

VOL 8, ISSUE 1—AUTUMN 2019

Astor

...Because every child deserves a childhood

The Bronx's
**Piano
District**

1980's Design
Is Back in Vogue

i2Evolve
Meditation + The Arts

Red Hook
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Nasturtium
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Bees



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Photo by LAURA C. SANCHEZ

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Contributors

SHANNON M. LEDDY, ALLIED ASID

Shannon M. Leddy, Allied ASID, is an interior designer and principal of her eponymous firm, Shannon M. Leddy Interior Design. Based out of the Hudson Valley, Shannon works on both residential and commercial projects of varying sizes and budgets all over the Valley, in the NYC Metropolitan area and beyond.

A graduate of the Fashion Institute of Technology's (FIT) interior design undergraduate program and sustainable interior environments masters program, Shannon has been an adjunct professor there for 15 years and is also an adjunct in the undergraduate and graduate programs at NY School of Interior Design.

Shannon grew up in and continues to live in the Mid-Hudson Valley. She believes strongly that good, sustainable design should be available to everyone. Shannon contributed to our Design article on page 32.

LAURA C. SANCHEZ

Thirty-six-year Bronx native, Laura Christina Sanchez, is a Puerto Rican with a passion for photography and the arts. Known as Ria Ri NYC, she is a published editorial/portrait photographer who has been featured in publications in New York and internationally.

Deeply connected to her community, Laura has extensive community outreach experience and is currently running an organization comprised of Bronx professional photographers called BX Cool Vibes.

She aspires to transform this group into a non-profit organization that will teach children with limited resources in the Bronx community, the skills needed to photograph like a professional photographer. Laura is also currently in the process of writing her first book.

Like to write?

Join us! Astor Magazine is always looking for contributors – writers, photographers and story ideas.

If you are interested in contributing to Astor magazine as a writer or photographer, please email Amy Scheinert at ascheinert@astorservices.org.



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(845) 871-1000

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Welcome to Astor Magazine

Dear Friends,

As the interim CEO/Chief Quality & Compliance Officer, it is my pleasure to introduce this issue of the Astor Magazine to you!

As a part of the Astor family for over 10 years, I am delighted to be working with the dedicated staff, board, donors and volunteers, to fulfill our mission and vision on behalf of children and their families who face mental health and educational challenges.

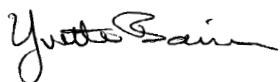
We are thankful to the many sponsors, highlighted throughout the magazine, for their continued support of the work we do. In addition to thanking our sponsors, the magazine allows us to share our experiences of working with children and families. It also allows us to highlight the strengths and assets of the regions we serve (Hudson Valley and the Bronx), so that all families can benefit.

As you read through this issue, you will notice that stories like i2Evolve greatly align with what we know benefits children, much like our Expressive Arts program. The arts are a vehicle for expression and emotional healing.

Introducing new areas to explore, like The Piano District in the Bronx (that shows the diversity and vibrancy of the communities we serve and are so dedicated to); or the many edible plants there are (who knew?). I also learned a great word, nasturtium!

The magazine also gives us an opportunity to share about the tremendous support we receive through special events and other activities, like our most successful event to date, Ghost Stories with Hilarie Burton and Jeffrey Dean Morgan. Held last February, the event had over 1,500 in attendance... all to benefit the children we serve.

I hope as you read and peruse this magazine that you leave knowing the impact of the work we do, how much we appreciate your support and the tremendous assets we have in our community!



Yvette Bairan, MPA, CHC
Interim CEO/Chief Quality & Compliance Officer
Astor Services for Children & Families, Inc.

Astor

...BECAUSE EVERY CHILD
DESERVES A CHILDHOOD

PUBLISHER

Sonia Barnes-Moorhead
smoorhead@astorservices.org
Astor Services for Children & Families

MANAGING EDITOR

Kimberley McGrath
kmcgrath@astorservices.org

CONSULTANT

Moonah Ellison
Publisher|Editor, New York Moves Magazine
Children's Foundation of Astor Board Member

ART DIRECTOR & DESIGN

Amy Joy Scheinert
ascheinert@astorservices.org

COPY EDITOR

Sheila Bogan
prwithimpact.com
Impact PR & Communications



6339 Mill Street
Rhinebeck, NY 12572
(845) 871-1000
www.astorservices.org

Astor 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 to benefit all families facing the challenges of raising children; and to draw upon the great strengths and assets of the regions (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 68 locations, etc. The magazine reaches over 10,000 readers each issue.



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should be worn

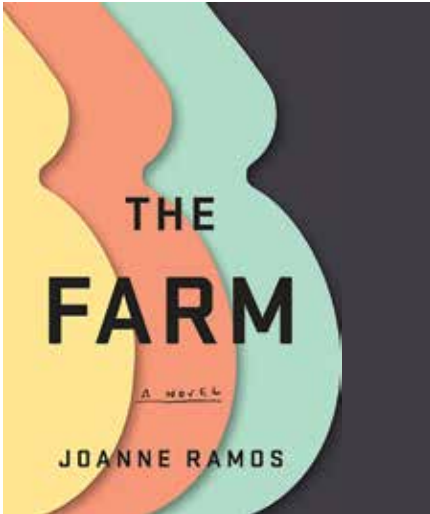
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What to read next...



The Farm

by Joanne Ramos

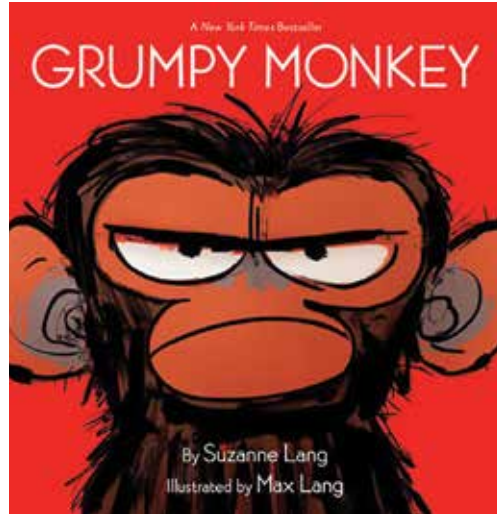
Published by Random House

Nestled in the Hudson Valley is a sumptuous retreat boasting every amenity: organic meals, private fitness trainers, daily massages—and all of it for free. In fact, you get paid big money—more than you’ve ever dreamed of—to spend a few seasons in this luxurious locale. The catch? For nine months, you belong to the Farm. You cannot leave the grounds; your every move is monitored. Your former life will seem a world away as you dedicate yourself to the all-consuming task of producing the perfect baby for your überwealthy clients.

Jane, an immigrant from the Philippines and a struggling single mother, is thrilled to make it through the highly competitive Host selection process at the Farm. But now pregnant, fragile, consumed with worry for her own young daughter’s well-being, Jane grows desperate to reconnect with her life outside. Yet she cannot leave the Farm or she will lose the life-changing fee she’ll receive on delivery—or worse.

Heartbreaking, suspenseful, provocative, *The Farm* pushes our thinking on motherhood, money, and merit to the extremes, and raises crucial questions about the trade-offs women will make to fortify their futures and the futures of those they love.

Review courtesy of Random House



Grumpy Monkey

by Suzanne Lang and Max Lang

Penguin Random House

The hilarious New York Times bestselling picture book about dealing with unexplained feelings...and the danger in suppressing them!

Jim the chimpanzee is in a terrible mood for no good reason. His friends can’t understand it—how can he be in a bad mood when it’s such a beautiful day? They encourage him not to hunch, to smile, and to do things that make them happy. But Jim can’t take all the advice...and has a bit of a meltdown. Could it be that he just needs a day to feel grumpy?

Suzanne and Max Lang bring hilarity and levity to this very important lesson. This picture book is an excellent case study in the dangers of putting on a happy face and demonstrates to kids that they are allowed to feel their feelings (though they should be careful of hurting others in the process!).

Review courtesy of Penguin Random House

HAVE A BOOK TO SUGGEST?

If you have a book that you want to share, let us know.

Send us an email to ascheinert@astorservices.org



the Nasturtium

An Incredible Edible



Gently placed cones of orange, yellow and red nasturtiums decorated many a restaurant dish in the late 1980's. While pansies, carnations and marigolds matched in brilliant color on those same plates, they never held a candle to the flavor of the striking nasturtium. Back in those days, it wasn't widely understood that these colorful blossoms were anything more than glorified parsley sprigs, and they were often returned to those restaurant kitchens to be scraped in the barrel. Cue today's foodie revolution, where not a stone or animal or weed is dismissed as inedible. In fact, the more obscure and unthinkable the edibility of an object, the more the culinary world has embraced it.







Chicken Piccata

2 skinless and boneless chicken breasts,
butterflied and then cut in half
Sea salt and freshly ground black pepper
1/2 cup all-purpose flour, for dredging
6 tablespoons unsalted butter
5 tablespoons olive oil
1 clove garlic, minced
1/4 cup fresh lemon juice
1 cup chicken stock
1/4 cup pickled nasturtiums seeds (drained)
(or brined capers, rinsed)
2 tablespoons fresh parsley, chopped
lemon slices for garnish

Season chicken with salt and pepper.
Dredge chicken in flour and shake off excess.

In a large skillet over medium high heat,
melt 2 tablespoons of butter with 3 table-
spoons olive oil. Add 2 pieces of chicken and
cook approximately 3 minutes per side.
Remove chicken and transfer to plate. Melt
2 more tablespoons butter and add another
2 tablespoons olive oil. Repeat with remaining
chicken. Remove pan from heat and transfer
chicken to a plate.

Returning pan to the heat, add the garlic
cooking until fragrant (about 20 seconds).
Add the lemon juice, stock and pickled
nasturtium seeds (or capers). Bring to boil,
scraping up the bits from the pan for flavor.
Return all the chicken to the pan and simmer
for 5 minutes. Transfer chicken to a platter.
Add remaining butter to sauce and whisk
vigorously. Pour sauce over chicken and
garnish with parsley.

Serve with pasta, rice or vegetables.

Which is where the nasturtium found its way back, but this time with new meaning. Perhaps this is a reflection of two very different times. In the 80's, the nasturtium was a superficial enhancement, not unlike the oversized hair and fluorescent palette in fashion at that time. Today, the nasturtium is being used for more than its vibrant blossom colors. The trend is one of nostalgia. Looking back at seemingly simpler times when there was perhaps less artifice. Match that with the culinary world's obsession with new ideas, and this may explain why the nasturtium is being reintroduced for its flavor texture and for all of its amazing parts.

The spicy tang of the nasturtium is back on plates... and in bowls and cups. This time around, it's the whole flower, stem to bud that's making a splash. Don't be surprised if that caper nestled in your chicken piccata is actually a pickled nasturtium seed. The perfect riot of color and texture at summer cocktail parties, may be a ricotta-filled nasturtium blossom. And the artist's palette-shaped leaves are as tasty as their floral appendages and are replacing the hoity toity arugula leaf. Leaves are being pureed with garlic and olive oil to create a spicy pesto for pasta or a tasty bruschetta.

So embrace that tubular or precious bud or elegant leaf the next time you see it used in a dish. The nasturtium is having a resurgence, so take your time if you see it being served this time around.



NASTURTIUMS AS A MAINSTAY OR ACCENT

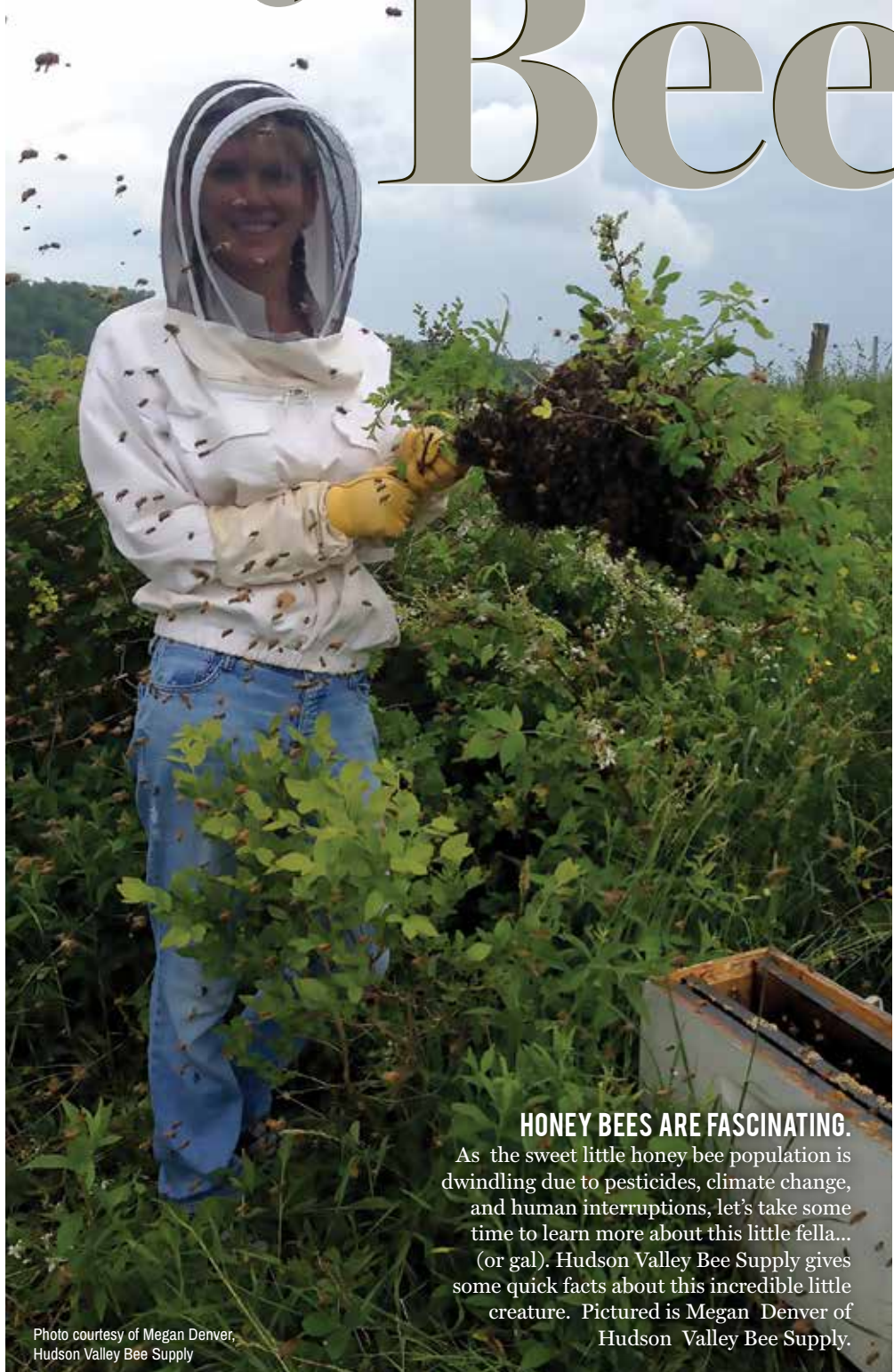
Nasturtiums are popping up in pesto. Give them a whirl and try them in place of capers in your chicken piccata.



a H



Honey of a Bee



HONEY BEES ARE FASCINATING.

As the sweet little honey bee population is dwindling due to pesticides, climate change, and human interruptions, let's take some time to learn more about this little fella... (or gal). Hudson Valley Bee Supply gives some quick facts about this incredible little creature. Pictured is Megan Denver of Hudson Valley Bee Supply.

Photo courtesy of Megan Denver,
Hudson Valley Bee Supply



BEE FACTS:

Did you know...

- A hive population may be 60,000 to 70,000 in the summertime.
- Honeybees have five complex eyes and two pairs of wings.
- There is only one queen in each hive.
- Drones are male bees. There are only a few hundred per hive and they don't have stingers.
- Worker bees are females. They will only sting if threatened or if they perceive an aggressive attacker.
- In China the some of the honeybee population has been so devastated that the job of pollination has been taken over by human workers with Q-tips.
- Honey is the only substance known to man that contains all ingredients needed to sustain life. It has many healing, healthful uses.
- Honey never spoils. It does not need to be refrigerated. Jars of honey found in ancient tombs were still edible.
- Honey has been used in wound healing for centuries and is still used today especially on burn victims. It contains antibiotics and antimicrobials and so deters bacteria growth.
- Bees communicate the location of nectar to other bees by performing a dance, which contains intricate directions.



Photos courtesy of Megan Denver, Hudson Valley Bee Supply

- Bee venom is used to treat arthritis, multiple sclerosis, other auto immune disorders and many more ailments.
- Bees can fly up to 55,000 miles to collect 1 pound of honey.

TO LEARN MORE

about honey bees, visit
Hudson Valley Bee Supply
www.hudsonvalleybeesupply.com



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Classes Fall 2019

TRADITIONAL SOAP MAKING WORKSHOP October 26, 2019

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November 9, 2019

In this comprehensive, 'hands on' class we will go beyond a simple tutorial and delve a little deeper into the science and practical application of what goes into great meads. Topics will be far ranging from equipment needed, fermenting to bottling, kegging to carbonating, proper sanitation techniques to adjuncts and additives, yeast strains to sulfites and much, much more.



BEESWAX HANDICRAFTS November 30, 2019

We'll make molded tapers and decorative candles, rolled candles, hand-dipped birthday candles, beeswax luminaries and you'll learn how to make lip balm, beeswax furniture polish and semi-solid beeswax perfume.





Get to know Astor



89 PROGRAMS

in the Hudson Valley & the Bronx



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Astor Services for Children & Families is a community-based, non-profit organization that provides children's mental health services, child welfare services, and early childhood development programs. Astor serves children and families in New York State's Mid-Hudson Valley region and the Bronx.

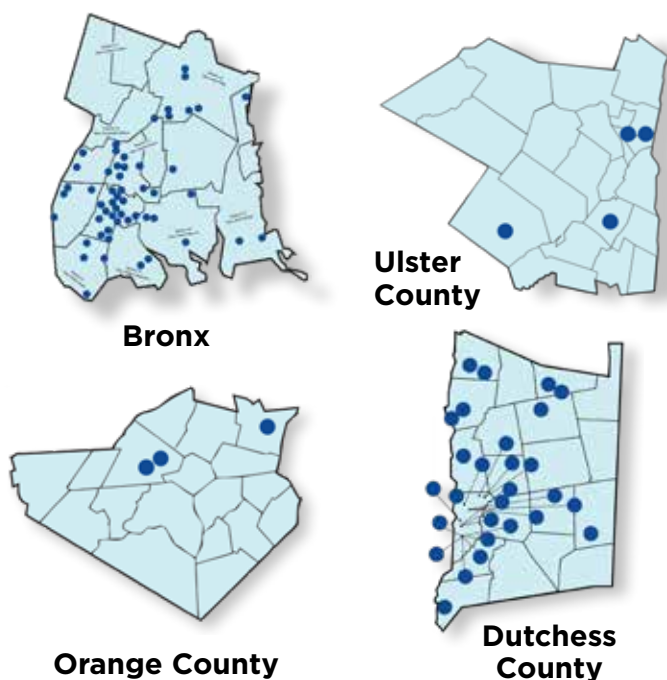
Through a wide variety of premier quality education and mental health services, Astor provides support for pre-schoolers, children with behavioral and emotional health problems, children at risk of placement in foster care and families that need assistance in developing the skills necessary to raise their children in an environment filled with increasing challenges. Astor currently serves over 10,000 children each year through its prevention, early childhood, special education, community behavioral health and residential treatment programs.

SERVICES AND PROGRAMS

Astor Services for Children & Families promotes the well-being of children, adolescents and their families through a range of services and programs.



Hudson Valley & Bronx Programs



Our Mission

Astor provides behavioral health and educational services offering children the opportunity to meet life's challenges, pursue their dreams and reach their full potential.

Our Vision

Astor will be the preeminent provider of behavioral health and educational services through high quality, comprehensive services to children and families in New York State.

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ghost stories



HILARIE BURTON, JEFFREY DEAN MORGAN HOST GHOST STORIES III FOR ASTOR

For the third year, Hilarie Burton, her husband Jeffrey Dean Morgan, and celebrity friends hosted a Ghost Stories fundraiser on February 9, 2019. This year's event was held at Ulster Performing Arts Center in Kingston, NY to a sold out audience of 1,500.

Always an entertaining evening, this year's friends included Clayne Crawford, Michael Raymond-James, Tyler Hilton, Mary Stuart Masterson and Paul Rudd. The evening included music by Tyler Hilton, readings of scary stories and audience participation on stage. The final tally for the night was more than \$100,000.00 raised. We are all waiting anxiously to learn when the next event hosted by Hilarie, Jeff and friends will be announced!



GHOST STORIES

Hilarie Burton and Jeffrey Dean Morgan hosted Ghost Stories III (top).

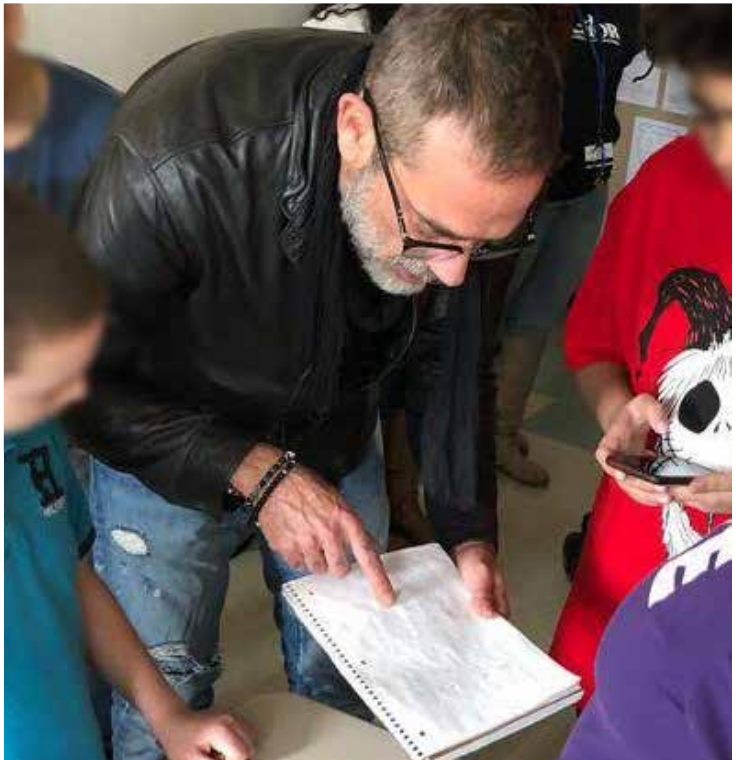
Tyler Hilton (above) and Paul Rudd (right) performed.

Photos by Chuck Merrihew

ASTOR'S CHILDREN JOIN IN THE GHOST STORIES FUN!

An added bonus at each Ghost Stories event, is the inclusion of some of Astor's children. For the third year, Hilarie and Jeffrey took time before the event to meet with a classroom in Astor's Residence. They inspired and coached the kids to create scary stories with a possibility of being read on stage during the performance.

One of our budding authors, Arcadio, was selected to read a story on stage, and did he ever! Adorned a fine suit and Hollywood sunglasses, he read before the crowd of 1,500 guests without a hitch. He was a natural. The children's work was creative and thoughtful, and we tip our hats to them!





THE Piano District

by LAURA C. SANCHEZ

Along with singer Jennifer Lopez, designer Ralph Lauren and the “Bronx Bombers” New York Yankees, I, a Bronx native, have called The Bronx my home for 36 years. The treasures of The Bronx remain largely unknown and unexplored, hidden in the nook and crannies of this diverse borough. The Bronx is popularly known for its Botanical Garden and the Bronx Zoo, but today allow me to introduce you to Port Morris’s “Piano District” which is filled with culture, food, art and love and has something for the whole family, with all attractions within walking distance of one another.

Before starting an adventurous day in Port Morris, I suggest fueling up and enjoying a great breakfast at the Double Dutch Bronx Café. With the best lattes the Bronx has to offer and a friendly staff, you’re sure to start your day off right!

After breakfast, take a short walk to the Andrew Carnegie Library, declared a New York Landmark in 1969. Standing three stories tall, this building will leave you breathless with its double wrought iron staircase, exposed brick and overall Classical Revival style. As the library is the first library built in the Bronx, this building was also a book distribution center during World War II. It has the second largest selection of books available in New York City, so don’t forget to pick out a good one.

The Piano District is also the home of three incredible art galleries. 6Base is an art studio that provides artists, from around the world and locals, an opportunity to create and exhibit their work. Exhibitions change monthly and are open to the public. Known for its memorable photography and graffiti art exhibits, Wallworks New York is a contemporary art gallery showcasing new art from emerging and established artists in a gallery setting on par with SoHo. The Compound is the hub of all things art, fashion, sports and music and serves as a place where artists and lovers of art come together to push culture forward. This gallery houses all forms of art. While walking between destinations be sure to pay attention to the graffiti street art on the walls of Port Morris’s buildings. Famous Bronx graffiti artists, “Tats Cru,” have made their artistic mark almost everywhere you look through colorful, lively and expressive street art.



**BRONX'S
PIANO DISTRICT**
Art, food and entertainment.
Photos by LAURA C. SANCHEZ





Colorful views inside the Bronx Native Shop after hours.

Photo by LAURA C. SANCHEZ



**With Appreciation
to Astor for
its service to
Children and Families
in our Community
and beyond.**

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Feeling hungry yet?

Port Morris has an eclectic variety of restaurants with affordable prices and amazing food.

Presenting some of the best Asian fusion, Ceetay has distinguished itself in the neighborhood through its innovative and masterfully executed dishes. Casual and cool, with splashes of local art, Milk Burger is a reliable go-to for quality burgers and hands down the best milkshakes you'll ever have.

Stylish, hip-hop themed Beatstro is an ode to the South Bronx neighborhood with community and music motifs present in its soundtrack, as well as murals painted by local artist. The Mott Haven Bar and Grill is always my personal favorite. The atmosphere is welcoming and laid back and the staff members are extremely friendly, but most importantly, the food is remarkable. You'll definitely feel like family here.

With its homey atmosphere adorned with antiques, Charlie's Bar and Kitchen provides southern hospitality and southern tinged American comfort food. When leaving Charlie's, don't forget to look up at the Port Morris Clock Tower, one of the most recognizable landmarks in the South Bronx. The day is almost over, but you can't leave without treating yourself to something nice. From Bronx-designed clothing and accessories at the Bronx Brand's Two Shop and Bronx Native Shop, to antiques from Alexanders Antiques and literature, children's book and toys at the Lit Bar, there is something for everyone.



Photos by LAURA C. SANCHEZ

The Bronx



Welcoming messages of inspiration and "Bronx Love" on the walls of the Bronx Native Shop.

A day at Port Morris's Piano District is full of fun, art and a guaranteed great time.

From the food you taste to the people you interact with, you will leave wanting to come back. So after you check The Bronx Zoo and The Botanical Garden off your list, be sure to visit the Piano District. Whether it's a day for yourself or family fun, the Piano District has it all.

We proudly support Astor's outstanding service to children, families and the Hudson Valley community.



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After 15 years of teaching in New York City public schools, Kimberly Popolizio learned a lot about children. This knowledge was the impetus for creating a hybrid project called i2Evolve.

What is i2evolve?

With the use of arts and meditation, Kimberly and her husband Rob hope to ignite creativity, spark self-awareness and foster emotional intelligence in youth. All trendy phrases that boil down to a desire to help children cope throughout their childhood and beyond. Popolizio experience taught her that art has a tremendous impact on children - if it is done the right way. "When I taught a class that worked exclusively on the foundations of art, children became focused only on the end result," explained Popolizio.

"When we only care about staying inside the lines-just the skills, this sets young minds up with a script in their heads that tells them they're good or not good at creating art. This hampers creativity."

It's her observation that for some, the impact of this can last a lifetime. "I've heard adults say 'I don't have a creative bone in my body.' In these times of stress and anxiety we all need to have somewhere to go to for relief, and art can be that place," said Popolizio.

Her hope is to open doors of creativity that can often be shut down in a traditional setting. "So often our minds are focused on the past or future,"





ART AND MEDITATION

are used to ignite creativity and spark self-awareness at i2Evolve.



said Popolizio. “What do I have to do after school? What happened on the playground? These thoughts can plague our minds.

Meditation is about being present and using your breath as your anchor.

Art can also be that anchor. So when we’re doing something like a blind contour drawing - eyes closed and drawing a face without seeing the subject, using one continuous line- how does that feel on the body and the hand? It has a powerful effect,” Popolizio continued.

She has witnessed that it’s not always easy for children or adults to comfort themselves in times of stress, saying it must be taught and practiced like any other skill. Popolizio explains how a class of young children work on these skills at i2evolve. “We start creating art,” she said. “They come in.



They see supplies. While they're working, I'm prompting and reminding them not to make judgements. I allow the process to happen, while checking in constantly.

I have had children, as young as 8 years old, struggle with trying to meet some sort of expectation that they had for themselves. That motivated me to understand that kids can struggle to let go as much as adults do."

Popolizio continues, "After artwork they push tables aside and choose some tools to meditate with, including beads, flowers, eye cushions, bracelets and finger exercises. Then they meditate for 10 minutes. Sometimes it doesn't work, sometimes it's guided and other times silence."

i2Evolve has created a unique model for children to have an artistic outlet and a way to connect with themselves. Kimberly and her husband would like to encourage every creative class to include their philosophy. Until that happens, they will continue to teach children how to self-soothe and to love themselves through meditation and the arts.

Learn more at www.i2evolve.com.



Astor Services for Children & Families uses art as a form of expression. This sunflower was painted by a child as part of Astor's Expressive Arts program.



In Loving Memory of Donald Adams



1932 ~ 2019

Our Astor family mourns the passing of Donald Adams.
Don was a former board member and supporter of Astor.

Thank you Don for all that you have done for us! You will be missed!



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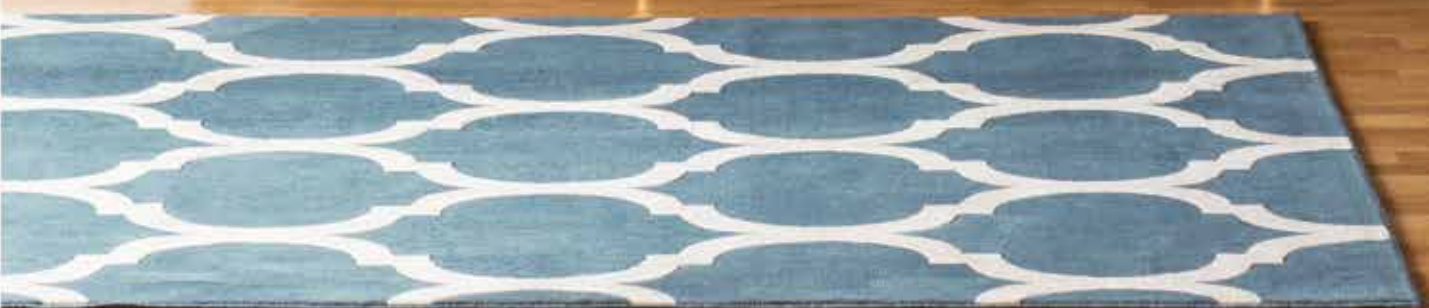
MILLENNIAL PINK

vases replace the
Dusty Rose versions
of the 80's.



But this time
with some humility.

What do you think of when you imagine home
styles of the 1980's? Overstuffed couches? Jungle
prints? Shiny brass fixtures? Dusty rose, and
hospital greens?



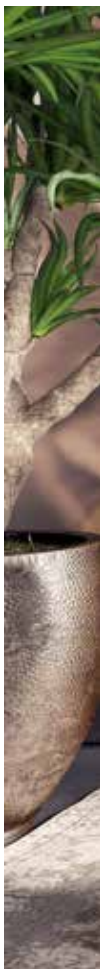
THE ESSENCE OF THE 80's IS COMING BACK TO LIFE IN INTERIOR DESIGN.

But rather than the cheap-o finishes and Victorian color palettes, a more sophisticated version has emerged. The message in the 80's was bigger is better. Balloon-sized valances with monstrous florals. Sofas that dwarfed normal-sized adults. Two story entry ways with crystal chandeliers. Current versions of these designs are showing up without bragging so much.



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COLOR

Dusty rose found in every home in America in the 80's, has been replaced with millennial pink. Pink can be found on upholstery, lighting and carpeting. It can be found on opaque glassware and artifacts. The new pink is as essential as the old rose, but it has a more classic, subtle feel to it. Blues and greens are also used in abundance, but appear more saturated than their less sophisticated 80's counterparts. The blues and greens of today are more peacock than hunter in hue. Where teal was evident in design decades ago, it was washed out, almost afraid to be a color. Newer teals are bolder and unapologetic. Think 80's but throw in some depth, and you have an idea of coloring in this moment.

MOTIF

The look and feel of the 80's was dramatic and larger than life with its enormous animal patterns, geometric shapes and pop art statements. Style in the 80's was a plagiarized version of the Art Deco era, but with less commitment. Current style, borrows some the previous decades large scale, but with a treatment that is earthlier and more realistic. 80's nature themes and patterns were portrayed in a cartoonish way. Think leopard prints and Hawaiian florals. Current treatments of nature abounds on wallpapers and carpeting, however sophistication has taken over with distinctive wood grains, authentic stone patterns with wild veining and loads of plant life. The more detailed and authentic the materials the better, flaws and all. Flaws have become part of the design, which strays significantly from the 80's- all polish and superficiality.

EMBELLISHMENTS

Nothing says more about the shallow desires of the 80's than its shine; shiny cabinets, shiny faucets, shiny tables, brocades on sofas and tassels on curtains. These materials made a statement about wealth and stature in society at that time. Capturing the essence of the weightiness of 80's décor today, is a more realistic and unvarnished version. Brass and other metals are no longer afraid to show wear and age. Antiqued and irregular tiles are standing in for the uniform subway tile. Velvets are everywhere. Current finishes are tactile, weighty, interesting and carry a sense of history.

Perhaps a representation of how the 80's are being used today, is if a classic French Country home, full of hundred year old wood tables and Medieval paintings, with clean whitewashed walls and handcrafted serving bowls, took over where the flashy mimic McMansion once stood.



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Chocolate Festival

HUDSON VALLEY FESTIVALS

A small Hudson Valley town serves up oodles of chocolate fun one day a year. Red Hook, New York's history in chocolate helps set the stage.







Every fall, the town of Red Hook comes out for a delicious chocolatey celebration.

As the leaves change, the quaint little town of Red Hook, NY is swarmed with people from all over the region who come annually to explore and enjoy the chocolate festival.

In an effort to boost local business, the town of Red Hook decided to play off of the town's history and celebrate chocolate. Back in the 1800's, the W.H. Baker Chocolate Company was based in Red Hook, but it's not the Baker chocolate that everyone knows and loves. This factory was actually imitating the original Baker's chocolate in every way and was eventually forced to cease and desist.

It was this rather naughty history that intrigued Red Hook's executive director for the Chamber of Commerce,

Kimberley McGrath, and inspired the theme for the festival.

Working closely with local business owner and CIA trained chocolatier, Dan Budd, McGrath developed a unique idea for the festival to incentivize the village's businesses to get involved. Every year, Budd orders chocolate from Europe which is then distributed to all of the shops in the village.

This entices those attending the festival to come in and explore the shop, while they taste this delicious chocolate for free. Don't worry though; this isn't the only chocolate available.

The festival also boasts a tent with small craft chocolate vendors selling their products. While each vendor in the tent



VISIT REDHOOK

Red Hook's Chocolate Festival is full of food, fun and entertainment!



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must have something chocolate to sell, they also provide chocolate alternatives for those visitors that are vegan, gluten-free or have specific allergies.

If all that is a bit of a chocolate overload, then there are a variety of mini-events within the festival to enjoy, such as the live music that you can find spread across the village of Red Hook.

In addition to the live performances, you can also enjoy Chocolate Wars, which pits local

high school students against one another in a competition to create the best dessert.

For more history of W.H. Baker, guests can visit the historic Elmendorph Inn.

This year's festival on November 2 marks Red Hook's 6th time hosting the chocolate festival. With more community involvement, deliciously delectable treats and exciting entertainment events, this year's festival is set to be the best one yet.



LEARN MORE

www.facebook.com/redhookchocolatefest

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ASTOR EVENT WRAP-UP

Astor Services for Children & Families fundraisers.

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Event



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Here are some ways you can help Astor further our mission of ensuring every child has a childhood:

EVENTS

The Children's Foundation of Astor hosts fundraisers throughout the year to raise awareness and much needed funds for our various programs and services in the Hudson Valley and the Bronx. We welcome everyone to attend and have the opportunity to meet our wonderful kids and staff and really see Astor in action. Sponsorship and volunteer opportunities are also available. For the latest list of events, visit www.astorservices.org/event.

You can follow Astor on social media to learn more about upcoming events.

ADOPT-A-FAMILY PROGRAM

Astor's Adopt-A-Family program matches children and families in need with donors who are able to purchase gifts. Monetary donations and gift card donations are also welcomed. To learn more about Astor's Adopt-A-Family program, please

visit our website at astorservices.org/adopt-a-family

ASTOR'S CHILDREN'S WISHLIST

Astor serves an average of 10,000 children annually through our various programs, and many of their families are in need of basic items. To help, Astor has created a wishlist of items that would really make a difference in the lives of the children we serve. Varying from basic needs like hygiene items to school and art supplies, no gift donation is too big or too small and will go directly to the children we serve. To donate, visit our wishlist at: <http://a.co/eyLMJnf>.

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Kids' Corner



Crossword

Forest Animals

1. OWL 2. WARTHOG 3. DEER 4. BAT 5. BADGER
6. BEAR 7. BEAVER 8. HEDGEHOG 9. MONKEY
10. FOX 11. SKUNK 12. RACCOON 13. SQUIRREL



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