

Astor **Family** Summer 2013

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GRIEVING**

Juana Rivera
GIVING BACK

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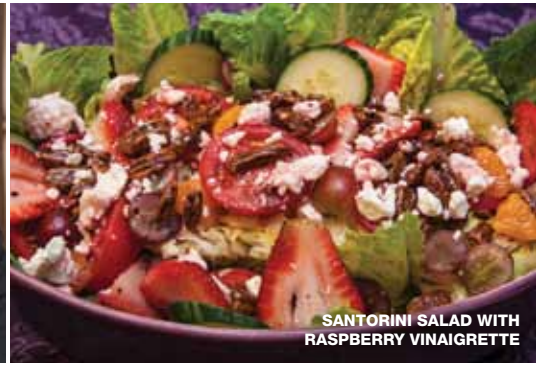
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Dr. Suzanne Button

Dr. Suzie Button is the Assistant Executive Director of Quality & Clinical Outcomes at Astor. She trained in clinical psychology at the University of Virginia where she received her doctorate in 1997.

Dr. Button has held appointments as Adjunct Faculty or visiting lecturer at numerous colleges and universities; and published and presented nationally and internationally on the use of collaborative approaches to family therapy and organizational change, the use of outcomes to improve child and family treatment, the meaningful use of trauma-sensitive interventions with diverse populations, and brain development and its impact on youth learning and behavior.



Dr. David Crenshaw, PhD

Dr. David Crenshaw is the Co-Chair of the Board of Directors for Astor. He is the Clinical Director at the Children's Home of Poughkeepsie and has been in private practice since 1977. Dr. Crenshaw is on the staff of hospitals and schools; faculty member at Southern Illinois University, University of Missouri, and Washington University; and a consultant at Bard College.

In addition to numerous articles in professional journals, Dr. Crenshaw is the author of several books including: "Bereavement: Counseling the Grieving throughout the Life Cycle;" and "Engaging Resistant Children in Therapy: Projective Drawing and Storytelling Techniques."



Tom Starace

Tom Starace graduated from Cooper Union, and has been lucky enough to enjoy a long and varied career as a designer and illustrator in New York City. In the past few decades he has worked for almost all major book publishers, including a few that are not around anymore. His illustrations, both black-and-white and color, have appeared in newspapers, magazines, print ads, posters and various other printed media.

As Executive Art Director at HarperCollins Children's Books, Tom's had the good fortune to work with many top authors, illustrators and a staff of fantastic designers to direct a diverse list of picture books, novelty books, early readers, and board books. He is the illustrator of five children's books.

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Welcome

Sonia Barnes-Moorhead

Executive Vice President
Astor Services for Children & Families

It is my pleasure to welcome you to the second edition of Astor Family Magazine! We have received very positive feedback on the stories highlighted in the inaugural issue and look forward to covering stories that impact children and families.

Over the past several months our country endured awful tragedies very close to home (i.e., the children and teachers at Sandy Hook and the runners and spectators at the Boston Marathon). During these times we have seen how communities come together to share the healing process. This experience of healing highlights one of the key roles Astor plays in the lives of children and the community through mental health and educational services.

You will find articles in this issue that offer advice to families on the stages of grieving and other stories suggesting how, as a community, we can focus on our children's strengths – so they can become the best they can be.

At Astor we believe one of the first steps in demystifying mental health issues is to begin to discuss them openly. Services and tools for children and families are offered to help them deal with these issues. Whether or not mental health issues directly affect you, as they do touch everyone, I hope you find our magazine interesting and helpful!

As always, I want to thank all our sponsors throughout this issue for their continued support of the work we do. We could not do it without their help!

Astor Family Magazine is an important part of our reaching out to the community. We welcome your letters and comments on our website, astorservices.org.

Sonia Barnes-Moorhead
Sonia Barnes-Moorhead
Executive Vice President

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Astor Family

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Letters

Congratulations on putting out your first issue of the Astor Family Magazine.

I enjoyed reading the articles, especially the ones on Harry Brown, the former Astor student, which I found very uplifting; and the one on Technology that gave some good information on how to work with our kids. Astor has been a big help to our family when we had needs. The staff is easy to talk to. My child is doing well. I look forward to your next issue.

–Parent

I was waiting in my doctor’s office when I saw the first issue of Astor Family Magazine.

I have to say I was pleasantly surprised at the quality. I think it is a good idea to have such a magazine in the community. The topics and photos were nice. In future issues, it would be nice to see more health

related articles. While I know it is not meant to be solely a health magazine, I think more stories on general health issues that many families encounter would be helpful. Again, good job on your first issue.

–Community Member

I am a long-time resident of Rhinebeck.

I cannot tell you how many times I went by your imposing building without knowing what is going on there. A friend showed me your magazine. It is great to finally find out what a wonderful organization is working in the building! And I had no idea of the extent of your work in the community. Thanks for enlightening me.

–Community Member



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The Family Court by David Gilman, Esq.

What does Family Court do?

Let's start with what it does not do. It does not handle divorce cases. Actions for divorce are in the New York State Supreme Court. In a divorce case the Supreme Court deals with the division of property, custody, child support payments and alimony (now called spousal maintenance).

I will repeat my question: What does Family Court do?

If you have not started a case for divorce, or if you are not married to the parent of your child, you take your case to the Family Court. At the Family Court you can get decisions on child custody, visitation, child support, spousal maintenance and orders of protection.

What does it mean to have custody of a child?

It means the custodial parent has full control over the life of the child. They do not have to consult with the other parent on decisions affecting the life of the child. Usually the court orders the custodial parent to inform the other parent of major decisions.

Decisions about visitation, vacations and other aspects of the child's life are usually spelled out in court orders.

What is Joint Custody?

Joint custody of children to both parents requires both

parents to agree to joint custody.

The meaning of joint custody is that both parents are to be involved in making decisions for the best interests of the child (children). For example, education, health issues, religious training or upbringing; extracurricular activities such as music lessons, sports programs, after school art classes and summer activities when school is out.

Parents must also decide where the children will live. Usually, the children reside with one parent. Joint custody assumes the parents are working well enough together to resolve visitation issues.

Do I need a lawyer in Family Court?

No, you can go to family court by yourself. Most people who go to Family Court do not go with lawyers. It is called "appearing pro se."

Lawyers protect your rights in court and help you with your case. However, having a lawyer in Family Court is not a denial of your rights to appear without a lawyer.

My English is not good. Will it be a problem when I go to Family Court?

No problem. The Court has interpreters who will help you.

David Gilman is an attorney retired from the private practice of law. He is currently a Judicial Hearing Officer in the Bronx Family Court



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Questions & Answers About Allergies

by **Kim Seeger, M.D.**



I have a runny nose and feel a tickle in my throat. Sometimes my eyes itch and I can get hives. Is this because of seasonal allergies or something worse?

Some of the most common symptoms people experience are coughs and runny noses. Doctors have a saying: “Common things happen commonly.” Allergies are one of the common causes of persistent upper respiratory symptoms. Once identified, seasonal allergies can usually be improved (though not cured) with over-the-counter or prescription remedies.

What is Seasonal Allergic Rhinitis (SAR)?

SAR is one of the major causes of nasal congestion, runny nose, sore throat or post-nasal drip, itchy eyes, fatigue and sometimes skin symptoms such as hives. The instigator is pollen from trees, plants or other airborne particles such as mold, dust mites and animal dander. Thanks to the Hudson Valley’s natural abundance, our environment is especially rich in these irritants.

SAR is most common in the teens and twenties. It usually occurs in the spring and fall, though it can be year-round if one is allergic to pets, dust mites or other things in their environment.

What does it mean to be “allergic?”

Allergies are not infections - they are the result of an overactive immune system improperly labeling allergens (things we are allergic to) as infections such as viruses and bacteria. When we inhale allergens through our nose and mouth, it causes the immune cells in our mucous membranes to release histamines causing the congestion, itchiness and inflammation characteristic of seasonal allergies.

How can I tell if it is an allergy or an infection?

The questions you should ask are: Do you have a fever? Do you feel ill? Is anyone close to you sick? If the answer is yes to these questions, the cause is likely to be a viral upper-respiratory infection. Allergies do NOT cause fevers. Viral infections can take 1-3 weeks before returning to normal. When people who have SAR or environmental allergies DO get a cold, it often takes much longer to get better. It is more likely to progress to a secondary bacterial infection such as sinusitis or ear infection that might require antibiotics. For those who suffer from asthma, these allergens can even trigger or worsen it.

What is the treatment for SARs?

For those who prefer to avoid medications, try nasal irrigation with a saline solution, like the Neti pot, to flush pollen and irritants from the nasal passages. Remember, this is where it all starts! Done daily, this is especially good for those who work outside or in a dusty environment.

If these do not work, then prescription nasal steroid sprays are suggested. They are the most effective medications for most allergy sufferers, but must be used every day during the allergy season to work best.

As we prepare for the pleasures of spring and summer in the Hudson Valley, an awareness of SAR and its treatments can decrease the annoyance of this common problem. Here’s to an allergy free summer!

Kim Seeger, M.D. is an internist and has a family practice at Mid-Hudson Medical Group in Rhinebeck



7 Steps of Grieving

Grieving is an active process rather than passively going through stages due to the passage of time.

by **David Crenshaw, PhD**

The often quoted phrase that **“Time heals all wounds”** contains a kernel of truth but the process can be facilitated by active steps.

More than 20 years ago, I outlined seven steps of grieving in a book called “Bereavement: Counseling the Grieving Throughout the Lifecycle.”

The steps are

- 1) to acknowledge the reality of the loss
- 2) to experience and express the wide range of emotions that accompany grief
- 3) to commemorate the life of the loved one
- 4) to acknowledge ambivalence
- 5) to resolve the ambivalence
- 6) to let go
- 7) to move on

Some of the steps are self-evident while others require explanation. You cannot easily acknowledge the loss if you are in shock. In cases of sudden, unexpected death, it is hard to accept the harsh reality that the death of a cherished person, family or friend has occurred. Denial can operate on the intellectual or the emotional loss or both. Obviously if the loss is denied or the person is in shock, it is impossible to access and express the emotions of grief. The emotions of grief consist not only of sadness, but a whole gamut of feelings that can include sadness, guilt, fear, anger, relief and anxiety to name just a few. Children especially need considerable help and support in identifying the complex mix of feelings that they and adults experience when someone important to them dies. It is crucial to normalize these

Continued on page 12

feelings so that children do not feel alone or feel shame because they think they should not have such feelings. The more children can be helped to put their emotions into words, through drawing or by playing them out the healthier the outcome of the grief process.

Commemorating or honoring the life of the loved one is an important step.

Planting a tree or a flower in the garden or establishing a scholarship memorial fund are all examples of commemoration and ways of expressing love for the departed. Supporting causes the deceased person believed in is a way of carrying on the unfinished work of the family member or friend. In the cases of children grieving, sometimes just making a card or a picture to honor their loved one is helpful.

Ambivalence can sometimes stop a healthy grieving process in its tracks. Usually in the most loving relationship there are ups and downs, joys and disappointments. When the person dies however, suddenly any negative feeling can cause shame. In order that the grief process is not halted, it is important to recognize and to help children understand that these mixed feelings are a normal part of any close relationship. Once the negative feelings are acknowledged and expressed sometimes people go overboard and start to question whether they loved the person at all. These are the remnants of a painful sense of shame. It is helpful to remind the adult or child of all the ways they showed love towards the deceased so they can regain perspective. Children will need help with this step.

Letting go involves letting go of the physical presence of the departed loved one in their daily lives. It also means letting go gradually of the hopes and dreams they may have shared for the future. This latter step



can be especially painful and takes a long time. It is important to stress what you keep. All the wonderful memories of good times together, the influence, the love, the values and lessons you learned from the loved one are to be cherished. It is a gift to you that can never be taken away. Finally, moving on requires that you accept there is no longer the physical presence of the loved one in your life. We need to courageously embrace life, move forward, and gradually develop new hopes, plans and dreams. One of the most important things to convey to children is, "As a family we will get through this together."

Juana Rivera

From Humble Beginnings

Rising Up and Giving Back



Juana M. Rivera is a new member of the Astor Services for Children & Families' Board of Directors. This achievement goes to a caring individual who is both honored and excited to be part of an organization that provides needed services to children and families. Juana talked to us recently about her personal goal "to do something more for humanity." As an Astor Board Member the opportunity to give back became tangible.

In her worthwhile career as a Public School Counselor, Juana serves her community by advising young women of middle-school age. She speaks from personal experience when talking about the difficulties one might face in life. Her philosophy is that "It is possible to overcome adversities, set goals and achieve your dreams." Juana explains to the young women she works with that "Nothing is easy that is worthwhile." Juana also believes "You should always respect yourself and stay focused on what is best for you. This is the way to be happy and successful."

From early childhood Juana had experience with social programs that helped families. Both she and her brother attended Astor's Head Start Program in Beacon. Their mother worked at Beacon and later at Astor's Mt. Alvernia locations. She taught her children the importance of having a loving, supportive family.

When you pull from personal experience and put in the work, it is possible to make a better life for yourself and your family. Raising her own daughter, Gabriella, with the aid of Astor's Head Start Program was at times a struggle for Juana. However, the commitment and help of the staff for both mother and daughter enabled Gabriella to successfully progress. She is about to begin her second year at a New York State college.

To always respect yourself and stay focused on what is best for you is the way to be happy and successful.

Head Start Programs promote school readiness by enhancing the social and cognitive development of children through the provision of educational, health, nutritional and social services. Significant emphasis is placed on the involvement of parents in the Head Start Programs. They engage parents in their child's learning and help

them in making progress toward their educational, literacy and employment goals.

Today one of Juana's concerns is the continuance of early intervention programs. Juana states, "The number of children with learning disabilities is increasing. Funding is being cut drastically when it should be reinvested in the children." Time and again it has been proven that when children are provided with a stable, healthy environment, they are most likely to thrive. Juana and Gabriella are living proof of this fact.



Astor's Third Annual Cabaret!

Magee Hickey, daughter of the late Lawrence F. Hickey, and reporter for PIX 11 News, along with her newscaster colleagues from New York's television stations performed in a Cabaret to raise funds for Astor's Lawrence F. Hickey Center for Child Development in the Bronx (LFHC)*.

The event took place on Sunday, May 5, 2013 at Sacred Heart. Performers included: Kirstin Cole, Mr. G, Allison Haunss, Sandy Kenyon, Polly Kreisman, Lisa Mateo, Greg Mocker, Marvin Scott, Kristen Shaughnessy, Lou Young to name a few.

One big show stopper were the children who performed as part of Astor-Hickey Blues Band! They were amazing and received a standing ovation for their performance. The Children's Art Show, Paint What you Feel was also on display. This exhibit of several wonderful paintings was inspired by the great abstract expressionists Rothko, de Kooning, Jackson Pollock, and the squeegee artworks of Gerhard Richter. Artist Pat Madden worked with the children at the LFHC to express their emotions through painting – uninhibited by the need for a painting to look like something. "Don't paint a bird," the kids were told, "paint what it feels like to fly!" Many of their original paintings were sold during the event.

The Cabaret was a great fundraising success and a most enjoyable time for all attending. It helped to put a spotlight on the LFHC and spread the word about the important work being done every day at LFHC, affectionately known as the "Little Red Schoolhouse."



Elizabeth Lavin, Magee Hickey, James McGuirk & Jane Sexton



Jada Ellis, Jordan Martinez, Deanna Rivas & Christopher Ijibo



Wally Zeins, Greg Mocker & Mr. G

**Located in the Bronx, Astor's Lawrence F. Hickey Center for Child Development serves children 2.9 years old to kindergarten age with behavioral and emotional needs. In September 1991, the Center was named in honor of Mr. Hickey. He and his family are dedicated supporters of Astor.*



Focusing on Children's Strength will Yield High Returns

by **Dr. Suzanne Button**

In your life, who is the person you are most likely to turn to when you are struggling?

Is it someone who points out your flaws or someone who cares for the whole you? Do they see your strong points and help you make sense of your weaknesses with a lot of caring and acceptance? As two of my most treasured teachers once wrote, "People feel strong enough to take risks when they are aware of their own strengths."

Mental health treatment providers and educators must work collaboratively with children and families to identify their unique skills, talents and interests. They should build on the positives to help kids and families have their needs met and solve life's challenges.

Currently, most schools and treatment providers, are working to integrate a strengths-based framework into everything they do. The best, most effective programs, are those committed to this effort. Families who seek

effective treatment and education should know what to ask about and what to look for when they want a strengths-based approach.

First, the program or school should start with a strengths-based assessment. Your child's teacher, your family's therapist, or you, should ask as many questions about skills and interests as they do about problems. A strength is something that gives your family or your child a sense of accomplishment (being a good cook, funny, athletic or artistic). It can be a quality or behavior that makes relationships better like kindness, thoughtfulness, patience, humor, or the ability to have fun with others. A strength is anything that makes you stronger in the face of hard times (a church community, a sense of purpose, family loyalty), or anything that helps family members do better at home, work or school.

Having strength can help you build good relationships with neighbors, or give you the ability to appreciate and be helpful to teachers, be hard working, have a good sense of focus, or be a team player. When you



first sit down and talk with your treatment provider or educator, they should be asking you what you know, what you can do, and what you enjoy doing. They should be asking your child the same questions. They should want to know what you, your child and family envision for future.

Next, any program that is truly strengths-based will put your involvement and your partnership at a premium. Without you trying to help your child succeed, they will not be successful in their effort. In practice, this means you should be at the table when plans for treatment or education are developed. Your child's professionals should be in active, regular communication with you about how things are going. This would shape future approaches to helping your child develop skills.

Strengths-based approaches focus on developing skills for the future. We now know the main areas of focus for youth who are struggling should be to help them develop strong relationships with caring adults, improve in school, have safe places to play, gain skills to bring into the workplace as they grow up, have opportunities

to serve others, and to have constructive things to do. In addition, to help anyone with emotional or behavioral difficulties heal and be successful, they need to manage stress, eat healthy, exercise, and sleep well.

We know learning different ways of thinking about our struggles – more optimism, positive expectations for the future, ways to avoid negative thinking, spiritual beliefs and practices, a sense of meaning, purpose and future can help children and families move forward on a road to stronger, healthier lives.

Remember you do not have to work with a professional to benefit from strengths-based perspectives. Try it tonight. When you sit around the table with your family, ask everyone to say one nice thing about the other person. Or try yourself to notice and talk about one strength in each of your children. Watch how focusing on the positive can change the way your family life feels and the way you and your kids feel about yourselves!

**From Waters, D, & Lawrence, E.C. (1993). Competence, Courage & Change: An Approach to Family Therapy. New York: W.W. Norton & Co.*

Looking & Feeling Good on a Budget

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The fashions shown in this article are all available at Kohl's

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Public Gardens Enrich the Hudson Valley

There are many gardens in Dutchess County open to the public (botanical gardens, educational gardens, specialty gardens, entertainment gardens, arboreta, farm gardens and historical landscapes). Many are free of cost and some are at a low cost so families can spend a lovely day exploring all the beautiful flowers and plants they have to offer.

The gardens promote environmental stewardship, plant and water conservation, green spaces and education in communities nationwide. Gardening is America's favorite pastime. One person who offers her garden during National Public Gardens Day is in our own back yard – Anne Spiegel!

Anne Spiegel's Rock Garden is a labor of love and a tribute to her dedication and commitment to her love of gardens.





She shares and educates all who visit. Ann began working on her rock garden in 1978 as a novice. Anne fell in love with rock gardening during a visit to one of the New York Flower Shows. It opened her eyes to rock gardening, something she thought would be ideal for the rocky terrain that came with her house. During the Show, she was introduced to rock gardening by Linc Foster, the foremost expert in this area. Anne was mentored by Linc and last year, won the Linc & Timmy Foster Millstream Garden Award – an award for outstanding contribution to the North American Rock Garden Society for creating a superior garden.

Anne has traveled to the mountains of the West and Italy to find inspirations and plants. As Ann says, “One must go in with ideas of the type of garden one wants but must remain flexible as to the terrain one is working within.” If after several attempts at growing a plant does not work, then she moves on. For example, Anne cannot use well water to water her plants, so that dictates the type of plants she can grow – plants from arid conditions (i.e., West, Mediterranean, Turkey, etc.).

Each year in early May, Anne opens up her garden in LaGrange to the public as a fundraiser for the Garden Conservancy (www.gardenconservancy.org/opendays/open-days-schedule) for a nominal cost of \$5.00.



*Anne and Joe Spiegel
with their dog.*

*For a listing of Public Gardens in
Dutchess County, visit:
[www.dutchesstourism.com/
parks-and-gardens.php](http://www.dutchesstourism.com/parks-and-gardens.php)*

Photos by Cliff Booker



Santorini Salad with Raspberry Vinaigrette

Here is a way to combine healthy eating with a light salad that is perfect for the warm weather. Taking advantage of the new Mediterranean Pyramid targeted to good health, this medley of fruits, vegetables and nuts is so tasty that it seems impossible that it can be so healthy. Add some grilled chicken or shrimp to this salad and a healthy, high protein dinner is served.



INGREDIENTS

- 8 cups greens (lettuces and /or field greens)
 - 2 hot-house or other tomatoes
 - 1 cucumber – peeled
 - 1 cup red or green seedless grapes
 - 1 cup fresh strawberries
 - 1 cup Mandarin oranges – drained
 - ½ cup glazed pecans
 - ½ cup crumbled feta cheese (low-fat)
 - light raspberry vinaigrette dressing
 - olive oil
 - white balsamic vinegar
 - raspberry jam*
- (*only for homemade dressing)

SALAD PREPARATION: Chop the greens and peeled cucumber into bite size pieces. Cut the mandarin oranges and grapes in half, and slice the cleaned strawberries. Chop the glazed nuts to make pieces approximately the size of a pea. Now, combine all these ingredients with the feta cheese in a large serving bowl. Slice the tomatoes and set them aside to garnish the top of the salad later.

BOTTLED DRESSING PREPARATION: Most bottled Raspberry Vinaigrette dressings are too thick and too sweet for this salad. You can make your own dressing (see below) or mix together ½ cup of bottled Light Raspberry Vinaigrette with ¼ cup White Balsamic Vinegar and 2 Tablespoons of Olive Oil.

HOMEMADE RASPBERRY VINAIGRETTE: Mix together 1 tablespoon raspberry jam, 1/4 cup white balsamic vinegar, 1/3 cup olive oil, 1 pinch of salt, and 1 pinch of ground black pepper.

SERVING: Keep the salad mix, tomatoes, and prepared dressing chilled until you are ready to serve. Just before serving, add the salad dressing to the salad mix and toss gently to coat everything with the dressing. Finally, garnish the salad with the sliced tomatoes and serve.

by **Linda Weisbrod**



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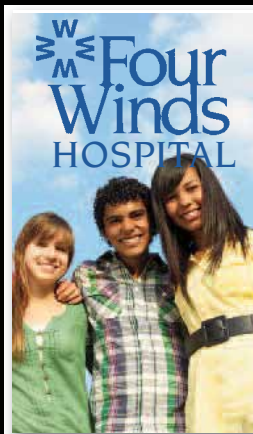
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Which tablet should I buy? by Joel Weisbrod

With Apple's introduction of the iPad, a new era in "tablet computing" began. Until the middle of 2011, the iPad market seemed untouchable by the competition and then it seems everyone jumped into the fray. The tablets available today are better, faster, and more functional.

The question is: which tablet is best for you?

All the tablet devices today have many features in common. The platform (operating system) is what makes them different. Use this information as a guide to look for the perfect tablet for you or your family.



Apple iPads: All iPad devices share one of the "Apple" operating system platforms. The biggest advantage of the iPad over other tablets is the seamless integration with iTunes and any other Apple-based devices such as iPhone, iPod, etc. However, you are also locked into the "Apple World" of apps, music and movies. If you already own other Apple devices and are heavily invested in iTunes music, apps and movies, this may be the best choice for you. The newest iPad pricing starts at \$499 for the full-size iPad.



Android Tablets: These devices made by Asus, Samsung, Google and others use the "Android 4 Jelly Bean" operating system platform. With these tablets, you will enjoy instant integration with all your Google information.

If you use Google Mail, Google Calendars, Google Docs, Google Drive or any other Google product, these tablets are for you. The newest release of the Android Operating System is faster than previous version. The newest Android Tablet pricing starts at \$299 for devices with the same internal components as the full-size iPad.



Windows 8 Tablets: These devices made by Asus, Lenovo, Microsoft and others use the new Windows 8 operating system platform. Owners of new PCs or laptops using the Windows 8 desktop operating platform will find almost seamless integration and operation with these new tablets. Using your Windows Live account will instantly personalize your Windows 8 Tablet with contacts, email and calendar from your desktop. It will not, however, load the apps on your Windows 8 desktop. Many of your favorite smart phone apps and games are not available for the tablet. If you are looking to mimic your laptop or desktop, you will need the "PRO" version of this tablet. The newest Asus Windows 8 Tablet pricing starts at \$389.

Content Driven Tablets: The newest "mini-tablets" have a 7-inch screen rather than the 10-inch screen found on the full size version. Some popular entries in this category include the iPad Mini from Apple, Nexus 7 from Google, Kindle Fire HD from Amazon, and Nook HD from Barnes and Noble. All of these devices are designed to use content (books, movies, etc.) from a specific provider while allowing users to check email and browse the web. Some (e.g. Nexus 7) allow editing of documents and photos but the smaller screen makes this more difficult. Except for the iPad Mini, all of these devices run on the Android Operating System but are modified by the device manufacturer to limit the ability to purchase media from competitors.

Summary: So, which tablet is best for you? First, decide if you want a tablet you can carry around in a shirt pocket or purse that will not tire your wrist if you hold it to read or watch a movie on a long flight. Next, where do you plan to shop for media? These "content driven" tablets only permit shopping from their "online media stores." Decide which platform is best for you and then choose a tablet using that platform. As you add other devices (e.g. smart phones) into your arsenal of technology gadgets, it will be best to stay with the same platform so that integration is possible, easy, and automatic.



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How Do You Handle Stress?



1. **At 4 a.m. your baby won't stop crying, even after she has a bottle. You...**
 - A. Cradle her in your arms while you read a book.
 - B. Go to bed and put your head under the pillow.
 - C. See who you can wake up to take care of her.

2. **At work, your computer has just shut down and you have lost two hours of work. You..**
 - A. See if there is a window you can jump out of.
 - B. Take a break and get started again.
 - C. Read the manual on saving your work.

3. **Your boyfriend has just been seen with a woman who is not his sister. You...**
 - A. Confront him and scream that he is a dog.
 - B. Try to find out who he was with and why.
 - C. Tell him what you were told and let him explain.

4. **The new jacket you have to have just costs too much. You...**
 - A. Convince yourself you do not need it.
 - B. Save money for when it goes on sale.
 - C. Borrow the money and buy it.

5. **Your mother had a serious illness and she needs you. You...**
 - A. Prepare yourself mentally for a difficult period.
 - B. Try to escape the problem through drinking and drugs.
 - C. Gather all the resources you can by talking with the right people.

SCORE YOURSELF

My Score: _____

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

Total Score: _____

Add up the numbers to find your total score.

Explanation of the score:

10 to 18

You know what to do when you have a problem. But do not take on too much yourself.

19 to 30

Most of the time you take care of your problems. Think before you act.


31 to 50

Watch out! Difficult situations overwhelm you. Try talking with a minister or counselor.



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Word Find Answers

Puzzle on page 28

The Emotion Family

R	J	M	L	T	N	A	C	V	A	E	A	I	V	F
S	X	F	Y	J	N	I	Y	M	I	Q	Z	D	D	H
F	E	J	W	G	T	Q	R	T	I	Y	X	R	B	N
F	A	F	R	A	R	K	P	Z	F	Z	G	A	M	P
M	F	Y	T	A	K	N	X	Y	T	H	B	Q	Q	B
F	G	S	E	W	L	E	K	Q	P	A	J	C	C	C
D	C	F	R	Z	D	W	V	E	Y	P	R	A	F	Y
E	E	A	Y	T	R	Y	A	R	S	P	W	Q	O	L
O	W	T	N	D	H	Y	N	T	U	Y	J	F	I	X
D	M	M	R	X	F	V	O	U	O	H	S	K	H	D
N	A	E	Q	O	I	N	H	Q	L	K	Q	N	P	Y
Y	D	L	W	S	F	E	A	O	A	T	E	S	P	U
T	U	J	G	L	A	M	T	S	E	L	O	V	E	L
E	X	C	I	T	E	D	O	Y	J	X	H	A	J	A
M	U	C	U	O	V	M	O	C	W	I	V	D	O	F

Horoscopes

Sagittarius - 2013 marches in presenting you with a map of many roads. A Grand Air Trine on January 4 gives you the key to unlock new discoveries. At first you may be surprised at how it gives you new insight on your family relations. Even on those days when you're keeping your head down, sorting out your troubles, your private life will accelerate to the point where you're receiving welcome guidance you never expected.

Leo - A new and unusual side to your family life and circle of friends will unfold, giving you a new perspective. Think of your family and friends as a mirror. The more you look into their souls and lives, the more you understand who you are. Toward the end of the year, there may be a shake-up in your social circle that could pose a challenge for you. However, your base of support of family and friends will still remain.

Scorpio - Your road is built like a jigsaw puzzle this year, and sometimes other people will have the necessary pieces to complete it. Even if you're not feeling 100% all the time, or even if you feel that others are just a hindrance, don't shut anyone out who might want to help. You could be surprised at what you'll get in return.

Libra - You've got what it takes to make a strong impression on people, and this year will be a fast and furious cycle of interaction. But don't get too caught up in others' pie-in-the-sky ideals. Use your charm to defuse any attempts to take your feet too far off the ground. There are going to be many times when you'll have to think of "you first" - even in situations where you may feel you're being selfish to do so.

Cancer - Your Cancerian focus on the family will be highlighted in your mind this year. You'll be very busy with activities that involve your family and your closest friends. Every new group activity you'll be engaged in will give you strength and stamina to face other problems.

Aries - This is going to be perhaps one of the luckiest years in your life! As 2013 begins, the Moon, ruler of the emotions, will be posited at 20 degrees of Leo, the Lion, a Fire Sign like Aries, and Venus, planet of love, will be in another Fire Sign: Sagittarius, the Archer. Last but not least, the Ram, your own Sun Sign, will be teamed up with Uranus (lucky surprises!). This just might mean that you're going to have a busy time of it, but it will be a productive time. At the very least, you'll be occupied with a task, project, or new innovation that will enable you to advance your career aspirations.

Virgo - As a Virgo, you're intelligent and conscientious, but sometimes the small details can make you stall. This year is different, however, in that more and more you'll be made to see the bigger picture in all your dealings with family and friends. When things go wrong, you and your loved ones will have a mutual empathy; when things go right, you and the ones nearest to you will share the joy without questioning the small things.

Gemini - If you hope for a lucky break, you still have to work for it. It's just that under these circumstances, what most people consider a lucky break is actually the result of diligent efforts. In addition, Jupiter will be forming a Grand Air trine with Mars in Aquarius and the Ascendant in Libra. You probably won't experience fortunate breaks at the snap of a finger, but you'll put in sufficient effort to make things happen for yourself.

Capricorn - On June 16 the Moon passes into Libra, creating new connections with people who might have only existed in the corner of your eye up until now. It's not that you didn't care about them - your paths just didn't cross. Now, more than ever, a meaningful connection could be forged that will propel you through some busy times.

Pisces - The first weeks of March bring a sense of happiness and enlightenment, whether from an outside event or just from your own positive well-being! Instead of the straw that broke the camel's back, you'll discover the straw that builds the camel's back stronger and more powerful. Your friends' constant attention will become no longer a weight, but a strengthening pillar.

Aquarius - February 8, when the Moon is in Aquarius (also enriched by other aspects) you can more easily think on your feet during conflicts. This is especially convenient, as you're likely to be knocked around from place to place a lot this year. With all the coming and going you'll be doing, you'll need to keep your stamina up more than ever.

Taurus - In 2013, Saturn asks Taurus to pare down after a period of some excesses, particularly if a bloated ego or too-high expectations were involved. Now it's time for a reality check and a maturing process. Fortunately, many Taureans are also experiencing planetary support at the same time, from Pluto, Neptune, Chiron, and from June to December, Jupiter. Yes, Saturn opposing your sign will bring some challenges, but overall, you're in good shape this year.

The Emotion Family

R J M L T N A C V A E A I V F
S X F Y J N I Y M I Q Z D D H
F E J W G T Q R T I Y X R B N
F A F R A R K P Z F Z G A M P
M F Y T A K N X Y T H B Q Q B
F G S E W L E K Q P A J C C C
D C F R Z D W V E Y P R A F Y
E E A Y T R Y A R S P W Q O L
O W T N D H Y N T U Y J F I X
D M M R X F V O U O H S K H D
N A E Q O I N H Q L K Q N P Y
Y D L W S F E A O A T E S P U
T U J G L A M T S E L O V E L
E X C I T E D O Y J X H A J A
M U C U O V M O C W I V D O F

Find the following words:

ANGRY
ECSTATIC
FEAR
JEALOUSY
SAD

ANXIETY
ENVY
GLAD
LOVE
UPSET

COMFORTED
EXCITED
HAPPY
MAD

Answer key on page 26

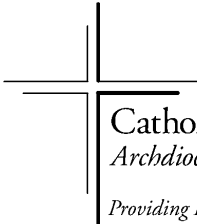


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