

Mom's book has special inspiration

A LOCAL MOM has authored a children's book about a panda that feels things more intensely than her classmates — a book inspired by the author's 4-year-old daughter, who lives with a sensory processing disorder.

Melissa Finkelstein says her debut children's book, "Picky the Panda and the Ticky Tail," was inspired by her daughter Skylar, "the strongest and most sensitive little girl" she knows, according to the author's biography.

To her author credits we can add Finkelstein is a lawyer "and proud mom to three amazing young

kids."

The 34-page book's publication date was Sept. 19. It is illustrated by Catarina Neto.

Sensory processing disorder is a set of behaviors related to a child's trouble with processing information from the senses, such as sight, sound, and touch.

Finkelstein told *Pascack Press* that the book "shares important lessons to embrace our sensitivities, practice empathy, and slow down to recharge when life feels overwhelming."

She said she hopes this story will remind children and parents



FINKELSTEIN

"that they are strong, special, and supported, even while navigating a noisy, itchy, bright, and increasingly chaotic world."

The synopsis reads, "While Picky's powerful senses often cause her tail to tickle (which is the first sign of a meltdown to come), she is reminded by someone special that when things feel overwhelming, sometimes less is more."

It says, "Once she has a chance to reset, Picky and her friends discover that the most sensitive part about her is her beautiful and caring



"Once she has a chance to reset, Picky and her friends discover that the most sensitive part about her is her beautiful and caring heart."

The book is available in paperback on Amazon for \$12.99. The author will be selling and signing books at the "Jump Into Fall" Mah-

Club on Nov. 5 and Temple Emanuel Holiday Bazaar, Woodcliff Lake, on Dec. 8.

— Staff writer Michael Olohan

TOWNSHIP OF WASHINGTON

IHA open houses Oct. 23 and 27

Immaculate Heart Academy's Fall open houses are Sunday, Oct. 23 from 11 a.m. to 2 p.m. and Thursday, Oct. 27 from 6:30 to 8:30 p.m.

The school says, "If you are a young woman searching for a school known for its academic excellence, athletic competition, and creative expression grounded in traditional Catholic values, Immaculate Heart Academy (IHA) is the place for you."

It adds, "Students from eight counties in New Jersey and New

York call IHA their second home, and we would love for you to join them. The sisterhood formed at IHA is incomparable, and the memories made last a lifetime—just ask the 10,869 graduates who have graced the IHA halls."

Registration is requested at ihanj.com. Walk-ins are welcome. For more information, contact Lauren Rhein '09, director of admissions, at (201) 445.6800 ext. 112 or lrhein@ihanj.com. IHA is at 500 Van Emburgh Ave.

HILLSDALE

Eva Senande takes College Board award

Pascack Valley High School is pleased to announce that Eva Senande, Class of 2023, was honored with the College Board National Hispanic Recognition Program award.



SENANDE

To qualify for the award, Eva earned outstanding scores on her PSAT and AP exams prior to her

senior year at PVHS.

Although a non-monetary award, the College Board National Recognition Program provides honorees with greater visibility to connect with colleges and universities and opens doors to significant scholarship opportunities.

The National Recognition Programs award academic honors to sophomores and juniors who take eligible administrations of AP, PSAT/NMSQT, or PSAT 10 exams and who identify as

African American/Black, Hispanic/Latinx, or Indigenous, or attend high school in a rural area or small town.

These programs help to address the systemic barriers to higher education faced by under-represented students.

Students who may be eligible have a GPA of 3.5 or higher and have excelled on the PSAT/NMSQT or PSAT 10 or earned a score of 3 or higher on two or more AP Exams.

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