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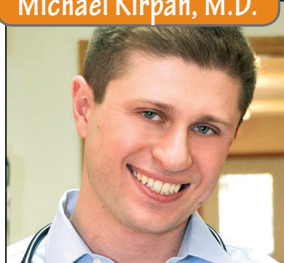
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ON OUR COVER

This month's cover kid is **Emerson**, a 3 year old from Rock Tavern. She attends Montgomery Montessori and loves ballet and putting on a show. Photo by Michael Bloom

HV PARENT READER FEEDBACK

*We asked moms:
What is the most
important thing
when choosing a
pediatrician?*

I look for someone who is supportive of the breastfeeding relationship between mother and baby. They should have a good relationship with other specialists like a lactation consultant. It is important that I have a team of doctors working together.

— **Bridget**

A mother's instinct is important and a doctor that recognizes that is a good one.

— **Anne**

I take office wait time and bedside manner of both the doctors and the staff into consideration. Nothing is worse than when you have a sick child and the staff or doctor is rude or in a hurry.

— **Katie**

First thing I look for is how clean the office is. I need a doctor and a staff that has a good demeanor and doesn't brush off my concerns.

— **Tiffani**

I don't want to be judged or shamed for my daughter's developmental timeline. I only want to know if a delayed milestone is getting borderline "too late" and she needs intervention. Don't make me feel like a bad mom.

— **Jill**

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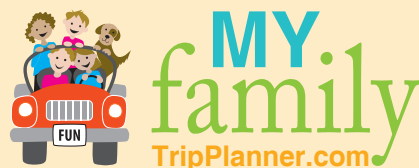
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The most wonderful time of the year



**CASSIDY
BRIGHTON**

Editor's
Journal

Just like that, another year has come to a close. Summer flew by in a blink (like it always does), the leaves have all finally fallen and we are now in the midst of another long Hudson Valley winter. So, wrap your scarf a little tighter, turn up the fireplace and drop a few more marshmallows in your hot cocoa. It's going to be a cold one.

The holidays are supposed to be holly and jolly, surrounded by family and friends. So often though, this time of year is also accompanied by stress for parents. Kids are thrilled with making snowmen and watching movies on snow days. Moms are left to worry about last minute holiday gifts, the terrors of cold and flu season and maneuvering the holiday travel plans around the next impending snow storm.

This month, settle in for a few with a copy of Hudson Valley Parent and make it the most wonderful time of the year for you and your family.

Are you expecting the super special gift of a new baby this holiday season? Does the thought of your new bundle of joy warm your heart but the thought of giving birth stress you out? Learn about your birthing options from moms who have been there before. See how you can make your labor and delivery personal, exciting and as calm as possible.

The year is ending, but that doesn't mean new beginnings aren't just around the corner for your family. Did your newborn baby girl

blossom into a tween seemingly overnight? Is it time for her to see the gynecologist already? Doctors and moms who already know the drill answer your questions and ease your fears about this major milestone.

Cold and flu season is upon us, making it the perfect time for our annual Favorite Docs guide. Once again, thanks to your help, we were able

to round up the absolute best doctors in the Hudson Valley. From pediatricians to dentists and all of the specialists in between, we have the best of the best lined up for you this month. A happy, healthy child is the best gift a mother can receive during the holidays and all year round and we want to help by giving you the resources to make that happen.

Since I was a little girl, I have always loved the holidays and have found so much joy during this beautiful season. The twinkling lights on all of the homes and the delicate snow on the tree branches makes the Hudson Valley look like a winter wonderland. Even though I am not a little girl anymore, I still enjoy the extra chilly snowed-in days snuggled up in some festive pajamas, watching my favorite holiday movies with my family. (Our all-time favorite classic is "The Year Without a Santa Claus." What's your favorite?)

From our Hudson Valley Parent family to yours, happy holidays!



Jeffrey Weinstein, MD, FAAP
Internal Medicine & Pediatrics



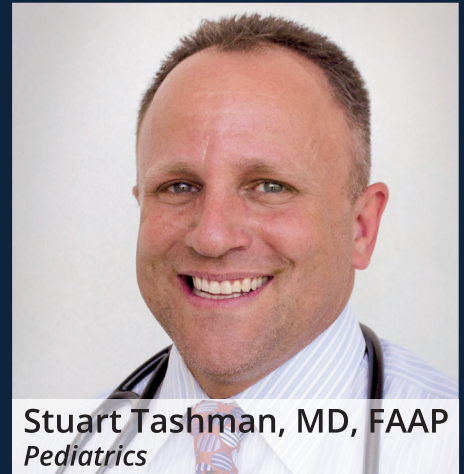
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Dr. Eric Martin is a father, doctor and Ironman athlete who finds joy when he shares his healthy lifestyle with his family.

Photo by Michael Bloom

I am a Hudson Valley Parent

Eric Martin: Dad, Doctor, Ironman

By PAUL SMART

Orthopedic surgeon Eric Martin M.D. of Goshen, father of 15 year old Zach and 13 year old Jason, had one of those moments many parents in their forties have. He took a look at photos from a family vacation, and could barely recognize himself.

"I took one look at myself and didn't see the me I remembered being," he recalls. "I started running and set goals for myself. That was five years ago."

At age 48, Dr. Martin, now an Ironman athlete, competes in marathons and other races, bikes and swims. He's involved his whole family in his pursuit of a healthier lifestyle, which includes twice-a-week personal trainer strength sessions with his two sons.

Generations of athletes

Eric Martin grew up in Albany, with a brother and twin sister. His father, an ophthalmologist just now winding down his own practice, is an avid golfer who always took his kids to walk all 18 holes on the course with him, and also ran marathons. He passed on his love of exercise and athleticism to his kids, just as Martin passes on that knowledge to yet another generation.

When not training, the doctor loves planning vacations around the world with his family. Past trips have included particularly memorable time outdoors in Iceland, among their annual outings. They're all avid hikers, intent on also getting to all the

Hudson Valley's trails, and skiers with a love for the region's mountains.

"I've always been a goals person. At first my brother, who's a very accomplished tri-athlete, helped me a great deal," he adds. "But then it made sense to get the whole family involved. Otherwise there's just not enough time for everything."

"Outside the Ironman season, I drop the training back a bit in favor of quality, higher intensity sessions," Dr. Martin adds. "I like to get my training in early each morning, and that involves things I can do at home, including running and biking, as well as family visits to a nearby pool several times a week."

A change in rhythm

It was no coincidence that Dr. Martin's push to get himself back in shape, and then reach further as a tri-athlete, occurred when his boys were moving from their elementary towards middle school years. The combination of their needing less direct attention, and involvement in after-school activities, helped open up their father's schedule, as well as that of their mother, Claudia, a full time attorney.

"You temper what you do; it's very good to figure out a rhythm," Dr. Martin says of how he balances the parenting, work and physical training aspects of his life. "We make sure to have dinner together almost every night; Claudia is a great cook, and is excellent at emphasizing the healthiness of what we eat while also making everything delicious."

Challenges still arise when the doctor's regular schedule of office hours and surgery gets "add-ons" and emergencies, or the kids' schedules change. More than anything, Dr. Martin finds that the sorts of breaks others like from stressful schedules -- a snow day, a bout with the flu or a bad head cold -- break what he likes most in his life: a smoothly-running schedule that's busy and full.

Like father, like sons

As for how this all works with Zach and Jason's parenting, the doctor speaks about maintaining an "aggressive" focus on academics, just like he had growing up, a strong emphasis on maintained exercise regimes and the stressing of solid goal achievement in one's life.

"I'm a big believer in activities that are easy to maintain throughout a lifetime," the doctor adds. "I also believe in setting a good example; I'm an achiever. I believe in picking a goal and then breaking down what you need to do about getting there. That's the biggest lesson I've been teaching my boys."

What does Dr. Martin learn, in turn, from his sons, Zach and Jason?

"They're happy-go-lucky and goofy but always ready to learn," he answers. "We find it's a joy just being around each other."

Paul Smart is a father who writes for a variety of publications in the Hudson Valley. He lives in Catskill.



Over the past six months, our readers have been busily nominating health care professionals from all over the area. When we asked you to tell us who your favorite docs were, you sent in their names, practices and disciplines in droves. Be it the office warmth, the personable staff or the comfort you experience, it's pretty obvious that you really like your physicians and health care providers a whole lot. We thank you for taking time to let them know just how much by tossing their name into the hat.

For a complete list of 2017 Hudson Valley Parent Favorite Docs & Healthcare Professionals nominations and reader comments go to HVPARENT.COM/Health-Guide on December 15

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Annabell Garcia, MD FAAP
Roger Green, MD FAAP
Brett Macaluso, DO MPH FAAP
Ann Nunez, MD FAAP
Peter O'Connor, MD FAAP
Kira Olugebefola, MD
William Parsons, MD FAAP
Barbara Payne, MD FAAP
Rodrigo Penalosa, MD FAAP
Jack Sobrin, DO FAAP
Valerie Sprenz, MD FAAP

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Bridgham Barr Orthodontics
293 Rte. 100, Ste. 209, Somers, NY
(914) 277-1111

Anthony Bonavoglia, DDS, MS

Dr. B. Smiles
7 Moran Ave., Wappingers Falls, NY
(845) 297-4075

Sean Rooney, DMD

Dr. Sean M. Rooney
54 Miller Rd., Mahopac, NY
(845) 621-1222

Kelly Walters, DMD

Dutchess Orthodontics
1557 Rte. 82, Ste. 5, Hopewell Junction, NY
(845) 896-8880

Greg Efros

Efros Orthodontics
149 Hurley Ave., Kingston, NY
(845) 331-7356

Barry Glaser, DMD

Glaser Orthodontics
1983 Crompond Rd., Cortlandt Manor, NY
(914) 739-6400

Martha Chun, DMD, MSD

Martha A. Chun DMD, MSD
347 Fullerton Ave., Newburgh, NY
(845) 569-9342

Oran Pachter, DMD

Pachter Orthodontics
465 E. Main St., Middletown, NY
(845) 343-8212

Martin Van Vliet, DDS

Van Vliet Orthodontics
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Kristy Castro

Bracesetters Orthodontics
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*Jeffrey J. Kim, DDS

Hampton Family Dentistry
400 Midway Park Dr., Middletown, NY
(845) 344-4336

DENTISTS - PEDIATRICS



*Geri-Lynn Waldman, DDS

Hudson Valley Pediatric
Dentistry
75 Crystal Run Rd., Ste. 235
Middletown, NY
(845) 458-8500

Dr. Geri received her degree from Columbia University School of Dental and Oral surgery. She then received a certificate in Pediatric Dentistry from UMDNJ. Her goal is to provide young patients with positive early dental experiences so that they will continue to enjoy visiting the dentist in adulthood.



*Dayna Olstein, DMD

Orange County Pediatric
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1200 Rte. 208, Ste. 4
Monroe, NY
(845) 928-2205

Dr. Dayna Olstein is a board certified pediatric dentist, specializing in dental care for infants, children and adolescents. Dr. Olstein provides quality dental care in an enjoyable and gentle environment.

*Evan Hershkowitz, DDS

Seven Seas Pediatric Dentistry
1001 Rte. 376, Wappingers Falls, NY
(845) 214-0008

Bryan Hinkle, DDS

Dentist's Office of the Hudson Valley
1733 Ulster Ave., Lake Katrine, NY
(845) 336-5252

Delaney Acosta, DMD

Dr. Delaney Pediatric Dentistry
888 Rte. 6, Mahopac, NY
(845) 628-3400

Mila Belgrade, DMD

Family Dental Group
2985 Navajo St., Yorktown Heights, NY
(914) 243-2323

Jeffrey Moran, DDS

Jeffrey R. Moran, DDS and Erina Eccher,
DDS
4 Executive Park Dr., Albany, NY
(518) 489-6972

Mayer Noskow, DDS

Pediatric Dentistry of Poughkeepsie
243 North Rd. #102, Poughkeepsie, NY
(845) 454-3025



Marita Smith, DDS

Smith's Little Smiles
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374 Rte. 116, Somers, NY
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Benjamin Dancygier, DDS

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1557 Rte. 82, Ste. 2, Hopewell Junction, NY
(845) 226-8577

Jin Lin, DMD

Valley Pediatric Dentistry, PC
3630 Hill Blvd., Ste. 401
Jefferson Valley, NY
(914) 245-7100

Josephine Korlei Mensah, DMD

Valley Pediatric Dentistry, PC
129 Clove Branch Rd.
Hopewell Junction, NY
(845) 226-8577

*Jennifer Blair-Payami, DMD

Craft Smiles
1 Powelton Rd., Newburgh, NY
(845) 476-3777

*Agnese Barbagallo, DDS

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*Patricia McAleer, MD

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Hara Schwartz, MD

Hara J. Schwartz, MD
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(845) 896-5140

Steven Wolinsky, MD

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(845) 783-2920

Rhonda Pomerantz, MD

Rhonda Pomerantz, MD
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(212) 335-0488

ENDOCRINOLOGISTS***Melissa Price, MD**

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(845) 765-4990

***Tabbsum Malik, MD**

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30 Hatfield Ln., Goshen, NY
(845) 615-6999

Ranjan Nath, MD

The Diabetes and Endocrine Medical
Offices, PLLC
4 Nancy Ct., Ste. 2, Wappingers Falls, NY
(845) 896-0008

FAMILY PHYSICIANS***Daren Garb, MD, MPH**

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***Ingrid Van Hollebeke, DO, FACOI**

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***Jean Jaeger, MD, FAAFP**

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(914) 241-1050

***Kim Seeger, MD FAAFP**

CareMount Medical, PC
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(845) 202-6669

***Liana Das, MD, FAAFP**

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(845) 202-6669

***Laura A. Nicoll, MD**

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855 Rte. 17M, Monroe, NY
(845) 703-6999

***Parth Shah, MD**

Crystal Run Healthcare
155 Crystal Run Rd., Middletown, NY
(845) 703-6999

***Ramzi A. Tawil, MD**

Crystal Run Healthcare
100 Crystal Run Rd., Middletown, NY
(845) 703-6999

***Shawkat G. Massih, MD**

Crystal Run Healthcare
155 Crystal Run Rd., Middletown, NY
(845) 703-6999

***Wael Fakhoury, MD**

Crystal Run Healthcare
75 Ronald Reagan Blvd., Newburgh, NY
(845) 703-6999

Albert Harry Zucker, MD

Albert Harry Zucker, MD
505 State Rte. 208, Monroe, NY
(845) 782-6092

Anjali N. Shah, MD

Anjali N. Shah, MD
169 N. Plank Rd., Newburgh, NY
(845) 563-9055

Jeffrey R. Weinstein, MD

Catskill Adult & Pediatric Medicine
64 Jefferson St. #2, Monticello, NY
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DeLeo Family Medicine
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(845) 853-7003

Carol Jellett, MD

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(845) 229-1020

Jincy Cherian, DO

Family Practice Center of Hyde Park
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11 Crum Elbow Rd., Hyde Park, NY
(845) 229-1020

Lauren Vigna, MD

FirstCare Medical Center Family Practice
222 State Rte. 299, Highland, NY
(845) 691-3627

Thomas S. Robinson, MD

Frank C. Pedevillano, DO & Thomas S.
Robinson, MD
21 Springside Ave., Poughkeepsie, NY
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Foster, Teresa DO

Health Quest Medical Practice-
Primary Care
404 Zena Rd., Woodstock, NY
(845) 679-5271

Jessica Souchet, DO

Health Quest Medical Practice-
Primary Care
1 Pine St., Poughkeepsie, NY
(845) 483-0447

Scott Costley, DO

Health Quest Medical Practice-
Primary Care
6511 Springbrook Ave. Ste. 1001
Rhinebeck, NY
(845) 876-4432

Francis Imbarrato, MD

Horizon Family Medical Group
1200 Rte. 208, Monroe, NY
(845) 783-6266

Mark Berti, DO

Horizon Family Medical Group
30 Hatfield Ln., Ste. 101, Goshen, NY
(845) 427-0884

Sherin Philip, MD

Horizon Family Medical Group
90 E. Main St., Washingtonville, NY
(845) 496-2400

Francesca Hilmi, DO

Hudson Valley Family Physicians
117 Marys Ave., Ste. 101, Kingston, NY
(845) 339-1515

Mark Foster, MD

Hudson Valley Primary Care
1323 Rte. 9, Ste. 204, Wappingers Falls, NY
(845) 298-7022

Matthias VonReusner, MD

Hurley Ave Family Medicine
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(845) 339-2804

Suzanne LeFabvre, MD

Kent Primary Care
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New Paltz Family Medicine
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(845) 255-7900

Matthew Denno, MD

New Paltz Family Medicine
26 N. Front St., New Paltz, NY
(845) 255-7900

Elizabeth Horner, PA

NYU Langone Village Medical Pawling
7 Chapin Ln., Ste. 1, Pawling, NY
(845) 855-0084

Andrew J. Chernack, MD

Premier Medical Group
45 Reade Pl., Poughkeepsie, NY
(845) 437-5000

GASTROENTEROLOGISTS

*Dhiren Patel, M.D.

Middletown Medical
111 Maltese Dr., Middletown, NY
(845) 888-2200

Michael Gerdis, MD

Docs Medical
220 N. Central Ave., Hartsdale, NY
(914) 948-3627

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*Manuel C. Perry, MD

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(845) 703-6999

Radhika Rachamalla, MD

Dutchess Hematology & Oncology
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Jeffrey M. Stewart, MD
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*Thomas Guzzardi, MD

CareMount Medical, PC
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(845) 765-4990

*Thomas Weisel, MD, FACP

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10 Cranberry Dr., Hopewell Junction, NY
(845) 231-5600

*Liby Mathew, MD

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155 Crystal Run Rd., Middletown, NY
(845) 703-6999

*Sandy Doti, MD

Crystal Run Healthcare
7 Hatfield Ln., Goshen, NY
(845) 615-6999

*Suleman Bhana, MD

Crystal Run Healthcare
95 Crystal Run Rd., Middletown, NY
(845) 703-6999

*Jennifer Reich, MD

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(845) 342-4774

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Best Internal Medicine
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(845) 496-8466

Frank Kessler, MD

Brewster Medical Group
3423 Danbury Rd., Brewster, NY
(845) 279-7200

Patricia Shannon, MD

Community Primary Care
45 Foster Rd., Hopewell Junction, NY
(845) 226-4590

Chanchal Singh, MD

Cornerstone Family Healthcare
147 Lake St., Newburgh, NY
(845) 563-8000

Edgard Quinones, MD

Edgard Quinones, MD
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Gopal Shah, MD
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Paul Jee, MD

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2510 Rt. 44, Salt Point, NY
(845) 677-8358

Sunhee Woo, MD

Health Quest Medical Practice-
Primary Care
1100 Rte., 55, Ste. 101, Lagrangeville, NY
(845) 473-0974

Krishna Kant Dixit, MD

Krishna Kant Dixit, MD
338 Meadow Ave., Newburgh, NY
(845) 569-8968

Michael Sheran, MD

Medical Associates of the Hudson Valley
29 Fox St., Ste. 200, Poughkeepsie, NY
(845) 338-7140

Riaz A. Chaudhry, MD

Riaz A. Chaudhry, MD
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(845) 565-7800

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Danielle Molella

Blue Dragonfly Bodywork
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MIDWIVES

*Deborah Healy, CNM, MS

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(Continued on Page 18)



Dr. Barbara Beyer
General Pediatrics



Dr. Emily Rivera Brown
General Pediatrics



Ivy Braun, RN
General Pediatrics



Dr. Martina Bezdicikova
General Pediatrics



Dr. Maria David
General Pediatrics



Dr. Kathleen Ennabi
General Pediatrics



Dr. Eric Fehske
Pediatric Cardiology



Dr. Barbara Gannon
General Pediatrics



Dr. Joseph Giamelli
Pediatric Cardiology



Dr. Nancy Giannini
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Dr. Suzanne Kaseta
General Pediatrics



Dr. Marion Kessler
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Suzanne Berger, CNM

Health Quest Medical Practice-Obstetrics and Gynecology
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Rhinebeck, NY
(845) 871-4235

NEONATOLOGISTS

Prabhakar Kocherlakota, MD

St Luke's Cornwall Hospital
70 Dubois St., Newburgh, NY
(845) 561-4400

NEUROLOGISTS

*Zoltan Fekete MD, PhD

Crystal Run Healthcare
61 Emerald Pl., Rock Hill, NY
(845) 794-6999

Glenn Castaneda, MD

eRiver Neurology of New York LLC
21 Fox St., Ste. 102, Poughkeepsie, NY
(845) 452-9750

Janet Tamai, DO

Health Quest Medical Practice
-Division of Neurology
365 Bdwy., Kingston, NY
(845) 331-5165

NURSE PRACTITIONERS



*Michelle Patrick, MSN, CPNP

Children's Medical Group
104 Fulton Ave.,
Poughkeepsie, NY
(845) 452-1700

Michelle Patrick has been with The Children's Medical Group since 1997. She is focused on helping children with chronic illnesses and family issues.

*Deborah Sherman, WHNP-BC

Crystal Run Healthcare
95 Crystal Run Rd., Middletown, NY
(845) 703-6999

*Ivy Braun, RN, CPNP

Kathleen Ennabi Pediatrics, a member of Boston Children's Health Physicians
2529 Rte. 52, Ste. 3, Hopewell Junction, NY
(845) 227-0123

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Dawn Prati, CPNP-PC

Bambini Pediatrics
207 Washington St., Ste. 103
Poughkeepsie, NY
(845) 249-2510



Somer DelSignore

Bock Integrative Medicine
50 Old Farm Rd.
Red Hook, NY 125711
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Cairo Family Care
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Grace Silverio, FNP-BC

Community Primary Care
45 Foster Rd., Hopewell Junction, NY
(845) 226-4590

Holly Mault, FNP

Community Primary Care
59 Barnegat Rd., Poughkeepsie, NY
(845) 226-4590

Sara Winterleitner, NP

Health Quest Medical Practice-Division of Breast Surgery
45 Reade Pl., Poughkeepsie, NY
(845) 483-6953

Kirsten Laux, FNP-BC

Premier Medical Group
400 Westage Business Center Dr., Ste. 210
Fishkill, NY
(845) 437-5000

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*Adele El Kareh, MD, PhD, FACOG

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(845) 765-4990

*Carla Eng, MD, FACOG

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*Daniel Perkes, Jr, MD, FACOG

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10 Cranberry Dr., Hopewell Junction, NY
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*David Menges, DO, FACOG

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600 Westage Business Center Dr. Fishkill, NY
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*Lance Murphy, MD, FACOG

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(845) 231-5600

*Laura Kaye, MD FACOG

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660 Stoneleigh Ave., Carmel, NY
(845) 279-2000

*Matthew Kim, MD FACOG

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*Mridasim Aguwa, MD FACOG

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*Nicole Ceradini, MD FACOG

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*Padmavati Garvey, MD, FACOG

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*Rupinder Bhangoo, MD, FACOG

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Fishkill, NY
(845) 231-5600

*Toni Saychek MD FACOG

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2507 South Rd., Rte. 9, Poughkeepsie, NY
(845) 471-3111

*Andrei Munzer, MD

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(845) 725-0100

*Deborah Spencer, MD FACOG

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(845) 703-6999

*Dumisa Adams, MD, FACOG

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95 Crystal Run Rd., Middletown, NY
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*Eileen Bogursky, MD, FACOG

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***Lezode Kipoliongo, MD, FACOG**
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 95 Crystal Run Rd., Middletown, NY
 (845) 703-6999

***Manan Shah, MD, FACOG**
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 95 Crystal Run Rd., Middletown, NY
 (845) 703-6999

***Ralph Anderson, MD, FACOG**
 Crystal Run Healthcare
 95 Crystal Run Rd., Middletown, NY
 (845) 703-6999

***Randolph Cohen, MD, FACOG**
 Crystal Run Healthcare
 95 Crystal Run Rd., Middletown, NY
 (845) 703-6999

***Rebeca Caban, MD**
 Crystal Run Healthcare
 81 Ronald Reagan Boulevard, Warwick, NY
 (845) 986-5123

***Sally Levine, DO, FACOG**
 Crystal Run Healthcare
 81 Ronald Reagan Blvd., Warwick, NY
 (845) 986-5123

***Stanislaw Landau, MD, FACOG**
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Obosa Osawe, MD

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19 Baker Ave., Ste. 302, Poughkeepsie, NY
(845) 790-9300

Alex Joanow, DO

Horizon Family Medical Group
30 Hatfield Ln., Ste. 207, Goshen, NY
(845) 291-7400

Dominic Aro, DO

Horizon Family Medical Group
30 Hatfield Ln., Ste. 101, Goshen, NY
(845) 291-7400

Jonelle Bingham-Alexander, MD, FACOG

New York Presbyterian Hospital Group
1259 East Oregon Rd., Putnam Valley, NY
(914) 528-7664

Howard Mortman, MD

Sharon OB/GYN Associates
50 Amenia Rd., Sharon, NY
(860) 364-0536

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45 Reade Pl., Poughkeepsie, NY
(845) 483-6226

Samuel Funt, MD

Memorial Sloan Kettering Cancer Center
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(646) 422-4558

Thomas Eanelli, MD

Thomas Eanelli, MD
75 Crystal Run Rd., Middletown, NY
(845) 695-5999

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Highland Ophthalmology Associates
140 Executive Dr., New Windsor, NY
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Larry Koreen, MD, PhD, MPH

Mid-Hudson Retina Consultants
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OPTOMETRISTS

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Dr. Robert Greenbaum
1110 Rte. 55, Lagrangeville, NY
(845) 473-0220

George J Kaknis, OD

George J Kaknis, OD
1073 Main St., Ste. 106, Fishkill, NY
(845) 896-2017

ORTHOPEDISTS

*David Stamer, MD, FAAOS

CareMount Medical, PC
600 Westage Business Center Dr.
Fishkill, NY
(845) 231-5653

David DiMarco, M.D.

Orthopedic Associates of Dutchess
County
1910 South Rd., Poughkeepsie, NY
(845) 454-0120

Sasha Ristic, MD

Orthopedic Associates of Dutchess
County
1 Webster Ave., Poughkeepsie, NY
(845) 897-4660

Jean Y Park, MD

Somers Orthopedic Surgery & Sports
Medicine
400 Westgate Business Center Dr., Ste. 106
Fishkill, NY
(845) 227-2228

Joel Buchalter, MD

Somers Orthopedic Surgery & Sports
Medicine
664 Stonleigh Ave., Ste. 300, Carmel, NY
(845) 278-8400

Robert Hedderman, MD

The Bone & Joint Center
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*John Scott, MD FAFPRS

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(914) 241-1050

*Lissette Giraud, MD

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*Mark D. Very, MD

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(845) 562-0760

*Ofer Jacobowitz, MD, PhD FAASM FAAOA

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(888) 350-1368

*Prashant Ponda, MD

ENT and Allergy Associates
103 Executive Dr., Ste. 500
New Windsor, NY
(845) 562-0760

*Rami Payman, MD

ENT and Allergy Associates
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(845) 471-4086

*Richard DeMaio, MD

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Michael Tobias, MD
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West Harrison, NY
(914) 345-8111

Jeffrey Wisoff, MD
NYU Pediatric Neurosurgery Associates
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***Marc Childs, MD**
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***Adrian Gruszko, MD**
Children's Medical Group
4252 Albany Post Rd.
Hyde Park, NY
(845) 452-1700

Dr. Gruszko joined the group in 1999. He is bilingual in Spanish. His main areas of interest are emergency medicine, trauma and pediatric infectious disease.



***Arlene Solomon, MD**
Children's Medical Group
1918 Rte. 44/55
Modena, NY
(845) 452-1700

Dr. Solomon joined the group in 2009. She is board certified and certified in Pediatric Advanced Life Support and Neonatal Advanced Life Support.



***Bobby Gearing, MD**
Children's Medical Group
4252 Albany Post Rd.
Hyde Park, NY
(845) 452-1700

Dr. Gearing joined the group in 2013. He works with at-risk youth populations, and mentors young minority men interested in health care as a career.

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(Continued from Page 21)



***Christine Verna, MD**
Children's Medical Group
5 Ryan Dr.
Hopewell Junction, NY
(845) 452-1700

Dr. Verna has a background in child behavior. She finds it particularly gratifying to be able to advocate for children with school and education-related issues.



***David Fenner, MD**
Children's Medical Group
187 Rte. 308
Rhinebeck, NY
(845) 452-1700

Dr. Fenner says, "My medical interests span all aspects of pediatrics. I care for many children with a wide variety of chronic illnesses."



***Dominique Aristide, MD**
Children's Medical Group
450 Gidney Ave.
Newburgh, NY
(845) 452-1700

Dr. Aristide joined the group in 2002. She is board certified in Pediatrics, a Fellow of the American Academy of Pediatrics and fluent in French.



***James Sulzer, MD**
Children's Medical Group
29 Elm St.
Fishkill, NY
(845) 452-1700

Dr. James Sulzer joined The Children's Medical Group in 2008. He completed his Pediatric residency training at Montefiore Medical Center in the Bronx 2007.



***Marc Habert, MD**
Children's Medical Group
29 Elm St.
Fishkill, NY
(845) 452-1700

Dr. Habert's medical interests encompass the full range of pediatrics, including: sports medicine, developmental pediatrics, infectious diseases, asthma, breastfeeding and caring for children with special needs.

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***Natasha Tzagoloff, MD**
Children's Medical Group
29 Elm St.
Fishkill, NY
(845) 452-1700

Dr. Tzagoloff joined the group in 2012. Her primary areas of interest in pediatrics include asthma, allergies, behavior issues, adolescent health and dermatology.



***Robert Felix, MD**
Children's Medical Group
4252 Albany Post Rd.
Hyde Park, NY
(845) 452-1700

Dr. Felix joined CMG in 2012. He is certified by the American Board of Pediatrics. He is most interested in childhood asthma, allergies, dermatology and taking care of newborns.



***Sejal Dalwadi, MD**
Children's Medical Group
5 Ryan Dr.
Hopewell Junction, NY
(845) 452-1700

Dr. Dalwadi joined the group in 2004. She notes, "I love being able to help others and knowing that what I do has a positive impact on so many lives."



***Wendy Bacon, DO**
Children's Medical Group
63 Hurley Ave.
Kingston, NY
(845) 452-1700

Dr. Bacon joined CMG last year. Whether it's a rambunctious toddler or counseling an adolescent, she loves working with kids. She has a special interest in newborns and asthma.

***Yevgeniya Shurp, MD FAAP**
Croton Pediatrics, a member of Boston Children's Health Physicians
130 Grand St., Croton-on-Hudson, NY
(914) 271-4727

***Abida Mallick, MD**
Crystal Run Healthcare
1200 Rte. 300, Newburgh, NY
(845) 725-0100

***Amy Spoto, MD, FAAP**
Crystal Run Healthcare
100 Crystal Run Rd., Middletown, NY
(845) 703-6999

***Anmar Al-Qaisi, MD**
Crystal Run Healthcare
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(845) 703-6999

***David Hill, MD, Ph.D, FAAP**
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***Florence Lazaroff, MD, FAAP**
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***Jocelyn Dummett, MD**
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***Jonathan Nasser, MD**
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Crystal Run Healthcare
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***Karen Finnigan, MD, MBA**
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***Lin-Lin Remenar, MD**
Crystal Run Healthcare
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***Munish Kumar, DO**
Crystal Run Healthcare
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***Paul Baker, MD, FAAP**
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***Richard Fuchs, MD, FAAP**

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(845) 703-6999

***Samantha Bagam, MD, FAAP**

Crystal Run Healthcare
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***Kathleen Ennabi, MD**

Kathleen Ennabi Pediatrics, a member of
Boston Children's Health Physicians
2529 Rte. 52, Ste.3, Hopewell Junction, NY
(845) 227-0123

***Nancy Giannini, MD**

Kathleen Ennabi Pediatrics, a member of
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2529 Rte. 52, Ste.3, Hopewell Junction, NY
(845) 227-0123

***Stuart Tashman, MD, FAAP**

Middletown Medical
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(845) 888-2200

***Jeffrey Weinstein, MD**

Middletown Medical/ Catskill Adult
and Pediatric
64 Jefferson St., Ste. 2, Monticello, NY
(845) 791-6400

***Emily Rivera Brown, DO, FAAP**

*Orange Pediatric Associates, PC, a mem-
ber of Boston Children's Health Physicians
400 Midway Park Dr., Middletown, NY
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***Maria Bernardez, MD
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***Barbara Beyer, MD, FAAP**

Washingtonville Pediatrics, a member of
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10 Weathervane Dr., Ste. 100
Washingtonville, NY
(845) 496-5437

***Barbara Gannon, MD, FAAP**

Washingtonville Pediatrics, a member of
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10 Weathervane Dr., Ste. 100
Washingtonville, NY
(845) 496-5437

***Martina Bezdickova, MD, PhD, FAAP**

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Boston Children's Health Physicians
10 Weathervane Dr., Ste. 100
Washingtonville, NY
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***Maureen McKenna, MD, FAAP**

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*Suzanne Kaseta, MD, MMM, CPE, FAAP

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a member of Boston Children's Health Physicians
10 Weathervane Dr., Ste 100
Washingtonville, NY
(845) 496-5437

Anna Piotrowski, MD, FAAP

Anna M. Piotrowski MD, FAAP
40 N. Plank Rd., Newburgh, NY
(845) 562-6670

Joseph Malak, MD

Bambini Pediatrics
207 Washington St., Ste. 103
Poughkeepsie, NY
(845) 249-2510

Eric Levene, MD FAAP

Chester Pediatrics
15 North Bdwy., Ste. F, White Plains, NY
(914) 948-4422

Mukai Jaravaza, MD, FAAP, ABOM

Cornerstone Family Healthcare
147 Lake St., Newburgh, NY
(845) 220-3152

Kathleen Ennabi, MD, PC

Ennabi Pediatrics
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(845) 227-0123

James Wapshare, MD

Goshen Pediatrics
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Catherine Agricola, MD

Health Quest Medical Practice-
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(845) 338-0180

Jeffrey Horowitz, MD, FAAP

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Adam Rubinstein, MD

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Indu Lal, MD
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Juancho Chan, MD, FAAP
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Jamee Goldstein, DO, FACOP

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(845) 782-8616

Minoo Pedeem-Shapiro, MD

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 (845) 297-4789

***Kelly Giglio, PT**
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 (845) 297-4789

***Mary-Kate Gramuglia, PT, DPT**
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***Michelle Majors, PT**
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***Sofia Martins, PT**
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Laura Garofalo, PA
Hudson Valley Family Physicians
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Lisa Czajka-Barbee, MA, CCC-SLP
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Tara Connell, MS, CCC-SLP
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(845) 294-4787

Jennifer Brady, MS, CCC-SLP
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Fishkill, NY
(845) 516-1227

Lee Farber, DO
Health Quest Medical Practice-Primary Care
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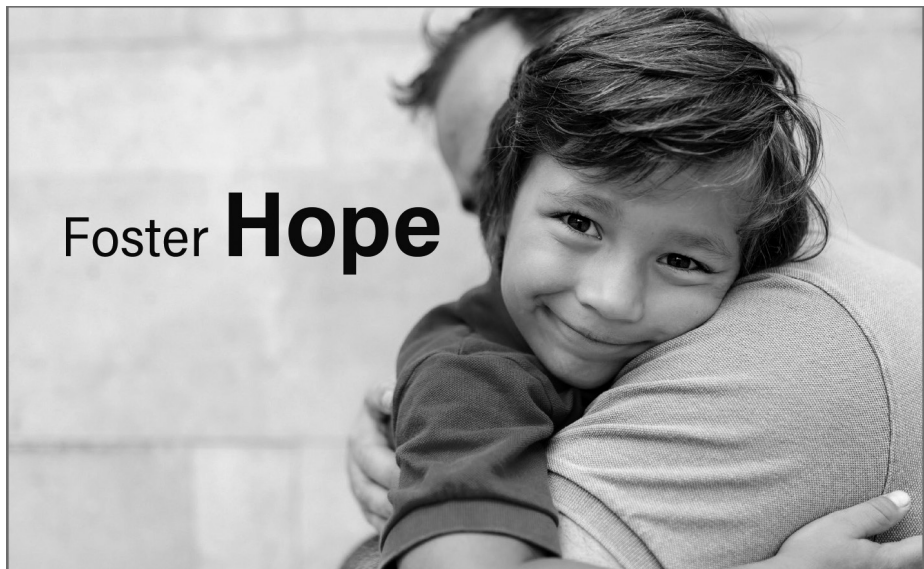
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Have your guests' dishes follow a certain theme to keep the evening cohesive. Holiday favorites is a good theme for this time of year. Before your party, have your guests decide what they will bring. Some should bring appetizers, some should bring side dishes and of course you can't forget the dessert! You will be responsible for the main dish. Be sure to ask your guests if they will need to heat or chill their dish so you can prepare.

Have everyone bring their favorite holiday or seasonal dish and enough recipe cards to pass out to the other guests. This will make sure everyone can recreate their favorites from the evening well into the new year.

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home & hearth

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When people think of the holidays, certain seasonal scents always come to mind. Gather up some simple ingredients for an easy way to make your house smell delicious and welcoming.

You will probably have most of these ingredients in your cupboards and refrigerator already. (So you can skip that extra visit to the grocery store this week. Thank goodness!)

Cranberries, tangerines, cinnamon sticks, cloves, ginger, apple cider, a little vanilla and a small piece of fresh pine simmering on the stove top in a pot of water will fill the entire house with the aroma of the season.

Perfect to set the mood before a holiday gathering or just during a chilly day spent curled up watching movies by the fire with the family.



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ME! TIME!

Just For Women

Give the gift of doing

Got someone on your list that is impossible to shop for? What do you give the person who seems to have everything? This year, give the gift of experience rather than a thing they can unwrap.

The Hudson Valley is full of places and things to do that would make great gifts this time of year. Have your friends been dying to try that new restaurant? Get them a gift card. It is a simple solution for you and they will love the chance to get out for a date night. (Just be ready to babysit on the night they want to use their gift!)

Is your house full of toys that your kids barely use anyway? Give them something to do! Ice skating or horseback riding lessons are a great way to get your kids active.

Not sure what to get your partner? Get them something you can do together! Plan a day at the spa or a night on the town.

The memories that will be made while you are experiencing these gifts will last much longer than that toy that will break or that neck tie that will never get worn.



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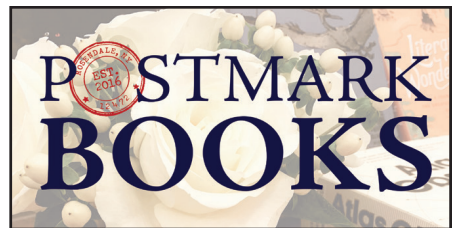
Homemade decorations are just as festive

This year, skip the store bought decorations and make decorating the house a family event. Gather the kids and make some homemade decorations to put around the house.

Take the time on a day that is way too chilly to venture outdoors and stay inside crafting. Paper snowflakes are an easy classic that your kids will love. Just like your little ones, no snowflake will be the same. It will be loads of fun seeing how creative and unique their creations can be.

Homemade ornaments are another easy way to get the kids in on the holiday spirit. You can make ornaments out of so many different art supplies that you may already have around the house. You'll be surprised what you can do with some Popsicle sticks, glue and glitter!

Guests will love the personal touch of the homemade decorations and your kids will be so proud to have their creations hanging around the house all season long.



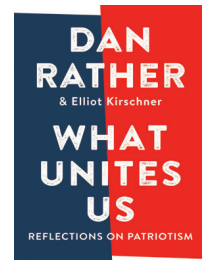
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Our pick for the
Holiday Season



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by Dan Rather &
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It's hard to pick just one essential book for the holiday season, but Dan Rather's new essay collection more than fits the bill. It's a perfect gift for everyone on your list because that's its purpose – to remind us of the common experience that defines us as Americans no matter where we come from. With the world sometimes feeling that it's falling apart, this work of personal reflection and history from one of our most reassuring and respected truth-tellers couldn't have come at a better time.

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“Mom, when should I go to the gynecologist?”

Moms and doctors discuss a girl's first OB-GYN appointment

By **MICHELLE PETERSON**

Since your daughter was born, the pediatrician has been able to answer all of your medical questions about her. Now, as your daughter matures and reaches puberty, you both may be wondering: when is the right time to see the gynecologist?

Many mothers feel in the dark regarding when and how to go about this process without causing stress and anxiety for their daughter (and themselves).

How old is old enough

"When is the right age?" asks Poughkeepsie mom, Rachel Daley, voicing the same concern as most mom's with teenage daughters.

"There's not one answer to that question," states Dr. Robin Karpfen, MD, FACOG, head of the Obstetrics and Gynecology division at Crystal Run Healthcare.

Girls should visit a gynecologist for the first time between the ages of 13-15, according to The American College of Obstetricians and Gynecologists. However, this age bracket does not fit in all cases and is considered more of a guideline for parents rather than a requirement.

"Every exam is tailored to each young woman," says Dr. Karpfen. This includes the age in which they feel ready for the visit. Factors that



may jump-start the scheduling of a gynecology appointment could be the beginning of menstruation, interest in learning more about reproductive health, or experiencing menstrual concerns. But the tell-tale sign that your daughter is ready to see an OB-GYN will most likely come directly from her, whether outright stated or by showing increased interest in the topic.

For moms looking for a way to begin an open forum with their daughters, Dr. Karpfen suggests bringing up the topic of reproductive health at your daughter's pediatrician's appointment around the time she

begins puberty. Starting this conversation with your daughter and a health professional she's familiar with can be useful for both moms and daughters to figure out when the time is right.

If you're still unsure about your daughter's readiness, Dr. Karpfen says, "Sixteen is good, without any pressing issues earlier."

What to expect

"A lot of the appointment is going to be discussion," explains Dr. Karpfen when describing a typical first gynecology appointment. "A lot of information, opinions and questions."

When a young woman arrives at the OB-GYN for her first visit, she will most likely feel some anxiety. Knowing this, Dr. Karpfen encourages starting off the appointment with information and conversation.

A variety of topics will be addressed at your daughter's appointment to spark any primary questions or concerns. Dr. Karpfen acknowledges that subject matter will vary from reproductive health and contraceptives, to even social media and peer pressure.

Physical exams will vary depending on the purpose of your daughter's visit. "Breast exams are expected", says Dr. Karpfen. Educating women on self-breast exams is critical to teach at a young age and opens up an opportunity for your daughter to begin asking more in-depth questions about her body.

Pelvic exams, however, are not to be expected on the first visit if your daughter expresses no immediate concerns.

"The appointment is not about invading," encourages Dr. Karpfen, "It's about starting a conversation."

Preparation is key

Preparing for your daughter's first appointment days before arriving at the office may significantly ease feelings of anxiety and stress.

For professional resources to reference, Dr. Karpfen recommends exploring the American College of Obstetrics and Gynecology website for patient information. This section has several online pamphlets available on a variety of different topics specific to teens.

If you're unsure about what resources to review, your physicians will be more than willing to provide pamphlets they have available on subjects your daughter may find helpful for preparation. "We have a ton of information available in the office for patients," states Dr. Karpfen, referring to the Middletown and Goshen locations.

(Continued on Page 34)

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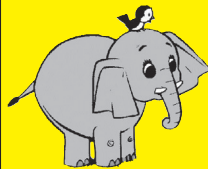
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FIRST OB/GYN APPOINTMENT

(Continued from Page 33)

"I think it's best to share as much information as possible beforehand," says Rosendale mom, Tina Long, when looking back on her daughter's first appointment. Sharing personal stories with your daughter of your OB-GYN experiences can also help reduce anxiety says Long, finding her daughter very receptive to this strategy.

Respect privacy

So, the time is here, the appointment was scheduled, you're sitting in the waiting room, and the nurse calls your daughter's name. The next question arises- do you go in with her?

For some mothers who have a tight bond with their daughters, the question may not seem like a question at all. However, Long and her daughter, Megan (now 28) are in agreement that you should respect your daughter's privacy by asking beforehand.

"We have always had a very close and open relationship so I figured she would want me there," states Long. "But that was not for me to decide." As significant as this appointment is for you as a mom, this benchmark can be equally as important for your daughter on her journey into womanhood.

"Make sure you give your daughter the choice to have you in the room," says Megan. It is scary, and she may want you there, but you want her to have the best care, so she needs to be able to be totally honest with her doctor."

From a physician's perspective, Dr. Karpfen reports preferring to have the moms present during the first portion of the exam to provide details about the family history and surgical health.

However, after this, Dr. Karpfen

admits she will ask the mothers to leave to talk privately with their daughter.

"It affords a young patient the opportunity to say and ask questions they didn't even know they felt uncomfortable asking about in front of parents," encourages Dr. Karpfen. If the moms feel left out, Karpfen leaves an option to regroup later in the appointment.

Include your daughter in the process

When choosing an OB-GYN for your daughter, it may not initially occur to moms to include their daughters in the decision making process. Megan states that skipping this step can be a huge mistake.

"It's important for moms not to assume that their daughters will feel comfortable going to their choice of doctors," says Megan regarding her first appointment. "My mom's doctor was a male and as a teen that freaked me out."

Your daughter will appreciate the gesture of being involved when choosing a physician. If she is comfortable from the beginning, chances are better for positive ongoing care.

Physicians and parents alike agree- talking to your daughter is the best start to scheduling and preparing for her first gynecology appointment.

By keeping communication open, respecting your daughter's privacy and always providing emotional support, Long reassures moms, "You will know when it is time."

Michelle Peterson is a freelance writer living in Poughkeepsie with her spouse and two sons. She's most recently pursued her dream of writing full-time, with the support of her loving family and a great deal of coffee.

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So, you're having a baby... now what?

Learn about the choices from moms who have been there

By **LISA IANNUCCI**

Suzanne Schmidt Bloise has a friend in Seattle who delivered her baby at a birthing center four years ago. "That was the first time I had ever heard of not using a hospital," says the Monroe mom who gave birth to her daughter, Charlotte May, 18 months ago.

"My husband and I went on a tour and I knew instantly that's what I wanted," says Bloise. "It had offices downstairs and basically an apartment upstairs: kitchen, living room, bedrooms and bathrooms set up for birthing."

Her pregnancy was normal until the last eight weeks when they sent her for a sonogram and noticed that

her daughter's belly wasn't growing at the same rate as the rest of her body. Bloise was admitted to the hospital and induced while a midwife worked with the doctors. "It was the best possible care I could have had without delivering in the birthing center," she says.

Bloise realized that she had birthing options and made the decisions that were right for her.

The options have evolved

"Obstetric care has evolved greatly over the last 10 years and for the better," says Marcel Hinds, an obstetrician and gynecologist with Health Quest Medical Practice. "The paternalistic approach to childbirth, which has led to a lot of patient

mistrust, has become extinct. The care of a woman and her baby is less medically oriented, more flexible and focuses more on patient experience."

Essentially, expectant mothers still have the same birthing options they had a decade or two ago -- a cesarean section, natural birth, home birth and water birth, but according to Kate Desa, director of maternity services at the New Garden Birth Center at Northern Dutchess Hospital in Rhinebeck, the handling of these options is what has changed.

Know your choices

"We make every attempt to make the cesarean birth as much like a vaginal delivery as possible," says Desa.

The New Garden Birth Center has a family-centered cesarean center. "We use a drape that allows parents to see the baby being born," says Desa. "The baby also goes skin to skin with mom after delivery, in order to allow that bonding time and make breastfeeding easier and to try to take away some of that very clinical feel of a cesarean section."

The lights are dimmed and the room is warmed. "We really don't separate mom and baby during cesarean any longer," she says. "The baby stays in there with a dedicated nurse to help her and mom during the procedure, and then they both go back to the room together."

For a vaginal delivery, Desa says now the entire family is encouraged to have that time together too. "We

(Continued on Page 36)



Suzanne Bloise wanted to deliver at a birthing center, but due to complications, gave birth in a hospital with help from a mid-wife and doctor. She had birthing options, and so do you.

HAVING A BABY

(Continued from Page 35)

highly encourage skin to skin contact right after delivery, breast feeding as soon as possible after delivery and delaying any medications for as long as we are allowed to, or as long as we can, to allow that time for mom and baby to be together," says Desa. "We keep that sacred first hour to encourage the family to bond and to really adjust to having this new baby in their life."

Jennyfer Cruz-Bernave wanted a water birth, but it wasn't available at the time she was in labor, so she chose a natural birth at the hospital instead. "I wanted to be an active participant throughout labor and have minimal routine intervention," she says. "For my first daughter, I felt a strong feeling of empowerment during labor, and after

labor I felt so accomplished. I felt like super mom."

Kahla Johnson Skonber always wanted an at home water birth too. "My labor and delivery was very calm and quiet and they let me do what my body told me, instead of them telling me what to do," says Skonber.

Decide on a plan with your doctor

Deciding on what birthing option is best starts with a conversation between the mom and her obstetrician. "We keep an open conversation with our mothers as to how they want their birth to go," says Desa. "I highly encourage mothers to take a childbirth class or do some reading or talk with their OB as to what options they would like to have. It's good if moms come with an idea but also with an open mind."

Some medical reasons may dictate what choices you have. "If you decide that you had wanted an epidural, you can't use the birthing tub," says Desa. "If

the baby has passed a bowel movement while it was inside, you wouldn't deliver in the tub either. If there are any signs that the baby is in distress, you wouldn't be in the tub, because we couldn't make sure that the baby stays safe."

Christine Vinson was hospitalized for severe morning sickness. "I was in labor for nearly 30 hours. My doctor was great and encouraged me to keep going. But, eventually I begged for a C-section and it was done. Because I was so sick and my son was small, I didn't hold him for a few hours and spent the entire day out of it. But overall recovery was easy."

Research and create the right space

A mom can also design her perfect environment. Desa says, "Some people will bring music, clothes that they're comfortable in and massage or scented oils that they use during labor. Whatever it is that breaks that stress, anxiety and pain cycle."

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Hinds explains that each woman has her own personal vision for her delivery experience, shaped by many factors. "After accounting for those factors, she should choose a venue that best suits her personal and medical needs. Women should also diligently research."

Desa cautions moms about researching on the internet. "There are some good resources out there for childbirth and childbirth options, but there's also some misinformation," she says. "If you come across anything that you are concerned about, speak to your provider. I think that people do risk sometimes being misinformed."

Know that plans can change

Kimberlee Ann Donahue had her first son in a traditional hospital setting with an epidural. "I was about 10 seconds away from a C-section and a very skilled physician used forceps and got him out, but he ended up in the NICU for four days and that was heartbreaking."

When she found out she was pregnant again, she did more research on natural childbirth. "I desired a home birth because I felt my body was designed to have a baby, and I didn't want to be pressured with the epidural."

Even a well thought out birth plan can go awry. Jessica Carola had a birth plan in place, but ended up with a C-section. "I dilated two centimeters, my water broke at home a week later and dilated to 10 centimeters within a couple hours," she says. "Then I pushed for 2 1/2 hours and nothing. They rushed to do a C-section and when I asked for other options they said there was none."

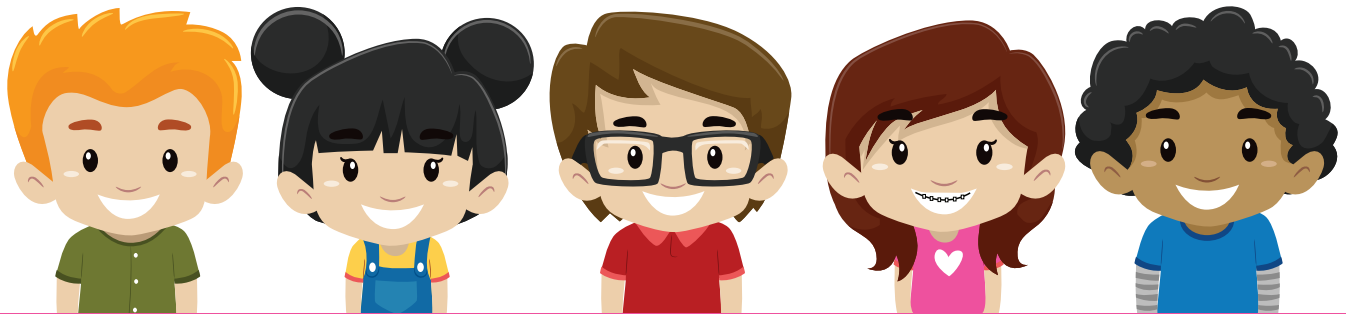
When Helen Hoffman gave birth to her oldest child, she had a plan but says that the hospital didn't listen to it. "I had signs on my door, and told every nurse there that I did not want narcotic drugs and not to offer them," says the Phoenicia resident. "After

being in mild labor for six hours the hospital decided I was taking too long and they wanted to give me Pitocin to speed things up. I declined. There was no medical indication that Pitocin was needed."

Hoffman felt bullied into using Pitocin. "My progress halted, because I couldn't stop crying from feeling my control over my birth being stripped away from me," says Hoffman. "I called for a new nurse who let me get up and move and labor in water which was amazing."

"Choice matters," says Hinds. "Women today have more choices about where, when and how they will deliver their babies."

*Lisa Iannucci is a freelance writer based in Poughkeepsie. Her latest book, *On Location: A Film & TV Lover's Travel Guide*, will be published February, 2018 by Globe Pequot Press.*



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Smiling kids and their favorite toys!

Moms all over the Hudson Valley shared the most adorable pictures of their little ones. Whether it's a doll, a shiny scooter or a cuddly plush toy, kids are all smiles when they play with their favorite toys!



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Calendar

Holiday Happenings

Polar Express.

Dec. 1. Runs through December 28. All aboard! Discover the magic of Christmas with hot cocoa, a reading of the classic book and a special treat from Santa. See website for specific dates and times. Catskill Mountain Railroad. Aaron Ct., Kingston. 688-7400.

Annual Arlington Holiday Festival.

Dec. 2. Holiday shopping village from 12-6pm. Children activities and entertainment (Fire pits to roast marshmallows, Mrs. Claus-face painting and balloons, darkside records and gallery holiday DJ) from 12-4pm. Ticket for Egg Nog Crawl is \$5 (try out egg nog and vote for your favorite) and open from 12-6pm. Holiday parade with Santa Claus at 4pm. Tree Lighting at 5pm. 12-6pm. In the Arlington Business District. Poughkeepsie. Parade: 518-4801; Egg Nog Crawl: 914-489-7697.

Holiday Scavenger Hunt at Locust Grove.

Dec. 3. Enjoy the mansion's glittering holiday decorations and search for antique toys hidden throughout the historic house. 12-4pm. Locust Grove. 2683 South Rd., Poughkeepsie. 545-4500.

4th Annual Pancake Breakfast with Santa.

Dec. 9. We must be on the nice list, because Santa is visiting us 4 days this year! This family event has become so popular, we're adding 2 more days! Join us on Saturday 12/9, Sunday 12/10, Saturday 12/16 or Sunday 12/17. 10am, 12pm, 2pm. Crown Maple Estate. 47 McCourt Rd., Dover Plains. 877-0640.

Largest Menorah in the Entire Mid-Hudson Valley.

Dec. 12. Daily lighting of a 25 foot Menorah with the assistance of a boom truck. Mon-Fri 3:15pm; Sat & Sun 6:30pm.



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Giant Menorah Lighting.

Dec. 14. Enjoy lively music, latkes, donuts, chocolate gelt and the lighting of a 9' Menorah! 5:30pm. Pawling Village Green. Charles Colman Blvd., Pawling. 440-7592.

Beary Merry Holiday at the Trailside Museum and Zoo.

Dec. 16. Come to the bear den at 10:30am to make a tasty holiday snack for the black bears. At 11am the bears will unwrap their gifts. 10:30-11:30am. Trailside Museum and Zoo at Bear Mountain State Park. 1 Herrian Dr., Highland Falls. 786-2701.

Winter Wonders at Boscobel.

Dec. 26. Families can take a fun flashlight tour of the mansion. Kids of all ages (and energy levels) will enjoy hunting for gingerbread kids throughout the historic house, then join in a craft geared toward the season. 9:30am, 3pm. Boscobel House and Gardens. 1601 Rte. 9D, Garrison. 265-3638 ext 10.

School Break Kids Craft Workshop: Make A Mouse House.

Dec. 29. Mistletoe Mouse has inhabited the mansion at Christmas time for many years. For these workshops, kids ages 6-10 tour the house briefly to see mouse houses on display in the mansion's historic rooms, then use craft materials to build their own mouse house to take home. An adult must accompany child; reservations required. 10:30am. Staatsburgh State Historic Site. 75 Mills Mansion Dr., Staatsburgh. 889-8851.

1: Friday

24th Annual Celebration of Lights Parade and Fireworks. It is hosted by the City of Poughkeepsie, the Bardavon, and many others. Voted by Dutchess County Tourism as the "Best Event" of the holiday season. 6:30pm. 35 Market St., Poughkeepsie. 473-2072.

Westchester All-Stars- Christmas for Veterans. This amazing night of music is to raise funds and awareness for our true American heroes. There will also be a special visit from Santa Claus! 8pm. Paramount Hudson Valley Theater. 1008 Brown St., Peekskill. 914-739-0039.

2: Saturday

Dinner with Santa. Must register, space is limited. Receive a gift from Santa, enjoy a delicious buffet and celebrate the season. Children, ages 12 and under, will receive a gift from Santa. 3:30pm. Tymor Park Town of Union Vale. 249 Duncan Rd., LaGrangeville.

Holiday Craft Fair and Charity Game Show. Join us for a day of fun and shopping while we support our favorite charities as students and staff face off in a charity game show! Do some holiday shopping with our vendors, have a photo taken with Santa. \$1 per person. 10-4pm. Mahopac Middle School. 425 Baldwin Place Rd., Mahopac. 621-1330.

Town of Wappinger Tree Lighting. Annual Christmas tree lighting and visit with Santa. Each child 10 and under receives a small gift. 5-7pm. Schlathaus Park. 126 All Angels Hill Rd., Wappingers Falls. 297-0720.

3: Sunday

Christmas in the Village. Come see Santa by the fire place and take a stroll down Candy Cane Lane. Enjoy holiday entertainment in The Playhouse and get your face painted. \$5 per family and we would like everyone to bring a non-perishable food donation for Country Kids Food Pantry. 12-6pm. Museum Village. 1010 State Rte. 17M, Monroe. 782-8248.

Holiday Lighting at Tymor Park. Tymor Park is lit with over 150,000 colorful lights. Spend time with family and friends and come to Tymor Park to see this spectacular display. The lights will be on daily from 4 - 10pm during the season. 6:30pm. Tymor Park. 8 Tymor Park Rd., LaGrangeville. 724-5691.

Holiday Party and Tree Lighting. Petting zoo, refreshments, children's crafts, Santa and more. 2:30-4:30pm. VanWyck Hall. 1095 Main St., Village of Fishkill. 897-4430.

Holiday Scavenger Hunt at Locust Grove. Enjoy the mansion's glittering holiday decorations and

Find a complete list of Holiday Happenings events at hvparent.com/calendar

Unless otherwise indicated, phone numbers are within the 845 area code



Staff Picks

search for antique toys hidden throughout the historic house. 12-4pm. Locust Grove. 2683 South Rd., Poughkeepsie. 545-4500.

Sinterklaas Rhinebeck. A day long, colorful celebration of dance, theatre and music. Children's Starlight Parade at dusk. 11am; parade at dusk. Village of Rhinebeck. Various locations. 493-4000.

4: Monday

Hour of Code. Interested in learning the basics of how coding works? Come to the library's Hour of Code, part of a nation-wide movement to get kids interested in computers and coding. Open to kids and teens age 7 to 17. 4-5pm. Newburgh Free Library e-Learning Center. 124 Grand St., Newburgh. 563-3601.

Polar Express. November 17-December 28. All aboard! Discover the magic of Christmas with hot cocoa, a reading of the classic book and a special treat from Santa. See website for specific dates and times. Catskill Mountain Railroad. Aaron Ct., Kingston. 688-7400.

5: Tuesday

Alphabet Soup. Ages 3-5 years old. A First "on my own" program with stories, fun crafts and games to increase literacy skills. Registration is required. 1:30pm. Tuxedo Park Library. 227 Rte. 17, Tuxedo Park. 351-2207.

Family Ornament Exchange and Craft-a-Long. Drop in to be part of the winter holiday fun! Bring a new \$5 and under wrapped holiday or winter ornament to exchange for a surprise one! While you are here, make handmade ornaments too! 5-7pm. Goshen Public Library & Historical Society Library Meeting Room. 203 Main St., Goshen. 294-6606.

Tween/Teen Homeschool Club. An academic gathering of middle and high school homeschoolers for a weekly planned activity. 10:30am- 12:30pm. Newburgh Free Library Storyhour Room. 124 Grand St., Newburgh. 563-3601.

6: Wednesday

Branch Out! A book discussion for first-third graders. Children will take out the selected picture book from the Library at least a week in advance and read it with their families. We will have a discussion of the story/illustrations and an activity. Registration strongly suggested! This month...What Do You Do With An Idea? by Kobi Yamad. Newburgh Free Library TOWN BRANCH (1). 124 Grand St., Newburgh. 563-3601.

Goshen Fall Films – Musicals. Holiday Inn - Bing Crosby and Fred Astaire sing and dance their way into your heart in the sensational musical comedy 1:30 - 3:30pm. Goshen Public Library & Historical Society Library Meeting Room. 203 Main St., Goshen. 294-6606.

Reading Buddies with Paws for a Cause. Grades 1 and up. Come to the library and read to the

Holiday Craft Fair and Charity Game Show.

Dec. 2. Join us for a day of fun and shopping while we support our favorite charities as students and staff face off in a charity game show! Do some holiday shopping with our vendors, have a photo taken with Santa while enjoying food and drink supporting the Mahopac Middle School PTO. We will have kids' activities and performances as well! Raffle tickets will be available for purchase and a \$1 per person donation is requested at the door. 10-4pm. Mahopac Middle School. 425 Baldwin Place Rd., Mahopac. 621-1330.

Annual Menorah Workshop.

Dec. 3. Children build their very own Menorahs. Receive a free apron from Home Depot, music and refreshments. Please RSVP by calling Chabad at 463-5801 or calling the Home Depot at 298-9200. 11:30am-1:30pm. The Home Depot. 1570 Rte. 9, Wappingers Falls.

Hour of Code.

Dec. 6. Anyone grade 2 and up may attend – adults included! Spend an hour with us learning to write some basic code using fun, game-like online tutorials. Coding with Star Wars, Mine Craft, Angry Birds, and more! Bring your own laptop or tablet or use one of ours - we have four available. Meet us in the Resource Room. Space is limited – registration is required. 5pm. Tuxedo Park Library. 227 Rte. 17, Tuxedo Park. 351-2207.

Bring the Kids! 2nd Saturdays.

Dec. 9. The second Saturday of each month – designed for kids (ages 4+) and their families. Explore the past through hands-on chores, games and crafts. Take a flashlight tour of the Boscobel mansion, have a snack and bring the memories home with a special craft. 9:30-11:30am. Boscobel House and Gardens. 1601 Rte. 9D, Garrison. 265-3638.

Weekend Respite.

Dec. 9. Greystone offers a Saturday Respite Program once a month for children with autism and other developmental disabilities 6-21 years old. This program offers a variety of fun recreational activities to promote social interaction both on-site and on field trips. 10am-3pm. Greystone



Programs' Sugar Loaf Campus. 1404 Kings Highway, Sugar Loaf. 469-3760.

Hanukkah Storytime.

Dec. 13. Enjoy a morning story! 10am. Barnes and Nobles. 2518 South Rd., Poughkeepsie. 485-2224.

Paws and Tales Noah's Ark Workshop.

Dec. 13. Grades 1 and up. Come create a furry friend to be an at-home reading buddy. During the workshop, kids hand-stuff their own buddy, then make a wish on a rainbow star before tucking the star safely inside their new friend! Take your buddy home and read away to your to your non-judgmental stuffed pal. Supplies are limited – registration required. 4:30pm. Tuxedo Park Library. 227 Rte. 17, Tuxedo Park. 351-2207.

Family Free Night.

Dec. 16. MHCM is open late and admission is FREE on the third Saturday of every month. Family Free Nights are sponsored by M&T Bank. Come play! 5-8pm. Mid-Hudson Children's Museum. 75 North Water St., Poughkeepsie. 471-0589.

Children's Holiday Tea at Mount Gulian Historic Site.

Dec. 28. Mount Gulian Historic Site will offer its popular Children's Holiday Tea. Holiday Tea welcomes children and adults to an event that combines fun, good manners and education about a bygone era, in an authentic location where social teas were once standard fare. Held in Mount Gulian's two main museum rooms, beautifully decorated for the holidays, with tables set with fine linens and china. The cost is \$17 for children and \$22 for adults. Adults must be accompanied by a child. Prepaid reservations are required by December 15. 12-2pm. Mount Gulian Historic Site. 145 Sterling St., Beacon. 831-8172.

**For more daily fun activities, log onto
hvparent.com/calendar**

(Continued on Page 42)



Kid's Nights

Bring your kids to these McDonalds for a night of FUN and GAMES

Tuesday

4-7PM

Happy Meal Discounts

845-457-9581

2083 State Hwy.

Rt. 208 S.

Montgomery, NY

Tuesday

4-7PM

Happy Meal Discounts

973-293-3671

13 State Rt. 23 #4

Montague Township, NJ

Wednesday

5-7PM

Happy Meal Discounts

Ice Cream, Crafts

And Kid's Videos

845-446-4935

104 West Point Hwy.

Highland Falls, NY

Tuesday

4-7PM

Happy Meal Discounts

845-292-3107

58 Sullivan Ave.

Liberty, NY

Wednesday

5-7PM

Happy Meal Discounts

845-565-2327

65 N. Plank Road

Newburgh, NY

CALENDAR

(Continued from Page 41)

dogs of Hudson Valley Paws for a Cause! Registration required. Each child will get a 15 minute block of time to read to one of the dogs. 6:30pm. Tuxedo Park Library. 227 Rte. 17, Tuxedo Park. 351-2207.

Sullivan County Breastfeeding Coalition.

Contact us to learn more about why breastfeeding is the way to improving health in Sullivan County and to join our activities. Our coalition is open to everyone who wants to promote and support breastfeeding. 6-7pm. Ethelbert B. Crawford Public Library. 479 Bdwy, Monticello. 292-5910.

7: Thursday

Cook Together! Parent-child cookbook club, open to kids in grades 4-9 with an adult. Read your cookbook together and choose a recipe to make and share with the rest of the group. 5- 6pm. Goshen Public Library & Historical Society Library Meeting Room. 203 Main St., Goshen. 294-6606.

Graphic Novel Book Club. Read the graphic novels Giant Days, Volume 1 and Giant Days, Volume 2 by John Allison and Lissa Treiman. We will discuss the books over snacks. Open to ages 11 to 18. 6-7pm. Newburgh Free Library Storyhour Room. 124 Grand St., Newburgh. 563-3601.

8: Friday

Lego Night. Bring your creativity and your hands to build. Legos will be provided free of charge. 6-7:30pm. Livingston Manor Free Library. 92 Main St., Livingston Manor. 439-5440.

Walkill Valley Spinning and Weaving. Join other fiber enthusiasts to learn new techniques, polish your skills and more. 11:30am- 1pm. Goshen Public Library & Historical Society Library Meeting Room. 203 Main St., Goshen. 294-6606.

9: Saturday

BLT* Club (Build and Learn Together) for Kids.

A drop in LEGO Brick building program held on the second Saturday of each month in the Story Hour Room for children age 5 and up. Parents welcome. No registration necessary. 10-11 am. Newburgh Free Library Storyhour Room. 124 Grand St., Newburgh. 563-3601.

Bring the Kids! 2nd Saturdays. The second Saturday of each month – designed for kids (ages 4+) and their families. Explore the past through hands-on chores, games and crafts. Take a flashlight tour of the Boscobel mansion, have a snack and bring the memories home with a special craft. 9:30-11:30am. Boscobel House and Gardens. 1601 Rte. 9D, Garrison. 265-3638.

Milk and Cookies with Santa. Parents can bring children of all ages to meet, talk and take pictures with Santa. Craft area, reading corner, outdoor Smores' pit and food provided by JSK Cattle Company. Milk and Cookies will also be for sale!



For more great calendar listings visit us online at hvparent.com

10am-4pm. Soukup Farms. 271 Halls Corners Rd., Dover Plains. 264-3137.

Santa Party with Jingle the Elf. Join Poughkeepsie Galleria for the Santa Celebration at Center Court. Performances by The Merry Minstrals. Q92's Joe Daily, Fidelis Care and crafts for the kids. 12pm. Poughkeepsie Galleria. 2001 South Rd., Poughkeepsie. 297-7600.

10: Sunday

4th Annual Pancake Breakfast with Santa.

We must be on the nice list, because Santa is visiting us 4 days this year! Join us on Saturday 12/9, Sunday 12/10, Saturday 12/16 or Sunday 12/17 for our 4th Annual Pancake Breakfast with Santa. Crown Maple Estate. 47 McCourt Rd., Dover Plains. 877-0640.

Chocolate Gelt Factory. 10am-12pm. Rhinebeck Jewish Center. 120 Montgomery St., Rhinebeck.

Cirque Dreams Holidayze. A 2 hour theatrical phenomenon the whole family will enjoy. Soaring acrobatics, gravity defying feats, elaborate production numbers and illusions will leave you mesmerized. 5pm. West Point's Eisenhower Hall Theatre. 655 Ruger Road, West Point. 938-4159.

Holiday Christmas Concert and Sing A-Long.

Holiday Christmas Concert and Sing a-Long with Anne and Mike Baglione. Dessert, hot cocoa and hot cider will be served. 3-5pm. D&H Canal Park Visitor's Center. 58 Hoag Rd., Cuddebackville. 754-8870.

Kids Holiday Workshop. Students ages 5-12 are invited to a festive holiday gathering. Projects include a personalized Christmas ornament and drawing of a winter wonderland snow globe. 12-3pm. Fishkill Recreation Center. 793 Rte. 52, Fishkill. 845-831-3371.

11: Monday

Elementary Explorers. Grades K-2. Stories followed by crafts, games and fun activities. Registration is required. 4:30pm. Tuxedo Park Library. 227 Rte. 17, Tuxedo Park. 351-2207.

Menorah Workshop. Build your very own Menorah. Receive a free apron from Home Depot and music and refreshments. Please RSVP. 11:30am-1:30pm. The Home Depot. 1570 Rte. 9, Wappingers Falls. 298-9200.

12: Tuesday

Millbrook Public Menorah Lighting. Hot Latkes and Apple Cider, Donuts and Chocolate Gelt and the lighting of a 9' Menorah! 5:30pm. Throne Building. Village of Millbrook.

The Great Chanukah Firetruck Gelt Drop and Monroe Menorah Lighting. With Latkes, Donuts, Dignitaries, Dreidels and Hot Cocoa. All are welcome, free of charge. 6pm. Commuter Parking Lot. Millpond Parkway, Monroe. 782-2770.

13: Wednesday

Hanukkah Storytime. Enjoy a morning story! 10am. Barnes and Nobles. 2518 South Rd., Poughkeepsie. 485-2224.

Military Menorah Community Celebration.

Buffet dinner, Latkes, Donuts and Dreidels,

Chanukah cards for soldiers, bowling, Hebrew School Choir. RSVP by Dec. 6. \$15 in advance, \$18 at the door. Bring a gift for soldiers. Supporting our troops in the US and Israel. 5-8pm. Colonial Lanes. 78 Brookside Ave., Chester. 469-3005.

14: Thursday

Community Candle Lighting. Congregation Emanuel of the Hudson Valley. 7-8pm. 243 Albany Ave., Kingston.

Giant Menorah Lighting. Enjoy lively music, Latkes, Donuts, Chocolate Gelt and the lighting of a 9' Menorah! 5:30pm. Pawling Village Green. Charles Colman Blvd., Pawling. 440-7592.

Menorah Lightings. Hosted by Rabbi Pesach. Lighting of the Menorah followed by traditional Hanukkah treats and holiday games in the Train Station. 6-7pm. Tuxedo Train Station, Tuxedo.

Performance Motor Cars. Outdoor large Menorah lighting followed by Kosher Chinese food with hot latkes and drinks. Live entertainment. 5:30pm. Performance Motor Cars. 1404 Rte.9, Wappingers Falls.

PJ Library/PJ Our Way Hanukkah Party. PJ Library and PJ Our Way celebrate Hanukkah. Contact Suzanne Leon. 5:30-7pm. 314 N. Main St., Monroe. 562-7860.

15: Friday

CAI Hanukkah Shabbat Dinner. 5:30-8:30pm. 290 North St., Newburgh. 562-5604.

(Continued on Page 44)

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CALENDAR

(Continued from Page 43)

Chanukah Community Candle Lighting. Bring your menorah and join us in the light of hundreds of candles 7-9pm. 243 Albany Ave., Kingston.

Menorah Lighting. 3:45pm. Rhinebeck Jewish Center. 120 Montgomery St., Rhinebeck. 876-7666.

Romp and Stomp. Ages 1-3 years old. Romp and Stomp focuses on developing your child's

pre-literacy skills. The program is designed to engage your children with short stories, finger plays, action rhymes, and songs, as well as help improve motor, sensory and social skills with play time. Registration is required. 10:30am. Tuxedo Park Library. 227 Rte. 17, Tuxedo Park. 351-2207.

16: Saturday

An Afternoon with Santa. Make holiday crafts while listening to festive music and snap a photo with Santa and Mrs. Claus. 11am-3pm. South Orange YMCA. 45 Gilbert St. Ext., Monroe. 782-9622.

Beary Merry Holiday at the Trailside Museum and Zoo. Come to the bear den at 10:30am to

make a tasty holiday snack for the black bears. At 11am the bears will unwrap their gifts. 10:30-11:30am. Trailside Museum and Zoo at Bear Mountain State Park. 1 Herrian Dr., Highland Falls. 786-2701.

Family Free Night. MHCM is open late and admission is FREE on the third Saturday of every month. Family Free Nights are sponsored by M&T Bank. Come play! 5-8pm. Mid-Hudson Children's Museum. 75 North Water St., Poughkeepsie. 471-0589.

Holiday Craft Fair. Mid-Hudson Civic Center Inc. is having a Holiday Craft Fair! This year we will be highlighting Hudson Valley artists, crafters and local food products! Come shop local for your holiday needs! 11am-4pm. Mid-Hudson Civic Center. 14 Civic Center Plaza, Poughkeepsie. 454-5800.

Sugarloaf Holiday Tree Lighting Festival. Bring your littles for a meet and greet with Santa Claus and enjoy street performers, music, arts and crafts, fireworks and more. Main St. Sugarloaf. 207-237-6897.

17: Sunday

Community Hanukkah Party. Geared towards children, the community Hanukkah Party invites all for songs, skits, dreidel playing, arts and crafts and delicious food. Bring your favorite latke recipe for a tasting contest. 11am-1pm. BHA-331 Veeplanck Ave., Beacon.

Family Chanukah Extravaganza. Enjoy a party in the spirit of Hanukkah after lighting the Menorah. Amazing entertainment with fresh doughnuts, dreidels and gelt. Crafts for the kids. 4-6pm. Poughkeepsie Galleria. 2001 South Rd., Poughkeepsie. 297-7600.

Menorah Lighting. Hot Latkes and apple cider, music and fresh doughnuts. 3:15pm. Walkway over the Hudson. Poughkeepsie.

18: Monday

Largest Menorah in the Entire Mid-Hudson Valley. Daily lighting of a 25 foot Menorah with the assistance of a boom truck. Mon-Fri 3:15pm; Sat & Sun 6:30. One Civic Center Plaza. In front of Dunkin' Doughnuts. Poughkeepsie.

Preschool Story Hour. Preschool Story Hour taps into the boundless energy of three to five-year-olds to get your child involved in this interactive story time. This program will engage your children with stories, finger plays and songs and encourage them to learn sounds, letter recognition and new words as they grow into pre-readers. Each program is followed by a hands-on craft and snacks. 10:30am-11:30am. Town of Ulster Public Library. 860 Ulster Ave., Kingston. 338-7881.

19: Tuesday

Library Story Time. Stories, rhymes, games and songs. Ages 2-5 years old, their caregivers, siblings and guests. Every Tuesday. 11:15-11:45am. Livingston Manor Free Library. 92 Main St., Livingston Manor. 439-5440.

New Mother's Social Circle. This group is for mamas looking to meet other mamas and babies for friendship, answers about your new baby, and socialization. Friends, tea, snacks, spare diapers, breastfeeding help, a baby scale, and someone to hold your baby if you want to go to the bathroom. You can just drop in! First time is free and then it's just \$5. This program occurs every Tuesday. 10am-12pm. New Baby New Paltz. 264 Main St., New Paltz. 255-0624.



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20: Wednesday

Story Hour. Every Wednesday. Preschool Children will enjoy stories and crafts with Miss Sara at this new time. 10:40am. Liberty Public Library. 189 North Main St., Liberty. 292-6070.

Tunezday. A youth musical jam session! Bring your own instrument (and any power supply/ batteries and such) and let's start making some music! This is an informal, fun way to make music together. This is not an instructional session; participants should have some skill with their chosen instrument(s). For ages 10-17. 4:30pm – 5:30pm. Tivoli Free Library. 86 Broadway, Tivoli. 757-3771.

21: Thursday

Art Class for kids! Join instructor Rowan Willigan for this fun art class for kids ages 10 and up! Students will experiment with a variety of mediums and techniques including but not limited to watercolor, abstraction, still-life and collage. 3:30 -4:30pm. The D'amby Project Studio. 7270 South Bdwy, Red Hook. 750-2867.

Skylands Stadium Christmas Light Show. What better way to celebrate this winter than by taking a trip with your loved ones through a luminous winter wonderland at the Skylands Stadium Christmas Light Show? Share the wonder of this special holiday experience with your family and friends from November 17 to December 30. 9am-5pm. Skylands Stadium. 94 Championship Way, Augusta. 973-383-7644.

22: Friday

Frosty Fest. Visit an enchanted forest with animated light displays, glistening gardens and magical mansion. Santa's North Pole and Frosty's Adventures, a 3-D experience. Thirty-foot train, stage shows, food, cafes, gift shops and more. Fri. 6-8pm; Sat 4:30-8pm; Sun 4:30-7pm. Headless Horseman Hayrides. 778 Bdwy, Ulster Park. 339-2666.

23: Saturday

The Colonial Nutcracker. An annual holiday favorite, Dance Theater in Westchester performs its family-friendly, full-length version of Tchaikovsky's ballet set in wintry colonial Yorktown, complete with a red-coated mouse army, an enchanted nutcracker prince, simultaneous narration to help young audience members enjoy this timeless classic. 3-5pm. Paramount Hudson Valley Theater. 1008 Brown St., Peekskill. 914-739-0039.

24: Sunday

"A Christmas Carol." Performance of this classic Christmas tale. 3pm. Center for Performing Arts Rhinebeck. 661 NY-308, Rhinebeck. 876-3080.

25: Monday

ErDAJT's Holiday Christmas Light Display. 11th year with the animated display. Donations for charity for the night. Sun.-Thurs. 4:45-9:30pm & Fri., Sat. 4:45-10:30pm. 8 Patrick Dr., LaGrangeville.

26: Tuesday

Tuesday for Tots. A special time for our younger visitors to gain preschool readiness skills in a fun and social environment. Drop in any time between 10 and 12 for play-dough, crafts, activities, and friends! The Children's Museum at Saratoga. 69 Caroline St., Saratoga Springs. 518-584-5540.

Winter Wonders at Boscobel. Families can take a fun flashlight tour of the mansion. Kids of all ages

(and energy levels) will enjoy hunting for gingerbread kids throughout the historic house, then join in a craft geared toward the season. 9:30am, 3pm. Boscobel House and Gardens. 1601 Route 9D, Garrison. 265-3638 ext 10.

27: Wednesday

Mommy and Me Class. Our Mommy and Me class is designed for children 18-36 months and their caregivers. The class will include singing, story-time, a sensory based activity/game, snack and a craft! Must register. 10-11:15am. Montgomery Nursery School. 21 Wallkill Ave., Montgomery. 457-7415.

28: Thursday

Children's Holiday Tea at Mount Gulian Historic Site. An event that combines fun, good manners and education about a bygone era, in an authentic location where social teas were once standard fare. Held in Mount Gulian's two main museum rooms, beautifully decorated for the holidays, with tables set with fine linens and china. The cost is \$17 for children and \$22 for adults. Adults must be accompanied by a child. Prepaid reservations are required by December 15. 12-2pm. Mount Gulian Historic Site. 145 Sterling St., Beacon. 831-8172.



For more great calendar listings visit us online at hvparent.com

Get Ready for the New Year at Boscobel.

Families can take a fun flashlight tour of the mansion. Hunt for gingerbread kids throughout the historic house, then join in a seasonal craft. Crafts include constructing countdown clocks, funny hats and noise makers. 9:30am, 3pm. Boscobel House and Gardens. 1601 Rte. 9D, Garrison. 265-3638 ext 10.

29: Friday

School Break Kids Craft Workshop: Make A Mouse House. For these workshops, kids ages 6-10 tour the house briefly to see mouse houses on display in the mansion's historic rooms, then use craft materials to build their own mouse house to take home. An adult must accompany child; reservations required. 10:30am. Staatsburgh State Historic Site. 75 Mills Mansion Dr., Staatsburgh. 889-8851.

30: Saturday

Tivoli Knights Chess Club. Join us every other Saturday, hosted by Library Clerk, Patrick. No need to sign-up, just come play! Chess boards will be provided. Happens in the East Room. All ages. 12-1pm. Tivoli Free Library. 86 Bdwy, Tivoli. 757-3771.

31: Sunday

Preschool Story Time with Miss Penny. Join Miss Penny for reading, singing and crafting fun! For children ages 2-5. 10:30-11:30am. Tivoli Free Library. 86 Bdwy, Tivoli. 757-3771.

Locust Grove
Join us for a Holiday Scavenger Hunt!
December 3rd, 10th & 17th
12 noon - 4 p.m.
Enjoy the mansion's glittering holiday decorations and search for fairy houses hidden throughout the historic house
2683 South Road, Poughkeepsie • 845-454-4500 • LGNY.org

NEW MOM COMICS THE FIRST YEAR

Written and Illustrated by **ALISON WONG**

A Little Bit Fit



I did a lot of walking those days for sure. With all the bouncing, rocking, crawling, feeding, and soothing I did in addition, I'd say I earned every step!

Alison Wong's humorous anecdotes in *New Mom Comics: The First Year* document the wild journey that is parenting, and always have an uplifting and positive tone no

matter how dire the long nights seem.

The book chronicles the first year of parenting in over 55 comics, and it can easily be read as a weekly visual diary.

New Mom Comics: The First Year is available online at the New Mom Comics website NewMomComics.com now for \$15 (plus S&H), and updates are always available on Facebook.

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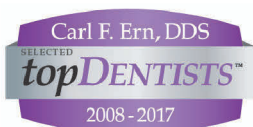
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Munish Kumar, DO
Florence Lazaroff, MD, FAAP
Abida K. Mallick, MD
Julian T. Nelson, MD, FAAP
Lin-Lin Y. Remenar, MD
Amy E. Spoto, MD, FAAP

Family Medicine

Wael Fakhoury, MD
Shawkat G. Massih, MD
Laura A. Nicoll, MD
Parth Shah, MD
Ramzi A. Tawil, MD

Internal Medicine

Sandy Doti, MD
Liby Mathew, MD

IM/Pediatrics

Karen Finnigan, MD, MBA
Jonathan F. Nasser, MD

Obstetrics & Gynecology

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