



SWPC is a neighborhood organization funded for and by the South Wedge community

South Wedge Celebrates South & Hickory Place Opening

By Nancy O'Donnell

On June 30, Konar Properties hosted a ribbon-cutting and tour of South and Hickory Place, a "historically-appropriate" mixed-use development in the heart of the South Wedge. The new four-story brick façade between Gregory and Hickory Street resembles five brownstones, with retail and restaurant space occupying the first floor, and upper floors housing 33 apartments.

Joining Howard Konar, President of Konar Properties, at an early ceremony were Deputy Mayor Patricia K. Malgieri; R. Carlos Carballada, the Commissioner of Neighborhood and Business Development; Council members Adam McFadden, Carolee Conklin and Matt Haag; SWPC Executive Director Robert Boyd plus members of the Business Association of the South Wedge Area (BASWA) members; city workers and local residents.

"This is a proud day to see something like this in the City," said Councilman Adam McFadden. "This transforms a neighborhood. You can live, shop, visit and be entertained here. It becomes a destination spot for the entire City of Rochester."

Konar Properties became interested in building in the South Wedge during a 2003 tour led by former SWPC Executive Dan Buyer. SWPC members were attracted to Konar

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South and Hickory Place (Photo Christopher Maggio ©)



R. Carlos Carballada, Adam McFadden, Howard Konar, Patricia K. Malgieri, Carolee Conklin and Matt Haag (Photo by Christopher Maggio ©)

Calling all Block Clubs

By Chris Jones

The Community Engagement Committee of the South Wedge Planning Committee (SWPC) is working to help get area Block Clubs organized and meeting regularly. Block Clubs have been organized or

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Hamilton Street Block members Kristin Chajka, John Chajka, Linda McFadden sport their street colors

SW Farmers Market Draws Hundreds

By Sue Gardner Smith

Good food, good fun and the lively mingling of friends and neighbors marked the first weeks of the SWPC's 2010 South Wedge Farmers Market season.

With the annual toss of the lettuce, the market's fourth year was launched on June 3 and each Thursday afternoon since, the sleepy parking lot behind 100 Alexander has been transformed into a bustling street fair, complete with live music, activities for kids and even a juggler. Local farmers pile their tables with colorful, fresh fruits and vegetables each week, starting with the spring's early, abundant crop of juicy strawberries, with new offerings each week as the harvest follows its natural course. Now the extravagant bounty of late summer includes vine-ripened heirloom tomatoes in a rainbow of colors, wonderful local sweet corn and sweet apples and peaches from orchards near Lake Ontario's shores. The fall harvests will be available right up until the market's closing day on October 28.

South Wedge Farmers Market food is special. It's all locally-grown and produced, so it's the freshest, most nutritious and tastiest food around. You can meet and talk to the farmers and producers. By buying directly from them we know the origin of our food, and we also support the local small farmers who make this wonderful way of seasonal eating possible.

Food is not the only treat at the South Wedge Farmers' Market. Each week, musicians get toes tapping and kids dancing. The market will be joined in upcoming weeks by the Wild Root String Band, Bernie Heveron's Jazz Quintet, and



Strawberry Seller (Photo by Johannes Bockwoldt)

the Ceilidh Connection, a Scottish smallpipe ensemble (similar to bagpipes) among other performers. Community groups also share information about activities in the neighborhood and beyond. Watch for folks from the South Wedge Victory Garden, the Genesee Land Trust, and the Rochester Chicken Club, who will bring their feathered friends with them to the market. On September 23, Artisan Church will host a community art project, and on the last Thursday of each month the market sponsors a food drive to support Calvary St. Andrews Church Food Ministry, which in turn supports South Wedge residents in need. Look for kids' activities and lots of surprises.

You're sure to see someone you know. For many people, the best thing about the weekly market is the sense of community they find and the reminder of what a great place this part of the City is.

The South Wedge Farmers Market is held on Thursdays from 4 to 8 p.m., switching to 4 to 7 p.m. on September 2. You'll find the market at 100 Alexander Street, at the corner of S. Clinton (behind Boulder Coffee). EBT (food stamp), FMNP, credit, and debit customers are welcome. The market is sponsored by the South Wedge Planning Committee.

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South Wedge Planning Committee
224 Mt. Hope Avenue
Rochester, New York 14620



WEDGESTOCK 2010

SATURDAY, AUGUST 21, 2010

ON SOUTH AVENUE

SEE SPECIAL INSERT FOR DETAILS

Stars of the Wedge

Jim Papapanu and Heather Penrose

Victory Garden Managers

By Nancy O'Donnell



Heather Penrose and Jim Papapanu
(Photo by Nancy O'Donnell)

Jim Papapanu and Heather Penrose are young, have busy lives, demanding careers. They're renters. It would be easy to stay on the sidelines, the old "take what you like and leave the rest" to long-time residents. But, that wasn't enough for the couple. Together they leapt into South Wedge urban village activism and took on the hefty roles of SWPC's Victory Garden Managers.

Jim, a Lockport, NY, native, lived in an Averill Avenue apartment for several years. He met Heather, who lived in Pittsford, when she waitressed at the former Basha's on South Clinton Avenue.

"I was raised in the suburbs, but my father did keep a vegetable garden," says Jim. "My grandparents lived outside of Watertown, and they farmed. My parents used to use my younger sister and me as slave labor at the local U-Pick farms each strawberry season. We hated it. So my parents had a really good laugh at me last summer when everything came full circle, and I picked up the phone to tell them I was going to U-Pick that morning and that I needed to know how to make jam."

Heather, on the other hand, had some gardening experience before she went on to get a M.A. in social work.

"I've always liked to garden at my parent's house, not vegetables, just flowers," says Heather. "My first couple jobs I had were in landscaping."

"But, I've always had an affinity to nature," Jim adds, pointing to years of backpacking trips. Soon Heather was backpacking alongside. One memorable hike took the couple on a "moonlight hike up Mount Marcy in the Adirondacks," the highest point in New York State, elevation 5,343 ft. As they neared the summit, fog and winds blew in and covered the sunrise.

"For one second, when the fog lifted, it was pretty," laughs Heather. "It took us eight hours total. When I got back to the tent, I just fell into the sleeping bag."

Jim on the other hand smoked a cigar, something he does to celebrate.

"A good cigar is my guilty pleasure," says Jim, "H. Upmann Cabinet Seleccion, Fuente Fuente Opus X and Ashton VSG. I normally don't have any more than one or two a month, unless I'm camping, and then it turns into a nightly camp fire ritual."

In 2009, the couple who try to eat only organic, signed on for the Hamilton Street Victory Garden's inaugural season.

"We grew lettuce, beans, peas and carrots, cukes and broccoli," says Heather. All we had were the handouts that Bob [Boyd] passed out as an intro to all the gardeners."

"It was a short set of rules and guidelines," says Jim, "Common sense. No pesticides."

As their enthusiasm grew, Heather was alarmed to see that some of the other gardeners' interest "fizzled out." "We went almost every day. I was monitoring it. It was devastating to see tomatoes rotting on the vines."

"I felt it was a great project," said Jim. "It got me thinking. Even if we don't own here,

this is my neighborhood. I was trying to benefit from something provided to us by the neighborhood, and I wasn't doing anything to contribute to it."

In January Jim went to SWPC Executive Bob Boyd and asked, "What can we do to help?" By April, the couple had a "Boulder Coffee Summit" with Boyd to finalize the application process and add a four-hour work requirement, a communal upkeep promise that would ensure the garden would be "free of trash and watered," says Jim.

Under Jim and Heather's management, the Victory Garden has grown in both number of beds and gardeners (28 in 2009; 34 in 2010). Jim built six new beds, added a raised pumpkin patch "for neighborhood children" along with four fruit trees and one "really small blueberry bush," Heather says.

The couple took a day off from work (he from Leverages Technologies, she from Rochester Rehabilitation) organized and supervised "Days of Caring" that brought city volunteers to paint the garden's fence, plant flower on its edges and help inside. "The coolest thing is not just raising your own food, but community building," says Jim.

Mid season, the couple is even more fervent advocates of communal gardening and a green lifestyle. Jim used "remesh" to create a taller tomato cage; both took a Woodworking class at BOCE to learn how to build trellises for their climbing vegetables.

Heather finds weeding "therapeutic" after a stressful work day. "It gives me some sense of satisfaction to see things grow."

The couple recently moved to a larger apartment in a 19th century home on Gregory Street with "Ross," the rescue dog, and "Teeny" the Tuxedo Cat. They're planning a harvest cel-

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Letters to the Editor

Thanks for [George Lorson's] recent article on home maintenance for summer. Here's a suggestion: include web sites and/or phone numbers so that people can more easily follow up on your suggestions. Just an example: the article says inform the city about a special pickup. Hmmm, I say, how do I do that? You could put the information in the article or at the end, or simply refer people to your own web site (or SWPC's) where they can find everything explained with all the extra details.

I've recently learned, from reading David Allen's *Getting Things Done: The Art of Stress Free Productivity* that anything requiring more than one action qualifies as a "project". People accomplish actions, not projects, so the question is always, "What's the next step?"

Putting your article together with Shawn Patrick Wallace's letter [Letters to the Editor, June/July issue], which expresses his frustration with the non-action of some SW dwellers (and his efforts to educate others and thank still others), I see the need

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Stump the Wedge!

Maybe you're new to the South Wedge. Maybe you're a Wedge Lifer but you forgot. Whatever the reason, The Wedge Newspaper wants your questions. Where to buy? Who to call? What's the reason for...?

We'll find the answer for you. We're going to bring together the combined intellects of the entire SWPC staff to answer your questions. We'll even give you answers to questions you hadn't thought to ask. All questions welcomed. Answers will be fit for the entire family.

E-mail your queries to nodonnell@swpc.org or call 256-1740, and leave your question on the Wedge Newspaper voice mail.



Community Partner



OFFICIAL NEWSPAPER OF THE SOUTH WEDGE
South Wedge Planning Committee
224 Mt. Hope Avenue • Rochester, New York 14620
(585) 256-1740

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The Wedge Newspaper, a not-for-profit newspaper, is published by the South Wedge Planning Committee (SWPC), a grassroots organization serving the South Wedge Urban Village. Its mission is to provide accurate coverage of neighborhood news as well as local, state and national news that affect the area.

Today, the Wedge is printed bimonthly (February, April, June, August, October and December) with a circulation of 7300. The newspaper is mailed to homes in the South Wedge and distributed to area businesses and retail shops and other drop off points in the Greater Rochester area.

Articles in this paper do not necessarily reflect the view and/or opinions of SWPC.

Please send any story suggestions or news releases to Wedge Newspaper, Editor Nancy O'Donnell, 224 Mt. Hope Avenue, Rochester, New York 14620 or nodonnell@swpc.org. Please see our complete Advertising Deadlines and Rates online at www.swpc.org.

Before recycling this printed newspaper, please pass it on to a friend or co-worker.



Our Mission Statement

SWPC builds community in the South Wedge, encourages a full range of housing opportunities, and promotes a diverse, historically significant, and commercially sustainable urban village.

The South Wedge Planning Committee, Inc.

August and September - Community Calendar

All meetings are held at 224 Mt. Hope Avenue, except when noted.

SWPC Board Meeting:

tzwahlen@frontiernet.net
Thursday, Aug. 12, 6 p.m.
Thursday, Sept. 9, 6 p.m.

SWPC Executive Team

tzwahlen@frontiernet.net
Thursday, Aug. 5, 6 p.m.
Thursday, Sept. 2, 6 p.m.

Commercial & Economic Development

chris@historichouseparts.com
Tuesday, Aug. 10, 6:00 p.m.
Tuesday, Sept. 14, 6:00 p.m.

Community Engagement (Neighbors & Block Clubs)

a.clark-taylor@hotmail.com
Mon., Aug. 16, 6 p.m. Beale Street Cafe
Mon., Sept. 20, 6 p.m. TBA

Finance Team:

tsciarabba@hotmail.com
Tuesday, Aug. 10, 12:30 p.m.
Tuesday, Sept. 14, 12:30 p.m.

Housing & Structures:

mmcullough@dor.org

Wednesday, Aug. 4, 5:30 p.m.
Wednesday, Sept. 1, 5:30 p.m.

Marketing and Membership Committee:

flogan@rochester.rr.com
rachel@madebyrachel.com
Tuesday, Aug. 10, 5 p.m.
Tuesday, Sept. 14, 5 p.m.

South Wedge Farmers Market Advisory Committee:

suegardnersmith@gmail.com

Tuesday, Aug. 3, 6 p.m.
Tuesday, Sept. 7, 6 p.m.

BASWA (Business Association of the South Wedge Area)

chris@historichouseparts.com
(Visit baswa.org for locations):
Wednesday, Aug. 11, 6 p.m.
Wednesday, Sept. 8, 6 p.m.

Ad Deadline
for Next Issue
Sept. 12



Deb Zakrzewski (Photo by Nancy O'Donnell)

by Nancy O'Donnell

Zak's Avenue and More Opens on South Avenue

Deb Zakrzewski's new business, Zak's Avenue, becomes the first business to open in the new South and Hickory Place, mixed-use development at 661 South Avenue.

Zak's Avenue offers a gorgeous selection of sterling silver distinctive jewelry and beaded pieces "with very special stones," many made by Deb and a whole lot more.

"I'll sell some of my Mother's special vintage jewelry [Mom's an antique dealer], collectibles, just a lot of previously enjoyed stuff," said Zakrzewski.

Zakrzewski studied jewelry making over the years when she wasn't work as a travelling around the world—China, the Philippines, India and all over Europe—in her life an engineer for RG&E. She's also worked as a corporate headhunter.

"I've had a lot of business background in sales and buying."

After devoting half her life to science, Zakrzewski decided to give the rest of her life to art. When she began looking for a space, she first thought of Park Avenue, but her South Wedge roots started tugging on her.

"I was born in Highland Hospital. My mother used to take the South Avenue bus to her job at Sibley's," said Zakrzewski.

"I wanted a city store. I wanted foot traffic. I've always loved urban life, and what's going on in the Wedge is incredible," Zakrzewski added.

She wants her store to offer "something for everyone." She's been taking notes when she talks to passersby, asking them what they want. So, plan on finding eco-friendly gifts, fresh flowers and gift cards, kitchen gadgets and stuff for kids, "some under \$5."

You can welcome Deb to the South Wedge during Wedgestock on August 21. She'll be selling right outside her store. A grand opening will be held in October. She plans to hire three or four part-timers and be open seven days a week.



Neighborhood Yard Sale to Benefit Haiti

South Wedge resident Michael Shannon Wilson travelled in May with "Haiti: A Labor of Love," to the Caribbean

island hit by a catastrophic 7.0 magnitude earthquake. The grassroots organization's plans a 10-year mission to help rebuild the island where over 3 million people are still impacted by the devastation.

Wilson will hold a Yard Sale on Sept. 4-5, 9 a.m. – 5 p.m. at the corner of South Avenue and Hamilton Street. All proceeds will benefit Haiti. Donations for the yard sale are needed along with volunteers.

"Even if you don't want to be part of the Haiti sale, you can sell your stuff right next to me. The more we have and the more houses involved means more people," Wilson said.

Kurt Wilmarth, owner of Echo Tone Music on South Avenue, is an enthusiastic supporter of Wilson's efforts.

"The best part of a gigantic yard sales is that the money goes straight to the people," said Wilmarth. "The money is going to build eco domes, earthquake proof homes that will get [Haitians] out of tents."

"The [yard sale] is a great idea. I'll even donate the inside of the building. Whatever he needs," said Wilmarth.

To learn more, call 831-6315 and visit "Haiti Alaboroflove" on Facebook.



Colin Coffey and Michael Brundage (Photo by Karen Avalle)

South Wedge Couple's Marriage Makes for Good Listening

Renewing Massage founder Colin Coffey and schoolteacher Michael Brundage were married in Lee, MA, on St. Patrick's Day 2009. By the time the newlyweds crossed over the New York State border to return to their home in the South Wedge, they were no longer legally wed.

Four months later, on the Fourth of July, the couple found themselves outside a NPR StoryCorp trailer parked next to the downtown Rundel Public Library. (StoryCorps is "an independent nonprofit project that honors and celebrates the lives of everyday Americans by listening to their stories.") Coffey and Brundage were invited in and asked to record a conversation about their marriage. Almost a year later, NPR called back.

"We heard from the VP of Radio for WXXI that they had selected an edited selection of our conversation of two minutes 46 seconds for broadcast on June 24th," said Coffey. The conversation was played several times that day.

In an e-mail to the Wedge, Coffey wrote why the couple was happy to tell their story to the world.

"We believe this piece puts yet another human face to the discrimination against lesbians and gay men in the United

States and right here in New York State."

(To hear the Coffey Brundage interview, visit <http://interactive.wxxi.org/node/35105>.)



The Big Cheese (Photo by Nancy O'Donnell)

What Rat Stole the BASWA Cheese?

Historic Houseparts co-owner Chris Jones couldn't believe her eyes. The big hunking-chunk of Swiss cheese celebrating BASWA, (The Business Association of the South Wedge Area) had gone missing. What kind of rat would nab the fromage tribute? Had it been shredded? Melted? Was it stashed in some cracker factory?

The BASWA-commissioned 200-lb. street sculpture by artist John K. Archer had happily been bolted to the ground near the corner of Averill and South Avenues since its installation last year. The bolts had loosened sometime around the 4th of July, but before BASWA could secure it, it vanished.

Jones quickly created a wanted poster offering a reward and contacted the media.

Before you can say "Pass the Chablis and crackers," City Newspaper reporter Christine Carrie Fien blogged and Ch. 8 Tweeted about the missing wedge.

Kurt Johnson, a musician in the *Moho Collective*, caught the tweet and immediately called an anxious Ms. Jones to tell her the cheese was safe and was ready to come home.

"I and my friend Meredith Schreiber found it lying in the street and took it home for safe-keeping," said Johnson. "It already had boot marks on it, and it was getting beat up."

"Meredith is an artist, and we did what we hope others would do for us," said Johnson.

A grateful Chris Jones put together a thank you gift basket that included, Lux Bucks, a Historic Houseparts T-shirt and, of course, Hedonist Chocolates, the Goat Cheese Collection.



Amanda Jacobs (Photo by Nancy O'Donnell)

Peace Lutheran Church Organist's Composition Wins Praise

Amanda Jacobs, organist at Peace Lutheran Church, Composer of "Jane Austen's Pride and Prejudice, A Musical" and "At Peace With Yoga" teacher recently entered her "Mass for the Living" into a composition competition sponsored by the Foundation for the Sacred Arts. In early June, she learned she had won an Honorable Mention. The musical setting was written for unison voices and keyboard using the New English Translations of the Bible from the Foundation for the Sacred Arts.

When Jacobs' mother died suddenly in January 2000, she promised herself she would write a Mass in her memory. "Ten years passed and a dear friend asked me in November 2009, "When are you going to write it? It's been ten years ... almost." That was the day I picked up my mechanical pencil and sat down to compose," said Jacobs.

"It is thrilling to know that the [composition] won an Honorable Mention, but it really isn't the winning that makes me happy," writes Jacob in an e-mail to the Wedge. "What makes me happy is that my mother lives in that work and all of that love and joy of her life lives in the work too and people felt it and they loved her and with that, it feels like her life won an Honorable Mention! She was such an amazing woman, and I weep with so much joy and gladness. She won!"

Peace Lutheran Church is

currently using part of the composition for worship services. In December, the work will premiere at the National Institutes of Health (NIH) Philharmonia, an orchestra established by NIH scientists and federal workers to play free concerts to the public.



James Warren, Sally Ramirez and Miche Fambro (Photo by Johannes Bockwoldt)

Miche Fambro Show Hits Tango Café

On June 23, the multi-talented Miche Fambro brought his travelling talk show, music revue and soap opera spoof to Tango Café on Gregory Street. The crowded café was treated to a small selection of songs by Fambro, accompanied by Scott Bradlye, Harry Ford and Emmett Ientilucci, before he introduced his guests. These included Rochester Food Net writer and foodie Adam Wilcox, Latin Jazz Vocalist and actress Sally Ramirez, Conceptual artist and Multi Use Community Cultural Center's Director of Artist Development John Borek and magician James Warren. Later three of the four had fun acting in "The Old and The Useless." To enjoy the show again, visit <http://miche.com>.

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By Allison Clark



Does your yard need weeding?

Attention Seniors and Disabled Residents

If you need help with yard or basement cleaning, please call the SWPC office at 256-1740, ext. 102 and let us know. A number of student volunteers from the University of Rochester and Eastman School of Music are willing to help the South Wedge community on August 27 and August 30. Let them help you!

Tri-Parish Picnic Planned for August

St. Mary, Blessed Sacrament and St. Boniface Churches will hold a tri-parish picnic at Ellison Park on Sunday, August 15. Contact any of the three Parish offices for more info.

Opa! Greek Festival Set for Four Days in August

Mark your calendar for the South Wedge's favorite Greek Festival set for August 26-29 on the grounds of The Greek Orthodox Church of the Holy Spirit at 835 South Avenue. Greek food, music, art, dancing and boutique items. Thurs.-Sat. 11 a.m. - 11 p.m., Sun. 11 a.m. - 8 p.m.

Interfaith Lecture and Discussion Scheduled for September

The Second Annual Brennan Interfaith Lecture will be held on Monday, Sept. 20, at 7 p.m. at St. Mary's Church. The focus this year will be on young people and interfaith issues. Young adults from the Catholic, Jewish and Muslim traditions will lead the discussion. This event is free and open to all.

Father Joseph Brennan, a Rochester area priest, was an outstanding educator in the field of Hebrew and Christian Scripture studies and a pioneer in developing interfaith understanding. An annual lecture is held each September to celebrate and continue his work through education, scripture study and interfaith inquiry.

St. Mary's Annual Red Cross Blood Drive

St. Mary's will host an American Red Cross blood drive on Sunday, Sept. 26 from 9 a.m.-1 p.m. in the Dugan Center. (The Dugan Center is located beneath the church and may be entered from the gardens to the north of the church.)

New BASWA Brochure is Here!

Chris Jones, President of the Business Association of the South Wedge Area, was happy to deliver the new South Wedge business directory to area busi-

nesses. It includes a map of businesses to shop and interesting historical facts.

"We're looking for more good photos of Wedge businesses to use in the next printing," said Jones.



St. Francis Day Blessing of the Pets October 3

Pack up Mr. Fuzzy and Sport and bring them to St. Mary's Roman Catholic Church for the annual St. Francis Day Blessing of the Pets in the Dugan Center gardens on Sunday, Oct. 3. All pets and animal companions are welcome. St. Mary's is located near Geva Theatre in downtown Rochester, NY, opposite Washington Square Park.

Convenient garage and surface parking is available at no cost adjacent to the church. St.

Mary's Church and Dugan Center are handicapped accessible. For more info, call 232-7140.



Paul Urai (Photo by Beth Urai)

Adam McFadden Honors Three for Community Service

City Council member Adam McFadden presented his annual Community Service Awards earlier this year to BASWA President Christine Jones, PAC-TAC Organizer Paul Urai and Beale Street Café owner Terry Bauer in April.

Jones received the South District Community Service Award for South East Rochester. The award noted her "dedication to the well-being of the community, her neighborhood leadership of BASWA and her mentoring of other business all contribute to the growing and thriving South Avenue commercial corridor."

Paul Urai was awarded for his "commitment to the public safety of the residents of the neighborhoods of South East Rochester," noting that it "set a high bar for service to the District."

The final award went to Terry Bauer who was "acknowledged for being a tremendous culinary and social asset to the community of the South District. And for their fine food that Adam truly enjoys."

Councilmember Adam McFadden's South District Awards ceremony took place at the Kornberg Medical Research Building at the University of Rochester Medical Center.

Highland Park Library August Kids' Programs

Special calendar pages to help kids keep track of how much they read or are read to this summer are available at the library. The library is giving out small prizes to reward their progress.

Books in Park - Wed. mornings at 11:30 a.m. through August 11 (weather permitting).

Join us for stories, songs, puppets and more. Bring a blanket to sit on. We'll meet near the Poet's Garden, across from the Conservatory on Reservoir Ave. Ages 2-6. If weather is questionable, call Alexandra at 428-8227 to confirm.

Nature Craft - Tues., August 3, 2:00 p.m. Meet in Highland Park in front of the Conservatory. We'll take a short nature hike and collect materials to build a fairy house or a bug village. Parent or guardian must attend. In case of rain, we'll meet in the library. Ages 5 and up *Please register.

Jewelry Making - Tues., August 10, 2:00 p.m. Make some beaded jewelry or braid a friendship bracelet. Ages 6 and up. *Please register.

Mystery Scavenger Hunt - Tues., August 17, 2:00 p.m. Once again we'll meet in Highland Park in front of the Conservatory. Look for clues to solve a mystery! Parent or guardian must attend. In case of rain we'll meet at the library. Ages 6 and up *Please register.

Be Red Cross Ready - Monday, August 23, 5:00. Find out what to do in emergency situations. Basic health and safety skills will be demonstrated. Plan ahead for emergencies and be prepared. For students in 6th-8th grade. *Please register. Space is limited.

Wii WEDNESDAYS. First two weeks in August from 3:00-5:00. Try your hand at Wii sports.

"Wedgeducation" Planned for Sept. 9

Remember the Wedge Recession Procession? BASWA's Wedgeducation will be all that and more. Details at www.baswa.org.

Irish Dance School Moves to New Address

Local Irish dance studio, Rince Na Sidhe, recently moved to new digs at South Clinton Avenue and Gregory Street (in the space that formerly held Urban Village Scooter. They are all so celebrating their new Irish certification that will allow them to compete in dance contests local, regional and international.

The studio's name is also changing said Mary Canton, one of the school's directors. Nina Piccini and Wendy Michaels make up the other members of the team.

"We're using our mother's maiden names for the name," said Canton.

The studio runs classes for children three and up and has open enrollment all year. They also offer one free trial

So welcome to "McLaughlin, Goodwin-O'Shanecy Irish Dance & Ashford Ballet Company on 700 South Clinton Avenue.

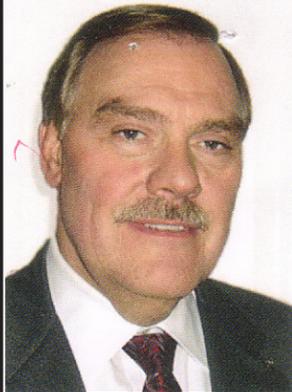
Taste of the Neighborhood Sept. 19

The Highland Park Neighborhood Association is holding its wildly successful Taste of the Neighborhood on Sunday, Sept. 19. Good food, good music, good company. Visit their web site at www.highlandparkrochester.org for details.

Shop Westside Farmers Market on Tuesdays

The Westside Market is open for business every Tuesday 4 p.m. - 7:30 p.m. St. Monica Church parking lot, 831 Genesee Street. For more info, visit www.westsidemarketrochester.com.

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Block Clubs

continued from page 1

are already active on the following blocks: Cypress-Linden, Sanford Street, Gregory Street, Hickory Street, Averill Avenue, Hamilton Street, Wedgepoint (Alexander and Comfort Streets) and Bond-Whalin Streets (see contact info below).

The South Wedge Block Clubs, once formalized, will be a resource for residents in each block to work together on issues and projects and have a voice in local government both through SWPC and directly within the Southeast Quadrant. Formalized Block Clubs will also be able to take advantage of the SWPC's organizational resources, which can help with newsletters, mailings, web sites, leadership training, grant writing and block parties. To form a block club simply means creating a leadership team of up to four people, submitting by-laws and a minimum of two meeting dates per year to SWPC and requiring at least one member of the leadership team to attend the monthly meetings.

Block Club Leaders, and any interested residents from each block, are invited to meet with the Community Engagement Committee on the third Monday of each month at 6:00 p.m., where we will share information, resources and project assistance. The July 19th meeting was held at Beale Street, future meetings will be held at different area businesses. Topics at upcoming meetings include: traffic issues, crime trends, problem houses, block party planning, newsletters, community gardening projects, communicating with landlords, welcome baskets and a holiday decorating contest where the winning block wins a Block Par-

ty stipend of \$250.

A table will be set up at the South Wedge Farmer's Market each week where people can come and sign up to join or learn about active block clubs. Interested residents can also visit www.swpc.org to learn who their Block Club Leaders are and find their contact information. People can also contact the Community Engagement Committee if they would like help in setting up a Block Club on a street not listed below. Our contact information is also on the SWPC web site.

Current Block Clubs

Averill Avenue Block Club
Jamie Johnson
jjohnson193@student.monroec.edu

Cypress/Linden Block Club
Anne Kingston
annetod@rochester.rr.com

Gregory Street Block Club
Angela Clark-Taylor
a.clark-taylor@hotmail.com

Hamilton Street Neighbors
John & Kristin Chajka
kristinchajka@gmail.com

Hickory NUTS (Neighbors United Through Service)
Jayne Morgan
jsmorgan56@gmail.com

Sanford Street Block Club
Robert Lauterbach
rbauterbach@gmail.com

Wedgepoint (Comfort and Alexander Street)
Mr. Tracy Saville
tsaville@rochester.rr.com

Konar Open House

continued from page 1

developments after watching the construction of its Elmwood Manor townhouses on Highland Avenue. SWPC encouraged Konar to add new residences to the Wedge with the request that they blend with the turn-of-century buildings on South Avenue and provide parking behind the building.

Under the name of Gregory Street Transfer, LLC, Konar acquired seven separate parcels to assemble the site over a period of several years. Along the way the City provided a \$1 million low interest loan to the company in anticipation that 14 of the apartments would conform to the City's Affordable Housing Program. Construction began in July 2009. In the end, the \$4.8 million, 40,000 square foot residential and retail building blends with existing neighborhood buildings to everyone's satisfaction.

After the ribbon-cutting, the public was invited to take a peek at several of the studio and two bedroom apartments above. Singer Teagan Ward performed while visitors enjoyed food and drinks provided by Beale Street

Cafe, Solera Wine Bar, Hedonist Artisan Chocolate, Cheesy Ed-dies, Mise En Place and the Coffee Connection. Throughout the event, visitors toured several of the apartments above.

Howard Konar said he was especially heartened by the success of other South Avenue businesses.

"The success and growth of business owned by Casey Hohenbeck [Mise En Place] and Nancy Sawyer Molina [The Coffee Connection] re-enforced our feeling that the area was good for retail."

Already, 11 of the 33 apartments are rented and retail businesses are being courted.

After the event, SWPC's Robert Boyd was still glowing. "Wow! The gap on South Avenue is filled. This is an exciting time for the Wedge."

Apartments and retail space in South and Hickory are shown daily by appointment. For more information, call 334-4110.

Zak's Avenue

South and Hickory Place's first retail shop, Zak's Avenue, will open in September. Owner Deb Zakrewski will be selling during Wedgestock (8/21) outside her new shop. Stop and say hello!



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Letters to the Editor

continued from page 2

for education and the potential for offering more ways to make more of the South Wedge as beautiful as a lot of it already is, especially more easy ways -- ways that only need one action at a time.

I am a former homeowner (in Brighton) who just moved to a South Wedge apartment to reduce my living costs. Being used to having to do everything myself, I started cleaning up the yards in front and behind my new residence. I noticed as I walked my dog where people took care of the outsides of their residences and where they didn't. I have to assume that people who don't, either aren't aware, or are distracted by other worries in their lives, or are just plain tired by the other work they do to make a living in this difficult time. For me, the presence of the beautiful gardens, well-kept houses and swept streets and sidewalks were enough to raise my awareness. But I would still need help in actually making the plantings and doing some of the other things that would create a more inspiring view of my residence. So, there are likely other people in the same position. I'd like the garden posse to descend and say, "Here's what you have to do, and we'll help you get started!" I'd learn alongside people who already have the knowledge. I'd be willing to pay something for this help -- in fact, I'd be willing to help organize it. (Did I just say that? Yikes! I'm struggling to build a business over in NOTA, the Neighborhood of the Arts! I don't need any sidetracks!) I guess I just believe that people are affected by their physical environment, and beauty is a basic human need. I'm grateful to those who are offering this to the South Wedge environs and hope to join them.

--Priscilla Auchincloss
Averill Ave
Owner, Director
PHYSIKOS,
Village Gate

City Advises: Be A Good Noise Neighbor

Homes in older neighborhoods are quaint, affordable and close together, and they have few noise barriers (insulation, thermal paned glass and/or central air conditioning). Tenants who like their music loud and late should strongly reconsider before moving into such a neighborhood.

Music should be considered personal entertainment, not to be shared with the neighbors. Loud voices and amplified sound (stereos, radios, T.V., etc.) should not be audible 50 feet beyond the property line between the hours of 8:00 a.m. and 10:00 p.m. Between the hours of 10:00 p.m. and 8:00 a.m., sound should not be audible beyond the property line. Music from a motor vehicle should not be au-

dible from more than 50 feet at any time.

City residents have empowered local officials to take action against those who are not good neighbors. Those actions include warnings, fines and court ordered evictions. If a property has numerous unabated or chronic violations, the property may be seized after court action. The fines for these violations range from \$200 for a 1st offense to \$600 for 3rd + offenses. Vehicles involved in the violation will be towed at the owner's expense.

Be courteous to your neighbors! A polite notice of a special party with a phone number to call if it gets too loud can go a long way toward good neighbor relations.

Stars of the Wedge

continued from page 2

celebration for this year's gardeners. Now Jim has a hanker for raising chickens if his "landlord doesn't mind" (and adding a goat later). Heather is ready to manage the Hamilton Street Garden and any other ones that may be planned for next year. They also want to open the application process earlier next year.

Most important, Heather and Jim have discovered a different rhythm to life.

"You get tuned into the rhythm of the garden," says Jim. "We knew nothing. We were brand new. We learned if you put in [a seed], it will grow."

For that, Jim might just light up a cigar come harvest time.



Victory Garden members share their herbs (Photo by Nancy O'Donnell)

Garden tips for Newbies by Jim Papapanu

1. Don't be afraid to take the plunge. Just do it! Have fun!
2. You don't need a huge amount of space. You'd be surprised at how much food people get out of their 4' x 8' raised beds in the South Wedge Victory Garden.
3. Your soil is to your plants what the foundation is to your house. It's the most important part of your garden. Invest in learning about a

vegetable garden's basic soil needs.

4. Pick a site that gets a lot of sun. More than six hours a day is recommended, eight or more hours a day is ideal.
5. Tap the wealth of knowledge that's in the people around you. Gardeners aren't secretive. We love to share information. Five minutes of conversation and Q & A with the manager at a garden center or the farmer that you're buying seedlings from will be as or more useful than a few hours with a book.
6. Start small your first season. Plant vegetables that are relatively easy to maintain and forgiving, and that you'll make the most use of in your kitchen: radishes, spinach, lettuces (especially leaf lettuces), tomatoes, beans, beets and chard.
7. Plant from already started seedlings bought from a farmers market or garden center.
8. Check your garden at least every other day. You'll be aware of problems like under or over watering sooner this way, and you'll be on top of harvesting when the moment is right.

Recommended reading list: *Small Plot, High Yield Gardening* by Sal Gilbertie and Larry Sheehan. "It was a very informative read and in my opinion would be a perfect all around guide for novice gardeners. It gives great background on how to get started. The author is from the Northeastern U.S., so the guidelines and planting times he lists are fairly close to what you'd want to practice here in Rochester."

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South Wedge Announcements

Nadia Eve Fanning

John Fanning and Evvy Gordon, owners of Solera Wine bar on South Avenue, recently welcomed their first child, Nadia Eve Fanning. Nadia was born at 2:40 p.m. on Wednesday, May 26th. Utterly beautiful Nadia at birth was measured at 21" and weighed in at 8 lbs. reports the proud parents.



Nadia Eve (Photo and production by Fanning & Gordon)

Munson & Cox

Kristin Michael Cox and Benjamin John Munson were married at 4 p.m. on July 3, 2010. The wedding took place at a family farm house near Potsdam, N.Y., which has been in Ben's family since the late 1800s. The ceremony was performed by Rev. Judy Lee Hay of Calvary St. Andrews (She made the ride up from the South Wedge.)

Mr. and Mrs. Munson (Kristin is taking Ben's name) are postponing the honeymoon for a few months so they can focus on getting their business, Newdigs, "up to speed," reports Ben. Newdigs is an online apartment web site that matches renters and landlords.

"Since we actually threw the wedding ourselves (Kristin cooked most of the food from scratch), we took a lot of time away from the company," says Ben.

Munson is a member of the SWPC Board.

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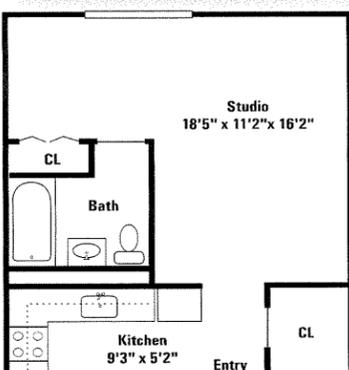
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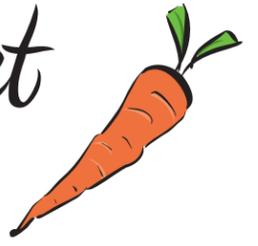
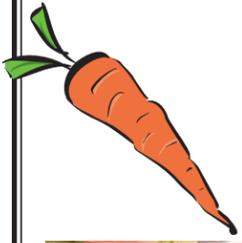
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South Wedge Farmers Market

Opening Day - June 3, 2010



(l-r) Rev. Ghislaine Cotnoir (Peace Lutheran Church), Rev. Judy Lee Hay (Calvary St. Andrew, Scott Austin, (Artisan Church) and Fr. Richard Brickler (St. Boniface Church) gave blessings for all the market bounty. (Photo by Christin Boggs)



Pinnacle Apartment Shoppers took the inaugural SWPC shuttle ride to the Market (Photo by Nancy O'Donnell)



Kit Miller from Edible Rochester talked to marketgoers about all things sustainable. (Photo by Nancy O'Donnell)



Flower vendor. (Photo by Christin Boggs)



Strawberries and rhubarb make a great pie. (Photo by Christin Boggs)



Marilyn Anderson and Jon Garlok (Photo by Johannes Bockwoldt)



Good feelings abound at the Farmers Market. (Photo by Christin Boggs)



More fun at the Market (Photo by Johannes Bockwoldt)



SWPC Executive Director Bob Boyd opens the Market (Photo by Johannes Bockwoldt)



Charlie Clark post strawberry nosh. (Photo by Johannes Bockwoldt)



Chris and Vicki Hartman toss the traditional lettuce (Photo by Johannes Bockwoldt)



Market kids build a better pea (Photo by Johannes Bockwoldt)



Mighty Liberators (Photo by Johannes Bockwoldt)



Mini Mighty Liberators wait their turn. (Photo by Christin Boggs)



City of Rochester Rec center high steppers (Photo by Nancy O'Donnell)

South Wedge Urban Art

Traffic Control Box Public Art Project 2010 was produced by the Business Association of the South Wedge Area (BASWA) and funded in part by the Arts & Cultural Council of Greater Rochester in conjunction with the New York State Council of the Arts. (Photos by Chris Jones)



Howie Green – "Peace, Love, Music"



Allison Roberts "Juggling Hearts"



Jill Gussow – "A Celebration of Birds"



Rachel Fox – "Farmer's Market"



Yolanda Daliz – "Let's Play"



Krycia Mnick - "Persistence of Abundance"



Joe Guy Allard "Zombie Emergency Box"



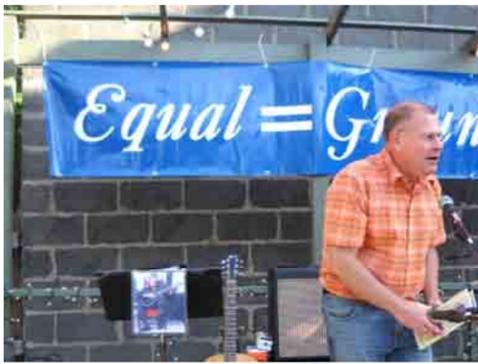
Eric Cady – "Unite"



Stephen Dorobiala – "Son House"

Third Thursdays

The Business Association of the South Wedge Area (BASWA) announced the winners of the Public Art Project 2010 at a Third Thursday event at Star Alley. Musician Fred Vine and CASH Back entertained the crowd of artists, artist's family and friends and people looking for a good time in the South Wedge.



SWPC Executive Director Bob Boyd welcomed the crowd (Photo by Johannes Bockwoldt)



(l-r) Jessica Klick, Katie Libby, Phil Rawleigh, Ben Turiano, and Paul Binetti (Photo by Nancy O'Donnell)



T.J. Ricer, singer and bassist, of CASH Back, Johnny Cash Tribute band (Photo by Johannes Bockwoldt)



Son House gives 6-year-old Me-khi Stephens something to ponder. (Photo by Tiana Stevens)



(l-r, front row) Jose Fernandez, Taylor Whitney, Eileen Fernandez, Kathy Green (l-r, back row) Sue Sanford, David Sanford and Kevin Dineen (Photo by Nancy O'Donnell)



Singer and Fingerstyle guitarist Fred Vine headlined the evening's celebration of art and music (Photo by Johannes Bockwoldt)



Early arrivals wait for the music (Photo by Johannes Bockwoldt)



Chris Stringer and "Athena" (Photo by Nancy O'Donnell)

South Wedge Business Buzz



Tommy Plantone and Tony Sciarabba
(Photo by Neal Rudin)

Mt. Hope Ave. Rubino's Under New Management

Combine a former nightclub owner now business broker and a South Wedge Planning Committee Board member/ tax preparer/MBA, and you'll get the new partnership running the popular Rubino's Italian Food in Mt. Hope Plaza

SWPC Board member Tony Sciarabba approached Tony Plantone, founder of AMD Business Broker, who was listing Rubino's for sale.

"The more I looked at it, the more I liked it," said Sciarabba. "Finally I decided it was too good to pass up, so on April 16th (the day after tax season ended), we bought the place."

"We both like food and we both like meeting people," said Plantone, adding additional motivation for their new restaurant venture.

Sciarabba has been a board member of the South Wedge Planning Committee (SWPC) since 1993. He also serves as SWPC Treasurer.

"I've spent most of my career in the banking world as a commercial loan officer and a credit analyst," said Sciarabba. "I've worked with many small businesses over the years whether it was giving them a loan, helping them apply for a loan, or preparing a business plan and financial projections for them. I have also been a professional tax preparer since 1998."

More important, Sciarabba was "always a Rubino's fan."

"I loved going into the main location on East Ridge Road and smelling all the Italian food and seeing the big cheeses and salamis hanging from the ceiling. And, I've always enjoyed cooking and certainly enjoy eating - especially Italian food. The location on Mt. Hope Ave being so close to the South Wedge was an added bonus," said Sciarabba.

The Plantone/Sciarabba menu goes beyond a takeout with menu of subs and wraps. The menu offer pastas such as Broccoli Alfredo, Stuffed Shells, Lasagna and Rigatoni, salads, soup and chili and "Malta's Massacre," hot dog or hamburger platter with home fries, macaroni or baked beans.

The walls are freshly painted, and tables and chairs offer dining in.

"I'm so excited about the energy on Mt. Hope Avenue... the City's Master Plan, the University of Rochester's College Town, the reconstruction of the road, landscaping, bicycle lanes, the upgrading of existing businesses, the new businesses," said Plantone. "Park Avenue is out! Mt. Hope Avenue is in!"

The shop is also adding Finger Lakes Coffee Roasters (beans and cups) to the mix.

Rubino's Italian Food, 1659 Mt. Hope Ave., 271-0110. Hours: Mon.-Thurs. 8:30 a.m.- 5 p.m., Fri. 8:30 a.m.- 4:30 p.m. Saturday 9 a.m.- 9 p.m. Closed Sunday.

--Nancy O'Donnell

Natural Pet Foods Company Moves to Swillburg

Natural Pet Foods Company which began with a vendor's stall at the Rochester Public Market in 2000 has outgrown its space on Alexander Street and opened at 766 South Clinton Avenue on August 2. Stella the cat, who has been with the company since the market days, will also be relocating.

Owner Mario Cerasuolo is partnering with See Spot Think owner Cindy Harrison of Penfield. (www.seespotthink.net) to offer a new dog training service at the shop, along with the high quality pet food and treats.

For the opening on Aug. 2, Mario will offer free trial size items for pets.

766 South Clinton Avenue, 530-3371. www.naturalpetfoodcompany.com info@naturalpetfoodcompany.com Hours Mon.-Fri. 10 a.m. - 7 p.m., Saturday 10 a.m. - 5 p.m., Closed Sundays.

--Rose O'Keefe



(l-r) Evan Freuder, Guinness Distributor Manager, Taylor Whitney, Wolfgang Rietz and Kate Green at BASWA's Taste the Beers of Ireland at the German House (Photo by Nancy O'Donnell)

German Club Hosts BASWA Tastings

Ed Schram of The German House on Gregory Street joined with The Business Association of the South Wedge Area (BASWA) for a series of wine, beer and mojito tastings over the last few months. In April, Taste the Beers of Ireland night was held at the Keg. Along with a hearty sample of Irish classics: Guinness, Harp, Smithwick's beers and Magners Hard Cider, imbibers also enjoyed men in kilts and the Gates Keystone Police Pipes and Drums whose members include Jeanine Rietz, Loraine Rietz, Pete Nowak and Mike Ritchie. To sign up for more fun, visit www.savourflavor.com or www.baswa.org.

--Nancy O'Donnell



(l-r) Mike Ritchie and Pam Revard of Gates Keystone Police Bagpipers (Photo by Nancy O'Donnell)

Napa Wood Fired Pizzeria Heats Up on South Clinton

By Rachel Chaffee



Napa Owner Dave Enos (Photo by Rachel Chaffee)

One of the South Wedge's old homes has been converted into the neighborhood's newest restaurant, Napa Wood Fired Pizzeria. Located next door to Boulder Coffee Company on South Clinton Avenue, Napa provides a completely new dining experience to the Wedge with a mix of casual and fine dining for brick oven pizza lovers. In addition to a delectable menu, Napa's unique interior and exterior space is a welcomed addition to a neighborhood that loves to gather outside and eat good food.

Napa combines the 20-year restaurant experience of owner Dave Enos with the creative design of Lyjha Wilton, owner of Boulder Coffee Company. The two met last spring when Wilton was looking for a tenant interested in opening a brick oven pizzeria in the mid-nineteenth century house, which was rezoned for mixed use four years ago. Enos was looking to open a second Napa location in the city. His other restaurant is in Perinton Hill Plaza in Fairport.

Wilton has long felt that a brick oven pizzeria would be a perfect fit for the South Wedge corner: "Not too fancy, not too casual, and very affordable."

"I wanted something unique, and I wanted to be where the action was," said Enos, who explored several locations around Rochester before deciding that his vision and Wilton's were a perfect fit for Napa's II. Enos felt that the extensive seating options Wilton had in mind for the renovation offered "another great space [for people] to watch the oven, relax, and enjoy the outdoor courtyard."

The newly-renovated interior seats 70 and includes a lofted dining space with second floor balcony and a handcrafted oak bar, soon to be stocked with a wide selection of beers and wines. The restaurant also has a covered patio facing South Clinton Avenue, a covered back deck and shared courtyard with Boulder and seating at the restaurant's large brick oven.

The brick pizza oven is Napa's centerpiece. Designed and built by Brennan Egling of Slat-style Masonry and Wilton, the oven offers a unique twist on the traditional brick oven styles in most pizzerias.

"I told [Brennan], not to

think like a mason, but think like an artist," said Wilton.

The oven is located on the courtyard's south end, next to Napa's deck and outdoor seating, allowing diners to watch the firing process. It also has two extensive concrete counters on each side, providing bar seating where diners can get up close and personal watching chefs create their own artisan pizzas.

A mix of brick, stained concrete and steel, the oven anchors the shared courtyard by also providing a fire pit for both Boulder and Napa customers to enjoy.

Enos describes the courtyard as "amazing," and said he plans to keep the ovens burning year round. "I'll just put canvas around it [in the winter]."

Napa specializes in thin-crust pizzas with a focus on unique pesto and cream sauces. The menu includes a wide selection of topping combinations to fit a variety of palettes with many pizzas for those interested in venturing beyond traditional pepperoni and cheese toppings. A Tex-Mex pizza includes grilled chicken, salsa and guacamole. Others combine a sweet and salty blend of prosciutto, figs and artichokes. Napa's Kid's Menu features mac-and-cheese pizza. Vegetarians, too, won't go away hungry. Napa offers a variety of gourmet salads and signature rappinis.

"The menu is constantly developing," said Enos, pointing to his two chefs: Bridgette Pendleton and Kayleigh Sherwood. Sherwood studied at the Le Cordon Bleu Institute of Culinary Arts in Pittsburgh. Pendleton is self-taught.

Enos reports that the Napa has been "extremely busy" in the short time it's been open. "It was way more busy than I thought it would be."

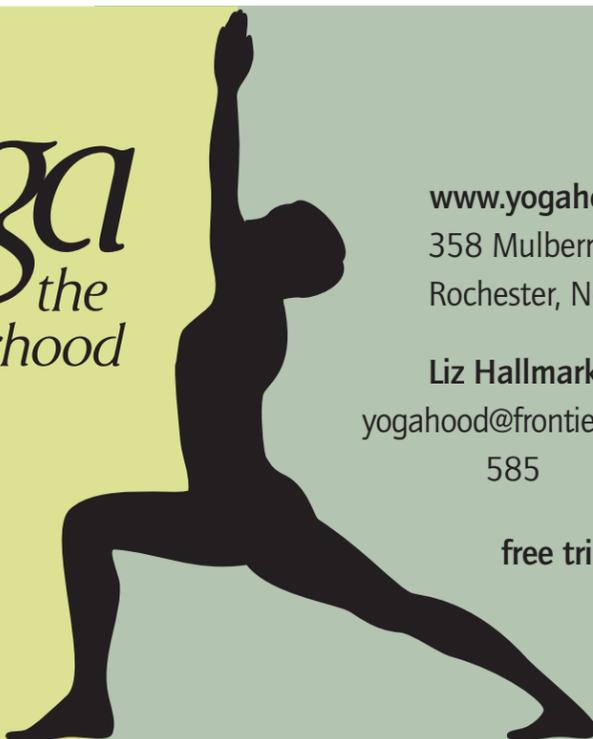
Enos has been collecting e-mail addresses from his first customers, and he plans to send "thank you coupons" to all of them. He also is planning a grand opening later in the summer.

Napa Wood Fired Pizzeria is located at 573 South Clinton Avenue. Restaurant hours: Monday-Friday, 11 a.m.-11 p.m., Saturday, 4-11 p.m. and Sunday 4-10 p.m. 232-8558.

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Frederick Douglass Club Hits the Road for a History Lesson

By Tiana Stephens



Students visit Frederick Douglass Circle in Harlem (Front row, l-r) Chaperone Millie Bermudez, Eric Daniels, Aniyah Johnson, Jayde Lucas, Campbell McDade-Clay, Riane Pares-Kane, Sarah Petrichick, Katiana Conde (Back Row, l-r) Emmalee Jessie, Chyna Stephens, Brittany Read, Sibö Simkin, Khaleef Reed, Casey Sheils, Justus Lucas, Xavier K. Anderson, Dezmir Phelps, Autumn Ellis, School #12 Teacher Henry Padron, Frieda Jones, Dharma, Faythe Weaver-Skinner, Zoe, Chaperone Mary B. Ash-Jones, Michelle Garcia-Daniels. (Photo by Tiana Stephens)

Wearing shirts that read, "Frederick Douglass is my Homeboy," a group of eager 5th and 6th graders from James P. Duffy School #12 boarded a charter bus headed to places they've been learning about all year in a unique after-school group.

"It was really exciting because you get to learn about stuff that you don't normally talk about at school," said 6th-grader Chyna Stephens.

The Frederick Douglass Club, founded by Michelle Garcia-Daniels three years ago, embarked on a whirlwind trip across Western New York and down to New York City. In some instances the students experienced the very places that the great abolitionist himself had visited.

The first stop--Seneca Falls, where the first Women's Rights Convention was held in 1848, followed by a visit to the home of Elizabeth Cady Stanton, famous abolitionist and women's rights advocate. Fifth grader Campbell McDade Clay recalled the trip fondly; "I liked going to Stanton's house. It was really cool to be in her house, not only because it was her house, but because it was so small. I loved the wallpaper because it had such pretty designs."

Douglass himself may have stepped foot in that very home. He was one of the few men who attended the historic meeting of the first convention, and he would continue to fight for several more decades for women to gain the right to vote.

The home of Harriet Tubman, former slave and rescuer of over 70 slaves herself was next on the tour. "The best part of the trip for me was spend-

ing time with the club playing games and learning about Harriet Tubman. I learned that she lived in Auburn, New York," said Justus Lucas, a 6th grader.

From Auburn the group travelled to New York City. In keeping with the theme, the next day started early with a ferry ride over to Lady Liberty, followed by a tour of the CBS building in Manhattan where a very special guest came to meet the kids--the great, great, great, granddaughter of Frederick Douglass, Faythe Weaver-Skinner and her family. And, just in time for the Club's arrival, a monument in Harlem, (years in the making) of Frederick Douglass had just been dedicated. This was a truly a "Kodak moment" for the kids from Rochester, New York, to take pictures with relatives of Frederick Douglass.

"Spending the day with the Frederick Douglass Club was awesome. It's amazing that in using Frederick Douglass as a source of inspiration, the children have each become individual sources of living inspiration. I felt nothing short of blessed by their presence," said Weaver-Skinner, who resides about an hour outside of the city.

Even at dinner that night, the students were given a history lesson. Just up the road from the monument, is "Miss Mamie's Spoonbread Too," a popular soul food restaurant owned by Norma Jean Darden. Darden stayed late that day to give the children a firsthand account of how her grandfather--born a slave, and freed as a child--was able to pull himself up through hard work.

The students who took part on this exciting road trip

can really appreciate the notion of hard work. Each had to earn participation in the tour by practicing good citizenship, participating in workshops, performing reenactments and volunteering in the community. It's only fitting that the History Club is from School #12, built on the site of Douglass' former Rochester home, which burned down in a suspicious fire in 1872.

Garcia-Daniels is already busy planning next year's trip, says "It was a necessity for me to arrange this trip for the F.D.C. students. Often when students read about historical places and people, it doesn't resonate with them. This trip allowed them to touch artifacts, see personal belongings and hear stories of great trailblazers. Our club has discussed the importance of the women suffrage movement and abolitionists and it was important for me to have them walk in their steps," said Garcia-Daniel.

Tiana Stephens and husband Erick Stephens have four children at School #12: Mekhi, 6, Tian-Xing 8, Kaori-Mei, 10, and Chyna, age 12. She accompanied her two oldest daughters, who are members of the Frederick Douglass Club, on this year's trip. Last year, Tiana, the Assignment Editor at WROC-TV Channel 8, rode along for the club's Washington D.C. trip, blogging for the station's web page and sending back photos and video between stops. The Stephens' son, Tian-Xing, recently competed in the Frederick Douglass Oratorical Contest at the Douglass home site in D.C. Tiana, a South Wedge resident, is originally from Denver, Colorado. This is her first article for The Wedge.

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Enjoy a Locavore's Summer Salad By Lee Bender, South Wedge Farmers Market

Hearty salads make an excellent side dish or a quick, light summer meal. Try the following recipe sometime. It's packed with nutrients and flavor! All the ingredients you'll need are available at the South Wedge Farmers Market every Thursday from 4-8 p.m.

Locavore's honey-glazed chicken and chard salad

- 2 cloves finely chopped garlic
 - 1 Tbsp. ground black pepper
 - 1 Tbsp. shallots
 - 1/4 lb. chicken (boneless)
 - 3/4 cup honey
 - 1 bunch radishes
 - 2 bunches chard
 - 1/2 cup snap peas
 - 3 radishes, one cucumber
 - 1/2 cup blueberries
 - Blue or feta cheese.
- (Substitutions and additions could include tomato, carrots and basil).

Wash chard thoroughly and tear into bite-sized pieces, discarding the stems.
Wash snap peas and cut into thirds. Peel cucumber if desired, and cut into quarters lengthwise. Chop quarters into thin slices. Wash and slice radishes.
Toss all ingredients and set aside.
Next, heat a frying pan with enough oil to coat the pan. While doing so, slice chicken into strips and chop shallots. Add chicken strips to the skillet, pouring half of the honey, shallots, and black pepper over the chicken.
When the honey has melted around the chicken, turn it and repeat the previous step.
Keep turning the chicken periodically, until it turns golden brown.
Allow chicken to cool if desired, or serve on top of salad immediately.
Add blue or feta cheese.
Top with the vinaigrette of your choice.

SW Farmers Market Manager's Q & A

By Sue Gardner Smith

Q: The word "sustainable" seems to be everywhere. What does it mean at the South Wedge Farmers Market, and why should I care?

A: A major goal of the South Wedge Farmers Market is to promote a more sustainable food system, one which uses methods that allow food production to continue indefinitely into the future. A sustainable system works with nature rather than fights against it. Waste from the farm goes back into the soil to replenish it, and a healthy cycle of renewal and regeneration allows the land to remain productive indefinitely – the system is sustainable. Farming operated in this harmonious way for thousands of years.

Over the past several generations, however, farming transformed. Many people have become very concerned about the current food production system, which relies heavily on toxic chemicals and petroleum products for production and transportation. Soil is depleted of nutrients; water, air, and soil are polluted; food is less nutritious and is contaminated with toxins; and workers and consumers are exposed to harmful chemicals. Food is grown by giant corporations and transported thousands of miles. Animals are raised in enormous factory farms, in crowded and inhumane conditions, and are treated with antibiotics and hormones to promote unnatural faster growth and to treat sickness arising from unhealthy conditions. Ever-larger quantities of waste are produced which pollute rather than enrich. Resources are used up and not replaced. At some point such a system breaks down and cannot be maintained – it is unsustainable.

This may seem irrelevant

when you stand in the supermarket and see vast quantities of food, much of it very cheap because of the industrial methods used to grow it and because it is heavily processed and treated with cheap chemical additives. But as consumers come to understand the true cost of that food, in harm to the food, the environment, customers, and farm workers, they are choosing to buy food from sources that they know use sustainable methods. Here's why buying from farmers at the South Wedge Farmers Market is a great way to support sustainable agriculture:

- You're buying directly from small-scale, local farmers, so food is fresher and requires minimal transport to get to market.
- Several farmers at the market are either certified organic or use the same growing methods; such food has not been grown with toxic chemical additives.
- It's healthier for you and your family, for the farmers and for the environment. Buying food from farmers markets is one of the best ways to reduce your carbon footprint. Waste is recycled, and soil is replenished.
- Every dollar paid to these farmers helps assure their economic survival and thus our ability to access this precious resource. It also contributes to the health of our local economy.

And in case you're still not convinced, fresh, local food, bought from the farmer who grew it and harvested it shortly before market, is bursting with flavor—the most delicious food you'll find! The sweetest peach, the juiciest tomato, the most deeply flavored meat -- visit the South Wedge Farmers Market and cast your vote for sustainability.

Gaga Look-a-likes at the SWFM

By Nancy O'Donnell

The South Wedge Farmers Market celebrated Gay Pride Week 2010 with a Lady Gaga look-a-like contest and a dance off at the Market on July 15.

While some might think the idea of combining Lady Gaga and a Farm Market would be a Bad Romance, Anne Semel kept a Poker Face about it. As did Kristen Lartson. And while the organizer hoped someone would Just Dance, no one did. Eh, eh, nothing else I can say.



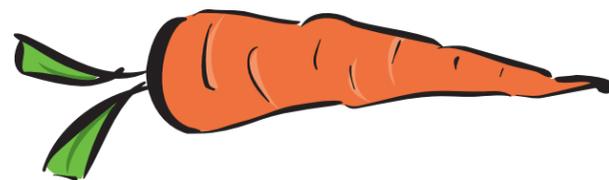
Anne Semel can't keep a Poker Face during South Wedge Farmers Market fun (Photo by Johannes Bockwoldt)



Kierra Lartson waits for the Paparazzi (Photo by Johannes Bockwoldt)

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Meet our South Wedge Farmers Market Vendor

By Sue Gardner Smith



Barrita and Jeff Shanks

Seven Bridges Farm

Barrita Shanks and her husband Jeff live on the same farm in Lima that Jeff's grandparents purchased in 1942. The farm, now known as Seven Bridges Farm, has grown from the original 100 acres to about 500 acres. Jeff's grandparents lived in Rochester and bought the land to establish a farm, but they remained in Rochester during the week. They left their three boys, ages 12, 13, and 15, on the farm during the week to run the operation, and with their daughter, visited the farm on weekend. The boys, including Jeff's dad, successfully ran the farm while still attending school. They named the cows after the prettiest girls in their classes.

On one occasion the boys thought they had lost the cows, but eventually found them in the house! The experience of running a farm, which Barrita says taught the boys industry and self-reliance, seems to have cemented Shanks family ties, because most of the family still lives on the same road today. Jeff built the house in which he and Barrita now live.

Seven Bridges Farm now raises about 200 head of cattle, 30 pigs and over 100 chickens. Barrita and Jeff raise all their animals from birth, and grow most of the grain and hay that the animals eat, without antibiotics or pesticides. The animals are never treated with growth hormones and are never fed animal by-products. The beef, pork, chicken, and eggs produced on the farm can be purchased at the South Wedge Farmers Market every Thursday.



Todd Lighthouse

Lighthouse Gardens

Todd Lighthouse of Lighthouse Gardens in Honeoye Falls has built a reputation as this region's premier grower of garden plants, using only the highest standards of sustainability.

Todd started his farm as a conventional operation, but he soon realized that he was uneasy using the many fertilizers,

pesticides and other chemicals traditionally used on farms. As he explains, "I wanted to be comfortable in my work environment."

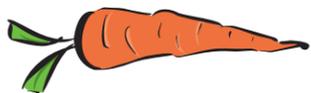
The birth of son Jack, now 2 ½, reinforced his conviction that to protect his son and wife Andrea, his business needed to be more environmentally sustainable.

"I embrace a diverse ecosystem within my greenhouse. In doing so, I try to seek balance rather than just trying to kill insects," said Todd. "You can't have just good insects without the bad. I attempt to embrace the whole and maintain a desirable balance without too much of a detrimental effect on the plants."

Todd believes that if he provides his plants with all the essentials they need, they will be able to defend themselves.

He's developed a unique potting mix that he feels is his secret weapon in providing his plants with all their nutritional needs. He's seen a dramatic improvement in the health and vitality of his plants since he developed the formula which, as he says, "mimics mother nature in a container." He sells the mix at the South Wedge Farmers Market and at his farm. His product is enthusiastically endorsed by the several other farmers at the Market who now use the mix on their farms.

Todd's customers appreciate his approach to sustainable growing; his business has expanded every year since his first selling season in 2007. In 2008 he built a 3,200 square foot greenhouse, in which he grows the annuals, perennials, herbs, and vegetable plants that he sells at farmers markets. Although an avid proponent and practitioner of local agriculture, Todd has the unusual hobby of collecting rare plants from the Amazon, an interest inspired by his studies of ethno botany in college. A visit to Todd's booth at the market will reward you not only with a wonderful assortment of beautiful, sustainably-grown plants, but also with a conversation with a thoughtful farmer whose intelligence and passion informs all his efforts.



Jill and Bill Stackpole

Bloomfield Honey

Jill and Bill Stackpole of Bloomfield Honey have a pretty keen sense of what it takes to create a happy home for bees. In 2004, Bill was given some old beekeeping equipment, and he

set it up. Almost immediately, the bees moved in. Bill and Jill claim that they knew nothing about beekeeping, but the success of their honey business suggests that they were either quick learners or very gracious hosts to the bees that colonized their hives.

The Stackpoles now have 100 hives in Bloomfield, Honeoye, Mendon, Victor, Rush, and Naples. They set up their hives on farms, under contracts with farmers to pollinate their crops. Unlike some beekeepers, Bill and Jill keep permanent hives on farms, rather than moving the bees from farm to farm. Moving bees stresses them, making them more susceptible to disease. Keeping bees healthy and happy is a top priority for the Stackpoles, especially given the growing concern about Colony Collapse Disorder, which has caused bee colonies throughout the world to shrink and disappear. Although not well understood, experts believe a combination of factors is responsible for the disappearance of these colonies, including mite infestation, disease, and stresses caused by pesticides and other environmental toxins. Because of the vital role bees play in pollinating food crops throughout the world, this threat to bees could have consequences far beyond the threat to the bees themselves. The Stackpoles' bees flourish under their careful nurturing, and show their appreciation with an abundance of golden honey, flavored with the nectar of our local flowers.

Bill and Jill produce seasonal honey, and the flavor and color varies as the flowers change through the growing season. Their spring honey is light-colored and delicately flavored. With summer's arrival and the blooming of clover, the honey darkens to a deeper amber. Fall honey is even more richly-colored and flavored, resulting from the darker nectar of the buckwheat flower. Jill says that a strong hive requires plenty of room, or the bees will swarm and leave. When it's time to extract honey, the Stackpoles cut off the wax capping of the honeycomb and spin it to remove the honey. They remove the big chunks of wax but leave in the pollen and small bits of wax, which they have learned their customers prefer, especially those seeking relief from seasonal allergies.

In addition to selling their raw honey at the South Wedge Farmers Market, the Stackpoles offer creamed honey, beeswax candles, and a number of honey-based all-natural skin care products, including lip balm, cuticle cream, skin toner, and soaps. Each year they train and mentor new beekeepers, and they are working with other local beekeepers to breed pest-resistant, hardy bees that will flourish in our challenging climate. They also sell beekeeping supplies to others who wish

to follow their lead in creating hives where bees can thrive, continue the important work of pollinating crops, and create delicious fresh, local honey for all to enjoy.



Julia Sargent and Andrew Dygert

East Hill Farm

East Hill Farm in Middlesex, NY, is the home of the Rochester Folk Art Guild, an intentional community of crafts people known for their beautiful pottery, woodworking, weaving and other crafts. The 365-acre property also includes a seven-acre vegetable farm, run by three permanent East Hill residents and three interns.

Andrew Dygert, one of the young farmers who is a permanent resident, says that he and his fellow farmers strive to use the best agricultural practices they can to make the farm sustainable ecologically, economically, and physically for the people working there. This means that no synthetic fertilizers, pesticides or herbicides are used on the farm.

The Guild moved from Rochester to the scenic Middlesex hills in 1967. In the early years, the farm grew grain, using conventional growing methods, raised sheep and cattle and operated a large vineyard. In the late 1980s, agriculture was phased out. About five years ago, a vegetable operation was started, using all-sustainable methods, and it has grown every year since then. The farm grows a wide variety of high quality vegetables, such as tomatoes, peppers, eggplant, swiss chard, onions, leeks, potatoes, beans, peas, squash, cucumbers, beets and greens. The farm also grows apples, peaches, pears, and plums in an orchard, again focusing on sustainable methods. As Andrew says, "we try to maintain the soundest agricultural principles possible, not only to ensure the health and safety of our customers, but to provide the best stewardship of the land possible. Our primary defense against pests and disease is striving to grow healthy plants that will be naturally resistant to both."

Andrew, farming for about five years, started by working for an organic farmer in the area. He says he never thought about a farming career, but when farming for the first time he realized he could do this ev-

ery day for the rest of his life. That passion is evident in the high quality product that Andrew and his fellow farmers bring each week to the South Wedge Farmers Market.



Phil and Sandi Munson

Fisher Hill Farm

Phil Munson of Fisher Hill Farm in Bristol has been farming his whole life. He started driving a tractor at age 5 (not a misprint!) on the 100-acre farm that his parents purchased in 1978 in the rolling Bristol hills. His parents raised mostly pigs and cash crops, and still raise some pigs on the farm today. Phil grows vegetables on 20 acres of the farm, and plants cover crops on the fallow land to replenish the soil, which he describes as heavy clay with lots of stones – certainly a challenge to a vegetable farmer. Nevertheless, Phil, who says he always wanted to be a farmer, grows a wide variety of vegetables on the land, including many fall vegetables such as squash, potatoes, cauliflower and enormous pumpkins. Phil practices Integrated Pest Management on his farm, which is a technique farmers use to minimize pesticide use.

Phil usually brings the first strawberries to market in the spring. He tells how this year on Mother's Day night, the temperature dropped to 26 degrees, a freeze that would have destroyed the strawberry crop. Phil irrigated his strawberry fields with water for frost protection. In the morning, everything was completely covered with a blanket of ice, which must have been an alarming sight. But the ice coating created a protective shield, and the tender strawberry blossoms survived, yielding a bountiful crop of beautiful sweet berries this past spring.

Phil has been selling his vegetables, fruits, and flowers at farmers markets in the area for 10 years. This is his first season as a vendor at the South Wedge Farmers Market. Phil is often joined at this booth by his wife, Sandi, who, when not working on the farm, is the business manager at a Rochester day care center. Phil and Sandi are a welcome addition to the South Wedge Farmers Market, where their wide variety of crops, offering good value, have been enthusiastically received by SWFM customers.

South Wedge Arts & Leisure

By Nancy O'Donnell



Third Thursday Music on August 19.

Third Thursdays Free Music in Star Alley

BASWA brings *The Hi-Risers* to Star Alley on August 19, 8 - 10 p.m., presented for your enjoyment by Historic Houseparts. On September 16, *The Lobster Quadrille* will perform 8-10 p.m. through the generosity of John's Tex Mex. To learn more, visit www.savourourflavor.com.



Rose O'Keefe (Photo by Nancy O'Donnell)

South Wedge Author Promotes Newest Book

Author Rose O'Keefe sat a spell at the recent Cornhill Festival to autograph her new book, *Historic Genesee Country: A Guide to its Lands & Legacies*, and promote the South Wedge Planning Committee and the Business Association of the South Wedge Area (BASWA). And sell some BASWA Swag as well.

Other books by O'Keefe include *Southeast Rochester, N.Y. (Images of America)* and *Rochester's South Wedge, N.Y. (Images of America)*. All are available at Barnes & Noble and on Amazon.com



Warner Castle Sunken Garden (Photo courtesy of Rochester Civic Garden Center)

Rochester Civic Garden Hosts Harvest Party

Christine Froehlich, executive director of the Rochester Civic Garden Center, invites all to "Revisit a bygone era of wealth and elegance" at the Center's Harvest Party. The event takes place on the grounds of Warner Castle, 5 Castle Park, 4 p.m.-8 p.m., Sunday, September 19.

"The Sunken Garden, commissioned in 1932 by then-owner Merry Dennis, is still a highlight of the Castle grounds," said Froehlich. "Designed by renowned landscape architect Alling DeForest, its elegant curved staircases lead down to grass parterres outlined in DeForest's signature pattern. The Castle courtyard garden is believed to have also been part of this commission, and has recently been rehabilitated to echo DeForest's hand. And today the Castle boasts a beautiful front garden and perennial borders that line the back lawn."

Events include strolls through the gardens with wine and hors d'oeuvres, a seasonal dinner, followed by excerpts from the musical "Castles That Crown the World," presented by The Outer Loop Theater Experience.

4-5 p.m.: Magic hour in the garden with wine and hors d'oeuvres

5-6:30 p.m.: Seasonal dinner
6:30-8 p.m.: "Castles that Crown the World"

Tickets, \$45 per person, are available by phone (473-5130), fax (473-8136), at the Castle, and online (www.rcgc.org). Casual attire.

Tango Café Dance Studio Expands Offerings

Tango Café Dance Studio on Gregory Street are offering a lot more than dance class. Each Monday, swing to the New Orleans sounds of Crescent City Connection (and friends). 9 - 11 p.m. \$5 cover (\$3 if you're enrolled in Tango Café dance or fitness classes. On Tuesdays, Poetry and Spoken Word Open Mic, 8 p.m. Other events include: comedy competitions, women's musician and artist showcase and much more.

Visit www.tangocafedance.com to see the whole schedule of events and classes available.

389 Gregory St., 271-4930, tangocafedance@yahoo.com, Facebook: Tango Café Dance Studio.



Darren Stevenson, Johannes Bockwoldt and Derrick Petrush (Photo by Nancy O'Donnell)

South Wedge Filmmaker Wins First Prize 360/365 Film Festival

Indie filmmaker and director Johannes Bockwoldt's short film, *Special Delivery*, won first prize in the short film contest in the 360/365 Film Festival (formerly the Rochester High Falls Film Festival). Along with a cash prize, his film was also screened at the Little Theatre during the May festival.

Appearing in the film were dancers Darren Stevenson and Johanna Bystrom of PUSH Physical Theater and Bockwoldt. Cinematographer Derrick Petrush of D Train Media completed the crew.

The Cornhill location for the 15-hour film was provided by South Wedge developer John Trickey. To view the film, visit Youtube ("Special delivery. mov").

Small Business Aid

By Eileen Thomas

The City of Rochester recently released program guidelines and applications for the Small Business Matching Grants program and a new program named for the late Phil Banks, who was the Assistant Commissioner of Economic Development.

"The City has expanded the matching grant program and is introducing the Philip J Banks Small Business Assistance program to try and meet the needs we've heard expressed by our small market customers over the past year," said Matt McCarthy, Senior Economic Development Specialist with the Department of Neighborhood & Business Development.

The new program is designed to assist small business owners who are investing in real estate. Those investments must lead to job retention, an increase in the tax base and revitalization of neighborhood commercial corridors.

The Banks program provides 50/50 matching grants of up to \$15,000 and/or loans of up to \$50,000 to assist with the cost of interior and exterior building renovations, improvements and/or additions. The typical grant will be \$10,000. The loans have a maximum 10-year term and a very low interest rate. Loans secured by a lien on assets have a fixed 3% rate; loans secured by a bank letter of credit have a fixed rate of 1%. In both cases, there is a 1% closing fee.

Banks program funds cannot be used for correcting code violations, consolidating debt or paying business overhead. Tax-exempt and home-based businesses are not eligible for this program.

The City's Matching Grants program can provide business owners with a dollar-for-dollar match for a wide range of expenses related to build-out, advertising and security. The maximum amount available varies by the type of grant.

To be eligible, business owners must meet the federal government's definition of an

"Essential Neighborhood Service" or have a low-to-moderate income (80% or less of median family income). Home-based and tax-exempt businesses are not eligible.

Grants of up to \$5,000 are available to assist with architect and interior design costs, purchase and installation of computer systems (including Point of Sale systems) and major advertising campaigns. Matching grants of up to \$1,000 are available for exterior signs and \$2,000 for security-related purchases, including alarm systems, exterior lighting, cameras and fencing.

A new component to the Small Business Matching Grants program this year is the matching grant of up to \$2,000 for furniture, fixtures and equipment. This grant assists with the cost of items that do not require installation.

An application must be completed and documentation that taxes are filed and/or paid must be provided. Proof of workers compensation and general liability insurance coverage are also required, as are copies of permits and applicable licenses. All business owners must consent to a credit check as part of the application process.

Start-ups and businesses that have been operating for less than one year must also provide a business plan.

SWPC assists start-up and new business owners with developing a business plan through our partnership with the Small Business Development Center at SUNY Genesee. Call 585-256-1740, ext 103 for information and appointments.

Copies of the applications and program guidelines for these two business assistance programs are available at the SWPC office (585-256-1740 ext. 103) or on the City of Rochester web site. If you have questions about either program, call Matt McCarthy, Senior Economic Development Specialist, at 585-428-6920.

New York State Mandates Carbon Monoxide Detectors

A new New York State Law, Amanda's Law, which mandates the installation of carbon monoxide (CO) detectors in all homes in the state became effective on February 23, 2010. The law is named after a teenager who died in January 2009 of CO poisoning from a defective boiler while she was sleeping at a friend's house.

Under Amanda's Law, homes built before January 1, 2008, are permitted to have battery-powered CO alarms. Homes built after this date are required to have the alarms hard-wired into the building.

Additionally, Amanda's Law will require property owners in New York State to install a CO alarm when replacing a hot water tank or furnace if the home is not equipped with an alarm.

Additionally, Amanda's law requires existing one- and two-family residences to have at least one carbon monoxide alarm installed on the lowest floor of the building having a sleeping area. The alarm must be clearly audible in all sleeping areas over background noise levels with all intervening doors closed.

CO poisoning is the num-

ber one cause of poisoning deaths in the United States. It can be produced when burning any type of fuel including gasoline, charcoal, propane, natural gas, kerosene, oil, wood or coal. If any flammable material burns incompletely, carbon monoxide is produced. Carbon monoxide can kill in minutes depending on the levels in the air.

The symptoms of CO poisoning are often mistaken for the flu and can include dizziness, fatigue, weakness, throbbing headache, nausea, vomiting, irregular breathing, sleepiness and confusion. By

the time people realize there is a problem, they are often too sick or too disoriented to get out of the house and get help.

In addition to installing carbon monoxide alarms, homeowners are reminded to take these steps to reduce their risk:

- Test and/or replace alarms according to the manufacturer's instructions;
- Have heating systems, vents, chimneys and flues tested, inspected and cleaned by a qualified technician each year;
- Never leave a car running in an attached garage;
- Regularly examine

vents and chimneys for improper connections, rust, soot or other debris;

- Never run a vehicle, generator or other fuel powered motor indoors, even if garage doors are open to the outdoors;
- Never use a gas oven to heat a home, and only use barbecue grills outdoors - never in a house or garage; and
- Remember that carbon monoxide alarms are not substitutes for smoke alarms. Smoke alarms should also be installed on every level of a home as well as in or outside all sleeping areas.

South Wedge Church's Food Ministry at The Market

By Sue Gardner Smith



Joan Hendrick and Robert Lauterbach collect donations for the hungry at the South Wedge Farmers Market (Photo by Nancy O'Donnell)

Calvary St. Andrews Presbyterian Parish Food Ministry volunteers, motivated by compassion and a desire to serve those who need a little extra help, are making a big difference in the lives of South Wedge residents. Clients include people who are poor, disabled, elderly, newly unemployed, the working poor and families in crisis.

In 2009, the church's Food Ministry, located at the corner of Ashland Street and Averill Avenue, delivered over 100,000 pounds of food, or the equivalent of 45,000 meals, to low-income residents in the 14620 zip code area. As Pastor Rev. Judy Lee Hay describes it: "The Food Ministry is a program of neighbors feeding neighbors."

Fourteen volunteers assist with the Food Ministry, providing 50-60 volunteer hours per week. Many other individuals, community groups, corporations and churches donate food and cash to help in the effort.

"It takes a network of individuals, businesses and block clubs to really feed people, and as we build that network, we're really building a community of care and compassion," says Rev. Hay. "The volunteers really want to serve; it comes out of their faith."

Volunteer Barbara Mitchell confirms this. "I see how people are helped on a daily basis, and it makes me feel good to be a part of that."

Robert Lauterbach, South Wedge resident and the Food Ministry Coordinator, explains that clients "rely on us to be here and support their needs... we know what people need."

The Food Ministry has two main programs. The Emergency Food Cupboard offers emergency provisions of staples, such as canned vegetables and fruit, soups, rice, peanut butter and canned tuna that provide nine meals per family. A client can receive a distribution from

this ministry once every three months. This ministry serves 100 families per month. The other weekly program distributes mainly fresh foods such as vegetables, fruits, meat, bread, cheese and yogurt.

Clients have come to appreciate the ministry's focus on healthy food and especially look forward to the fruit and meat distributions. Approximately 50 families attend on Tuesday mornings. Food baskets are also available during the holidays. This past Christmas, 60 families received baskets that included a ham or turkey. Most of the food distributed, approximately 75-80%, is purchased from Foodlink, the local food bank that also works with 450 agencies in the 10-county region. Lauterbach says that Foodlink has done a great job of providing an abundance of high-quality food to the ministry. Other churches and organizations have also donated, including the Pittsford Presbyterian Church, the Episcopal Church Home, and Rochester Children's Nursery (now Rochester Childfirst Network).

"Lots of neighborhood people will stop in and drop off a bag," said Rev. Hay.

Another important source are food drives organized by the Boy Scouts and the U.S. Post Office workers. During the holidays, some companies organize food drives to support the ministry. A young member of the church's congregation, Taylor Morisey, organized a food drive in her third-grade class. A group of young people from St. Joseph's Villa helped store the bounty gathered from a large food drive.

At Easter, the church congregation had a drive to collect toilet paper, an item not covered by food stamps. Other items always needed are shampoo, laundry and dish detergent and women's feminine products. Bus passes are also appreciated. The Food Ministry welcomes

any donations, including cash, which will allow them to expand their services to offer some of the above items.

On the last Thursday of each month through October, a food drive to benefit Calvary St. Andrews Food Ministry will take place at the South Wedge Farmers Market.

"Joan Hendrick and I spent four hours at the South Wedge market recently," said Lauterbach. "We had many food donations from people just walking up and saying thanks for what we do. We also had nearly \$50 in cash donations. At the end of the event, Market Coordinator Sue Gardner Smith collected several donated bags of lettuce, English muffins and snap peas from the vendors. The whole event was a great success."

Among the items needed are pasta, peanut butter, toilet paper, tuna fish and canned items: beans, stew or hash, fruit, pasta and soups. Market items are also welcome. Interested in volunteering at the Food Ministry or organizing a food drive (consider workplace, family, or birthday party food drives). Please contact Robert Lauterbach at 325-4950.



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School #12 Celebrates Poets in La Cuña

By Henry I. Padron, HOLA Kindergarten Teacher



School #12 "2 Cool for 1 Language" include (l-r) Emmet Lewis-Mackenzie, Lily Kegl, Campbell McDade Clay, Claire Janezic, Meredith Sheils, Sarah Rule, Piper VanKerkhove, Devin Hull, and Frieda Jones (Photo by Henry I. Padron)

The School #12 Spanish Club is made up of students from grades 4-5. This is the second year that the club is in existence under my direction. It came about as a result of parents and students desiring to maintain the Spanish they had learned in the HOLA program. (HOLA is a two-way Immersion English/Spanish program at School #12.)

The students who participated are now in the MAP (Major Achievement Program) program and value the Spanish learned.

When the group met in April 2010, it was decided to focus and write about the community from an artistic per-

ception. I was inspired by the *Wedge* newspaper edition that focused on neighborhood art. The group met on Fridays from 3 p.m.-5 p.m. at Tango Café. We would walk to the Café and talk about the visuals. We did make a tour to get a deeper feel for the businesses in The Wedge or La Cuña.

Last year we concluded the club in May with a performance for children from Rochester ChildFirst Network and kindergarten classes from School #12. Approximately 200 students participated. The performance was based on an interpretation of five children's stories written in Spanish and translated into English. This year we presented

at Tango Café to an eager audience of families, siblings and friends. A special thanks to Kerri Vaughn and Ruben Fuentes, owners of the Tango Café, for permitting us to use the space for rehearsals and the final performance.

The students voted on the name: "2 kool for 1 language." This was a very cool reading. Following is a sampling of the work presented. I joined the students in one poem.

La Cuña
Been to the Wedge?
That slice of life
in Rochester...

The place is thriving
businesses jumping
people wanting to be a part
a slice of the action
in the midst of it all
we decided to come together
and celebrate it with words.

Has visitado La Cuña
ese pedacito de vida
en Rochester
El lugar late con
negocios nascentos
y un público deseoso de ser
parte
de una cuña activa.
Entre tod@s
decidimos unirnos
para celebrar con nuestras

palabras escritas.

Poet **Frieda Jones** spells out the great things in the South Wedge.

Super awesome and fun
Out of this world for everyone
Unbelievable and sweet
The best stores on every street
Hats, food, and stuff are sold

Where people shop even if its cold
Everyone bustling place to place
Doors open at open face
Get off the couch, come and see where
Everyone goes to shop and eat.

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