

Soaring into summer

(585) Kids

**Visit the
Rochester
Airshow
p. 8**

**The benefits of
playing musical
instruments
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**Take a family
day trip to the
Buffalo Zoo
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page, and more—
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Hello (585) families



When I lived in Virginia near Langley Airforce base, I would see planes and jets practicing for the airshow as I worked outside in the summer. It was always such a rush to see them zoom by, and everyone I worked with would stop to see them do their wild stunts. So, when Karl Kunze and his brother George Kunze invited *(585) Kids* to the Genesee County Airport to see their jets and take photos for our cover, I jumped at the chance. On a warm summer day in early June, Dillon, Audrey, and Levi posed for our cover shoot. Everyone was beyond excited!

We are so grateful to the Kunze brothers for being so generous with their time and their planes. You too can see the cool jets on the cover and in this issue at the Rochester Airshow on August 12 and 13. Read Sarah Mead's article all about the show on page 9 to learn more. Hope to see you there!

Christine

—Christine Green,
Managing Editor

(585) Kids

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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 Fall 2023 issue: Aug. 10
For Winter 2024 issue: Nov. 10
For Spring 2024 issue: Feb. 10
For Summer 2024 issue: May 10

ADVERTISING

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

WHAT WE DO:



(585) magazine

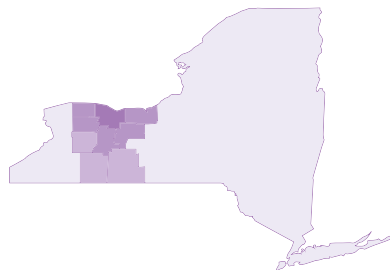
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(585) Kids

SUMMER 2023



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Design by Cathy Monrad

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Terri Ercole believes in Ubuntu: "I am because we are." She also loves

discovering 585's food, culture and new pickleball courts.

Kate McCarthy is a senior at SUNY Brockport studying English and Journalism. She will be graduating in May 2023.

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

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

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Jinelle Vaiana is a freelance writer and copy editor, and a self-proclaimed "word nerd." She's been writing for local publications for more than ten years, and she's also a nonprofit board member and talent acquisition professional. Reach her at jvaiana@585mag.com.

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



Audrey Mead



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HIGH-FLYING

FUN

THERE ARE THRILLS FOR ALL AGES AT THE ROCHESTER AIRSHOW

BY SARAH MEAD

Do you hear it? The whir of the wings. The roar of the engines. After a four-year hiatus, the Rochester Airshow returns! Get ready to welcome back the Thunderbirds, the official air demonstration team of the United States Air Force. Mark your calendars for August 12 and 13. The show will be hosted at the Frederick Douglass Greater Rochester International Airport.

The Rochester Airshow began in 1986. There have been around sixteen shows since then, featuring mainly military aircraft. Many vintage World War II

planes have been added over the years and most of the planes come from the national warplane museum in Geneseo.

Dave Cooper, the managing director of the airshow, used to run a novelty concession company that sold aviation toys and merchandise at shows. This work led him from South Carolina to the Rochester area and eventually to a position in the warplane museum gift shop. He was visiting the Rochester airshow back in 2000 when he met the head promoter, who asked him what he thought of the show. Cooper laid it all out, including

everything that could be improved. The promoter replied, "You're hired!" Cooper has been involved with 650 air shows since 1987.

Forty to fifty thousand people are expected to attend the performances over the two-day event. There will be around twenty-five planes on the ramp, not including the Thunderbirds. You'll find a great kid zone, including a train that takes families around to all the airplanes and ground displays when the kids get too tired to walk. Children can play all day on the trampolines and participate in

Photos by Michael Hamilton



other activities at the kid zone. Families can walk around and talk to the pilots. Flight simulators and other displays will be available for everyone to take part in.

The airshow will have plenty of local food vendors and entertainment, from vegetarian options to Red Osier's famed sandwiches and even Nick Tahou's garbage plates. If you're looking for something extra, a VIP flight deck experience with the best view and a catered lunch will be set up for VIP ticketholders right across from the Thunderbirds.

This year marks the seventieth

anniversary formation of the USAF air demonstration squadron. Crowds love the exciting and inspiring show with a patriotic theme. "The Thunderbirds put on a show that is perfect for kids five and six years old through kids like me in their seventies," says Cooper. "It never fails to throw me with the acrobatics that they do." Flying for millions of people around the world, the team consists of 200 personnel from administration to medics, public affairs to pilots and mechanics. Rochester was lucky to have been chosen by the Thunderbirds as they

only participate in about thirty-five shows each summer around the country.

In addition to the Thunderbirds, you'll be amazed by the parachuting skills of the all-female Misty Blues Skydiving Team. You can also watch Michael Goulian, one of the most decorated aerobatic pilots in North America, perform a heart-stopping display of gyroscopic tumbling and flying. Catch Jason Flood as he flies a comedy routine followed by powerful aerobatics. Visit Rick Volker as he pushes the boundaries of speed limits and artfully utilizes the smallest three-dimensional

What to know about the Rochester Airshow

DATE: August 12-13, 2023

TIME: Gate open at 9:30 a.m.; gates close at 6:00 p.m.

LOCATION: Frederick Douglass Greater Rochester International Airport

COST: \$15-\$250

PARKING: Reserved lot and shuttle lot parking available

GET TICKETS: ROCAirShow.com

space with his Sukhoi SU-26M aerobatic airplane. All these and many more performers will be waiting for you this year at the airshow.

Airshows can be loud, so it's important to come prepared with ear protection, especially for young children. You'll want to consider good earplugs and noise-reducing earmuffs that have a high NRR (noise reduction rate) and fit correctly.

There will be flight schools on the field. If you are interested in becoming a private pilot, you can talk with instructors and even take part in discovery flights. Everyone who visits the show gets to have a taste of what it's like to become a pilot.

The airshow is also focused on honoring those who have served and inspiring the younger generations to join the military operations. There will be a simulator from the Air Force where you can practice being a fighter pilot on an F16 or practice fueling a plane. The Navy, Marine Corps, and Army will also be there. Cooper says he knows several young adults who have gone on to the Air Force, Naval Academy, or ROTC because they came to the airshow as a child.

The team that puts the show together spends all year long prepping for this weekend. They will need to set up about forty or fifty tents, 3,000 chairs, and fencing in all the areas. There will be close to 200 pilots and ground crew for the Rochester show. Another 100 volunteers on top of the paid crew will be there as well. There is a big effort to make it all go smoothly, and safety is the highest priority. Air buses and air traffic control direct all the ground traffic.

There most likely won't be an airshow next year due to planned improvements at the airport, so this is the year to visit. The gates open at 9:30 a.m. Flying begins around 10:30 a.m. and ends around 4 p.m. For more information on where to park and how to get your tickets to the 2023 A.P. Property Services Rochester Airshow, visit ROCAirShow.com. [Kids](#)

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Hitting all the right notes:

The benefits of playing a musical instrument



BY SARAH MEAD

Before you send your child back to school this fall, consider encouraging them to choose an instrument and join the school band or orchestra. Find out what is offered at each grade level. In our district, children start learning bowed stringed instruments in second grade and band instruments in fourth grade. Later, they can join the fiddle club, marching band, and indoor percussion ensemble.

My kids all agree that there's nothing like standing on stage in front of a cheering audience after they finish a performance. And performing in front of a crowd gives them the confidence to speak up in the classroom and strengthens other academic skills, too. Music might feel like the opposite of math but take a closer look. When your child masters scales, rhythm, and the beats in a measure, they are counting and learning about fractions. Memorizing music helps improve your child's memory and attention span. It's a workout for the brain!

Joining a band or orchestra and working as a team can cultivate lifelong friendships. Sarah Reilly, mom of three musicians, knows this firsthand. She says, "Learning a musical instrument teaches perseverance, dedication, and teamwork. Participating in marching band or a competitive drumline hones time

management skills and requires a level of commitment that looks great on a college application. But putting all of that aside, band has been a fantastic social outlet for my children. Some of their dearest friends are people they met on a hot August day at band camp."

Keep in mind that your child might want to quit at the beginning. Before they have the confidence and skills, they will need to be pushed to practice. My best tip is to let them choose which instrument they will play. I'm still bitter about being assigned the clarinet in fourth grade when all I wanted was to play the drums. So, take them to see a marching band or orchestra and point out all the choices. Find rock stars who play your child's instrument. We love watching videos of Mark Wood on the violin or Lizzo on the flute.

Joanne Lowe has taught violin, viola, and cello to children in Victor schools for the last two decades. She has played with the Rochester and Buffalo Philharmonic Orchestras and even played with artists like Josh Groban, Placido Domingo, Rita Moreno, and Itzhak Perlman. She teaches the Suzuki Program which allows the youngest learners to play many songs before reading a single note, building confidence and love for the instrument. Joanne says, "Learning to play a bowed stringed instrument at an early age is

now known to have extremely beneficial effects on brain development in children. However, the social emotional benefits are just as important. There is simply nothing like seeing a student who struggles in school pick up an instrument and succeed. It's the best gift you can give your child that will benefit them the rest of their lives!"

My kids learned to be very patient that first year as they practiced holding their instrument correctly and how to make a sound without squeaking. They learn how to accept criticism and work on specific skills, making positive changes each week. Playing a musical instrument also builds a sense of responsibility. Children must keep their instruments clean and tuned. They need to remember to bring their instrument to school on lesson days and carve out time to practice daily.

Plan a schedule that works for your family. My kids do their thirty minutes willingly because they get thirty minutes of screen time as soon as it's done. You can start with five minutes and gradually increase. The rule in our house is if you practice school songs for twenty minutes, you can play whatever you want for the last ten. Now that they can read music, I look for songs from their favorite artists and musicals. It helps keep the love for the instrument going.

"My music teachers are so nice," says Violet, age nine. "I love that I can play my viola whenever I want to, and it just sounds beautiful to me."

Your children will get the opportunity to appreciate many different cultures as they play music from around the world. And don't forget to let them put on a show! Kids love to plan a performance for friends and family, complete with programs and even props. It's a great opportunity for self-expression.

The first few years of any instrument will take a lot of parental encouragement, but I promise there will come a day when they will be grateful that you didn't let them quit. [Kids](#)

Looking for instrument rentals?

- Payton Violins in Rochester
- Mobile Music in Canandaigua
- Stringed Instrument Services in Fairport
- The String House in Brighton
- Music and Arts in Pittsford

Meet Robin: A children's hospital librarian

BY DEENA VIVIANI



Did you know that a local hospital has its own library—and librarian? Read on to learn more about Robin Lacagnina, the Pediatrics & Family Resource Librarian at the Golisano Children's Hospital Mucci Family Resource Library (MFRL) and what her library has to offer patients and their families.

Q. Can you tell us how you became a medical librarian?

A. Hi, readers! Prior to arriving at Golisano Children's Hospital (GCH), I was a children's librarian at the Brighton Memorial Library. There I specialized in promoting early literacy through infant and toddler story time programs. I transitioned to GCH in 2019 with the goal of bringing library services to some of the most vulnerable children in our community. The environment surrounding the hospital library is very different from the public library, but the principles of literacy, education, and inclusion are the same.

Q. I heard the library recently relocated within the hospital. How has that helped MFRL fit into GCH's mission?

A. GCH strives to provide a unique patient experience and superior health outcomes. The library supports this mission through three primary objectives: providing tailored medical information to children and their parents; supporting the patient care and research provided by our clinical staff; and promoting early literacy through a diverse selection of fun reading materials.

The new library location—just inside the secure children's hospital lobby—has substantially increased visibility and foot traffic. I'm reaching more people, which means more information is being shared and more kids are reading.

Q. What part of your library and resources are you most proud of?

A. I'm most proud of the selection that we offer. The library isn't just a room full of books; it's a thoughtfully curated collection that meets the diverse needs of our patients and families. We

offer everything from *M is for Mindful* to *When a Kid Like Me Fights Cancer* to *Don't Let the Pigeon Drive the Bus*.

My goal is that every child and teen who enters the library sees themselves reflected in the collection. I also aspire to make sure we have materials that are accessible to all of our families. I'm developing a World Languages collection, with books for infants through teens in more than twenty languages other than English as well as a large collection of wordless picture books. We also have Braille and audio books. There's something for everyone!

Q. What benefits have you personally seen from GCH having its own library?

A. We are fortunate to have a hospital in our community that offers library services. Having a child in the hospital is scary. In a children's hospital, many families are learning of their child's diagnosis for the first time. Parents have to make decisions about their children's medical care, and they want to be educated.

I have all of the University of Rochester's resources at my disposal to help parents get prepared to meet with their child's doctor. Sometimes this includes sharing the latest published research on a treatment or medication that their healthcare team has recommended. Other times I'm pointing parents to reliable resources online. Access to the best available evidence is critical when caring for your child's health.

We also have books available for children that explain a diagnosis, treatment, or surgery in a relatable way. Books like *Good-bye Tonsils*, *Nigel's NG Tube*, and *My Sister is a Premie* help put patients and their siblings at ease by explaining complicated medical topics in the age-appropriate format of a picture book.

Q. Are there ways that readers can help MFRL?

A. Yes, donations of gift cards to Barnes & Noble or Amazon are always a huge help. With gift cards on hand, I can make on-demand book purchases—sometimes on the same day.

There is a Barnes & Noble within walking distance of the

Photo provided

children's hospital, and I've been known to run down there to buy a book that fulfills a specific need or request. I am very thankful to have that kind of flexibility when gift cards are available. There's nothing better than seeing a child's smile and a parent's relief when we can provide their favorite bedtime story here in the hospital.

Donated gift cards can be mailed to the Mucci Family Resource Library at 601 Elmwood Avenue, Box LIBR, Rochester, NY 14642.

Q. Any last things you would like readers to know about MFRL?

A. Medical librarians are available to assist UR Medicine patients of all ages! In the MyChart online patient portal, there's a link to submit a question. One of the librarians from our Edward G. Miner health sciences library system will provide you with reliable resources to help you prepare to meet with your doctor.

Thank you, Robin! Families at GCH are lucky to have you, your library, and so many resources on hand. We appreciate what you do for our community. [Kids](#)



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Day tripping with the family

Take the kids to the Buffalo Zoo

BY KATE MCCARTHY AND HEIDI BOOT

If you're day tripping in Buffalo, you must visit the Buffalo Zoo—the third-oldest zoo in the United States. It is open daily from 10 a.m. to 4 p.m., and children under twenty-four months get free entry.

The Buffalo Zoo has more than twenty exhibits and houses some of the world's most exotic and endangered wildlife. See a diverse array of animals from all corners of the earth, including mammals, birds, reptiles, amphibians, fish, and invertebrates.

Visitors can also enjoy some weekend rides and attractions like the “Zoo Choo Train” and carousel. The Wild Burger Restaurant is open daily, so make sure to stop by for a bite and a break during your visit. There are lots of options from burgers and hot “dawgs” to pizza and salads.

The Buffalo Zoo is also a great place for learning. Children will leave with a better understanding of the natural world and will

learn some interesting facts about their favorite critters. Don't forget to visit the Zootique on your way out for a souvenir.

This summer, the Buffalo Zoo will also be bringing you Zoomagination: the Festival of Lanterns and Lights. This event will conclude on August 20 and will include lantern and light shows, handcrafted goods, food, and specialty drinks. Fan favorites such as the train and carousel will be open throughout the festival. However, all indoor and outdoor animal exhibits will be closed.

Cultural performances will be held nightly at 7, 8, and 9 p.m. Wednesday nights are value nights; every ticket is a dollar off. Don't miss out on the Buffalo Zoo's most memorable event, and get your tickets today! [Kids](#)





This summer, the Buffalo Zoo will bring you Zoomagination: the Festival of Lanterns and Lights.

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BY JINELLE VAIANA

AHOY MATEYS

Yo ho ho! The Colonial Belle, the largest tour boat on the Erie Canal, will host a Family Pirate Lock Tour on July 29 and August 12. Entertainment will be provided by the Happy Pirates, and passengers are encouraged to wear their best and boldest pirate attire.

The three-hour cruise will depart at 2:15 p.m. from 400 Packett's Landing in Fairport and will sail through Lock 32 in Pittsford and back again. The Colonial Belle features a fully licensed bar, where alcoholic and nonalcoholic beverages will be available for purchase, as well as bagged snacks. No outside food or beverage will be allowed on the boat.

Tickets are \$36 for adults, \$18 for kids from four to ten-years-old, free for kids three-years-old and younger, and available for purchase at colonialbelle.com. Children three-year-old and younger, while free, will still require a booking online to be added to the US Coastguard-required passenger count.

LET'S DANCE

When dance parties in the living room just won't cut it, give your children the experience of live music in an impressive venue, performed by kids like them! The KIDZ BOP Never Stop Live Tour brings its family-friendly entertainment to Darien Lake Amphitheater on Friday, July 14.

KIDZ BOP, the family-friendly music brand comprised of children covering hit pop songs, has sold more than 23 million albums and has had twenty-four Top 10 debuts on the Billboard 200 Chart.

The show at Darien Lake will feature choreography and special effects, and it will include songs like "As It Was," "About That Time," "Anti-Hero," and more. If you have seen KIDZ BOP live in concert before, note this performance will include all-new set design, costumes, choreography, and more.

The show will run ninety minutes with an intermission, and tickets start at \$35 on Livenation.com. Four VIP packages are available for purchase, and some include meet-and-greet opportunities. Children two-years-old and younger do not require a ticket, but they will need to sit on their grown up's lap.



PAN AFRIKAN FESTIVAL

The Pan Afrikan Festival, formerly the Afrikan American Festival, was founded in 2006 and has since grown in attendance to about 6,000 visitors per year.

According to Sonya Kittles, festival founder, the event "helps us develop a sense of pride in our history and culture. It's an opportunity to connect with our roots and learn about who we are and who our ancestors were and how they contributed to society. Lastly, it's an opportunity for kids to socialize with other kids and partake in the youth activities present at the event."

This year's event will take place on August 5 at Highland Bowl and will feature live entertainment throughout the day as well as a video game truck, bounce house, and family reading tent.

Recreation on the Move—a mobile program from the City's community centers, featuring sports and group games, health and wellness activities, environmental education games and activities, and more—will also be onsite.

Tickets are \$15, and children twelve and younger are free. For more information, visit panaffestival.org.



HEMLOCK'S LITTLE WORLD'S FAIR

For more than 165 years, Hemlock has celebrated summer with its Little World's Fair. And this beloved event, which takes place July 18–22 this year, truly has something for everyone.

Grandstand events include harness horse racing, demolition derbies, a monster truck show, and more. Livestock shows, as well as sawmill and woodcarving demonstrations, will also take place.

Fairgoers will be able to visit various displays, including those centered around home arts (like culinary skills, gardening, and more), school-aged art, and antique engines. Dozens of local artisans and other vendors will be selling their wares.

Kiddos will love the mobile petting zoo onsite, not to mention twenty rides (including the Ferris wheel) and numerous games. Enjoy live music nightly and several food vendors, which historically have served the classics: ice cream, funnel cakes, deep-fried Oreos, snow cones, kettle corn, and more.

Tickets are \$15 daily and \$35 weekly for adults, \$13 daily and \$30 weekly for kids ages four to twelve, and free for kids three and under. Shave a dollar off admission with early-bird tickets purchased until the Monday before the fair. Visit hemlockfair.org for more. [Kids](#)

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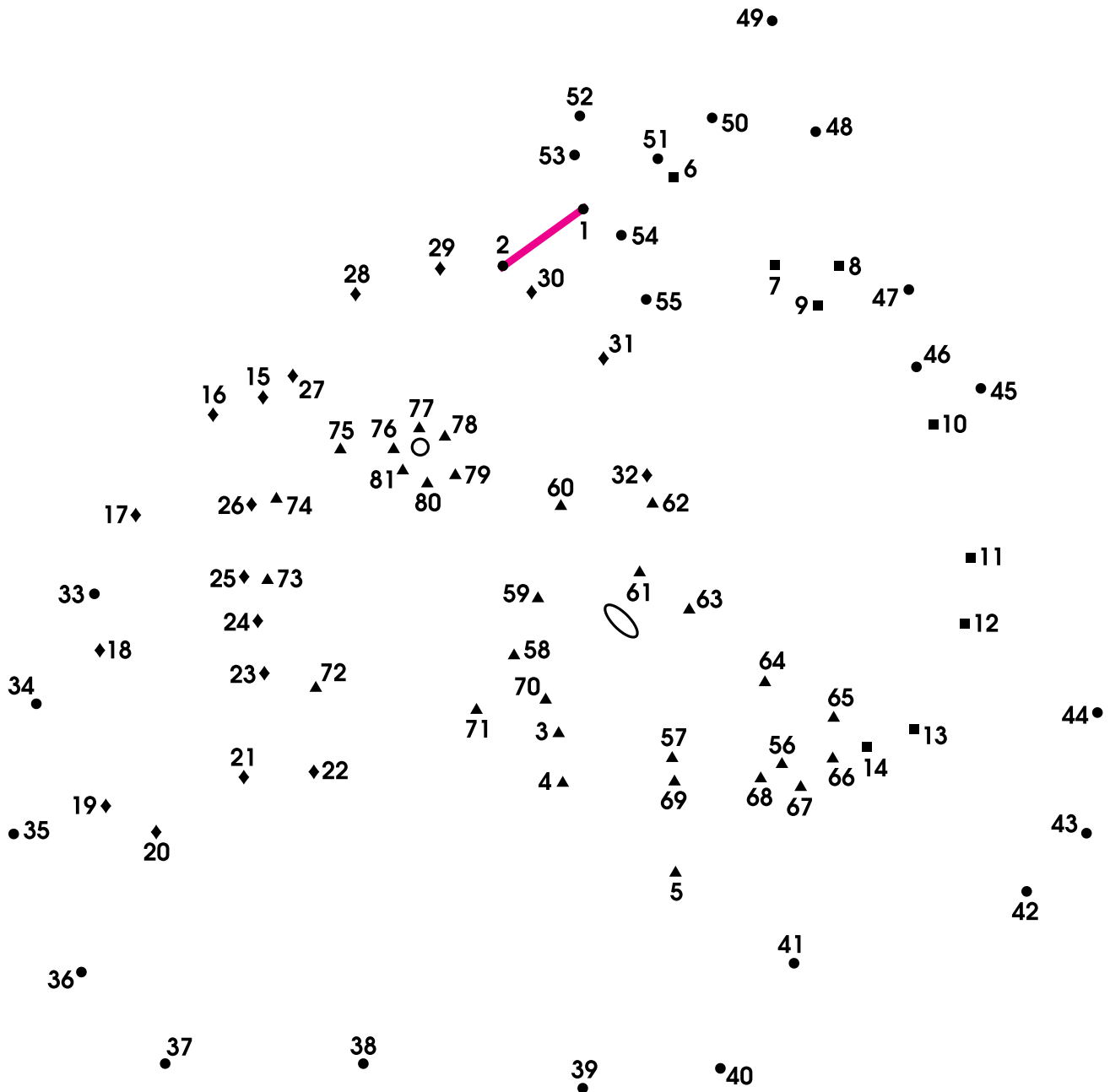
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Sets

Stop your line after completing each set, then skip to the next set and start your line again.

- ✕ ● 1 thru 2
- ▲ 3 thru 5
- ■ 6 thru 14
- ◆ 15 thru 32
- ● 33 thru 55
- ▲ 56 thru 81



There's nothing to do!

Nip boredom in the bud

BY TERRI ERCOLE

Do you ever think, "I'm so bored!" Well, with a little creativity and energy, you will never be truly bored again! Here are some great ways to have fun (and be a little more mindful) when you feel boredom creeping up.



Cloudy days are good for something!

The (585) can always be counted on for some summertime clouds. Make the most of them. We've all spent time watching clouds float by and naming them. Name a cloud then name it again and again and again. See if there are any other clouds that look similar. There may be a whole family of penguins in the sky!

Another spin—make up a story with your friends or family members using the cloud characters and settings. One person begins the story using any of the clouds that they see. Having trouble getting started? "Once upon a time..." always gets a story rolling. Then tag someone to continue the story with more clouds. See how many clouds you can add into your story. Remember, this is your story, so anything goes.



Slurp!

Ever try to eat a Popsicle slowly? Yes, there will be drips and some messiness, but there will also be an incredible amount of focus needed. All you need is a Popsicle and napkins.

Try this:

- Notice all the flavors.
- Are your cheeks getting colder, your tongue, your throat?
- Do they stay cold or become warmer in some spots?
- What textures do you notice? Do they change as you eat more?
- What happens if you *really* slow down?

Try your best to stay silent and focused, but I'm sure there will be plenty of giggles along the way. What other food can you mindfully try?



Puzzled?

Do you have some old puzzles in your house? Ask the adult at home if you can mix up a few of the puzzles into one big pile. It is really fun to then try and separate the pieces back into the right puzzle box. Play some music in the background while you concentrate. Include your friends and siblings, too!

Kids

Kids summer to-do list

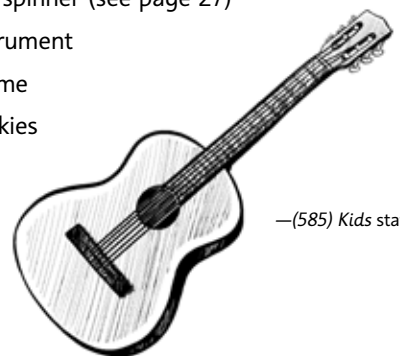


OUTSIDE

- Nap in a hammock
- Find shapes in the clouds
- Swim in a lake
- Have a picnic at the beach
- Walk barefoot in the grass
- Look for four-leaf clovers

INSIDE

- Read a new book
- Visit an art gallery
- Create a paper plate spinner (see page 27)
- Learn to play an instrument
- Play a new board game
- Make a batch of cookies



—(585) Kids staff

Laugh it up!

Why should a banana wear sunscreen?

So it doesn't peel.

Why does the icecream always get invited to the pool party?

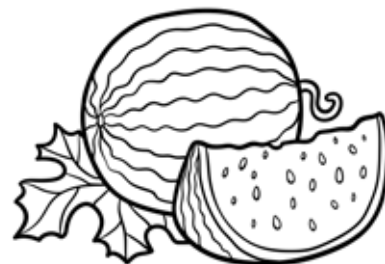
Because it's so cool.

Why don't oysters share their pearls?

Because they are shellfish.

When do you go at red and stop at green?

When you are eating a slice of watermelon.



PARENT'S CORNER

Every parent has heard the “There’s nothing to do” chant. While adults may look around and think there are a million things to do, it’s not quite that easy for children. We see possibilities, but some children need a little direction to get them going.

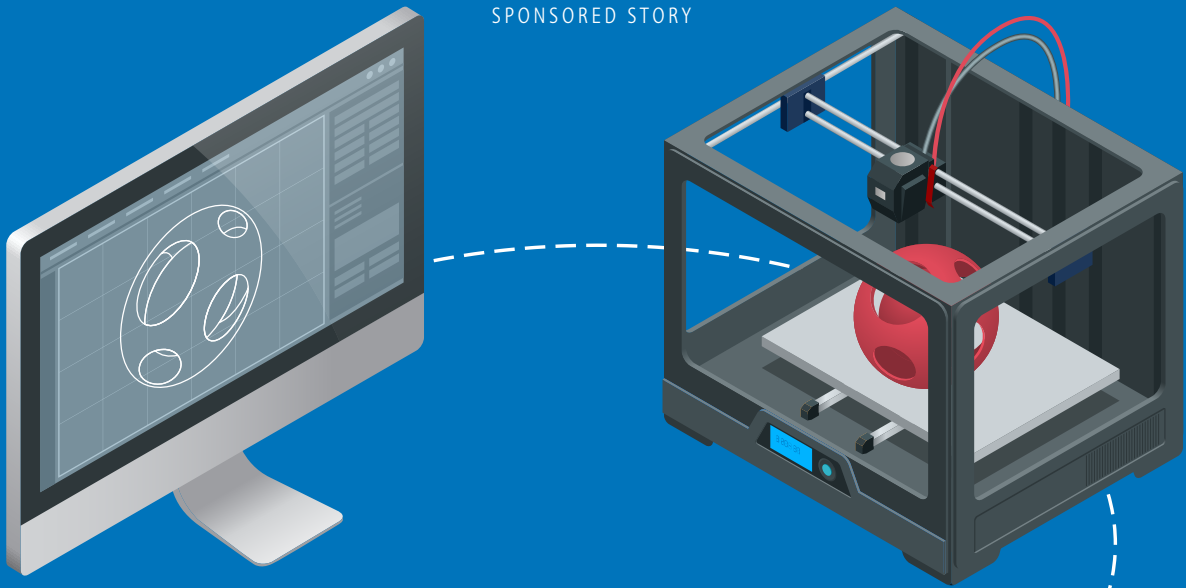
Read this article with your children and try out these simple ideas to spark more mindful moments with your child. Remember, mindfulness is just bringing all your energy and awareness to the present. Some things to remember:

Slurp: There is no harm in you trying this with your little ones. It’s ok to get messy—even for adults!

Cloudy days: Cloudy days can bring us all down a bit, but this classic game will help your child practice their focusing and expand their creativity.

Puzzled: Most children grow up with puzzles from a very young age. It usually begins with shape and animal puzzles then moves into more pieces and greater difficulty. As a parent who loves to save all sorts of things, I couldn’t seem to give any of them away so desperately needed a way to organize them. In the end I just stacked them in a very large Tupperware container. This led to a perfect rainy-day activity for my sons. I simply dumped out all the puzzles, frames, and pieces onto my family room floor and let them go at it! The challenge of finding which piece went to which puzzle became a great exercise in focus and teamwork. The room was eerily silent except for the sharing of pieces: “This might go with one you’re working on.” In the end the puzzles were solved, the Tupperware was closed, and treats were served.

Hope these mindful ideas bring big smiles and maybe even some “leapfrog” ideas to share with us at (585) Kids! [Kids](#)



PRINTING WITH PLASTIC ... MOSTLY

Visitors can see 3D printing and other science experiments at RMSC

BY: KATE MCCARTHY

Did you know we can print 3D objects? The Science Alive program at the Rochester Museum & Science Center (RMSC) contains several exciting and interesting science-based encounters, one of which is its three-dimensional printing (3D printer) demonstration.

Three-dimensional printing is a relatively new science. Although the idea has been around since the 1940s, the first successful 3D printer was made in 1981 by Dr. Hideo Kodama. However, the material we have today wasn't around then, so he used a special kind of **resin**. It is now used for several different purposes, including medicine. Doctors recently used 3D printing to make a human ear that was successfully **transplanted!** This is exciting news for scientists and doctors, because it opens many possibilities to help people.

Fun fact: there is even a 3D printer on the International Space Station! The scientists can create or replace gear and tools without waiting months for the next shuttle delivery.

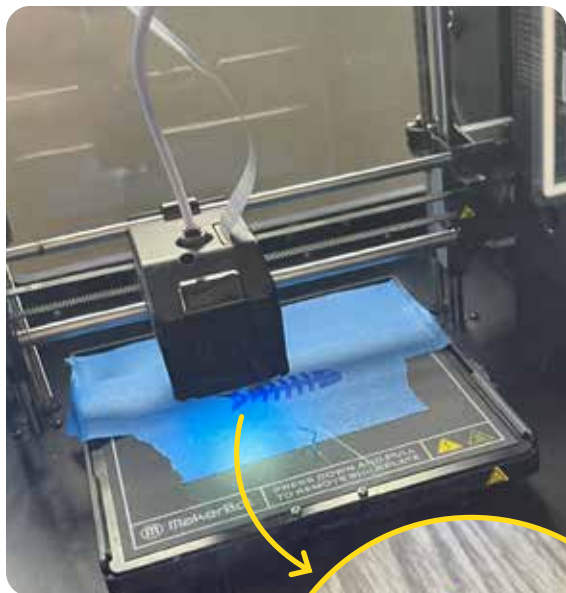
Another cool area where 3D printing has been used is **architecture**. Professional architects use these machines to print concept models of buildings before they are built. They can even use 3D printing to build the entire structure! These

printers are much bigger than the one at RMSC, though. That's because they use cement—buildings are very large, after all.

So, what is the science behind 3D printing? It's actually pretty simple. A **filament** is heated. Once it is melted, the filament is sent through an extremely hot **extruder**. When the hot material comes out of the extruder, it is placed with precision onto a heated platter until, layer after layer, it creates the object. The type of object that it creates can be made because of special coding in the computer of the printer.

There are many different kinds of filaments used in 3D printing. The kind that is mostly used in RMSC's printers is made of **biodegradable** material. This is so it doesn't contribute to **pollution** if thrown away. However, there are other filaments that are metal based, too.

Some of the designs that RMSC makes in its 3D printer are sharks, fish fossils, and turtles. There is even a replica of a *Star Wars* spaceship! The museum gives away some of these designs, so don't miss out on the 3D printing demonstration the next time you visit RMSC. **Kids**



Some of the designs that RMSC makes in its 3D printer are sharks, fish fossils, and turtles.



Replica of a Star Wars spaceship!

JUST FOR KIDS

GLOSSARY

Resin—a sticky organic substance, impossible to dissolve in water, that comes from some trees and other plants

Transplant—to move or transfer something to another place or situation

Architecture—the art or practice of designing and constructing buildings

Filament—a thin threadlike object or fiber

Extruder—a machine that shapes material by forcing it through a specially designed opening

Biodegradable—a substance or object capable of being decomposed by bacteria or other living organisms

Pollution—the presence in or introduction into the environment of a substance or thing that has harmful or poisonous effects

Summer at the RMSC

learn more rmsc.org

BUY ONE MUSEUM TICKET, GET ONE FREE!

June 19 - July 31, 2023

Buy one regular price item and receive a second regular price item of lesser value. Does not include a Planetarium combo ticket. Cannot be combined with any other offers. Valid June 19 - July 31, 2023 only. Offer not valid on previous purchases. Not valid for cash or credit. Offer subject to change at any time and without notice. Exclusions and quantity restrictions apply. Gift cards are not eligible for promotion/discount. Additional fees may apply. All BOGO sales are final.

WILD WEEKEND WALKS

Saturdays in the Summer @ 10:30am

Explore ecology topics through walks, talks, and family-friendly activities alongside one of our expert educators this spring!





A symbol of good luck

Visit the Panamanian golden frog
at the Seneca Park Zoo!

BY CAMBRIE ECKERT

At your next visit to Seneca Park Zoo, prepare to be captivated by the freckled, stunning, golden shine of the Panamanian golden frogs, also known as *Atelopus zeteki*. As mesmerizing as these frogs are, it's best to keep your hands to yourself.

The beautiful, yet deceiving, pattern of a Panamanian golden frog is bright in color to serve as a rather abrupt warning for other animals to stay away. Their skin is quite poisonous. It secretes a water-soluble neurotoxin that can be strong enough to kill 130 to 1,000 mice. For this very reason, Seneca Park Zoo experts wear gloves to handle these little amphibians with care.

Assistant Curator John Adamski from the Seneca Park Zoo talked to (585) Kids about why the Panamanian golden frog has evolved to have poisonous skin.

"They have all these threats, but they're so safe because they're toxic by nature," says Adamski. "Nothing eats them or their eggs, provided they can live in a stream and develop, so nothing can eat them. They have actually evolved to have this. It's an animal that's been around for millions of years, and it's pretty tough. But now, without a doubt, these are the most endangered animals in the entire zoo."

While the Seneca Park Zoo is the perfect place to admire their various animals; it's also a sanctuary for some of them that wouldn't otherwise survive in the wild. This zoo aims to spread awareness and educate the public, especially when it

is one of the only places keeping the golden frogs from total extinction.

"They were under a number of threats," says Adamski. "That's what usually happens when you start to see populations dwindle. There's never one thing that gets them; there's like several things happening at once. For the golden frog it was habitat loss, global warming, and increase in collection. Also, some of the streams these guys were from are somewhat polluted nowadays, and then the final punch was the chytrid fungus."

The last natural sighting of Panamanian golden frogs was almost fourteen years ago, in 2009. This is due to the rapid spread of the chytrid fungus, which spreads via water. This fungus is hurtful to the golden frogs, damaging their skin and preventing them from absorbing important electrolytes into their body, causing eventual heart attack.

"The chytrid fungus is an amphibian fungus that causes a disease called chytridomycosis, which is 100% fatal to golden frogs," says Adamski. "It's a fungal spore that thrives in really humid environments, sometimes tropical environments. This spore gets on their skin, which is very sensitive since there's a lot of respiration between their skin. When they get that fungus and it grows on them, it actually coats their skin and disrupts that keratin layer."

Seneca Park Zoo staff has worked hard to create a beautiful home away from home for these critically endangered

Photos provided



and dense, with a different climate, and higher elevations," says Adamski.

Thanks to this ideal environment, Seneca Park Zoo's male and female Panamanian golden frogs were able to mate and hatch four more golden frogs for the first time last year on April 18, 2022.

"The difficulty in zoos to raise animals is that we have to feed them such small invertebrates to start off with," says Adamski. "Even fruit flies were too big, so I spent my whole last summer collecting bugs from the side of the hill and screening them. We were able to harvest straight from the soil here and then once they got old enough like they are now, they're eating quite well with fruit flies and small crickets."

Golden frogs hold a lot of cultural significance in Panama, so much so that they hold a national, week-long Golden Frog Festival, or Festival de la Rana Dorada. Dating back to pre-Columbian times, these golden frogs were symbols of good luck, so this festival is held to raise awareness about conservation efforts to save the golden frogs. The festival will eventually end once these frogs have regained their numbers and can be returned safely back to the wild in Panama.

The golden frogs' luck truly shines in evading total extinction, but there's no telling how much longer it can be prevented. With the help of conservation efforts and spreading awareness, hopefully these golden frogs will continue to reproduce and thrive. [Kids](#)

amphibians. This exhibit features lush green vegetation, a gently flowing stream into a small body of water, and little rocky hideaways that mimic the Panamanian rainforest, where the golden frogs used to live. This glass-encased environment was created as the ideal setting to save these frogs from total extinction and thrive.

"These guys lived near streams in Panama, which ranged from large, deep streams to smaller streams. It's very tropical

SENECA PARK ZOO SUMMER PROGRAMMING

Presented by: |

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:30	Member Animal Meet & Greet	Member Animal Meet & Greet	Member Animal Meet & Greet	Member Animal Meet & Greet	Member Animal Meet & Greet	Member Animal Meet & Greet	Member Animal Meet & Greet
10:30	Penguin Experience	Penguin Experience	Penguin Experience	Penguin Experience	Penguin Experience	Penguin Experience	Penguin Experience
10:30	Snow Leopard Experience	Red Panda Experience	Baboon Experience	Red Panda Experience	Vet Chat	Reptile (CRE) Keeper Chat	Red Panda Experience
11:15	Crane Keeper Chat	Polar Bear Experience	Wolf Keeper Chat	Polar Bear Experience	Snow Leopard Experience	Sea Lion Experience	Polar Bear Experience
11:45	Giraffe Feeding (\$)			Giraffe Feeding (\$)	Giraffe Feeding (\$)	Giraffe Feeding (\$)	Giraffe Feeding (\$)
12:00	Sea Lion Experience	Elephant Experience	Elephant Experience	Naked Mole Rat Keeper Chat	Sea Lion Experience	Elephant Experience	Elephant Experience
1:30	White Rhino Experience	Sea Lion Experience	Frog (CRE) Keeper Chat	White Rhino Experience	Cichlid Keeper Chat	White Rhino Experience	Crane Keeper Chat
2:30	Snowy Owl Conservation Chat	Naked Mole Rat Keeper Chat	River's Edge Conservation Chat	Sea Lion Experience	Snowy Owl Conservation Chat	River Otter Experience	River's Edge Conservation Chat
2:45	Giraffe Feeding (\$)			Giraffe Feeding (\$)	Giraffe Feeding (\$)	Giraffe Feeding (\$)	Giraffe Feeding (\$)
3:00	Penguin Experience	Penguin Experience	Penguin Experience	Penguin Experience	Penguin Experience	Penguin Experience	Penguin Experience
3:30	River Otter Experience	Baboon Experience	Sea Lion Experience	Baboon Experience	Sea Lion Experience	Wolf Keeper Chat	River Otter Experience

Schedule subject to change without notice.

senecaparkzoo.org



Audrey asks...

A future doctor

BY AUDREY MEAD WITH SARAH MEAD

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

Today she interviews seventeen-year-old Ana Dobrot who is an All Star Math League member and finalist for the National Merit Scholarship award. She is a senior at Victor

High School where she takes part in a medical program for teens. Ana loves to create art and plays both the piano and cello. She loves classical music and songs by Mother Mother and Mitski. She has a younger sister named Nicoleta and a dog named Deedee.

What are your goals for the future?

I want to be a physician and work with underserved populations. I want to continue to volunteer in my community and pursue my love of art and music in community settings.

How did you become interested in science and the medical field?

I was always very good at precise calculations and scientific thinking, but as I grew up, I realized I wanted to go beyond abstract research and be able to interact with people in the community where I will serve. I applied for the New Visions Medical Program before my senior year and had the chance to experience many types of healthcare professions firsthand. I want to work in pediatric critical care or developmental pediatrics/adolescent medicine.

I heard you play the cello like I do. What do you love about it?

Playing my instruments, along with painting and drawing, have been my best tools for recharging my batteries. I played in ensembles at Hochstein and in RPYO [Rochester Philharmonic Youth Orchestra], and in school/county/regional orchestras. These experiences have been very enriching and fulfilling, because I got to meet peers with similar interests and awesome conductors. I like to go to our orchestra room at school, when possible, to practice and hang out with Mrs. Judge and my friends. I am the VP of the TriM music honors society, and we have helped organize a lot of cool events this year, such as Mark Wood's visit to Victor!

Do you have any other hobbies or hidden talents?

I love to experiment with art mediums and paint portraits. My hidden talent is making my dog growl and be happy at the same time.



Ana Dobrot

What is your favorite book?

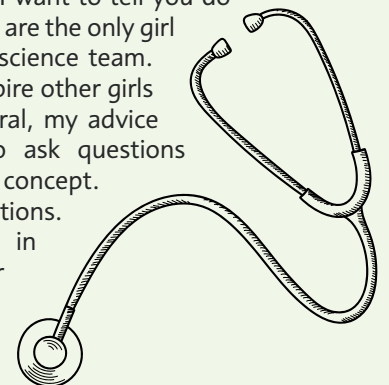
I love to read, so I have many books that I love. I'm recommending *Watership Down* to my fifth-grade sister right now, so that's my pick for you, too.

I heard you want to combine being a physician with social justice and the arts.

Yes! I think the best way to understand what you'd like to do to help in your community is to volunteer and also to think about what frustrates you most and you'd like to help change. I volunteered at the local clothes closet, and I understood better how the cycles of poverty are perpetuated in communities. I helped raise awareness about mental health, eating disorders, and women's rights. There are many local nonprofit organizations that would love to have young students intern and help with their mission! I plan to find such organizations and volunteer for them wherever I go.

What advice do you have for kids who like STEM (Science, Technology, Engineering and Math)?

For girls in particular, I want to tell you do not be discouraged if you are the only girl on a robotics, math, or science team. Spread the word and inspire other girls to join! For kids in general, my advice is to never hesitate to ask questions until you understand a concept. There are no stupid questions. It's hard to advance in a field if you miss or don't understand basic concepts. **Kids**



Make it with *Crafty Cat*



A NOTE FROM CRAFTY CAT

Summer is here! The weather is beautiful and outdoors is the place to be. Gather your supplies and head outside to get crafty by making this neat spinner. Create cool designs using nature as inspiration. As always, make sure you have permission from an adult before creating projects.

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

Paper plate spinner

SUPPLIES

- Paper plates
- Cardboard
- Twine

TOOLS

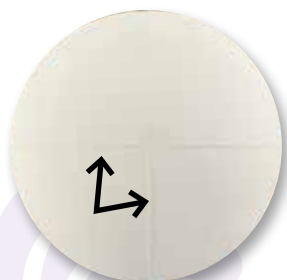
- Scissors
- Thumbtack or small nail
- Pencil or pen
- Tape measure or ruler
- Markers
- Glue sticks

INSTRUCTIONS

1. Cut 3 paper plates along the circular level on the plate.



2. Fold one circle in half. Unfold. Fold circle in half the other way. Unfold. The circle should have two fold lines that look like a plus sign.



3. Poke a hole with the thumb tack or small nail where the fold lines cross in the center of the circle. Insert the end of a pencil or pen in the hole to enlarge the hole. Now you have a template to mark the center points on the other two circles.



4. Place the template circle on top of the second circle. Use pen or pencil to mark the center. Repeat with the third circle. Set the template aside.
5. Decorate the circles any way you like! Let the designs dry completely.



6. Turn over one circle and rub glue all over the back. Turn over and place circle on piece of cardboard. Let dry completely.
7. Cut the cardboard around the circle.

8. Flip circle over. Rub glue all over cardboard. Place second design on the cardboard circle. Let dry.
9. Use the thumbtack or small nail to poke holes through all the layers on the left and right of the circle's center mark. Carefully use scissor to make the holes larger.



10. Cut a piece of twine 36 inches long.
11. Thread one end of twine through one hole, then back through the other hole. Tie a knot in the twine ends.
12. Hold both sides of twine in each hand with circle in the middle.



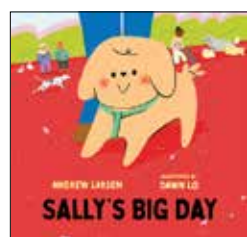
13. Move your hands in a circular motion to twist the twine.
14. Now pull, then relax, and repeat to make your spinner go! **Kids**

Telling tales out of school

BY DEENA VIVIANI

Whether the readers in your life are heading off to elementary, middle, or high school, there's a book for that! School settings are one of the most popular in fiction for chapter books and novels. Need more suggestions than the ones below? Reach out to your public librarian—and make sure to say hello to your school librarian in September, too!

PICTURE BOOKS & EARLY READERS



Sally's Big Day
Written by Andrew Larson & Illustrated by Dawn Lo
Orca, 2023, hardcover, \$19.95

Ages 2–4

Sally is excited to learn with the other pups at her first day of dog school.



The Kindest Red
Written by Ibtihaj Muhammad and S. K. Ali & Illustrated by Hatem Aly
Little, Brown, 2023, hardcover, \$18.99

Ages 4–8

Ages 4–8

Faizah spends school picture day with her best friend spreading kindness to her classmates, who give it back when she needs it most.



Everyone Loves Lunchtime But Zia
Written by Lenny Liao & Illustrated by Dream Chen
Knopf, 2023,

hardcover, \$18.99

Ages 4–8

Zia loves the delicious Cantonese food her family cooks, but she's embarrassed at school that it doesn't look like the other kids' lunches—until a birthday week surprise.



iHola, Lola! Lola and the New School
Written by Keka Novales & Illustrated by Gloria Félix
Picture Window Books, 2023, paperback, \$6.95

Ages 5–8

Lola has to start at a new school in the middle of second grade, so Abuelita helps her be less nervous.



The Bright Side
By Chad Otis
Rocky Pond Books, 2023, hardcover, \$18.99

Ages 5–8

A child and his parents live in a bus, so when he starts school for the first time, he feels he doesn't fit in—but he knows how to save the pizza party!



MIDDLE GRADE Flipping Forward Twisting Backward
Written by Alma Fullerton & Illustrated by Sarah Mensinga
Peachtree, 2022, hardcover, \$16.99

Ages 8–12

Claire, a skilled fifth-grade gymnast, has been hiding the fact she can't read until her vice principal alerts her mom.



Nat for Nothing
By Maria Scrivan
Graphix, 2023, hardcover, \$24.99

Ages 8–12

Natalie deals with middle school friendship drama as she tries to find a school club to join, so she joins forces with a new student.



New Kids & Under Dogs
By Margaret Finnegan
Atheneum, 2022, hardcover, \$17.99

Ages 8–12

Robyn has been the new kid at school six times and is used to staying under the radar, but that changes when she enrolls in a dog agility class with her two pups.



School Trip
By Jerry Craft
Quill Tree Books, 2023, paperback, \$14.99

Ages 8–12

A field trip to Paris goes off track for a trio of friends when changing chaperones, friendship challenges, and navigating a foreign city are thrown into the mix.



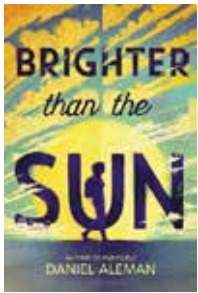
Kid Confidential #4: How to Navigate Middle School
Written by Anna Pozzatti and Bonnie Massimino & Illustrated by DeAndrea Hodge

Magination Press, 2023, hardcover, \$16.99

Ages 10–14

This non-fiction book offers tips on how to achieve your middle school goals and deal with the challenges that arise.

YOUNG ADULT



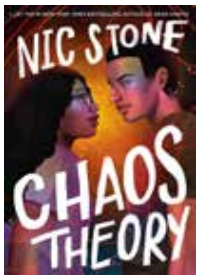
Brighter than the Sun

By Daniel Aleman

Little, Brown, 2023, hardcover, \$18.99

Ages 14–18

Soledad crosses the Mexican-American border to attend high school in San Diego, though struggles at home mean she may need to leave her family for longer than a day at a time.



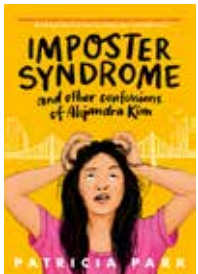
Chaos Theory

By Nic Stone

Crown, 2023, hardcover, \$18.99

Ages 14–18

Shelbi escapes her past at Windward Academy, where she meets Andy, who is dealing with addictions and relatable mental health challenges.



Imposter Syndrome and Other Confessions of Alejandra Kim

By Patricia Park

Crown, 2023, hardcover, \$18.99

Ages 14–18

Latinx-Korean-American Ale can't wait to graduate from prep school and leave its microaggressions, but she first must stand up to what she's been hiding from.



The Minus-One Club

By Kekla Magoon

Henry Holt, 2023, hardcover, \$19.99

Ages 14–18

After his sister dies, Kermit is invited to a club of classmates who have lost a loved one, and he makes connections with students he never imagined, including his crush.



Someone is Always Watching

By Kelly Armstrong

Tundra, 2022, hardcover, \$18.99

Ages 14–18

Four best high school friends experience rifts which get worse as they are struck by mysterious memories, dreams, and violence . . . and a murdered principal. **Kids**



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Schedule and registration link at bottom

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www.gswny.org/join

girlscouts of western new york

BY KATE MCCARTHY

JUL 4



Fireworks in Downtown Rochester

ONGOING

BOOK BUDDIES

The Book Buddies program allows children to practice their reading in a judgment-free zone and have the opportunity to read to the best listeners—cats and other small pets. The reading also helps the animals to become better socialized before they get adopted.

5 p.m. Thursdays
Registration required
Lollypop Farm
99 Victor Rd.
223-1330
lollypop.org

JUL 4

FIREWORKS IN DOWNTOWN ROCHESTER

Grab the whole family to celebrate the Fourth of July with classic fireworks show in Downtown Rochester. The best viewing areas will be from Broad Street Bridge and Court Street Bridge. These bridges will be closed to vehicular traffic starting at 8 p.m. 10 p.m.

cityofrochester.gov/july4

RED WINGS VS. BUFFALO BISONS

Bring the kiddos to celebrate the Fourth with an evening of baseball. The Rochester Red Wings will be facing off with the Buffalo Bisons. Stick around for post-game fireworks.

6:45 p.m.
Innovative Field
One Morrie Silver Way
454-1001
milb.com/rochester

JUL 15



Princess & Superhero Train Rides

JUL 8 & 9

FIFTY-FIFTH ANNUAL CORN HILL ARTS FESTIVAL

Experience this two-day family-friendly festival that covers nine streets and showcases hundreds of artists from across the country as well as talented musicians from near and far.

262-3142
cornhillartsfestival.com

JUL 12

PRINCESS ICE CREAM CRUISE

Dress like your favorite prince or princess and enjoy a day aboard the Canandaigua Lady on the lake! Don't miss out on the ice cream sundae bar with a variety of Perry's Ice Cream flavors and toppings to choose from, Ice Cream Bingo, and other activities. There will also be characters for your children to interact and take memorable pictures with.

12:30–2:30 p.m.
Canandaigua Lake
205 Lakeshore Dr., Canandaigua
396-7350

JUL 15

PRINCESS & SUPERHERO TRAIN RIDES

Have your little ones dress up as their favorite character and come ride the rails! Children four and under can ride for free, no ticket required. Costumed performers will be provided by Enchanted Princess Parties of Rochester.

10 a.m.–3 p.m.
Rochester & Genesee Valley Railroad Museum
282 Rush Scottsville Rd.
533-1431
rochestertrainrides.com

AUG 12



Water Lantern Festival

JUL 30

PARENTING VILLAGE'S EIGHTH ANNUAL FAMILY FEST

Parents and children can connect with one another while also learning about the many family-related businesses and services that the area has to offer. There will be activity tables, bounce house, a climbing wall, face painting, and more.

2–6 p.m.
Rothfuss Park
1648 Five Mile Line Rd., Penfield
270-1832
parentingvillage.org/family-fest-2023

AUG 5

HOT WHEELS MONSTER TRUCKS LIVE GLOW PARTY

Hot Wheels Monster Trucks Live Glow Party is coming to Rochester for the first time ever! Experience the thrill of watching your favorite Hot Wheels Monster Trucks in the dark at Blue Cross Arena.

12:30 p.m. and 7:30 p.m., Also 2:30 p.m.
Aug 6
Blue Cross Arena
1 War Mem Sq.
454-5335
bluecrossarena.com

AUG 12

WATER LANTERN FESTIVAL

From games and activities to food trucks and music, this lantern festival has something for the entire family. Tickets include a wristband for entry with access to food trucks, a floating lantern kit, LED candle, commemorative drawstring bag, marker, playing cards, conversation cards, lantern retrieval, and water clean-up.

5:30 p.m.
Charles E Sexton Memorial Park
750 Holt Rd., Webster
waterlanternfestival.com

Photos provided

SEP 9



Toy Train Show Train Ride

SEP 9

TOY TRAIN SHOW TRAIN RIDE

Ride the rails at Arcade and Attica Railroad and stick around for the Toy Show after—a perfect family outing! The show will be 10 a.m. to 4 p.m. and the train will pick customers up to bring back to the station every thirty minutes until the event ends. Don't miss out on the dozens of vendors, too.

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

SEP 26

DISNEY'S FROZEN: THE MUSICAL

Everyone knows and loves the dynamic Disney duo, Elsa and Anna. Now families can enjoy the Frozen phenomenon live on stage at the Rochester Auditorium Theatre. Favorite's like "Do You Want to Build Snowman" and "Let it Go" will have little ones and adults alike singing along.

Through October 8
885 East Main Street
222-5000
rbtl.org [Kids](#)

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Takeout at home

How to make restaurant takeout budget and family-friendly

BY EMILY DICESARE

As we head into the end of summer, the days get longer, the weather gets nicer, and our schedules get busier. Sports practices and games, dance rehearsals, piano recitals, and all the end-of-the-year school activities seem to fill up every weeknight. I think most parents and caregivers are tired of packing lunches, planning meals, and trying to keep everything straight!

Takeout can be a life saver; but it can also be expensive and unhealthy. However, with a few tweaks there are ways to make it both healthier and less expensive.

Below are a few ideas that are popular in our household.

Mediterranean: Order an entrée plate. These typically come with meats, grains, and salad or hummus. Add a simple bagged or homemade Greek salad. Place in bowls, top with the entrée components—this can stretch to feed 3–4 people easily.

Asian: Order two entrées. They almost always come with rice. Skip the fried rice and make your own! Use the rice included or boil a bag of ten-minute rice. Place in a skillet with a tablespoon or two of sesame oil (or any oil you have on hand), add soy sauce, a package of mixed frozen veggies, and a few scrambled eggs to the pan. In fifteen minutes total (including cooking the rice) you have homemade fried rice.

Another thing to skip at Asian restaurants are appetizers. These are almost always fried and increase your bill quickly. Stores like Costco and Trader Joe's sell frozen spring rolls, dumplings, and edamame. These can all be prepared in the oven or air fryer and added to the meal. Frozen edamame is a staple in my freezer—great for an app, a snack, or to add the shelled beans to salads or bowls!

Mexican: Order burrito bowls. These can be divided between several people, wrapped in a store-bought tortilla, or served on top of greens for a Mexican salad. Store-bought chips and salsa will stretch the meal even further. Cut up some bell peppers, carrots, and celery. These can be served on their own or dipped in salsa and guacamole.

Keeping some frozen appetizers and vegetables on hand can turn a rushed weeknight into a crowd-pleasing meal. Pantry staples like quick-cooking rice or couscous can help to stretch meals. And adding a bagged salad kit or prewashed greens to your shopping list each week can aid in turning these meals into bowls or portioning leftovers into salads for lunches later in the week. [Kids](#)



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