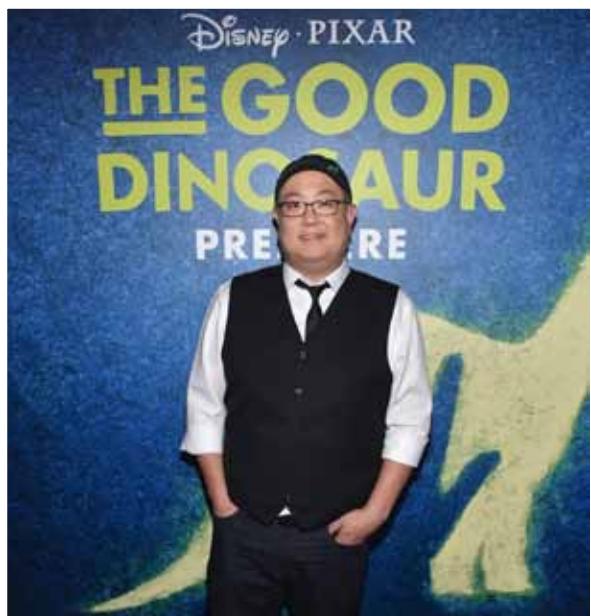
"Speaking no English was a challenge that my parents overcame by learning body language and using their beautiful smiles," said Sohn. "They were speaking from the heart. I learned that from them and I have carried it with me."

Sohn's parents were committed to providing a better future for their children, which was not always apparent to a child who wanted a "normal" American childhood.

"I had a lot of struggles with my identity," explained Sohn. "At one point in my life, I felt that I was between two worlds. I was American, but I was also Korean. I was choosing to be American because I just wanted to eat pizza and belong with everyone else. But I do remember my parents always reminding me that I was also Korean." Over time, Sohn learned to more fully appreciate his Korean heritage, while his parents became more open to the culture of their adopted home.

As he was growing up, there was an expectation that Sohn would take over the reins of the family business. He felt a tug in another direction, however. A love of drawing took hold,

which he attributes to his mother's artistic talent. This matched with an early love of film. Reflecting upon his childhood, Sohn recalls, "If there was money left over she (my mother) would take my brother and me to the movies. I remember the time we went to see *Dumbo the Elephant*.



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There is a moment in the movie when the mother is being separated from her son and they have a chance to be together before her departure. There were no words or translation needed." This was a pivotal moment for Sohn, who realized that animation can "speak" to so many.

"This field is hard, but as a teen, I was not thinking of that. I just wanted to draw. I used to go every Wednesday to the Bronx Zoo where I sat in front of animals and drew them until I got it right." All of this hard work helped him get in to college.

Some of the most successful film projects that Sohn created contain elements of himself within them. *The Good Dinosaur* draws upon his experience as a Korean American child. "I had a lot of fears and lacked confidence, but I remember my mother telling me, 'no matter what happens, you always have to get up and keep going.'

Sohn appreciates his identity as a Korean-American. "Today, I am proud of my rich heritage and I want to teach my kids to be proud of who they are. And I am also "Bronx Brag." I am proud of my roots because they made me stronger, and all of that was thanks to growing up with dedicated and committed parents who saw a future in the Bronx for their family."

Peter Sohn lives in Los Angeles with his wife and two children.





by **Kerry Sykes**

RHINEBECK TO BE INVADED!

by lots of people with pointy sticks –
don't worry, they're a really happy, friendly bunch



There is one word that can be found on the bucket list of just about every fiber artist – Rhinebeck. Knitters, crocheters, spinners and weavers flock to the New York Sheep and Wool festival held every year on the third full weekend of October at the Dutchess County Fairgrounds in Rhinebeck. It is the Comic-Con of fiber world, complete with handmade costumes – I mean, outfits.

People travel from all over the world to celebrate all things fiber-related – from the sheep, goats and alpacas to the finished shawls, socks and sweaters.

The yarn business is booming with the increased popularity of knitting and crochet and the explosion of how-to videos on You Tube.

"The website Ravelry is a sort of Facebook for fiber arts," said Julia Wardell, a Clinton Corners yarn dyer. The free online community offers a place for crafters to keep track of their projects, but it also has a huge variety of online groups that foster friendships. "It's a wonderful, supportive community in which you create wonderful relationships on a personal level and a business level."

While Wardell mainly sells her yarn through her website pandiasjewels.com, Kristen Wagner sells a combination of commercially dyed yarns and her own hand dyed line, Mother Frogging Yarns, at her yarn store Walkway Wools in Poughkeepsie, which opened in September 2015.



Wagner's shop offers classes as well as knit and crochet nights for people to get together, discuss projects and help each other. But it isn't just about the projects. It is a chance for people to decompress.

"It calms people," says Wagner. "We click immediately talking about yarn and knitting patterns."

Research shows that knitting can help people who are under large amounts of stress. One study concluded that knitting can help reduce compassion fatigue (burnout) among oncology nurses. It is also an outlet for patients and their families.

Mickey O'Neill, a local fiber artist and felter who works out of the Hudson Valley Sheep & Wool Company in Red Hook, is encouraged by an increase in young people trying to make a go of farming. The sheep there are shorn twice a year, the fiber is sorted and washed, picked and carded and is either made into yarn or put on a felting board.

O'Neill explained, "people like to know where things come from. They like to follow the full circle from washing it to making it into yarn and selling it here or at farmers' markets."

At the farm they raise sheep and sell their own yarn, as well as commercially dyed and purchased yarn. They also offer classes on dyeing, felting, spinning on both spindle and wheels, knitting, crochet, rug hooking and preparing fiber.

Sara Healy of Buckwheat Bridge Angoras, a Hudson Valley wind and solar-powered fiber farm and Festival Committee Chairman, is encouraged by the fact that 700 fleeces were sold at the festival's fleece sale last year. It is a great avenue for local farms to sell raw fleeces.

You don't have to be a fiber artist to enjoy the festival. It is a great chance for the whole family to enjoy some tasty fair food, visit some animals, and see great handmade clothing. There is a hands-on activity booth for kids that is run by Fiber Flame which offers a chance for them to learn about all sorts of fiber-based activities like felting, sewing, and other fiber-based activities. For a nominal fee there will be about eight projects to choose from.

While enjoying the yarn fumes and fun fashion of the crowds, keep in mind that the true cause of this fiber party is to help the area fiber animal growers raise money for education programs and scholarships. It is a terrific opportunity to look beyond the speckled and variegated yarns and learn about the animals and farmers that make those crafty projects possible.





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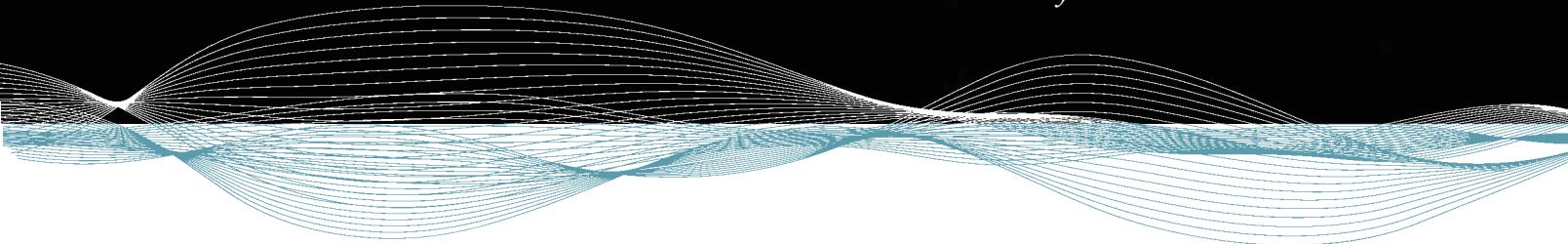
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Plugging in to the Valley Music Scene

by Samantha Lowe



When fall sets in, music events in the Hudson Valley move indoors.

Maintaining a vibrant nightlife in a rural area is hard. Most venues find themselves competing with minimal exposure and lack of year-round audience. The Hudson Valley has combated this challenge with a lively music scene that attracts visitors during all seasons.



Pictured at top: BSP Lounge – Kingston. Above: Helsinki Hudson.



BSP - Kingston

323 Wall St., Kingston, NY

South of Helsinki Hudson is the BSP of Kingston. This space has always been home to the music and entertainment scene of Ulster County.

It is now an arts complex. The space includes a 2,000 sq. foot reception area, a bamboo floor dance studio, and 22,000 sq. foot theater.

Unlike Helsinki, BSP does not offer visitors dining. It is a business completely developed with the intent of giving you a club experience. And not just a typical club night out, but “something distinctly, uniquely weird” as one clubber commented.

“The weird” is the hometown feel—the smiling bartenders and friendly bouncers so drastically different from the typical NYC club—and the “unique” is the incorporation of the hipster and trendy music scene of Brooklyn two hours south.

Helsinki Hudson

405 Columbia Street, Hudson, NY

Founded in 1995, under the premise of “good tea, good food and good music,” Helsinki Hudson is located in downtown historic Hudson. The restoration of a 1800s warehouse gives the club a rustic tavern feel with dark wood booths and leather bar stools. The large bar features exposed pipes for your feet to rest on and beautiful floor-to-ceiling wood panels.

A walk up a short flight of stairs will bring you to their event space. The exposed beams, romantic lighting, and plank flooring make this a perfect space to dance the night away while listening to a live band. This fall they booked The Chatham County Line, a blue grass band from Raleigh, NC, Omar Sosa, a Latin Jazz musician, and Grammy nominee, Joey Alexander.

If you aren’t ready to listen to a full set, sit back and enjoy American cuisine at The Restaurant at Club Helsinki. Chef Hugh Horner has used his Southern roots to create a new take on your favorites including pulled pork, broiled oysters, and Great Aunt Theo’s fried chicken.

Helsinki Hudson is a nice bridge between the antiquated dance hall and the music scene of Brooklyn. You can enjoy live music, dancing, and the traditional American bounty.



The Falcon

1348 Route 9W, Marlboro, NY

A huge jump from BSP, The Falcon's story starts with a Methodist church in Marlboro. Abandoned in the 1960s, after a benefit concert featuring The Wild Animals of North America, band leader Tony Falco, fell in love with the space. He purchased the building and land.

With the goal to preserve as much as he could, Falco deconstructed the building and stored it for the future. Using these pieces, he created an acoustic studio near his house that seated less than 100 people.

With their reputation and amazing musical production, the Falcon Music & Arts Production, Inc. purchased an old button factory in the center of town. The reconstructed church would no longer work. The Falcon was born.

The 3,500 sq. foot main room features a fully equipped stage allowing artists to step right in from the audience. They call themselves the "rural Mecca for the finest in multiple genres; to include jazz, blues, rock, world music and contemporary chamber music." That is not an exaggeration.

Tony Falco and his team brought to life an old building. But, there is more. The best part is that the shows are free. Just a small donation box that is a nod to their history.

The Falcon is for everyone—young artists trying to find their way in the music industry and listeners wanting to be exposed to a wide range of performances on a tight budget.

These are just a few of the choices in the area. There is a growing niche of hole-in-the-wall entertainment companies in the Hudson Valley excited for you to visit.

OTHER AREA VENUES:

Daryl's House - 130 New York 22, Pawling, NY

Bearsville Theatre - 291 Tinker Street, Woodstock, NY

Keegan Ales - 20 St., James Street, Kinston, NY

The Anchor - 744 Broadway, Kingston, NY

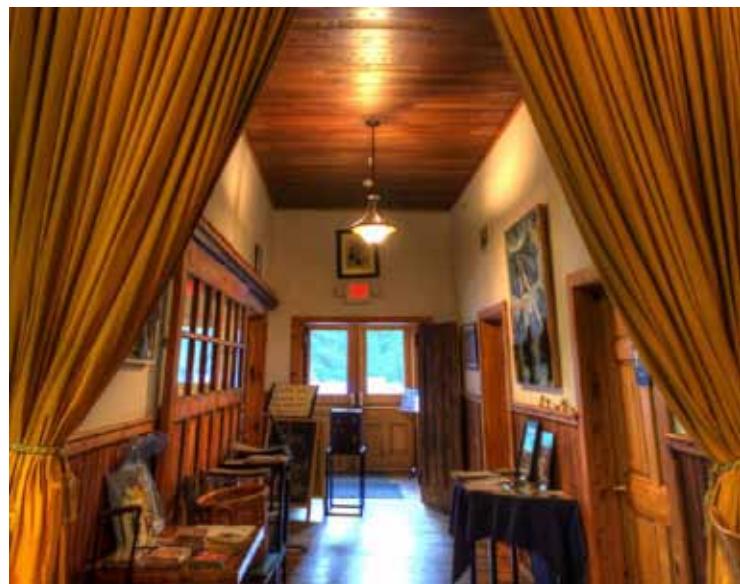
Liberty Public House - 6417 Montgomery Street, Rhinebeck, NY

The Shelter - 47 East Market St., Suite 2, Rhinebeck, NY

Black Star Social (Previously Bread & Bottle) - 7496 South Broadway, Red Hook, NY

Charlie O's - 23 East Market Street, Red Hook, NY

Sidelines - 7909 Albany Post Road, Red Hook, NY



WELCOME TO Morgan's CAT CAFE



by Kim McGrath

Named in honor of her daughter Morgan, Bobbiyo Forte launched Morgan's Cat Cafe as an extension of her lifelong mission of caring for animals. "For the last 10 years, I have been in the community addressing feral cat colonies one at a time, doing trap, neuter and release."

Forte launched her dream of opening up the cafe by creating an online GoFundMe campaign, with a goal of \$50,000, but quickly saw the

lion's share met by private donors and business contributors. Business partner and landlord Bonnie Schweppe was particularly supportive.

"This was a community project. People loved that we were visible and active in our area and doing good things," says Forte.

What do you experience once you step foot into Morgan's Cat Café? Housed in a comfortable, calm and safe place are the cats who are separated from the café by two doors. Once inside the café, patrons seat themselves, enjoy some healthy bites, and watch as the inhabitants do their kitty thing. The sparkling clean space is live action that doesn't require cell service, which is fun for all lovers of animal eccentricities.

While the star of this café is definitely the furry kind, the vegan food is proving to be an enormous hit. The most popular menu item is a guacamole burger- with its heaping portion of greens on top of a delicious veggie burger on a





toasted bun. Also on the menu are noodle bowls, salads, and wraps.

"Our menu includes gourmet iced tea and coffee and features a NY-based juice company that we use to make smoothies," says Forte. "We offer something complementary to the other cafes locally," says Forte.

Forte has partnered with local chocolate café Taste Budds offering gourmet vegan whoopie pies, coconut cake and chocolate chip cookies. Cupcakes will also be offered soon by The Cup Takes The Cake, a local vegan cupcake vendor. Plans are underfoot to host birthday parties where children can watch and play with kitties, and then have a noodle bowl and cupcake to celebrate.

Forte concedes that a vegan diet differs from that of her furry friends, stating, "Cats are obligate carnivores. We honor that. But we also honor people for what they could do, which is to eat more compassionately. We are also honoring farm animals for what they want to be- which is alive."

So why a cat cafe? Explains Forte, "Cats are a mystery and illusive. You can't get enough of them. People are very happy when they can make a cat like them. And from an animal welfare perspective, cats are just not protected the same way dogs are in the animal community. A lot of us see that and try to help them. We want to tell their stories and this resonates with people."

To help Morgans Cat Café continue their work, visit www.morganscatcafe.org/donate.



Morgan's ASIAN SLAW DRESSING

$\frac{1}{4}$ cup canola oil
4 Tbsp Sesame Oil
2 Tbsp Rice Vinegar
 $\frac{1}{8}$ tsp White Pepper
 $\frac{1}{4}$ tsp Minced Fresh Ginger

Mix all components & refrigerate for 1 hour before use. The dressing is good as topping for salads and even better as dressing for coleslaw.



Astor's Adopt-A-Family Program

Astor's Adopt-A-Family Program matches children and families in need with volunteers that are able to buy gifts. With generous donations of time and money, Astor helps over 1,500 children and families during the holiday season.

Every child deserves to have happy memories associated with the holiday season. Astor asks you to lend your support to make their wishes come true.

If you are interested in helping, please contact Sam Lowe at slowe@astorservices.org or (845) 871-1171.



astorservices.org



Are you good at managing your money?



1. You have maxed out on your credit cards. You get an offer in the mail for a new credit card. You:

- A. Have Learned your lesson. You pay off your cards and ignore the new offer.
- B. Accept the offer! My credit must be good. Yes, I will sign up.
- C. If the interest rate is much lower, use your new card to pay off the old cards.

2. Your daughter just had a baby. You:

- A. Send a blanket and a mug with the baby's name on them.
- B. Know your kids have the money to buy what they want. Congratulations are enough.
- C. Open a college saving account for the baby and deposit a nice amount.

3. It is time to lease or purchase a car. You:

- A. Love the feel and look of a snazzy new car every three years. Sign that lease!
- B. Look for the best deal on a pre-owned car.
- C. The car is for your spouse. Get the best buy.

4. Your kids need money for their daily needs. You:

- A. Figure out what they need and give them an allowance for that amount.
- B. Ask them what they need that day and just give it to them.
- C. Make them earn their allowance by doing household chores.

5. You love your home but you want to retire. You:

- A. Look into a reverse mortgage that keeps you in the house but ends your mortgage payments.
- B. Look for a home or a retirement community that you can afford.
- C. Do none of the above and figure you will keep working.

SCORES: Add up your answers

My Score:

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

Add up the numbers to find your total score

Total Score: _____

What the scores mean:

31 to 50

You are so prudent and wise.
Don't get hit by a truck!

19 to 30

Try thinking slow some of the time.

10 to 18

A fool and his/her money...



Fishing The Hudson (1996) by Daniel Hauben

The Lordly Hudson

by Paul Goodman

"The Lordly Hudson"

"Driver, what stream is it?"

I asked, well knowing
it was our lordly Hudson
hardly flowing.

"It is our lordly Hudson hardly
flowing," he said, under the
green-grown cliffs."

Be still, heart! No one needs
your passionate suffrage
to select this glory,
this is our lordly Hudson
hardly flowing
under the green-grown cliffs.

"Driver, has this a peer in Europe or
the East?"

"No, no!" he said. Home! Home!
Be quiet, heart! This is our lordly
Hudson and has no peer in Europe
or the east.

This is our lordly Hudson hardly
flowing under the green-grown
cliffs and has no peer in Europe
or the East.

Be quiet, heart!
Home! Home!

From *Collected Poems*
January 1974, Random House

Daniel Hauben

Daniel Hauben is an American painter. His work, Painting the Bronx, begins on page 9. "When I was a teenager, I loved going down to the Hudson River. The view is so splendid. The men really enjoyed the fishing."

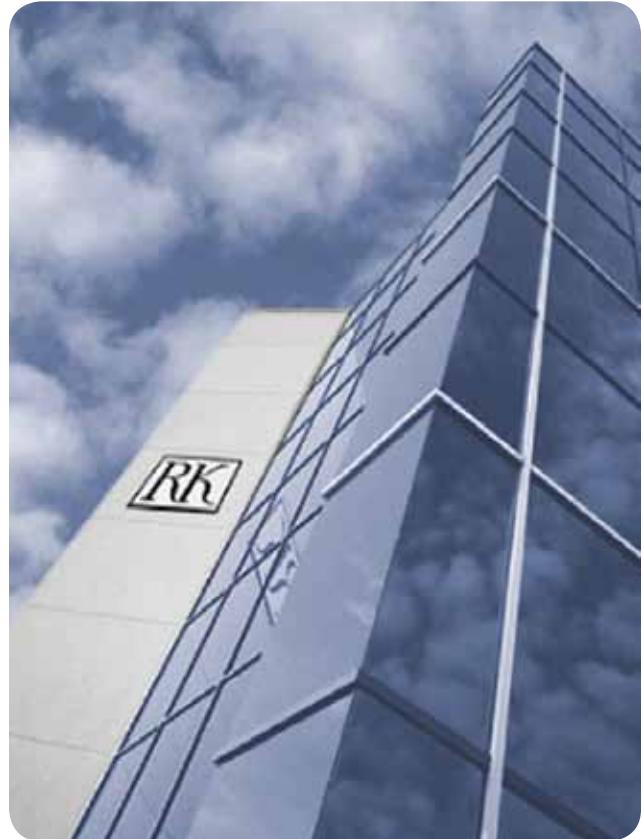
Paul Goodman
September 9, 1911 –
August 2, 1972

Paul Goodman was an American novelist, playwright, poet and psychotherapist, although now best known as a social critic, anarchist philosopher, and public intellectual.

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Astor Young Professional Board Gala

May 4, 2017



Holiday Fundraiser & Arts Festival

December 2, 2016
Astor Residential Program



Annual Stenberg Cup Golf Tournament & Tennis

June 12, 2017



Come to the Cabaret

February 4, 2017
The Sheen Center



Astor's Adopt-A-Family this upcoming holiday season!

See page 26 for information

Visit www.astorservices.org

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