

Back to school

# (585) KIDS

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# Hello (585) families



Hello! Thank you for picking up *(585) Kids*. It may be summer, but doesn't back-to-school preparation begin practically as soon as the last year lets out?

Every new year brings with it feelings of anticipation and excitement but can also cause a lot of anxiety—more so this time around since kids (and parents) may still be dealing with isolation and loneliness, altered social dynamics, and loss of academic footing. But children are, as a rule, resilient beings, and we have myriad tips to help parents help kids come back strong in the new academic year.

All that said, this is the summer issue, and there is plenty of free-time fun to be had. Kids can explore local parks and nature trails, check out Rochester's new PLAY Walk near the Strong Museum of Play (I'm planning on visiting this one myself—maybe I'll bring my gown-up kid along), make a pretty windsock,

practice some acts of kindness, and tick the boxes on our summer to-do list. It's all inside. Have a great time!

A handwritten signature in black ink that reads "Jane".

—Jane Milliman, Publisher

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

## (585) Kids

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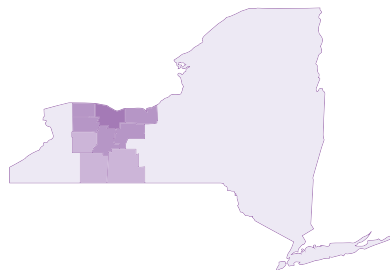
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We'd love to hear what you think! Write to [rwagner@585mag.com](mailto:rwagner@585mag.com) or letters to the Editor, *(585) Kids*, 1501 East Avenue, STE 201, Rochester, NY 14610.

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Calendar listing deadlines for our upcoming issues are as follows:  
For Winter 2021 issue: Nov. 10  
For Spring 2021 issue: Feb. 10  
For Summer 2021 issue: May 10  
For Fall 2022 issue: Aug. 10

### ADVERTISING

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# (585) Kids

SUMMER 2021

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## ON THE COVER

Photo by Tomas Flint  
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Special thanks to MTF Models  
and the Children's School of  
Rochester #15.

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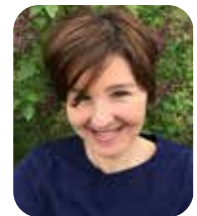
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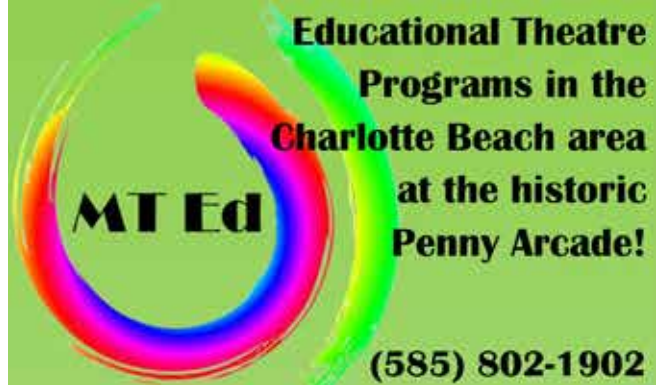
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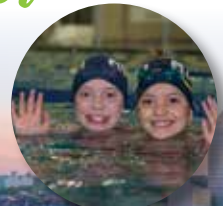


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Charcoal Corral &amp; Silver Lake Twin Drive-In

BY SARAH KILLIP

### CATCH A FLICK AT THE DRIVE-IN

Combo No. Two: a large popcorn, twenty ounce drink, and a candy of your choice, is the perfect way to satisfy your sweet and salty fix. Pair that with blankets, pillows, a star-filled sky, the grainy static from your car's radio, and a few favorite folks, and you're all set for a night at the Vintage Drive-In Theatre.

Many local drive-ins are playing movies weekly throughout the summer season. This is a great, affordable, and safe way to enjoy a night out with your kids or friends. The Vintage Drive-In—located in Avon—plays movies Friday-Sunday, with gates opening at 7 p.m.

The Silver Lake Twin Drive-In—located in Perry—also offers movies weekly, Friday-Sunday. Enjoy an afternoon playing mini-golf and mining for stones before the movies start at 8:25 p.m. Grab a bite to eat for dinner, or even better, pack a picnic to enjoy with the whole family.

The Sunset Drive-In in Middleport is well known for its old-school American diner and ice cream shop, and the Transit Drive-In in Lockport offers mini-golf and five movie screens to choose from. Both locations show movies on weekends.

Roseland Waterpark in Canandaigua is hosting two live music drive-in events. Almost Queen will be performing August 22, and Dark Star Orchestra will perform September 4. Large LED screens and speakers will be set up so the show can be

enjoyed from anywhere in the audience. Guests are also allowed to bring their own food and drinks to enjoy in the car.

### FESTIVAL FUN

Summer time is for lemonade, ice cream, sunshine, and laughs. It's for afternoon drives with the windows rolled down, walks through local flowering parks, and of course, it's for festivals.

Although COVID-19 created challenges in scheduling events, many festivals are still a go this summer season. What better way to spend a day than with family and friends at these local events?

**Food Truck Rodeo:** Support local food vendors and enjoy live entertainment at the City of Rochester Public Market's Food Truck Rodeos. Bring some lawn chairs or a blanket and a good pair of walking shoes, and enjoy the local community. There is a free shuttle available to take you to the market from the East End Parking Garage, but biking to the event is also

encouraged. Dates include: July 28, August 25, and September 29.

**Sterling Renaissance Festival: 1585—**Warwick, England: Knights are jousting, music is playing, and the streets are filled with entertainment, games, and rides. Have tea with the Queen, or enjoy a turkey leg while you shop through the royal marketplace.

The 46th annual Sterling Renaissance Festival will be held Saturdays and Sundays from July 10 to August 15 in Sterling, New York. Numerous activities and shows are available, making this the perfect weekend excursion for people of all ages. Come in costume for themed weekend events such as Pirate Invasion—July 24 and 25—and Fantasy, Fairies and the Future—August 7 and 8—and immerse yourself in all the festival fun.

**Wayne County Fair:** Horse racing, the pony show, a watermelon eating contest, chicken barbeque, tractor pull, and everyone's favorite, the demolition derby, are back at the Wayne County Fair. Perfect for kids and adults, come enjoy the animals, vendors, and entertainment from August 9 to 14.

**New York State Fair:** You won't have to miss out on the best chocolate milk around this year, the state fair is back. Scheduled for August 20–September 6, guests can enjoy live performances, games, activities for all ages, carnival rides, endless food, a variety of vendors, animals, and more.

**Fairport Music Festival:** Put on your dancing shoes and head over to the Fairport Music Festival! Guests can enjoy two days of live music from local and regional bands on six different stages throughout the festival. In addition, food vendors and kids' activities will be available, creating a fun-filled, family-friendly environment on August 27 and 28.

**Clothesline Festival:** Looking to ignite that spark of creativity in your kids? The biggest celebration of artists around is set to take place September 11 and 12 at the Memorial Art Gallery in Rochester. Explore the museum







Sterling Renaissance Festival

and support juried artists, viewing work such as pottery, painting, photography, and more.

**KeyBank Fringe Festival:** From music to comedy to theater to film, the Fringe has it all. Immerse yourself in experimental performances and wacky acts at Rochester's non-for-profit performing arts festival September 14–25.

### THE WALDEN PROJECT

The Rochester Museum and Science Center's (RMSC) Walden Project is an educational program for students ages fourteen through nineteen. This year-long outdoor education program focuses on the teachings and writings of Henry David Thoreau. It has been highly successful in preparing students for college and helping them develop their own personal approach to learning.

Starting in September, the Walden Project will be offering dual credit enrollment through Finger Lakes Community College's (FLCC) Gemini program. The Gemini program is a way for high school students to earn college credit without the stress of Advanced Placement (AP) courses.

Enrolled students will receive a FLCC student ID card, giving them access to on-campus resources such as the library, bookstore, and dining halls. Upon completion of the program, students will earn up to ten college credits from FLCC, which can be applied to an FLCC degree or transferred to another college or university. Classes in which credit is earned include: *Introduction to Adventure Learning, Service Learning, Unique Ecological Communitates*, and *College Study Strategies*. **Kids**

Photo courtesy Sterling Renaissance Festival

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# Tails and tales

BY DEENA VIVIANI

Join readers across New York as our libraries celebrate Tails and Tales—books about animals and their stories. Whether you are a fan of exotic beasts or your own pets, there is a book for you.

Need some suggestions? Check out the titles below, and visit [libraryweb.org](http://libraryweb.org) to find out what other animal activities your local libraries are offering this summer!



## Over and Under the Rainforest

Written by Kate Messner & Illustrated by Christopher Silas Neal

Chronicle, 2020, hardcover, \$18.99

### Ages 4–8

Ready for a hike through a rainforest from the comfort of your couch? Join two characters as they follow a raised bridge trail through the trees. They take in the sights, sounds, and sensations from the animals and plants around them, then return to their home on the forest's outskirts for dinner. The mixed media illustrations are fantastic and offer clever perspectives (like looking up into the trees and down into the river), which rightly mimic the way a sightseer would approach the forest. A host of animals are introduced, and their behaviors are simply described, from capuchin monkeys and anteaters to leaf-cutter ants and morpho butterflies. The Author's Note offers more info on Messner's actual experience hiking a

rainforest, and the bonus About the Animals section gives another paragraph of detailed information to older readers or those doing research. The language is gentle and poetic though it doesn't rhyme. Fans of this picture book should check out the rest of Messner's Over and Under titles, which include creatures and that live in the snow, gardens, and ponds. Animal lovers will be ready to buy their plane tickets to Costa Rica after reading this book.

## 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 6–9

What makes an animal a fish? Do fish breathe? How can fish avoid predators? Learn these facts and more with a side of full-of-color fishy photographs. The first half of the book talks about fish in general, and the second half gives specific information

on individual species. Some fish you may have in your own home (goldfish and bettas), others you may see in a neighborhood river or pond (catfish and trout), and more could be encountered at a large aquarium (sharks and manta rays). Local author Kurtz also has activities and experiments for those looking to up their scientist street cred. This book is a great, accessible volume in the Junior Scientists series (which also includes topics like the solar system, fossils, gems, and more), and the paperback original makes it accessible for your home library. Get fishy with it!

## Saucy

Written by Cynthia Kodahota & Illustrated by Marianna Raskin  
Atheneum, 2020, hardcover,  
\$17.99

### Ages 8–12

When Becca discovers a sick piglet on the side of the road, she insists that her family of six take it in. As Saucy gets healthier, she grows and will eventually reach 600 pounds! To Becca's dismay, her family

prepares to bring Saucy to a nearby pig sanctuary. Becca and her brothers know that will be best in the long run—but where did Saucy come from anyway? And are there more pigs to save? Becca is one of quadruplet siblings who feels like she doesn't have her own "thing" until she meets Saucy, which can be relatable between siblings and friends. The cause she takes on brings her family closer together, helps resolve a fizzled friendship, and makes her heart full. This story offers a nice reflection on what a pet or animal can do to help a person who is struggling. The audiobook is a solid listen, though the printed book has sweet spot illustrations throughout the chapters. Oink!

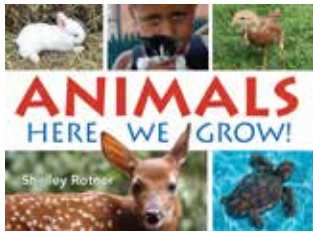
## Squirm

By Carl Hiaasen  
Yearling, 2020, paperback,  
\$7.99

### Ages 10–14

Billy loves snakes and knows a lot about them. What he doesn't know a lot about is his dad, who left when he was three. His mom is sketchy about his new life, so Billy sneakily hops a plane to Montana. He meets his new stepfamily and learns that his dad's job involves drone flying, wild animals, dangerous poachers—and that he might need saving. Billy is an odd guy, but one the reader will want to befriend, and a brave one at that. Hiaasen (the author of the environmental novel Hoot) creates another witty, fun adventure with great teen characters. Slither over to your library to pick this one up. Hisssss!

**PICTURE BOOKS**



**Animals: Here We Grow!**

By Shelley Rotner

Holiday House, 2021, hardcover, \$18.99

Ages 2–5



**Bunny Roo and Duckling Too**

Written by Melissa Marr & Illustrated by

Teagan White

Nancy Paulsen, 2021, hardcover, \$17.99

Ages 2–5

**Eat Your Rocks, Croc!**

Written by Jess Keating & Illustrated by Pete

Oswald

Orchard, 2020, hardcover, \$17.99

Ages 3–7

**EARLY READERS**

**Fly Guy Presents: Weird Animals**

By Tedd Arnold

Scholastic, 2021, hardcover, \$19.99

Ages 5–8

**MIDDLE GRADE**

**What if You Could Spy Like a Narwhal?**

Written by Sandra Markle & Illustrated by

Howard McWilliam

Scholastic, 2021, hardcover, \$17.99

Ages 7–10

**Alice’s Farm: A Rabbit’s Tale**

By Maryrose Wood

Feiwel and Friends, 2020, hardcover,

\$17.99

Ages 8–12

**The Dog Who Saved the World**

By Ross Welford

Schwartz & Wade, 2020, hardcover,

\$16.99

Ages 8–12

**Unleashed**

By Amy McCullough

Sourcebooks, 2021, hardcover, \$16.99

Ages 8–12

**Wolf of Cape Fen**

By Juliana Brandt

Sourcebooks, 2020, hardcover, \$16.99

Ages 8–12

**Warrior Dog**

By Will Chesney and Joe Layden

Feiwel & Friends, 2020, hardcover, \$19.99

Ages 8–12

**Raising Lumie**

By Joan Bauer

Viking, 2020, hardcover, \$16.99

Ages 10–14

**YOUNG ADULT**

**The Cat I Never Named**

By Amra Sabic-El-Rayess and Laura L.

Sullivan

Bloomsbury, 2020, hardcover, \$13.99

Ages 13–17 **Kids**

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# PLAY SPACE EQUITY

BY NANCY E. MCCARTHY

**P**lay is serious business when it comes to healthy child development because it is essential to the social, emotional, cognitive, and physical well-being of children.

A playground can be an ideal setting for kids to develop important lifelong skills such as cooperation, overcoming challenges, fostering relationships and creativity, problem-solving, and negotiating with others. Plus, it's fun! Let's not forget that.

Not all children have a neighborhood playground or live near age- or ability-appropriate play spaces. KABOOM! is a national nonprofit that collaborates with funding partners and local community organizations to build safe, fun play spaces that help kids to thrive. Its goal is to end play space inequity for good. KABOOM! defines play space equity as the ability for every child to have access to incredible places to play.

*Leveling the playing field*



Mike, MJ, and Nanci Bentley



Advocacy Manager Jenn Beideman at ribbon cutting ceremony for the Ripple



One of the GIANT Room's "STEAM" craft kits

## LOCAL IMPACTS

The Play Everywhere Design Challenge (PEDC), launched in 2018, is an ongoing partnership between KABOOM! and one of its lead funding partners, the Ralph C. Wilson, Jr. Foundation (RCWJRF). Because RCWJRF focuses on Western New York and Southeast Michigan, PEDC invites collaborating agencies from these areas to submit creative ideas that turn everyday spaces into play spaces. Grants are awarded annually to selected projects. The winning teams and their design partners then build the public installations.

In 2018, the Healthi Kids initiative at Common Ground Health (CGH) won a PEDC grant that, along with an additional donation from Excellus Blue Cross Blue Shield and in-kind support from CGH, City of Rochester, and Central Library of Rochester & Monroe County, funded the PLAY Walk in downtown Rochester. This interactive trail is located along Chestnut and Court Streets between the Central Library and the Strong National Museum of Play. The PLAY Walk features permanently installed large-format games and activities such as a distortion mirror, foosball table, four-in-a-row game, and musical instruments.

“Research from the Healthi Kids coalition demonstrates that not every child in the City of Rochester has access to safe and accessible play spaces and that over eighty-two percent of

our children do not play in parks and playgrounds” says Jenn Beideman, advocacy manager at Common Ground Health in Rochester. CGH’s mission is to bring greater focus to community health issues through data analysis, resident engagement, and solution implementation via regional collaboration and partnerships. “We have to re-think our urban landscape to provide those safe and accessible play spaces for kids at the places they already are playing,” she says. Play everywhere infrastructure like the PLAY Walk turns an ordinary walk down the street into an extraordinary opportunity for play and exploration.

In 2019, Healthi Kids applied and received a second PEDC grant to add the Ripple, a new interactive attraction to the PLAY Walk that was installed this past May. Inspired by the flowing motion of the Genesee River, these large sculptural installations are comprised of colorful wavy rows of small 3-D panels resembling a lilac flower. People can rotate the panels to reveal different pixelated illustrations and colors that constantly change due to light reflection and refraction. Based on input from children at Central Library’s Teen Center, the Urban Conga design studio constructed the Ripple, which is located by Martin Luther King Jr. Memorial Park.

KABOOM! announced the new winners of the 2020 Play Everywhere Design Challenge grants in February 2021, which



Canandaigua playground rendering



The Ripple, a new addition to downtown Rochester's Play Walk

included more Rochester projects. The Central Library will upgrade the Secret Room in its Children's Center with a new, multi-functional design. University of Rochester partnered with the 540WMain organization (its focus is neighborhood revitalization and social justice programming) to build an innovative and wheelchair-accessible outdoor play space in the city's 19th Ward on an empty lot near School 29. "School 29 has a greater than fifty percent disabled student population, so our project is evolving to really value accessibility in a way that I think is ... unique," says Shannon Lue Chee Lip, project manager.

Both initiatives' designs received input from the children and families living in the neighborhoods who will use the

spaces.

Another 2020 Rochester grant was awarded to fund STEAM in Everyday Moments craft kits. This project is the brainchild of the GIANT Room and Generation Two (G2). The GIANT Room is an innovation studio for kids, offering creative programs and classes rooted in Science, Technology, Engineering, Arts, and Mathematics (STEAM). G2 is a nonprofit that fosters intergenerational friendships and child advocacy partnerships through child-directed play. The GIANT Room designed, fabricated, and filled themed craft kits with materials appropriate for children ages four to eight. G2 distributes them in everyday places like cafes, laundromats, and barber shops. Other community organizations serving

children can also request kits directly from G2.

"The play kits differ from our traditional playground build model but fit right along with the idea of Play Everywhere, which aims to be very responsive to the community's needs and embed play into the community in non-traditional ways," says Jen Hallaman, KABOOM!'s senior manager, strategic communications.

### PLAY DESERTS

Common Ground Health led a mapping project to identify "play deserts" across Rochester, where concentrations of kids are growing up without access to a park or recreation center within a quarter-mile walking distance. They paired this data with insights from city departments, their staff, youth-serving organizations, and local parents and kids to select a project and apply for a national KABOOM! grant. Three grants would be awarded to three different communities.

The grant criteria were based on the specific need for a play space, a plan for a playground-building service event that would engage community members and organizations in the process, and how this project would address play space equity issues in the community.

In 2019, Rochester was awarded one of the grants. ROC the Future partnered with CGH and identified Grand Ave Park in Rochester's Beechwood neighborhood as a site to build an adventure course for teenagers. In the City of Rochester Beechwood is at the eleventh percentile of opportunity, creating a severe disadvantage for housing stability, education, health and well-being, mobility, and economic security. Targeting a space for teenagers aligns with ROC the Future's focus on improving academic outcomes—including high school senior graduation rates through its mentoring programs. The Adventure Course goal is to provide a structured, adult-facilitated but youth-led initiative where the teens have a space to connect, challenge themselves, and create measurable change for their community.

Kilolo Moyo-White, ROC the Future's family and community engagement specialist, says she is "really excited to finally see youth engagement actually happening in the project." The teen committee provided input into the design and invited over 400 Rochester youth to vote on the final adventure course design. They continue to plan, promote,



Canandaigua playground groundbreaking

and recruit for the ultimate volunteer installation.

Other partners in this effort are the City of Rochester and Connected Communities, a neighborhood coalition. After a year's pause due to the pandemic, the adventure course build is slated for completion in August.

### DREAMING BIG: INCLUSION IN MOTION

With twenty-two city and town parks, there's no shortage of Canandaigua playgrounds. What Mike and Nanci Bentley found lacking was a play space to accommodate children with special needs, like their ten-year-old son Michael ("MJ"). MJ has Pallister-Killian syndrome, a rare developmental disorder that causes mobility challenges, cognitive delays, and epilepsy.

In 2015, pediatric physical therapist Sonya Smith began working with MJ. "With the pediatric population, we often disguise physical therapy as 'play,'" says Smith. "There is so much that can be accomplished through targeted purposeful play in terms of improving strength, balance, coordination, and range of motion. Play is motivating and has countless additional benefits for the child."

But where could MJ and children with other disabilities play? And why weren't any parks accommodating children of any ability to all play together in one space?

After Nanci learned of a Denver family raising funds for an all-abilities playground, the Bentleys, Smith, and Smith's husband, Corey, became determined to build an inclusive



Bentley family at ribbon cutting

playground in Canandaigua. They formed a committee, started up the Inclusion in Motion (IM) nonprofit, brought their concept to the community, and started the Dream Big fundraising campaign. The project resonated big time. Their goal is \$995,000 and with donations from 225 individuals and businesses, plus grants (including KABOOM!), they have raised almost \$700,000.

After four years, their mission "to empower all abilities and ages to play, exercise, learn, and socialize together while enriching our community" is nearly fulfilled. In May, the project broke ground on donated land from the Town of Canandaigua, across from Richard P. Outhouse Memorial Park. The two-acre playground will have a fully rubberized surface and is slated for completion this

“  
We have to re-think our urban landscape to provide those safe and accessible play spaces for kids at the places they already are playing.  
”

August.

Thanks to a partnership with University at Buffalo's Center for Inclusive Design and Environmental Access, IM is the only universally designed and certified playground in the United States. Simply stated, instead of just meeting code, universal design strategies are incorporated into everything from site design, parking, paths of travel, and access to restrooms and pavilions. And every piece of play equipment can be accessed by kids of many abilities.

A reminder to us all that the fun part of playgrounds is definitely universal, too. [Kids](#)



# Bowl-style meals

BY EMILY DICESARE

## When children feel like they are in charge of their food, they are more likely to eat what is served.

Letting kids make their own choices at mealtime also helps to encourage them to make good choices. It teaches them the “balance” of meals. In most of our minds when eating a meal, serving ourselves food, or planning a meal there is a division or fraction of meat/starch/veggies that we picture on our plates. Allowing kids to serve themselves also shows us our children’s preferences, which may not always be exactly what we think.

A very popular meal style in our house are bowl meals. These follow a basic “formula,” but the options are unlimited. This style of eating can be applied to any cuisine you can think of. It is a great way to sneak in more vegetables (or even trick your family into eating a salad for dinner without even realizing they are doing it).

### FORMULA

Base  
Protein  
Veggies  
Toppings  
Sauces

The base starts with greens and/or grains. Lettuce, kale, spinach, rice, grains such as quinoa or farro, lentils, or any combination of these.

Protein choices could include meats, grilled tofu, shrimp, beans, or seitan cubes/crumbles. This is also a great way to use up leftovers from the night before. Pressed for time, or too hot to cook? Buy a rotisserie chicken from the store and use that for your protein.

For veggies I like to use a combo of roasted/grilled vegetables and some raw. (This is another great use for that leftover broccoli or cauliflower, etc ... from last night’s dinner). Try to keep your veggies all about the same size. Cucumbers, carrots, bells peppers, and cherry tomatoes can quickly be chopped to roughly bite size pieces.

Toppings can include cheeses, nuts, tortilla chips. A quickly pickled or “refrigerator pickled” cucumber or red onion add a nice acidity and brightness to any of the bowls listed here.

Mexican—taco or fajita bowls

Mediterranean—falafel, chickpeas, eggplant, gyro, shawarma

Indian—chana masala, roasted cauliflower

Asian—spring roll bowls, stir fry, sticky sesame chickpeas

American—Cheeseburger bowls, Buffalo chickpea/chicken bowls **Kids**





## Spring roll bowls with garlicky lime sauce

Prep/cook time: 30 minutes | Sauce serves 4-5

### FOR THE SAUCE:

3-4 cloves garlic—minced  
 3 tablespoons rice vinegar  
 1/4 cup brown sugar  
 1/4 fish sauce  
 1/3 cup lime juice  
 1/3 vegetable oil

Mix all ingredients together in a mason jar and shake well.

### FOR THE BOWLS:

Shredded cabbage  
 Rice noodles (or thin spaghetti noodles)  
 Protein—tofu, shrimp, chicken  
 Veggies—carrots, bell peppers, cucumbers, avocado  
 Toppings—serrano or jalapeno peppers thinly sliced, chopped peanuts  
 Herbs—cilantro, basil

### INSTRUCTIONS

1. Cook noodles according to package directions. (Rice noodles need to soak in water for twenty to thirty minutes prior to cooking.)
2. Start building your bowl—a big handful of cabbage, top with noodles, protein and all the veggies, pour desired amount of sauce over and mix together.
3. Add toppings, and enjoy!



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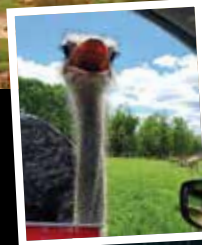


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## In this issue

**W**ith a new school year come new challenges, and new opportunities. We want to help you and your family succeed. To conquer the school year, here are the (585) Kids tips and tricks to make your school year great. So, get started, and let's make this year one for the books!



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Photos by Tomas Flint

# New school year Resolutions

BY AMY C. MEALEY

At some point in their lives, everyone establishes New Year's resolutions. How about new *school* year resolutions? Summer brings changes to normal daily routines for families, and it can be challenging to get back into the swing of the school year routine come September. Kicking off the beginning of a new school year with set resolutions families agree upon can aid children and parents alike in efficiency, accountability, and effectiveness as well as decreased stress and increased motivation.

## 10 RESOLUTIONS FOR THE NEW SCHOOL YEAR!

### 1. Kick-off the school year routine early

Start setting alarm clocks *before* you head back to school. This will allow your family to adjust to the new wake-up time. Prepare breakfast the night before to ensure you and your children have time to eat a relaxed, healthy meal before leaving the house. During breakfast, talk about the day's schedule including after school, evening, and bedtime plans. Everyone will be able to leave the house in the morning more relaxed if they know the expectations for the day.

### 2. Make a plan for after school

Provide healthy snacks and downtime for your kids for when they get home from school in the afternoon or early evening. Allowing your child outdoor time after school will shake out the stress of the day, allow fresh air into their lungs and also give their minds an opportunity to readjust prior to sitting down for any homework. A homework station in your house will keep everyone organized and provide a quiet spot for completing homework with limited stress and minimal distractions. Creating a picture checklist with images to remind your child of what he/she needs to have ready for school the next day will provide an easy-to-understand visual and decrease rush and panic in the morning. To minimize stress or anxiety while getting ready in the morning, each Sunday have your child pick out five complete outfits for the coming week and place them on a shelf or chair in their room.

### 3. Establish a bedtime routine

Figure out what time your children need to be in bed by calculating the time they need for a good night sleep, their grooming and dressing time, eating breakfast, and leaving the house for school. Set their bedtime accordingly. Prepare lunches the night before and store in the fridge to cut down

on early morning chaos. This will also allow you time to include a love note for your children in their lunch box to read during the day!

### 4. Establish a reading routine

Make a plan to read with your child for twenty minutes every day. By reading to your child, you are building their imagination and fostering literacy as well as their creative spirit. Here are some suggested books and articles to read for back-to-school:

[scholastic.com/parents/resources/collection/back-to-school/back-to-school-start-smart](https://www.scholastic.com/parents/resources/collection/back-to-school/back-to-school-start-smart)

[rootsofaction.com/55-best-back-to-school-articles-for-parents](https://www.rootsofaction.com/55-best-back-to-school-articles-for-parents)

### 5. Build a family calendar.

First, mark any important dates for the school year. Second, make sure all paperwork has been completed and submitted, including up-to-date contact and medical information by the school's requested due dates. Make sure to meet teachers and tour the building at the school's open house night.

### 6. Create a shopping plan

Make a list of needed back-to-school supplies and check for sales at local stores. Backpacks should be big enough to hold supplies but not so big that they are too heavy and unmanageable for your child.

### 7. Schedule playdates

This will aid your child socially when transitioning to a new grade or school.

### 8. Use a labeling system

Labeling clothing, supplies, and items you send to school with your child will help cut down on lost items and will help your child recognize their personal belongings versus the identical belongings of peers.

### 9. Schedule appointments

Make sure you have a plan for well visits, vaccines, flu shots, dentist appointments, etc. for the year so your child does not need to miss school for these appointments or any necessary time from school is pre-planned for.

### 10. Designate a daily "chat time"

Before saying "goodnight," make sure your child has everything ready for the next day. Chat about anything that happened/needed at school or questions they may have from their day. This will help with open lines of communication and builds further trust between you and your child. [Kids](#)

#### ADDITIONAL RESOURCES:

[yourmodernfamily.com/25-tips-prepare-school](https://www.yourmodernfamily.com/25-tips-prepare-school)

[pbs.org/parents/education/going-to-school/back-to-school/back-to-school-tips-for-parents](https://www.pbs.org/parents/education/going-to-school/back-to-school/back-to-school-tips-for-parents)

[psychologytoday.com/blog/the-moment-youth/201208/top-50-back-school-articles-parents](https://www.psychologytoday.com/blog/the-moment-youth/201208/top-50-back-school-articles-parents)

[childdevelopmentinfo.com/learning/getting-ready-top-tips-for-preparing-and-organizing-for-back-to-school](https://www.childdevelopmentinfo.com/learning/getting-ready-top-tips-for-preparing-and-organizing-for-back-to-school)

*Kick off the new school year with a set of resolutions.*

# PEER UP!

## Rochester teen tutors help out

BY DEENA VIVIANI

In March 2020, when COVID-19 hit the Rochester area, schools closed their doors and students were unceremoniously switched to remote learning. Some kids were able to easily adapt to the online format, while others struggled. They not only lacked in-person access to their teachers, but they were also cut off from their classmates who may have assisted them with concepts or homework during study halls or after school.

Bhuvana Chimmiri (eighteen) and Delia Zhangfeng (seventeen) were both Brighton High School (BHS) juniors at the time. As the spring wore on, they saw a learning gap grow among their friends, classmates, and siblings, and they wanted to do something to help. The concept of Rochester Peer Tutoring (RPT) was born.

“We had always wanted to do something like this,” Chimmiri says, “and COVID made it even more important.”

Chimmiri and Zhangfeng met and became friends through shared interests during their freshman year at BHS. Zhangfeng works as a page at Brighton Memorial Library (BML) and enjoys reading, running, and cooking. She is the vice president of testing in Science Olympiad, a fundraising and donations director for WriteRochester, and an officer-at-large for Friends of Rachel, a service club committed to providing a welcoming environment for all and spreading kindness throughout the community. Chimmiri is currently doing an internship at research lab NOHMs Technologies, where she is studying lithium-ion batteries. She enjoys watching movies, singing Carnatic music, and spending time with friends. She is a chairperson for Model United Nations, a captain of the Speech and Debate team, and a Link Crew leader.

That summer, the pair approached BML, Zhangfeng’s place of employment and where Chimmiri had volunteered in the past. They hoped the library could add credibility to their tutoring

program. Jennifer Ries-Taggart, executive director, thought partnering up was worth a shot. They fine-tuned the plan and rolled out the program in August 2020.

Their first step was to recruit tutors. Students in grades nine through twelve from across the county and beyond were eligible to fill out an application. Some stated that they were looking for new, safe extracurricular activities since so many of their usual clubs and sports had been canceled. But all were genuinely interested in helping out their peers. Once they were accepted, the high schoolers submitted a BML Volunteer Application to ensure they would get volunteer credit should they need it.

Next, the founders sought tutees in grades one through twelve.

In September 2020, these applications trickled in. As the school year progressed, more parents, caregivers, educators, and students themselves heard about the program and applied for assistance. The program took off.

As of April 2021, RPT had fifty-six enrolled tutees from as far away as Texas and Oregon, and a stable of fifty volunteers from high schools in Brighton, Pittsford, and Rochester. In the past seven months, RPT tutors have logged more than 330 tutoring sessions—totaling over 350 hours.

“They are like their own small community with a shared interest,” Chimmiri says of the tutors. Volunteers will pass in the BHS halls and smile and

wave, recognizing each other from their Zoom meetings when they may have never met otherwise. It is rewarding for the tutor-tutee pairs, too, who create true partnerships in learning.

“V is a great peer tutor. She’s nice, understanding, very knowledgeable, and strives to make every moment great,” says one tutee about a recent tutoring session. In turn, a tutor says, “RPT has helped me discover my love for teaching and helping others, and I look forward every week to meeting with my tutees.”

Clearly most of the success of this program is that it is run by



teens for their peers. The volunteers have recently studied the same topics they are tutoring in. They are on the same page with technology and the best ways to be in contact with one another. In short, it matters that the tutors and tutees share a generation.

Another reason for RPT's success is its clear organization and communication with the tutors. "It's really a five-part process," says Chimmiri. They recruit, interview, and train their tutors, then do daily check-ins and monthly meetings with them. The tutors fully appreciate all the support from the founders and each other.

The final reason, and possibly most telling, is the founders themselves.

"I really don't think this would have worked with any other partner," Chimmiri says about Zhangfeng, who readily agrees, saying they complement each other's management styles.

Chimmiri takes charge of the day-to-day tutor communications, and Zhangfeng oversees pairing new tutees with compatible tutors. She looks closely into each tutor's strength and each tutee's needs, and if something isn't working, she encourages them to reach out so she can make a change.

They says the partnership with BML has been key, too. Having an established community resource with promotional outlets, a web page, and the online RPT application has been helpful, as well as the full-time staff support. When RPT instituted its Tutor of the Month awards, BML printed and mailed out the certificates and posted the tutors' names on its Facebook page. They also provide job or school recommendation letters for the volunteers.

Chimmiri and Zhangfeng are currently working out the details for a RPT t-shirt design contest. The creator of the winning design would get a free t-shirt, and the rest of the volunteers could purchase one for themselves.

"The t-shirts would help build a sense of community within the organization," says Zhangfeng. "And the contest and t-shirts themselves would be a method for others to learn about RPT."

As they prepared for their high school graduations, Chimmiri and Zhangfeng were excited about their futures. Zhangfeng will be attending Emory University in the fall, and Chimmiri is deciding between schools in New York and South Carolina. No matter where they end up, especially since the pandemic taught them how much can be accomplished remotely, they plan to continue running RPT.

"This is like our baby," says Chimmiri. "We can't just give it up."

They will, however, be asking for more help through the creation of leadership positions. This way, some of the underclassmen volunteers can move into bigger roles in important areas like social media, advertising, scheduling, and more.

"We hope that one day some of the tutees will move up to tutors," says Chimmiri, so they can see everything come full circle.

"Even when we've moved on to other things," says Zhangfeng, "it would be great if the program could continue to have a positive impact on students in the future." [Kids](#)

For more information or to apply to be a RPT tutor or tutee, visit: [brightonlibrary.org/teen-education](http://brightonlibrary.org/teen-education) or email [RocPeerTutor@gmail.com](mailto:RocPeerTutor@gmail.com).



Delia Zhangfeng



Bhuvana Chimmiri



# LESSONS FROM NATURE

## The Harley School's outdoor classrooms

BY DONNA DE PALMA

Middle School student observing and recording plant and insect data in the Harley School's microfarm

**W**e all know kids love being outdoors. Rather than simply just being outside, children are encouraged to discover the wonder of nature at the Harley School.

Terry Smith, head of Harley's Lower School (serving kids from nursery to fourth grade), believes nature is not only the best playground but the best classroom.

Harley's primary grade students have opportunities to explore in the school's microfarm, nature center, and pollinator garden.

Lisa Barker, food and farm coordinator, tends the microfarm, a seventy-by-100-foot plot on the school's grounds; a place where kids plant, weed, study, and harvest vegetables and herbs. Carrots, lettuce, cherry tomatoes, peppers, kale, zucchini, sugar snap peas, garlic, pumpkins, echinacea, amaranth, and sunflowers are just some of the vegetables, herbs, and flowers grown there.

When it's time to harvest, the garden's bounty is spread far and wide. Some of the vegetables find their way to the cafeteria's salad bar during a normal year. In addition, vegetables and herbs are left by the school's entrance for parents to take home.

The nature center, a half-acre wooded lot across the creek from the school, is a place that sparks curiosity about the natural world, according to Smith. "Our students have studied erosion

along the banks of the creek; they've sketched a tree as it changes throughout the seasons; they've tossed sticks of varying sizes in the creek to see how fast they travel; they've discovered the difference between a maple leaf and an oak leaf. The goal of exploration is to fuel natural curiosity."

Smith says building healthy attitudes about empirical learning requires research and testing. "A child may discover an entire world by turning over a log. Playing in a natural setting is where it starts. We ask: 'What are you curious about?' This is how our students expand their knowledge of nature ... and the environment around them," she says.

The school's pollinator garden, built to handle runoff from the recently built commons, is an outdoor laboratory designed to study butterflies, bees, and hummingbirds.

In addition to the pollinator garden, Barker cares for three active beehives on the roof of the school. Science instruction in the life cycle of bees is coordinated with direct

observation.

"We have lessons on how to extract honey from hives, how to tend honeybees and how and why bees behave as they do. Sometimes I bring an observational hive into the classroom to demonstrate bee-tending techniques. When I introduced the hive to a class of four-year-olds, I was surprised how much they already knew about bees," Barker says.

//  
I'm happy, calm,  
relaxed and mindful  
when I'm in nature.  
//





Summer Academy class "Food Forest Gardening" working in the microfarm to learn about designing home scale gardens in our climate that mimic forest ecosystem structures and functions

According to Barker, at Harley, third graders explore everything there is to know about garlic. "A third-grade class plants garlic in the fall, measures the bulbs, and studies the history and uses of the vegetable. The following year's third graders harvest the crop. Garlic butter and garlic bread are prepared by students in the study kitchen at the school. They sell some of the garlic—dubbed 'Harlic Garlic'—donating the proceeds to a charity of their choice."

While Barker notes fostering a relationship with the outdoors has always been an important aspect of childhood, she sees the need to develop stronger ties to the environment to be even more important now.

"These kids will be tasked with protecting the environment. Hopefully, early exploration and a healthy respect for nature will equip them to meet the responsibility," she says.

Students have an opportunity for deep immersion into a specific environmental topic during the school's "focus week." Topics for focus week have included a look at the seed and farming techniques of the Onodowaga (Seneca) and Haudenosaunee (Iroquois) tribes, an exploration of oceans, a look at West Africa, and research into the rainforest.

Two fourth graders at the Harley School, Rai Das and Vijival Ramaiah, have taken their study of nature to the next level. The pair started a nature club last year to encourage their fellow students to explore nature.

Das, who likes being in the garden because she says it's peaceful, looks forward to seeing catnip grow. She and Ramaiah

are working on varied projects with other club members including pollution collectors, water wheels, and a model of a wind turbine.

Ramaiah loves being close to trees and the creek and says he feels as if he's in a forest when he visits the nature center. He also likes to help in the garden—weeding included—because he looks forward to seeing flowers and plants.

"I'm happy, calm, relaxed and mindful when I'm in nature. I hope the nature club can raise funds to preserve the rainforest," he says.

Barker brings her dog, Cooper, with her when she's working in the school garden, much to the delight of her students. She takes her job as a role model seriously.

"I didn't grow up gardening. I discovered the power of gardening and community after being assigned a photo project to document urban farming. When I saw how gardening empowered people, I wanted to share that experience with others."

Smith offers this advice to parents for the summer months: "Identify areas around Rochester to explore: Lake Ontario, the Erie Canal, etc. Model the wonder you want your kids to express. Start in your backyard. Stake out one square foot of land. Count bugs, identify plants on that small patch of land. Ask how many dandelions grow there. Find an app that can take a photo of a leaf and identify it. Parents need to be as curious as their kids. There are so many resources available. Go outside; look and listen." [Kids](#)

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# Keeping your COOL at school

BY MARGARET CRAIG

As the summer winds down and the new school year approaches, you might be wondering how to best support your child's return to school after such an unusual year. For many students and families, the upcoming school year will bring feelings of excitement, relief, and gratitude for a return to a sense of normalcy after such a challenging time for many.

For others, the thought of that first day back in September might come with feelings of fear, unease, or anxiety. As a school counselor, I know how prevalent mental health challenges are these days in students, from kindergarten through high school. Even the calmest, go-with-the-flow kid might feel a little apprehensive this year at the thought of transitioning back to school in person five days a week, with all of the academic and social stress that school can bring. Here are a few things to consider to help your child "keep cool" as they transition back into school.

*Pack up homework and backpacks before going to bed.*



## ESTABLISH ROUTINE

Most children, especially young kids, crave structure and routine in their lives. Try to help your children maintain a consistent daily routine—you might find that it is great for their moods. Children who struggle with anxiety, or those on the autism spectrum, can especially benefit from knowing what to expect throughout their days. In the first days and weeks of school, make sure that your child knows how their own routine—and their family's routines from summer—will change, and how they need to be prepared.

Teenagers may prefer to manage their own daily schedules more independently, but parents can help to make sure they have a basic daily framework in place with time for schoolwork, sports practices, time to relax, consistent family mealtimes (as much as possible), etc. Set your children up for smoother mornings by choosing outfits, preparing lunch, and packing up homework and backpacks before going to bed.

## EMBRACE HEALTHY HABITS

During transitional times, getting back to the basics of good health can help keep everyone to be physically and emotionally well. Aim for early and consistent bedtimes for your kids, as often as you can. If your kids have their own phones or tablets, you might consider keeping them in your room to charge at night to discourage late-night screen use. Pack plenty of healthy snacks and a hearty lunch in your child's backpack. Try to help your kids get in some daily exercise, whether it's a family dog walk, sports practice, or shooting hoops at home. Prioritize family dinner time. These daily, tried-and-true habits can keep everyone at home feeling balanced and rested.

Beyond that, talk with your kids about how engaging in these daily practices—or other preferred self-care activities—helps us all to proactively care for our mental health. If meditation is new to you, try out some mindfulness practices using apps like Calm, Insight Timer, or Headspace, and have your kids try, too! Model how to take breaks when things feel overwhelming. Do your best to talk openly and non-judgmentally about the wide variety of feelings you experience in your own life. Nurture a sense of optimism and positivity for yourself and your kids. These habits and dispositions will help your child to be resilient when they face stresses or challenges during the school day, from kindergarten through senior year.

*Practice meditation with mindfulness apps.*



*Journaling, listening to music, and deep breathing are ways to cope.*



## FOCUS ON THE GOOD

However you and your children are feeling about the return to school in September, try to focus on the positive elements of this time. What gratitudes can you help your children focus on? What are the small, daily moments in the school day that they are looking forward to most? Lunch with friends in the cafeteria? Time on the playground at recess? Robotics practice or soccer games? If your child is feeling anxious, what tools do they have in their emotional toolkit to cope during the school day? Can they talk to a close friend, check in with a school counselor or trusted teacher, listen to music, take a break, meditate, use deep breathing techniques, write in a journal? An anxious child needs reassurance and support, but also needs to be able to face their triggers, whether school-related or not. When they do, offer plenty of positive attention and encouragement.

While you want to encourage a positive, flexible, and resilient mindset in your child, it's also important for them to know that they can be honest with you if they are struggling with something. Remind your kids that it's okay to not be perfect, to mess up, to not have everything figured out ... and most of all, that it's okay to talk about anything they are going through.

## FIND COMMUNITY

Lastly, lean on those in your community who can help kids "keep cool" when going back to school this year. Who are the caring and trusted adults in your child's life? How can you help your child foster connectivity with their peers at school or in the neighborhood? Are there community organizations, camps, sports teams, churches, or volunteering groups that provide opportunities for your child to strengthen existing friendships, or build new ones? When kids feel a strong sense of social support in their lives, they can easily lean on peers and adults during difficult times. And beyond that, friendships help children learn how to set boundaries, be a good listener, and empathize with others, all of which can be beneficial for their own mental health.

If you notice that your child is experiencing significant difficulties with the back-to-school transition or is experiencing major changes in their mood or daily habits, you might find it helpful to check in with their school counselor. They can be tremendously helpful if your child is having a hard time with something and may even be teaching social and emotional skills and strategies that you can help to build on with your child at home.

Have a great year at school! **kids**



*Help your child foster connectivity with their peers at school or in the neighborhood.*



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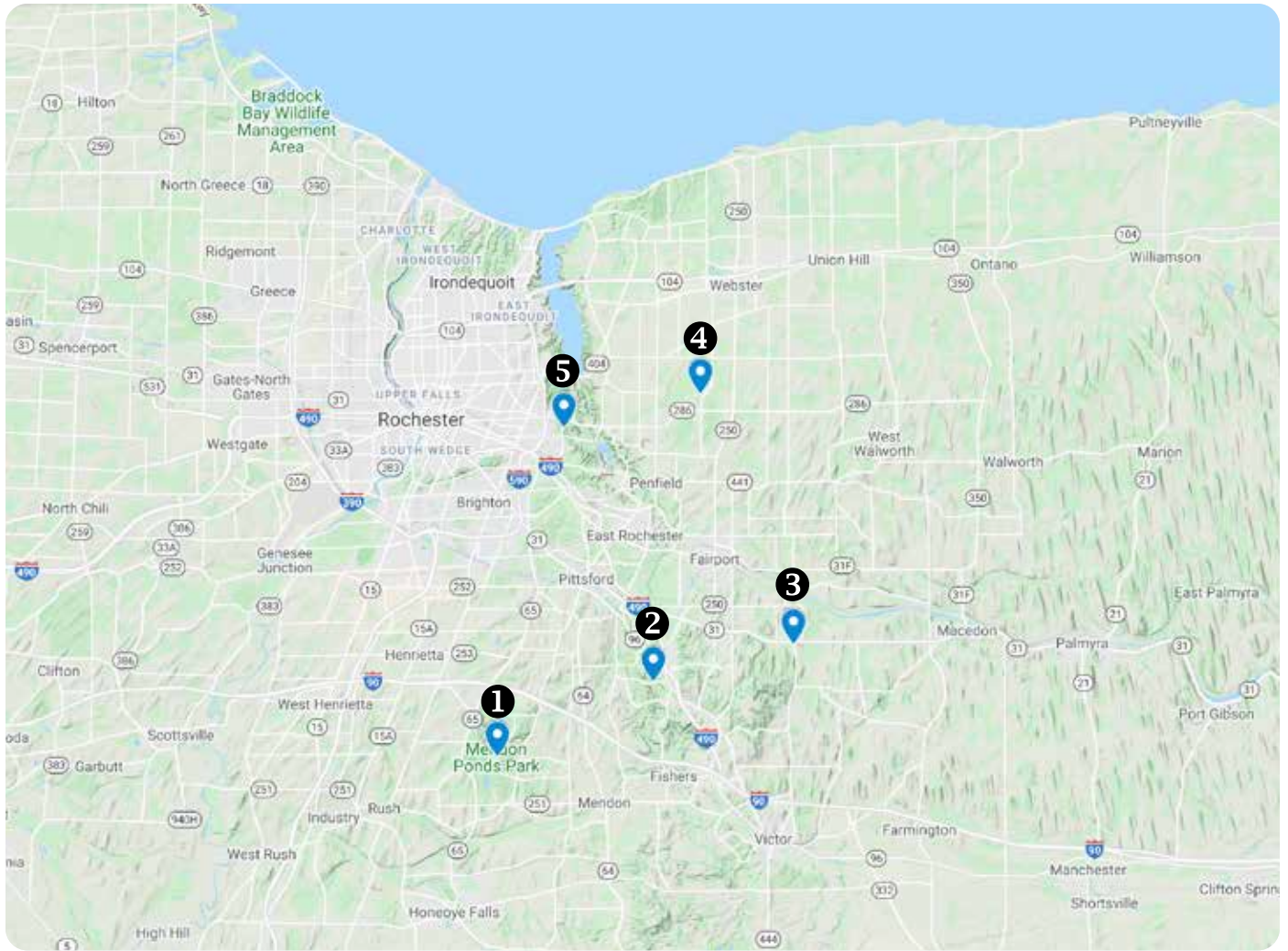


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# Get outside—East Side

## *Outdoor adventures to have with your kids*

BY EMMA WARNER

I've been a babysitter in Rochester for many years. During this time I've learned that with every group of kids, there is always a point in the day after all of the toys have been played with, the books have been read, and the crafts have been created. That is when I find myself looking for an outdoor adventure to take the kids on to get their energy out and to keep them entertained.

I have found that my favorite places were the ones that were free, and often outdoors. I like to call these activities “fast, fun, and easy” because they include places you can go and things you can do without any plans needed—just pack the snacks, load up the kids, and you're off!

### **1. Mendon Ponds Park**

This park is home of the Birdsong Fairy Trail, where kids can run along the path and make stops at all of the unique fairy houses.

It's also home to the Wild Wings birds of prey facility and nature center, where you can see a variety of birds and animals that are being cared for because they are permanently injured and unable to be released back into the wild on their own. There is no admission fee, but donations to help feed and care for the animals that live there are accepted. The kids' jaws dropped seeing all of the animals they were practically face-to-face with!

## 2. Powder Mills Park

This park has a variety of short trails that are less than a mile long, perfect for the smallest (but often mightiest) of hikers. The trails are all different: on one trail we walked along a creek, another was up a steep hillside, and a third was through tall trees next to a marsh.

## 3. Egypt Park

This farm-themed playground located in Perinton is definitely a fan favorite for truck and tractor enthusiasts. As an added bonus, there is a short trail right off of the playground parking lot that leads to Lollypop Farm, where we were able to walk along the pastures and see many assorted animals.

## 4. Thousand Acre Swamp Preserve

This Penfield walking trail starts off through the trees and then leads to quite a long section of boardwalk over a swamp. You can see cattails and other plants, plus birds, frogs, and many different colorfulbugs that will catch any kid's attention.

## 5. Ellison Park

This park is ideal for those that want to bring a stroller along, because it has a wide, paved walking path. The main trail leads down a hill and crosses a bridge where kids are able to watch the geese and look for fish. There are also some smaller dirt trails through the woods to further your outdoor exploration. We were lucky enough to spot quite a few painted rocks on these trails, an added bonus and fun surprise for the kids.

### HONORABLE MENTION

*(not outdoors or East Side but still worthy of a recommendation):*

### Dan's Crafts & Things

On a rainy day in, it's always nice to have a craft on hand. At Dan's Crafts & Things the kids have an assortment of projects to choose from that are manageable for their age groups. Dan's has a great selection of S.T.E.M. based construction kits, coloring books, jewelry and beading kits, and more. The kids won't even realize they're learning while building these fun projects. It's nice to visit a local shop with friendly

staff always available to help or answer questions at any point.

### Local Libraries

Libraries always have events and activities going on for every age group, and you can easily look up their schedules online. You'd be surprised that you probably pass by three or four libraries in your daily travels! Stop in—each has something different to offer. You never know, you may stumble upon a Paw Patrol Party, which was a fan favorite for these two.

### NEXT TIME ...

*Watch this space for more fun outdoor activities on the West Side, up north, down south, and everywhere else. Suggestions? Send them our way! We'd love to hear from you at [rwagner@585kids.com](mailto:rwagner@585kids.com). [Kids](#)*



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BY MEGAN COLOMBO



# Ditching the **BIG BOX**

*Five locally owned and Yelp-recommended spots for back-to-school shopping!*



Hipopampo Children's Books

**W**hile the tradition of back-to-school shopping can be a delight every year, this season's outing will mark an especially pronounced anticipation for what's to come in the lives of our kiddos. Families across the 585 are hoping for more normalcy, less disappointment, more celebration, and (hopefully) significantly less time on Zoom. While the convenience and consistency of big box shops can be an alluring way to update your student's shoes, denim, and accessories, making the swap to a locally owned shop for even one or two items can have a significant impact on the lives of your fellow community members—the owners of these businesses!

Cultivate a special shopping experience with your child by making a stop into one (or all!) of these six great locally owned businesses across the region.



Hip duds from Lagom

**Hipopampo Children's Books**—6388 South Ave., South Wedge Neighborhood

Home library in need a refresh? Hipocampo Books offers up a large selection of (obviously) books for children of all ages, along with varied toys and apparel. Hipocampo sponsors the Teen Book Festival, carry books in fourteen different languages, and cares deeply about developing a community of readers in Rochester.

**Lagom**—40 Main St., Brockport, NY

Everything about this Brockport-based boutique screams “chic first day of school outfit!” Lagom stocks a wide variety of apparel for you and your littles, paper goods, aromatherapy, and more—all curated by owner Brooke Albanese, who established the shop in 2018.

**Valenti Sports**—2195 Monroe Ave., Brighton, NY

Valenti Sports carries all of your favorite brands from the big box athletic stores, with the personal touch of a family who knows the community and local sports scene. Sneakers, pullovers, backpacks, and gear for any sport you can think of is available in this 9,000-square-foot space in Brighton.

**Archimage**—668 Monroe Ave., Downtown Rochester

This recommendation might be a bit surprising for back to school, but nowhere else will you find this unique assortment of toys, instruments, and clothing for kids in a store they will quickly fall in love with! Come for the assortment of goodies and stay for the laid-back atmosphere.

**Parkleigh**—215 Park Ave., Downtown Rochester

While Parkleigh has always been a fan favorite for holiday shopping and home decor, you're bound to find a special school necessity here as well. Themed journal for your eccentric middle schooler? Check. Vera Bradley clutch for lunch money? Check. Good luck socks? You bet! Grab a truffle treat on your way out and enjoy as you walk down Park Ave. [Kids](#)

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



Assorted journals—and wrapping paper—at Parkleigh



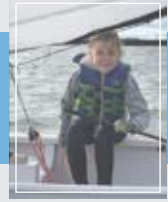
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Make it with Crafty Cat



### A NOTE FROM CRAFTY CAT

Summer is in full swing ... but the weather won't be sunny and hot everyday. Making a ribbon windsock is a fun way to spend a rainy day indoors.

Please send pictures of your creation to [rwagner@585kids.com](mailto:rwagner@585kids.com) to be included in the next issue of (585) Kids!

# Ribbon windsock



### SUPPLIES

4-inch macramé ring  
Kite string  
1/4-inch ribbon in your desired color  
(about 6 spools)  
Small s-hook

### TOOLS

Tape measure or ruler  
Scissors

### INSTRUCTIONS

1. Cut 3 strands of kite string 2 feet long.
2. Cut 42 strands of ribbon 4 feet long.
3. Fold one piece of kite string in half and lay flat on table.
4. Place ring on top of string near the loop.
5. Pull cut ends of string up over the ring, and slip through the loop, and pull tight. You just made a lark's head knot, also known as a cow hitch knot.
6. Repeat step 5 with 14 strands of ribbon, then add another kite string.
7. Add 14 more strands of ribbon, then the third kite string.
8. Add the last 14 strands of ribbon. You should end at your first piece of kite string.
9. Gather all 6 ends of the kite string and hold up your windsock. Adjust the kite string as needed to make the windsock level.



Lark's head knot before tightened.

10. Make a simple knot about 2 inches from the end of kite strings. Make a second knot 1 inch from the end.
11. Slip the s-hook through the strings between the two knots.
12. Hang up your windsock—be sure to ask an adult for help deciding where the best location is. [Kids](#)

### RIBBON IDEAS

- Use your favorite colors or your school colors.
- Use different shades of the same color, or two contrasting colors like blue and orange, or yellow and purple, or black and white.
- Use different widths of ribbon leftover from other projects.

## Kindness Counts

BY TERRI ERCOLE

**Kindness counts! It really does.** You've heard it before. Your friend, teacher, parent ... someone said it and you probably thought about it for a minute. Now is your time to **act** on it—simply, quietly with no great fanfare (although you might hear some).



























Let's get you started. Who knows, you might pick up some helpers along the way once they see you out there making the world a bit better with each act!

I've set up a little calendar to get you started. No dates, just days. Not the expected, but you aren't about to embark on the expected!

Look through! Pick and choose! Switch them up! Add in your own flavor and just **act!** That's why they're called acts of kindness 😊.

We know you aren't going to do it for the smiles, hugs, thanks and attention ... but pay attention to how you begin to feel. Are you smiling a little more? Are others around you smiling a little more?

Kindness counts—you've got this. Now get out there and begin!

SHINE ON SUNDAY	MARVELOUS MONDAY	TURN UP THE KINDNESS TUESDAY	WILD WONDERFUL WEDNESDAY	THOUGHTFUL THURSDAY	FIND YOUR MISSION FRIDAY	STEP IT UP SATURDAY
Chalk a cheery message somewhere 	Get someone to dance it out with you! 	Plant flower seeds in a cup and give it away 	Share something unexpectedly—a hug, a toy, anything! 	Donate some of your favorite books 	Draw an amazing picture for someone 	Plan a playdate with a new friend 
Say yes to helping out, even if it's hard 	Leave two positive Post-its around 	Send a smiling selfie 	Make a birdfeeder and fill it up 	Ask someone how their day is 	Walk your dog, or a neighbor's dog! 	Saturday has eight letters so smile at eight people 
Clean your room! 	Collect and donate items to a pet shelter 	Surprise someone with a treat you make 	Say thank you to your mailman 	Give a compliment to an older person 	Hold the door for anyone! 	Design, make, and send a thank you. 
Paint & leave quote stones 	Share a joke—even one you make up! 	Find out how to help a neighbor—then do it 	Let someone go in front of you in line 	Volunteer your time—anywhere! 	Slip a nice note into a backpack 	Really pay attention to your feelings 

### TIME TO CHECK IN.

How is it going? Are you finding it easier to jump in and share an act of kindness? Have you seen any unexpected reactions? More importantly, are you ready to keep going?

It isn't always easy to take action. It might take a bit of planning and thought, but each time you act, it makes a difference to the world. Yes, the world.

We would love to hear how your plan went! That's called reflection. Just like when you look in a mirror and see yourself,

look now and see inside yourself. Have you changed a little? Has your idea of the world changed a little? What acts of kindness have you thought up? You've got this. Spread the word—kindness counts! [Kids](#)

*Did you have a wonderful experience sharing kindness with others? We'd love to hear about it! Email [rwagner@585mag.com](mailto:rwagner@585mag.com) to tell us your story.*

# THE BASEBALL GLOVE TIME MACHINE

BY MICHAEL BENSON



**M**ax Mulligan had a chance to be a hero. The Ballantyne Road Bears of the Sandlot League were playing the Cards from Chili Center on the Bears' diamond. The score was Cards 4, Bears 3 in the bottom of the last inning. Two outs, bases loaded. All Max had to do was get a hit and the Bears would tie the game, maybe win.

But all Max could think was, "If I hit a home run, it's a grand slam! Four runs with one swing of the bat. Wouldn't that be great?"

He took strike one, and then strike two, waiting for the perfect pitch. Then it came, a fastball right down the pike, and Max swung as hard as he could, with an uppercut designed to send the ball high and far.

The pitcher could feel the breeze, but Max missed, by a lot. Strike three. Bears lost.

Max hung his head low and dragged his bat back to the bench. He felt terrible. None of his teammates said anything to him—and that only made it worse.

That night, Max had trouble getting to sleep. He kept seeing that pitch over and over again, as big as a pumpkin. Why couldn't he hit it? At last, he drifted off to sleep.

The next day, the Bears' third baseman, Mary Potter, showed up at practice with an old glove hanging from the handlebars of her bike. Mary was one of the Bears' better ballplayers. She came from a baseball family.

The glove, Max could see, was an old first-baseman's glove, and on the side written in magic marker was one word: "Easter." Mary said she found it in her attic, in an old trunk.

"My dad said it belonged to Luke Easter, the great first baseman for the Rochester Red Wings, back in the early 1960s."

"It's an antique!" Ritchie Thompson, the Bears' pitcher, said.

All nine Bears wanted to hold the glove, to try it on, and there began a group tug of war for the mitt. At one point all nine of them touched the glove at the same time ... and something very strange happened.

There was a cracking noise, and for a second all Max could see was a thick mist, like fog but swirling in circles. When the mist went away, they were standing outside a baseball park.

"Where are we?" Max said. "It's a baseball park but it's not Frontier Field!"

"It's Red Wing Stadium on Norton Street," Mary said. "I've seen pictures of it. They ... they tore it down years ago."

"Look at the cars!" Tim Cogs, the Bears second baseman said. "Half of 'em are '56 Chevrolets."

It began to sink in that they weren't just in a different place. They were in a different time.

They could tell by the roar of the crowd that a game was going on.

Ritchie looked very nervous.

"This is crazy. W-w-what's happening?" Ritchie said.

"I think I know," Mary said. "This old glove must be like the portkey in Harry Potter. We know where we are. Let's figure out *when* we are."

Max looked around and spotted a sign above the entrance. It read:

## JOIN THE FUN WITH THE '62 WINGS!

"1962!" Max said, eyes wide.

"Look," Bears third-baseman Marty Brown said, pointing. "No is watching the gate. Let's sneak in and watch the game."

One by one, they ducked under the turnstiles and walked up a ramp, finding seats near the top, a little worried that someone might kick them out. The ballpark smelled like rust and cigars.

The Red Wings won the game easily, defeating the Syracuse Chiefs. After the game they hung around the Red Wing locker room and went wide-eyed when they saw Luke Easter himself come out, wearing his street clothes.

"Hey kids," Luke said cheerfully. "You ballplayers?"

"We sure are," Marty said.

Mary hid the first-baseman's glove behind her back, afraid that Luke would want it back.

"I want to hit home runs just like you," Max blurted out. Some of Luke's homers were legendary, like the time he hit one off the top of the light stand in right field.

"Wants to," Mary said, "Mostly now he's a whiffer."

Max could feel his face grow hot.

"Let me see your swing," Luke said to Max.

Max pretended he had a bat in his hands and showed Luke his powerful uppercut.

"You should swing level, son. If you catch the ball right, don't worry, it will go," Luke said.

"Gee, thanks Luke," Max said. And with that the legend walked away, heading toward the players' parking lot.

Mary suggested it was time for them to get back to their own time and place. They were worried that they might get stuck in 1962. No cell phones. No video games!

"The change happened when we all touched the glove at once," she said. "Maybe if we all touch it again, we'll go back."

Mary held the glove in one hand at arm's length in front of her and the other Bears gathered around. One by one they put a finger on the glove, again there was that cracking noise and the swirling mist, and when the air cleared, they were

## Color your world

back in the year 2021 at the Ballantyne Road playground.

"We still have time to get some practice in," Ritchie said, and they all took turns batting and fielding until it was time to go home.

"When I get home I'm putting this glove back in the attic," Mary said.

The Bears' next game was versus the Dodgers of North Gates, again on the Bears' home field. It was a tough battle, with four lead changes. By the time it got to the bottom of the last inning, the score was tied.

The Bears were up, two outs, runners on second and third, and—wouldn't you know it? It was Max's turn to bat.

Standing on third base, Mary Potter clapped her hands and said, "Come on, Maxie. Remember what Luke said!"

The first two pitches were out of the strike zone, one high and one outside. Then came the pitch Max was looking for, waist high and over the plate.

He swung as level as he could. The ball hit the sweet spot of the bat and soared over the shortstop's head into left field.

Mary crossed the plate with her arms up over her head. Ritchie was right behind her.

"Slide!" Mary yelled. The throw was coming in from the outfield. It was going to be close.

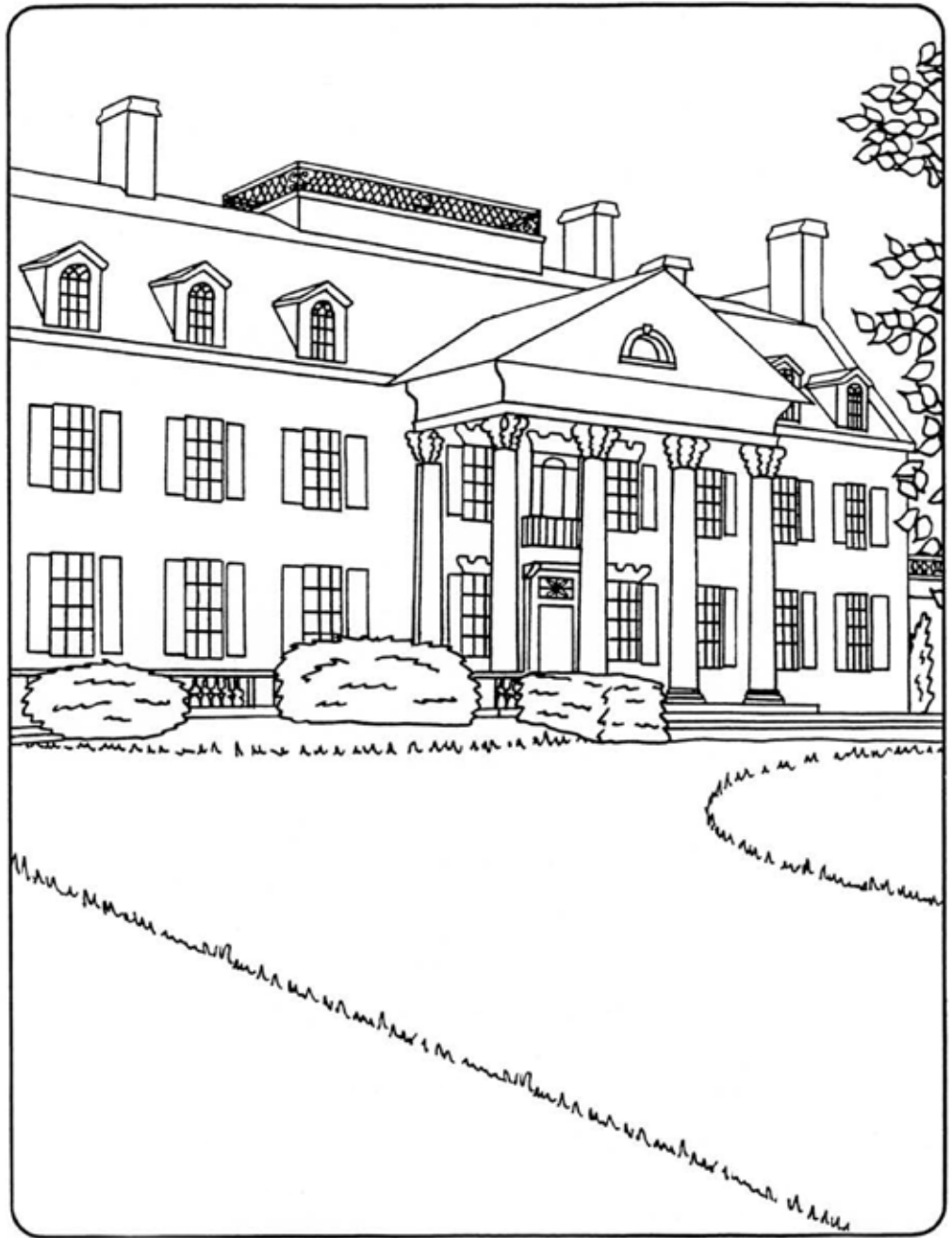
Ritchie slid on his right hip under the catcher's tag, and the game was over. Bears win! The whole team ran out to first base where Max was standing with a grin so big it almost made his face hurt.

"Our hero!" his teammates said. **Kids**

George Eastman's mansion in Rochester, New York, was built between 1902 and 1905. Today, it is the location of the George Eastman Museum.

GEORGE  
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MUSEUM

JUST FOR KIDS



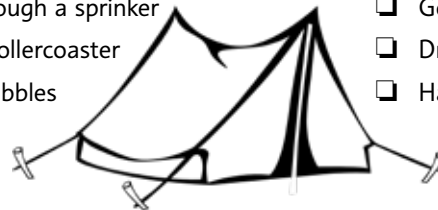
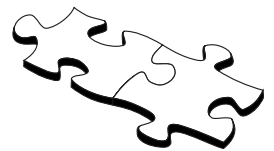
## Kids summer to-do list

### OUTSIDE

- Eat a snow cone
- Camp out in the backyard
- Go on a nature walk
- Run through a sprinkler
- Ride a rollercoaster
- Blow bubbles

### INSIDE

- Build a puzzle
- Visit a museum
- Make a ribbon wind sock (see page 34)
- Go bowling
- Draw a picture of your favorite animal
- Have a picnic in the living room



—(585) Kids staff

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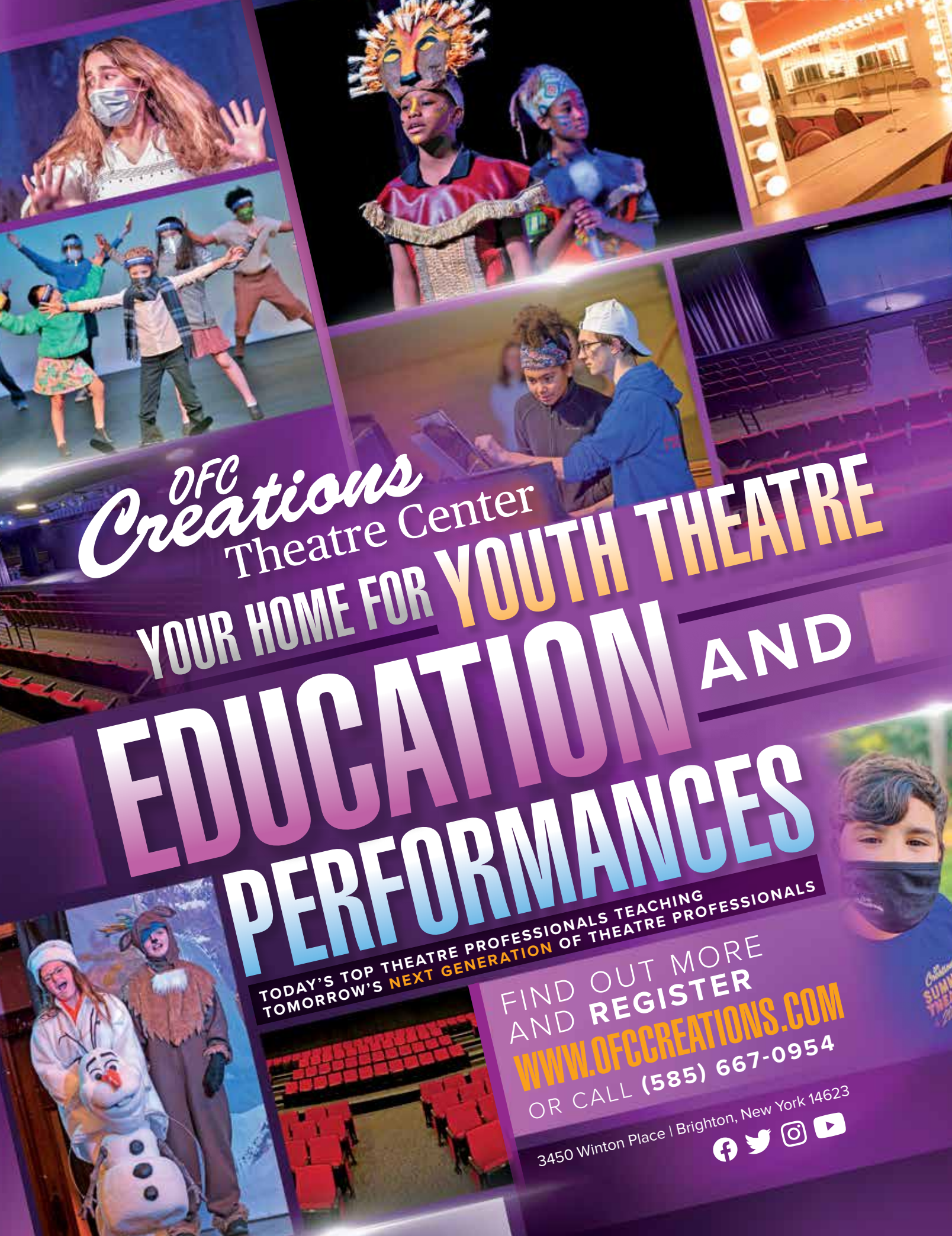
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