

Holiday Guide

(585) Kids

**Holiday event
calendar**
p. 7

**Al Sigi
WalkAbout**
p. 10

PAWS
p. 12

**Mindfulness for
grandparents**
p. 16

FREE!
PLEASE TAKE ONE
585KIDS.COM

FALL 2023
Volume Three - Issue Four

JUST FOR KIDS
Coloring page, naked
mole-rats, and more—
p. 18

BOOK NOOK
Happy Hallo-days
p. 26

**FEEDING YOUR
FAMILY**
Baked potato bar
p. 30



SANDS FAMILY YMCA

NOW OPEN!

We're ready for fun with the whole family, don't miss out!

**FAMILY PLAY IN
ADVENTURE CENTER**



PROJECTION GAMES

SPLASH PAD



TURF ACTIVITIES



FAMILY SWIM

RochesterYMCA.org

NEW
YORK
STATE **Ballet**
A NON-PROFIT 501(3)C ORGANIZATION

Nutcracker

2023

Thursday, Dec. 14 - 6pm

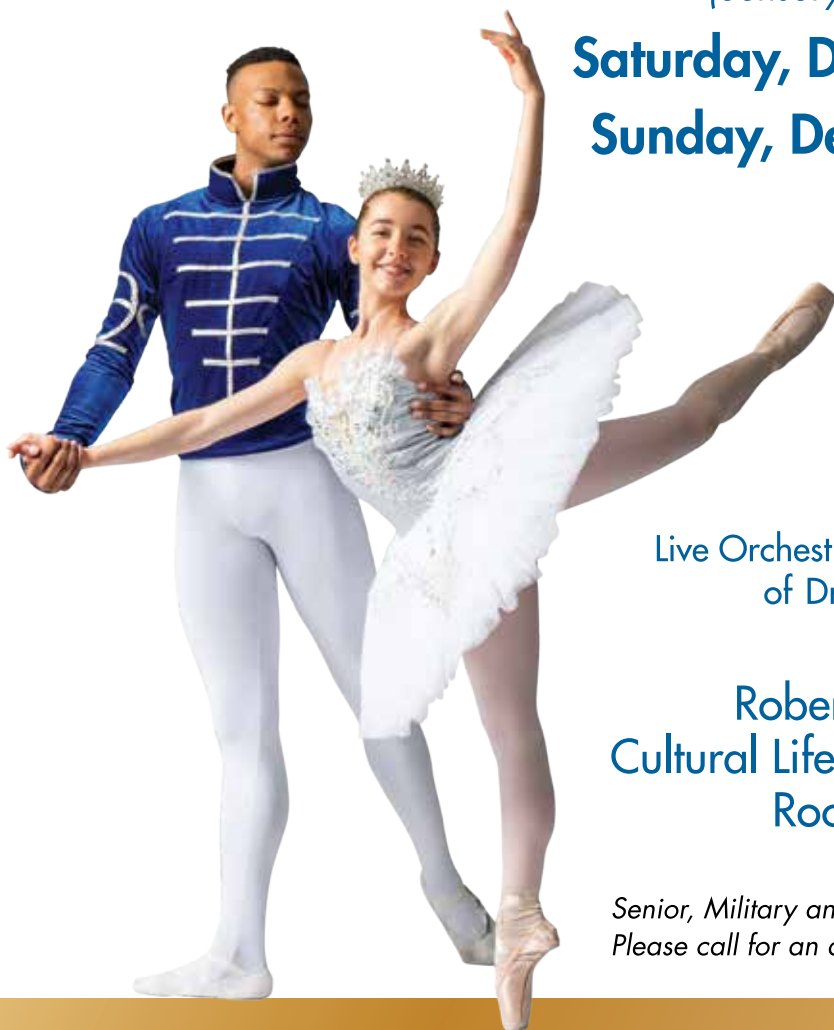
(Sensory Friendly)

Friday, Dec. 15 - 6pm

(Sensory Friendly)

Saturday, Dec. 16 - 2pm

Sunday, Dec. 17 - 2pm



Live Orchestra under the direction
of Dr. Jared Chase

Roberts Wesleyan
Cultural Life Center Auditorium
Rochester, NY

*Senior, Military and Group discounts available.
Please call for an additional Girl Scout discount.*



Purchase Tickets

**Tickets: www.roberts.edu/clc
Box Office: (585) 594-6008**

For more information, call 585-704-1903
or visit us at www.newyorkstateballet.org

Hello (585) families



I cannot believe that autumn is already here. Leaves are falling all around us, and the trees are dressed in those gold and red colors we all love. Soon, though, snow will be falling, and we'll have to drag out our mittens and boots and hats. These seasonal changes can be hard for some, but others thrive in the cold weather. No matter what the weather is, try to enjoy it the best you can by referring to some of the great information we have in this issue. We have articles about upcoming seasonal events, local organizations, great books to read, and of course our "Just for kids" section. And our craft this

issue is so cool! Stephanie Castle's wax leaf project is great for kids, but I think I'll try it out myself. My kids are a little old, at twenty-two and nineteen, to craft with mom, so I might as well, right? If you make this leaf project, send us a picture, and we'll post it to our social media accounts. Feel free to email your craft photos to cgreen@585mag.com.

Christine

—Christine Green,
Managing Editor

(585) Kids

Publisher Jane F. Milliman

Creative Director Cathy Monrad

Managing Editor Christine Green

Production Manager Caroline Kunze

Staff Photographers Tomas Flint

Staff Illustrators Anna Overmoyer, David Kalvitis

Contributing Writers Stephani Castle, Emily DiCesare, Tanni Haas, Terri Ercole, Jennifer Kamish, Sarah Killip, Audrey Mead, Sarah Mead, Jinelle Vaiana, Deena Viviani

Editorial Interns Heidi Boot

Vice President, Sales Caroline Kunze

Sales & Marketing Michaela Neer

FEEDBACK

We'd love to hear what you think! Write to jmilliman@585kids.com or letters to the editor, (585) Kids, 1501 East Avenue, STE 201, Rochester, NY 14610.

DEADLINES FOR LISTINGS

Calendar listing deadlines for our upcoming issues are as follows:

For Winter 2024 issue: Nov. 10
For Spring 2024 issue: Feb. 10
For Summer 2024 issue: May 10
For Fall 2024 issue: Aug. 10

ADVERTISING

If you'd like to learn about advertising in an upcoming issue of (585) Kids or on our website, please call (585) 413-0040.

WHAT WE DO:



(585) magazine

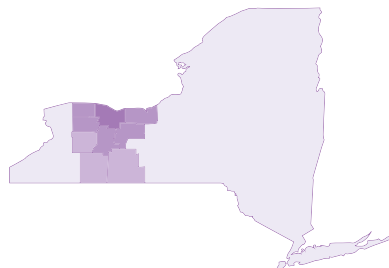
(585) Kids

(585) Hot Off the Press
Happy Hours

Upstate Gardeners' Journal

Custom Publishing

FIND US ON



**PLEASE RECYCLE
THIS MAGAZINE**

PRINTED BY
FreeportPress®

2023 HOLIDAY EVENTS CALENDAR



ON THE COVER

Photo by Tomas Flint

Design by Cathy Monrad

Feature

7 2023 Holiday events calendar

Get your holidays started with our comprehensive list of family-friendly holiday events

In every issue

4 Deadlines, Hello (585) families

26 Book nook

By Deena Viviani

28 New and noteworthy

By Jinelle Vaiana

30 Feeding your family

By Emily DiCesare



10

Features

7 2023 Holiday events calendar

By Jinelle Vaiana

10 AI Sigl Walkabout

By Sarah Mead

12 PAWS: Life is better with baseball

By Sarah Mead



12

14 Stress busters

By Tanni Haas

16 Mindful grandparenting

By Terri Ercole

32 Navigating life changes

By Jennifer Kamish

Just For Kids

18 Color your world

By Anna Overmoyer

19 Dot-to-dot

By David Kalvits

20 Survival of the slowest

By Sarah Killip

22 Audrey asks

By Audrey Mead

23 Crafty Cat

By Stephanie Castle

24 The most interesting animal at the zoo

By Sarah Killip

CONTRIBUTORS

Stephanie Castle owns Tenderfoot Farm + Flora in Churchville. She is passionate about crafting with nature, using only materials grown on her farm and foraged in the nearby woods.

Emily DiCesare is an E.R. doc by trade, salad blogger by passion, who lives in Brighton with her family.

Terri Ercole believes in Ubuntu: "I am because we are." She also loves discovering 585's food, culture and new pickleball courts.

Tanni Haas is a professor in the department of communication arts,

sciences & disorders at the City University of New York—Brooklyn College.

David Kalvits is an artist, graphic designer, puzzle inventor, and owner of Monkeying Around, and publisher of his collections of dot-to-dot puzzles. See more puzzles at monkeyingaround.com.

Jennifer D. Kamish is a writer, educator, and social justice advocate located in Rochester, New York. She lives with her wife, Kelly, their goofy 13-year-old child, and four badly-behaved cats. Instagram: @jen_says_hi123

Sarah Killip is a writer and photographer. You can contact her at killip33@gmail.com or through IG at @sarah.killip.

Audrey Mead is a curious fifth grader with a passion for reading. She loves Legos, performing in musicals, and writing stories.

Sarah Mead is a writer who loves children's books and dance parties in the kitchen. She lives with her family in Victor.

Anna Overmoyer is a traditional and dimensional illustrator who grew up in the forests of upstate

New York. Anna-overmoyer.square.site.

Jinelle Vaiana (jvaiana@585mag.com) is a freelance writer and copy editor.

The self-proclaimed "word nerd" has written for local publications for more than ten years, and she's also a nonprofit board member and talent acquisition professional.

Deena Viviani is the young adult services librarian at Brighton Memorial Library.



Sarah Killip



Rochester Childfirst Network
SERVING CHILDREN SINCE 1857

WHERE FUTURE LEADERS START!

Join us to be a part of a
diverse & inclusive team!

WHAT WE OFFER:

RCN offers you a career where
you can grow while achieving
your short and long-term goals.

If you want to earn a degree in
early childhood education and
you want to make a difference
in the lives of children with
unique learning needs or
you've worked in the field, we'll
guide you as you move forward
in your professional develop-
ment.

BENEFITS

Paid training
Health Insurance Options:
Medical, Dental, and Vision
Paid Time Off Vacation,
holiday, and sick time
403(b) Retirement Plan

AND MUCH MORE!

APPLY NOW!

Send us your resume hr@rcn4kids.org
or visit our website www.rcn4kids.org



@RCN4KIDS



THE COUNSELING CENTER

at

JFS

ROCHESTER

FOR GOOD. FOR ALL.

**Now Offering
Counseling
for Parents of
Kids with
Anxiety**

**New Location at
441 East Avenue**
In-person & telehealth
sessions available



counseling@jfsrochester.org



585-506-3064

2023 HOLIDAY EVENTS CALENDAR

BY: JINELLE VAIANA

OCTOBER



RIVERIE-ROCHESTER: RIVER AND CANAL CRUISE

Oct. 5–7, 12–14, & 19–21

Enjoy a ninety-minute round trip cruise on the Erie Canal, from High Falls to Genesee Valley Park. Best part? A gorgeous view of downtown on the way back to port. Tickets are \$22–30 and kids under three years old cruise free. See website for schedule.

Riverie; 622-5748;
cornhillnav.org/riverie

SCREAM FEST

Oct. 7

Hamlin's Scream Fest will kick off Halloweenathon, a month-long celebration of Halloween. The festival will include spooky activities and attractions, food, games, and contests, and much more! Fireworks will follow the event at 7:15 p.m.

12–5 p.m.

Hamlin Town Hall; 1658 Lake Rd. N.; 964-2421; hamlinny.org

SPIDER-MAN: INTO THE SPIDER-VERSE LIVE IN CONCERT

Oct. 12

Watch this Academy Award-winning animated film on the big screen with live musical accompaniment by the Broadway Sinfonietta, an all-women and majority women-of-color orchestra and



production company. The soundtrack blends symphonic orchestral music with hip-hop; live musicians and turntables with a DJ scratcher will accompany the film.

7 p.m.

RBTL; 885 East Main St.; 222-5000;
rbtl.org

PUMPKIN PATCH TRAIN RIDES

Oct. 14–15, 21–22, 28–29

Take a mile-and-a-half train ride to the pumpkin patch with the Rochester & Genesee Valley Railroad Museum! Every child will select a small pumpkin to take home. Complementary juice, cookies, and coloring books will be provided, and kettle corn will be for sale. Visit the petting zoo before you leave.

Tickets are \$10–20 and free for kids four and under. Check website for schedule.

Rochester & Genesee Valley Railroad Museum; 282 Rush Scottsville Rd.; 533-1431; rochestertrainrides.com

BLIPPI: THE WONDERFUL WORLD TOUR

Oct. 21

Join Blippi and special guest Meekah for this brand-new musical party, where Blippi will discuss all his favorite vehicles, sing, dance, and spread some joy.

2 p.m.

Kodak Center, 200 West Ridge Rd.; 254-0181; kodakcenter.com



SPOOKY SYMPHONIES AT RPO

Oct. 29

The Rochester Philharmonic Orchestra will be playing some spooky tunes to get your little ones in the Halloween spirit. Preconcert activities will take place one hour ahead of the event at Hochstein School of Music and Dance.

2 p.m.

Rochester Philharmonic Orchestra; 255 East Ave.; 454-2100; rpo.org

HAUNTED STROLL

Oct. 29

Tour the property of this 40-room Queen Anne Victorian-style mansion, including the Kitchen Garden, Italian Garden, Japanese Garden, Rose Garden, and so on! You may be surprised by the ghoulish characters lurking in the shadows! Wear your best costume.

5:30–8:30 p.m.

Sonnenberg Gardens & Mansion State Historic Park; 250 Gibson St., Canandaigua; sonnenberg.org

HALLOWEEN CELEBRATION

Oct. 31

For a fun and safe alternative to trick-or-treating, visit Hilton Parma Rec at the Community Center on Halloween night. The event will take place outside, on the front lawn of the Community Center, and include a trunk or treat down Henry Street, a creepy graveyard egg "haunt," free doughnuts and cider, and a Buffalo Bill's ticket raffle. This is a free event.

5–7 p.m.

Hilton Community Center; 53 Grove St., Hilton; 392-9030

2023 HOLIDAY EVENTS CALENDAR

NOVEMBER



WONDERLAND EXPRESS TRAIN RIDE

Weekends in November & December

Arcade and Attica's Wonderland Express features six runs a day on a heated, vintage train. The trip will take guests to Curriers Station (AKA the North Pole). When visitors arrive at the North Pole, they can enjoy a variety of activities to enjoy, including jumping on elf sleigh, taking a photo in Santa's sleigh, and visiting the Elf House.

Food and souvenirs will be available as well. On the train ride back to the station all children will receive a gift from Santa! The event is two hours and twenty minutes long. Book in advance online to reserve your seats.

Departure times vary

Arcade & Attica Railroad; 278 Main St., Arcade; 492-3100; aarailroad.com

FAMILY SCAVENGER HUNT

Nov. 4

Keep your scavenger hunt answer key handy, and keep your eyes peeled for clues around the Webster Recreation Center for this fun Family Scavenger Hunt. There are three skill levels for ages two to twelve. Prizes are available for successful scavengers.

10 a.m.

Webster Parks and Recreation; 1350 Chiyoda Dr.; 872-7103

ROCHESTER CHILDREN'S BOOK FESTIVAL

Nov. 4

About fifty authors and

illustrators will be in attendance for this year's Rochester Children's Book Festival at Monroe Community College. This free celebration of literacy will include presentations by the authors and illustrators, readings, book signings, workshops, crafts, and more.

10 a.m.–4 p.m.

Monroe Community College;

1000 E. Henrietta Rd.; rcbfestival.com



DISNEY'S MY SON PINOCCHIO JR.

Nov. 10–12

First through fifth graders will perform this modern twist on the Disney classic *Pinocchio* this season as part of A Magical Journey Thru Stages, a youth theatre program based out of the Auditorium Center. In *My Son Pinocchio Jr.*, the Blue Fairy guides Gepetto on a hilarious journey of enhancing his parenting skills. A Magical Journey Thru Stages; Auditorium Center; 875 E. Main St., Ste. 380; 935-7173; mjtstages.org

SWEET CREATIONS GINGERBREAD DISPLAY

Nov. 11–Dec. 31

The George Eastman Museum is taken over by dozens of gingerbread houses. The family will be able to see the auction. Visit the museum for more information.

Eastman Museum, 900 East Ave.; 327-4800; eastman.org



2ND SUNDAY STORIES & STUFF

Nov. 12, Dec. 10, and ongoing

On the second Sunday of every month, the Avenue Blackbox Theatre hosts this event where kids can come in, choose a book, and tell a Book Buddy about what they have read for a prize. There are also games and storytellers onsite.

2–4 p.m.

The Avenue Blackbox Theatre; 780 Joseph Ave.; 491-6730; avenuetheatre.org

HOLIDAY MARKET & PREPARING FOR WINTER

Nov. 18 & 19

Learn how Western New Yorkers prepared for winter in the nineteenth century while preparing yourself for winter by shopping locally made and hand-crafted goods at the holiday market. Visit historic homes and businesses to see how food would have been preserved, how warm garments would have been prepared, and more.

3 p.m.

Genesee Country Village & Museum; 1410 Flint Hill Rd., Mumford; 538-6822;

gcv.org

A CHRISTMAS CAROL

Nov. 28–Dec. 30

This holiday classic follows Ebenezer Scrooge as he's visited by three ghosts on



Christmas Eve. The spirits show Scrooge who he has been, who he is, and who he is on course to become. He learns it's never too late to make a change and right your wrongs. Visit the website for times, ticket prices, and more.

Geva Theatre; 75 Woodbury Blvd.; 232-4382; gevatheatre.org

NATURE CHRISTMAS TREE CRAFT

Nov. 30

Children can make a fun and festive Christmas Tree using an assortment of available items from nature: pinecones, sticks, pebbles, cinnamon sticks, dried orange slices, cloves, etc. Children can take their tree home to use year after year. Hot cocoa and cookies included as well! 10:30 a.m.

Fable Studio; 1350 Pittsford Mendon Rd., Mendon; (201) 234-9449; fablekidsstudio.com

DECEMBER

IT'S A WONDERFUL LIFE IN THE SOUTH WEDGE HOLIDAY FESTIVAL

Dec. 2

Benefit your community and local small businesses while getting some holiday shopping checked off your list at this holiday festival in the South Wedge. More than forty vendors will be onsite, selling everything from crafts and jewelry to holiday decorations and more. Enjoy live music, pick up a wreath or a tree, visit a food truck or food vendor stand, and more. Interactive activities and games will be available for kids, and there will be a meet and greet with Santa!

11 a.m.–4 p.m.

357 Gregory St.; southwedge.com

BREAKFAST WITH SANTA

Dec. 3

Fill up on pancakes, waffles, sausage, and more at the American Legion Post 34

2023 HOLIDAY EVENTS CALENDAR

in Shortsville before meeting the big man in red himself. A photographer will be on hand to capture your meeting with Santa. Take-home crafts for the kids will also be available from Red Jacket Community Library. This event is \$10 per person, although kids five and younger are free. 8:30–11:30 a.m.

American Legion Post 34;
1513 Palmyra St., Shortsville; 289-4186

PARADE OF LIGHTS IN ADDISON

Dec. 9

The Addison Volunteer Fire Department is hosting their third annual Parade of



Lights this year. The parade will begin at the American Legion on Maple Street. 6 p.m.

Addison Volunteer Fire Department;
(607) 769-2579

ANNUAL HOWLIDAY EVENT

Dec. 9

While you're checking items off your holiday shopping list this season, keep man's best friend in mind. This event, hosted by Oswego County SPCA-OCAWL, will feature Santa pictures, adoptable animals, lunch served, a bake sale, a silent auction, and more.

11 a.m.–5 p.m.

State Street United Methodist Church;
357 State St., Fulton; (315) 297-4900

THE NUTCRACKER

Dec. 12

The State Ballet Theatre of Ukraine will bring this holiday favorite to the Kodak Center stage this year. *The Nutcracker* showcases a magical world of toy soldiers, sugar plum fairies, and other colorful characters set against classic Tchaikovsky songs like "Waltz of the Flowers," "Dance of the Sugar Plum Fairy," "Waltz of the Snowflakes," and more. Tickets are \$45–85. 7:30 p.m.

Kodak Center; 200 West Ridge Rd.;
254-0181; kodakcenter.com

ANNIE

Dec. 12–17

Everyone's favorite orphan always sees the sunny side of a situation in this tale of hard knocks, deception, and redemption. Little Orphan Annie has brought sunshine and determination to generations of audiences, and this season, she will bring it to Rochester audiences via the Rochester Broadway Theatre League. View website for admission information.

RBTL; 885 East Main St.; 222-5000;
rbtl.org [Kids](#)



Eastview
sparkles
on you.



H&M . Von Maur . LEGO
Abercrombie Kids . GAP Kids
Dick's House of Sport
Janie & Jack . Build-A-Bear

OUR
FIRST
CHOICE


EASTVIEW
A HIGHER FORM of SHOPPING



Trick or treating is for everyone

The Al Sigl WalkAbout makes Halloween more accessible



Jeiri and her family decked out as a NASCAR driver and pit crew

BY SARAH MEAD

Calling all goblins, ghouls, and ghosts! Attention: all princesses, Pokemon, and pumpkins! Do your kids love to play dress up? Be sure to add this Halloween-themed activity to your October calendar. The Al Sigl WalkAbout is a day of indoor fun where families and individuals served by Al Sigl's seven member agencies gather together for accessible trick-or-treating at Eastview Mall. This free event, held on October 22, ends with a costume contest for people of all ages and abilities. Everyone is welcome.

This year marks the thirty-fourth anniversary of the WalkAbout, and Jeiri Flores has been volunteering at the event for over a decade. Her family is just one of many that make this day so meaningful. They are generous with the candy and the compliments. They love planning out what they will wear ahead of time, reminiscing about costumes from previous years, and looking forward to spending the day together at the mall. She says, "We make a day of it. We grab lunch afterward and talk about our favs. It feels like magic to us."

Nicole Collins of Pittsford attended the WalkAbout for the first time last year. Her four-year-old son, Duke, has autism, which makes trick or treating in the typical sense very overwhelming. He loved dressing up



Ian in his Paddington Bear costume

like a dinosaur and getting candy with his big brother Asher. Nicole says, "There aren't always opportunities for kids who are neurodivergent to participate. It's so important to support inclusive community events." She also loved the opportunity to connect with other parents and learn about new organizations like Sportsnet, which offers a wide range of adaptive sports and recreation programming for children of all ages and abilities.

A long-time participant (who prefers not to be named) and her child always have a great time at the event. She talks about how priceless it is, as a parent, to have a day like this to share with your child. "We all share the same common denominator as a human on our earth walk, and that's inclusion. We all want to be included. The Al Sigl WalkAbout creates a safe environment that is welcoming to all who attend. The excitement of Halloween is for all ages."

Al Sigl marketing director, Peggy Fortune, loves to share stories about long-time volunteers like Mike Messenger, who took part in Al Sigl Member Agency programs when he was younger. Mike loves that kids of all abilities can just be kids at the WalkAbout. Messenger says, "Inclusive

Photos provided



Duke and Asher as dino and pokemon

Al Sigl WalkAbout

WHEN October 22, 2023

WHERE Eastview Mall Food Court

TIME 8:30–11:00am

community events are great because even if you are the only person in your family or at school who has a disability, you realize you aren't alone. I want kids of all abilities to see adults with disabilities who are making their own choices in life and say, I can do that too. I don't have to fit a mold. I can be independent. I can have a career. I can volunteer and contribute."

Donations are always accepted at Al

Sigl. The funds raised at the WalkAbout will stay local and benefit the more than 55,000 children and adults with special needs in our community served by Al Sigl Member Agencies across six campuses. That includes CP Rochester; EPI; Medical Motor Service; National Multiple Sclerosis Society Upstate NY; Rochester Hearing & Speech Center; Rochester Rehabilitation; and Starbridge.

Thanks to a generous donor, each person who registers this year will be able to choose a brand-new costume that can be picked up in advance of the WalkAbout while supplies last.

Visit alsigl.org/walkabout to register or learn more. [Kids](#)

HOCHSTEIN

Embrace the power of possibility!

Tuition assistance available

The Hochstein School • 585.454.4596 • www.hochstein.org

Discover
Hochstein





PAWS: Life is better with baseball

BY: SARAH MEAD

Twelve-year-old Erik Gomez has one dream: to be a professional Major League Baseball player. He wears a championship ring from a tournament in Cooperstown and his favorite player is Fernando Tatis, Jr. of the Padres. Gomez trains five to six days a week at PAWS, a one-of-a-kind center with a turf field, pitching machines, an amazing sound system and graffiti-lined walls.

You may remember PAWS or "Providing Animal Welfare Services" as a group that supports city pet owners. The owners built dog houses, launched a spay/neuter program, and provided low-cost pet care units. Starting in 2018, they worked diligently on a new vision to serve the community through sports. After a few years and a lot of hard work, the youth and advocacy center officially opened. Cofounders Matt and Laura Piccone believe that sports, primarily baseball and softball, will be the catalyst for social change within their community.

"I still have a strong drive to help the animals, but you have to help the people first," says Matt. "If communities are suffering, animals are suffering. If people are concerned with baseball, they

start to heal. People are more compassionate and involved in taking care of our community."

Matt's vision for the 20,000-foot space was to create a one-of-a-kind experience. The first floor is home to their community partner, Accurate Sports and Entertainment, where athletes develop leadership, confidence, social skills, and self-esteem. They can also use the awesome HitTrax simulator. The second floor houses a seventy-foot batting cage, pitching mounds, matted area for tumbling, and a gym.

Matt wanted Rochester residents to walk in and feel at home, so the walls are decorated by SNO, one of the founding members of the graffiti artist collective known as FUA, and his partner ZOER. Matt is a big graffiti and hip-hop fan who grew up admiring SNO's work and persistence. "He was everywhere! He created an unbelievable group of artists. It's been an honor to have their stuff here. They give the place life." You can find their art everywhere, from the abandoned subway to an exhibit at the Memorial Art Gallery.

Photos by Tomas Flint Photography, LLC



Just a portion of the equipment that the PAWS facility has available for kids to utilize



Albert Algarin and Erik Gomez

Albert Algarin, age nine, is here four to five days a week, especially during the baseball season. He loves the batting cages and works on pitching and fielding. Algarin's dad, a Penfield coach, says the whole team trained here during the winter. "We have visited a lot of places, and no one has the equipment and atmosphere they have here. It's a whole vibe of sports and being kind to people." Algarin's dream is to play division one college baseball and his favorite player is Pete Alonso from the Mets.

Matt says Gomez and Algarin have a great drive and passion for sports. "They are amazing young men. It has been a pleasure to be around them since the day I met them." Their parents love that Matt

and Laura Piccone open their doors to everyone and provide a safe haven for kids in the neighborhood. These aren't just members of a gym; this is a family.

Building the facility in their hometown of Rochester was imperative for the Piccones. "Only six percent of the major leaguers are Black," Matt says. "We need to invest in our local cities. These kids deserve the opportunity."

Laura agrees, "It would be great to see these young kids getting noticed for playing baseball, as it would no longer be a lost sport in these communities because of the lack of access."

The Piccones are excited to announce their recent affiliation with MLB's Nike Reviving Baseball in Inner Cities

Program. "Our visions are aligned," says Matt. "To empower all youth regardless of their skill level, ability, or background to build a brighter future through social change, and to facilitate their growth and development through the introduction of sports, fitness, and wellness programs."

PAWS is strictly volunteer-based, so there is a low monthly fee to use the facility. The goal is to obtain funding to staff the organization and ultimately serve the city youth and provide services to them at little to no cost.

PAWS is open to all ages and is a great space for events like birthday parties, teambuilding, networking, photo shoots and more. Check out pawsofrochester.org to request a tour or find out more. [Kids](#)

Stress busters

Helping teens manage stress



BY TANNI HAAS

November 1 is National Stress Awareness Day, a great occasion to consider what you can do to help your teens better manage their stress. Being a teen is stressful. Teens are expected to do well in school and to fit in with friends. On top of everything else, there's the awkwardness of developing physically on a daily, weekly, and monthly basis. The good news is that there's many things parents can do to help ease their stress. Here's what the experts suggest:

Create a stress-free home environment

Parents often think that because teens gravitate toward their friends, they no longer play an important role in their lives; nothing could be further from the truth. Parents are very important to teens, and especially when it comes to helping them manage stress. To really be there for your

teens, make sure that your interactions are calm and inviting. "The goal," says sociologist Dr. Christine Carter, the author of *The New Adolescence* and other parenting books, "is for them to feel seen and heard by you." Clinical psychologist Dr. David Lowenstein agrees that parents should do whatever they can to create a stress-free haven at home: "When your teen feels accepted and peaceful at home," he or she will be better prepared to tackle the outside world."

Promote self-reflection

Life and wellness coach Marthe Teixeira says that it's important not to "jump to conclusions or give advice right away" when you help your teens deal with stress. Instead, help them reflect on how they can manage stress on their own.

Teach them how to break down a complex situation into smaller, more

manageable parts. For example, if they're stressed about a huge school project, have them estimate how long the project will take to complete, and then ask them to spread the work over a number of days to create a more realistic and less stressful schedule. Share your own experiences with an issue they're facing. "Share how you successfully managed the issue," says professional counselor Dr. Chinwe Williams, and "then allow your teen to explore his or her own thoughts and feelings related to what you've shared."

Be a role model

If your teens are going to learn from your experiences, you need to be a role model. "The best way to help your teen manage their stress levels," says pediatrician Dr. Stacy Leatherwood Cannon, "is to model healthy coping strategies yourself" or, as Teixeira neatly sums it up: "practice what you preach."

Encourage physical activity

Encourage them to engage in lots of physical activity. "Physical activity," says clinical psychologist Dr. Erlanger Turner, "is one of the most effective stress busters." He especially recommends activities that they can do together with others. "Whether teens are into team sports, or prefer kayaking or rollerblading with a friend or two," Turner says, "they're more likely to have fun—and keep at it—if they do it with friends."

... and lots of sleep

Physical activity is bound to make your teens exhausted. Life coach Pamela Willsey says that "a good night's sleep is one of the best stress-reducing remedies that exist." Experts agree that the best ways to ensure that teens get the recommended eight to ten hours of sleep at night is to have them keep a consistent sleep schedule, limit afternoon naps, and turn off all electronic devices at least one hour before bedtime. The so-called blue light that electronic devices emit sends a signal to their brains that suppresses the production of melatonin and prevents them from feeling tired. [Kids](#)

Uniquely Yours, Uniquely Theirs

PITTSFORD PLAZA

pittsfordplaza.com | (585) 225-1140



Goldfish Swim School • Hobby House Toys • Carter's
Barnes & Noble • J. Crew Factory • Music & Arts

SEASON OF SWEETS AND CHEER

GEORGE
EASTMAN
MUSEUM

Nov. 11–Dec. 31

Holiday happenings:

- Gingerbread creations fill the mansion*
- Hand-crafted wreaths*
- Festive tabletop displays*
- *Take one home through the silent auction
- Holiday Homecoming Dec. 7
- Films at the Dryden Theatre



eastman.org/holidays

Made possible by Kinecta Federal Credit Union



Mindful grandparenting 101

Navigating your grand-new role

BY: TERRI ERCOLE

Grandparenting—amazing, fascinating, at times confusing, but all the time an experience like no other.

I'm going to begin by saying that this article is ninety percent experience and a little bit research. As a grandparent, I think it's fair to say that we learn along the way with help from friends and family, a bit like parenting.

Mindfulness, as we become grandparents, can be seen in two different lights. As our own children begin their adventure as parents, we must be more mindful of their needs and wants. Each one of our children and their significant other is different, and will have their own personal views, needs, and thoughts on how they will parent. The other light is our new grandchild. They will be unique and deserving of a special relationship with each grandparent. This can be tricky at times for grandparents to navigate. Is it impossible? No.

To grandparent mindfully you must begin by listening, finding out who your grandchild is, and responding. Like our own children, each grandchild will be different. It's up to us to throw away the one size, one activity fits all and see how we can best connect to these amazing humans that are our family. Take time to watch your new grandchild. Sit quietly and just take it all in. What do they smile at or turn toward? What causes them to wiggle their arms and legs? How do they respond to your

voice or your singing? My one grandson Cole covered his ears when I sang. It may seem obvious, but I responded by making an effort not to sing to him. There are many ways to engage without forcing my singing voice on him. Reading, playing, or just watching as he plays works, too.

As your grandchild grows, they express themselves in all different ways. Watch! Listen! Ask questions! Children often know exactly what they need from others, so pay attention. I will forever remember a question my grandson Jake asked me. He asked why I took his twin sister to a Broadway play, and he didn't get to go. I was completely taken aback and felt terrible. I thought about why and discovered I was trying to create a special granddaughter tradition without thinking about his perspective. Of course, I felt terrible, but I also felt grateful that he told me how he felt. From that day forward, it became a lesson for me to take the time to discover who each grandchild is. So live and learn, try your best to be aware, and be in their lives as they need you to be. Of course, this will change as they grow. Roll with it. Be as present as possible so your relationship can grow with the change.

Your role through the eyes of your own child and their partner is more complicated. This is your child and partner's time to parent. Just as with your grandchild, listen to them

Photos of her family provided by the author



GRAND THOUGHTS

- Watch, listen, and act with an open heart.
- Things change—be open!
- Everyone is navigating new waters—don't rock the boat, throw a life jacket instead.



regarding what they need from you. I'm working on this every day. Even if you read all the recent research on child development and parenting techniques, the choice of how to parent is up to the *parents* not the grandparent. You may be asked to weigh in and give advice—or not. Follow their lead. You may have the type of relationship that allows you to step in and give opinions but always keep in mind that you are the grandparent. Much like we took some of our parenting styles from our own personal pasts (or maybe not), they will be doing the same. Ask how

you can support them in this journey. As much as you might think an everyday or once a week visit is nonnegotiable, it isn't up to you. We have to take our lead from the parents. This may come verbally or nonverbally, so stay alert. What every new parent thinks will work may change over time and along with that what they need from you may change. Be open.

It's a journey for both experiences, and I will fully and gratefully acknowledge that it isn't an easy one. It takes having an open heart, listening, asking questions, and adapting. Everyone in this adventure

is unique and will have a different take on their role. On the grateful side, I am both apologizing to as well as thanking my oldest twin grandchildren for paving the way for me to become a better, more mindful grandparent. They say practice makes progress, and I'm hoping with six grandkids and one more on the way that I have made some progress. Grandparents have an important role no matter how it looks. Be present and enjoy each step. Remember, there's a reason you're called a GRANDparent! **Kids**

GIVE THE GIFT OF *Music* THIS HOLIDAY SEASON

Join us online or in person today!
ALL AGES | ALL ABILITIES | ALL INSTRUMENTS



EASTMAN
COMMUNITY
MUSIC SCHOOL

Contact Us:

(585) 274-1400 | community@esm.rochester.edu

EASTMAN SCHOOL OF MUSIC • UNIVERSITY OF ROCHESTER



ANNA OVERMOYER

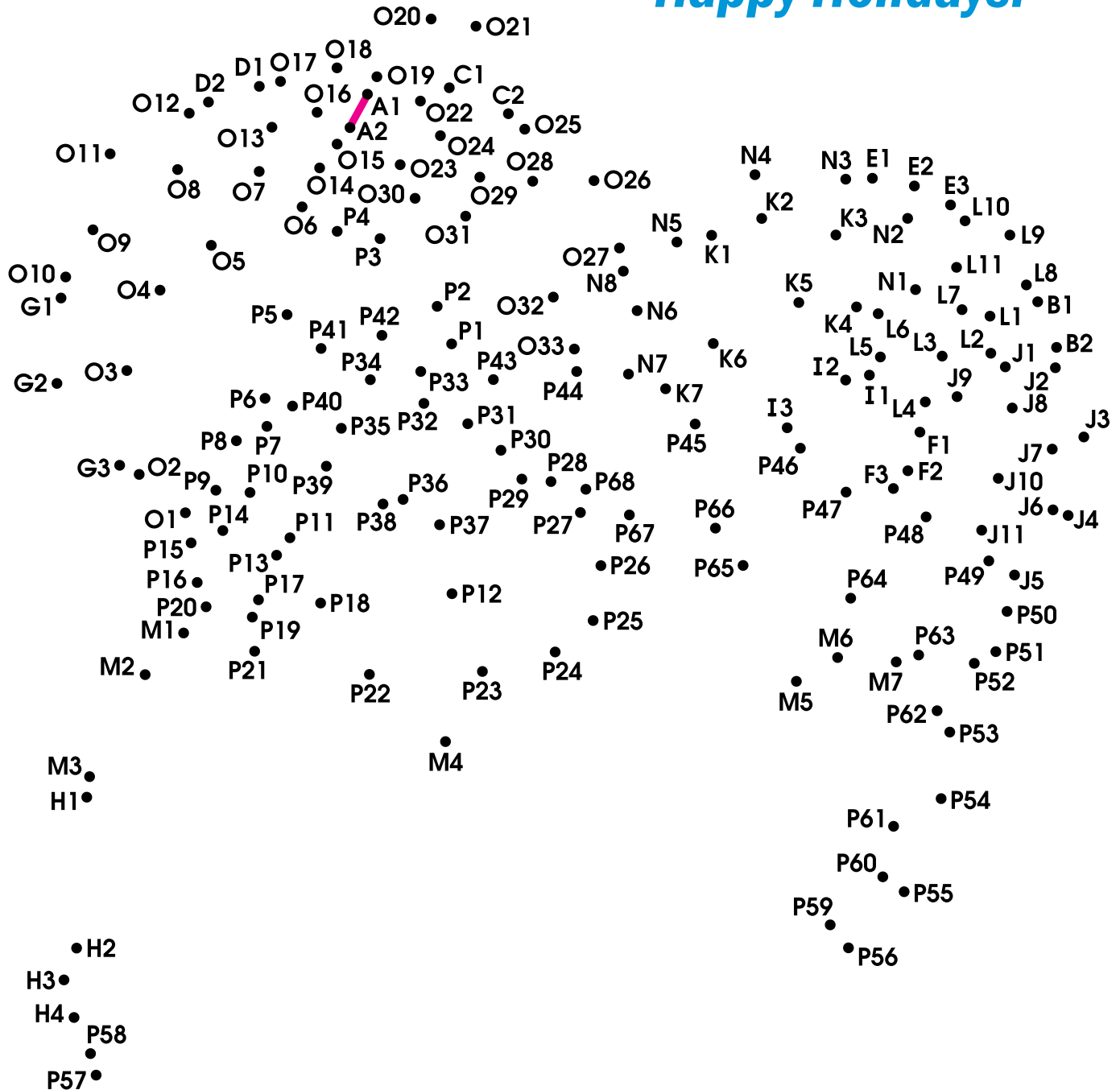


ABC Sets

After connecting the “A” set, skip to the “B” set and start your line again. Repeat for “C” set, and so on.

Tip: You don’t necessarily have to go in order.

“Happy Holidays!”



survival of the slowest



Slow and steady wins the race

BY SARAH KILLIP

As the school year picks up and the weather cools down, the Rochester Museum and Science Center (RMSC) is excited to unveil its new exhibit—Survival of the Slowest. What's so cool about it? A lot of things, but for starters, it features more than twenty live animals, including a two-toed sloth named Sash.

The traveling exhibition is from a company based in Canada called Little Ray's Nature Centre, and not only are they bringing animals to the RMSC, but an animal educator is coming as well. Calvin Uzelmeier, RMSC's director of exhibits, explains how unique of an experience this exhibit is.

"Every time you come to visit the exhibit, you can learn about the animals directly from the animal educator," Uzelmeier says. "There'll be live animal presentations every day, and they'll even bring some of the animals out for meet and greets. You'll get to meet Sash and maybe feed him too."

But what does survival of the slowest really mean? Think of the saying "slow and steady wins the race." The exhibit is all about animal adaptations and how sometimes it's the smallest, slowest, and weakest animal that comes out on top. It looks at why and how these animals have developed and how they use these adaptations, specifically ones related to speed, to survive.

Let's take a look at a few of the adaptations that help sloths like Sash thrive in the wild.

One might think that being slow would make it easier for a predator to catch a sloth, but it also makes them harder to see. They don't make any fast movements that would attract a predator's attention. It also saves energy.

"They are so slow that they will actually grow algae on their fur. This creates camouflage, making it even harder for predators to find them," Uzelmeier says.

Sloths can be found in Central and South American tropical forests, although their ancestors originally inhabited North America. They were built for trees and spend their days snoozing in the canopy high off the ground.

"There's really only two reasons for a sloth to go to the ground," Uzelmeier says. "One is to mate, and the other is to use the bathroom. So, you'd think they would have to go to the ground a lot, but the only go to the bathroom every ten to twenty days."

While Sash will certainly be an exciting part of the exhibit, lots of other animals will be there too—an emperor scorpion, ball python, veiled chameleon, hedgehog, and bearded dragon are just a few. There will be a mix of mammals, reptiles, and amphibians.

Most of these animals aren't native to Rochester—there definitely aren't any sloths in the trees on Park

Photos provided

Avenue—but Rochester is home to the woodcock. Woodcocks are little birds with long bills that are native to the Great Lakes region, and they're recognized as the slowest flying birds in the world. The RMSC will be including a Woodcock display within their Survival of the Slowest exhibit so visitors can see how these adaptations connect to local animals too.

While unique adaptations are at the core of this exhibit, the RMSC and Little Ray's Nature Centre strive to create educational experiences to help others develop a deeper appreciation for the world.

"Animal wildlife conservation is a really important message for Little Ray's and its exhibitory. We want everyone to take away an appreciation for these animals and understand their importance and the need to take care of them," Uzelmeier says.

Survival of the Slowest will run October through April. Whether Sash is out to say "hi," or a scorpion is out getting fed, guests will get to experience and learn something new every visit. Find more information at rmsc.org. [Kids](#)



Fun facts: THE TWO-TOED SLOTH

- Two-toed sloths weigh between nine and seventeen pounds and are roughly the same size and shape of a small dog.
- Two-toed sloth's teeth never stop growing, so they rely on plants and food to wear them down.
- Sloths typically sleep for fifteen hours per day
- Two-toed sloths spend most of their lives hanging from trees.
- The lifespan of two-toed sloths in human care is about sixteen-years-old, however, the oldest sloth on record was forty-nine-year-old and died in the Smithsonian's National Zoo.



Survival of the Slowest

Counterintuitive Adaptations

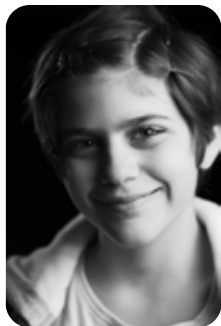


LEARN HOW THE SLOW SURVIVE IN THE WILD

**NEW LIVE EXHIBIT
OPENING OCTOBER 13**

rmsc.org/survivaloftheslowest





Audrey asks...

An entrepreneur

BY AUDREY MEAD

Audrey is a curious twelve-year-old who wants to learn more about everything. She is searching for kids in the Rochester area who are doing big things.

Today she interviews twelve-year-old Trinity Jackson, who has started her own business. Trinity is in sixth grade at Rochester Prep Brooks Campus. She lives with her mom and grandmother and likes macaroni and cheese and broccoli.



Trinity Jackson

What do you want everyone to know about you?

I'm a fun person, and I love to smile.

What is your favorite movie?

Encanto

What is your favorite book?

Wonder by R.J. Palacio

Tell me about your business. What kind of things do you sell?

I sell lip gloss, purses, sunglasses, and fun packs.

How long have you had your business?

Since 2020.

How did you start and why did you decide to start?

I started during COVID, because I had a lot of free time, and I love lip gloss. My favorite kind is strawberry.

What is your favorite item you sell?

I love to sell purses.



How much time do you put into your business?

Usually, an hour to an hour and a half a day.

How can someone be a customer?

Search for Trini Trin Trin on Facebook or Instagram to see photos of everything. You can also find Trini Trin Trin products at Amani Couture located at 758 South Avenue [Rochester].

Can we find you at any festivals?

Yes, and sometimes you can find me at the Rochester Public Market.

Do you have any hobbies or secret talents?

I love to sing and play hopscotch.

What do you want to be when you grow up?

A doctor. **Kids**

Do you know a kid in the Rochester area who is doing big things? Email: AudreyAsks585@gmail.com



A NOTE FROM CRAFTY CAT

I am sure you will have lots of fun making this "pawsitively" awesome craft! Ask an adult for permission and help with this project before you start.

Please send pictures of your creation to jmilliman@585kids.com to be included in the next issue of (585) Kids!

Capture the beauty of autumn with beeswax pressed leaves

BY STEPHANIE CASTLE

This is a fun, frugal, and easy craft for kids that uses all-natural ingredients and showcases autumn's beauty for months to come. This eco-friendly craft helps the whole family connect with nature and will quickly become a favorite fall activity. Make sure to have a grown-up assist.

WHAT YOU'LL NEED:

An assortment of pretty fall leaves with the stems still attached
Beeswax (either yellow or white, in block or pellet form)
Double boiler with a bowl used only for crafts (not for food!)
Parchment or wax paper
Branch or rope for hanging
String to attach the leaves

STEPS

1. Gather fallen leaves. What you're looking for is big, bold beauties with the stem still attached and a range of shapes and bold colors. Make sure

you select a variety of different tree species, leaf sizes, and colors. While you're at it, look for a nice gnarly branch, too. Clip any side twigs off your branch. Skip leaves that are crispy, torn, or curled; they won't give you the results you're looking for. Preserve them within a day or two of gathering or they may start to lose color.

2. Press the leaves in a book for a few days to make sure they lie nice and flat; twenty-four to forty-eight hours should be sufficient, but they can stay pressed for a few weeks if you're too busy to move onto Step 3.
3. With an adult's help, fill the bottom of a heavy pot with two cups of water and bring to a simmer. In a heat-safe bowl, melt 1/4 cup of beeswax over the simmering water, allowing it to become liquid but not to boil. If you're using a block of beeswax, cut it into smaller pieces to help it melt more quickly. Because dripping



JUST FOR KIDS



wax can be very messy (and HOT), lay out a sheet of parchment or wax paper right beside your double boiler to place your leaves on after they are dipped. Now, gather your pressed leaves.

4. Using tweezers or tongs to hold the stems, carefully dip leaves into the beeswax for a few seconds. Make sure both sides are completely coated and the entire leaf is submerged. Gently let the excess wax drip off, and place on the wax paper to dry.
5. The leaves should dry completely in ten to fifteen minutes. When dry, attach string to the stems and tie them around the branch at different lengths. Alternatively, you can tie them to a rope to make a leaf garland.

Hang your branch on the wall, along a mantle, or above a window to enjoy nature's colorful beauty from inside your home! The leaves will last for several months, retaining their color. Just be careful they aren't exposed to a long amount of hot, direct sunlight as the wax may melt off. **Kids**





This might be the most interesting animal at Seneca Park Zoo

BY: SARAH KILLIP

They're mouse-sized mammals, live in colonies, have a plant-based diet . . . any guesses? No? Okay, a few more clues—they're native to the Horn of Africa, live underground, and have their own exhibit at the Seneca Park Zoo. Ding, ding, ding! That's it—naked mole-rats. Residents at the zoo since 2018, they're becoming more and more popular, and it's easy to understand why.

Naked mole-rats are one of only two known eusocial mammals in the world, the other being the Damaraland mole-rat. Eusocial means that the animals live in large colonies with an intricate social organization system. Think of bees and ants—these insects are eusocial just like naked mole-rats and behave similarly. One female in the colony is responsible for breeding, and all the other members take part in caring for the offspring and colony. The Seneca Park Zoo has two colonies which add up to a total of twenty-two naked mole-rats, but they don't intermingle—Zoologist Ryan Statt explains how tight-knit these colonies are and why.

"Besides the penguins, they're probably the second most high maintenance animals we have here," Statt says. "We have to wear gloves when we handle them and clean, because if one doesn't smell like the rest of the colony, they'll get kicked out. They're territorial and will fill their colonies to

the capacity they're comfortable with based on how much room they have to work with."

So, where are these colonies? Naked mole-rats burrow underground and create tunnel systems, delegating certain areas for certain things. Think of it in terms of a house.

"They have one chamber that we put food in, they have one that they use to go to the bathroom, and they have one that they all sleep in," Statt says. "A dining room, bathroom, and bedroom. And they dictate how they orient themselves. When we first got them, we put the food in one box, and as a group, they systematically all moved the food to a different box and then they started eating it."

Just as the naked mole-rats determine their own living arrangements, they determine their jobs as well. The group will choose a queen, and she will soon become larger than the others, making it easy to stand out. Whereas people can choose their careers—a teacher, a custodian, an astronaut—naked mole-rats are born into theirs.

"When they're born, they do a job, and that's all they do. They might dig tunnels for the rest of their life, gather food, or protect the colony from predators, but that's all they do," Statt says.

Living underground, there's the chance that their tunnels may collapse. Statt believes this environment relates to their adaptation of prolonged breath holding.

"They can go without oxygen and hold their breath for

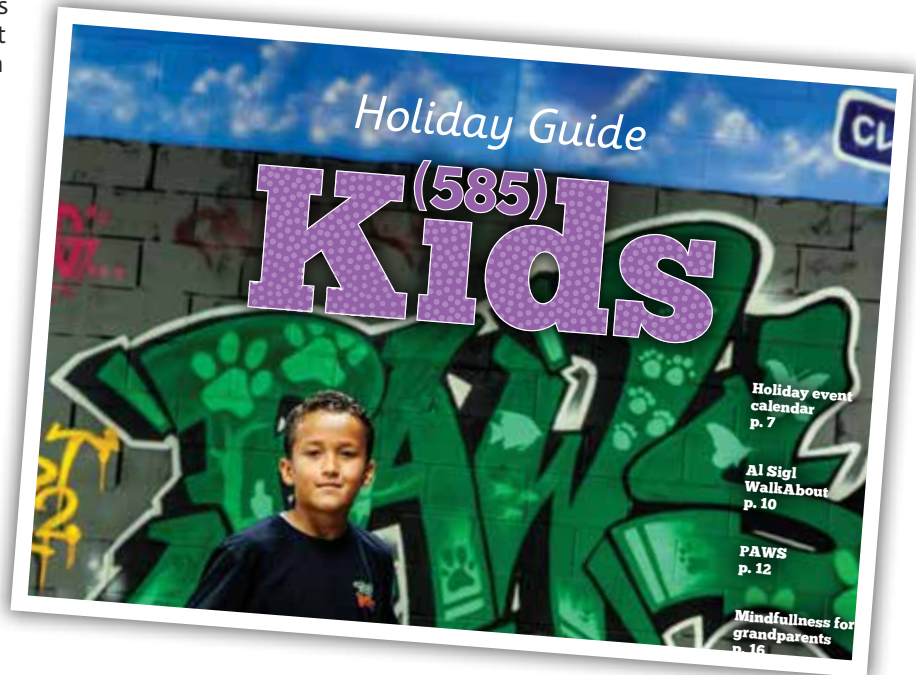
almost twenty minutes, which is almost unheard of unless you're talking about a whale or seal or something like that. And they don't seem to have any ill effects from going without oxygen for that long," Statt says.

The list of why these animals are so intriguing seems to be never-ending, and one big reason on that list is that they don't get cancer. With a documented lifespan of up to thirty years, Statt explains they're one of the few animals that don't get the disease at all, and while the reason is unknown, it may be tied to their diet.

"They're strict vegetarians," Statt says. "They love sweet potatoes and things with a lot of water in them like watermelon, oranges, grapes, and cantaloupe, but water outside of their food is actually bad for them. If we were to spray them or get excess water in their home while cleaning and they walked through it, it can actually cause them to have seizures."

Interested yet? There is so much more that can be learned about naked mole-rats at the Seneca Park Zoo. These little animals are located in the Animals of the Savanna building which also houses the giraffes, zebras, and white rhino. Find out more information online at senecaparkzoo.org. [Kids](#)

Naked mole-rats love sweet potatoes and things with a lot of water in them like watermelon, oranges, grapes, and cantaloupe.



GIVE THE GIFT OF THE ZOO

Get free visits,
exclusive discounts,
and expedited access
all year long.

senecaparkzoo.org/membership

 Seneca Park Zoo



BECOME A MEMBER

Happy Hallow-days



BY DEENA VIVIANI

While some may say the holiday season starts with Thanksgiving, we're kicking it off earlier this fall with Halloween! Books with kooky, spooky themes and dramatic page-turns are a great way to pull in readers. And as the days get shorter, it's the perfect time to spend evenings on the couch with terrifically twisted or terrifying tales.

PICTURE BOOKS & EARLY READERS



As Night Falls: Creatures That Go Wild After Dark

Written by
Donna Jo Napoli
& Illustrated by
Felicita Sala

Random House, 2023, hardcover, \$18.99
Ages 3–6

Animal sounds fill the night as nocturnal creatures come alive in the dark.



Creepy Crayon

Written by Aaron
Reynolds & Illustrated
by Peter Brown
Simon & Schuster,
2022, hardcover,
\$18.99

Ages 4–8

No matter how hard Jasper tries to get rid of it, a purple crayon with a mind of its own keeps turning back up.



How to Eat a Book

By Mr. and Mrs.
MacLeod
Union Square Kids,
2022, hardcover,
\$17.99

Ages 4–8

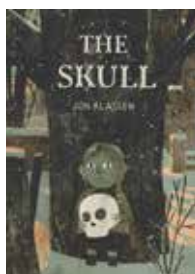
Be careful when you prepare to eat a book—it might eat you first, just like with these kids!



There's a Ghost in This House

By Oliver Jeffers
Philomel, 2021,
hardcover, \$27.99
Ages 4–8

A girl is sure her house is haunted... can you find the ghosts?



The Skull

By Jon Klassen
Candlewick, 2023,
hardcover, \$19.99
Ages 6–9

A retelling of a folktale about a girl who runs away and finds a house, a skull, and a secret.

MIDDLE GRADE



Elf Dog & Owl Head

Written by M.
T. Anderson and
Illustrated by Junyi
Wu
Candlewick, 2023,
hardcover, \$18.99
Ages 8–12

An illustrated tale about a lonely boy, a magical dog, and a journey where they must stay on the right path or be lost forever.



A Comb of Wishes

By Lisa Stringfellow
Quill Tree, 2023,
paperback, \$7.99
Ages 8–12

Kela finds a magical mermaid comb and uses it to try to bring back her dead mother, with unforeseen consequences.



It Found Us

By Lindsay Currie
Sourcebooks,
2023, hardcover,
\$16.99
Ages 8–12

Hazel and her brother search for his missing friend after a game of hide-and-seek in a haunted cemetery.



Wait Till Helen Comes: The Graphic Novel

Written by Mary
Downing Hahn &
Illustrated by Meredith
Laxton
Clarion, 2022,
paperback, \$15.99

Ages 8–12

Molly's new stepsister Heather is obsessed with a grave near their house whose ghost may be possessing her.



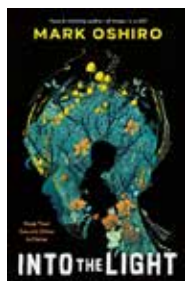
Camp Scare

By Delilah S. Dawson
Delacorte, 2023,
paperback, \$8.99
Ages 10–14

Parker makes a new friend at camp, and terrible things start happening to her bullies.



YOUNG ADULT



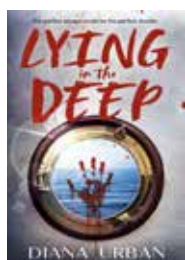
Into the Light

By Mark Oshiro

Tor Teen, 2023, hardcover, \$19.99

Ages 14–18

Manny must return to the religious community that abandoned him to save his sister.



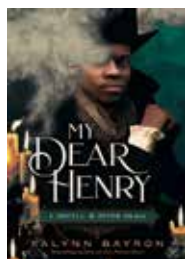
Lying in the Deep

By Diana Urban

Razorbill, 2023, hardcover, \$18.99

Ages 14–18

Jade's ex-boyfriend is killed while they are on a semester-long cruise, and she must find the real killer to clear her name.



My Dear Henry: A Jekyll & Hyde Remix

By Kalynn Bayron

Feiwei and Friends, 2023, hardcover, \$19.99

Ages 14–18

Gabriel's love Henry is expelled from their school, and in his place appears Hyde, who is hiding a dark secret.



She is a Haunting

By Trang Thanh Tran

Bloomsbury, 2023, hardcover, \$18.99

Ages 14–18

Jade is spending the summer in Vietnam with her dad, who is refurbishing an old house, but ghosts and nightmares plague her visit.



This Delicious Death

By Kayla Cottingham

Sourcebooks Fire, 2023, paperback, \$11.99

Ages 14–18

After a global pathogen turns humans into cannibals, four ghouls who subsist on SynFlesh attend a festival that turns deadly.

Kids

ROCHESTER CITY BALLET'S

The Nutcracker

Rochester with
The Rochester Philharmonic
Orchestra at The Eastman
Theatre

November 22 @ 7:00 PM
November 24 @ 2:00 & 7:00 PM
November 25 @ 2:00 & 7:00 PM
November 26 @ 2:00 PM

**Batavia at Elba Central
School**

December 1 @ 6:00 PM
December 2 @ 2:00 & 6:00 PM
December 3 @ 2:00 PM

**Canandaigua at Fort Hill
Performing Arts Center**

December 8 @ 6:00 PM
December 9 @ 2:00 & 6:00 PM
December 10 @ 2:00 PM

Tickets
www.rochestercityballet.org

ROCHESTER
City Ballet

BOY SCOUTS OF AMERICA®
SENECA WATERWAYS COUNCIL

EXPLORING THE WORLD ONE ADVENTURE AT A TIME

#ADVENTUREON!

Join Cub Scouts today at beascout.org

BY JINELLE VAIANA

FALL FEST

For a free family-friendly event in the heart of downtown, visit the second-annual Fall Fest at Parcel 5 on Saturday, October 14 from 11 a.m. to 2 p.m.

This rain-or-shine event will feature face painting, a petting zoo, pumpkin decorating, crafts for kids, balloon animals, and more.

“Little Kids and Big Rigs” will also be onsite, providing kids the opportunity to explore police, fire, and medical vehicles as well as construction equipment, garbage trucks, and other vehicles. In support of families seeking a sensory-friendly experience, this will be a horn-free event.

Local food trucks and vendors will offer food and beverage options to visitors, and a DJ will be playing a wide range of music.

For more information on this event, which drew a crowd of approximately 5,000 last year, visit rochesterdowntown.com.

TRICKS AND TREATS

Most Halloween traditions include letting the kids run loose in the neighborhood to gather treats from each doorstep and delight the neighbors with their fun or spooky get-ups.

And while the holiday is never complete without ringing a few doorbells, there are also so many fun local events geared around providing daytime trick-or-treating opportunities in fun spaces out in the community.

For example, the Rochester Museum and Science Center is hosting “Family Fun Day: Tricks and Treats” from 11 a.m. to 3 p.m. on Sunday, October 29.

Visitors are strongly encouraged to dress in costume, and there will be access to exhibits, spooky science experiments, demonstrations, and encounters—with plenty of candy stations to stop at along the way!

Hands-on activities will be available with the chance to make some slime, ghost bubbles, and other crafts. A chill lounge / sensory room will also be available. More info: rmsc.org/events/tricks-treats

REINDEER RUN 5K & KIDS 1/2 MILE

Part of the fun of the holiday season is feeling a sense of community—recognizing the shared experiences of your neighbors and sharing the joy that



the season brings.

The Reindeer Run 5K & Kids 1/2 Mile on December 10 at the Blue Cross Arena is an event that will surely have its participants feeling that sense of community. The event, which began about ten years ago, typically draws 1,000 athletes and spectators.

Participants are encouraged to let their holiday cheer shine by wearing festive clothing or costumes. The first 200 people to pick up their packets will receive antlers to don during the race (if you're picking up for multiple people, there will be a max of three given).

Those who prefer a smaller kind of community event can grab some friends and neighbors and participate virtually, taking your favorite route or that trail that has been calling your name.

The kid's half-mile portion of the event is geared toward five- to twelve-year-olds. “Exercise and activity is critical to health and mental wellness. It's important to start children young so they can maintain a healthy, exercise-filled life,” says Ellen Brenner, VP/CFO of Fleet Feet and YellowJacket Racing.

For registration costs and additional details, visit yellowjacketracing.com.

HOLIDAY JEERS WITH GRINCH

Santa will be making the rounds this season with appearances all over town,

but if you want to see the Grinch, head over to OFC Creations Theatre Center on Sunday, December 17.

As part of the theater's “Don't Be A Grinch! Holiday Extravaganza,” the ornery costumed character will be reading a story to the kids in attendance. During the one-hour interactive event, there will also be an onstage dance party, singalongs, crafts, and more.

The ideal guests are three- to eight-years-old, and their families are encouraged to attend. If you've ever entertained the idea of bringing your little one to a play or musical, this could be a great gateway event.

“[This event is] a great way to introduce young ones to theater. It is half being a good audience member and half similar to a class or rehearsal. All the attendees get to participate, and usually get invited to the stage. Many attendees come dressed up in costumes and get to take photo-ops afterwards,” says Eric Vaughn Johnson, executive director of the theater.

Light snacks and juice will be provided, and tickets are \$10. Visit ofccreations.com for more info. [Kids](#)

Kanack School of Musical Artistry



Committed to
nurturing musical brilliance while
celebrating every child's unique voice.

Private lessons and group classes
for strings, piano, voice, guitar, harp,
musical theater, Suzuki, fiddle, and more!



www.kanack.org (585)244-6910

2077 S. Clinton Ave Rochester, NY 14618



Create
Yourself
at Kanack!



The Mary Therese Friel Modeling Agency

Modeling, Acting, Self Development,
Communication, Leadership & More!

Have Fun, Gain Confidence,
Learn Life Skills & Get Experience!

All Are Welcome!

585.624.5510 • mail@MTFMODELS.com

✓ Faster Treatment

✓ Gentler Forces

✓ Fewer Visits



Damon Braces™ and Invisalign™ Provider

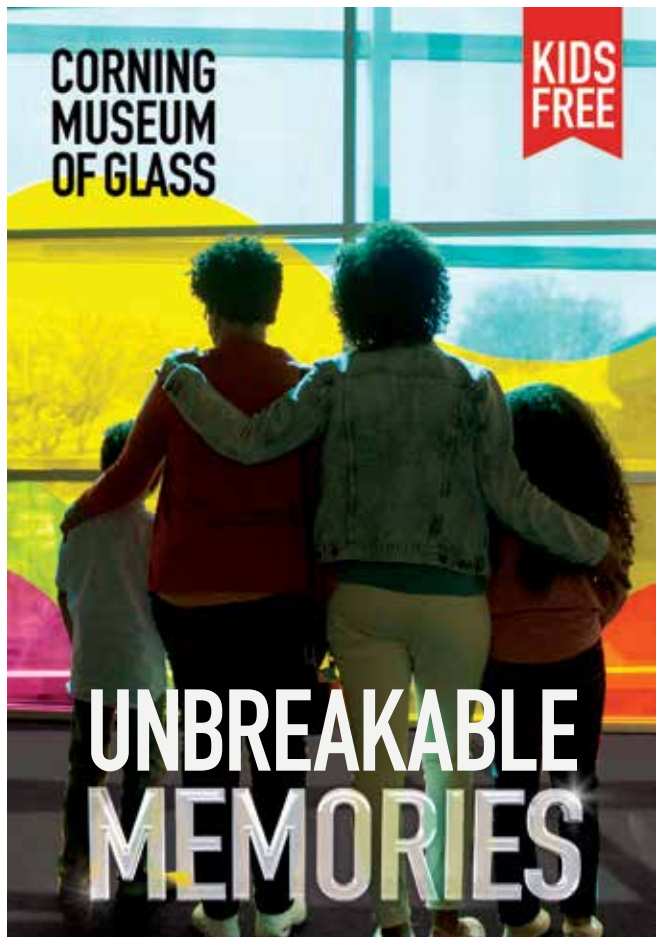
Get It
Straight
Orthodontics



Call and schedule your free consultation
Pittsford | Greece | Gananda | Call 585.248.5100 | get-it-straight.com

CORNING
MUSEUM
OF GLASS

KIDS
FREE



UNBREAKABLE
MEMORIES

BAKED POTATO BAR TO THE *rescue*



Busy nights call for easy dinners

BY EMILY DICESARE

Back to school means busy weeknights filled with homework, sports practices, music lessons, and meetings. This leaves little time for dinner, or it often means that not everyone is eating at the same time. While soups and casseroles are great solutions to such problems, we all need some other ideas from time to time.

One of my favorite dinners is a baked potato bar. Baked regular or sweet potatoes can be made in advance or even cooked in the microwave as people are ready to eat. This is a great way to take advantage of the oven timer. I leave uncooked potatoes in the oven and set the time bake function. When we arrive home from activities, hot potatoes are ready to eat. Assembling the rest of the fixings can be done in a few minutes or prepped in advance. Vegetables and meats can be cooked in a few minutes in an air fryer or roasted in advance and reheated.

As is becoming a theme around here, this is a great way to use up leftovers or small amounts of things left in the fridge.

Allowing kids to choose their own toppings gives them a sense of control over the meal and may help picky eaters branch out a bit.

I like to put out several different vegetables—roasted broccoli, cauliflower, diced zucchini, and brussels sprouts are all popular choices in our home. Use whatever you have on hand, or what you know your family will like. Frozen chicken tenders can be thrown in the microwave or air fryer and then sliced up. You could also use rotisserie chicken, plant-based sausages, or leave the meat out.

Now the fun part: the finishing toppings! Shredded cheese, sour cream, and salsa are must-have toppings for me. Hot sauces, jarred jalapeños, blue cheese, or ranch dressings can also be added. This is the place to customize with the things you know your family loves.

Encourage your family to eat the entire potato—the skin is an excellent source of potassium! [Kids](#)



Arcade & Attica Railroad

278 Main Street, Arcade, NY 14009

BUY TICKETS:

(585) 492-3100 • aarailroad.com

Fall Foliage Train Excursions

Weekends in October

Come see the most beautiful hills in Western New York as the leaves change colors.

Senior Fall Foliage rides available
October 11 & 18 at 1pm

TICKETS: \$22/Adults
\$20/Seniors, Veterans
\$19/Children

Santa's Wonderland Express

5 Weekends before Christmas

The A&A Railroad has revamped its Christmas Train!

Introducing Santa's Wonderland Express, where you will be traveling to the "North Pole" to visit Santa Claus, meet his reindeer, mail your wish lists, and more! This event is can't miss AND WILL SELL OUT!

TICKETS: \$35/Adults,
\$32/Seniors, Veterans,
Children

**Many dates & times available!
Reserve early—these trips SELL OUT FAST!**



Enrolling now!



**Banners
Childcare**

Call to set up a tour
585.427.0700

Ages 6 weeks to 12 years

3510 Winton Place
Rochester, NY 14623

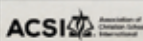


THE CHARLES FINNEY SCHOOL

Check out our website for open
enrollment dates & deadlines.

finneyschool.org

DUAL ACCREDITATION



Make a memory

Girl Scout Troops are forming
all around the 585! Adult
volunteers are needed, too.

girl scouts

of western new york



gswny.org/join



United Way



Navigating the unexpected

Helping kids cope with big changes

BY JENNIFER KAMISH

As a lifelong planner, I grew up relying on self-prescribed routines to manage every aspect of my existence. I found comfort in the predictability of constants—like a bullet journal detailing the minutiae of each day—and in the illusion that if I remained dedicated enough, I would reap stability and control.

However, adopting an adolescent from foster care this past year has irrevocably shifted my view. Amid the chaos of welcoming a teenager into the home, I've come to realize that as parents and caregivers, we are best equipped to handle tough transitions when we embrace—rather than fear—the inevitable role change plays in our lives (and in the lives of our children).

After all, people are born with a biological imperative to adapt and grow.

Still, for children—who are notably impulsive and impressionable—sudden shifts in life's trajectory like a death, divorce, or big move can be overwhelming and difficult to process alone.

During these challenging times, caregivers and parents can benefit from collaborating with their child's professional support network (doctors, therapists, teachers, etc.) to help the affected youth work through complex emotions as they arise.

So, what does a team-based, trauma-informed approach to parenting look like in the face of unexpected change?

We asked a few local human services professionals to offer insights.

For the past year, Almeida Soteli has served as a family advocate and adoption social worker for Adoption STAR, an adoption agency with sites in Rochester and Buffalo (and other locations across the country). Soteli is part of the agency's AOK (Adopt an

Older Kid) program, which finds permanency for older children in the foster care system.

"There are many different life transitions a child goes through when removed from their biological parents," says Soteli. "This includes moving to a placement (which may or may not be nearby), a new school, new social connections, and new therapists or other providers."

"In these situations, it is critical that caregivers [and their professional support network] exercise a trauma-informed approach [when tackling problems] as they are typically parenting a child with an extensive history of inconsistent support," she adds.

A trauma-informed caregiving approach involves meeting youth with patience and empathy. Rather than focusing on what the child is doing incorrectly or inappropriately in their response to a situation, the conversation should center on 1) processing what they've experienced and 2) determining what they need.

Additionally, Soteli reminds caregivers that they also need a support system of their own to avoid caretaker burnout and compassion fatigue.

Now, let's pivot to a different scenario.

Consider a situation where a child starts acting out in school following the death of a parent. When this occurs, an effective strategy for addressing the issue is to reframe the child's responding behaviors in terms of unmet needs.

For example, the child might be demanding extra attention in a classroom setting, because the deceased parent regularly focused on the child and their feelings, so they are grieving the loss of those one-on-one interactions. In this case, it could be appropriate to allow the child more frequent access to a school

counselor, so that their need for undivided attention can be met.

Ashley Yang—a high school social studies teacher in Monroe County—emphasizes the importance of keeping your child's educators in the loop when they are experiencing a difficult life transition.

"In my role, I deal a lot with divorce, the death of parents or grandparents, the loss of a pet, and issues related to mental health. I always appreciate receiving an email from a parent or guardian making me more aware of a situation. Then I can be on the lookout for unusual behaviors," she says.

Once Yang is made aware of a situation, she switches into problem-solving mode.

"My first priority is to make sure the student is safe physically and mentally," says Yang.

"And then I try to determine if the problem is an isolated incident or if it could become a chronic issue," she adds.

If, after a brief, verbal assessment, Yang feels that the student continues to struggle, she will get the school counselor or another trained staff member involved.

Yang readily acknowledges that in some situations, the best course of action

for a teacher is to refer a student to a mental health professional on site.

This is where someone like Teri Caldwell, a school counselor for the past twenty-two years and who has worked at all levels of K-12 education, comes in.

"There are a number of factors that play into a child's ability to adapt to life changes, many of which are beyond a particular age or developmental stage," says Caldwell.

Trauma history. Temperament. Coping skills.

While every scenario is unique and requires a tailored response, Caldwell recommends a couple of rules of thumb for team-based, trauma-informed caregiving.

"Consistency and predictability help children with difficult transitions. They need their feelings validated and [to have] time to adjust to new situations."

Caldwell asserts that simple tools (like providing a child with a visual schedule of parent visitation amid a divorce) can be instrumental in fostering a school or home environment that feels comfortable and safe in the wake of an upset.

Reflecting on her experiences in the classroom, Yang recalls a situation where she encouraged a student to do



From left: Jo Crawford, Jennifer Kamish, and Kelly Kamish

her own research on a newly diagnosed chronic condition. Armed with detailed information, the student felt empowered to advocate for herself.

When older children are given the autonomy to explore their feelings, they become self-aware and in touch with their needs. However, this is a delicate balance because a child, preteen, or teen's brain is still developing, and strong emotions can lead to maladaptive behaviors without the appropriate supports in place.

In trying times, collaborative, responsive care makes all the difference.

Kids

★

FREE PARKING
FREE ADMISSION
FREE PRESENTATIONS



FREE CRAFTS
FREE FACE PAINTING

ROCHESTER
CHILDREN'S BOOK FESTIVAL

Come join the fun at MCC!

Saturday, November 4
10 AM - 4 PM

50 Authors & Illustrators!

WWW.RCBFEST.COM

★



Fable Kids Creative Studio
1350 Pittsford Mendon Rd., Mendon
T: 201-234-9449
E: FableKidsStudio@gmail.com
W: FableKidsStudio.com

GIVING KIDS A STORY TO TELL THROUGH CREATIVE EXPERIENCES



Art / Baking / Music Classes
Ceramics
Birthday Parties / Private Events
C3 CLUB: Crafts, Coffee, Community
FABLE FRIENDS Enrichment/Care Program





DEDICATED TO DANCE

ENROLLING AGES 2+ NOW!
USE CODE 'KIDS585' TO WAIVE REGISTRATION FEE

www.roc-dance.net

PEDIATRIC INTEGRATIVE
MENTAL HEALTH



SOULSHINE

40 CLINTON STREET
BROCKPORT
585.797.9417
SOULSHINEFORHEALING.COM

◀ LEARN DIFFERENTLY



IEP EXPERTISE **HANDS-ON**
WELCOMING **LEARNING**
100% TUITION PAID BY DISTRICT FOR MOST
GRADES 5-12 30 DISTRICTS SERVED
CARING TEACHERS

LEARN MORE ▶

normanhoward.org/new-option



**THE NORMAN
HOWARD
SCHOOL**



Inna Ballet

3800 Monroe Ave.
Pittsford, NY 14534

(585) 466-4701

innaballet.com

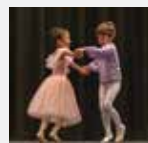
Where the beauty of the authentic Vaganova method inspires a new generation of dancers.



Pre-Ballet, Ballet,
and Adult Divisions

Ballet Technique
Pointe
Contemporary
Barre on the Floor
Stretch and Strength
Character • Drama
Jazz • Tap

Ages 3-Adult



GRACE
PRECISION
TRADITION

Pre-Ballet I classes
free for 2023-2024

Empire Youth Ballet Theatre
EyBT

Inna Esipova, Bolshoi Ballet Academy graduate and Artistic Director for Inna Ballet and EyBT, a 501(c)(3) not-for-profit performance organization. eybt.org

**Savings that
sparkle!**

fisher-price



Visit our
website!

TOYSTORE

Bring this coupon to the Fisher-Price™ Toy Store. Offer limited to one coupon per person, per day. Limited to stock on hand. No rain checks. Any other use is fraudulent. Void if reproduced or transferred. Not valid on previous purchases. Customer is responsible for applicable sales tax. This coupon cannot be used for ticket purchases or in conjunction with other discounts. ©2023 Mattel.

Coupon expires **DECEMBER 23, 2023**

**take
30%**

off one regular price item

636 Girard Ave., East Aurora, NY 14052 | (716) 687-3300

book culture

28 South Main St, Pittsford (585) 203-1501

pittsford@bookculture.com [f](https://www.facebook.com/bookculturepittsford) [ig](https://www.instagram.com/bookculturepittsford) /bookculturepittsford



Great kids books and smart toys—come visit!



PRESENTED BY
Five Star Bank



© 2023 ROCHOLIDAYVILLAGE

ROCHESTER'S MAGICAL HOLIDAY FESTIVAL!

FUN FOR THE WHOLE FAMILY



Wednesdays - Sundays

DECEMBER 1-23

HOURS VARY DAILY ❄️ CHECK WEBSITE FOR FULL SCHEDULE

**FREE VISITS & PHOTOS WITH SANTA • FREE CRAFTS FOR KIDS
FREE ICE SKATING & SKATE RENTALS • SHOPPING VILLAGE • BAR
FOOD TRUCKS • LIVE MUSIC • SPECIAL EVENTS • WINTER IGLOOS
FIREPITS AND OUTDOOR SEATING • HOLIDAY CELEBRATIONS**

FREE
Admission!

ROCHOLIDAYVILLAGE.COM

**MLK PARK
DOWNTOWN
ROCHESTER
353 COURT ST.**



PLEASE JOIN US IN THANKING OUR PREMIER SPONSORS & PARTNERS


City of Rochester, NY
Malik D. Evans, Mayor
Rochester City Council


Five Star Bank

Wegmans
IDE
FAMILY OF DEALERSHIPS
HYUNDAI VW


TRIPLE-O 888
RADIO PLUMBING-ELECTRICAL

FOX 13 **CW**
ROCHESTER WHAM ROCHESTER

cmi AV
AUDIO VISUAL & COMMUNICATIONS


(585)
magazine

OFC Creations Theatre Center

BROADWAY
IN
BRIGHTON
Series



OFC
Creations
PROFESSIONAL
PRODUCTION

DECEMBER 7-23 2023

YOUNG ACTORS

can take to the stage with OFC during
February Break and Spring Break camps!



FEBRUARY BREAK AT OFC THEATRE CENTER CAMPUS:



AT KODAK CENTER CAMPUS:



SPRING BREAK AT OFC THEATRE CENTER CAMPUS:



AT KODAK CENTER CAMPUS:



For tickets and
registration, visit:

OFCCREATIONS.COM

OFC
Creations
Theatre Center

3450 Winton Place | Rochester, NY 14623