

The WEDGE

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- Farewell Farmers Markets
- Justin Hubbell Introduces The North Wedge
- Healthy Waterworks
- Community Builders
- Hearts of City

Ancient Art of Iconography Unveiled in South Wedge

by Peter D. Los and Dr. Jim Palins



The Greek Orthodox Church of the Holy Spirit parish recently celebrated the installation of two icons—depictions of religious images, rich in symbolism and beauty—in their South Avenue church. Magnificent icons of the Crucifixion and Resurrection now grace the walls to the left and right of the altar, made possible through the donations of Holy Spirit parishioners, as well as faithful as far away as England and Greece. Orthodox churches historically contain religious images (icons) representing Christ and His earthly life, the Virgin Mary and various saints.

The Holy Spirit parish was established in 1995 and belongs to the Orthodox Church, the second largest Christian denomination worldwide. In 1998, the parish moved to the former South Avenue Baptist Church, a local South Wedge landmark that is more than 100 years old.

After moving into their current building, parishioners began to develop a plan for decorating the church with icons guided by Tom Clark, a Chicago born and raised artist. Clark

continued on pg. 12

South Wedge Historic District Brings New Tax Credits

by Tom Kicior & Phillip Borrelli



The recent announcement of the South Wedge Historic District's listing on the State and National Register of Historic Places is big news for homeowners and property owners in the South Wedge. Many owners within the district are now eligible to obtain State and Federal Historic Tax Credits to update or rehab their property.

The South Wedge Historic District, which is shown on the map, contains 363 buildings. The district spans most of the South Ave commercial strip from Comfort Street to Cypress Street including many surrounding residential streets. Within the area 363 buildings contribute to the district's significance and are therefore eligible for historic tax credits. Only 17 properties are considered "non-contributing," either due to their age or substantial alteration and are not eligible for tax credits.

The District Nomination was the result of the South Wedge Historic Resource Survey, created by Bero Architecture PLLC and funded by: The Rochester Area Community Foundation; The South Wedge Planning Committee; and Preserve New York, a grant program of the Preservation League of New

York State and the New York State Council on the Arts.

A historic district consists of buildings, structures and sites grouped together as being architecturally or historically related. The State and Federal government does not interfere with an owner's right to remodel, alter, paint, manage, sell or demolish the property. Listing on the State and National Registers is different from having a local landmark designation or being located in a local Preservation district. Local landmarks and Preservation districts are regulated by the local government's preservation code. Rochester's preservation code contains restrictions and approval requirements associated with making certain exterior changes to a building. Because this is a State/National District, properties in the South Wedge Historic District do not have any additional review or regulations imposed that were not already in place, unless a property owner chooses to take advantage of the available tax credits.

Owners who choose to utilize the historic tax credit programs must have their projects approved by the State Historic Preservation Office (SHPO). SHPO reviews proposed work in accordance with the Secretary of Interior's Standards for Rehabilitation. Ultimately, SHPO's goal is to preserve the historic character of the building. Work that typically qualifies for tax credits include repairs to porches, walls, masonry, ceilings, windows and doors; mechanical systems, roof replacements; even painting the exterior or interior.

NYS Homeowner Tax Credit

This program provides a 20% tax credit of rehab costs. A tax

continued on pg. 4

SWPC Transforms Eyesore to Showcase Ready for Sale to First-time Homebuyer

by Donna Roethel Lenhard

Languishing unoccupied since the 1980's, 293 Hamilton St. was the oldest case on the City's building code violations list. The owner was repeatedly fined but consistently paid both fines and taxes. He also declined many offers from others to purchase the property.

Finally, with no other recourse, the City of Rochester placed this otherwise structurally sound home on the demolition schedule. At the urging of the South Wedge Planning Committee's (SWPC) Housing & Structures Committee, executive director John Page made a final attempt to rescue the property and was successful in negotiating a purchase contract.

The acquisition of 293 Ham-



Before SWPC Rehab



After SWPC Rehab

Eligibility Requirements: You must be a first-time income eligible home buyer(s). Buyer (s) must have a mortgage pre-approval letter from a bank or credit union willing to participate in this program and must agree to live in the house for 10 years. (Additional income requirements on pg. 9).

ilton Street was the second such purchase by SWPC. While having extensive renovation experience with City owned properties, the Hamilton Street house is the first project to be entirely acquired and rehabbed with the goal of selling to a first-time home buyer.

Using a neighborhood investment fund established in part with private donations as well as grants from the Daisy Marquis Jones Foundation and the City, the renovation includes asbestos and lead remediation, re-establishing water and gas connections, a modern redesign of the floor plan (including a first floor powder room and a second floor laundry), and restoring the open front porch.

One of SWPC's missions is to improve the quality and availability of affordable housing stock in the South Wedge. Rescuing this house benefits the neighborhood in many ways, but arguably the two most important are: 1) removing a neighborhood eyesore and 2) retaining the streetscape. While demolition would have removed the unsightliness, vacant lots are a poor substitute for an attractive, livable home.

SWPC is now searching for a buyer(s). Since the renovation was partially grant funded, buyers must earn no more than \$53,330 (for a family of four) and be able to qualify for a mortgage loan with a purchase price of \$115,000. Questions? Please call George Lorson at 256-1740, ext. 101.

Annual Night of the Living Wedge pg. 9



Photo by Nancy O'Donnell



Photo by Jill Gussow

Get a sneak peak at Erie Harbor Art on page 2

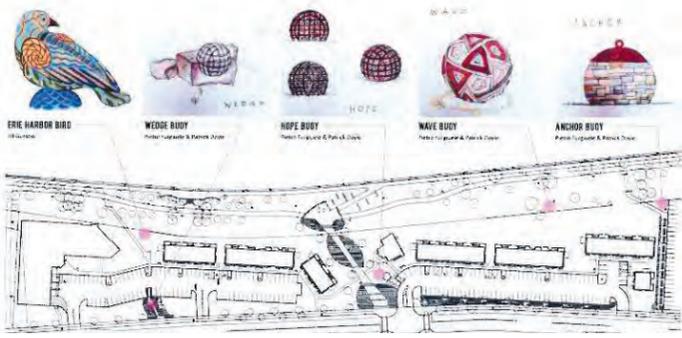


Read about Healthy Waterways on pg. 8

Why not get Your Wedge at Home? Order form pg 2

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





City Announces Erie Harbor Public Art Plans

by Nancy O'Donnell

After several months of study, the City of Rochester Department of Environmental Services sent their recommendations for Erie Harbor public art to City Council who approved the project at a September 17 meeting.

Three artist's designs were chosen for the riverside property: South Wedge resident Jill Gussow's design "Erie Harbor Bird" and the team of Patrick Doyle and Pietro Furgiuele's set of four pieces entitled "Guiding Buoys."

"[My work] will be constructed of cement and covered with porcelain mosaic tile," said Gussow. "It will be 6' by 3' by 4'.

Gussow is currently looking for a place in the neighborhood to build the big bird.

"I'll need to access it with a forklift. Some neighbors have generously offered their garage, but I'd prefer a place with windows," Gussow said.

The art selection panel included City staff members from the departments of Neighborhood & Business Development, Law and DES Architecture & Engineering and four community volunteers: Allen Handelman of Conifer; Rick Muto, artist and neighborhood resident, Joe Pasquarelli, Project Advisory Committee and neighborhood resident, and Roz Goldman, art expert.

"The art selection panel selected these works from a total of 14 submissions and based their decision on the following criteria: durability and safety, expressive of the setting, [have] artistic merit, and [be] within the final budget of \$172,000," said Senior Landscape Architect JoAnn Beck in the City of Rochester Department of Environmental Services.

Beck said installation of the artwork is planned for spring 2014.

SW Victory Garden 5th Season Ends

by Heather Penrose

The Victory Garden's fifth season wrapped up its season, and what a great growing season it was! We grew tomatoes, peppers, kale, collards, beans, peas, carrots, beets, cucumbers and much, much more. Twenty-one new garden beds were placed at 162 Cypress St., a former abandoned lot and provided another beautiful place in our community for neighbors to connect.

The Victory Garden Committee will be holding the annual Harvest Potluck soon (date to be announced). Please check out the SWPC website and the South Wedge Victory Garden Facebook page for more details. The Harvest Potluck is open to anyone in our community.

Thanks so much to South Wedge Planning Committee and



Heather bids farewell to the Victory Garden's banana tree who winters indoors.

the Victory Garden Committee for making this project happen, again and again.

We are looking forward to year number six!! As always, Happy Gardening.

The South Wedge Planning Committee, Inc. October/November 2013 Calendar

Meetings are held at 224 Mt. Hope Ave.
The community is invited to attend all meetings.

SWPC Board Meeting
james.papapanu@gmail.com
Tues., 10/15, 11/19, 6 p.m.

**Community Engagement
(Neighbors & Block Clubs)**
amaroselli@swpc.org
Wed. 10/16 & 11/20, 6:30 p.m.

Finance Team
jason.curtis@edwardjones.com
tsciarabba@hotmail.com
Tues. 10/8 & 11/12, 12:30 p.m.

Housing & Structures
tomkiciorjr@gmail.com
Wed., 10/2 & 11/6, 5:30 p.m.
E-mail to confirm.

SW Victory Garden
james.papapanu@gmail.com
E-mail for dates and times.

South Wedge Farmers Market Report

by Sue Gardner Smith

It's been a great year so far at the South Wedge Farmers' Market. The market continues through October 17, offering customers the finest local eating of the year, as farmers harvest a bounty of crops grown in the fields and farms of our upstate region. Fall crops available at the market include many varieties of apples, pears, lettuces, beans, summer and winter squash, pumpkins, onions, garlic, potatoes, peppers, eggplant, beets, radishes, and more. The market also offers meat, chicken, breads and other baked goods, flowers, plants, pasta, wine, and ice cream treats. Customers can pick up a grilled pizza or poutine for a snack or easy dinner.

Also at the market, Chef Adrian Baldwin of Napa Wood-fired Pizza offers cooking demonstrations with free samples, using ingredients fresh from the market. There's always live music; *Jeff Slutsky and Friends* will play on October 10 and *Watkins & the Rapiers* will close out the season on October 17.

The market's EBT/SNAP bonus program continues.

Customers who purchase at least \$10 in tokens with their EBT card will receive an additional \$5 in tokens.

This year's market is sponsored by Genesee Co-op Federal Credit Union. The credit union, located at 395 Gregory St., is a member-owned credit union and offers low-cost financial services to Rochester residents. For more information see www.genesee.coop or call 585-461-2230. Also sponsoring the market is Highland Contractors, located at 620 S. Clinton Ave. The company specializes in high quality home improvement and building maintenance, including green energy improvements. More information can be found at http://www.highlandcontractors.net/.

The South Wedge Farmers' Market is held Thursdays, 4-7 pm, at 100 Alexander St. (at the corner of S. Clinton, behind Boulder Coffee). The market is a project of the South Wedge Planning Committee. Please follow us on Facebook and Twitter. More information can be found at www.swfm.org.



Enjoy the South Wedge Farmers Market until Oct. 17! Thursdays 4-7 pm 100 Alexander St.

Thanks to new SWPC member
Brian Pomeroy

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For over 30 years, *The Wedge Newspaper* has chronicled the lives and times of our vibrant South Wedge neighborhood.

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ing by sending a check or money order.

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South Wedge Planning Committee
224 Mt. Hope Avenue
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(585) 256-1740

The *Wedge Newspaper*, a not-for-profit newspaper, is published by the South Wedge Planning Committee, a community development organization. Its mission is to provide accurate coverage of community 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) with a circulation of 6500. The newspaper is 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 November 11
Call 256-1740, ext. 105 or 978-9638 for rates.

Look for Ways to Help Your Community During the Holiday Season
Visit VolunteerMatch.org

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 info, call 325-5260.

Enjoy a happy and safe Halloween!



Compeer Friendship Walks The Wedge



Compeer 2nd Annual Friendship Walk takes a break at Salon Paragon

by Heather Baker

Compeer Rochester took to South Wedge streets with a Second Annual Friendship Walk to celebrate International Friendship Day on July 27. Compeer has been a staple of the Rochester community for 40 years. This international organization began in Rochester in 1973 with the goal of serving as a bridge to enhanced wellness and community integration for those with social and emotional barriers through the power of supportive friendships.

In order to meet this mission, Compeer works to decrease loneliness and increase the self-esteem of the people they serve. They also focus on life skills, socialization and healthy activities. Compeer connects participants to the community to explore natural supports and helps to create a supportive network for participants.

Many of the people served by Compeer are residents of the South Wedge, so it was a perfect location for this celebration. Tammy Cruppe, the owner of Salon Paragon, met the group outside of her shop and treated all of the walkers to refreshments. Compeer hopes to expand the walk every year. They see this as a great way to raise awareness about the work they do.

One of the biggest challenges

Compeer clients face is the societal stigma of mental illness. Planned activities get clients out into the community help to breakdown those stigmas and matches them with participants who share in a wide range of activities--going to the zoo, bowling, spending time in the park, getting coffee, going to one of Rochester's many museums and much more.

If you would like more information about Compeer's programs or if you would like to volunteer, you can visit online at compeerrochester.org or call 546-8280. The website also has information on how you can get tickets to the 24th Annual Ben R. Giambone/Compeer Rochester Sports Luncheon at the Rochester Riverside Convention Center, to be held on November 20. Special Guest Speaker will be Jerome Bettis, Sr. Mr. Bettis is best known for his Super Bowl winning career with the Pittsburgh Steelers. Known as "The Bus", he is one of the NFL's most popular players, the fifth best rusher of all time and a six-time Pro Bowler. In 1996 he established "The Bus Stops Here Foundation" to help improve the quality of life for disadvantaged and underprivileged children. Heather Baker is Compeer's program coordinator of engagement and outreach.



Rehabbed and ready for sale (Photo by Johannes Bockwoldt)



Beautiful re-finished hard wood floors...a large dining room with bay windows and inviting window seat.

Newly remodeled kitchen includes new cabinets, counters, plumbing and flooring. (Photo by Donna Roethel Lenhard)



**293 Hamilton St.
\$115,000**

Income qualified first-time homeowners get to make history in SWPC's complete renovation of this gorgeous 1,410 sq. ft. early 20th century house. A spacious front porch overlooks the front yard. Also included is a one car garage and a newly resurfaced asphalt driveway.

The first floor includes completed re-finished hardwood floors and a large dining room with bay windows and inviting window seat. The large kitchen opens into the dining room and contains new cabinets, counters, plumbing and flooring. A new powder room is adjacent.

You'll find three bedrooms on the Green Labeled carpeted second floor and best of all, a space saver laundry. A spacious completely remodeled bathroom comes with new tub, double vanities sinks, shower and a dual flush toilet. New energy efficient windows throughout.

All rooms are freshly painted with low VOC paint. Circuits breakers with 150 amp service, energy efficient 40 gallon gas hot water heater and a 93% high efficiency gas forced air furnace has also been installed.

The exterior sports new maintenance free vinyl siding and trim wrapped in aluminum, new roofing with architectural shingles and baked aluminum gutters and downspouts. For more information,

**Call George Lorson
at 256-1740, ext. 101**

Eligibility Requirements for 293 Hamilton Street

Buyers must be a first-time income eligible home buyer(s) with a mortgage pre-approval letter from a bank or credit union willing to participate in this program. They must also agree to live in the house for 10 years.

Maximum incomes based on household size are:

| | | | |
|--------------------|----------|--------------------|----------|
| 1-person household | \$41,832 | 4-person household | \$59,696 |
| 2-person household | \$47,768 | 5-person household | \$64,512 |
| 3-person household | \$53,760 | | |

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Episcopal SeniorLife Communities Launches Neighborhood Outreach

by Alison Miller

Episcopal SeniorLife Communities (ESLC) is committed to expanding services in order to provide more options for seniors to age in their place of choice. Their Neighborhood Outreach Programs promote health and wellness to seniors in various neighborhoods throughout Monroe County, including the South Wedge. A pilot program was launched in the Henrietta area in 2012 with much success and is now being replicated in the South Wedge.

The overarching goal of the initiative is to assist seniors in maintaining independence by increasing knowledge, activity levels and overall health by offering fun, social programs for older adults. The program includes a tailored balance class, nutrition education, strength training, senior yoga, art classes, wellness presentations and other supportive health services. These programs bring seniors into a social network, improving their endurance, making them stronger, and improving their quality of life.

"Being involved in balance class is a new awakening," said Donna Bigger, a participant in the Henrietta Outreach Program. "I had never taken a fitness class before, so it is great to get out and get moving, especially for my health."

Donna credits the social aspect as a big motivator to attend class. She has made new friends



Seniors enjoy yoga classes (Photo by Alison Miller)

and looks forward to catching up with them each week.

Prior to the program launch in the South Wedge, a survey was conducted of area seniors age 60 and older who helped formulate the program offerings. More than 90% of respondents said that they believed socialization, eating right and exercising were all important parts of staying healthy, but more than 25% of respondents classified their health as fair or poor. This reinforced the need to provide health and wellness services to area seniors.

Community partners are vital to the success of The Neighborhood Outreach Program and ESLC is thankful for the strong support in the South Wedge. ESLC has partnered with Calvary St. Andrews Parish to offer the balance class and senior yoga. Also, numerous local businesses

have posted and distributed flyers to help promote the program.

All of the health and wellness programs are free of charge, and the monthly Friday lunch is offered at an affordable rate of \$3.00. Reservations are required for lunch and recommended for other programs, but walk-ins are welcome.

In addition to the health and wellness programming, ESLC is in need of volunteers to provide transportation services to area seniors who want to attend one of the classes or who may need rides to medical appointments, the grocery store, or pharmacy. Volunteer drivers are the key to independence and safety for older neighbors who are no longer able to drive and help seniors live healthier lives.

Volunteer drivers are required

to attend a one-time training, will receive supplemental accident and liability coverage, as well as mileage reimbursement. Volunteer drivers can set their own hours, volunteering as much as twice a week or even once a month to help seniors in the community remain connected to their neighborhood and the resources they need to live active, purposeful, and fulfilled lives.

For a complete schedule of the programs being offered, visit www.EpiscopalSeniorLife.org and click on Neighborhood Outreach. To register for a program or general info, call 546-8400 x3718. For more information on volunteering, contact Scott Ashley, ESLC Volunteer Coordinator, at 546-8400 ext. 3160 or email him at sashley@EpiscopalSeniorLife.org. You can complete an ESLC volunteer application online at www.EpiscopalSeniorLife.org/volunteering.asp.

Alison Miller is Public Relations/Communication Coordinator for Episcopal SeniorLife.



Historic District

continued from pg. 1

credit is much different from a tax write-off. A tax credit reduces the taxes you owe at the end of the year.

In order to receive the tax credits, the home and work must qualify. If the historic credits exceed a homeowner's State income tax and their adjusted gross income is under \$60,000, the excess can be paid as a refund.

The State Historic Preservation Office can assist you in determining if your home and project qualify.

Commercial Property Tax Credit

Both the State and Federal government provide owners of income-producing properties (including apartments) historic tax credits equal to 20% of rehab costs. Starting in 2015, if NYS historic tax credits exceed a taxpayer's income, the excess will be able to be paid as a refund.

Stay tuned for details regarding an information and Q&A session that will be held with the help of the State Historic Preservation Office and the Preservation League of New York State in the winter. For more information about the South Wedge Historic District and Historic Resource Survey visit www.swpc.org.

For technical assistance on Historic Tax Credits, and whether your projects are eligible, please contact Sloane Bullough at the NYS Historic Preservation Office Field Services at 518-237-8643 or sloane.bullough@parks.ny.gov.

Important Info on STAR Tax Exemption

Assemblymember Harry B. Bronson (D-Rochester/Chili/Henrietta) recently announced that registration for Basic STAR exemptions continues through December 31, 2013. New legislation requires all homeowners receiving a Basic STAR exemption to register with the New York State Tax Department in order to receive the exemption in 2014 and subsequent years. This new registration requirement is part of an initiative to safeguard against fraudulent STAR exemptions.

A state comptroller's report this year found that improper STAR filings could cost New Yorkers up to \$73 million in fraud by 2015-16. This new initiative will seek to stop people from claiming the tax breaks on multiple homes. To read the full report, visit: <http://tinyurl.com/SchoolTaxRelief>

The state tax department will mail instructions, including a STAR code necessary for registration, to all homeowners who currently receive the exemption. Homeowners will then be able to register through the tax department's website, www.tax.ny.gov or over the phone by calling 518-457-2036.

After registering, homeowners currently receiving a Basic STAR exemption will not be required to re-register every year. In subsequent years, the tax department will be able to confirm whether homeowners are eligible for the exemption based

continued from pg. 12

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by Nancy O'Donnell



Lauterbach's chickens line up for bed time (Photo by Sarah Youngstrom)

Urban Farmer Harvests a Mighty Crop

Soft clucks and sudden squawks fill the South Wedge air as more homeowners build chicken coops in their backyards while vegetable gardens grow in communal gardens from SWPC's South Wedge Victory Gardens on Hamilton and Cypress to the smallest of backyard container gardens

Long-time South Wedge resident Robert Lauterbach's urban farm combines both poultry and vegetables behind his Sanford Street home where his grandfather William once lived. William opened a hardware store on South Avenue in 1899. His son, Bill, finally closed the store in 1995 when he was in his 90s.

In a Wedge profile in 2009, Lauterbach shared family stories about his home. "One day one of the horses escaped the barn and went running down the driveway. My great grandmother Fredericka used a big broom to swoosh him back."

Now beside the now horseless barn Lauterbach built a 70'x 40' urban garden. The large garden was made possible through the generosity of a next door neighbor, now living in Texas, who lets him use the back garden of his house as well. After eight years, the garden is so established that he plants primarily from seed with only a tomato or eggplant as the exception. In long rows, Lauterbach's broccoli, carrots, peppers, kale, leeks, spinach, golden and red beets, squash, zucchini, eggplants, tomatoes and herbs flourish. He doesn't remember planting gourds but

they too are prospering even in a reported bad pumpkin year.

He keeps the garden growing with the help of a 300-gallon water tank he bought from a church that had bought it during a Y2K panic. When the world didn't end, they were happy to unload it for \$40. Water from the nearby garage's gutters drain into two huge gallon drums where bright orange goldfish dart among the water hyacinths.

"I put them into the drum as a lark. They even lived through the winter," said Lauterbach. "It didn't freeze solid. I just leaned the drum against the garage and kept the submersible pump running."

His family's barn, built 1908, provides a warm and secure home for his flock of chickens and features a wide screened outdoor veranda built by his son-in-law. (The only one who doesn't like their palatial digs is the chicken hawk who often perches above on a nearby telephone poll in hopes of a quick meal.) Chickens have a long history at the Lauterbach's family homestead. Hanging on an inside wall is his grandfather's 1925 chicken license around the corner from the flock's sleeping quarters and a roster of the chickens' names--"Coral, Ethel and Scooter"--written in chalk on the wall.

"All ten sleep on a rod [inside the barn]," said Lauterbach who points to their perch in the barn. The Plymouth Rock hens lay brown and green eggshells said Lauterbach who expects a few will retire from egg laying but will not end up in his kitchen's deep fryer.

The urban gardener enjoys everything about his garden

both the annual rituals--"I'll be planting my garlic some time around Halloween" along with the surprises--the huge pumpkin that appeared unexpectedly in the back of his garden.

"It's the cycle of life. The chickens litter around the garden and that's why we have such a big pumpkin."



Lauterbach's prize mystery pumpkin (Photo by Nancy O'Donnell)



Maria Fisher

Meet Maria Fisher

During a recent visit to Western New York, President Obama's decision left people scrambling and rumors flying. Would he show up at Nick Tahou's? The grave of Frederick Douglass in the Mt. Hope cemetery? While he ended up on Park Avenue, Maria Fisher, City of Rochester's Director of Community Outreach & Engagement, spent an afternoon in Mt. Hope Cemetery ready to greet him if he showed up.

Fisher is the go to person in her job and in the many organizations she has helped over the years.

Fisher has managed to volunteer an enormous amount of time in helping others while working full-time. She currently is board president of Rochester Children's Scholarship Fund, an organization that provides stipends and supports service for high achieving, low income RCSD students. She also oversees the Fund's annual gala which raises



Cinema Date Night Fundraiser (Photo by Michael Tomb)

Date Night at the Cinema

Friends of the Cinema recently organized a "Date Night" to help raise funds for a digital projector. Movie theaters around country are being forced to upgrade or go out of business as the film industry

goes digital. The event was sponsored by the South Clinton Merchants Association, and The Highland Park and Swillburg Neighborhood Associations. To learn more about the Cinema's fundraising efforts, call 271-1785

Bread for Life

Bread for Life Bakery sells small and large loaves of whole wheat, Old World Amish White along with a variety package: Raisin-Cinnamon, Focaccia and Potato. All of the fresh-baked loaves are made without preservatives. Ten-week subscriptions are available for \$40. Loaves can

be picked up at the bakery or by bike delivery in the South Wedge neighborhood to homes with bread boxes on their porches. The bakery also delivers to churches and other groups that bring together 20 or more subscriptions on the day of their choice. To learn more, call 775-9135.

A New Bus Route is Here!

After many years of residents' pleas for increased bus routes for greener footprints, RGRTA started Route 52 on September 2. The new route transports commuters

between the Wegmans on East Avenue to the University of Rochester Medical Center via Park Avenue and South Goodman St. Buses run every half hour; the price per ride is \$1.

funds to help more students to participate in the program. From 2009 to 2012, Fisher was a Board Chair of RocCity Coalition. During her tenure there she oversaw initiatives that drove the growth of this umbrella organization from seven groups representing 2,000 members to 40 groups representing 6,000 members. She is the co-founder of NextGen Rochester, a young professional giving circle of Rochester Area Community Foundation that put into practice the philosophy that all types of individuals can experience fulfillment through philanthropic activities and community involvement. As a co-founder of NextGen Rochester of the Rochester Area Community Foundation, Fisher works on the education board and endowment committee. She's also the past President of Rochester Young Professionals.

The list of her commitments continue with her work as board

member with the International Sisters Cities of Rochester and contributions as a blogger for one year at the *Rochester Democrat & Chronicle*.

Her philanthropy hasn't gone unnoticed. Awards and recognition over the last few years include: an Exceptional Program award from NYS Recreation and Park Society, the Fast Start award from Rochester Business Journal. In 2010 Fisher was recognized as a Woman to Watch by *Her Rochester*, and *Rochester Woman Magazine's* "Woman Who Inspires." The year before *Rochester Business Journal* listed her in the "Forty under 40." Mayor Robert Duffy recognized Fisher with a Certificate of Recognition for Community Leadership in 2010.

In October, she'll be honored at the RBJ & United Way Greater Rochester Awards luncheon in the category of Community Champion.



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Kris Schramm at K-Robin Guitars (Photo by Kurt G. Johnson)

K-Robin Guitar Opens on S. Goodman

By Nancy O'Donnell

Not many people may know what a luthier is, but Kris Schramm's ability as a luthier is getting known around town.

Luthiery is "the craft of making string instruments" or in Kris' case the ability to repair guitars for a host of Rochester bands.

Schramm came to the art of luthiery while teaching in Arizona.

One day he told his then girlfriend, now wife, Mary McClelland that he wanted to work with guitars. Coincidentally, he discovered that they lived five miles away from the accredited Roberto-Venn School of Luthiery.

After completing the coursework, "10 hours a day for

six months," he began apprenticing and then went on to work in guitar repair shops in the area.

Eventually, the couple decided to move back to the East Coast to be closer to family. They now have two sons: Luther, 3 years, and Waylon, 3 months. At home, Mary is a regular blogger for realitytea.com that touts a readership of 10 million.

"We loved Rochester," said Schramm. "When we looked to buy our house, we knew we wanted it in the South Wedge. I have the ability to walk everywhere. [Many] shops are locally owned.

"The South Wedge was the best place to open a shop. There are tons of young musicians in the

area," Schramm added.

With his wife Mary's encouragement he opened his new business in storefront on South Goodman St., whose name joins his first initial K with his middle name Robin.

"I live one block from the store," said Schramm, citing one big plus. "I also knew it was big enough to sustain my business."

"My focus is on local, working professional musicians," said Schramm who has worked on guitars of varying value.

"The higher the dollar [value of the guitar], the higher the sweat factor in doing any repairs. But, I've got the skills to perform any repairs. Often the cheaper guitars make for more difficult repairs."

Today he's personal luthier for local bands *Siren and Sailors* and the *Moho Collective*.

Along with repairing and modifying guitars, Schramm's shop carries custom pedals with all-in-one effects from a wide variety of manufacturers including local maker Holowon.

He's also planning on selling used gear on consignment.

Schramm hopes that other small businesses will join him on the stretch of South Goodman close to South Clinton. "It would great if other small businesses opened in the storefronts around me."

847 South Goodman St., 402-0021. Tuesday-Saturday. 11 a.m. - 7 p.m.



Beer & Bacon Dishcrawl

Dishcrawl is a culinary social experience that brings together neighborhood restaurants, local chefs, regional food producers and food enthusiasts.

Dishcrawl's newest food adventure brings on the bacon and beer in a four-course progressive dinner on Tuesday, October 15. Each course will be matched with

a local craft brew. The names of the chosen restaurants are kept a secret until the day of the event. All ticket holders will be notified of meeting location via email, 48 hours prior to the event.

For more information, contact Nicole, Rochester Dishcrawl Ambassador at nicoleb@dishcrawl.com.



Dish Crawl foodies end an evening of noshing at Solera Wine Bar. (Photo by Nancy O'Donnell)



Julie Magnuson (above left) photographed two dishes along the way in an earlier South Wedge Dishcrawl.

The Beale's barbecued pork and Zeppa Bistro's macaroni & cheese (l-r) were favorites. (Photo by Julie Magnuson)



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Yelp ♥ the South Wedge

Yelp, the online review of businesses by consumers, recently had a South Wedge love fest. Yelp was founded in 2004 to help people find local businesses they needed through reviews written by "Yelpers." About 108 million visitors have visited the web site over time. Most recently Yelp touted two area bars that offer more entertainment than just drinking beer. Their reasoning... "we feel the need to shake things up a little bit. You know, sit at the bar drinking beer with our friends while testing our knowledge at trivia night."

Topping the list was Dicky's in the Highland Park Neighborhood, 791 Meigs St., "an awesome neighborhood dive bar oozing historic character, complete with unbridled personalities that make for interesting conversation," Trivia at 8:30 p.m. Tuesday nights on the restaurant. Gift certificates prizes. Southwedge Colony Yelpers write that you "can't imagine a better bar for trivia...The atmosphere, the setup, everything made this the perfect venue. And the food isn't half bad, either." Trivia begins on Thursday nights with teams of up to six people. \$2 beer specials. 503 South Ave.

Earlier Yelp writes: "Some may say the South Wedge is the coolest neighborhood in the ROC. It might have something to do with the hipster population or its boundless historical roots. (You know, Frederick Douglass once resided there!) Regardless, the Wedge is one of our fastest growing neighborhoods and this Weekly is bringing you to its beloved little haunts."

Those listed were Equal Grounds because it's what "a coffeehouse should be like: tons of eclectic chairs, board games, lots of space, delicious tea and coffee, dog friendly, and a great vibe." Nathaniel Square Corner Store: "a convenience store, but so much cooler filled with aisles of craft beers. Solera Wine Bar who "curates a killer list of wines," The South Wedge Diner has great "pumpkin-walnut French toast and "vegetarian spring rolls." And finally, NeedleDrop Records at 304 Gregory St. gets raves: "The owner and staff are knowledgeable, approachable, and enhance the entire experience...selling records, turntables, and a few other music related items."



The First Frost

By Sharon Miller



Sharon's Japanese maple (Photo by Pat DeJoy)

First frost. The first autumn frost declares the end of the growing season, that moment when exposed vegetation is nipped by freezing temperatures and coated with a layer of ice crystals. The season culminates and the red Japanese maple tree dominating a significant corner of my front garden is poised with acceptance. Today, cold and crisp air wafts a scent of fertile soil in my direction; an interdependent blending of earth, decay and

moisture.

The Japanese maple's ruby colored, feather-light leaves spread in layers and form a regal vestment that slightly touches the ground in a gentle breeze. The tree has yet to express its last hurrah when leaves turn fiery and alive with light. Passersby invariably pause, sigh and comment as through momentarily begifted by this beauty.

I recall an autumn afternoon many years ago when dense and

encroaching bushes occupied this space until I received the Japanese maple as a birthday gift. The tree awaited planting. With rigorous shoveling and lots of sweat, the scene was finally prepared for change. A friend's red pick-up truck strained mercilessly and gave all it had to remove the bushes' gnarly root. What a scene: the connecting rope taut between the entangled roots and a truck threatening to snap apart. Hours elapsed before the young Japanese maple was planted with care and expectancy.

The tree's vitality and location are optimal, and it thrives season following season. After the imminent foliage fireworks, the tree acquiesces to nature's rhythms and sheds all leaves revealing its nakedness. Although naked, the Japanese maple stands with dignity. Limb and trunk structure refine its undressed graceful identity, an essence that pulses with potency and life. Tiny buds are protectively sealed to endure and ensure a rebirth of cyclical beauty.

Sharon Miller is a 26 year resident in the South Wedge. Her Japanese maple attracts neighbors from around the area to view its autumnal beauty.

The North Wedge by Justin Hubbell



Lots of Food

By Deborah Klee

Build the gardens and they shall come. Grow food in urban settings and all shall eat. Co-create with neighbors and community shall be built. Create beautiful spaces in nature for contemplation, and we will heal along with Mother Earth. This is not a dream. This is coming to your neighborhood, and you can participate, contribute and benefit in a myriad of ways.

Lots of Food (LOF), is a not-for-profit Rochester-based program of Seeking Common Ground, Inc. dedicated to making the food in its edible landscapes freely accessible and available to all. Its mission reads: creates and supports turning disused land into edible landscapes and utilizes appropriate technology to make visible the web of connection in our local food communities from dirt to fork. With the help of about 100 volunteers and coordinated by Patty Love, program manager and permaculture enthusiast, LOF has

begun converting a dozen disused plots of land throughout the city into public edible forest gardens. The gardens designs are co-created by Guild Team members and implemented at garden planting parties by a network of dedicated



Rev. Matthew and Chase Hurwitz at the informal charette in July 27th.

volunteers along with neighbors and folks who stop by to see "what's going on over there."

In collaboration with Rev. Matthew Martin Nickoloff, pastor of the South Wedge Mission, and with community support, Lots of Food intends to transform the long unused plot between the church and neighboring former parish house from a mowed lawn space into an oasis of perennial food sources, as well as a site for

contemplation, inspiration and healing for folks of any spiritual background.

The garden design for 125 Caroline takes into consideration community suggestions made at the informational charette held at the site on July 27th. Preliminary ideas for the site include a thirsty rain garden to help mitigate runoff from parking lot into the garden and the neighbor's basement, pawpaws around the tool shed, a bramble patch along the building, a grape arbor, and a mix of perennial vegetables, herbs, flower, and other fruit. To reflect the theme and tradition of Peace in this space, the proposed design includes a peace sign gathering space in the garden's center for outdoor church services. There will also be a space for a Peace Pole in the proposed design and a Little Free Library.

Once the design is approved, building garden beds, planting trees and shrubs and mulching paths will start. Work parties are scheduled on the LOF website at lotsoffood.org, where you can also find more information on LOF, permaculture, a map and photos of sites in progress, as well as a

volunteer application.

The LOF project at South Wedge Mission has the potential to grow something much larger than a food system. Not only will LOF plant healthy, local, ecologically grown food for the public to share in, but volunteers will also share and develop personal knowledge

and skills while creating a resilient local economy as we regenerate and revitalize the land we steward.

If you are moved to join us, opportunities abound. Come join us in the transformation of 125 Caroline Street. You will be glad you did!

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Thirst4Art

By Nancy O'Donnell

Artist Aimee Bergvall and Event Coordinator Marissa Siciliano, childhood friends in Wayland, NY, classmates in grad school, both travelled all over the world before finding themselves back in Wayland looking for a new career direction. The two joined energy, passion and the belief that anyone can paint and started Thirst4Life painting classes. Their venue is not a light-filled studio, but bars, restaurants and wineries in the area. And instead of canvas, painters used recycled vinyl records. No solitary creation here. Artists and would be painters are encouraged to bring a friend along to make it a social experience.

Their website says it all: "Our

painting classes are for everyone—whether you have never painted before and don't think you can draw a stick figure, or if you are a seasoned artist. Along with group painting classes, the company also offers at special events for creatives from 5 to 80 years old.

To learn more, visit Facebook, www.thirst4art.com or email thirst4art@gmail.com.



Aimee Bergvall and Marissa Siciliano

Thirst4Art Classes
Wed., October 2, 16, 30,
6:30 - 9pm, Napa Wood
Fired Pizzeria & Bistro,
573 S. Clinton Ave.

Thurs., October 3, 17,
6 - 8:30 pm, Buffalo Wild
Wings Grill & Bar,
780 Jefferson Rd.

Wed., October 9, 6- 8:30 pm,
Winton Bar & Grill, 196 N.
Winton Rd.

Fri., Oct. 18, 6 - 8:30 pm,
TC Riley's Pub & Grill in
Riley's Library Room
200 Park Point Dr.

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Heads Up on Concussions

By Alexie Cruz Puran, MD



Dr. Alexie

As our children return to school--to gym, sports teams and other forms of physical activity--we encourage them to stay active and have fun. We also want to ensure they remain safe during play.

It is crucial to help protect our children from head injuries, to be able to recognize signs and symptoms of concussions and know how to treat them.

A concussion is any injury to the brain, typically caused by a blow or jolt to the head, that disrupts normal brain function on a temporary or permanent basis. They can occur in any type of sport or in a collision with the ground, a wall, a goalpost or a ball thrown, hit or kicked.

Besides school sports, a child riding a bike or skateboard can fall and get a concussion.

Concussion symptoms range from subtle to obvious and usually happen right after the injury but may take hours to days to show up. With most concussions, a child is not knocked out or unconscious. Symptoms include headache, nausea or vomiting, dizziness or balance problems, double or blurry vision, sensitivity to light, sensitivity to noise, feeling dazed or stunned, feeling mentally "foggy" and concentration or memory problems. Children may be confused or forgetful about recent events, slow to answer questions, have changes in mood (become irritable, sad, emotional and nervous), become drowsy, sleep more or less than usual or have trouble falling asleep.

All concussions are serious, and all athletes with suspected concussions should not return to play until they see a doctor. A

doctor can confirm the diagnosis of concussion; determine the need for any specialized tests, such as CT scan, MRI, or neuropsychological tests and decide if it is appropriate for the athlete to return to play. Prematurely returning to play after a concussion can lead to another concussion. An athlete with a history of concussion may be more susceptible to another injury than an athlete with no history of concussion.

The best treatment for a concussion is complete rest from all physical and mental activity. Recovery time from concussion is variable based on the individual, the severity of the concussion and the history of prior concussions.

A young athlete may feel better and want to return to play before their brain has completely recovered. Given the uncertain and unpredictable time frame for recovery, all sports activity should be suspended until symptoms have completely resolved at rest. At this point, return to physical activity can begin if the athlete's doctor says it's okay. Any concussion-related symptoms that return with exertion are a clear indicator that the concussion has not healed. Final clearance to return to full activity should also be at the direction of a physician.

Not all concussions can be prevented, but some may be avoided. Helmets should be worn for any riding activities (like horseback, all terrain vehicle [ATV], motorbike, bike, skateboard or snowboard) or contact sports (like football, hockey or lacrosse). Helmets should fit appropriately and be in good condition.

Most importantly, every athlete needs to know how crucial it is to let their coach, athletic trainer or parent know if they have hit their head or have symptoms of a head injury—even if it means stopping play. Never ignore a head injury, no matter how minor.

Remember Concussion ABC's:
A-Assess the situation.
B- Be alert for signs symptoms,
C-Contact a health care professional
Follow these health guidelines, be safe and have fun!



Rochester's Great Falls (Photo by Sylvan Hemingway, Jr.)

HIA Looks at Community Health & Rochester's Waterfront

By Valerie Garrison

Where and how we live greatly affects our health. People living in neighborhoods where they feel safe get outside and exercise more than those who fear crime. However, many of the public decisions made at all levels of government affecting our

neighborhoods do not consider how these decisions will directly or indirectly affect our health.

The Community Outreach and Engagement Core of the University of Rochester Environmental Health Sciences Center recently completed a

health impact assessment (HIA) which looked at potential health implications of the City of Rochester and New York State's Local Waterfront Revitalization Program.

A policy and planning tool, HIA helps decision-makers in non-health related sectors consider how their proposed plans and policies might impact the health of the communities they serve. HIA assesses potential health impacts by studying the effects of proposed plans or policies on health factors such as air quality, safe places to walk, stress, income and education. It identifies possible impacts on health determinants, both positive and negative, and makes recommendations for decision makers to help them maximize health benefits of decisions and minimize potential negative impacts. The HIA also helps decision makers think about health when all kinds of public decisions are made.

The Local Waterfront Revitalization Program (LWRP) is part of the New York State Division of Coastal Resource's statewide coastal management program. The City of Rochester's LWRP guides its development of waterfront areas, activities and programs near the Erie Canal, the Genesee River and Lake Ontario. The City is currently revising its 1990 waterfront plan and expects to complete this process by early 2014. The LWRP guides long-term city, private and state/federal decisions affecting waterway. One example is the Turning Point Park boardwalk, which was built as a result of the community desires

continued on pg. 12

Good News for Childhood Obesity

By Lauren Morelle

Great news from the Centers for Disease Control (CDC). Efforts to curb childhood obesity are working! According to new research, 19 states have seen a decrease in the number of obese preschoolers ages 2 to 4. Twenty other states and Puerto Rico saw their numbers remain the same. This means the number of preschool children at an unhealthy weight has fallen from 17% to 12% since 2008.

The CDC can't pinpoint one single factor that led to the decrease, but changes to programs like the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) may have contributed. In a recent article, Jim Marks, MD, director of the Robert Wood Johnson Foundation Health Group, said that WIC "encouraged families to buy more fruits and vegetables, with the goal of improving children's health and nutrition."

Other programs, like First Lady Michelle Obama's "Let's Move" campaign, have also given childhood obesity and overweight a national spotlight. Let's Move has brought awareness to the issue by creating fun ways to get kids and adults thinking about health. School lunch menu changes and vending machine updates have their roots in Let's Move and a new effort combining hip hop and dance as physical activity will be announced later this month.

The positive news comes just as we enter Childhood Obesity Awareness Month. Celebrated every September, this month is dedicated to help kids maintain a healthy weight and begin an honest dialogue with parents and caregivers. Locally, the Healthi Kids initiative is working to

reverse the trend on childhood obesity through policy and practice change. Among other efforts, Healthi Kids continues to monitor the Rochester City School District's (RCSD) breakfast and lunch program and recess implementation.

RCSD has made great strides to improve student wellness over the last few years, but determining the success of these efforts requires community support. Healthi Kids is asking parents, neighbors, and residents to participate in observations of how children are adjusting to new food options, and to measure how much unstructured, supervised recess is provided daily in elementary schools. Both projects will allow Healthi Kids to identify the need for further improvements to help kids stay healthy and active.

It is clear that both the country and our community are getting serious about childhood obesity. By working together, we can reverse this trend and let kids get back to the business of being kids.

For more information, or to learn how you can get involved, please call 224-3121 or email laurenmorelle@fhhsa.org.



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The Al Sigl WalkAbout takes place on Sunday, October 27 in Eastview Mall. Registration begins at 8:30 a.m. and the walk kicks off at 9:30 a.m. Along with family-friendly entertainment, a costume contest and great prizes for individuals and teams. Make tracks to help thousands of children and adults with special needs in our community and check out the WalkAbout Mask Gallery featuring original works of art by clients of Al Sigl Member Agencies. To learn more, please visit www.alsigl.org.

Ellwanger Barry Nursery School Harvest Festival

Join Ellwanger Barry Nursery School as they celebrate fall with their second annual Harvest Festival on Saturday, October 19 from 11 a.m.-3 pm. Families are invited to enjoy cider pressing, Fall-themed kids games and activities, face painting and balloon animals. You can also enjoy a craft sale featuring the work of local artisans, local food trucks and live performances from hula hoops to Mama Goose on the Loose! The festival will be held in the South Presbyterian Church and the adjoining parking lot located at 4 East Henrietta Road in the Upper Mount Hope Neighborhood. There's plenty of free parking at the adjacent Mary Cariola Children's Center and St. Anne's Church.



South Wedge Harvest (Photo by Robert Lauterbach)

South Wedge Home to City's First Free Store

By Rev. Matthew Martin Nickoloff

Jasmin Reggler never liked white bread. So she was surprised to discover she loved it when she learned to make it herself during her time with St. Joseph's House of Hospitality's Bread for All Ministry. A few months after completing the program, Jasmin's baking something new from scratch. The Rochester Free Store is the first of its kind in the Flower City in the basement of the South Wedge Mission on Caroline Street.

"Everything's still fresh for me," she confessed. "Not that I don't have a plan. But it's my first time doing this, and it's a big venture for me. We're just seeing how it unfolds."

Her vision is deceptively simple. Two Saturday afternoons a month, Jasmin and other volunteers from St. Joe's will open The Free Store when anyone in need of household items and gently worn clothing can browse the shelves and leave with some quality stuff.

"A few people who have offered items have thought I'm being a little too picky because I won't accept clothing with rips or stains," said Jasmin. "But, I want people to get good stuff, and with dignity. Often, people who get free stuff already feel stigmatized cause they have to get used stuff. I don't want them to feel that way. I hope we'll provide a welcoming environment, a nice mutual atmosphere, where people can connect, and get what they need."

Jasmin's vision for this different kind of store took shape during her time working at St. Joe's. One day, while her mentor, Tim Sigrist, was giving her a tour of St. Joe's Catholic Worker on South Avenue, the clothing distribution room caught her eye.

"The room had clothes, but only for men. It's great, but also very small. I told Tim, 'We can get stuff to so many more people than this,' and told him about free stores. I'd been reading about free stores all around the country;



Jasmin Reggler (Photo by Rev. Matthew Martin Nickoloff)

in Washington D.C., Denver, Kalamazoo and other cities. It all kind of grew from there. I wanted to give Rochester a free store."

Sigrist helped pitch the possibilities to the community. "Tim really gave me the freedom to go for it," she said. "He told me, 'if you can do it, then just go for it.'" An article in St. Joe's newsletter yielded donations for startup capital, and the seeds were ready for planting. South Wedge Mission, which partners closely with St. Joe's, provided a home. Practicing patience proved hard for Jasmin. "For the first few donation drop-offs, nobody showed up. I was getting discouraged. Around the third week, several people showed up and that lifted my spirits. I started to believe that this was going somewhere. The other day, someone donated a \$200 Cuisinart food processor with all the attachments because it had a ding on it."

From her experiences walking around the South Wedge and Highland Park neighborhood with her husband, Brandon, and their two-year-old daughter, Lynnox, Jasmin discovered what Rochester's scrapper community has known for a long time: "people throw out a lot of nice stuff around here!"

Initially, the Regglers gleaned a coffee table or two for their own use. "I was never someone who took from the side of the road," she reflects. "I never paid much attention growing up, but since I've been in Rochester, it's like I have this new consciousness about reusing. Plus, there's just so much high quality stuff here!"

Now, with the opening of the Rochester Free Store, Jasmin's hoping to make it easier for people to direct unwanted possessions away from the dumps and into

the hands of the people who need it most. When one donor confessed that he had boxes of quality kitchenware buried beneath avalanches of clutter, Jasmin went herself to his apartment to help excavate it – and helped him organize in the process.

"I was recently reading a book, *The Art of Nonconformity* by Chris Guillebeau," said Jasmin, an avid reader. "It taught me that I don't have to go by the book to go where I can. I can do things on my own, create my own rules and structures. I don't have to wait for someone else's permission. Everyone isn't going to do things the same way. I want to pay attention to that."

Using the spirit of the book, The Free Store does not have fixed rules. Instead, Jasmin prefers to improvise based on supply and demand. On the Friday before a give away, she'll take stock of the available items. She will then allow people to take things in proportion to the amount on hand – helping ensure that everyone will get no more than they need or no less. If more in-demand items are in stock – televisions and electronics especially – a detailed list will be post available selections. Next, people submit their name and need to her, along with an ID of some kind. She hopes this will prevent repeat takers and people arguing over items.

Jasmin's ideas are being noticed outside the South Wedge. Already, the founders of RocShare and area dumpster divers have visited to learn her approach. She's keeping the possibility of broader collaboration open for the future. But for now, she wants to keep things simple.

"At first, I wanted it to just be the South Wedge Free Store," she admits. "But I changed it to Rochester Free Store because it's the first one, and I wanted people not from around here to be able to donate and to benefit from it. It's for the whole city, and I hope to open up my own store front eventually, so that we can collect more and bigger items, and broaden our reach. But for now, local and basic first."

Jasmin hopes that in the coming months, she'll receive not only clothing and furniture donations, but also creative help in sustaining the store. She's interested in engaging with local

continued on pg. 12



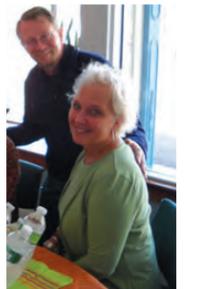
Giant pig man & pirate woman meet at Caverly's Irish Pub

NIGHT OF THE LIVING WEDGE 2013

BASWA (Business Association of the South Wedge) hosts the fifth annual night of tricks and treats throughout the Wedge on Thursday, October 25. The Pub Crawl prowl will start at Colony Bar & Grill on South Avenue at 7 p.m., and then slither on down to Solera, Lux Lounge, Zeppa Bistro, Tap & Mallet, The Beale and ending at Caverly's Irish Pub at 11 p.m.

The highly contested Costume Contest is back with a \$100 cash prize Take a chance at a Woot! Woot! 50/50 Cash Raffle. Crawlers also receive coupons for deals at local businesses given out at each stop, drink specials, and munchies! Come out after dark and have a howling good time.

Thank You! Donna Roethel Lenhard



John Dennis & Donna

The South Wedge Planning Committee's housing project at 293 Hamilton St. is reaching completion. The contractor has painted and installed trim, added cabinets, countertops and fixtures.

SWPC Board Vice Chair Donna Roethel Lenhard has been instrumental in the interior design stage of the work.

Her eye for beauty and aptitude for design helped to create a showcase home for a future first time homebuyer.

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Eating for a Higher Vibration

by Morgan Potts

Let's try something new. Let's consider what we eat in terms of energy, not nutrients. Everything in this world has its own unique vibration. This includes our bodies and the food we eat. The faster our mind and body is vibin', the more conscious, aware and in sync we are with the world and nature around us. Eating highly nutritious, energetic foods is one of the easiest and most tangible ways to raise these vibrations and get in touch with our nature. And baby, you will feel it!

Here's my list of high vibration, naturally nutrient-packed and delicious foods to enjoy for expanded awareness and a beautiful, functioning body. Clean eating means clear thinking. **Dark Leafy Green** - This means kale, arugula, spinach, Swiss chard, bok choy, and mustard greens, etc. These veggies are so vibrant because of the energy they soak up directly from the sun in their production of chlorophyll. As a rule, most any bright or dark colored vegetable or fruit is packed with nutrition. Pick any one of these to toss in a salad or sauté with a little salt and raw apple cider vinegar.

Green Juice - This is the perfect way to get those dark leafy greens. Throw them in the juicer and out comes an easy to drink energy source. This, above all else is my favorite way to raise my energy and awareness through food. When I feel stuck, lost or uninspired, I make one of these bad boys and seriously feel better within seconds after my first gulp. To get started, check out my Juice Log on my blog at www.balanceinnutrition.com/juice-log

Fermented Foods - This food is alive! It is roaming with beneficial probiotic flora, just waiting to join our gut ecosystem. This is what we want. There is literally so much action here, and it affects us accordingly. Living foods lighten and brighten us, leaving us feeling A-Okay. Raw sauerkraut, kimchee, rejuvelac, and kombucha are all great examples. [Those on low salt diets should eat sauerkraut and kimchee in moderation.]

Sprouts and any Raw and Living Foods - I'm talking raw nuts, seeds, fruits and vegetables, all good for obvious reasons. These have not been processed or degraded in any way and are vitamin and mineral goldmines. Sprouts, too. Sprouting is easy, and it improves the digestibility,



Morgan Potts

nutrition, and liveliness of any nut, legume or seed. Add sprouts to any salad, or snack on them for high vibe goodness.

Medicinal Mushrooms - Chaga and Reishi are the big ones here. All edible mushrooms boost your immune system and have antioxidant, anti-inflammatory benefits. And the subtle creation of these fascinating fungi is enough to see its vibrational qualities. I drink tea extracted from Chaga each and every morning, and enjoy Reishi tincture each day as well.

Clean and Pure Water - Reverse osmosis or freshly collected spring water are the best choices. These waters are pure, and immediately sucked up and circulated. Our organs need to be hydrated to function properly, and we need it to think clearly. Our bodies are over 50% water, so this is worth paying attention to. These waters are best because they are free from the chemical waste products and pharmaceuticals that are lingering in our water systems. This includes the worst offender of all--fluoride. This is a controversial subject for most, but whether or not you choose to brush your teeth with the stuff, I don't want to drink it. So go with the clean stuff.

If these high quality waters aren't available to you, filtering your water is definitely better than drinking straight from the tap. Avoid buying bottled water as the plastic is leached into the water. There are some high quality water filters, that don't include reverse osmosis, but still filter out fluoride.

Superfruits and Berries - Goji berries, golden berries, gooseberries, blueberries, raspberries, strawberries, you name it. These colorful treats vibrate at a high frequency and during the summer months we are blessed with most of these, fresh and easy.

Raw Chocolate - Raw cacao nibs can be found at any health food store. This is one of the most antioxidant rich foods on the earth. And only heat can destroy this miracle food, so it's best to eat this one raw. Cacao nibs are good added to salads, trail mix or just on their own for a bitter and sweet energy surge. Chocolate is also high in phenylethylamines, also known as the love chemical, which makes us feel so blissful and full of passion... like we are in love! If that's not high energy I don't know what is

Bless your Food! - Think positive thoughts, and pour your own energy into what you are eating. Feel truly thankful and in love with what you are about to consume (and make a part of you)! I love to place my hands directly above each meal before I eat it as a physical gesture of mindfulness, forcing me to slow down, appreciate and be thankful before I take my first bite. I don't remember who introduced me to this idea but it is truly so powerful, and I have been doing this for each meal ever since.

Buy organic - Not only does the lack of pesticides raise the vibe of anything, but the way the food is planted, handled and cared for also plays a huge role. This is why local, and organic is the best combination ever, aside from wild grown and foraged foods.

And this is only the beginning. Our planet is filled with opening, refreshing, enlivening and empowering foods. There are so many more. Stay tuned to Part 2.

Morgan Potts, owner of Balance in Nutrition Health Coaching, is a Certified Holistic Health Coach living in Rochester NY. The article first appeared on balanceinnutrition.com.

Articles in this paper do not necessarily reflect the view and/or opinions of the South Wedge Planning Committee.

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by Nathaniel Mich

Most of the eateries in the South Wedge are geared toward inexpensive, quirky and quick cuisine: we've got an abundance of sandwich places, a sprinkling of ethnic holes in the wall and a migratory flock of food trucks. But it certainly is possible, dear reader, to partake in cloth napkin and changes-of-silverware fare in this neighborhood. To explore this alternative to alternative eating, the author and two companions sat down for a late summer dinner at Zeppa Bistro on Gregory St.

Zeppa's ambiance is the first thing that distinguishes this restaurant from its neighbors. Set in the basement of the historic German House, the dining area and bar has a posh cellar feel: low ceilings, low light, rich wood tones and exposed masonry accents. The bar is separated from the rest of the restaurant by an arcade of open arches. The menu design is in line with the décor, with luxe meats like lamb, duck and steak prominently featured in Continental-style dishes with New American flair. The summer menu changes frequently, uses lots of local ingredients and is divided into Appetizers/Starters, Soups and Salads, Small Plates and Entrees.

We began our meal with a pair of starters: chiles rellenos and fennel sausage sliders. The chiles were beer battered, filled with Spanish rice and shrimp, and served with a slightly spicy dipping sauce. The batter was crisp on the outside and doughy closer to the chile, which itself had a nice fresh flavor that was not overwhelmed by the other elements. The rice was moist and tasty, but the promised shrimp proved elusive. This was made up for by the pleasant surprise of kernels of fresh corn, which lent a brightness to the flavor and interest to the texture. The fennel sausage sliders have been a favorite of mine since the first time I visited Zeppa, and they didn't disappoint this time. The sausage patties had a lovely grilled flavor, laced with the slight acidity of the fennel. Roasted red pepper and onions made a nice accent. However, the patties were of inconsistent thickness, which led to one slider being noticeably

more moist than the other, and the greens and fresh mozzarella tucked inside provided textural and visual interest, but little flavor.

For round two, we ordered a salad, the corn chowder and barbecue duck wings. The salad had locally grown greens as its base and included fresh strawberries, local plums and fresh chevre. A honey-lavender vinaigrette united the elements and provided an ethereal floral note that underlay the other flavors. The corn chowder was replete with celery, onion, carrot and fingerling potatoes, laced with chives and thyme. I would have loved more corn, but the kernels provided a lively texture and flavor. The wine crackers that were already put on the soup were distracting, however – a bland note in an otherwise flavorful dish. The veggies were bright and fresh and the broth not too heavily creamed: a delightful summery bowl. But it was the barbecue duck wings that were the agreed-upon highlight of the meal. The miniature drumsticks were succulent, the meat melting off the bone. The sauce was slightly spicy, but thankfully did not occlude the flavor of the meat. They were served over an heirloom tomato and cucumber salad, which was a good, if less interesting, counterpoint to the richness of the wings.

Two thirds of our "entree" round were small plates: fried calamari and Australian lamb "lollipops," with pan-roasted duck breast coming from the large plates section. The calamari was light and tender and served with more heirloom tomatoes. It was pleasant enough, but rather bland, especially compared to the other dishes we had. The lamb lollipops – small on-the-bone chops – were artfully arranged over crispy polenta fries and ringed by a truffled red wine sauce. The meat was tender and flavorful, but salty. The polenta fries had a great texture and were a good foil to the other intense flavors on the plate. The sauce was tasty, but I felt it was largely gilding the lily. I don't understand, however, why a restaurant that is so proud of local ingredients in other parts of the menu would use Australian lamb when there is high quality lamb available locally. The pan

roasted duck breast was cooked medium rare, sliced thin, and piled over a plate of potato gnocchi and summer veggies. The duck was delicious, very tender, but also oversalted. While the vegetables were nice, the gnocchi were leaden and didn't mingle with the other elements very well, interrupting the texture and ignoring the sauce.

We finished by splitting a serving of chocolate "pot de crème." Traditionally, pot de crème is a cooked chocolate custard (like crème brûlée without the caramel), but this was basically chocolate mousse, served in a glass goblet. It was topped with strawberry sauce and crème diplomat. The mousse had a rich chocolate flavor and a touch of brandy. To my taste, the strawberry sauce was too sweet and distracted from the other flavors. Crème diplomat is a blend of pastry cream and whipped cream, but while I enjoyed this dish's crème, I didn't find the eggy, custardy flavor of the pastry cream that I was expecting. Nevertheless, we squabbled over the last spoonfuls and only the shape of the glass prevented one of our party from licking it clean.

Overall, we enjoyed our dinner a great deal. The server was attentive and courteous, quickly correcting mistakes and assisting with wine selections. The dishes were well executed in general, but fell into a pattern of intensely flavored meats paired

with light and fresh – but blander – vegetables. I appreciated the amount of local ingredients and would love to see our regions offerings explored further in the

menu. Zeppa provides a pleasant contrast to the Wedge's quirkier above-ground offerings and brings a touch of fine dining to our neighborhood.

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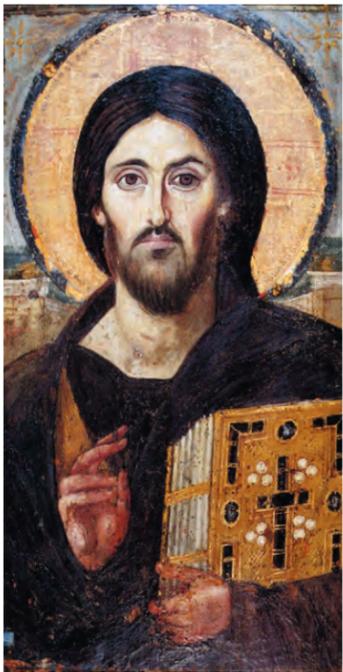
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South Wedge icons

continued from pg. 1



learned the traditional style of Orthodox religious art following several years of study with a Master Iconographer in Greece.

The first phase of iconography at Holy Spirit Church was completed within three years and consisted of icons on the "iconostasis," an icon screen that

separates the altar area from the rest of the church along with a large icon above the altar of the Virgin Mary holding the Christ child.

Recently, the second phase of iconography was completed. The first photograph shows the Resurrection, which is the defining event in the Orthodox Church. Christ strides boldly smashing the gates of hell, pulling up Adam and Eve. The depiction is not representative or realistic. As the iconographer explains: "the purpose of an icon is not to be an accurate representation but rather to be a tool that initiates the faithful to the theology of the Church- representing people and events not through the filter of this world but through the perspective of the Kingdom of God."

Icons are rich in symbolism; for example in the Resurrection icon, Christ stands over a dark, cave-like space with broken locks and chains showing that after the Resurrection humans are no longer slaves to death. His undergarment is orange symbolizing his divine nature and over it is a green cloak that symbolizes that He "took on" our human nature.

Above the altar, at the highest point in the church, Tom Clark

has placed an icon of "Christ Pantocrator, the Ruler of All." This masterful icon reveals Christ with a rather stern face, since here He is depicted as the judge of the world. Christ is in the heavens, flanked by two graceful angels. These icons directly follow a continuous tradition of religious images that was established by the early Christian church. The icon of Christ shown in the second photograph was prepared in the 6th century AD and is currently found in the monastery of St. Catherine's in the Sinai desert.

Stained-glass windows placed by the former South Avenue Baptist Church have been respectfully restored and coexist side by side with the Orthodox icons. The parish today is comprised of 170 families from diverse backgrounds, and is a vibrant community that offers opportunities for spiritual life, fellowship, and religious education. Sunday service is from 10-11:30 AM and visitors are welcome. For more information visit, www.goholyspirit.org or call 244-1976.

The- Free Store

continued from pg. 9

businesses, who would offer free services or giveaways, which could be raffled off and spread the good news of the abundance economy in all directions.

She's also concerned that even with all of the great donations, the Free Store will run out of supplies before it can replace them. She's already contemplating adding a third evening drop-off time to accommodate people's work schedules. "I'm more worried about people donating at first, then with people coming to shop."

But above all, Jasmin is hopeful. "I'd like to do this as long as I can. Making things free, it takes most of the problem out of

things. It's the best way I can think of for me to give back right now."

Like the welcome surprise of enjoying the same old white bread made new by the work of her own hands, Jasmin's hoping to spread that delight by helping the neighborhood see old stuff in a new way. "That visit to that room at St. Joe's, it really ignited something in me. I just thought: 'something can be done about this!'"

Free Store Hours: Drop off on Tues 10:30-12 p.m. and Wed. 4:30 - 6 p.m. Shopping hours are on the 1st and 3rd Saturday of each month 3:30-5 p.m.

Rev Matthew Martin Nickoloff, MMN is the pastor/developer of South Wedge Mission. In his spare time, he is a professional facial hair grower.

Rochester Community Animal Clinic offers spay/neuter services for income qualified pet owners at its Bay Street office on Mon., Wed., Fri., Sat. and Sun. Call 288-600 or email rochestercommunityanimalclinic@yahoo.com.

Rochester Riverfront

continued from pg. 8

outlined in the 1990 LWRP.

Waterfront changes may affect the health of people who live nearby, those who use the waterfront and the general population in different ways. Economic development as a result of waterfront changes could benefit residents by increasing job availability along with the city's tax base. At the same time, development could also increase housing costs for nearby residents. Recognizing these possible effects up front can help the city promote positive health impacts.

During our study, we focused on changes that are most likely to affect residents in waterfront neighborhoods, particularly those that impact children, older adults, low-income and minority residents. We assessed four health factors: physical activity, water quality, health-supportive resources and physical safety. We

focused on these determinants because they are likely to influence diseases including obesity, diabetes, heart disease, injury and death, respiratory health, mental health and water-borne illness. We gathered demographic, social and health data for neighborhoods near Rochester's waterfronts that helped us better understand the impact of changes to these health determinants. We also conducted surveys to better understand how the waterfront and its resources relate to residents' health.

Based on our findings, we developed a set of recommendations to the City that could help protect and promote health in Rochester. For example, decisions that improve water quality might benefit health, since poor water quality was identified as a major barrier to increased physical activity through swimming and other active recreation at Rochester's beaches. Opportunities to improve storm water management through "green infrastructure" were

identified not only as a way to improve water quality, but also because open spaces designed for stormwater management can also provide opportunities for active recreation. Improving Rochester's waterfront trails supports active transportation and provides a free exercise resource for neighborhood residents. Other recommendations included increased waterfront access for the public, improved communication about waterfront services and amenities, and ongoing monitoring of waterfront community health and use of waterfront resources.

We also included several overarching recommendations for the LWRP, such as the goal of promoting the "health and safety of waterfront neighborhood residents and the population of the greater Rochester area." The Healthy Waterways executive summary contains our full list of recommendations. The summary and full report are available online at bit.ly/healthywaterways. The City's website offers more detailed

information on the LWRP. A comments page, where community members can voice their thoughts, concerns and ideas about the future of Rochester's waterfront, can also be found at: <http://cityofrochester.gov/lwrp/>.

Healthy Waterways was supported through a grant from the Health Impact Project - a collaboration of the Robert Wood Johnson Foundation and The Pew Charitable Trusts. The opinions expressed here do not necessarily reflect the views of the Health Impact Project, the Robert Wood Johnson Foundation, or The Pew Charitable Trust and the authors are solely responsible for its content. Visit bit.ly/healthywaterways to read more about the Health Waterways HIA. To learn more about Health Impact Assessment, visit <http://www.healthimpactproject.org/hia>.

STAR Tax Exemption

continued from pg. 4

on the information provided in the registration process, noted Assemblymember Bronson.

The new registration process won't apply to the 650,000 senior citizens who receive the Enhanced STAR exemption. Enhanced STAR recipients must continue to apply annually with their local government (such as the City of Rochester), or participate in the Income Verification Program. Additionally, first-time Basic STAR (first-time home buyers) applicants are not affected by this year's registration procedure and must file the necessary paperwork with their local assessor. In the City of Rochester, the application deadline is February 1.

For further info or help applying for STAR exemptions, can call Assemblymember Bronson's office at 244-5255.

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Frederica Mathewes-Green is an author whose work has appeared in the *Washington Post*, *Christianity Today*, *Smithsonian*, the *Los Angeles Times*, *First Things*, *Books & Culture*, *Sojourners*, *Touchstone*, and the *Wall Street Journal*. She has been a regular commentator for National Public Radio (NPR), on *Morning Edition* and *All Things Considered*, a columnist for the *Beliefnet.com* and *Christianity Today*. Her podcasts can be heard regularly on Ancient Faith Radio at AncientFaith.com.

Her books include *The Jesus Prayer: The Ancient Desert Prayer that Tunes the Heart to God*; *Facing East: A Pilgrim's Journey into the Mysteries of Orthodoxy*; and *The Illumined Heart: The Ancient Christian Path of Transformation*.

She lives with her husband, the Rev. Gregory Mathewes-Green, in Baltimore, MD, where he is Pastor and she is *Khoruria* ("Mother") of Holy Cross Orthodox Church. They have 3 children and 11 grandchildren.

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