

Imagination at work

(585) KIDS



**Theater is
my sport**
p. 18

Circle Play Cafe
p. 20

Gigi's Playhouse
p. 24

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BOOK NOOK
A community of
books: Hipocampo
Books—
p. 13

**FEEDING YOUR
FAMILY**
Soup season: Hearty
soups for winter—
p. 16

JUST FOR KIDS
Mindfulness
moments, "Crafty
Cat," and more—
p. 30

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Hello (585) families



Hello! Thank you for picking up *(585) Kids*.

As I write this, we are in the midst of the first real storm of the winter. There is something about a big snowstorm that is thrilling—something that undoubtedly stems from the excitement and anticipation of a SNOW DAY! When I was a kid, snow days were great! A whole, unexpected day off with no responsibilities and no schoolwork. A day to watch a favorite movie (on VHS, of course), go for a ski, drink hot chocolate, and/or sit by the fire and read.

Kids in school today undoubtedly have a different take on snow days. Now that remote learning is common, they just cannot hold the same appeal. But I hope that as parents remember that thrill, we take the opportunity to celebrate snow days with our kids—even if it's not *quite* as exciting for them as it used to be for us.

One of the beautiful things about childhood is that there is always something to be anticipate. A birthday, a visit with grand-

parents, a trip to the beach. . . .As an avid gardener, the best thing for me is the first appearance of crocuses. Snow drops are earlier, but they can bloom in January, so don't really signal spring the way crocuses do when they first pop up in March. False advertising, if you will. Crocuses mean spring truly has arrived.

Whatever you look forward to, whatever thrills get you through the winter (or maybe winter is your thrill), I hope you and your kids can enjoy it together.

—Jane Milliman, Publisher

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

(585) Kids

Publisher Jane Milliman

Creative Director Cathy Monrad

Managing Editor Christine Green

Production Manager Caroline Kunze

Staff Photographers Tomas Flint, Michael Hanlon

Contributing Writers Megan Colombo, Donna De Palma, Emily DiCesare, Terri Ercole, Dawn Kellogg, Sarah Mead, Jinelle Vaiana, Deena Viviani

Editorial Intern Lenora Kasper

Vice President, Sales Caroline Kunze

Sales & Marketing Michaela Neer

FEEDBACK

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

DEADLINES FOR LISTINGS

Calendar listing deadlines for our upcoming issues are as follows:

For Spring 2022 issue: Feb. 10
For Summer 2022 issue: May 10
For Fall 2022 issue: Aug. 10
For Winter 2023 issue: Nov. 10

ADVERTISING

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

WHAT WE DO:



(585) magazine

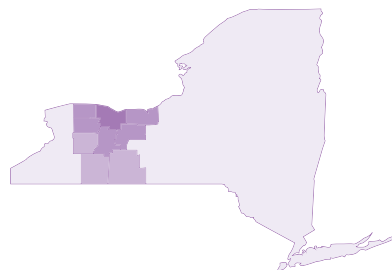
(585) Kids

(585) Hot Off the Press
Happy Hours

Upstate Gardeners' Journal

Custom Publishing

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(585) Kids

WINTER 2022

18



ON THE COVER

Photo by Michael Hanlon
Design by Cathy Monrad

Features

18 Imagination at work

Within the pages of this issue you'll find events, exhibits, crafts, and activities that will spark imaginations of all ages. We're here to help kick boredom to the curb!

In every issue

- 4** Deadlines, Hello (585) families
By Lenora Kasper
- 7** Family Do List
By Lenora Kasper
- 8** New and noteworthy
By Jinelle Vaiana
- 10** Yelp suggests
By Megan Colombo
- 13** Book nook
By Deena Viviani
- 16** Feeding your family
By Emily DiCesare



Features

- 18** Theater is my sport
By Sarah Mead
- 20** Circle Play Cafe
By Donna De Palma
- 24** Gigi's Playhouse
By Dawn Kellogg



Just for kids

- 30** Mindfulness moment
By Terri Ercole
- 31** Crafty Cat
By Cathy Monrad
- 33** Kids' activities
By (585) Kids' staff
- 34** Color your world
By Nicholas J. Capostagno

Sponsored story

28 Do you have questions about the COVID-19 vaccine for kids?

By Dr. Danielle Renodin-Mead DO, FAAP

CONTRIBUTORS

Nicholas J. Capostagno is a 2020 graduate of Nazareth College. He has a BFA in visual communication design and a minor in digital media design.

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

Donna De Palma creates picture stories as a freelance writer. Her features have been published in several

publications including *USA Today* and *Upstate Gardeners' Journal*.

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

Lenora Kasper is an intern for *(585)* magazine and *(585) Kids*. She is a junior at SUNY Brockport majoring in journalism and broadcasting.

Dawn Kellogg lives in Rochester and likes to celebrate everything that the

585 region has to offer.

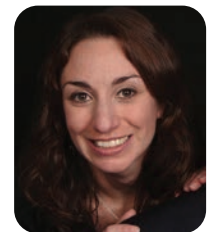
Sarah Mead is a writer who loves children's books and dance parties in the kitchen. She lives with her family in Victor.

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

Jinelle Vaiana is a Rochester-based freelance writer.



Terri Ercole is an elementary school teacher and community volunteer with the Center for Youth in Rochester.



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

Plane photo created by gpointstudio - www.freepik.com

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PIRATES! THE QUEST FOR BLACKBEARD'S TREASURE

MAR 27
CLARINET AND HIS FRIENDS: A STORY OF DIVERSITY, ACCEPTANCE, + UNITY



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BY LENORA KASPER

FRIDAYS ONGOING



Rochester Public Library, Lyell branch

ONGOING

FAMILY FLICKS FRIDAY

Each Friday the Rochester Public Library shows free family movies. Patrons can enjoy G-rated films, so parents and caregivers know that the movie will be appropriate for everyone in tow. Movies are randomly selected each week, but patrons can request their favorites, too. Movies are shown in the Children's Area of the library.

2 p.m. Lyell Branch of the Rochester Public Library, 956 Lyell Ave. (roccitylibrary.org)

FEB 5

WILD WINTER

If you're ready to get your kids out of the house during February break, look no further. Campers between seven and eleven-years-old choose from a variety of crafts, games, and activities ranging from sledding and snowshoe walks to searching for salamanders and making bird feeders. Also February 12 and 19.

1-4 p.m. Genesee County Village & Museum, 1410 Flint Hill Rd. (gcv.org)

FEB 5

ROCVENTURES YOUTH 101

This is a four-week introduction course for young rock climbers ages six and up with little to no climbing experience. At this level coaches focus on fun but will also be there to help your child build the confidence and motivation it takes to climb. With class once a week, kids will come away from the course with new knowledge of climbing techniques and safety skills. A second course will start March 5. 10:30 a.m.-12 p.m.

Rocventures Climbing, 1044 University Ave. (rocventuresclimbing.com)

FEB 5



Rocventures Youth 101

FEB 5

SOFTBALL INDOOR HITTING CLINIC

This softball course is ideal for ages eight to fifteen and perfect for beginners and intermediates. Each athlete will have one-on-one instruction to fine tune their softball skills. The course includes drills for coordination, hitting strength, and more. Also on February 12, 19, and 26. 10 a.m.-11:30 a.m. \$10

Dick's House of Sport, 200 Eastview Mall Dr. (dicks.com/houseofsportroc)

FEB 19

HIGH SCHOOL MUSICAL JR.

The OFC Creations Theatre Center is putting on a *High School Musical* play for kids! The show includes all the characters as well as the fun and energetic songs from the original Disney movie. Auditions are open to OFC campers ages seven to fourteen. Once they are registered for the play students are automatically in the show! Auditions are February 9, 9 a.m.-12 p.m. Show times are February 25, 7 p.m. and February 26, 2 p.m. and 6 p.m.

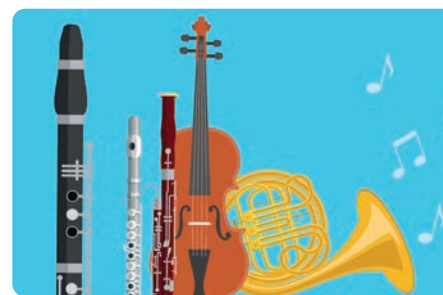
OFC Creations Theatre Center, 3450 Winton Pl. (ofccreations.com)

FEB 21

AMUSEMENT PARK ENGINEERING

Get an early taste of summer fun (and a little STEM, too) at Rochester Museum & Science Center's Amusement Park Engineering Curiosity Camp. Roller coasters, carnival rides, and midway games are powered by science paired with imaginative play, and campers can get a feel for what real engineers do to run our favorite fairs. Ages six to eleven, February 21 through 25. Registration is required. \$265 for the full week. 9 a.m.-4 p.m. Rochester Museum & Science Center, 657 East Ave. (rmssc.org)

MARCH 27



Clarinet and His Friends

MARCH 11

THE RAINBOW FISH MUSICAL

Come see the beautiful rainbow fish learn a lesson about kindness and sharing on the big stage. This musical, based on the award-winning book *The Rainbow Fish*, has a cast of all Rochester students who will bring the creative and heartwarming script to life. 7 p.m. Also March 12, 2 p.m. OFC Creations Theatre Center, 3450 Winton Pl. (ofccreations.com)

MARCH 26

HUNDRED ACRE WOOD CELEBRATION

Celebrate with friends from the Hundred Acre Wood and meet Winnie-the-Pooh! Make crafts and enjoy stories in Owl's Reading Nook and help pin the tail on Eeyore. Work on your stretches like Winnie-the-Pooh, practice dancing like a bee, and get hopping around the Wood. Also on March 27. This program is included with general admission (\$19 for ages two and older; free for members). 11 a.m.-3 p.m.

Strong Museum of Play, 1 Manhattan Square (museumofplay.org)

MARCH 27

CLARINET AND HIS FRIENDS: A STORY OF DIVERSITY, ACCEPTANCE AND UNITY

Clarinet is nervous about performing in the RPO as he looks and sounds different from the other instruments in the orchestra. Watch as Clarinet gets to meet new instruments and how they learn to make gorgeous music together. A heart-filled show, wonderful for all ages. 2 p.m.

Hochstein Performance Hall, 50 N Plymouth Ave. (rpo.org)

Photos provided

BY JINELLE VAIANA

A ROARING GOOD TIME

What better way to learn about science than through immersive, interactive play?

The Rochester Museum and Science Center (RMSC) is currently exhibiting *Expedition: Dinosaur*, showcasing eleven moving robotic dinosaur replicas.

Visitors will have the ability to control some of the dinosaurs—making them roar, “breathe,” and shake their tail.

One of the animatronic dinosaurs is a climbable T. Rex, perfect for a photo op with the kids!

Visitors will learn how paleontologists uncover dinosaur bones and fossils, and participate in a number of interactive games, quizzes, and other activities to hone their knowledge of the Mesozoic era.

Getting the giant dinosaurs into the museum and set up in the third-floor gallery was a major undertaking, according to RMSC communications coordinator, Felicia

Swartzenberg. Most of the dinosaurs required a crane to hoist them through the third-floor windows.

And it was worth the effort.

“Dinosaurs and paleontology have a unique power to fascinate people of all ages and all interests,” says Swartzenberg. “When we saw this exhibit, we knew that we wanted to bring it to life for the Rochester community.” Visit RMSC.org for more information.

AERIAL EXPLORATION

Play involving adventure offers an important outlet for children to test themselves, push through their fears, and stretch their abilities, according to Shane Rhinewald, senior director of public relations at the Strong National Museum of Play.

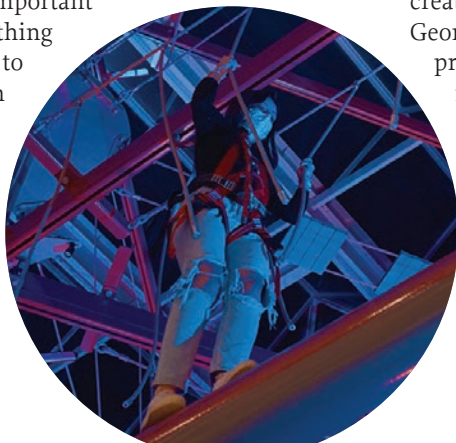
The museum recently opened a new high ropes course called Skyline Climb, which features two courses for visitors of all sizes and skill levels in the museum’s glass-enclosed carousel atrium. The High-Rise course is two levels, at sixteen and twenty-eight feet from the ground, for visitors over forty-eight inches tall. The Low-Rise course is about three feet off the ground, for visitors under forty-eight inches in height. There’s no age restriction for Low-Rise, but participants must be able to walk.

Guests wear a safety harness and navigate from pillar to pillar, in any direction with no time limits, while facing a variety of challenges including wobbly bridges, ropes, planks, rolling logs, and a zipline.

“Physical play is an important aspect of play, and it’s something that we haven’t been able to fully explore in the museum setting in the past,” says Rhinewald.

Thanks to a recent museum expansion, it seemed there was no better time to add the Skyline Climb.

Tickets for this



attraction are \$5 for Low-Rise and \$7 for High-Rise, with \$1 off admission for members. Learn more at museumofplay.org.

HARLEM GLOBETROTTERS

The Harlem Globetrotters have been bringing their exhibition basketball to fans all over the world for more than ninety-five years. Their current tour, Spread Game, has the team visiting 200 cities, including Rochester on February 5 to play the Blue Cross Arena.

Audience members can expect a blend of jaw-dropping athleticism mixed with theatrics and comedy. The Globetrotters popularized the jump shot and slam dunk, and invented the half-court hook shot, according to the website, and they have set more than twenty Guinness World Records.

Fans will have unprecedented access to the players on this tour, with packages like the Celebrity Court Pass and Player Meet & Greet available for purchase. The former gets fans on the floor for the pregame practice, and the latter promises facetime, autographs, and photographs.

Tickets start at \$22, and all ticketholders will be required to show proof of vaccination. Tickets are available at keybankcenter.com.

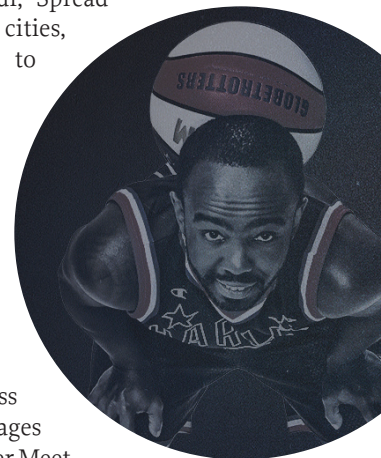
VISIT FROSTY AND FAMILY

Take a drive to the Southern Tier this winter for an opportunity to visit snowmen that keep their shape month after month.

The Corning Museum of Glass (CMOG) will exhibit Glass Snow Family through March 6 this year. The tallest member of the snow family stands at six feet tall, while the smallest snowkid measures in at three feet. There is even a family snow dog on display, named Pi-Rex.

The glass artwork was created by CMOG glassmaker George Kennard and a team of eight professionals. Visitors can make their own snowperson in the museum’s Make Your Own Glass studio until February 28.

While you’re at the museum, check out a display of work made on the hit Netflix series *Blown Away*, a glassblowing competition show. There are ten objects from the second season on display, one by each contestant. Further information is available at cmog.org. **Kids**



Photos provided

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BY MEGAN COLOMBO



New year new you

Suggestions to help your family start the year right



Brighton Pediatrics

As the saying goes: “New Year, New Me(dical needs for my family!)” Associating the arrival of a new year with self-care and a recommitment to health is a tale as old as time, from gym memberships to sweeping declarations of change to goal setting and everything in between. One easy way to ensure lasting change for yourself and your family is to have a community of trusted health professionals, doctors, and wellness clinicians in your corner for any need that arises now and in the future.

We’ve compiled a five-star list, based on Yelp data, of the top rated health professionals from head to toe for your family’s wellness.

HAIRCUTS & STYLISTS

Kiddos in need of a fresh cut? Yelpers recommend Haircuts for Peanuts, Shear Madness, and Zeina Best African Braiding! Whether a short trim or a total hair transformation, these businesses are great for the little ones in your life.

Haircuts for Peanuts
377-9710
6 North Main St., Fairport
haircutsforpeanuts.com

Shear Madness Haircuts for Kids
491-6555
100 Marketplace Dr.
shearmadnesskids.com

Zeina Best African Hair Braiding
254-1155
1316 Dewey Ave.

OPTOMETRISTS

Clear vision or an updated set of lenses is an easy way to shake up your own or your family’s look. Five-star recommendations include Allens Creek Family Optometry and Eyesite NY in Penfield.

Allens Creek Family Optometry
461-6225
20 Allens Creek Rd.
allenscreekoptometry.com

Eyesite
377-7090
2142 Penfield Rd., Penfield
eyesite-ny.com

PEDIATRIC DENTISTS

For crowns, cleanings, or orthodontic referrals, having a trustworthy dental professional in your life is a must. Yelpers recommend offices on all sides of the city,

from Dr. Shea on the west side to Pittsford Pediatric and Twelve Corners Pediatric on the east side.

Judith M Shea, DDS
247-6230
2669 Chile Ave.
judithsheadds.com

Twelve Corners Orthodontics & Pediatric Dentistry
244-1177
4 Chelmsford Rd.
twelvecornersdentistry.com

Pittsford Pediatric Dentistry
383-0640
90 Office Parkway, Pittsford
pittsfordpediatricdentistry.com

PEDIATRICIANS

Whether you’re planning to welcome a new member of the family or looking to make a PCP switch, Yelpers love their experiences at Portland Pediatrics, Brighton Pediatrics, and Westside Pediatric Group.

Portland Pediatric Group
342-5665
1700 Hudson Ave.
ppgkids.com



Halligan Creative Arts Therapy



Professional Nutrition Services

Brighton Pediatrics
256-1910
169 Rue De Ville
brightonpediatrics.com

Westside Pediatric Group
247-5400
497 Beahan Rd.
westside-pediatrics.com

THERAPISTS

Therapy can take many forms and look different for each child and family. From creative arts therapy to traditional family counseling, to one-on-one sessions, protecting your mental health will be top of mind in 2022 and beyond.

Halligan Creative Arts Therapy
654-6646
215 Alexander St.
halliganarts.com

North Coast Counseling
262-4303
277 Alexander St.
northcoastcounselingny.com

Regina Gonek LCSW
733-3531
25 Canterbury Rd.
sites.google.com/site/reginagonek/

ALLERGISTS

Hay fever? No thank you! Allergy testing can be a helpful tool in allowing your family to breathe and live easier.

Peace of mind for you at Rochester Regional, Immunology of Rochester, and Westside Allergy Care.

Allergy Immunology Rheumatology - Rochester Regional Health
922-8350
222 Alexander St.
rochesterregional.org/services/allergy-immunology-rheumatology

Allergy Asthma Immunology of Rochester, PC
442-0150
300 Meridian Centre Blvd.
aair.info

Westside Allergy Care
723-8710
99 Canal Landing Blvd.
westsideallergycare.com

DERMATOLOGISTS

While self-care and skin care are typically closely related, seeing a dermatologist goes much further than just face masks and beauty products. Yelpers have had wonderful experiences with Richard M. Greene and Dr. Manasi Ladrigan as well as her colleagues at Comprehensive Dermatology of Rochester.

Richard M Greene, MD, PC
256-0555
2150 South Clinton Ave.
richardgreenemd.com

Comprehensive Dermatology of Rochester
313-5800
141 Sully's Trl., Pittsford
585derm.com

NUTRITIONISTS


With so many varying opinions on the internet and social media, it can be difficult to get reliable nutritional advice on a regular basis. A registered dietitian or nutritionist can be a great resource for the health of yourself and your family. Reviewers recommend Gateway Nutrition, On Nutrition Rochester, and Professional Nutrition Services in Webster.

Gateway Nutrition & Fitness
388-6086
421 Penbrooke Dr., Penfield
gatewaynutritionist.com


On Nutrition
420-6542
18 Harvard St.
onnutritionpllc.com

Professional Nutrition Services
787-4251
7 Main St., Webster
professional-nutrition-services.com **Kids**

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-Rochester Parent

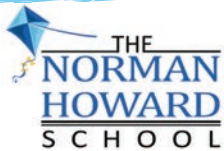
Norman Howard lets me be who I am
-Student

I truly believe that Norman Howard saved my child. Teachers believed in him, and didn't make him feel stupid
-Gates Parent

We can't say enough about how wonderful The Norman Howard school is. It has been life changing for our family
-Henrietta Parent

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	Thursdays	4:00 - 5:00 p.m.	2/10 - 2/24
AGES 9-10	Wednesdays	4:30 - 5:30 p.m.	2/9 - 2/23
	Thursdays	4:30 - 5:30 p.m.	2/10 - 2/24



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A community of books

Hipocampo is a bookstore for everyone

BY DEENA VIVIANI

Board books in Spanish. Picture books starring drag queens. Middle grade and young adult novels about racism. These are just some of the books you will find at Hipocampo Children's Books (HCB). When Pamela Bailie and Henry Padrón-Morales opened their shop in 2019, the number of independent bookstores nationwide was declining. But they have thrived by staying true to their vision of being a place that reflects the various families and cultures in Rochester.

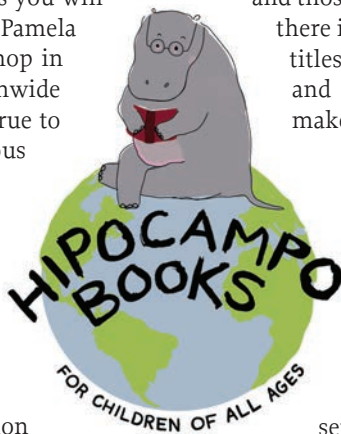
"As booksellers, we choose every single book that is on our shelves," says Bailie, who was born in Northern Ireland and lived in Hawaii, California, and Oregon before moving to Rochester twenty years ago. "But we also take book recommendations from our customers on an almost daily basis."

About forty percent of Rochester's population identifies as Black and about twenty percent as Hispanic or Latinx. Both are groups that have been historically ignored in

children's literature. Recently, the number of children's books created by and about Black, Indigenous, People of Color (BIPOC), and those who identify as LGBTQIA have increased. While there is still a lot of work to be done, HCB features these titles so kids and teens can see themselves in books—and others can learn about the many cultures that make up the community.

Popular picture books and early readers, like the *Elephant and Piggie* series by Mo Willems and *Dragons Love Tacos* by Adam Rubin, are available in English and Spanish. The shop also offers traditional folktales from around the world, like *Juan Bobo*, a favorite of Padrón-Morales's. Overall, there are books in fourteen different languages on HCB's shelves.

For middle-grade readers, the *Tristan Strong* series by Kwame Mbalia (featuring African American folk heroes and West African gods) and *Pandava* series by Roshani Chokshi (about an Indian girl and Hindu gods) are





Hipocampo is a community gathering place.

**As booksellers,
we choose every
single book that
is on our shelves.**



Pamela Bailie and Henry Padrón-Morales

popular. Others from this Rick Riordan Presents imprint also sell well.

For older teens, novels by Latinx author Elizabeth Acevedo, like *The Poet X*, are popular. And for all ages, cookbooks fly off the shelves. Not only do they offer recipes from around the world, but they tell stories around their food. *The Art of Fufu* (West African culture and cuisine) and *A Taste of Puerto Rico* by Yvonne Ortiz are two examples.

Padrón-Morales, who moved to Rochester from New York City as a teenager, says some of his favorite books are those that connect his “two worlds” of Puerto Rico and the United States. A number of graphic novels HCB carries fit this bill. *Puerto Rico Strong* and *Ricanstruction* are two anthologies whose proceeds benefit Puerto Rico’s post-hurricane reconstruction. Marvel’s *America* is an LGBTQ Latinx superhero. *Coqui*, a Puerto Rican superhero, has made his way to the States as well, and graphic novels are one of the most popular sellers in the store.

Prepandemic, the HCB founders had planned to host regular writing workshops and story times. For now, they are doing what they can to be an interactive part of the community, like having a bookstore branch at La Marketa where they sold Spanish and English books. The Allendale Columbia School took a field trip to their



HCB has books for everyone.

store. They supported local artists in a comic book fair this past summer. HCB partnered with the 2021 Greater Rochester Teen Book Festival and Greater Rochester Teen Read for book sales. The website also has links to community members’ bar and bat mitzvah projects and birthday fundraisers.

“People always ask Henry to work with them on visits and events,” says Bailie,

though it can be difficult since Bailie and Padrón-Morales are HCB’s only two employees. Bailie recently left her job in public health to work on the bookstore full time, and she has three children. She also makes time for her daily walks and live music events. Padrón-Morales works in curriculum development and migrant education, teaches Spanish, and is a board member of the Grupo Cultural Latinos en

BEHIND THE SCENES WITH

(585) Kids

Outtakes from our cover shoot Hipocampo Books



Children and adults of all ages enjoy Hipocampo.

Rochester, among many other things. In his spare time, he writes poetry to Afro-Caribbean rhythms and does martial arts.

So, what's in store for Hipocampo in the future?

"We need more space," says Padrón-Morales, stating that even if they need to move to a new location, it is a priority to stay in Rochester. They just procured additional shelving and are looking at ways to fit more merchandise, like a larger inventory of books published for adults.

The pair also looks forward to bringing back programming and expanding it to Spanish classes for children and adults, and workshops like poetry writing, photography, graphic novel creation, music, and more. They want to host author visits for all ages and continue to spread the word about HCB and encourage excitement about reading and literature.

If you cannot make it to the South Wedge to visit HCB, head to the website. "Our intention was never to be an online store," says Bailie, but about twenty-five percent of their business is conducted this way. When they closed in spring of 2020 for the COVID-19 pandemic, shoppers went right to the website, especially those who wanted to support local merchants.

Whether by communicating online or in person, Bailie says the coolest thing about running the bookstore is that as it "grows and evolves, it really begins to represent the community as a whole, with one customer unknowingly picking a title that another customer had recommended [we order] just days before. People see books that they may recognize and love, and books they've never seen or heard of before, because of the care both we, and our community at large, puts into curating this collection."

And that just about says it all. **Kids**

For more information about HCB, visit hipocampochildrensbooks.com or email hipocampochildrensbooks@gmail.com. Stop by the store at 638 South Ave.





Soup season

Hearty soups make winter dinners easy

BY EMILY DICESARE

In my mind, it's always soup season.

I will eat a hot bowl of soup on a ninety-degree day in the middle of July. I just love soup. But for most, soups and stews become part of the regular menu as the weather turns cooler.

For many years, my husband only believed soup was a lunch food. When I made soup for dinner, he would ask what else was being served. Soup, a salad, and a loaf of bread? The perfect meal in my opinion. Not so much for others. I have found some ways around this—make it thicker, call it stew, and suddenly it's dinner! Serve a board-style charcuterie and a bowl of soup on the side. (See last issue for board meal ideas!)

One reason I love to make soup for my family is that it is easy to do in advance. I often make it in the morning and leave it for them for dinner when I work nights. Even more commonly, I make soups in the crockpot. A hot meal ready when everyone walks in the door after work and sports practices? That's a win in my book.

Soups are also a great way to use up leftovers. Learn to make a "base" formula and the possibilities are endless. It is easy to add in leftover veggies or meat to a basic tomato base.

Once you have perfected tomato-based soups it's time to learn how to make cream-based soups. It's also fairly simple to make most cream-based soups dairy-free. (we'll tackle that in a future

issue—maybe this summer).

An important tip for many soups is to leave the grains/pasta on the side. Adding these into soups too early allows them to "suck up" all the liquid. Not only will you have overcooked, bloated rice or pasta, but you are left with a pot of mushy veggies. However, if your goal is more of a stew, I suggest substituting quinoa, barley or farro for rice or pasta and add it directly to the soup. These heartier grains bulk up a "stew," without becoming mushy.

Below is the basic formula. Look up soup recipes in cookbooks, Pinterest or online. Use the basic method below to start your soup, then add in any tweaks. Don't be afraid to experiment. Minestrone soup is a fairly fool proof easy place to start. **Kids**

**Soups are also
a great way to
use up leftovers**

Photos by author



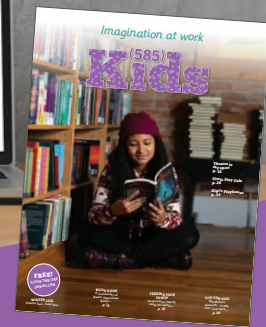
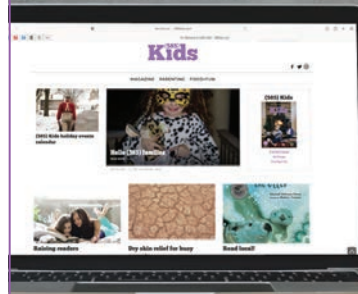
Basic Tomato-based Soup

1. Start by sautéing onions, carrots, and celery in a few tablespoons of butter or olive oil. Cook until onions are translucent. Don't have onions? Use shallots or leeks.
2. Add seasonings next: salt, pepper, garlic.
3. Add water or broth. Using broth in soups will give more flavor, however watch sodium content and adjust the amount of salt you add to compensate.
4. Now is the time to add diced potatoes if you are using them.
5. Add a can (or two) of diced tomatoes.
6. A jar of store-bought marinara sauce is a very easy way to bulk up your soup. If you are not using this, I recommend adding one to two tablespoons of tomato paste just prior to adding your liquids.
7. Allow this to simmer for twenty to thirty minutes or until potatoes are almost fork tender and fully cooked.
8. Now is the time to add softer veggies like zucchini, mushrooms, beans, etc. A great rule of thumb is to keep all your vegetables chopped to roughly the same size.
9. You can also add meat, tofu, seitan, fully cooked leftovers, or other meats that have been browned on top of the stove.
10. Fresh herbs, spinach, kale, or escarole can go in next.
11. Allow all of this to simmer until all ingredients are fully cooked—low and slow is the way to go.
12. Once you have perfected this you can get fancy and add in a splash of milk or cream at the end.
13. Add pasta, rice, or other grains as you spoon soup into each serving bowl.
14. Garnish with parmesan and additional fresh herbs.

Serve with a delicious salad, fresh bread, and perhaps a glass of wine for the adults? Enjoy!

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Jodi Mead plays Rooster in *Annie*, Spotlight Studios



Laura Mueller leads the cast in vocal exercises, Spotlight Studios

Theater is my sport

BY SARAH MEAD

I'll never forget the first time my daughter asked, "When will I be in a play?" She was seven years old. I told her that, when I was in elementary school, there was a class play every year. Unfortunately, that's not the case anymore. There are many opportunities here for soccer, lacrosse, football, and cheer. But in order to find a play for her to perform in, we had to do some searching. And driving. Lots of driving. That's when we found Spotlight Studios.

We all have dreams for our children, sometimes even before they are born. I knew that my future kids were going to dedicate themselves to one sport and one instrument of their choice. I knew I wanted for them all the benefits that would come with it: the built-in friends, exercise, and confidence.

When we enrolled our daughter in her first soccer league, everyone was running in opposite directions. Kids were scoring on the wrong side, there was always someone having a meltdown, and my girl was, of course, off chasing butterflies. But it was for fun. And it *was* fun. She

loved being on a team and the feeling of scoring a goal. We continued for several years, but then something shifted. While she was good, it stopped bringing her joy. I realized I had pushed her to stay with it past the point of enjoyment due to my preconceived notion of what her childhood *should* look like.

So, I let her quit.

Because theater *was* her sport.

At this point she had been active in theater for a few years. We all enjoy musicals, and my daughter loves to dance and sing. So it was a natural fit. What took us by surprise was what the husband-and-wife director and choreographer dream team were able to do with a large group of tiny children in just ten weeks.

Theatre was a major influence on director John Barthelmes as a child, shaping who he was into adulthood. So much so that after running a three-week summer theater camp, he quit his job as a software engineer and started working toward opening Spotlight. Since 2007, and now with wife Kaitlyn, he's

been providing children with the same opportunities and experiences he had.

We love to say our daughter found her people. Her band of weirdos. They are all obsessed with Broadway shows and get each other's references. They fit in while standing out as individuals.

Here are just a few of the things my child has gained from theater:

SELF-ESTEEM. After projecting on stage in front of dozens of people, standing up to give a report in school is a piece of cake. My daughter will carry the communication skills gained here into her future. She has found her voice. Many rehearsals of complicated dance routines and scenes have built her strength and stamina.

TEAMWORK AND FRIENDSHIPS. Kids learn to rely on each other and work as a team as they look and listen for cues, follow difficult dance moves, or navigate a mistake made in real time in the middle of a performance. They feel proud of themselves and each other as they take

Photos provided



Sharpay and the Sharpettes rehearsing *High School Musical*, Spotlight Studios

their final bows. Some kids are great singers or phenomenal dancers. Others know just how to deliver a joke. Just as a sports team is made up of different kinds of athletes, so is a cast.

SPORTSMANSHIP. Nothing says “life’s not fair” like the night the cast list comes out. Not everyone can play the lead role. After the disappointment fades away and the rehearsals start, children realize that each part is special and brings something important to the show. My daughter once played a headlight. Yup, she was one fourth of the car. She ended up making friends with those three other car parts, and it was one of her favorite roles.

INCLUSIVITY AND LEADERSHIP.

No one is turned away from a part or separated based on gender or age. My daughter has performed with her younger siblings and her male friends. At Spotlight, actors in older grades help with the younger children and are able to lead dances, scenes, and songs with them. The most magical shows I have ever watched have been K–12 productions.

PERSEVERANCE AND DISCIPLINE. It takes discipline to spend weeks preparing for an audition. Memorizing lines and

dance routines is hard work. Putting children in these high-pressure situations builds coping skills. I have seen children fall and keep going or flub a line and ad lib their way through a scene. Learning to balance rehearsals with family life, school, and work prepares children for adult challenges.

HOW TO RESPOND TO CRITICISM.

Constructive criticism and feedback can be tough to take but help children grow. In theater kids get used to being given “notes” after every rehearsal and learn to not feel rejected but take those notes and improve their performance.

EMPATHY. Theater kids are allowed to feel all the emotions and can put themselves in someone else’s shoes. Literally. Shoes, pants, wigs—they share all the costumes. There is an incredible opportunity for them to develop their emotional intelligence. They are exposed to cultures and ideas that show them how the world is bigger than their tiny view of it. They lay their hearts on the stage.

In the end, we found much more than a theater. Our daughter joined a big family of theater kids and now has a “home away from home.” [Kids](#)

LOCAL THEATERS FOR KIDS

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bestfootforwardkids.com

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musicaltheatreeducation.com

OFC Creations
ofccreations.com

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spotlightarts.com

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BY DONNA DE PALMA

A prenatal yoga class started a friendship that launched two young moms into business. Caitlin Hummel and Ashley Power were both pregnant when they met, both with their first child.

“Neither of us had friends with kids when we struck up a friendship,” says Hummel. “We know how important it is to have support from others who understand what it’s like to be a mom. There are a lot of moms who feel isolated when they have children.”

“As Ashley and I talked, we discovered we wanted to find a way to support mothers with young children. When each of our

youngest was four months old, we opened the Circle Play Café, a play space for kids from zero to six years old,” Hummel says.

Hummel and Power were both pregnant in 2018 when they found the space that is now the Circle Play Café. “Our fathers, fathers-in-law, and husbands spent six months helping us build out the space; laying new flooring, painting walls, and reconfiguring the interior to be as open and accessible as possible,” says Power.

“We were very clear in our vision. We needed a space where parents could see their children play from any vantage point; a place where parents could relax and get the support they needed

Photos provided



Playtime at the Café

while their kids could have a blast, safely,” notes Hummel.

When the Circle Play Café opened in October 2019, it was strictly a place for open play, with parents staying to supervise their children at play. The business model has evolved since the play café’s inception.

“We changed our business plan, partially because of the pandemic,” says Power. “At first, no reservations were required but parents had to stay with their children. We were open weekdays, all day. We’ve adjusted to market conditions these days and have a better understanding of nap schedules. We now offer both reserve ahead and open play Mondays, Wednesdays, and Fridays from 9 a.m.–11:30 a.m. Drop-offs are welcome, if a mom or caregiver just needs a break,” she says.

Because the Circle Play Café maintains a parent child ratio of one to six, (when both Hummel and Power are on site) the small group size allows each child to receive the attention they need. The day I visited, three moms, plus Hummel and



Power, were in the play café supervising the kids.

“We had some growing pains when we started drop-offs because every week there were new kids. Kids who’ve been here before are excited to be here, they know the routine, they get along, and enjoy learning new things. When a child first starts coming to play, it takes a little while to join in,” Power says.

The café now not only accepts reservations for drop-offs, there’s also a preschool program designed for ages two and three.

“We began our preschool program

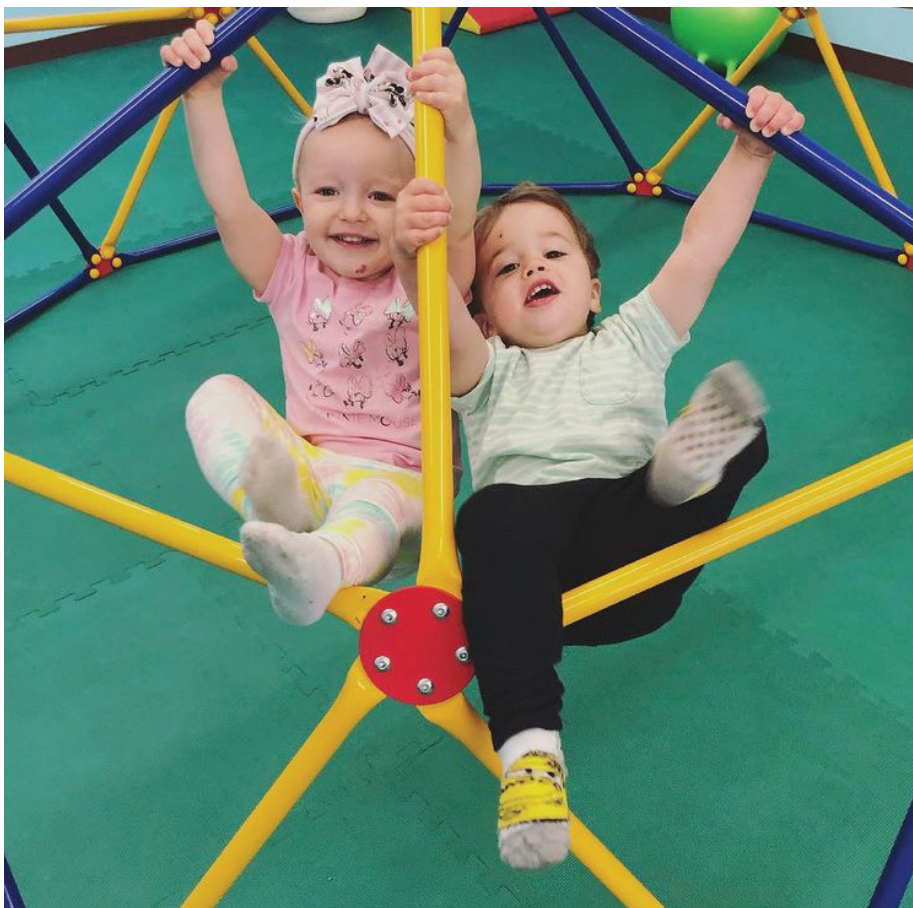
of play-based learning and planned activities as we expanded our business model. Kids learn to sit and listen, to follow instruction; they develop social skills; they learn how to use their hands and develop fine muscle control. We introduce Play-Doh, small tools, and sensory boxes to help them learn while they play,” Power says. “Season-based learning is encouraged, too. At Thanksgiving, we create projects around what we’re grateful for; for Christmas and Hanukkah, we explore how we celebrate.”

Preschool is a combined class of ten kids and runs for the full school year. Next year, the pair plan to expand the program to two classes: one for children two years old and another for kids who are three.

The Circle Play Café survived pandemic shutdowns by getting creative. “We offered weekly online instruction for the months we were closed. As a free outlet for parents with kids at home, we presented story time, music, arts and crafts, dance, science experiments, and kids’ yoga. We sold sensory boxes and kits



Future firefighters practice their skills



Being silly

with activities that parents could do at home with their kids. Honestly, we didn't expect to be closed for five months, but we survived," Power says.

Power admits that keeping the business alive was challenging, financially. "Months after we opened, COVID hit. The first two years of any business, you're paying back loans from banks and family members, trying to figure out what works and what doesn't. When we first opened, many people contributed to our success. The handprints on our wall are from all those people who made The Circle Play Café possible."

When asked how their kids feel about sharing their moms with other kids, Hummel and Power agree, "We have good days and bad days, to be honest, but our kids have adjusted to sharing us with other kids. They're used to the dynamic now. And they benefit from being around other kids. They have friends to play with almost every day. Truthfully, they've never known anything else. We feel blessed to have this space."

The Circle Play Café sponsors a Moms' Group one night per month when specialists are brought in to talk about topics of interest to mothers such as postpartum depression, breastfeeding, and mental health.

"We're planning to introduce Football Sundays for dads each month, when fathers can spend time together while their kids play," Hummel says. "We have a back room where we host kids' birthday parties and when possible, kids' yoga, and music classes. We hope to expand soon; increasing our hours for open play to include two weekday afternoons and Saturday mornings." [Kids](#)

Play at The Circle Play Café is \$10 plus tax for a 9 a.m.–11:30 a.m. session. Pay at the door or purchase a discounted punch card good for ten sessions for \$80. The Circle Play Café is located at 1276 Fairport Road in Fairport. Visit thecircleplaycafe.com for more information.

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GiGi's Playhouse— The happiest place in Rochester

BY DAWN KELLOGG



It's hard to imagine a happier place in Rochester than GiGi's Playhouse.

GiGi's Playhouse Down Syndrome Achievement Center serves children, adults, and their families from diagnosis at birth to adulthood. It's a fun, colorful, and engaging environment in the Village Gate area where kids and adults with Down syndrome can play, learn, and interact with each other and where parents and families can gather, share stories, and support each other. It's an inspirational place where families can celebrate their child and benefit from free programs that unleash joy, confidence, and continuous improvement.

Founded in 2003 by Nancy Gianni in a suburban Chicago strip mall, GiGi's playhouse was named after Gianni's daughter, GiGi, who was born with Down syndrome in 2002. Seeing the lack of support and resources for parents and families of kids with Down syndrome, Gianni created a place to make dreams come true. There are now fifty-five GiGi's Playhouse locations nationwide and in Mexico, and it's the only nationwide network of Down Syndrome Achievement Centers. Down syndrome is the largest chromosomal disability in the country but is the least funded. Ninety-nine percent of the GiGi's Playhouse workforce is volunteer, and services are completely free to families. The not-for-profit organization operates on donations and grants.

When Kim and John Guerrieri's baby daughter, Gianna, was diagnosed with Down syndrome shortly after birth nine years ago, there were no physical spaces available in the Rochester area for parents and families to gather. Kim, along with Jennifer Bustamante, the mother of another child with Down syndrome, heard about GiGi's Playhouse and, after visiting a branch in another city, they decided that this was desperately needed for Rochester. There are currently more than 400 participants in its programs.

Photos provided



Down Syndrome Achievement Centers
educate. inspire. believe.

GiGi's has made a lifetime commitment to empower families with all the tools that their children need to succeed. The programs offered by GiGi's Playhouse encompass speech and literacy skills, math, handwriting, fitness, occupational and physical therapy, life skills such as cooking and finances, as well as career skills. Although GiGi's Playhouse was founded to serve those with Down syndrome, it is not exclusive to this and accepts participants with other developmental disabilities.

Donna Rush is Gianna's grandmother and the executive director of GiGi's Playhouse Rochester. She comes to the role from years in education and fundraising. Gianna inspires her every day. In addition to Rush, there is a licensed speech therapist on staff and two additional part time employees, but it is the volunteers who make GiGi's Playhouse. The Rochester community has embraced the organization. From the colorful art adorning the walls to educational materials and much needed funding, there are more than 200 people who donate their time and talents to make GiGi's Playhouse a vibrant and exciting place to be. Nazareth College hosts programs through their Speech Pathology department, and other volunteers are trained in teaching literacy, math, fitness, and more.

Carrie Bergeron is the therapist assistant at GiGi's Playhouse and also serves on the board. She brings a rare and insightful perspective to the organization. Diagnosed with Down syndrome after birth, Bergeron is grateful to have had parents who gave her every opportunity to grow and to learn to live an independent life. She has lived independently in her own apartment since 2006. After she graduated with an IEP Diploma, she attended community college and earned her teacher's assistant certificate. In addition to her work at GiGi's Playhouse, she volunteers in other



A joyful moment at GiGi's



GiGi's is a welcoming space for children of all abilities

It's an inspirational place where families can celebrate their child and benefit from free programs that unleash joy, confidence, and continuous improvement.



preschool programs and is a much-sought-after speaker, sharing her story to inspire others to reach their full potential. She has also authored a children's book, *Tommy the Special Tomato*, inspired by a conversation with her father.

Like most organizations, GiGi's Playhouse navigated its way through the COVID pandemic by running its programs virtually. "We were able to get up and running virtually within a week of everything closing down so that we could continue to serve our families," says Rush. However, the organization's major fundraisers, an annual gala and a golf tournament, had to be cancelled. This left a huge gap in funding. The team is back live and in person but are taking all CDC precautions and limiting class sizes.

"There are more than 1,000 people with Down syndrome in Rochester and more than 3,000 in surrounding counties," says Rush. "There are generations of Down syndrome adults out there who have never had access to training, resources, or the ability to network with each other." It is adults with Down syndrome who utilize the facility the most and its "Fantastic Friends" program offers the opportunity to connect socially, play games, do crafts, and learn life skills.

Very often, after a student with Down syndrome completes high school, there is a big question mark. What's next? The Rochester branch hopes to join other branches of GiGi's Playhouse and offer GiGi's Prep and GiGi's University which

will offer more career training and independent living skills.

Adults and kids with Down syndrome suffer most from the lack of acceptance. The struggle is real and constant. However, at GiGi's they hope to change this one diagnosis, one child, and one community at a time. A new initiative of GiGi's Playhouse is "#Generation G," where everyone makes a conscious decision to be better to become a changemaker set on making the world a kinder, gentler place for people of all abilities.

"It's hard for a parent to walk through those doors for the first time," says Rush. "But when they do, we congratulate them on their amazing child and welcome them to this incredible space.

Often parents, upon discovering that their child has Down syndrome, don't know where to turn and face a different life than they expected. That life, however unexpected, can be no less amazing and wonderful." [Kids](#)

If you are a parent or family who would like to learn more about the programs at GiGi's Playhouse visit gigisplayhouse.org/Rochester.

To volunteer, or to learn how you can support GiGi's Playhouse, email: drush@gigisplayhouse.org or call 563-7487.



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Do you have questions about the COVID-19 vaccine for kids?

BY DR. DANIELLE RENODIN-MEAD, DO, FAAP



Understand that it's a big decision to have you or your child receive the COVID-19 vaccine. However, it is truly the most effective way to prevent us from getting coronavirus. As a pediatrician, I receive many questions from parents. Here are a few questions and some answers that I hope will help make this decision easier.

1. Are kids getting COVID-19? Do they really need the vaccine?

According to the American Academy of Pediatrics, as of December 2, more than 7 million children have tested positive for COVID-19 since the onset of the pandemic. COVID cases among children are extremely high: over 133,000 child cases were added the past week (12/6/2021). For the seventeenth week in a row, child COVID-19 cases are above 100,000. Since the first week of September, there have been nearly 2 million additional child cases.

2. Why is it important for my kid to get the vaccine?

The best defense against COVID-19 and helping to reduce the pandemic is vaccination. Children can get very sick from COVID-19 and have short-term and long-term complications. Currently, COVID-19 ranks as one of the top ten causes of death for children five to eleven years old. After your child is fully vaccinated, they have less of a chance of getting COVID-19 and if they do get COVID-19, they have less of a chance of getting seriously ill. A COVID-19 vaccination will protect your children, your family, your friends, and your community.

3. Is the COVID-19 vaccine safe for kids five to eighteen? Why?

Although the widespread use of mRNA vaccines is new, these types of vaccines have been studied for decades. Tens of thousands of volunteers were in clinical trials for the COVID-19 vaccine. Currently, over half of twelve to seventeen-year-olds in the US have been fully vaccinated. These vaccines have been shown to be incredibly safe and no serious safety concerns have been identified. These vaccines are being monitored very closely, and the Centers for Disease Control and Prevention (CDC) say that COVID-19 vaccines will have "the most intensive safety monitoring in U.S. history."

4. Since adults have experienced side effects, what can kids expect (besides pain at the injection site)?

Some children have no side effects, but more children have short-term effects after the second dose. Side effects that you can anticipate are fatigue, fever, headache, chills, joint pain, muscle pain and, of course, pain at the injection site. This results from the vaccine teaching our immune system how to recognize and fight COVID-19. Side effects typically resolve in about two days.

5. Is the recently approved vaccine for children the same or different from the version for adults? Will my child get the same dosage of the COVID-19 vaccine as an adult?

Children ages 5–11 will get an age-appropriate dose of COVID-19 vaccine. It has the same active ingredients as the adult dose. The Pfizer COVID-19 vaccine

for children ages five to eleven is 10mg which is one third of the adult dose. The immunizations are still given twenty-one days apart.

6. Are there certain children who shouldn't get the COVID-19 vaccine?

Children who should not get the COVID-19 vaccine are those who have a severe allergy to individual components of the vaccine or who had anaphylaxis to a prior dose of COVID-19 vaccine.

7. Should I be worried about long-term side effects?

There is no evidence of long-term effects of COVID-19 vaccination, and this type of vaccine has been studied for decades.

8. Can COVID-19 vaccines affect fertility or menstruation as my child gets older?

No, the COVID-19 vaccine does not affect future fertility of boys or girls. According to the CDC, there is no evidence that vaccine ingredients or antibodies developed following COVID-19 vaccination will cause any problems with becoming pregnant. Similarly, there is no evidence that the COVID-19 vaccine affects puberty.

9. Can the COVID-19 vaccine give you COVID?

No, you cannot get COVID-19 from the COVID-19 vaccine. There is no live virus in the vaccine, however, side effects explained above can be expected.

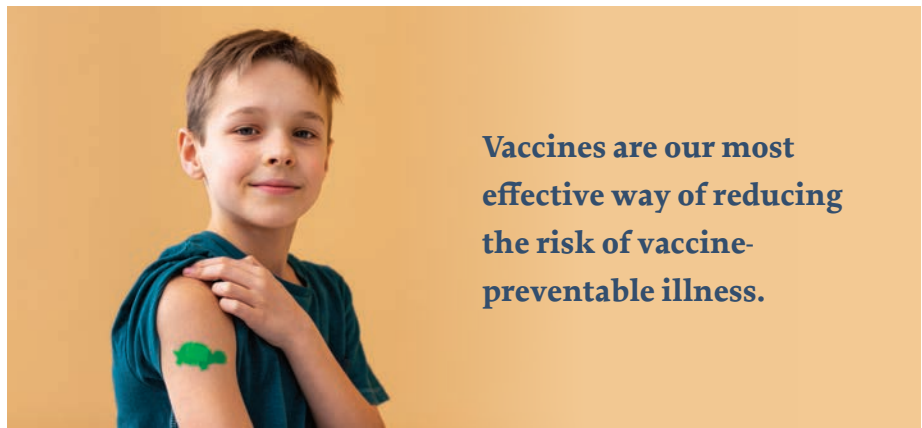
10. How can I prepare for my child for his/her vaccination visit?

Start by talking to your child about the COVID-19 vaccination and discuss what they can expect. Discuss with them reasons why receiving the COVID-19 vaccine is important and who they can help protect. Identify family members who already have the vaccine and discuss with your child. Do NOT give any pain medications before vaccination > Please only give after, if needed. After the vaccine, expect to wait for fifteen minutes prior to leaving.

11. How effective has the COVID-19 vaccine proven to be in kids during clinical trials?

In clinical trials, the COVID-19 vaccination was more than ninety percent effective in preventing COVID in children ages five to eleven years old. If vaccinated individuals do get COVID, they are less likely to be hospitalized or end up in the ICU.

Photo created by freepik - www.freepik.com



Vaccines are our most effective way of reducing the risk of vaccine-preventable illness.

12. Other vaccines are already required for schools. How is this vaccine similar or different?

Vaccines are our most effective way of reducing the risk of vaccine-preventable illness.

at the same time. You should talk to your child's pediatrician if they are scheduled to get another vaccine around the time of their COVID-19 shot. [Kids](#)

13. Do I have to wait to give my child the COVID-19 vaccine if they've had another vaccine?

The CDC advises that your child can get a flu vaccine and COVID-19 vaccine

Dr. Danielle Renodin-Mead, DO, FAAP, is pediatrician and chief medical officer at Oak Orchard Health, a community health center with eleven locations offering pediatrics, medical, dental, behavioral health, and vision care.



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Mindfulness moments

A happy you!

BY TERRI ERCOLE

Positive Mind
Good Vibes
Great Life

How are you? Always answer honestly—even if it's *you* who is asking! The first step to being OK, or even great, is making sure that you are checking in with yourself. That means noticing how you are physically, mentally, or socially.

When I taught elementary school, we would do a daily check-in.

It was pretty simple—and remember—pay attention to the answers!

- Are you taking care of yourself?
- Are you rested and making healthy choices?
- Are you thinking positively about yourself?
- Do you need anything from anyone to make your day better?

A happy you can help others, too! Helping others doesn't have to be huge. It can be as simple as checking in with someone, a smile, or a helping hand.

So first do the best for yourself. Get rest! Eat healthy food! Laugh a lot! Play with friends (no matter how old you are)! Then spread the good vibes! **Kids**

CALMING BOTTLE

Here's a fun and potentially messy project that is all for YOU! It's called a Calming Bottle. When you need a break, some down time, or time get your feelings together, this is it!

Make it!

Shake it!

Be mindful of what you are seeing. Focus on calming your breathing as you watch the glitter fall.

Without getting too complicated, this bottle can be like your brain. Shaking up the glitter is a lot like how we feel inside when we are not feeling our best. It's hard to see through all of the glitter and focus on good choices, but if we wait ...and breathe ... the glitter will fall away. Like in your brain, it's easier to make better decisions when the distractions are cleared away.

Kylie and Eliza joined me to create their own bottles! Have fun, be messy, laugh a lot!

MATERIALS YOU WILL NEED

- A sturdy, empty, and dry water bottle
- Sequins and glitter of different sizes and colors
- Baby oil (enough to fill the bottle)
- Super glue (find an adult for this part)
- Funnel (good to have but you really don't need it)

STEPS

1. Find a clean workspace.
2. Pour baby oil about 3/4 of the way up.
3. Add glitter and sequins—**A LITTLE BIT GOES A LONG WAY!**
4. Add some, cap it, shake, and watch.
5. Add a bit more if you want more sparkle.
6. When you feel good about the amount of glitter, add baby oil to fill to the top.
7. Wipe around the mouth of the bottle.
8. Superglue the cap on and **WAIT** before shaking again.



The best part about your Calming Bottle is that you made it exactly how you want it to be! Want some down time? Some chill out time? Shake, watch, and be.

Make it with Crafty Cat

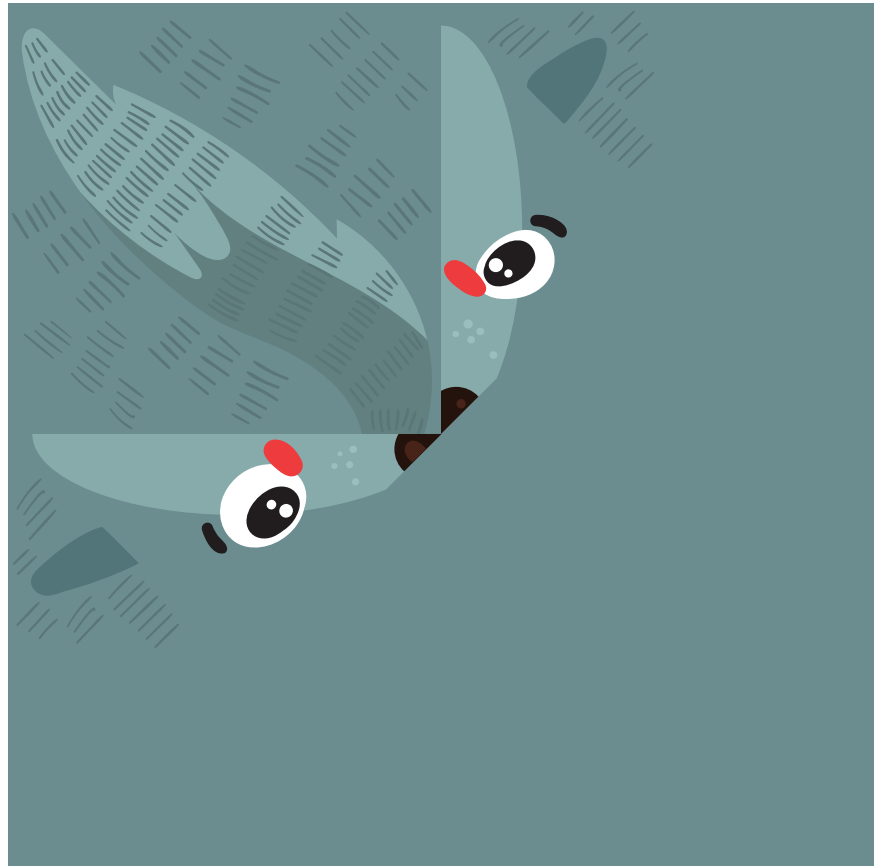


A NOTE FROM CRAFTY CAT

Winter is here and my favorite way to relax after crafting all day is to snuggle up with a blanket and a good book. When you have to take a break from reading, mark your spot with an origami book corner. This is a super easy craft that only take minutes to make.

As always, make sure you have permission from an adult before starting any craft project.

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



TOOLS

Scissors

INSTRUCTIONS

1. Cut out the pattern above along the edge. Lay square on table as shown.



2. Fold bottom point to meet top point to make a triangle.



3. Turn triangle over.



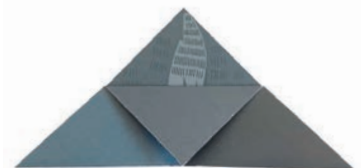
4. Fold right point of triangle to top point. Repeat on the left side to make a square.



5. Unfold both folds made in step 4. You should have a triangle again.



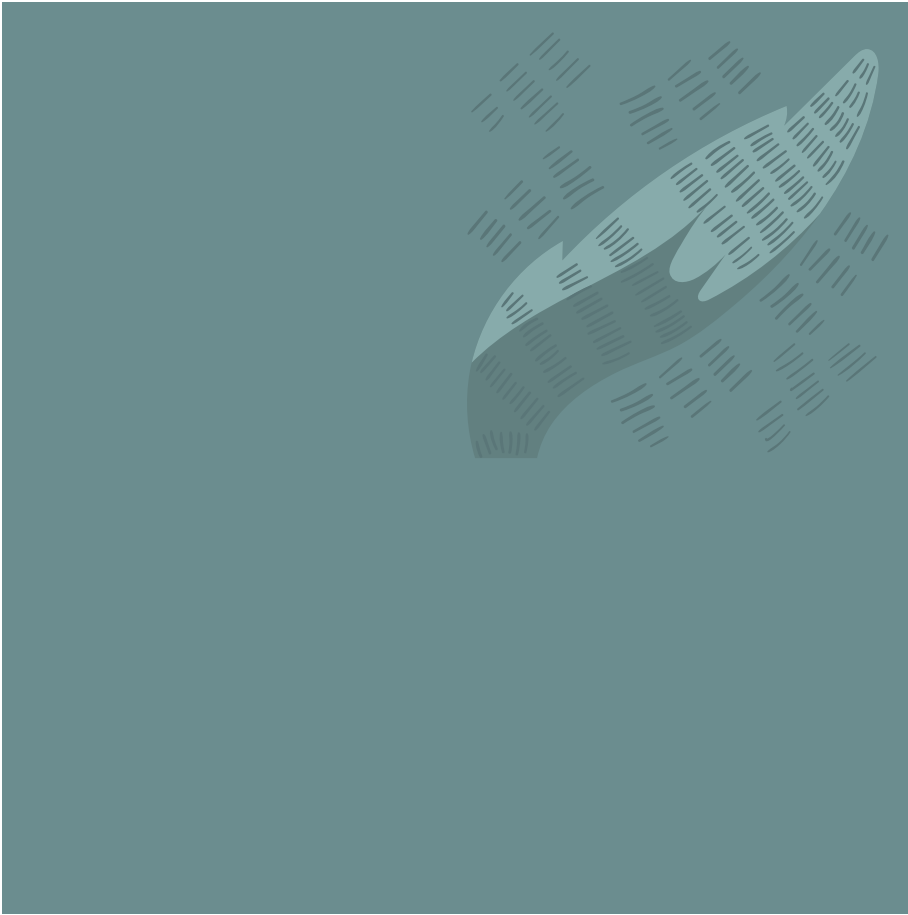
6. Fold top point of top layer of paper down to meet bottom of triangle.



7. Repeat folds from step 4. You should have a square again.

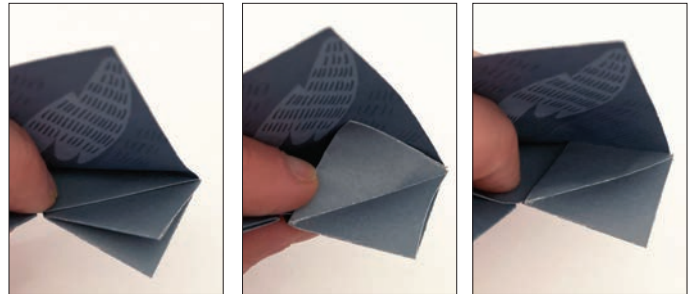
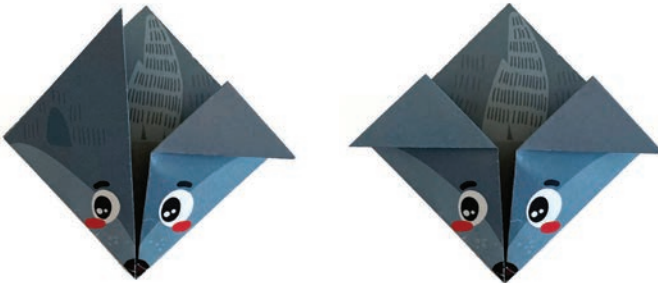


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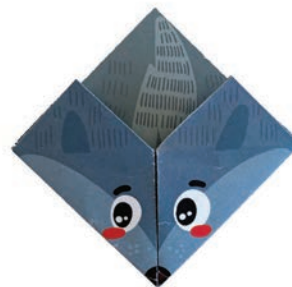
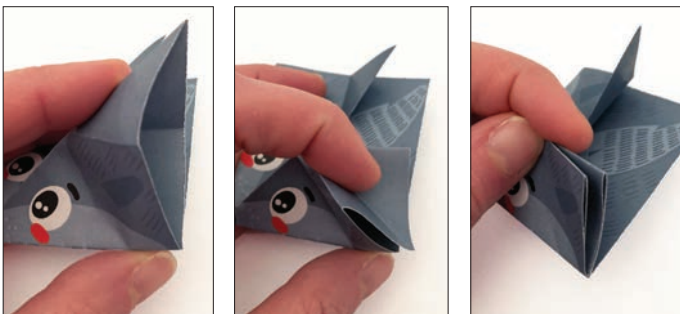
8. Fold top right point down to meet the right corner. Repeat on left. Unfold both folds you just made.

10. Tuck the back flap inside the bookmark. Repeat on other side.

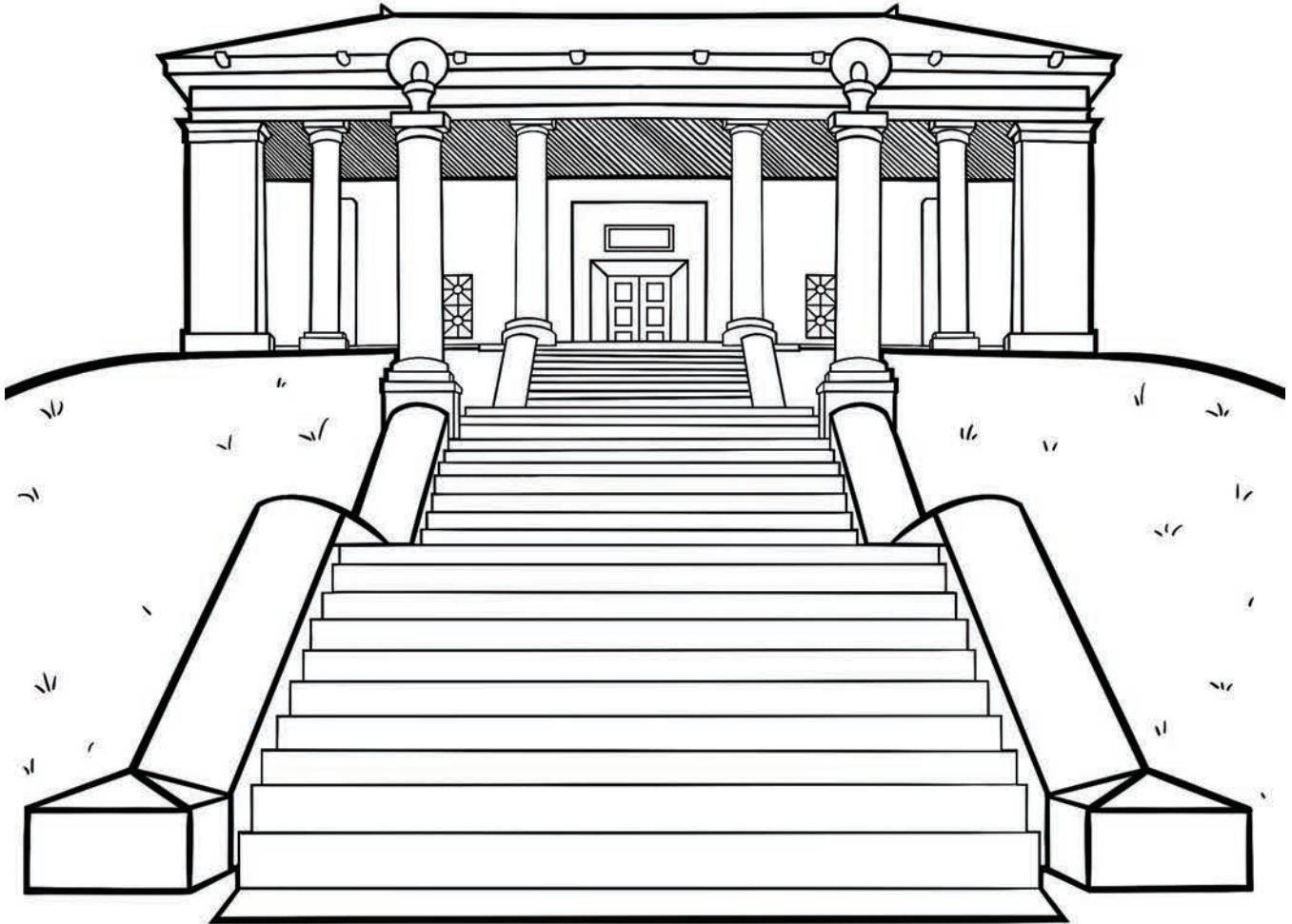


9. Create the ear by pushing the top point down and fold in on itself. Repeat with other side.

11. Grab a book and read—and don't forget to use your new bookmark!



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A ROCHESTER GEM

*Nick Capostagno*²¹
NICK CAPOSTAGNO DESIGNS

Kids seasonal to-do list

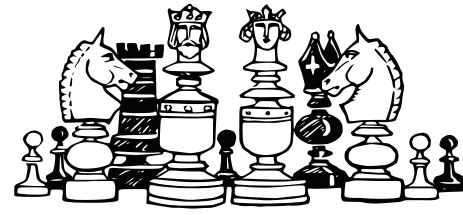
OUTSIDE

- Create a snowman family that looks like your family.
- Shovel your neighbor's sidewalk.
- Learn to ice skate, ski, or snow shoe.
- Make snow angels.
- Sled down the biggest hill you can find.



INSIDE

- Read your favorite book again and again!
- Drink a big mug of hot cocoa with whipped cream on top.
- Have a scavenger hunt.
- Make origami bookmarks.
- Learn to play chess.



—(585) Kids staff

Kids in the kitchen

Fruit Candies

1. Measure out **1 cup each** of three or four different kinds of dried fruit such as **raisins, apricots, dates, or prunes**. (Make sure there are no pits or seeds in them.)
2. Measure out **1/2 cup of nuts**—any kind you like.
3. Zest **1 orange**.
4. Put dried fruit, nuts, orange zest and **1 teaspoon ground ginger** in food processor and mix until well blended. Dump mixture into a big bowl.
5. Shape mixture into little balls.
6. Roll balls in **grated coconut** or dip in **melted chocolate**. Place chocolate dipped balls on waxed paper to harden.

Keep candies in the refrigerator. Makes about 4 dozen.



Adapted from *Kids are Natural Cooks* by Parents' Nursery School (Houghton Mifflin Co., 1972)

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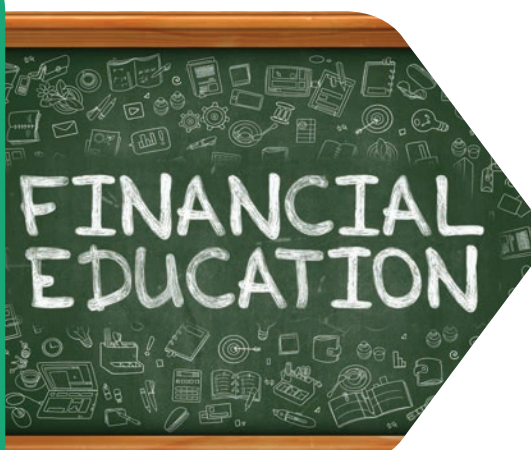


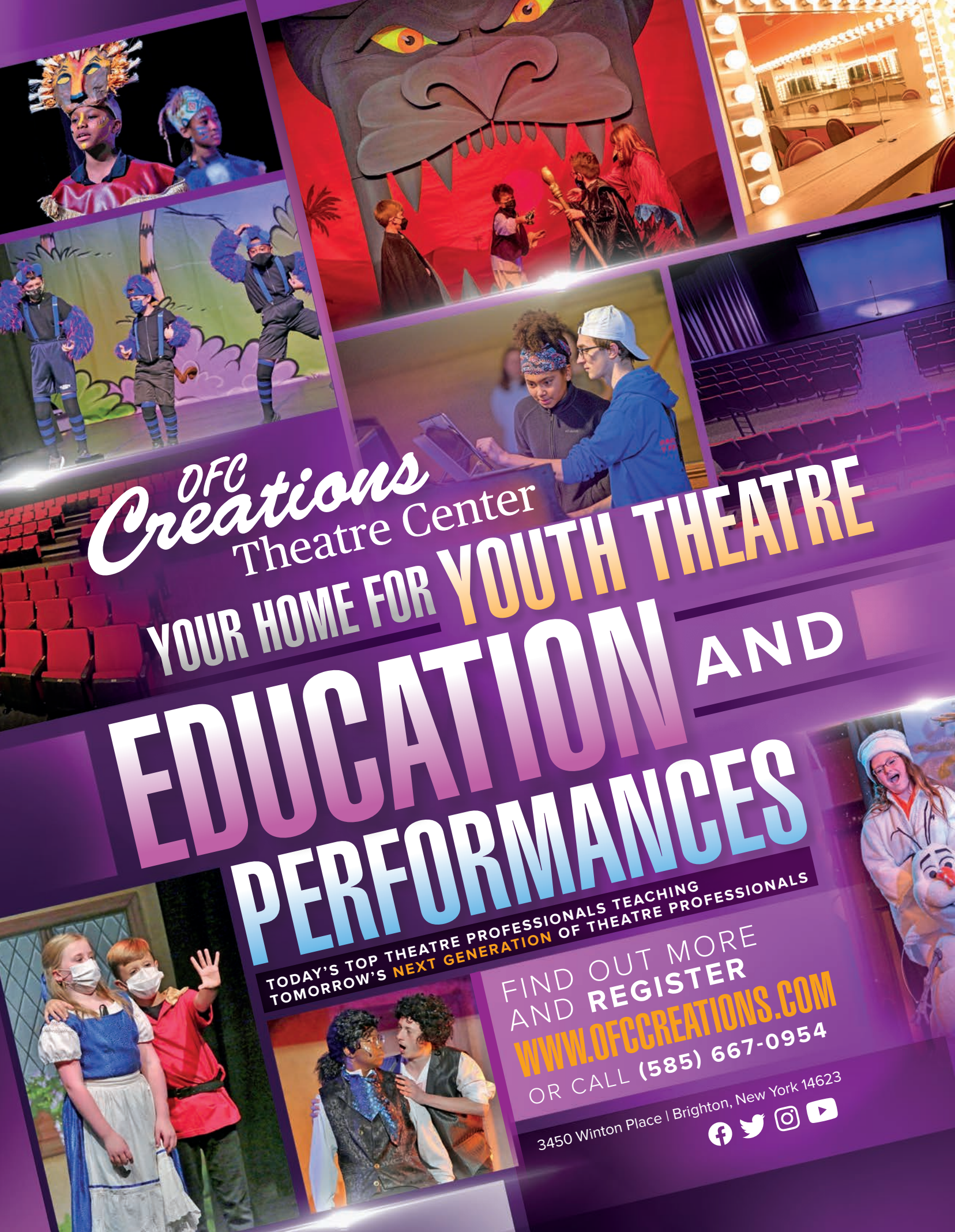
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