

Fall into the holidays

(585) KIDS

**Beat the 585
winter blues**
p. 9

**Rock star Disney
princesses**
p. 16

**Mindfulness and
your kids**
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Rochester area
authors—
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on boards—
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Rochester Royals,
"Crafty Cat," and
more—
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Hello (585) families



Hello! Thank you for picking up (585) Kids. When my daughter was growing up, we lived in a small village. Around us was mostly farmland, sparsely populated, so the families that lived in the country would bring their kids into town on Halloween—more houses! We regularly had 300 or 350 trick-or-treaters, and, of course, attendant parents milling about. We'd invite folks to stop on the porch for a while, and, as the years went by, stopping on the porch became “stay and have some beef stew!” and then, later on, “what can we bring?” An impromptu gathering grew into a years-long tradition.

This season is all about traditions, and one of the best parts about having kids is passing down the traditions you cherish, leaving aside those you don't care about so much, and—best—creating new ones as a family.

For my daughter (pictured, right, in 2004), Halloween has always meant beef stew. I don't know what traditions she'll pass down to any future children she might parent, but I'll bet that's one of them.

Have a wonderful holiday season—

—Jane Milliman, Publisher

PPS) Interested in gardening? Check out our sister publication, *Upstate Gardeners' Journal* (upstategardenersjournal.com). PPS) Love food, drink, culture, and all the adventure our area has to offer? Pick up (585) magazine (585mag.com).

(585) Kids

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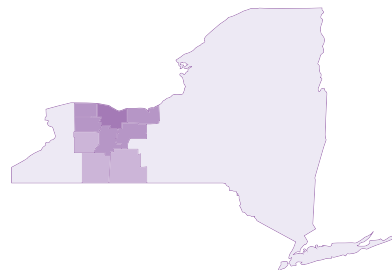
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FEEDBACK

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 Spring 2021 issue: Feb. 10
For Summer 2021 issue: May 10
For Fall 2022 issue: Aug. 10
For Winter 2022 issue: Nov. 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.

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FALL 2021



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ON THE COVER
Photo by Tomas Flint
Design by Cathy Monrad

Fall into the holidays

13
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CONTRIBUTORS

Michael Benson was born in Rochester and grew up in the town of Chili. He is the author of *Dream Teams* (Sports Illustrated for Kids), *Tales from the Buffalo Bills Sideline* (Sports Publishing), and *Everything You Wanted to Know About the New York Knicks* (Taylor Trade Publishing).

Megan Colombo connects the community to top-rated spaces and places in the 585 as Yelp Rochester's senior community manager.

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

Terri Ercole loves discovering new places and people, puzzles and golf- oh man should have gone with pickleball.

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Cathy Monrad, a.k.a. Crafty Cat lives with her family in Webster. Cathy is the resident crafter for *Upstate Gardeners' Journal* as well.

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Bring your ghouls and goblins for a frightfully fun time with your RPO! Conductor Kalena Bovell has some surprise musical treats in store, so join us for a spine-tingling and hauntingly fun time. Costumes are strongly encouraged!



THU
NOV 18
7:30 PM

HANSEL + GRETEL

Engelbert Humperdinck's retelling of the famous Grimm Brothers' fairy tale is brought to life on the Kodak Hall Stage! Enjoy this semi-staged opera, sung in English, as a start to the holiday season.

SAT
NOV 20
8 PM

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AT EASTMAN
THEATRE



NOV 24 | 7 PM
NOV 26 | 2 & 7 PM
NOV 27 | 2 & 7 PM
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THE NUTCRACKER

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BY REGAN WAGNER



Wickham Farms



The Nutcracker

FALL FUN IN ROC

Ready to dive deep into all that fall in Rochester has to offer? Local farms are preparing for a full fledged fall season. Whether that's at Wickham Farms, Stokoe Farms, the Great Pumpkin Farm, Lincoln Hill Farms, or one of many others, there are many seasonal experiences for you and your family to enjoy.

ROC HOLIDAY VILLAGE RETURNS!

December 3—remember that date. That is the returning date of Roc Holiday Village! This is a free event located in the heart of Rochester. The magical festival offers family-friendly events, a unique shopping experience, visits with Santa, ice skating and more!

Kelli Marsh, cofounder of the event, tells us what she is looking forward to this upcoming year:

We're so excited about all of the fun to be had at the Roc Holiday Village and are especially looking forward to bringing the community together again. We created the festival as a place for everyone to gather, regardless of age, backgrounds or other differences and can't wait to welcome everyone to the Village to share the holiday spirit.

HOLIDAY MARKETS

Starting to get gloomy in the frosty Rochester weather? Get outside with these food and craft markets. Not only will you get some fresh air, but it's also a great way to keep the kids entertained!

Holiday Market at the Genesee Country Village & Museum: Visit

the Genesee Country Village and shop specialty, hand-crafted, and locally produced goods from a multitude of art, food, and gift vendors representing the very best from western New York.

In addition to holiday shopping, visitors during this seasonal celebration will be able to stroll through the Historic Village where preparations are underway for the snowy season ahead. Picture the historic buildings covered in a light dusting of snow, with candles in window sills and hearth fires roaring. Activities for all ages will engage visitors in traditional crafts and tasks of the late harvest time as the villagers winterize their buildings and farms and prepare for the season to come.

Holidays at the City of Rochester

Public Market: This twenty-five-year Rochester holiday tradition features dozens of holiday-focused vendors (fresh-cut trees and wreaths, decorations, specialty foods and beverage products, hand-crafted items, and more). The Market will be decked out in holiday lights, feature festive music, and have local shopping and unique gift items available. This year, Santa and the horse-drawn carriage rides are back from 9 a.m. to 2 p.m. There will also be a virtual holiday scavenger hunt, fun for the whole family!

MUSICAL FAMILY TRADITIONS

Are you looking to start some yearly traditions with your family? These local family-friendly experiences will help you create memories that will keep you coming back, year after year.

A Christmas Carol—Each year, Geva puts on a *Christmas Carol* production, sure to chill you to the bone when you meet the ghosts of the past, present, and future.

The story takes a turn and will warm you back up with a heartfelt description of a changed Ebenezer Scrooge, full of generosity and Christmas spirit. A *Christmas Carol* is running November 24 through December 24, and tickets can be found at gevatheatre.org.

The Nutcracker—*The Nutcracker* production is performed each year by the Rochester City Ballet. This show tells the story of a young girl transported through a dream into a winter wonderland with characters like the Sugarplum Fairy, the Mouse King, the Candy Canes, and the Nutcracker himself. Tchaikovsky's score is performed by the Rochester Philharmonic Orchestra masterfully, and children in the audience will enjoy the beautiful set and stunning characters, some of whom are played by other kids their own age! Visit rpo.org for more information.

TRAIN RIDES AT THE NEW YORK MUSEUM OF TRANSPORTATION

If you have a child who is obsessed with trains, this experience might be perfect for you. Visit with Santa, enjoy holiday decorations and free hot chocolate, and take a two-mile round trip ride on the museum trolley railroad. Rides include admission to the museum, and no reservations are required. Find more information at nymtmuseum.org. [Kids](#)



Photos provided

BY MEGAN COLOMBO



Beat the 585 winter blues

Six easy and fun cold weather activities



ROC Holiday Village



Sledding at Ellison Park

With an average annual snowfall of nearly 100 inches, 585-ers typically fall into two camps: get out and frolic in the snow or stay in and revel in the hygge of home. For those in camp number two, finding low-barrier-to-entry winter activities can be a real chore. What? Spending hundreds on a day of ski lessons and falling down doesn't sound dreamy to you?

Fear not—we've asked Yelp to put together six places and spaces to help scratch that itch for winter fun. After all, there's no such thing as bad weather, just bad clothing choices ... right? From ice skating to tubing and everything in between, we're here to help you conquer that winter bucket list with flair.

Snow Tubing at Greystone

In the winter, artificial (or real, depending on the weather) snow transforms this hilly golf course into an awesome spot for snow tubing! Build memories as a family by riding the "Rochester snow lazy river" pulley system to the top of the hill and riding down separately or as a unit. You can even grab a beer or lunch on a snow-filled patio after the fact, and of course, enjoy hot cocoa as you ride!

Sledding and Ice Skating at Ellison Park

Though beautiful in every season, Ellison Park really hits its peak in the winter months. The park boasts two official sledding hills for the family to enjoy, along with an ice skating rink by the Blossom Road entrance—weather permitting.

Ice Skating at Martin Luther King Jr. Memorial Park

Low-cost rentals are available at this rink in the center of the city, making it a perfect spot if you're a "once a season" ice skater. Directly across from the Strong Museum of Play, you can easily make this a "perfect winter day" double header!

Holidays at the Public Market

Holidays at the Market has marked the start of the holiday season in ROC for the past twenty-five years! Wreaths, locally made gifts, trees, beverages, food items, horse drawn carriage rides, and much more are brought forth by local vendors on some Sundays and Thursdays in December. Make a plan to take your family for a fun-filled shopping trip!

ROC Holiday Village

Back again for the 2021 season, your fam will love exploring the vendors, booths, and activities at the ROC Holiday Village! The festival runs December 2–26 this year, and is back with rentable igloos, a large lodge area, tree lighting, live music, and more.

Cookies, Hot Cocoa, and Exploring at Powers Farm Market

While you might strongly associate Powers Farm Market with autumn and pumpkin pickings, the east side farm also rolls out several fun wintertime activities. Grab a cookie and cocoa by the large fire, enjoy shopping for fresh winter produce, and see the live nativity before moving on to your next winter activity! **Kids**



Enjoy writing and looking to spread that (585) love? Nominate yourself for the Yelp Elite Squad at yelp.com/elite.

Photos courtesy Yelp; graphic created by macrovector - Freepik.com

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In this issue

It's that time of year again. There's a chill in the air, and you're ready to bundle up and celebrate the season with your loved ones. (585) Kids is excited to fall into the holidays with you and your family. Enjoy plenty of crafts, local events, a short story, tips for parents, and more. Here's to you and yours, have a happy holiday season!



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(585) Kids holiday events calendar

ONGOING

FALL HARVEST FEST

Visit Wickham Farms for some family-friendly fall fun with a four-acre corn maze, farm animals, hayrides, and more. You can also go apple picking in Wickham's five-acre apple orchard. This festival runs through the end of October. 1315 Sweets Corners Rd., Penfield; 377-3276; wickhamfarms.com.

FINGER LAKES FESTIVAL OF LIGHTS

Through Nov 7

More than 1,000 illuminated silk, porcelain, and steel lanterns draw visitors to the Finger Lakes each year. The Finger Lakes Festival of Lights is a safe, entirely outdoor event with very spacious walkways and a beautiful, open-air, treed setting. This is a family-friendly event known for bringing the outdoors to life—after dark. This event requires walking along a gravel path; please ensure you wear appropriate footwear and dress for weather conditions. Grist Iron Brewing, 4880 NY-414, Burdett. Fingerlakeslights.com.

THE GREAT PUMPKIN PATCH AT MCCRACKEN FARMS

Weekends through Oct 31

Visit a woodland village and create memories with your friends and family. Enjoy making crafts in the cozy crafts building, pet the farm animals, and play on the tire hill and play area. Enjoy a wagon ride to the great pumpkin patch where any pumpkin you pick and can carry out is included in the price of admission of \$10/person, with free admission for kids under two. 701 White Rd., Brockport; 395-0505; Facebook.

HOLLOWED HARVEST

Through Oct 31—advance tickets required

Enjoy some spooky family fun at the Hollowed Harvest! This event brings to life more than 7,000 jack o'lanterns, creating stunning landscapes and larger-than-life displays designed to amaze audiences of all ages. Rochester Rotary Sunshine Campus, Rush; hollowedharvest.com.

OCTOBER

HALLOWEENFEST AT LINCOLN HILL FARMS

Oct 1–31

Family-friendly HalloweenFest has fall-themed photo ops for everyone! At night the farm's hops field will illuminate a spectacular walk filled with jack o'lantern displays and life-sized exhibits for Halloween lovers of all ages. You'll see all the Halloween favorites, including charming zombies, an eerie graveyard, scheming witches, and much more. After the walk, grab some ghoulishly good food from the Smokehouse Grill and make it a dinner date with your significant other, friends, or the entire family. Wrap your night up with an order of hot coffee, donuts, or other hauntingly hallo-treats before heading home. 3792 NY 247, Canandaigua; 563-8846; lincolnhillfarms.com.

SPIRITS OF THE PAST: A WALK IN THE DARK

Oct 15–17, 22–24

Join the Genesee Country Village & Museum for Spirits of the Past: A Walk in the Dark! At night the villagers will surprise you with their creepier side by telling you spine-tingling tales. Beware! Body snatchers, grave diggers, witches, and prowlers are lurking about. 1410 Flint Hill Rd, Mumford; 538-6822; gcv.org.

GREAT PUMPKIN DRIVE THRU

Oct 16

Bring the whole family to see a variety of carved pumpkins from the safety of your car. This is a drive-thru event at \$10 per car, van, bus, or other. ontariopathways.com

FULL MOON OWL PROWL AT GENESEE COUNTY PARK AND FOREST

Oct 23

Explore the secret world of owls in the forest. Learn about their fascinating abilities, listen for the sounds of nocturnal wildlife, and visit owl habitats. Anything can happen on an Owl Prowl! Bring a

headlamp or a flashlight with a red filter. Recommended for children ages four and up. \$5 per person and \$10 per family. Pre-registration is required. 11095 Bethany Center Rd., East Bethany; 344-1122; shannon.lyaski@co.genesee.ny.us.

TRUNK OR TREAT AT KIDZTOWN

Oct 23

Join Kidztown for a Halloween event! This is a free event for families that would like to pass out candy from the trunk of their cars. (Families are also welcome to decorate their trunks.) The Canandaigua Fire Department will be joining the event again this year, so the kids can see firetrucks! 4406 Route 5 and 20 Canandaigua; 750-0642; newyorkkidztownfunzone.com.



PUMPKINS ON PARADE

Oct 23

Drop off carved pumpkins to the Webster Rec Center on Friday, October 22 between 8 a.m. and 4 p.m. or on Saturday, October 23 between 12 p.m. and 2 p.m. Come back on Saturday evening and walk the path of illuminated pumpkins along the Chiyoda Trail. Explore and see if you can find your pumpkin! This year there will be a shortened kids/senior trail, with free cider and donuts to enjoy at the end. Each carved pumpkin will get a raffle ticket for the chance to win a fun prize, and multiple carved pumpkins are both allowed and encouraged! 1350 Chiyoda Dr. Webster; 872-8902; ci.webster.ny.us/104/Parks-Recreation.

PIGS AND PUMPKINS AT LOLLYPOP FARMS

Oct 23

Join Lollypop Farm for pure fall farmyard fun where you and your group can meet the pigs of Lollypop and carve or paint your very own pumpkins! You'll also get to see our favorite potbellied artists at work creating a spooky masterpiece before your eyes and learn how you can make a difference to help the animals of Lollypop Farm. Guests are encouraged to attend in family-friendly costumes. Plan to dress for the weather, as the event may partially be outside. 99 Victor Rd., Fairport; 223-1330; lollypop.org.

HALLOWEEN AT THE PUBLIC MARKET

Oct 24

On Sunday before Halloween each year, children and families will find an extra trick or treating opportunity, enjoy festive family activities at the market, and connect with dozens of community organizations and agencies at the Public Market. And be sure to wear your costume! 280 North Union St.; 428-6907; cityofrochester.gov/publicmarket.

DISNEY PRINCESS—THE CONCERT

Oct 28

Disney's Princesses' stories are known to generations—their music has been the soundtrack to our lives. Now that beloved music will be celebrated in *Disney Princess—The Concert*. Watch Broadway's Belle, Jasmine, Anna, and Anastasia celebrate all the Disney Princesses in an evening of songs, animation, and stories. These Broadway stars will sing favorite Disney Princess songs and share their exclusive, hilarious, and heartfelt behind-the-scenes stories. Dress up in your royal attire and bring family of all ages to the show! 200 West Ridge Rd.; 254-0181; kodakcenter.com.

TRICKS & TREATS AT THE ROCHESTER MUSEUM & SCIENCE CENTER

Oct 31

Visit the RMSC on Halloween for some fun science tricks and delicious treats. Come in costume and explore your favorite RMSC exhibits while stopping at trick or treat stations around the museum. Make slime, watch spooky science demos, and collect candy for some

safe Halloween fun. During the event, you can look forward to making eyeball slime, watching spooky science demonstrations, experimenting with potion bottles, creating a flying ghost in a cup, meeting Larry the H2O Hero, and more! 657 East Ave.; 271-4320; rmsc.org.

HALLOWEEN TRICKS AND TREATS

Oct 31

Bring your ghouls and goblins for a frightfully fun time with your RPO! Conductor Kalena Bovell has some surprise musical treats in store, so join us for a spine-tingling and hauntingly fun time. Costumes are strongly encouraged! 50 N. Plymouth Ave, Rochester; rpo.org.

NOVEMBER

HANSEL AND GRETEL

Nov 18 through Nov 20

Engelbert Humperdinck's retelling of the famous Grimm Brothers' fairy tale is brought to life on the Kodak Hall Stage! Enjoy this semi-staged opera, sung in English, as a start to the holiday season. Kodak Hall at the Eastman Theater, 26 Gibbs St, Rochester; rpo.org.



MAGIC OF LIGHTS

Nov 18–Jan 2

Magic of Lights is a dazzling, drive-through holiday lights experience featuring favorite holiday scenes and characters of the season using the latest LED technology and digital animations. Experience Magic of Lights from the comfort and safety of your own car as you wind through the sparkling path of a favorite holiday tradition. One carload, one price. Six Flags Darien Lake, 9993 Alleghany Rd., Corfu; magicoflights.com.



HOLIDAY MARKET & PREPARING FOR WINTER AT GENESEE COUNTRY VILLAGE & MUSEUM

Nov 20

Shop specialty, hand-crafted, and locally produced goods from art, food, and gift vendors representing the very best from western New York. In addition to holiday shopping, visitors will be able to stroll through the historic village where preparations are underway for the snowy season ahead. Activities for all ages and interests will engage visitors in traditional crafts and tasks of the late harvest time as the villagers winterize their buildings and farms and prepare for the season to come. Also on November 21. 1410 Flint Hill Rd., Mumfords; 538-6822; gcv.org.

THE ELF ON THE SHELF: A CHRISTMAS MUSICAL

Nov 23

This holiday season, the beloved tradition that has captured the hearts of families everywhere returns to the live stage! *The Elf on the Shelf: A Christmas Musical* is a thrilling spectacle of music and dance that transports audiences to the North Pole to glimpse the magical lives of Santa's Scout Elves. Featuring an original story and score, dazzling sets and costumes, and heartfelt moments that will bring the family together, this joyous and uplifting celebration will leave audiences captivated by the splendor of the season. 200 West Ridge Rd.; 254-0181; kodakcenter.com.

THE NUTCRACKER

Nov 24 through Nov 28

This timeless tale of wonder and imagination has captivated audiences for nearly 130 years and has become a Rochester holiday tradition. Enjoy a magical land of sparkling snow and sweets presented through enchanting dance from Rochester City Ballet. This holiday tale, paired with Pyotr Illyich Tchaikovsky's unforgettable score, will leave you in awe. Kodak Hall at the Eastman Theater, 26 Gibbs St, Rochester; rpo.org.

A CHRISTMAS CAROL

Nov 24 through Dec 24

A popular Rochester family holiday tradition, A Christmas Carol, returns live and in-person this year! This family classic will awaken your heart and rekindle your spirit with magic, music and merriment!

Proof of either Covid vaccination or a negative test will be required for all guests and staff, along with masking. Geva Theatre, 75 Woodbury Boulevard, Rochester; gevatheatre.org



HOLIDAYS AT THE MARKET

Nov 28

This twenty-five-year Rochester holiday tradition features dozens of holiday-focused vendors (fresh-cut trees and wreaths, decorations, specialty foods and beverage products, hand craft items, and more). The market will be decked out in holiday lights, feature festive music, and have local and unique gift items available to buy. This year, Santa and the horse-drawn carriage rides are back from 9 a.m. to 2 p.m. There will also be a virtual holiday scavenger hunt, fun for the whole family! 280 North Union St.; 428-6907; cityofrochester.gov/holidaysatmarket.

DECEMBER

A CHARLIE BROWN CHRISTMAS: LIVE ON STAGE

Dec 1

Among the most popular and influential brands in the world, Peanuts's award-winning Christmas story has been a longstanding tradition, warming the hearts of millions of fans since it first aired on television more than fifty years ago. Now, the live stage adaptation of the classic animated television special brings all your favorite characters to life—all set to the original special's dialogue as well as the unforgettable sounds of the classic Vince Guaraldi musical score. Bring the whole family for some festive fun! 200 West Ridge Rd.; 254-0181; kodakcenter.com.

IT'S WONDERFUL LIFE IN THE SOUTH WEDGE

Dec 4

The Business Association of the South Wedge area's It's a Wonderful Life in the South Wedge festival draws people into the vibrant South Wedge city neighborhood, highlighting local businesses, great local entertainment, vendors, food, and drink. Typical activities include a candlelight procession, caroling, a food and clothing drive to benefit the South Wedge Mission, and a tree-lighting ceremony and visits with Santa in the park. The event will be free to the public. 357 Gregory St.; Facebook.

YULETIDE OPEN HOUSE

Dec 5

Celebrate the season with a medley of Genesee Country Village & Museum holiday happenings. Stroll the historic village decked out in holiday finery amid villagers bustling with preparations and offering greetings to their neighbors and friends. Also on December 12 and 19. 1410 Flint Hill Rd., Mumford; 538-6822; gcv.org.

AN EVENING WITH SANTA

Dec 11

A free event for the community, presented by Webster Parks and Recreation. Visit for pictures with Santa, music, holiday activities, dessert, and hot cocoa! 1350 Chiyoda Dr., Webster; 872-7103; ci.webster.ny.us.



THE MUPPET CHRISTMAS CAROL IN CONCERT LIVE TO FILM

Dec 11

Relive the magic, mayhem, and music of this holiday classic tale featuring your favorite Muppet characters—a holiday treat for kids of all ages! Kodak Hall at the Eastman Theater, 26 Gibbs St, Rochester; rpo.org.

NUTCRACKER

Dec 17 through Dec 19

Enjoy a classic tale of Clara and her nutcracker on the stage. You and your family will love watching treats and fairies come to life in this stunning performance. Paired with a live orchestra, this could be your new family tradition. Roberts Wesleyan College Cultural Life Center, 2301 Westside Dr, Rochester; newyorkstateballet.org.

GALA HOLIDAY POPS!

Dec 17 through Dec 19

Don't miss your favorite holiday tunes of the season, played by the wonderful Rochester Philharmonic Orchestra. Listen for songs you know and bring the whole family along to enjoy some familiar classical music. Kodak Hall at the Eastman Theater, 26 Gibbs St, Rochester; rpo.org.

BRIGHTON WINTER AND HOLIDAY PET PHOTO FUNDRAISER

Dec 18

Looking for cute winter or holiday pet photos? Visit Pet Supplies Plus for a family fun photo event with all proceeds going to Lollypop Farm Humane Society! Walk-ins welcome with a suggested \$15 donation supporting the cause. There will be a cute backdrop, fun props, and more. 2947 Monroe Ave.; 223-1330; lollypop.org. [Kids](#)

Fall into the holidays



Disney
PRINCESS
THE CONCERT



“Rock Star” Disney Princesses coming to town in November

BY CAROLYN SPERRY

On November 28, a new show will be coming to the Kodak Center. *Disney Princess: The Concert* is a “glow-up” of a show called *Broadway Princess Party*, which has been running for three years, says Belle cast member Susan Egan. “It’s kind of like a rock concert,” she says.

Her co-star Courtney Reed calls this a cabaret-style show, and says audiences tend to come with a lot of excitement—there’s even screaming, “almost as if we were Destiny’s Child, or the Spice Girls. It’s so crazy.”

Some people come in full cosplay, dressed as princesses or their favorite Disney characters. “We’re thrilled,” Egan says. “We’re not here to grace you with our princess presence,”—it’s

an interactive show and a celebration. “We are just Susan and Christy and Courtney and Aisha.”

The cast will be performing songs from many favorite Disney movies, and it’s a celebration aimed at a wide audience. Kids love the singing and animated backdrop, and adults enjoy reliving childhood memories through these songs and stories too. Millennials are re-living their love of their favorite childhood movies, she says. A prince will come onstage too, to join in on classic Disney duets.

Egan, the original Belle from *Beauty and the Beast* on Broadway, explains that rather than portraying characters “We are playing ourselves,” in the new show. The cast coming to

Photos provided



Rochester (subject to change) will also include Christy Altomare, who originated the role of Anya in the Broadway production of *Anastasia*, Aisha Jackson, who was last seen in the Broadway version of *Frozen*, (and made history during her run as the standby for the role of Anna, as the first Black woman to portray the role on Broadway) and Courtney Reed, who originated the role of Princess Jasmine in the Broadway version of Disney's *Aladdin*.

"What's so fun about this show is that we are able to love on these characters ... and sing all their music with the audience" Egan says. They also tell stories from behind the scenes. "Like what happened when the beast didn't transform because the set broke down," she says, or of a magic carpet malfunction during a production of *Aladdin*. Egan is thrilled to be "onstage with these other strong women," and to celebrate the strength and independence of female characters who created their own destinies.

Courtney Reed loves the audience

reactions and loves to sing her favorite songs "among these powerhouse ladies [who] are all stars in their own right." It's unprecedented for them to be all on a stage at the same time, she says, and she finds the show inspiring and empowering. "Seeing the audience's reaction to these songs that take them back to their childhood? It's everything to me." She's excited to go on tour and visit a different city almost every night. She's eagerly anticipating her visit to Rochester—this will be her first time performing here. "There's not a weak song in the show," she says. She has seen a lot of happy tears from the audience. "People assume that because it's a show about princesses, it's only for little girls," she says, but it's really a family show for everyone. The actors are all friends and "like a family" offstage and have a great time traveling together. Playing Jasmine on Broadway was an honor, Reed says, as Jasmine represents independence and courage and kindness. "I still pinch myself," she says, thinking of her success over the years.

When asked if she has advice for young people who want to go into theater, Egan says the best advice she ever received was to be authentic. Sometimes, she says, kids watch clips of Broadway videos and try to replicate what they are seeing. "Be fully yourself," she says. If your performance has authenticity to it, the audience will know. Producers are looking for performers who bring themselves to the role and are not afraid to let their personalities show, quirks and all. And "the more you are yourself, ironically, the more relatable you are to the masses."

Reed's advice to anyone who wants to go into theater is "Always lead with your heart and try not to let fear get in the way." Be a nice, kind person, she says—be a person you would want to work with. Fun, team players who are kind to others and enjoy the moment will be more successful. "So many people are talented, but not everyone is just a genuinely great human. And if you are that, be that." And that's how to shine through the rest. [Kids](#)

Ten simple tips to stay healthy during the holidays (without deprivation or guilt)

BY SUSAN SAGAN LEVITAN

The holiday season is filled with joy and cheer. Yet, it brings increased social obligations, additional stress, and food temptations that can easily undermine your health goals.

Since many holiday celebrations revolve around food, it's easy to pack on extra weight this time of year. On average, people gain between two to five pounds between Thanksgiving and New Year's Day.

But overeating and lack of exercise cause more than just weight gain. Getting off track with your healthy habits can also lead to increased stress, poor sleep and self-esteem, decreased energy, and compromised immune systems.

Whether you deprive yourself throughout the holidays and feel guilty when you eat something, take an "all-in" approach and push your healthy eating and exercise aside until January 1, or fall somewhere in between, I am sure by now you've learned these approaches aren't effective or fun.

The good news is there is another way. With these ten simple tips you and your family can stay healthy during the holidays and still enjoy your favorite seasonal foods—guilt-free.

1 **Make healthy food choices whenever you can**

Aim to reduce processed foods such as sweets, chips, and fast foods. Instead, fuel your body with a balance of lean proteins, healthy fats, and healthy carbs. Nutrient-dense foods will make you feel full and help you resist unhealthy holiday temptations. If you are attending a holiday event and know healthy options won't be available, bring a salad or vegetable plate.

2 **Cook at home as often as you can**

Restaurants tend to serve super-sized portions and foods loaded with sodium, sugar, hidden ingredients, and calories. Since you control the ingredients and the portion sizes when preparing your meals at home, it is likely your meals will be more nutritious and reduce the chance of overeating.

Get enough sleep

Even if you want to stay up to all hours and wrap presents, socialize, or prepare holiday dinner, strive for 6–8 hours of sleep each night. Good-quality sleep is critical to your health and will help you make smarter food choices.

Reduce stress

Whether it's butting heads with a relative, traveling for the holidays, or forgetting to buy a gift for someone on your list, extra stress can take a huge toll on your health. It is critical to manage your stress as it can lead to other health complications. Consider yoga, napping, exercise, meditation, or anything that will help you relax.

Stay active

Exercise will help reduce stress and improve your focus, energy, and mood. Even if your schedule is packed, aim to maintain your regular exercise routine. If you can't fit it in, stay active with seasonal activities such as family walks, ice skating, sledding, snow shoeing, or skiing. Shoveling counts too!

Drink H2O

Water will keep you hydrated and full, and prevent you from overeating. To figure out how much water you should drink each day, divide your weight in half and that's how many fluid ounces you should drink. For example, someone who weighs 140 pounds should drink around seventy fluid ounces of water each day.

Treat yourself

The holidays are considered the giving season, so make sure to focus on giving to yourself too. Put self-care on the top of your shopping list and treat yourself to a massage, manicure or something relaxing that makes you feel happy. Don't feel guilty. You need to take care of yourself before you can care for others.

Don't drink your calories

Seasonal beverages like egg nog, hot chocolate, and candy cane lattes are loaded with added sugar. For a healthier option, replace these sweet drinks with seltzer, water, or unsweetened teas. You don't have to give up beer, wine, and liquor completely. You can still enjoy a celebratory drink. Just make sure to avoid sugar-filled mixers like juices and syrups and use seltzer instead. It is helpful to follow each alcoholic drink with water or seltzer to prevent dehydration.

Swap it out

Continue to enjoy holiday traditions. You don't have to say goodbye to baking holiday cookies or frying latkes. Enjoy these seasonal treats in moderation or consider substituting white flour with almond or coconut flour (make sure to check ratios). Try using raw honey, maple syrup, or dark chocolate instead of processed sugar. Latkes prepared with zucchini, cauliflower, and/or sweet potato are all healthier options compared to white potato.

Set boundaries

If you're like me, it is so much easier to say yes than to say no. Whether someone offers you another glass of egg nog, holiday cookies, or a party invite, check in with yourself and ask yourself if it is the best option for your health goals and overall well-being. Remember, it is ok to say NO. Saying no to one extra thing jammed into your already packed calendar can give you the chance to eat healthier, fit in some exercise, or give you some down-time.

Most importantly, **throw away perfectionism and let go of an all-or-nothing mindset.**

Don't beat yourself up if you overindulge. Put it behind you and move on.

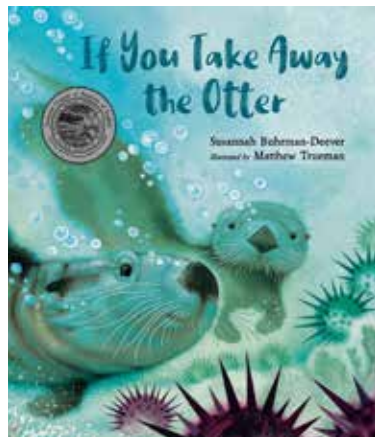
Happy holidays! Cheers to eating healthy-ish! [Kids](#)

Throw away
perfectionism and
let go of an all-or-
nothing mindset.

Read local!

BY DEENA VIVIANI

Did you know that the authors and illustrators of great children's books live right in the Rochester area? You can meet some of them virtually at this year's Rochester Children's Book Festival on Saturday, November 6, 2021! Visit rcbfest.com or @RochesterChildrensBookFestival on Facebook for more information, then check out some of the titles below.

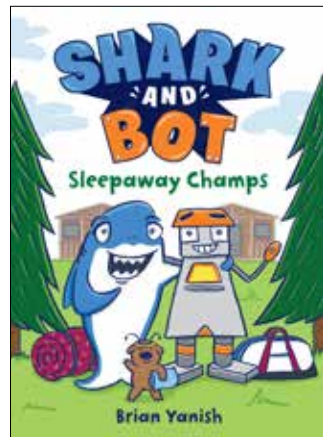


If You Take Away the Otter

Written by Susannah Buhrman-Deever & Illustrated by Matthew Trueman
Candlewick, 2020, hardcover, \$16.99

Ages 4–8

Sea otters eat sea urchins, and sea urchins eat kelp—so what would happen if there were no more otters? The North Pacific Ocean is home to countless species of plants and animals, where each one relies on others to keep their ecosystem alive. So, if otters are overhunted, like they were in the mid-1700s, the sea urchins thrive and eat all the kelp, which other life depends on for food and shelter. Today, there are more than 100,000 protected wild sea otters, and scientists are continuously working on balancing life in the kelp forests. Learn about these sea creatures and more in this non-fiction picture book full of poetic language and illustrations in ocean blues and greens.



Shark & Bot: Sleepaway Champs

By Brian Yanish
Random House, 2021, hardcover, \$9.99
Ages 5–8

Best friends Shark (a poetic great white shark) and Bot (a scientific robot) are going to spend the summer at Camp Sweet Sunshine, which may just be a bit too full of “giggles and glitter” for their taste. Add in a swimming challenge, crafting conundrum, and bathroom ghost, and they are ready to head home! But when they see a flyer for the camp talent show, they find a way to rhyme and shine. This second book in the *Shark & Bot* series is funny, colorful, and sure to keep the attention of young graphic novel readers. Shark's pet wombat inspires the “100% True Wombat Facts” at the end of the book, including why they have tough butts and cube-shaped poops! Laugh and learn with this volume, and gear up for installment three.



The One Thing You'd Save

Written by Linda Sue Park & Illustrated by Robert Sae-Heng
Clarion, 2021, hardcover, \$16.99

Ages 8–12

A sweater? A seashell? A pair of shoes? These are some of the items a class of middle school students considers when their teacher asks: if their home was on fire, and all the people and animals inside were safe, what is the one thing they would save? Introspection and conversations are sparked among the class over what makes something important, valuable, and irreplaceable. This is a unique story told in a modified version of traditional Korean poetry, which the author explains in an end note. The text's format and black-and-white illustrations add interest to the heart-filled pages, and may appeal to reluctant readers. All who venture into this book should be prepared for their own thoughts and discussions on the book—and about the items in their own homes.

PICTURE BOOKS

The Wondrous Story of the Little Shoe

Written by Christine A. O'Riley & Illustrated by Corinne K. Avery

Celtic Cottage Press, 2020, hardcover, \$19.00

Ages birth–3



Milo's Moonlight Mission

Written by Kathleen M. Blasi & Illustrated by Petronela Dostalova

Yeehoo Press, 2021, hardcover, \$15.99

Ages 3–6

The Snow Fox

By Rosemary Shojaie

Starfish Bay, 2020, hardcover, \$16.95

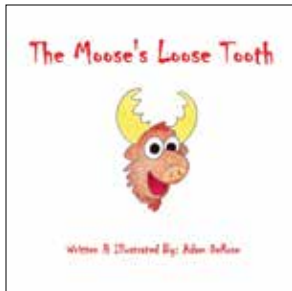
Ages 3–6

Frankenslime

Written by Joy Keller & Illustrated by Ashley Bellote

Feiwel & Friends, 2021, hardcover, \$18.99

Ages 4–7



The Moose's Loose Tooth

By Adam DeRose

Adam DeRose, 2021, paperback, \$9.99

Ages 4–7

Hosea Plays On

Written by Kathleen M. Blasi & Illustrated by Shane W. Evans

Sterling, 2019, hardcover, \$16.95

Ages 4–8

Niki Nakayama: A Chef's Tale in

Thirteen Bites

Written by Debbi Michiko Florence and Jamie Michalak & Illustrated by Yuko Jones

FSG, 2021, hardcover, \$18.99

Ages 4–8

NON-FICTION

Fish For Kids: A Junior Scientist's Guide to Diverse Habitats, Colorful Species, and Life Underwater

By Kevin Kurtz

Rockridge Press, 2021, paperback, \$8.99

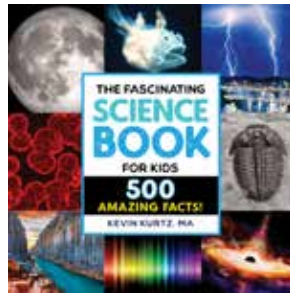
Ages 6–10

Lincoln Clears a Path

Written by Peggy Thomas & Illustrated by Stacy Innerst

Calkins Creek, 2021, hardcover, \$18.99

Ages 6–10



The Fascinating Science Book For Kids: 500 Amazing Facts!

By Kevin Kurtz

Rockridge Press, 2020, paperback, \$15.99

Ages 9–12

Nina Allender, Suffrage Cartoonist

By Ronny Frishman

Bedazzled Ink, 2020, paperback, \$7.95

Ages 9–12

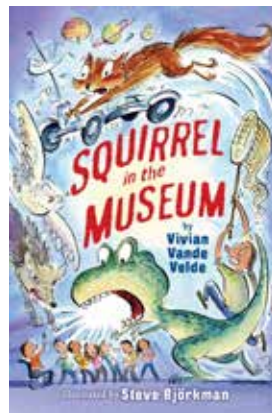
NOVELS

Fire in Genesee Country

Written by Sally Valentine & Illustrated by Suzanne Valentine

Adirondack Architectural Heritage, 2019, paperback, \$12.95

Ages 6–9



Squirrel in the Museum

Written by Vivian Vande Velde & Illustrated by Steve Bjorkman

Holiday House, 2020, paperback, \$7.99

Ages 6–9

Cayuga Island Kids: The Mystery of the Barking Branches and the Sunken Ship

Written by Judy Bradbury & Illustrated by Gabriella Vagnoli

City of Light, 2021, paperback, \$12.95

Ages 7–9



Forever This Summer

By Leslie Youngblood

Little, Brown, 2021, hardcover, \$16.99

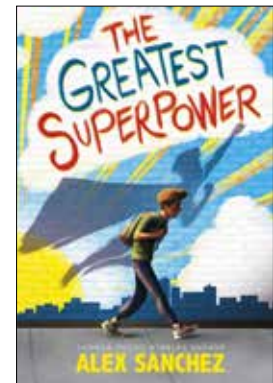
Ages 8–12

Pop the Bronze Balloon

By Jackie Yeager

Amberjack, 2020, hardcover, \$15.99

Ages 9–12



The Greatest Superpower

By Alex Sanchez

Capstone, 2021, hardcover, \$16.99

Ages 10–14

Secret Soldiers

By Keely Hutton

FSG, 2019, hardcover, \$17.99

Ages 10–14 **Kids**

Meals on boards

BY EMILY DICESARE

If I could eat only cheese and crackers

(with some wine) for dinner every night, I would. Who doesn't love a charcuterie board? Even just putting some cheese and veggies on a plate before dinner makes things feel a little fancier somehow. I have found that when I put cut up veggies or fruit on the counter, everyone seems to eat it. If I told my boys to get an apple out of the fridge no one wants it, but if I slice it and put it out—it disappears.

I love to make boards, and not just for happy hour. I have made dessert boards, breakfast boards, and, of course, appetizer boards. This is a great way to use up leftovers, or if you have just a small amount of something left. The end of a loaf of bread is not enough for the family for dinner, but cut up on a board with some cheese, hummus, nuts, and the bottom of a box of crackers, it looks purposeful.

A breakfast board is one of my favorite things to do on the last day of a vacation. All the fruit in the fridge, the last few frozen waffles cut into quarters, and a bowl with scrambled eggs placed on the same board is now a breakfast feast instead of leftovers.

A board-style dinner is great for hot nights when you don't want to turn the oven on or stand in front of the grill. It's a nice way to eat as a family too—just place the board in the middle of the table and let everyone choose what they want. As I said in the last issue—allowing children to have control over what goes onto their plates improves their food choices.

Another idea is to use the board to build each person's plate. You can set each place setting with a big bowl of greens, or rice, pasta, etc.... and then have the "toppings" on the board.

You don't have to make flowers of salami to make a board look appetizing. **Kids**



A FEW RULES MAKE THE PRESENTATION APPEALING:

1. Keep everything roughly the same size. Cutting cheeses, meats, and fruit into roughly bite-sized pieces helps.
2. Have some variety in colors.
3. A few small dishes with dips, sauces or nuts are appealing.
4. Have fun and keep it simple!



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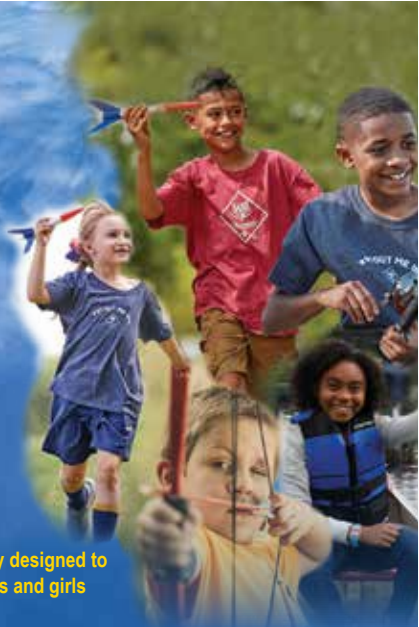
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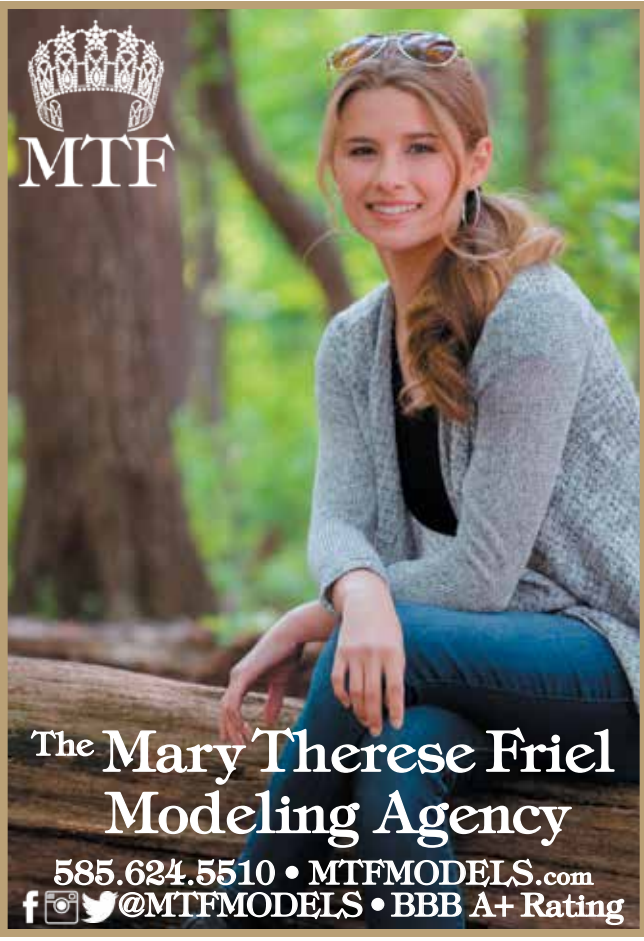
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Dry skin relief for busy parents

BY SARAH YALE

Busy moms and dads can get dry skin relief quickly, so they can look and feel better. An important thing to remember is to stay hydrated. The human body is composed of seventy to eighty percent water. Eight daily servings of eight ounces of water or other noncaffeinated drinks will ease fatigue and hydrate the skin.

IN THE SHOWER

To revive dull, dry, flakey skin quickly, use an inexpensive exfoliating moisturizing body wash in the shower, daily or at least three times per week. Body wash that contains tiny, crushed granules of seeds or another natural material will remove dead skin while you gently rub to lather. The moisturizer in the body wash will revitalize your skin.

For especially dry skin, use a lightweight body oil to lock moisture in. Simply turn off the shower when you are done and apply the oil to your wet skin. Pat yourself gently to dry with a towel and be sure to rinse the shower floor so it is not slippery.

CERAMIDES

Advancements have been made to dry skin lotions over the past few years. Lotions with ceramides help your skin hold onto moisture longer which will make it look and feel better. They can be found reasonably priced at supermarkets and drugstores. Look for ceramides in the ingredient list.

GIVE YOUR FACE A DEWY GLOW

A gentle facial scrub, followed by facial moisturizing lotion or cream, will soothe, calm, and add a dewy glow to the skin. Lotions are lighter than creams. Cream is good for drier skin. Lots of newer facial moisturizers contain chemical exfoliants, such as vitamin C, fruit acids, lactic acid, or glycolic acid, eliminating the need for a physical exfoliant or scrub.

It only takes a few minutes to care for your skin—so you can feel and look great. [Kids](#)

Sarah T. Yale is a mom and a writer, with a special interest in health and wellness for parents and children.

HYDRATION TIPS

Feeling tired

When you don't drink enough water, you feel tired—and you need all the energy you can get to keep up with kids. Heat, dry air, and aerobic activity increase sweating. Be sure to increase water consumption during and after exercise. Make sure children are getting enough to drink for their body weight. Your pediatrician or nurse practitioner can advise you online or at your next wellness checkup.

Wellness

Moms, if you are breastfeeding, you need more water to make breast milk or you will become dehydrated. Women can help prevent urinary tract infections by keeping properly hydrated to move fluids through and out of your body in shorter time periods, which will help prevent bacteria buildup.

Keep track

When you are busy you can forget to replenish your body with fluids. Keep a sticky note next to your cup. Each time you finish an eight-ounce serving, mark it with the time. Besides tracking water consumption, you will know how long it has been since you had a drink and when you are most likely to forget to stay hydrated.

Raising readers

BY SARAH MEAD



Reading is about being magically transported to another world. It's also how we make sense of our own world. Books give us knowledge and help us navigate real situations. As an elementary school teacher, I have found that kids who read about fictional characters solving problems are children who learn how to do that in their own lives. Readers are thinkers. Problem solvers. Future leaders.

My three kids have three very different personalities. Every parent with multiple children knows that no two kids are alike. In our house, there's the moody one who excels at everything, the one who won't sit still, and then there's the one licking the bottom of her shoe. Their interests range from sports to video games to musical theater, but what they have in common is a love for reading. It's not a coincidence. My husband and I decided before they were born that they were going to be readers. Teachers ask every year how they ended up this way. Other parents ask me if I forced them to do phonics drills as babies. Doctors, nurses, servers, and flight attendants have all remarked on the rare appearance of three small children silently reading books while waiting. It is a remarkable sight. But it's not magic. It's not genetic, either. The best part ... it doesn't cost a thing. I'm about to reveal to you my

Read out loud
to your children
every day.

secrets for raising children who genuinely love to read.

Albert Einstein said, "If you want your children to be intelligent, read them fairy tales. If you want them to be more intelligent, read them more fairy tales." When your children are infants, read out loud whatever adult novels you like. At that age they obviously can't follow the story line, but they are getting benefits from listening to your language. Not only are they associating your voice with being held and loved, but they are also hearing all those good words in beautiful sentences. Babies have to crawl before they can walk, and readers have to be read to for a long time before they can read on their own. As they get old enough to understand the words, it's time to set down the Stephen King and switch to board books, especially ABC books. The repetition found in these alphabet books is an excellent foundation for letter recognition and eventually learning to read independently. One day you will celebrate the fact that they are no longer putting the books into their mouths. You'll be free to move onto picture books, great for all ages but perfect for the three to eight-year-old crowd. Chapter books are geared toward six to nine-year-olds and are a perfect segue to middle grade novels meant for ages eight to twelve. **Kids**

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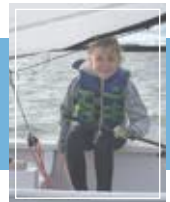
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You're in charge of you!

BY TERRI ERCOLE

This might sound silly, but *YOU* are the best resource for beginning to take control of your emotions! Everyone feels out of sorts or angry or anxious at times. This is normal. There are ways to help you feel more in control and ready to make good decisions. These are called restorative practices. That's just a fancy name for strategies used to get back to a calm place. You can do this anywhere, at any time!

Believe it or not, controlling your breathing is one of the best ways to take charge of your emotions. Taking steps to steady your breathing will lead to positive feelings in your brain and body!

Let's start with the Calming Hand. Remember to keep focusing on your breath and try to let everything else fade away.

Ready to give it a try? Practicing while you already feel good is a great idea.

Inhale as you trace up to your fingertip and **exhale** as you slide down the other side of your finger—it isn't a race so take your time.

Focus on *inhaling through your nose*, filling your belly instead of your chest. *Exhale through your mouth*—like blowing out a candle or hissing like a snake!

You can do this anytime, anywhere! You can even share this with friends, classmates, teachers, and your family.

Another great way to help bring yourself to a better mindset is to try different yoga poses. Many of you have seen, heard about, or tried yoga poses, but did you know that different poses can either calm *or* energize you?!

Focusing on your breathing is also a big part of yoga!

Let's try poses demonstrated by Sophia and Adelaide.

Sophia is practicing easy pose (Sukhasana), with her hands resting on her belly. She can feel her belly rise and fall with each breath. Breathe in slowly through your nose, filling your belly. Exhale through your mouth like you are blowing out a candle. Think of people, places or things that make you happy. When you feel ready, slowly open your eyes!

Adelaide is practicing tree pose (Vrikhasana). Think of your feet as rooted into the earth and your arms as branches reaching for the sun! Let your eyes find a place to focus on to help you balance.

As you begin, it might be easier to balance with one leg closer to the ground. If you would like, you could try to bring your foot higher up your leg, pressing into your calf or thigh. Your hands can also come to rest in front of you, pressing together (prayer hands). Try to hold your pose for three focused breaths.

If you'd like to learn more, check out

physiologicwellness.com.

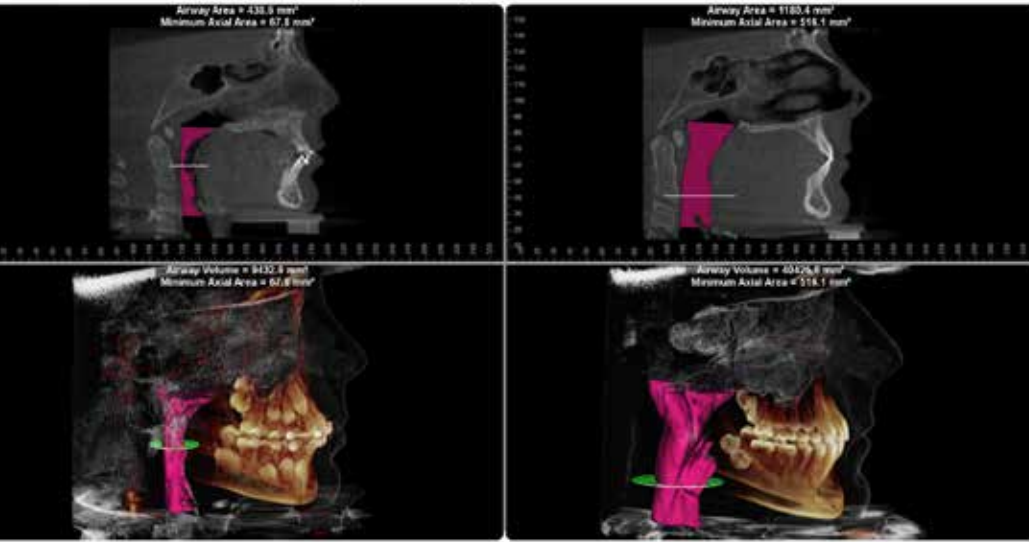
Namaste!

Kids



Reflection: How did you feel before trying these restorative practices? Think of how you felt as you moved through the Calming Hand or yoga poses. Share these feelings with someone close to you. Remember that if you need more help, talk to someone you trust.

Photos provided



Signs of sleep apnea in children

An interview with **Dr. Terry Giangreco**, Board Certified Orthodontist, Get-It-Straight Orthodontics

BY REGAN WAGNER

Tell me a little bit about your background.

I went to dental school, and after dental school I had a choice whether to specialize in one field, so I chose orthodontics. I went to Northwestern University for my orthodontic residency. I was an artist growing up, went to college to become a medical illustrator, and changed my path. So, I thought that orthodontics and creating beautiful smiles was more of the artistic part of dentistry.

How soon would you recommend a child has an orthodontic checkup?

Kids should have an evaluation, around seven years old, to look at how their jaws are growing and how teeth are coming into the mouth to make sure that there is room for teeth and rule out the need for early treatment or intervention to modify jaw growth.

What are the symptoms of sleep apnea in children and what should a parent do if they observe these symptoms?

The symptoms of sleep apnea in children include hyperactivity, kids that are tired during the day or have restless sleep, mouth breathing during the day or

at night, allergies, crowded teeth, narrow jaws, bed wetting, dark shadows under the eyes. Many of these are signs of poor sleep.

If you start having the conversation [about these symptoms] having to do with ADHD, I, as a parent, would explore this option of: 'is this really caused by poor sleep?'

Why is it that obstructive sleep apnea causes hyperactivity?

There is a direct correlation between a child's airway and the quality of their sleep. About ten percent of children in the population have obstructive sleep apnea (OSA). If you have an obstructed airway that doesn't allow for good airflow, your brain doesn't get enough oxygen, so your brain tells you to wake up. This can happen multiple times per hour. Because you are not getting a good quality of sleep individuals will have all sorts of symptoms. In adults it's diabetes, heart issues, or acid reflux. But in kids, it's totally different.

So, this often gets misdiagnosed?

Well, there's no blood test for ADHD. So, kids will get categorized by their teachers, their coaches, their pediatricians. If a child

is hyperactive or has trouble focusing, he or she can get categorized as having ADHD, and if the cause is poor sleep, then correct the sleep and you correct the ADHD.

What happens with kids, if they're constantly having their sleep interrupted is they are not getting the quality of deep sleep that is required. During deep sleep, there are many things that happen to rejuvenate children. It's when short-term memory gets converted to long-term memory. Kids with sleep apnea will also often have bad grades because that short-term memory isn't getting converted. There are kids that wet their bed at an older age. That usually is caused by sleep apnea. During deep sleep your body produces certain hormones. One of those hormones suppresses the creation of urine so that you can sleep through the night without having to get up to go to the bathroom. If your sleep is constantly being interrupted, your body creates more urine, and kids will wet the bed.

Deep sleep is when growth hormone is produced at the highest level, so if you're constantly being interrupted, your growth spurts are shorter and not as big. So, some kids will not develop at the same rate if they have sleep apnea. If you correct their apnea, many kids will get an immediate growth spurt.

What causes this airway obstruction?

Sometimes it's tonsils and adenoids, so I will sometimes refer patients to an ears, nose, and throat (ENT) specialist to have their tonsils and adenoids removed, if that's the cause.

Is this always surgical?

No, that's just one example, if it happened to be their tonsils and adenoids. Very often it's just narrow jaws. It is very common for me to see kids that come in with crowded teeth. Well, the reason they have crowded teeth is because they have narrow jaws, so we expand the jaws to make room for the all of the teeth. As we expand the jaws, and sometimes move the front teeth more forward, it makes more room for the tongue. If the tongue has more room, it also comes forward and opens the patient's airways. Very often, correction of a patient's airway is by modifying the jaw growth by expansion or forward movement of the jaws and front teeth.

Do you see this very often in children?

Yes, I do. About twenty percent of children that we see at an early age could

benefit from early treatment. I see kids with signs of apnea hundreds of times per year. At our office we've treated thousands of kids that have airway obstructions or airway constrictions. When you see crowded teeth or narrow jaws, most often, it is affecting their airways. Teeth that are pushed in towards the tongue will always push the tongue in towards the throat. When that happens, it constricts the airway. When we look at it in 3D, we can visually see the constriction and we can measure it. We look at those measurements to determine if the patient potentially has mild, moderate, or severe apnea.

Would you say that one treatment stands out at the most common treatment?

The most common thing we do with kids at an early age is expansion of the jaws to uncrowd the teeth. Expansion and forward movement of the teeth and jaws creates space for teeth and creates room for the tongue and the airways. We can expand with high tech braces or expanders, so this is not a surgery, it is very conservative orthodontic expansion.



Do you frequently get patients that are referred by pediatricians?

I do. Because people know about what we do now, I get patients referred by pediatricians, by ENT specialists, by dentists, speech pathologists and speech therapists.

How does this develop over time? Are there instances where it will correct itself?

It typically does not self-correct. When you see jaws developing a certain way,

they tend to continue to develop the same direction, or get worse. There is jaw development that occurs naturally, but it doesn't just spontaneously expand and catch up on its own.

How has your practice changed over time?

When I first got out of school it was all about straight teeth and getting the bite to fit really well. Then we got into facial aesthetics: what we do, and how we affect the smile and the overall face. Now the overall focus of our practice at Get It Straight is airways and how we affect the patient's overall health. When we're done treating a child, I want them to be the healthiest individual that they can be. We have a huge effect on children's development. We don't just focus on how they're going to look when they're a teenager. We think about how they're going to look as a twenty, thirty, or forty-year-old. **Kids**

For more information visit www.get-it-straight.com.



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A NOTE FROM CRAFTY CAT

Fall is here and that means the holidays are right around the corner! Here are three easy holiday projects re-using empty toilet paper or paper towel tubes, along with other supplies you probably have at home. As always, make sure you have permission from an adult before crafting.

Want to be in the next issue of *(585) Kids*? Send pictures of your creations to jmilliman@585kids.com. **Kids**

Spooky glowing eyes



Turkey place card



Winter hat ornament



Lark's head knot before cinched.

SUPPLIES

Empty cardboard toilet paper tube or paper towel tube cut to 6 inches long
Black paint or black marker
Glow stick bracelet

TOOLS

Paint brush (optional)
Pencil
Hole punch
Scissors

INSTRUCTIONS

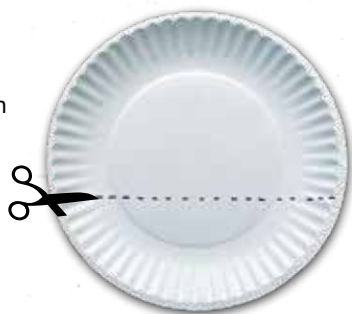
1. Color or paint outside of tube. Let dry completely.
2. With pencil, draw a pair of eyes on the tube. You can use the examples shown, or make up your own design.
3. Use hole punch to create a starter hole in each eye for your scissors.
4. Use scissors to carefully cut out each eye.
5. Choose a spot to place your spooky eye decoration, perhaps in a bush. On Halloween night before the trick-or-treaters arrive, activate the glow stick—bend in half, and place in the tube.

EXAMPLE EYES**SUPPLIES**

Empty cardboard toilet paper tube or paper towel tube cut to 4 inches long
9 inch paper plate
Tissue paper in a variety of colors
Glue stick
Wiggly eyes
Orange construction paper

TOOLS

Scissors
Glue gun

**INSTRUCTIONS**

1. Cut about 3 inches off of paper plate.
2. Tear or cut tissue paper into small pieces.
3. Glue tissue paper onto plate with glue stick. Let dry completely.
4. Use glue gun to adhere eyes to tube as shown in picture.
5. Cut a 1 inch square of orange construction paper. Fold square in half, then cut into a triangle to make the beak.
6. Use glue gun to adhere beak under the eyes as shown.
7. Wad up a small piece of red tissue paper to make a wattle. Use glue gun to adhere wattle next to beak as shown.
8. Use marker to write your name anywhere on turkey body.
9. Use glue gun to adhere turkey body in center of tail feathers.
10. Your turkey is ready to mark your spot for Thanksgiving dinner.

SUPPLIES

Empty cardboard tube
Yarn in 2 or 3 colors
Large cotton ball

TOOLS

Scissors

ORNAMENT IDEAS

- Use up scrap yarn and create a wacky pattern with many colors.
- Use bright or pastel colors.
- Use only one color and glue embellishments to the brim.

INSTRUCTIONS

1. Cut tube into a 1 inch length.
2. Cut yarn into 14 inch lengths. The thickness of your yarn will determine how many pieces are needed to cover the tube completely. Start with 20 pieces of each color.
3. Fold a piece of yarn in half. Lay the loop end on outside of tube and push ends through tube. Slip ends through the loop and cinch to create a lark's head knot. Repeat until tube is completely covered.
4. Push all the yarn ends through tube.
5. Cut a 10 inch piece of yarn. Tie a simple knot around the ends of yarn to form a pompom.
6. Make a simple knot on the end of the 10 inch piece of yarn to form a loop to hang your ornament.
7. Trim pompom with scissors.
8. Stuff cotton ball inside hat.
9. Your hat is ready to be hung on your tree.

Kids in the garden



Grayson C. age 5 from Fairport, planted sunflower seeds months ago and has nurtured them along. They are over 15 feet tall and still growing!

Kids seasonal to-do list

OUTSIDE

- Rake up a big pile of leaves and then jump in them.
- Start your own band.
- Cook an entire meal over a campfire.
- Learn how whistle through an acorn hat.
- Host a cool-weather picnic.
- Learn to identify five birds.

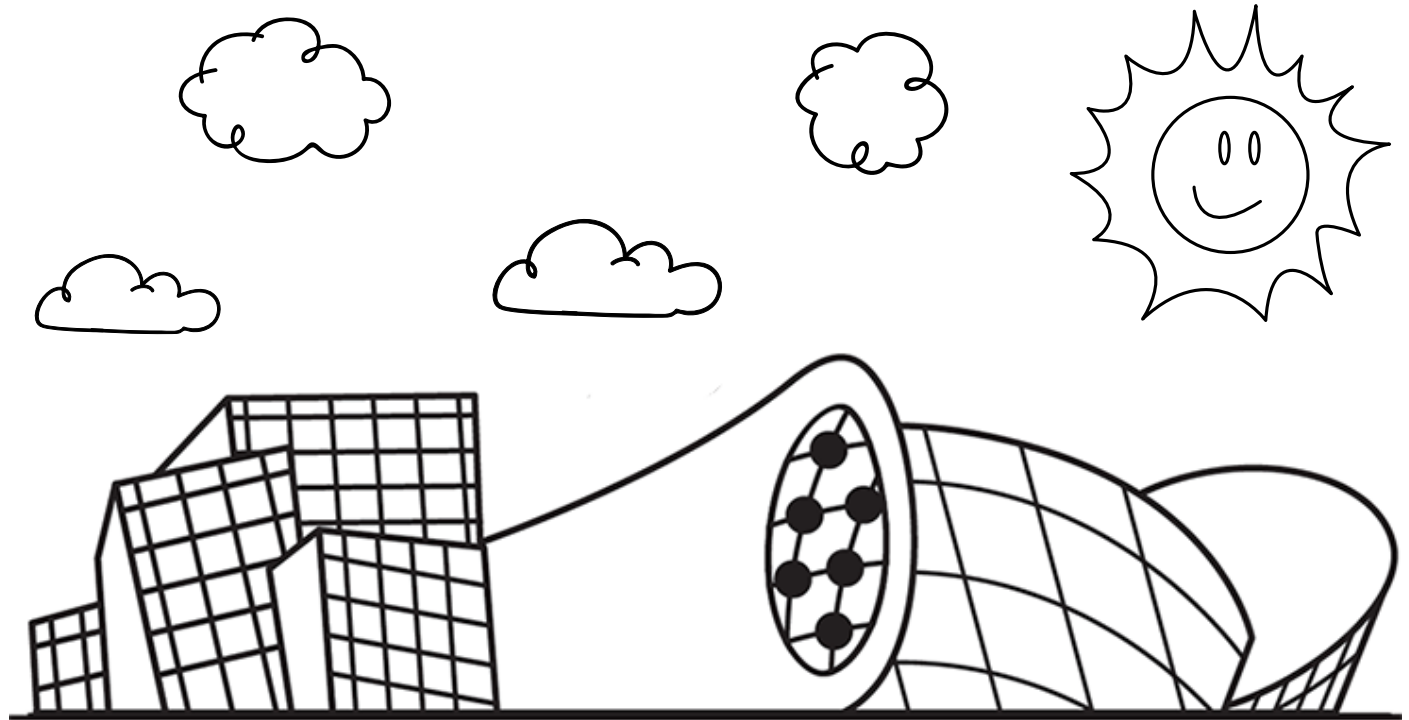


INSIDE

- Watch your favorite holiday movie.
- Learn a magic trick.
- Toast pumpkin seeds.
- Draw a picture of your pet (or a friend's pet!).
- Make cut-out cookies.
- Act out a scene from a play for your family.

—(585) Kids staff

Color your world



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NATIONAL MUSEUM OF PLAY

The night Rochester won the NBA title

BY MICHAEL BENSON



Maybe you or someone you know is a fan of NBA basketball. You love to watch great hoops superstars like LeBron James and Kevin Durant slam, dunk, and swish from three-point range.

Maybe you've even watched games that featured the Sacramento Kings—but did you know that the Kings were originally the Rochester Royals? In fact, the Rochester Royals once won the NBA championship.

It happened on Saturday night, April 21, 1951.

After making the playoffs, the Royals defeated the Minneapolis (now L.A.) Lakers, and the Fort Wayne (now Detroit) Pistons, before facing the New York Knicks in the finals.

Then as now, a best-of-seven-game series was played to crown the champions. Rochester won the first three games, but the Knicks made a tremendous comeback and took the next three, forcing a Game Seven in Rochester.

The Royals played their games in the Edgerton Park Sports Arena, on Emerson Street. The Arena, as it was called, was the home of Rochester sports until the War Memorial (now the Blue Cross Arena) was built in the mid-1950s.

For Game Seven, the place was packed, 4,406 fans on hand, cheering and booing with all their might in support of the hometown hoopsters.

Rochester took an early 14-point lead, but again the Knicks came back, and led for most of the second half. The Royals didn't lead again until the last seconds of the game.

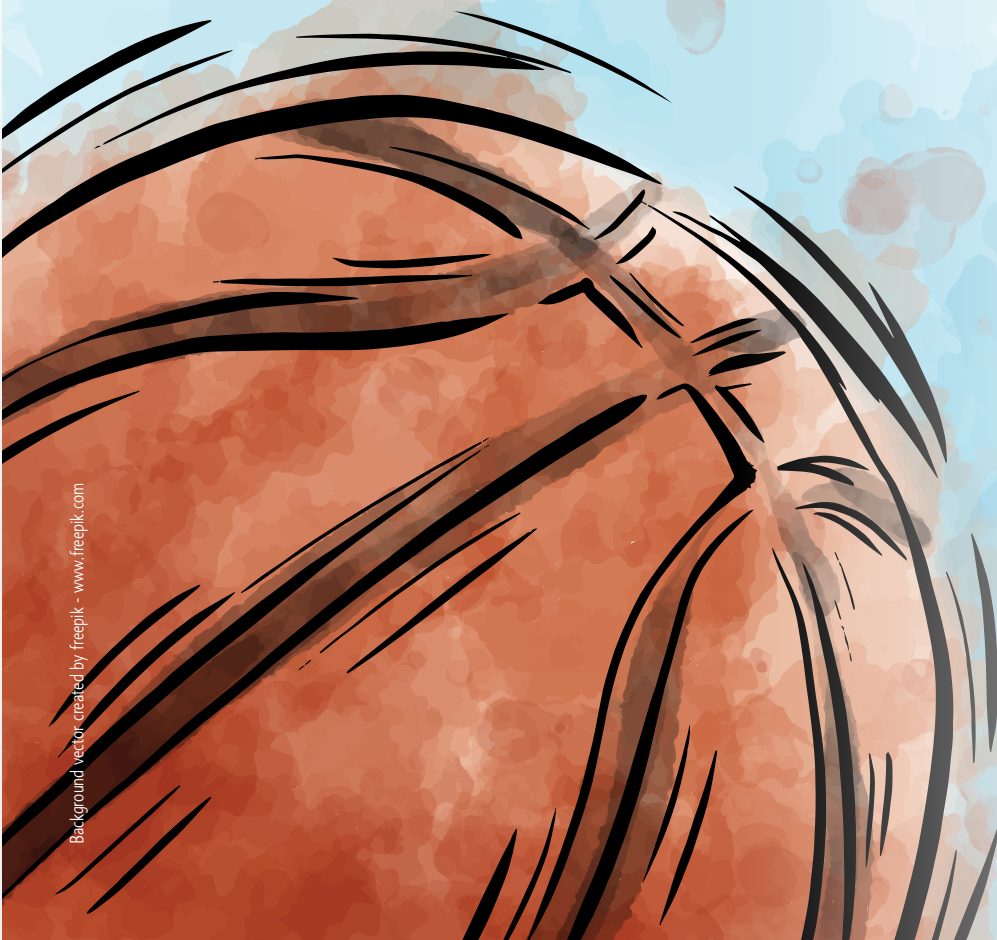
The Royals took the lead for good with only seconds left, when their best player, Bobby Davies sunk two free throws. A Jack Coleman slamdunk completed the scoring, the Royals won, 79-75, sending the fans into the streets in a wild celebration.

The team remained in Rochester until 1957, when larger cities wanted NBA franchises. The Royals made a series of moves (Cincinnati, Kansas City) before finding a home in Sacramento, California.

The team will be remembered for being the first integrated basketball team, signing African-American William "Dolly" King a year before Jackie Robinson broke the color barrier in baseball.

One of the most famous incidents in Royals history took place on a snowy night in Rochester. The arena had an exit at one end that led directly outside. Bobby Davies went in hard for a lay-up and ran into the door, which flew open.

He ended up outside with the door shut and locked behind him. The Royals played with only four men on the court until someone opened the door so Davies, who'd run into a snowbank and was covered with snow, ran back on the court to thunderous applause. [Kids](#)



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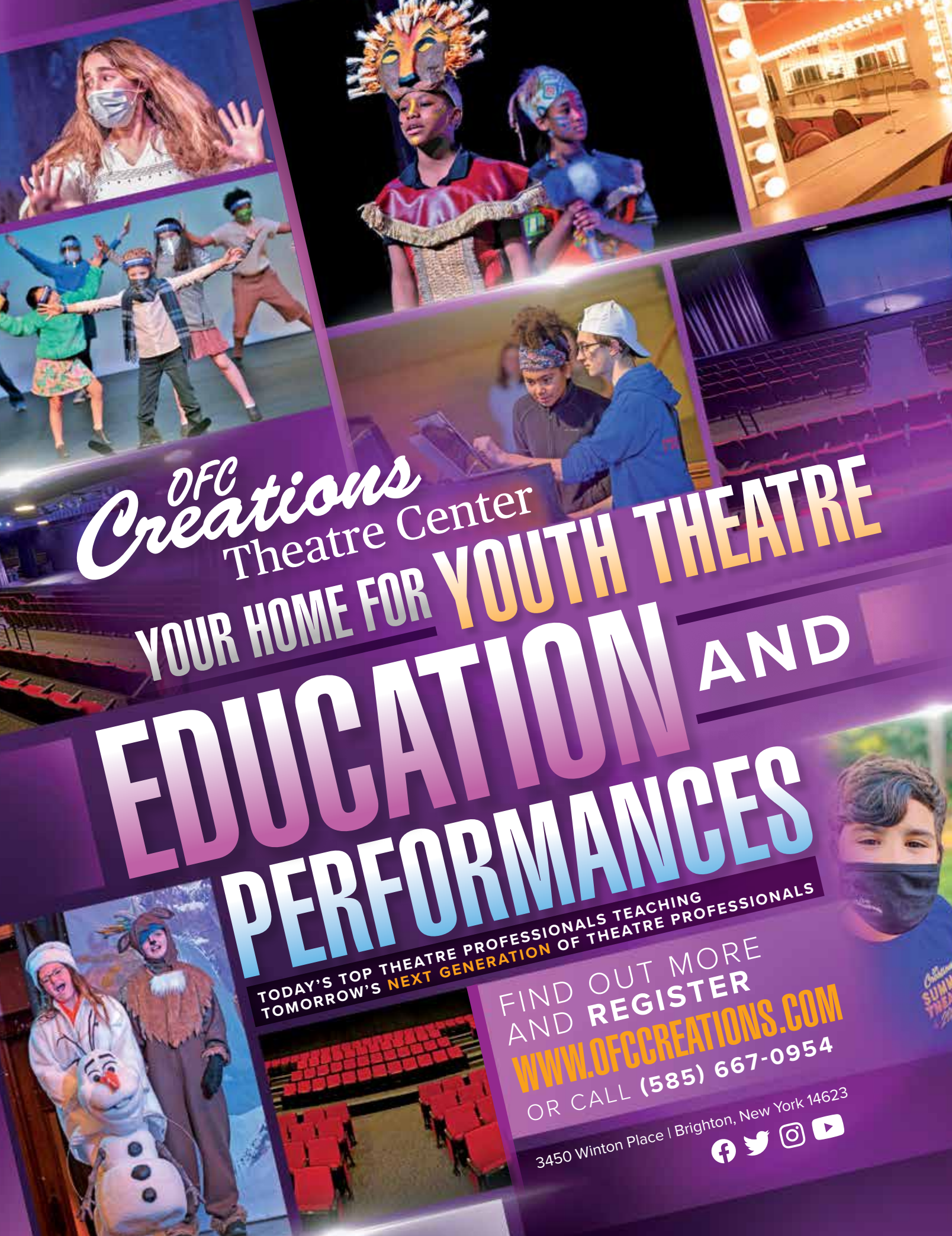
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