

The WEDGE

Official Newspaper of the South Wedge Since 1982

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- Linden Street/South Avenue Corner Redevelopment
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- South Wedge Fun

Rev. Judy Lee Hay Retires after 40 Years of Service

by Nancy O'Donnell

When Rev. Judy Lee Hay announced her retirement to the Board of the Directors of the historic Calvary St. Andrews Church, faces around the table registered shock. For most of them she is the only pastor they had ever known. She had baptized their children, attended high school and college graduations of those same children, married them and baptized their children.

"Over 40 years we'd gone through a lot of changes in the congregation and neighborhood," said Hay. "It's time to take a major look at ourselves and begin new beginnings and set new goals."

"I'd been thinking for some time about retiring. I prayed for discernment and one day I just heard the words, 'it's time' and I felt internal peace. I thought, 'well, I have to listen.'"

On January 31, Rev. Hay left behind a legacy of four decades that will last long after. Under her leadership and hard

work both the church and South Wedge neighborhood were transformed.

Hay hit the ground running in October 1973 when she began her ministry at Calvary St. Andrews, then an Episcopalian Church. As an ordained Presbyterian minister, she joined a congregation that still did not recognize women as leaders in the church. The South Wedge she saw when she arrived was dotted with boarded up houses, drug corners and a neighborhood grown less and less diverse.

She took her spirituality to the streets and co-founded the South Wedge Planning Committee, a nonprofit that brought together residents, block club leaders, landlords and business owners to revitalize the neighborhood. She became SWPC's first executive director. Within SWPC, Hay and a band of committed volunteers, began addressing problems with



Cinema Feline Fans Rally for Sick Kitty Story on pg. 5

substandard housing and the exodus of businesses from the South Avenue business corridor. It opened a tool library and approached absentee landlords to ask them to clean up their properties or consider selling. SWPC also asked the Landmark Society of Western New York to analyze the housing stock of the South Wedge neighborhood.

In 1991, when Hay stepped down from SWPC, few vacant houses remained in the South Wedge and the South Avenue business corridor was showing exciting signs of revitalization.

Under her leadership at Calvary St. Andrews, the church embraced the "More Light Congregation," a group of Presbyterian churches that welcomed gays and lesbians, sought partnerships among diverse groups and expanded its ministry to the Caribbean and Central America. With other supportive churches she sent youth groups to refurbish gardens and local homes. Rev. Hay helped to establish a food cupboard at the church and participated in the Heifer Project, which sends dairy animals to poor villages in the Dominican Republic.

Over the years, Rev. Hay has been lauded for her work. In 2007, she was nominated by her congregation as "a pastor, an activist, a feminist and an educator" to the National Women's Hall of Fame Book of Lives

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Rev. Judy Lee Hay preaching at Calvary St. Andrews



Hamilton Street ready for rehab (Photo by Nancy O'Donnell)

SWPC to Rehab Hamilton Street Eyesore

by Nancy O'Donnell

Hamilton Street residents are shouting hallelujah that a neighborhood blight will have a brighter future with the announcement of a South Wedge Planning Committee \$185,000 rehabilitation plan for the property.

According to a Landmark Society of the Western New York 1980 Survey, the "early 20th century vernacular house" was built sometime around 1910. Its original owner was "possibly" salesman Henry Wobus whose widow Marjorie remained in the house until the 1960s.

Vacant for many years, the house at 293 Hamilton Street is located on the same block as one owned by historical icon Frederick Douglass.

It held the dubious distinction of being the City's oldest code enforcement case with an owner who was unable to make needed repairs. City fines levied against the home were always paid so it avoided foreclosure, but it was weeks away from demolition when SWPC's Executive Director John Page stepped in. When renovated, the house will be offered to a first-time home buyer.

"It makes more sense to have an owner-occupied home than a vacant lot," said John Page, SWPC's executive director.

"People want to live in the South Wedge. The recent city-wide reassessment showed an overall 4.5 percent increase in residential values here. Since SWPC's mission is to help promote first-time ownership in South Wedge, this project is a perfect fit," Page added.

SWPC's rehab project is being made possible through a \$35,000 state grant from the NYS Affordable Housing Corporation. Rochester Mayor

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SWPC Awarded Urban Initiatives Grant - Will Partner with ABVI

by Eileen Thomas

In December, Governor Andrew Cuomo announced the results of 2012's Regional Economic Development Council Consolidated Funding competition. The Finger Lakes Region was the big winner in this year's funding round, receiving \$96.2 million for 76 projects, including an award for Best Plan.

Two of the 76 funded projects are right here in the South Wedge: the South Wedge Planning Committee (SWPC) applied for and was awarded two Urban Initiatives grants. SWPC will use these funds to assist the Association for the Blind & Visually Impaired (ABVI)--Goodwill of the Finger Lakes with projects to renovate space in their Vision Rehabilitation Center (South Wing) and in the

ABVI Career & Training Center Building at 437 S. Clinton Ave (the annex to the Goodwill store). The Career & Training Center Building project also includes streetscape enhancements that will improve the appearance of the Comfort Street/S. Clinton Ave corner.

The "Vision Rehabilitation Center Renovations" grant provides \$200,000 for updating, expanding and completing space that ABVI uses to provide a wide variety of supportive and rehabilitation services to people of all ages who are blind or visually impaired.

The grant for 437 S. Clinton Avenue makes \$158,506 available for renovations that will

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Story & photos on pg. 4

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Letter to the Editor

Build a Better Bread box

I would like to thank you for including in *The Wedge's* December issue the project that RIT Design did on bread boxes for Bread for All. This project was an important component of RIT's connection with local communities and the article is a perfect vehicle to bringing awareness to such efforts. I really appreciate how you highlighted the important work that Bread for All is providing to the South Wedge community. My students and I felt honored to work with them and to explore

design projects outside of RIT. It was inspiring to be involved with a thriving, integrated neighborhood such as the South Wedge and your publication plays a key role in sharing the meaningful activities that happen there all the time.

Alex Lobos, IDSA
Assistant Professor,
Industrial Design
Golisano Institute
for Sustainability
Rochester Institute of
Technology

The South Wedge Planning Committee, Inc.

February/March 2013 Calendar

Meetings are held at 224 Mt. Hope Ave.

The community is invited to attend all meetings.

SWPC Board Meeting

MMcCullough@dor.org
Tues., 2/19, 3/19, 6 p.m.

Community Engagement (Neighbors & Block Clubs)

amaroselli@swpc.org
Wed. 2/20 & 3/20, 6:30 p.m.

Finance Team

jason.curtis@edwardjones.com
tsciarabba@hotmail.com
Tues. 2/12 & 3/12, 12:30 p.m.

Housing & Structures

tomkiciorjr@gmail.com
Wed., 2/6 & 3/6, 5:30 p.m.
E-mail to confirm.

SW Victory Garden

james.papapanu@gmail.com
happenrose@hotmail.com
E-mail for dates and times.

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

The *Wedge* is printed bimonthly (February, April, June, August, October and December) and maintains a circulation of 6500. The newspaper is mailed to South Wedge homes and subscribers and distributed to area businesses, 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 the South Wedge Planning Committee.

Please send story suggestions or news to *Wedge* Newspaper Editor Nancy O'Donnell, 224 Mt. Hope Avenue, Rochester, New York 14620 or e-mail nodonnell@swpc.org.

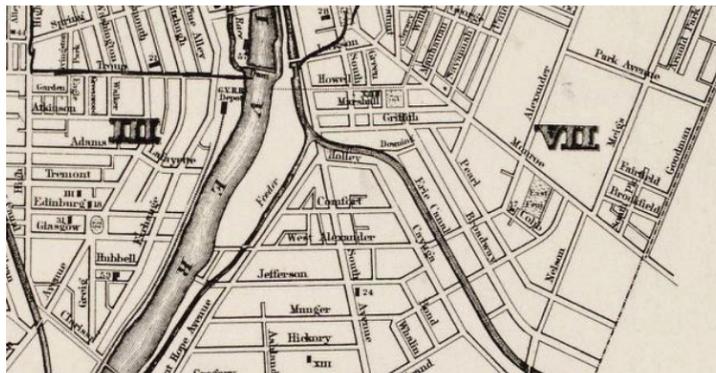
Advertising deadlines and rates are available online at www.swpc.org or call Nancy O'Donnell at 978-9638.

Before recycling the *Wedge*, please share with a friend, neighbor 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, commercially sustainable urban village.

Ad Deadline for Next Issue
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The possibility of offering a South Wedge House Tour is being explored with a tentative date of June 2013. If you'd like to be join in the planning or would like to open your home, please call 978.9638 or email nynancyo@frontiernet.net.

Attention Neighbors!
Please help us identify areas of concern within the South Wedge. Please let your Block Club Leaders know or call SWPC directly at 256.1740, ext. 105 or e-mail at jpage@swpc.org.

Ways to Help Your Community

Love your neighborhood? Love your library? Make it your cause!

Highland Branch Library is recruiting people for a Friends Group. We meet once a month at a local cafe or restaurant for about an hour to brainstorm ways that the library can be an integral part of our community. For more information, call 428-8206 or just stop by.

More Library News!

A guest lecturer will give an overview of the history of the fascinating Mt. Hope Cemetery on Wednesday, April 10, 7 p.m. at the library.

Story Time for Kids

Story times for 3-5 year olds Thurs. mornings. Call to register.

St. Joseph's Neighborhood Center Wish List

All kinds of volunteer opportunities are available. Donate online at sjncenter.org. Items always welcome include: personal hygiene products (sample sizes), kitchen supplies, office supplies and equipment and cleaning supplies. For more information, call 325-5260.

Please Support Our Advertisers!
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The South Wedge Planning Committee would like to give special recognition to our neighbor and multi-property owner Bill Farmer and his Management Team for their wonderful holiday decorations on their properties in the Bond Street/Averill Avenue area. Neighbors and visitors alike appreciated the extra effort made to make the South Wedge even more beautiful during the 2012 holiday seasons. Many Thanks!



Neighborhood Learns of Redevelopment Plan for Corner of Linden Street and South Avenue

by Nancy O'Donnell

The mood of the packed crowd at a January Neighbors Building Neighborhoods-Sector 6 meeting at Highland Park's Olmstead Lodge ebbed and flowed as they listened to Damianos Stephanou outline his plans for his property at the corner of Linden Street and South Avenue. For 20 years, Stephanou has rented the building to the operators of the Highland Market. The audience was visibly elated to hear that the current run down building, which houses rats in its dumpsters and whose windows are covered with metal security barriers after hours, would be razed and a new building built.

"I made a mistake," said Stephanou. "The place does not look good." However, he gave no explanation when asked why the building has been in disrepair for over a decade.

On paper, the two-story design created by Plan Studio and introduced by architect Chris Lopez, includes high ceilings, large windows and space in front to include a sidewalk café. (The design also resembles in some part the Rite Aid Building at the corner of Monroe Avenue and South Goodman Street.

Stephanou garnered approving nods for his assurance that the new retail shop would be managed by him and would cease to sell "high impact" items such as beer, lotto and tobacco. Instead Stephanou painted a picture of a small market that would sell fresh baked bread and prepared foods. However, faces fell when he added that the building design included a drive-thru window opening onto South Avenue. Even less encouraging to those gathered was the fact that if the Rochester City Council approves a new building on the site, there was no guarantee Stephanou would follow through with his

original plans. Instead suspicious neighbors thought they could smell the faint odor of Tim Horton's donuts on the horizon.

Joining the discussion were City of Rochester Director of Planning and Zoning Marcia Barry and Preservation Planner Peter Siegrist from the City of Rochester's Planning & Zoning Department.

After Stephanou discussed his proposed plans, Siegrist explained what new construction on the site would need. City Council would have to change the current R-1 residential zoning. The existing store is a pre-existing, nonconforming structure that was "grandfathered" in and may remain in the zone. To allow the owner to raze the current building and build new would require the site to be changed to C-1 commercial to allow a small 3,400 square feet, commercial enterprise.

Siegrist said that ideally the City looks to attach a C1 development to an existing commercial area or create a "commercial node" that would benefit the community. (The property at the corner of Linden Street and South Avenue has houses across on two corners, and the Greek Orthodox Church of the Holy Spirit kitty corner to it.)

According to the zoning code: "The C-1 Neighborhood Center District provides for small-scale commercial uses offering primarily convenience shopping and services for adjacent residential areas. Proximity to residences requires that commercial operations in the C-1 District are low intensity, unobtrusive and conducted at a scale and density compatible with the surrounding neighborhood. There is a relatively low demand on public services, transportation and utilities".

Neighboring properties—

a three-family house across Linden Street at 848 South Avenue and the Greek Orthodox Church area could also be rezoned to C-1.

Initially, Siegrist said a commercial node would require these properties to be rezoned to prevent "spot zoning". Later Barry said that exceptions can be made, and instead, three properties Stephanou currently owns adjacent to one another (the market, an empty lot next to it and the house after that) could, be rezoned leaving the church and residential home still R-1.

Any changes will require approval by City Council and proof of neighborhood support.

Next, Barry outlined the steps needed to bring the plan to fruition over most likely a three-month period. These would include an environmental review and a site plan review. In several places along the way, the community would be allowed to comment, especially in the case of issuing a variance to allow a drive-thru window on the property.

"We'd have to look to see if South Avenue would be transformed in a way South Avenue isn't ready for," said Barry.

In the end when asked if the Highland Market site would remain in the same condition if the plan for redevelopment did not go forward Stephanou shrugged.

"When the neighborhood comes to consensus, SWPC will stand behind their decision," said SWPC Executive Director John Page, who attended the meeting. "One thing that SWPC will not support is a drive through at that location."

NBN6 facilitator BASWA President Chris Jones said that the next NBN6 meeting on Feb. 11 would continue the discussion.

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Urban Initiatives Grant

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convert the space in the Career & Training Center Building to a job training facility for those with significant barriers to employment.

"These funds will allow ABVI-Goodwill to complete the final phase of our Centennial Campus," said Gidget Hopf, President/CEO of ABVI-Goodwill. "The community will benefit greatly thanks to this funding. We are very fortunate to have wonderful neighbors in the South Wedge and are grateful for the support of the Planning Committee. We could

not do all that we do to serve those who are blind or visually impaired if it were not for our friends in the South Wedge."

Besides the associated construction jobs, 12 full-time equivalent permanent professional jobs will be created by ABVI - Goodwill with the expansion of these programs, and 25-30 additional professional jobs retained. Furthermore, ABVI - Goodwill anticipates placing at least 45 program participants in jobs or continuing education over a two-year period.

Mise En Place Celebrates 5th Anniversary with a New Menu--Stop by and get a taste! Pg.5

Hamilton Street Rehab

continued from pg. 1

Thomas Richards is also seeking City Council approval to provide an additional \$50,000 in assistance to the project. Additional private financing would come from a loan from Clarion Opportunity Fund, LLC. Finally, a neighborhood development fund, maintained by SWPC for this exact purpose, will also be used.

A recent article in the *Democrat & Chronicle* reported Mayor Richards' enthusiasm for the SWPC rehab venture. In a letter to City Council Members, Mayor writes "this project could serve as a model, involving neighborhood groups in housing projects that are beyond the reach of the Home Rochester program, which rehabili-

tates and sells houses obtained through tax foreclosure, from the U.S. Department of Housing and Urban Development and other means."

Page plans to begin work on the house in early March and expects the total project to take three months. Its sale price should be approximately \$100K and must be offered to an income-qualified first-time home buyer.

"I am especially happy to work with the parishioners from Christ Clarion Presbyterian Church of Pittsford who are funding the loan through their Opportunity Fund," said Page. "Their commitment to help is much appreciated."



A giant snow tiger with fangs and whiskers reclined at the corner of Mt. Vernon Avenue and Alpine Street in Highland Park sometime in December. Its owner/creator was unknown at time of publication. Rachel Mary Cox visiting from Brooklyn, NY took the photo.



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Wedge Me In Night of Fun and Community Building



Neighbors, business owners and friends joined in community building at SWPC's Wedge Me In annual meeting on January 25. SWPC members voted in new board members to help SWPC make the South Wedge community a better place to live, work and play. Thanks and welcome go to Amanda and

Meredith Connor, Mark Griesberger, Jr. and Mitch Gruber!

They'll join current board members: Sarah Johnstone, Donna Roethel Lenhard, James Papapanu, Dave Halter, Heather Penrose, Kristin Chajka, Tom Kicior, Tony Sciarabba, Bo Clark, Monica McCullough and Jason Curtis.

SWPC gave many thanks to departing members Paul Minor and Cheryl Stevens, who has devoted herself to the community for over four decades. Stevens will

continue on at the South Wedge Planning Committee as an honorary member along with John Dennis, Mack McDowell, Mitchell Dannenberg and Joe DiDonato.

Photos: Johannes Bockwoldt



Jeannine Meilman



Paul Taylor & Angela Clark-Taylor



Zahra Langford, Hedonist Chocolate



Dave Halter



An excited raffle winner



City of Rochester Southeast Quad Administrator Nancy Johns-Price



John Page, Monica McCullough, Tom Kicior



(l-r) Matt Simonis and Dame Mildred Ferguson



Paul Minor and Dan Hurley



Brett Iwanowicz, owner Roc Rooms & Rentals



City Councilwomen Carolee Conklin and Loretta Scott



Ron Piccirillo and Heather Penrose



Julie Boname



Nathaniel Misch, Alex Hoang and James Papapanu



John and Kristin Chajka
(At right) Jennifer Posey, Hedonist Chocolates and Carlene Woodward



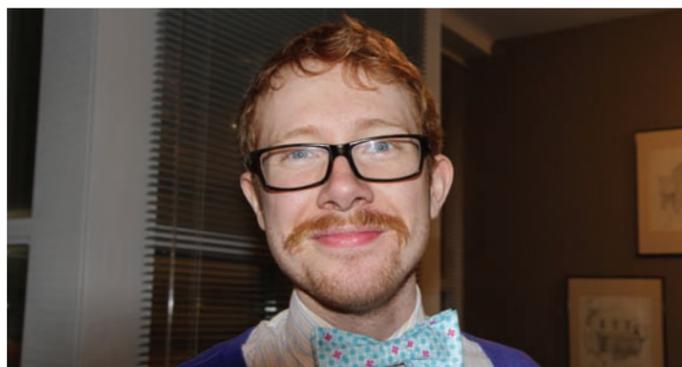
(Below) Justin Hubbell



Amy Brough and Scott Bergstrasser



Donna Roethel Lenhard



Tanya Zwahlen, Sue Gardner Smith



by Nancy O'Donnell



Comic Justin Hubbell immortalizes Princess in the Wedge Newspaper.

Cinema Theater Feline Star Princess Ailing

Princess Baby, feline star of the historic Cinema Theatre, beloved by moviegoers, for countless years has been stricken with kidney disease and is recuperating in an upstairs office during current renovations. A modest fund-raising jar has been placed at the concession stand asking for donation for PB's medical treatments.

"Right now a volunteer from the Humane Society comes twice a week to give her subcutaneous injections of saline," said John Trickey, who inherited Princess when former owner Jo Ann Morreale sold the historic movie theatre to him in spring 2012.

"There's always been a cat here," Trickey added. "I remember coming here when I was in

college in the 1980s, and there was another cat named Nadia."

Comic Justin Hubbell immortalized the Cinema's feline resident a few years ago in the *Wedge*. In the comic, Hubbell writes how he loves the theater, but "hates" Princess because she never chooses to sit on his lap during a movie. As a public figure, Princess realized her mistake, and knowing the importance of being friendly with the media changed her ways.

"It's funny but after the paper came out, she's been sitting on my lap every time I go there," said Hubbell.

Princess Baby's Facebook page has not mentioned her ill health. Instead the movie cat has kept strictly to movie and theatergoer reviews.

Mise En Place Adds New Dishes to Menu

Owner Casey Holenbeck is celebrating Mise En Place's fifth anniversary with a total revamp of the menu from breakfast to dinner.

Appetizers include Tempura battered vegetables with House Remoulade and Portobella Fries with a zesty dipping sauce.

Five jumbo salads include delectable roasted and marinated red beets over mixed greens, herb vinaigrette, walnuts and goat cheese.

Hot submarines and sandwiches include all the old favorites, but the Burgers and Chicken Cutlets now come with names like Buffalo, Breakfast (bacon, egg and cheese), A1, Hawaiian, The Philly, Bacon and Bleu and Loaded (Mac Salad, French Fries, American Cheese and Meat Hot Sauce). New to the menu are Drunken Sausages boiled in beer.

Another culinary show-stopper is the "Mise En Plate," Holenbeck's take on Rochester's garbage plate that includes burger or two dogs, cheese, meat sauce, chopped onions, french fries, mac & cheese, crispy fries and condiments.

Stop in for some new tastes in a South Wedge favorite! 683 South Avenue, 455-0101.

Valentine Day Blessing of Relationships

Colgate Rochester Crozer Divinity School will celebrate the holiday of love with a brief services for couples and their relationships on February 14. The service begins at 5:30 and ends at 5:45 in time for people to make dinner reservations. All couples are invited to stay after the service to enjoy a complimentary glass of champagne and fruit. There is no cost for attending the service. Donations, however, are appreciated. Register by phone at 340-9643 or via email at kcunningham@crcds.



SUICIDE
BY JUSTIN HUBBELL



Title page of *Suicide*

Wedge Artist's Graphic Novel to be Published

Comic Justin Hubbell's first graphic novel, *Suicide*, is getting ready for publication later this year in a book series called *Graphic Medicine* (<http://www.graphicmedicine.org/book-series/>). He is now at work on a second graphic novel entitled, *Drawn From Distress to Recovery*, which he hopes will be published in the near future in the UK.

"*Suicide* is an autobiographical work that speaks on issues of depression, suicide, and abuse growing up," writes Hubbell in an email. "I first learned about the opportunity through my comics mentor, Heinz Insu Fenkl (<http://heinzinsufenkl.net/>), who pointed me to Theo Stickley, who is an Associate Professor of Mental Health in the University of Nottingham. In fact my submission to their call for artists was late, but they made an exception when they saw my work." The manuscript will be abridged for the compilation, but the entire work is available at www.justinhubbell.com

"Normally my website received an update every Monday for around three years but with the manuscript making its way overseas it spurned me to push harder on the new version,

which is longer, more honest, and deals more with issues of gender."

Hubbell's manuscript has also garnered attention from Kaboooom.com for the "original short" that later became the full-length manuscript.

"I have to admit, however, it was especially exciting to be published (albeit eventually) because the contributors are being paid, and after years of working for free, there's a lot of

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South Wedge Residents Invited to Join Local CSA- Neighborhood Farm Shares



by Nicky Dennis and Elizabeth Henderson

You may be surprised to learn that the US Department of Agriculture classifies the zip codes in the South Wedge as "food desert" areas. Translated that means that lower-income people in these neighborhoods do not have adequate access year-round to fresh, high quality foods.

The Northeast Organic Farming Association of New York (NOFA-NY) is working on a remedy: the Neighborhood Farm Share program to enable lower income people to join local Community Supported Agriculture (CSA) projects and access organically grown food at affordable prices.

How does CSA work?

During the winter, a CSA farmer or the farm's supportive core group sells shares in the upcoming harvest to individuals, families, and institutions. From late spring through fall, the farmer delivers a wide variety of produce once a week to a community site where members pick up their weekly share.

Each share includes a variety of fresh-picked, seasonal vegetables and fruits that are grown without chemical pesticides. CSAs provide affordable, nutritious, locally grown food to neighborhoods from a trusted source: farmers.

Farming is an inherently risky activity. CSA members join with their farmers in bearing that risk. That means if the weather damages crops, customers carry the loss along with the farmer. It also means that for CSA there are no refunds - unless you move away.

How does the Neighborhood Farm Share Program work?

Participants receive up to a \$100 reduction in cost for a CSA share from a local farm. The participant pays the remainder of the share price. EBT/Food stamps are accepted by most of the participating CSAs, and payments can be made in increments. Each farm has a slightly different price and delivery schedules

Neighborhood Farm Share Income Eligibility Guidelines (must be at or below)

Household Size	Annual	Monthly
1	\$20,665	\$1,723
2	\$27,991	\$2,333
3	\$35,317	\$2,944
4	\$42,643	\$3,554
5	\$49,643	\$4,165
6	\$57,295	\$4,775
7	\$64,621	\$5,386
8	\$71,947	\$5,996

For each additional family member add: \$7,326 (annually) or \$611 (monthly).

Ideal CSA participants commit to pick up their food shares every week, enjoy cooking with and experiencing new foods, and want to increase fresh, local and chemical-free fruits and vegetables in their diet.

For the 2013 season, Peacework Organic CSA (aka GVOC-SA), Porter Farm, the Good Food Collective, and Rochester Roots will provide CSA shares for the Neighborhood Farm Share program. Most of these CSAs also accept food stamps and allow participants to make payments over time instead of in one payment at the beginning of the season making access easier for those with lower incomes. Peacework Organic CSA also charges on a sliding scale, so higher income members pay more while lower income families pay less for the same amount of food. The pick-up for Peacework Organic CSA is at the Abundance Coop, 62 Marshall Street. The Good Food Collective has a pick up at the South Wedge Farmers Market, 100 Alexander St., at South Clinton Avenue behind Boulder Coffee House.



Long Season Farmers Market Open All Year on Idlewood Road

by Sue Gardner Smith

Stop by the Brighton Farmers Market now in winter partnership with the South Wedge Long Season Market, to provide delicious and healthy foods throughout cold winter months.

Brighton Farmers Market recently publicized news about vendor Pat Bono, Seaway Trail Honey, whose honey was featured in a dish served at President Obama's Inaugural Luncheon in Washington, D.C. Bono also won the blue ribbon for best honey in the state at the 2012 NY State Fair.

There's lots more to enjoy at the Long Season Market. Look for greens that grow through

the cold and a host of other veggies: lettuce bouquets, kale, tatsoi, bok choy arugula, parsley, microgreens, watercress, basil, beets, carrots, parsnips, celery, rutabaga, potatoes, winter squash, onions (sweet and cooking), shallots, garlic, cabbage and brussels sprouts. Also available are frozen corn and strawberries, frozen half turkeys, and half chickens, jams and jellies, bread, maple syrup, pasta and pastries.

The Long Season Winter Farmers' Market is located at 220 Idlewood Rd. (with easy access from S. Winton, between Westfall and 590) on Sundays 1 to 4 p.m.

Get Involved!

To find out more about this project, request an application or find out other ways to be involved, please contact foodjustice@nofany.org or 585-271-1979, ext. 505. Want the freshest food from local farms? Buy a farm share. Make an investment in a local farm—get a season's worth of fresh food once a week. It's called Community Supported Agriculture (CSA).

At a NOFA-NY CSA Fair you can learn about CSAs, meet your local area farmers, compare share options, and sign up for your 2013 farm share.

Join us to learn more on Saturday, February 16, 1:00-3:00 p.m. Bausch & Lomb Public Library, 115 South Avenue

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by Nancy O'Donnell



Artist Laurie Felber presents chocolate "Conversations"

Hedonist Mixes Chocolate & Art for Valentines

Art and chocolate connoisseurs can once again indulge in limited edition imagery on tiny artisan chocolate canvases at Hedonist Artisan Chocolates, reports chocolatier co-owner Jennifer Posey.

"Working with artists outside the food industry is always a rewarding experience; it provides a continuous source of inspiration and gives us the opportunity to see chocolate in a new light," says co-owner Zahra Langford.

A February tradition in Rochester, each year the company collaborates with a local artist to create yummy art you can eat. This year artist Laurie Felber presents a truffle collection entitled "Conversations" while Hedonist Chocolatier Nathaniel Mich creates the truffle canvas with raspberry puree, raspberry liqueur and semi-sweet chocolate.

Hedonist put out an open call for concept submissions last October. Although the company received many quality ideas/sketches, Felber's concept stood out above the rest because of its professional execution and universal appeal said co-owner Jennifer Posey.

Artist Laurie Felber said she was inspired by the old fashioned conversation heart. (The first heart shaped con-

fections stamped with witty phrases was produced in 1901 by Daniel Chase.)

The "Conversations" collection features a raspberry truffle imprinted with a series of phrases including: "kiss me," "true love" and "be mine."

Felber's Valentine's Day card collection will be on display and available for purchase at Hedonist. For an up-to-date list of additional Hedonist chocolate tastings and events, visit www.hedonistchocolates.com.

Ellwanger Estate B&B's Very Special Valentine

Innkeeper Rosemary Janofsky just got back from New York City where she was delighted by a dish served at Jean George's Restaurant at the Trump International Towers.

"The dish--Caviar Egg--proved to be a little bit of heaven to the palate, making the \$30 supplement to the prix fix meal of \$40, all more than worthwhile," said Janofsky.

"The Caviar Egg will be added to the Ellwanger's all-inclusive Valentine breakfast as a little bit of heaven for your palate," Janofsky added.

The two-night minimum stay has been waived from Feb. 14-16, 2013. This one-night stay includes breakfast seating at 9:30 a.m. for this special event. Also included in the one-night

**Wedgies
by Justin Hubbell**



room stay will be a dozen red Samurai Roses in a vase and hand crafted chocolates. Call 546-5103 or visit www.ellwangerestate.com.

Zeppa Bistro Community Garage Sale

Sell your stuff inside the Zeppa Bistro Auditorium in the Historic German House on Sat-

urday, March 9, 9:30 a.m. - 3:30 p.m. Set up 7:30 a.m. to 9:00 a.m. Space rental is a non-refundable \$20 fee. ALL items must be removed by 4:30 p.m. (A \$25 deposit will be charged to insure all items are removed and refunded after inspection of the space.) Forbidden sales include live animals of any type, guns or ammunition, illegal substances/items and food or drink. Extension cords will not be provided. For more information contact Zeppa Bistro at 563-6241 and ask for Pat or Debb. Also e-mail at zeppabistro@yahoo.com. 315 Gregory Street.

RCA's Thai Massage

Rochester Community Acupuncture welcomes Katie Star, a licensed massage therapist who studied Therapeutic Massage and Alternative Therapies at Finger Lakes CC.

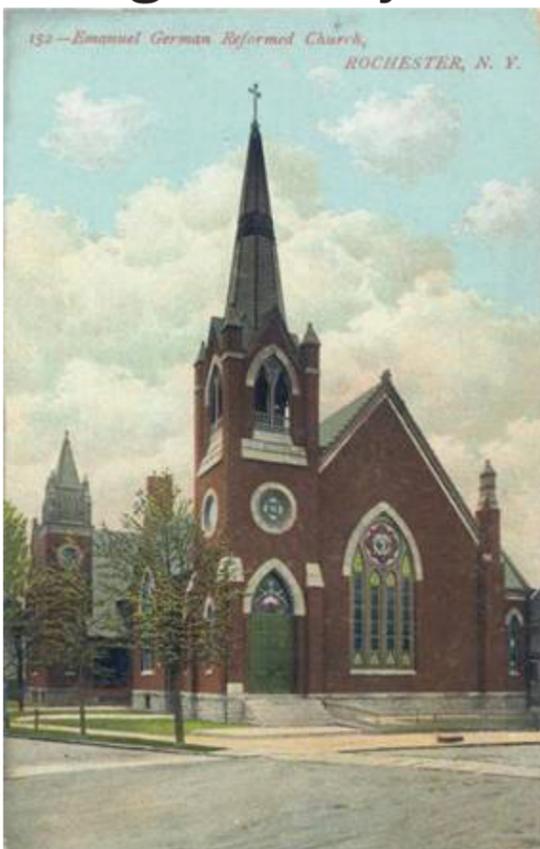
Her post graduate education includes Thai massage levels 1 & 2 under teacher Rathanan Ditsayashairoj at the Shivagakomarpaj school in Chiang Mai, Thailand.

Through Katie's travels she developed a fondness for the peaceful Thai culture and incorporates this into her Thai massages. Katie is also studying acupuncture.

302 North Goodman St., Suite 403, 287-5183.

South Wedge History -- Hamilton & Bond Streets

Before



rpc0553a.jpg Rochester Public Library Local History Division



After

Bond and Hamilton Streets (Photo by Nancy O'Donnell)

The Emanuel German Reformed Church of the German Evangelical Reformed Emanuel Congregation once stood at the southwest corner of Hamilton and Bond Streets (105 Hamilton). It was erected in the 1890s to replace an earlier 1867 structure.

According to Gabriel Pellegrino of the Central Library's Local History and Genealogy

Division, "In about 1921 the street numbers changed, so Emanuel Church changed its number from 105 to 257 Hamilton Street."

The City of Rochester demolished the church and built an apartment building on the site that remains today.

The image of the church comes from a post card in Rochester Images.

Think of Fever as Your Friend

By Alexie Cruz Puran, MD



Dr. Puran

One thing every parent will experience with their child is fever. To most parents, fevers can be scary. However, we can view fever as a friend, helping your body's own defense in fighting an infection. Learning what causes fevers and how to treat them will ease your anxiety.

Fever is usually, but not always, an indication of some infection in the body. It is the body's first line of defense in fighting infection. By itself, fever is not an illness. Rather it is a sign or symptom of sickness. In fact, usually it is a positive sign that the body is fighting infection. Fever stimulates certain defenses, such as white blood cells, which attack and destroy invading bacteria and viruses.

Taking a temperature

While you often can tell if your child is warmer than usual by feeling his forehead, only a thermometer can tell how high the temperature is.

Everyone has his or her own internal "thermostat" that regulates body temperature. Normal body temperature is around 98.6 degrees Fahrenheit plus or minus about one degree (37 degrees Celsius, plus or minus 0.6 degrees). Ordinarily, a rectal reading of 100.4 degrees Fahrenheit (38 degrees Celsius) or less, or an oral reading of 99 degrees Fahrenheit (37.2 degrees Celsius) or less, is considered normal, while higher readings indicate fever. When the body detects an infection or other illness, the brain responds by raising the body temperature to help fight the condition.

The American Academy of Pediatrics no longer recommends mercury thermometers because these glass thermometers may break and, as their mercury vaporizes, it can be inhaled, resulting in toxic levels. Digital electronic thermometers are better choices.

A digital thermometer can

be used to take a rectal (in the bottom), oral (in the mouth), or axillary (under the arm) temperature. Taking a rectal or oral temperature is more accurate than taking an axillary temperature.

If your child is younger than 3 years, taking a rectal temperature gives the best reading. Once your child is 4 or 5 years, you can take his temperature by mouth.

How do you treat a fever?

Once you've identified a fever, you can begin treating it if needed based on your child's age and other symptoms. The fever may actually be important in helping your child fight his infection. However, fever can make your child uncomfortable. It increases his need for fluids and makes his heart rate and breathing rate faster.

Several medications can reduce body temperature by blocking the mechanisms that cause a fever. These so called anti-pyretic agents include acetaminophen, ibuprofen, and aspirin. All three of these over-the-counter drugs appear to be equally effective at reducing fever. However, because aspirin may cause or be associated with Reye Syndrome, the American Academy of Pediatrics does not recommend using aspirin to treat a simple fever in children.

Ideally the doses of acetaminophen and ibuprofen should be based on a child's weight, not his age. However, the dosages listed on the labels

of acetaminophen and ibuprofen (which are usually calculated by age) are generally safe and effective unless your child is unusually light or heavy for his age.

As a general rule, read and follow the instructions on the manufacturer's label when using any medication to ensure that your child receives the proper dosages. Also, other over-the-counter medications, such as cold and cough preparations, may contain acetaminophen. The simultaneous use of more than acetaminophen-containing product may be dangerous, so read all medication labels to ensure that your child is not receiving multiple doses of the same medicine.

Some parents have tried alternating between acetaminophen and ibuprofen when their child is running a fever. This approach, however, can cause medication errors. Either acetaminophen or ibuprofen are effective in reducing fever and making your child feel better.

When to call the Pediatrician?

If your child is two months or younger and has a rectal temperature of 100.4 degrees Fahrenheit (38 degrees Celsius) or higher, call your pediatrician immediately. This is an absolute necessity. The doctor will need to examine the baby to rule out any serious condition or disease.

Other instances in when to call the doctor include if your child is lethargic, unresponsive, refuses to eat, has a rash, or is having difficulty breathing. Also if you observe signs of dehydration, such as dry mouth or significantly fewer wet diapers. If your child's fever lasts more than a few days or if your child experiences a febrile seizure, you should call the doctor.

Being prepared can help take the fear out of fever. Keep your digital thermometer ready and accessible so you don't have to search for it once your child is ill. Have children's acetaminophen or ibuprofen on hand. And make sure your pediatrician's phone number is handy, too!

South Wedge Victory Garden Garden Plots Now Available

By James Papapanu and Heather Penrose

Want to home grow your own vegetables, harvest delicious produce fresh from your garden's soil and enjoy it on your dinner plate that very same day? Want to teach your children how food grows and makes its way from the farm to your table, eat healthy, cutting the cost of your grocery bill, or just get outside and meet fellow South Wedge neighbors who feel the same way you do? If you answered "Yes!" to any of these questions, this year's South Wedge Victory Garden is waiting for you.

Spring is just ahead, and the South Wedge Victory Garden is now accepting applications for garden plots that open in April. We're getting the word out now to start the plot application process, even though winter might still have in us in its icy grip.

The Victory Garden is a community garden program hosted by the South Wedge Planning Committee (SWPC) where neighborhood residents

will be assigned their own 4' by 8' raised bed. Plots are provided free of charge, but each gardener is asked to volunteer four hours of time over the season to help with the garden's upkeep.

Last year some gardeners helped to clean out and open the garden in April while others helped ready the garden for winter hibernation. Most were weekly garden care takers, keeping the garden's walkways weeded and free of trash and watering communal growing areas like the flower beds or the herb garden. Others helped plant flowers in the spring and bulbs in the fall, and a few resourceful gardeners even designed and installed a fantastic new irrigation system!

Garden plots applications are available until March 1 on a first come, first served basis. All South Wedge area residents, including homeowners and renters, are encouraged to apply. Shortly after the March 1 deadline, garden managers will



South Wedge Garden Plot 2012 (Photo by Heather Penrose)

can apply for a plot to grow vegetables. Now in its fifth growing season, it provides an opportunity for over 35 South Wedge families to grow their own food each year, saving an estimated \$150 or more in grocery costs per garden plot. Crops vary, but tomatoes are always the most popular vegetable in the garden, and often gardeners end up with a surplus of these ripe, red, and juicy favorites. Victory gardeners have planted and harvested peas, beans, cucumbers, peppers, lettuces, eggplant, peppers, beets, carrots, radishes, and more.

The 2013 garden opens in early April to allow gardeners to maximize the length of their growing season and sets gardeners up for success with cold tolerant spring crops like radishes, peas, spinach, lettuces, and root vegetables. It increases the opportunity to do "succession planting" where a gardener harvests a spring crop and then plants new summer or fall crops in their place, effectively doubling the season yield of vegetables grown in a single space.

The Victory Garden is located at 122 Hamilton Street. Each gardener or household

contact all applicants and begin coordinating orientation meetings. These are short sessions, usually an hour or less, during which an overview of the garden and some simple ground rules for participation are covered.

While we're getting ready for a fifth year of the community Victory Garden on Hamilton St., we also have exciting plans underway to open a second Victory Garden on Cypress St. this spring. Desire for Hamilton St. garden plots exceeds supply, so the Cypress garden is welcome and will allow even more South Wedge area residents to home grow their vegetables.

Be sure to stay in touch with garden news and connect with fellow gardeners on the "South Wedge Victory Garden" Facebook page.

To apply for a plot in the Victory Garden for the 2013 growing season, please pick up a copy of the application form at the SWPC office at 224 Mt. Hope Avenue, find it on the SWPC website at www.swpc.org or contact Eileen Thomas at ethomas@swpc.org or 256-1740, ext. 103 to have a copy mailed to you.

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Graphic Book & Cat

continued from pg. 5

relief knowing that people value my work beyond just gratitude. These days I am patiently waiting to hear from both my editors in the states and the folks in the UK, and have been spending a lot of time working on wood carvings which I intend to sell at local shops in the near future."

To learn more about purchasing Hubbell's art work, email him at justinhubbell@gmail.com.



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Rev. Judy Lee Hay

continued from pg. 1

and Legacies in Seneca Falls, New York. In November of that year she was recognized with a plaque from the Hall of Fame. In 2008 McCormack Seminary named her a Distinguished Scholar.

Rev. Hay received her education at Dubuque College and her Master of Divinity at McCormick Theological Seminary in Chicago. She was ordained by the Presbytery of Northern NY, in 1971. She served in two Presbyterian churches in Albany before becoming assistant pastor here in 1973. After seven years, she became the first woman in the U.S. to be named a Senior Pastor of a Presbyterian Church.

Recently, Hay reflected on what she would like her congregation to take away from her many years as their spiritual leader.

"I want them to remember how much God loves them, and that God gave them those gifts for common good. We are

meant to be Jesus' hands in the world. Be people of justice and see that all people are treated equal; that they receive fair wages, have the right to dignity, right to food and shelter. Go out and be that sacred community that God wants us to be."

After retirement, Hay said she'll be checking off items from her bucket list. After knee surgery (the result of several tennis injuries), a dream trip to Israel and Tuscany, trips around the country to see her family and friends and spiritual mentors from her past and many games of "peaceful" golf, Hay plans an active role in a resurrected Neighbors Building Neighbor (NBN6).

She won't be seen around the church for awhile; as part of the tradition for retirement from the Presbyterian Church a minister cannot return to the parish for six months. That means Rev. Hays will have to miss the neighborhood's Big

Lunch held at Calvary St. Andrews every June.

Any chance that the rebel in her will emerge in retirement, and she'll come disguised as a face-painting clown at the Big Lunch?

"That's an idea," she said laughing. "But, no."



Artist Craig Wilson with his sculpture "Pear Tree" (Photo by Michael Tomb)

HPNA Announces 1st Annual Art Show

Highland Park Neighborhood Association is pleased to announce its first Annual Art Show featuring the creative work of our residents. Complete details on dates, venues, requirements and instructions as to how to participate will be released on the HPNA web page: <http://highlandparkrochester.org/artshow/> on February 15, 2013 as well as on their Facebook and Twitter Feeds. For more information, contact Michael Tomb at communications@highlandparkrochester.org.



Thaw 2013 Opens Feb. 1
Equal=Grounds Coffee House welcomes THAW 2013, a collaborative effort of ARTS ROC and the public fact of the Regional Gallery Director Forum. Through Feb. 24. 750 South Avenue, 256-2362.

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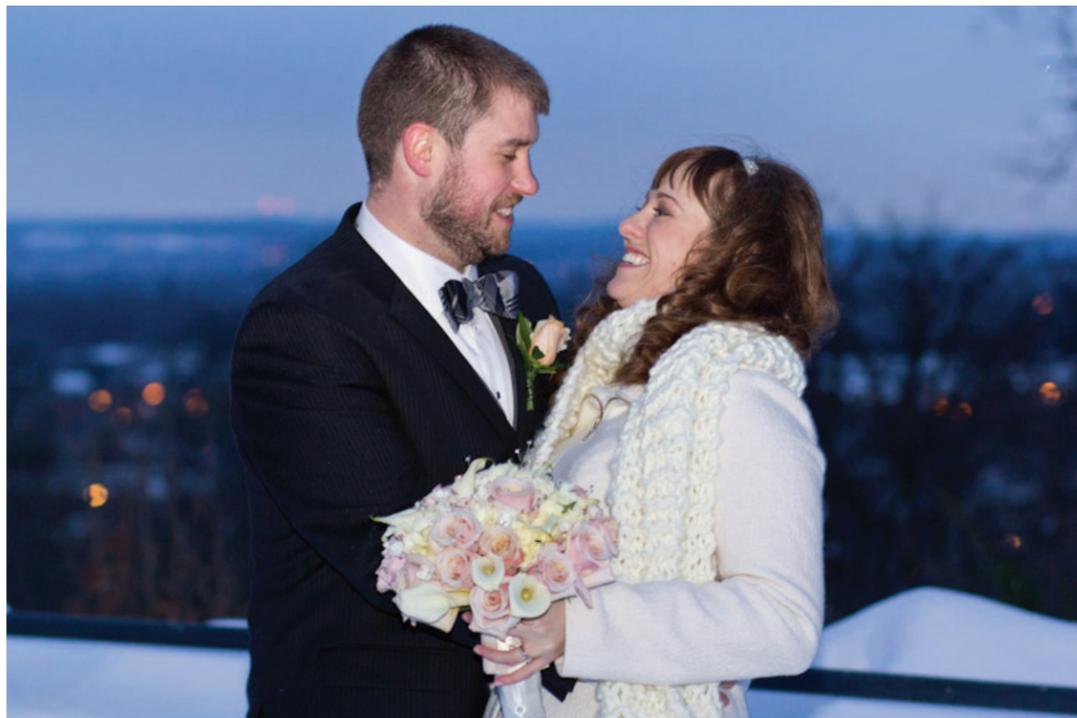
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Congratulations... Monica McCullough and Tom Kicior



Newlyweds Tom Kicior and Monica McCullough return to Highland Park—the site of Tom's proposal for after wedding photos (Photo Sara Tiberio)

Monica McCullough and Tom Kicior were married on December 31, 2013 at Blessed Sacrament Church on Oxford Street. Father Robert Kennedy officiated. Attending the couple was Monica's cousin, Estee

Strait Domingos, who acted as Matron of Honor. Tom's brother, Chris Kicior, served as Best Man.

The couple honeymooned aboard a cruise to the southern Caribbean.

Tom is Senior Planner at Genesee/Finger Lakes Regional Planning Council. Monica is Executive Director - Providence Housing Development Corp.



Art by Bev Rafferty

Equal=Grounds Art Galley March Exhibit

The Gallery @ Equal Grounds features "Precious Metals: New Paintings on Gold, Silver and Copper" by Bev Rafferty will hold an opening reception on Friday, March 1, 7:00 - 9:00 p.m. 750 South Avenue, 256-2362.

Friends of Mt. Hope Cemetery Tours

Experience the beauty of Mount Hope Cemetery in winter on a guided walking tour along flat, paved roads. This tour lasts 60-90 minutes, depending on weather conditions. In addition to general information on the cemetery, the tour includes stops at the grave

of Rufus Sibley, a founder of Sibley, Lindsay and Curr; the 1912 chapel; and the man who inspired "Billy Pilgrim" in Kurt Vonnegut's Slaughterhouse Five and more. South cemetery entrance, 1133 Mt. Hope Ave., (opposite The Distillery restaurant) Saturdays, Feb. 16 and March 16 at 1:00 p.m. \$5/person. Free for members and children under 16 (accompanied by an adult).



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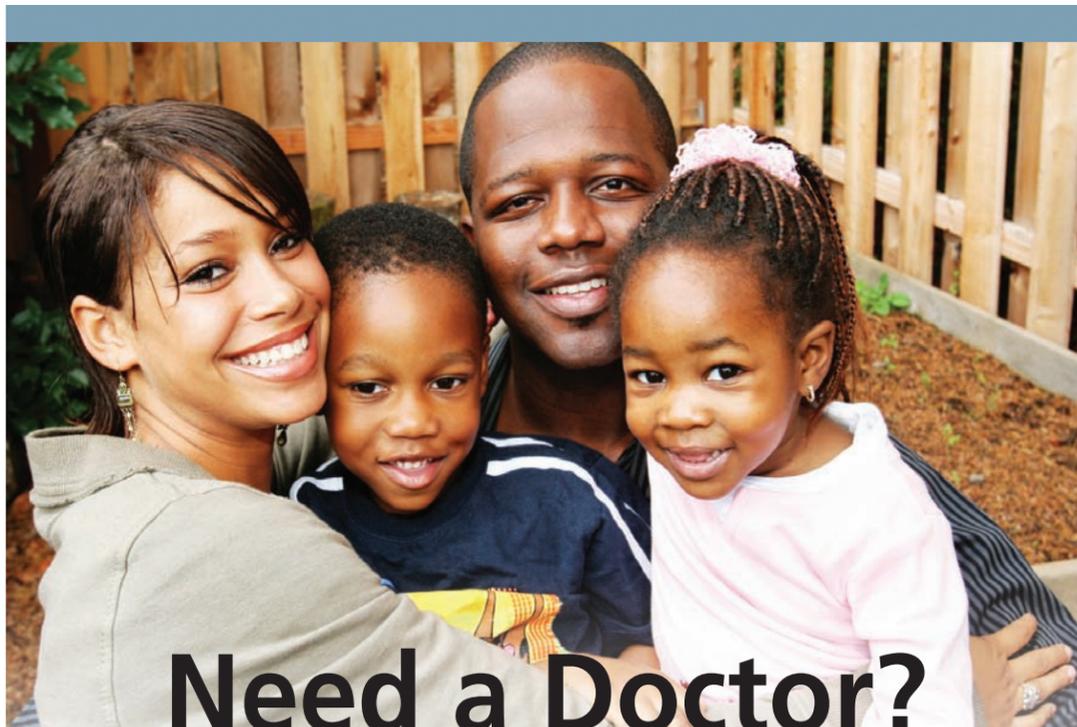
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Where Families Grow Together

Wedge Foodie Samples Cheese with The Little Bleu Cheese Shop Owner Ann Duckett

by Nathaniel Mich

The Little Bleu Cheese Shop is an exciting new addition to the South Wedge food scene: a marketplace for domestic artisan cheeses and craft food accompaniments. But the motivation and mission of owner Ann Duckett goes deeper and further than simply selling and serving cheese. Duckett wants her shop to be a place for storytelling, education and community building, centered on some of the best cheeses this region and country has to offer. I recently sat down with Ann for a conversation about cheese philosophy and for a tasting of some of her favorite cheeses.

Every food has a story, every dish a history, and cheese more so than most. A cheese is shaped not only by its region of origin, producing animal (and what it ate) and age, but even details as fine as what time of day the milking happened. The stories of artisan cheese are enriched by those of the cheesemakers, individuals and families whom Duckett describes as having so “much love for one thing, one food,” that they embrace the challenges of the craft and lifestyle: a combination of “ingredients and hope.” The Little Bleu Cheese Shop is a place for sharing these stories: where we can actually meet the people who make our cheeses, building closer connections between producer, retailer and customer.

Before we get into the cheese itself, a few notes about tasting cheese. First of all, cheese should always be enjoyed at room temperature – give your cheese about an hour on the counter before you serve it. If you sample a cheese from the shop’s refrigerated cases, it will be cold, so let it warm up on your palate first. Before you eat the cheese, however, take a moment to look at it, smell it and feel the texture; the more

senses we use to engage with our food, the deeper and greater our enjoyment. Once the cheese is on your palate, let it sit for a little while, then mash it into a paste and coat your mouth. The right cheese can take your breath away, but oxygen is important for developing flavors and bringing them into your nose. Rinds are almost always edible, and the best samples go from the center all the way to the edge of the cheese. Finally, when tasting multiple cheeses, start with fresher, younger, softer cheeses and move to bolder, older, harder cheeses. Blue cheese always goes last.

We started with an exception to the shop’s usually domestic-only cases, but, oh, what an exception it was. Brillat-Savarin, a French triple-crème brie-style cheese, clocks in at 75% butterfat and was exceptionally rich, but not heavy. This cheese was redolent with aromas of fresh milk and sweet cream and had a slightly herbal finish. (Pair with Champagne; the bubbles provide a nice foil to the creaminess.)

Next, we tasted an Alpine-style cheese, or *tomme*, from Springbrook Farms in Reading, VT. Duckett describes this cheese as “a dance on the tongue:” a smooth texture and rich grassy aroma and flavor punctuated by salt, with a hint of stone fruit in the finish. This is a fantastic cheese and best enjoyed on its own.

Third was a wine-soaked goat cheese from Herkimer, NY. The wine was most apparent in the aroma and aftertaste, bookending a firm-textured, slightly dry and crumbly cheese. This cheese didn’t wow me quite as much as the others, but would pair beautifully with pears, walnuts and a medium-bodied dry red wine.

Our final cheese was a cow’s milk blue cheese from

Muranda Cheese Farms. Produced by Tom Murray (described by Duckett as “a force”) in Waterloo, NY, this is one of the best blues I have ever tasted and the only blue currently being made in the Finger Lakes. The aroma is startlingly fruity and bright, but on the palate the cheese explodes into layered earthy, savory and woody flavors. The salt and the mold are well balanced and the texture is crumbly but finishes smooth and clean. Duckett recommends pairing it with dried apricots (no cracker necessary). I just recommend eating as much of it as you can!

The intimacy of The Little Bleu Cheese Shop allows for a cheese-buying experience that’s hard to get at larger stores. When sampling cheeses there, be sure to fill out a tasting card, which will be kept on file, to keep track of what you liked and didn’t and to help you find new cheeses to enjoy. Or take one of their cheese tasting journals on the road with you. Duckett sources small batch cheeses – even just a single wheel, sometimes



Brillat-Savarin brie (Photo by Brian Boucheron)

– and buys directly from the cheesemakers, so she can carry cheeses that might get missed by bigger retailers and educate her customers about these hidden gems. Education goes both ways, though: customer recommendations and wish lists are always welcome Duckett says.

Duckett plans to develop her shop into a community space as well. In addition to inviting cheesemakers to meet customers, she plans to of-

fer cheesemaking classes and showcase local artists and musicians there as well. Here, Duckett builds on the strong community fabric of the Wedge, citing active “support from the folks who live here” as one of the main attractions of opening a business in this neighborhood.

684 South Avenue, 317-5004. Hours: Sunday 11 a.m. – 4 p.m., Mon-Wed 10 a.m. – 6 p.m.; Thurs. and Friday 10 a.m. – 7 p.m., Sat. 10 a.m. – 6 p.m.

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Congratulations to SWPC's 2012 Holiday Decorating Contest Winners

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| 111 Linden Street | 34 Menlo Place |



Winners can pick up gift prizes at SWPC office, 224 Mt. Hope Ave. Call 256.1740, ext.103 to make arrangement for pick up.



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