



# The WEDGE

Official Newspaper of the South Wedge Since 1982

More Inside...

- Nathaniel Mich's Talking with my Mouth Full
- Hot Rod Betties
- Theology on Tap
- Meet CSA's Pastor Mouser
- Ask Campaign
- Matthew Nickoloff and his South Wedge Mission
- Justin Hubbell's Wedgie

## SWPC Wants You!

The South Wedge Planning Committee (SWPC) invites you to join with this dynamic nonprofit organization in making a difference in the South Wedge community as a SWPC board member.

Founded in 1978, SWPC works as a conduit for federal or state repairs grants to help keep residents in their aging homes. It helped develop the very vibrant South Avenue Business corridor and works in myriads ways to build community. In addition, it founded and supports the popular South Wedge Farmers Market and publishes the *Wedge Newspaper*.

SWPC Board members serve in a variety of ways. Committees include Community Engagement (Neighbors and Block Clubs), the Finance Team, Housing and Structures, Farmers Market Advisory Committee and the South

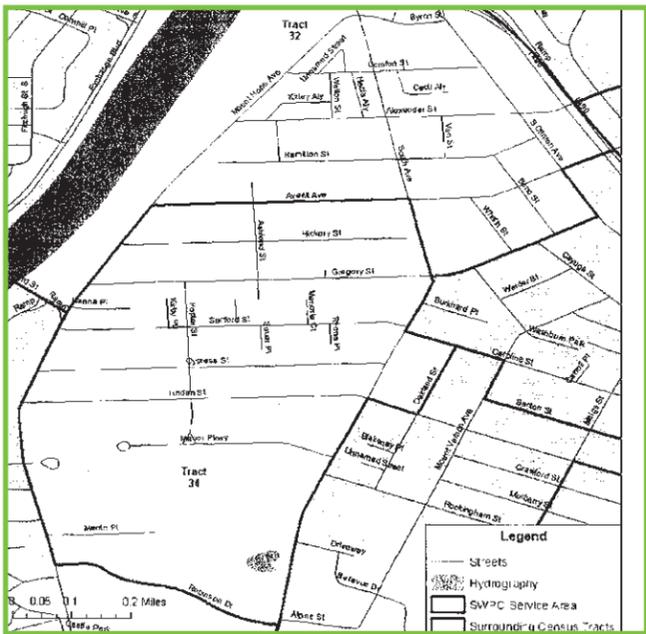
Wedge Victory Garden.

Your time and talent will be an invaluable asset in helping the South Wedge continue building the flourishing urban village it is today. Now a destination neighborhood in the city, the South Wedge's businesses, restaurants, pubs, pocket parks and diverse population attract visitors throughout the year. From BASWA's annual Halloween Pub Crawl and musical Third Thursdays in summer, to holiday horse drawn carriage rides, the South Wedge exemplifies the best in urban living.

If you live within South Wedge neighborhood boundaries (see map below), please join us for a SWPC Cook Out and learn how you too can take part in helping the South Wedge get even better.



Baltimore artist Gaia's beautiful mural was completed in five days. (Photo courtesy of Gaia)



### SWPC Cook Out

Tuesday, August 20, 6 P.M.

224 Mt. Hope Avenue

Thank you to new SWPC Member--Richard Asselin

## Wall/Therapy International Street Artist Gaia Transforms SWPC Office on Mt. Hope Ave.

by Nancy O'Donnell

The South Wedge was a riot of color and creativity for 10 days in July as Wall/Therapy artists from around the world painted mural art on ten neighborhood buildings. The northeast El Camino Trail and its adjacent neighborhoods also benefited from the creative genius of so many talented artists.

Wall/Therapy is made possible by the Synthesis Collaborative, a nonprofit organization dedicated to improving health in the developing world using the tools of teleradiology and cloud computing, according to Dr. Ian Wilson, founder of Wall/Therapy.

Funds to pay for this year's travel expenses and materials were raised through an online indigogo campaign and a \$9,000 City of Rochester grant.

Wall/Therapy was created in 2011 by Dr. Ian Wilson, a U of R radiologist, who wanted to elevate the aesthetics in some Rochester's blighted neighborhoods and serve "our collective need for inspiration."

The first artists *aka* "wall therapists" who took part in Wall/

Therapy spread the word and others became interested in this year's project.

Dr. Wilson was joined this year by co-curator Erich Lehman,



Gaia on day one (Photo by Nancy O'Donnell)

owner of 1975 Gallery on Charlotte Street.

Dr. Wilson searched the city for bare walls that could be turned into canvases. The South Wedge Planning Committee was enthusiastic about loaning a wall. Executive Director John Page had the wall prepared, and international travelling artist Gaia began paint-

ing. (See more of South Wedge Wall Therapy along with an interview with Gaia on page 7.)

**Here's a list of the other Wall/Therapy artists and where you can find their work.**

**Cern** - Stuart's Spices, 754 S. Clinton

**Adam Francey** - Personal FX (south side), 646 South Avenue

**Mike Ming** - Personal FX (north side), 646 South Avenue

**Silhouette** - Boulder Coffee courtyard, 100 Alexander Street

**Conor Harrington** - Historic Houseparts, 540 South Avenue

**Mr. Prvrt** - Premiere Pastry, 433 South Avenue

**Bile** - Stanley Steamer, 725 South Avenue

**Thievin' Stephen** - Tap & Mallet, 381 Gregory Street

**St. Monci** - Rear of old Fine Arts Theater building, South Avenue and Gregory Street.

**Case** - H&R Building, South Avenue at Gregory Street. (Work begins in August.)

*The full artist roster is available online at [wall-therapy.com/meet-our-therapists/2013-artist-roster/](http://wall-therapy.com/meet-our-therapists/2013-artist-roster/).*

## Boulderfest 8 Rock the Wedge With Harmony

by Jason Matthew Ferraro

Music Schedule on pg.10

Boulderfest in the South Wedge means many things to many people. Music, art, natural food, and socializing has been a staple for "Wedgies," young and old, and continues to grow with this year's Boulderfest 8-Rock The Wedge With Harmony. Penfield resident Harmony Casey is a friend, a mother and a wife who has undergone incredible surgeries and procedures to combat a rare illness that invaded her life.

Shortly after her 30th birthday

*continued on pg. 10*



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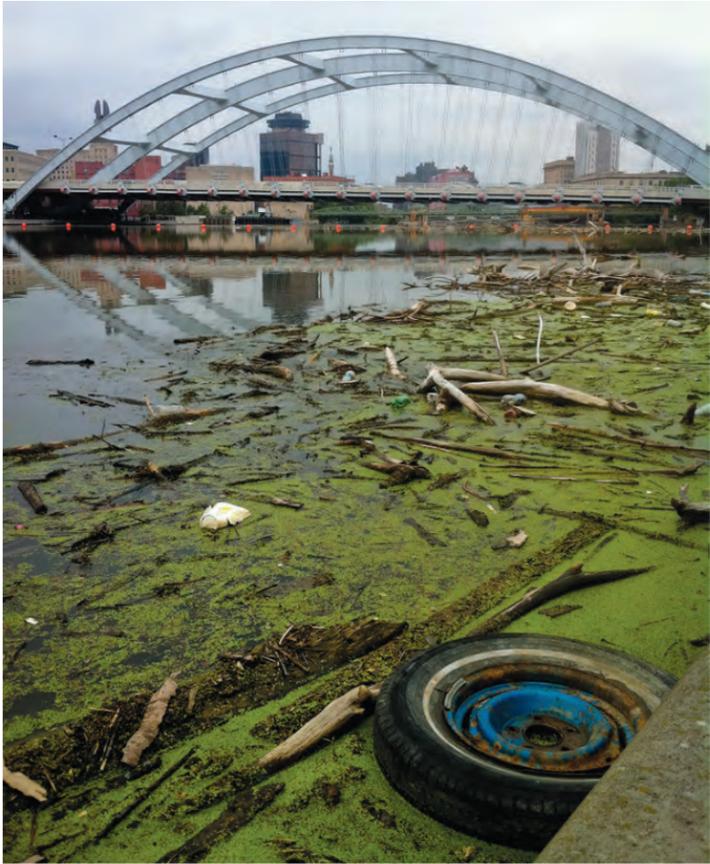
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**SWPC Rehab of  
293 Hamilton St.  
Nears Completion.**



**Get Your  
Wedge at  
Home!**  
Order form on page 2.

## A Muddy River Runs Through Us



Genesee River view in the South Wedge. Photo courtesy of Clarke Condé

### Letter to the Editor

Dear Wedge,

Last summer I wrote about the disgusting condition of the Genesee River and included a photo which you kindly ran in *The Wedge*.

This summer, it may not surprise anyone that the river remains repugnant. Chock-full of trash, the river that flows through the South Wedge remains just as nauseating this year as last. What gives? Does the City ever clean out the garbage?

I have included an updated photo from this July showing the shameful condition of the river.

**Clarke Condé  
Hickory Street**

**Editor's Note:** A good question, Mr. Condé. The *Wedge Newspaper* contacted the City of Rochester and learned three entities are responsible for cleaning up the Genesee. According to a city staff member river care is divided as follows: from the canal to the Court Street dam, it is the NY State Canal Corp's responsibility; from the Lower Falls to the Port of Rochester, the [Army] Corps of Engineers steps in, and in between these it's the City's job to clean our River clean.

So it seems the NY State Corp is responsible for the section where the longstanding mess depicted has come to rest—unless the current takes it away. While it's stable and unsightly, you can call the Canal Corp at 716-635-6250. For the city, call 311 or 428-5590. For the Army Corps of Engineers, call 716-879-4371.

**St. Joseph's  
Neighborhood Center  
Wish List**

All kinds of volunteer opportunities are available. Donate online at [sjncenter.org](http://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.

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For over 35 years, *The Wedge Newspaper* has chronicled the lives and times of our vibrant South Wedge neighborhood--its people, businesses and events.

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ing by sending a check or money order. Or consider making a donation in the name of someone who helped the South Wedge become what it is today.

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Please mail this form along with your donation to:  
224 Mount Hope Avenue, Rochester, NY 14620.

### The South Wedge Planning Committee, Inc.

#### August/September 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](mailto:james.papapanu@gmail.com)  
Tues., 8/20 9/17, 6 p.m.

#### Community Engagement (Neighbors & Block Clubs)

[amaroselli@swpc.org](mailto:amaroselli@swpc.org)  
Wed. 8/21 & 9/18, 6:30 p.m.

#### Finance Team

[jason.curtis@edwardjones.com](mailto:jason.curtis@edwardjones.com)  
[tsciarabba@hotmail.com](mailto:tsciarabba@hotmail.com)  
Tues. 8/13 & 9/10, 12:30 p.m.

#### Housing & Structures

[tomkiciorjr@gmail.com](mailto:tomkiciorjr@gmail.com)  
Wed., 8/7 & 9/4, 5:30 p.m.  
E-mail to confirm.

#### SW Victory Garden

[james.papapanu@gmail.com](mailto:james.papapanu@gmail.com)  
[heather.penrose@yahoo.com](mailto:heather.penrose@yahoo.com)  
E-mail for dates and times.

## South Wedge Farmers Market Report

by Sue Gardner Smith

Summer means delicious farm-fresh food, live music under shady trees, and meeting friends and neighbors. Summer means South Wedge Farmers' Market! The market is in full-swing and is the place to be and to cool off on a warm Thursday afternoon.

This year vendors offer a wide variety of fruits, vegetables, meats, eggs, fresh and dried pasta, flower bouquets and plants for the garden, soap made in the South Wedge, organic teas, maple products, gluten-free and regular baked products, and local wines. Pick up a grilled pizza for an easy dinner, poutine for a tasty snack, and an ice cream sandwich for a cooling treat.

There's always live music at the market. Performers this summer include *Wild Root String Band*, *Mounafanyi Percussion and Dance Ensemble*, *Watkins & the Rapiers*, and cool jazz from *Flexitarians*, the *Charlie Mitchell Group*, *Gregg & Maggie Herman and Friends*, and *Cabbage & Baggage*.

New this year is a cooking demonstration each week, featuring fresh vegetables and fruit from the market. Chefs offer ideas, recipes, and free tastes of delicious dishes you can make at home from market bounty. EBT customers who purchase at least \$10 in tokens with their EBT cards receive a \$5 bonus in tokens, which can be used to purchase EBT eligible items at the market.

The South Wedge Farmers' Market is held Thursdays from 4-7 p.m. in the shady parking lot behind Boulder Coffee at the corner of Alexander St. and S. Clinton Ave. The South Wedge Farmers' Market is sponsored this year by the Genesee Co-op Federal Credit Union, which is member-owned and offers low-cost financial services to Rochester residents from its offices at 395 Gregory Street. The Market is a project of the South Wedge Planning Committee.

For more information, see [www.swfm.org](http://www.swfm.org); the market is also on Facebook and Twitter.



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

## St. John Fisher College Honors Dr. Christine Wagner

by Nancy O'Donnell

Christine Wagner, Ph.D. was honored at the St. John Fisher College's commencement at the Blue Cross Arena in May. Wagner was given the President's Medal for service to the Rochester Community when some 1,000 students received their undergraduate degree.

"Commitment to service is the heart of the St. John Fisher College educational mission," said Donald Bain, Ph.D., president of the College. "Christine Wagner exemplifies this core value."

Wagner, SSJ, Ph.D. is executive director and co-founder of St. Joseph's Neighborhood Center at 417 South Avenue. From 1991-1993, Dr. Wagner directed the establishment of the Center including renovation, fund raising



and site management. Since its opening in 1993, she has served as administrator and worked to expand this primarily volunteer agency that provides health care, dental care, mental health counseling, adult education and social services to 3,000 individuals annually. The Center provides these services to people from Rochester and eight surrounding

*continued on pg. 10*

## SOUTH WEDGE PLANNING COMMITTEE

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ADNet Printing,  
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#### Copy Editor

Eileen Thomas

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Jason Matthew Ferraro, Fr. Bob Kennedy,  
Nathaniel Mich, Nancy O'Donnell, Dr.  
Alexie Cruz Puran,  
Sue Gardner Smith, Michael Tomb

#### Photography

Keith Alexander, Chloe Coleman,  
Nathaniel Mich, Nancy O'Donnell,  
Michael Tomb, VaVa Voom Photography

#### The Wedge Newspaper

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Fax (585) 256-1497  
E-mail staff, type first initial last  
name@swpc.org

South Wedge Planning Committee  
224 Mt. Hope Avenue  
Rochester, New York 14620  
(585) 256-1740

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) 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](mailto:nodonnell@swpc.org).

Advertising deadlines and rates are available online at [www.swpc.org](http://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  
September 8  
Call 256-1740, ext. 105  
or 978-9638  
for rates.**

by Nancy O'Donnell



## Meet Dr. Carson Mouser

Rev. Dr. Carson Mouser's affinity for the "nomadic" lifestyle is a great advantage in his role of interim pastor at the historic Calvary St. Andrews on Averill Avenue. He replaces Rev. Judy Lee Hay, an iconic South Wedge figure for some 40 years.

Mouser, a California native, moved a great deal in the 1950s as his father worked as a juvenile justice activist. At 15, he was hired to write for a local newspaper covering local and high school events. "It helps to be a smart aleck," said Mouser.

The times were exciting, and he remembers being in a pool of reporters interviewing Eldridge Cleaver and Huey Newton.

Mouser graduated from high school in 1968. He spent four years in the military with tours of duty from Biloxi, Mississippi to Rome, New York.

When he later returned to California, he continued writing for newspapers and magazines and worked in public relations and marketing. In 1975, he earned an A.A. degree in Liberal Studies, with a major in journalism from Ohlone College. In 1976, Mouser graduated with a B.A. in Journalism and U.S. History from San Jose University.

Three years later, in 1979, he moved to Rochester with his wife Tina and a growing family (today

the couple has 5 children ages 31-41). "I tried to get a work in newspaper," said Mouser, "but I was told I was too old. I was 30 [at the time]. I needed to work so I worked in insurance sales."

The family moved to Pittsford where his wife studied, and they joined First Presbyterian Church. It was here that Mouser felt "the pull to ministry."

"I had always had a vague sense," said Mouser. "It became a nagging. I started Bible studies and I felt at home in the church." He listened when the associate pastor of his church said that he belonged in ministry.

"I paid more attention when other people were affirming that I belonged [in the church]. I just wish I had done it earlier."

In 1993 Mouser began his studies at Colgate Rochester Crozer Divinity School. He especially relished the ecumenical nature of the seminary

"It allowed you to hear other perspectives," said Mouser. "You could see people were comfortable in their faith and it helped you understand why you feel at home in your own tradition, why you believe what you believe. It forces you to think more deeply about what unites us as Christians rather than divides us."

He interned at 12 Corners Presbyterian Church and after graduation with a Doctor of Ministry degree from Columbia Theological Seminary in Decatur, Georgia, he continued to serve as first Director of Education Ministries until his ordination to the Ministry of Word and Sacrament in 1998. During his doctoral studies, he created "a narrative mission study process for congregations" to help them in

times of pastoral transition. He also served as Campus Pastor at Paul Smith's College.

"I served three congregations as an intentional interim minister using all of the skills and experiences garnered in all my previous vocational work and all the study and research I've done over the last 35 years," said Mouser.

As for his role at CSA, Rev. Mouser says he's there to "facilitate the grieving process" and to help the "very vibrant, very diverse and healthy" congregation to discern the next step.

"I facilitate the end of one relationship and help the congregation to see what's the future, to discern who they are, what they want to do and who they want to be the next pastor. The congregation has a great sense of how important it is for CSA to continue to serve the South Wedge.

The form that this will take asks small groups of CSA members to tell their stories using a skills list, personal and congregation information forms and an adapted Meyers-Briggs questionnaire."

And when the process is completed, Mouser will be ready to move on.

"We, who are the church, act in faith to be the voice for the voiceless, to stand with the abused and the displaced offering them a place of refuge and walking with those peacemakers... even as we seek to bring peace and wholeness to a broken world," said Mouser. "For we are called to serve, not to be served. For we are called to faithfulness not success, and we serve not hoping for reward, but out of gratitude

*continued on pg. 11*



### Literary Alert

Time to read  
John Keat's  
"Ode to Autumn"

## Highland Park Neighborhood Association Keeps Fine Arts Local and Vocal

by Michael Tomb

The Highland Park Neighborhood Association has established a tradition of mounting artistic displays and exhibits at venues such as the Lower Reservoir Gatehouse in Highland Park, a few area coffeehouses and even, on occasion, in Rochester's City Hall. This year, at the suggestion of current HPNA Vice Chair Lauren Schieck, we did something a little different.

Starting in February, we asked our resident artists, and others in the local area, to consider submitting to our first Neighborhood Art Show. A total of 24 artists responded to the call, almost of all whom can easily walk to both venues that displayed their art.

We began with a preview show which was held as part of our annual Lilac Festival Celebration and Exhibit in the Gatehouse (across from Lamberton Conservatory). In May, a single item from each of 11 artists was shown alongside our "Virtual Scrapbook" exhibit update. The preview expanded into a complete show that opened within the Highland Park Neighborhood's own Crossroads Coffeehouse in June and stayed on its walls until the end of July.

Carol Heveron, a multi-talented artist who, as a musician has played our "Music in Ellwanger Barry Park" series, included a wonderful collage. The image

of her work is on the official Art Show 2013 poster (available from the HPNA for a \$14 Donation). The art spanned many types of media: collage, fabric weaving, photography, oils, acrylic, metal work and even multi-media items on Window panes and others that included "found objects." Two children were among the accepted artists and their presence has inspired talk of a "Children's Division" at future shows.

The Opening Night event on June 14 was attended by many of the two dozen artists as well as friends, neighbors and family. The festive party included many artist-to-artist chats among the neighborly conversations. We followed up this magical event with two nights in June and July that we called "Portrait Nights". Artist Larry Staiger, who was one of the 24 with work in the show, (and also designed much of our 350 foot street painting created as "BoulevART 2012") set up his sketch pad and did portraits, profiles and caricatures of all comers. All contributions were voluntary and went to the HPNA. The highlight of the first night was a visit from the Southside Little League.

You can find a detailed photo report of their visit and individual portraits within our Virtual Scrapbook site at [www.ellwangerbarry.org/](http://www.ellwangerbarry.org/).

If you are guessing that our HPNA 2013 Art Show was a success, well, that's now a fact. You may also be pleased to know that Crossroads owner Cailin Willey has expressed interest in hosting an annual event. So we will take a break and then start work towards next year very soon. This type of show is actually a bit of work for our all-volunteer Arts & Cultural Team. If you live in the neighborhood and want to join with us as we plan for future events and projects, e-mail us at [arts@highlandpark-rochester.org](mailto:arts@highlandpark-rochester.org).

**More Highland Park Neighborhood Association Art Show on Page 5.**



(l-e) Keisha James, Morghann Sims, Josh Hunt, Julia Huber.  
(Photo by Keith Alexander)

## Citizen U Promote Neighborhood Little Free Libraries

The "Little Free Libraries" is a literacy exchange program that grew out of a partnership between the Rochester Public Library and Citizen U, an after school civic engagement, job and college readiness program for youths ages 14-18. Citizen U participants painted the mini libraries which will be

placed in neighborhoods around the city to encourage reading.

Citizen U encourages youth to work on building 40 developmental assets.

"Little Free Libraries are a perfect physical example of Asset #25: Reading for Pleasure," said participant Morghann Sims.

## The Hamilton Tenant Association News

Tenant Association Vice President Robert Riggins invites youth ages 13-21 to "Be Proud! Be Responsible" afternoon of fun, food and film on August 5, 1 p.m. The Hamilton Community Center, 185 Mt. Hope Avenue. For more info, call Shawn Miles, Program

Specialist at Edison Tech, at 324-9782, ext. 2401.

The Association elections resulted in the election of President Mary Gatson, Vice President Robert Riggins, Secretary Renee Marshall and Treasurer Monroe Holland. Congratulations to all!

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## Don't Be Afraid to Ask Campaign

by Father Robert Kennedy

For many years in the Blessed Sacrament bulletin, I have done an annual "summer safety" message near the time that school is letting out. I remind all drivers to slow down, observe speed limits and be extra observant on city streets and in neighborhoods where children are playing. Use helmets when bicycling, and insist on protective gear when and where it is appropriate. I also ask parents and family members to be alert to common household hazards: aggressive pets that bite; standing water in swimming, wading pools and bathtubs; medicines, cleaners, paints and solvents, foods a child may be allergic to, and loaded and unlocked guns.

In light of this I point your attention to the ASK Campaign ("Asking Saves Kids). Summer is when teens and children are more likely to play in one another's homes or visit the homes of relatives. Parents of children and teens are encouraged to ask if there is a gun where your child goes to visit or play.

Studies show that between 30-44% of American households with children have guns. Over 75% of kids in homes with guns say they know where the gun is hidden. Almost 90% of accidental shootings involving children are linked to an easy-to-find, loaded handgun in the house. Eighty-eight percent of the children who are injured or killed in unintentional shootings are shot in their own homes or in the homes of relatives and friends. One public health official said, "The evidence is overwhelming that a gun in the home is a risk factor for completed suicide and that gun accidents are most likely to occur in homes with guns."

I encourage parents to ask, "Is there a gun where my child plays?" If the answer is "No," that's one less thing you have to worry about. If the answer is "yes," schedule the visit at your house, or make sure all the guns are stored unloaded and locked, ideally in a gun safe, with ammunition locked separate-



ly. It would also be prudent to ask whether the teens and children in the house know where the gun is kept. Ninety-seven percent of parents who owned guns said that they would not be offended if another parent asked about a gun in their home.

How do you start such a conversation? Certainly if you are discussing other safety items (food allergies, swimming, etc.), you can slip the question of guns right into the list. Otherwise, try one of these starters: "We all know how curious kids can be..." "I hope you don't mind me asking a few questions about the kids' safety..." "I read the most surprising fact in my church bulletin..." "I'm not judging anything. I just want to make sure my child is safe..." "You know how committed the school is to making sure our kids are safe. Well, during the summer..."

Our children are precious gifts of God entrusted to our care. We all want this summer to be safe and fun-filled. I hope all our parents and grandparents will add ASKing to their "insurance policy" for their children's and grandchildren's safety.

For more information, visit The Center to Prevent Youth Violence at [www.cpyv.org](http://www.cpyv.org) or contact Richard E. Bolt, MD at [uncaduck@rochester.rr.com](mailto:uncaduck@rochester.rr.com).

*This article was originally published in the June 16 Blessed Sacrament/St. Boniface Bulletin*

### ASK (Asking Saves Kids)

The Ask Campaign was founded in 1998 by The Center to Prevent Youth Violence (CPYV), an organization to end the crisis of youth violence in America in collaboration with the American Academy of Pediatrics.

According to the CPYV website, the organization develops "focused and empowering public health and safety campaigns that promote the simple steps parents, kids and others can take to prevent violence affecting youth, including: school shootings, gang-related and other urban violence, firearm suicides, accidents and homicides that, alone, claim the lives of eight children and teens every day social norms.

CPYV's work has achieved unprecedented support from leading organizations in fields including public health, media, education, law enforcement and youth services, and from community-based organizations nationwide. CPYV's programs have been studied and validated by leading academic institutions including, The Harvard School of Public Health and Johns Hopkins Bloomberg School of Public Health.

## Congratulations Graduate - Evan Logan

University of Rochester graduate Evan Logan reflects on his college career after graduating with a degree in Economics in June:

"Born and raised in the South Wedge, taking my first steps into college life at the University of Rochester was geographically a simple move, but it would take the next four years before I realized what a huge developmental step it was for me. Though I began and finished college with a degree in Economics, during the four years' time I switched between Math, Archaeology and History, and Business majors. Beyond my academics I was able to join a fraternity and live overseas in Shanghai, China for a semester. Both experiences greatly expanded the range of my intellectual, cultural, and social interests.

Now as a graduate I am using my knowledge and skills to build a web design and online marketing company, Maker Marketing Group. Our current list of clients includes an insurance agent, a vacation home rental service, and a glass art-



ist and instructor, and of course, we are always looking for ways to expand to serve even more businesses in the Rochester area."

Learn more about Maker Marketing at <http://www.makermarketinggroup.com/> or like them on Facebook.



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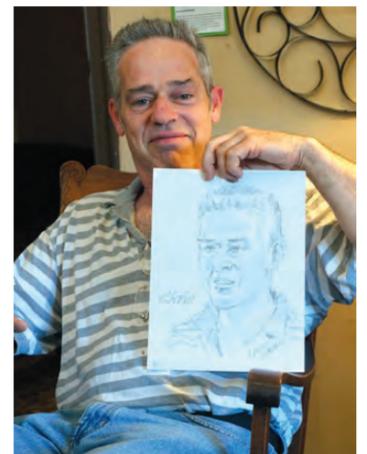
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Resident Christopher Kase visited the 2013 HPNA Art Show on a Portrait night and left with this souvenir.



by Nancy O'Donnell

## South Wedge Mission

Rev. Matthew Martin Nickoloff, the pastor and mission developer of the historic Lutheran Church at 125 Caroline Street, is clear about his personal mission to invigorate the sleepy parish and fill it with song, energy and love. He recently took over the former Peace Lutheran Church, now renamed the South Wedge Mission or more formally the South Wedge Mission at Evangelical Lutheran Church in America and has moved the Sunday Service to 5 p.m. (because young families relax at home on Sunday mornings or hipsters go to brunch) and added Matins (defined as a Roman Catholic monastic nighttime liturgy that ends at dawn) on Wednesday mornings at 7:30 a.m.

Already the new church's web site offers his promise to provide "safe haven for the religiously homeless...the spiritually under-employed" offering "grace for all—no exceptions."

"We randomly came up with this phrase: 'Providing safe haven

for the religiously homeless, and work for the spiritually underemployed,'" says Nickoloff. "I think this plays off of the word mission which can often be confusing to folks. I would say nine of ten people who hear it think we are the Open Door Mission or some similar agency, the kind of place where you have to sit through a hell and brimstone sermon before you are given access to services. And, in a sense, that's true. You come to service. You hear a sermon that precedes a free meal and community. Except the sermons are shorter and they end, not with manipulation around salvation, but of the declaration of God's grace and love for us - a love that liberates us to be more fully alive, now and forever. The meal that comes after is the Eucharist - the gift of God's own death and resurrection for the sake of our life. It's a meal that puts us in solidarity with the God whose glory is revealed, not in power and success, but in weakness and failure."

Nickoloff grew up and attended school in Fairport. An accomplished musician, Nickoloff learned to play the piano, organ, violin, fiddle and mandolin. He attended Baptist Church as a child, but it was while working on an undergraduate degree in English literature, "medieval studies, Dante, Chaucer, theologians writing poetry," at Princeton-- that he came



Nickoloff hands out Advent candles for an impromptu service remembering the victims of gun violence in the wake of Sandy Hook. (Photo by Chloe Coleman)

to evangelicalism and began a pastoral ministry. At the same time he remained an occasional wild party man on campus.

"Evangelicals get a bad rap," he says, "They sincerely care. Liberals can be the biggest jerks in the world when they talk about conservative Pentecostals."

"I was president of my Eating Club, which is a glorified frat," said Nickoloff. "But I loved to talk about God, debating with people who had just puked after beer pong."

At the same time he was reading Catholic writers like Dorothy Day [founder of the Catholic Workers]. "Oscar Romero was one of my heroes." At one point, Nickoloff toyed with the idea of being Catholic since he enjoyed attending Mass so much.

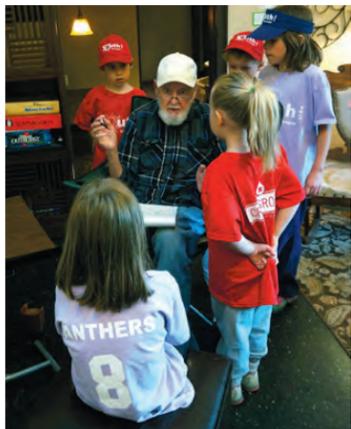
Despite some hints from friends that he should enroll in Divinity School, Nickoloff moved to Denver to work with a Catholic priest. His girlfriend Leah, today his wife, who had been teaching in Honduras, joined him in Colorado. Nickoloff introduced her to Day's writings, and the two began work at St. Francis Center, an Episcopalian-backed shelter for the homeless.

"We saw 500-600 who came in for shelter, to sit, to be safe, to shower. I met Christ in a way every single day."

continued on pg. 12



Behind artist Lindsay Berman, a wall opens at Crossroads Coffeehouse and reveals a conversation and the art of Carla Bartow and Elaine Heveron. The Highland Park Neighborhood Association Art Show will return next year.



Portrait artist Larry Staiger and Southside Little League



Art Show Chair Lauren Schieck greets gallerygoers on opening night.

### Photos by Michael Tomb

Top - Artist Lindsay Berman poses next to her stunning composition entitled "September".

Left - Artist Larry Staiger is surrounded by members of the Southside Little League as he completes a player's portrait during the first of two Portrait Night Events at the Art show.

Bottom: artist Jeanne de Keyserling relaxes with family and friends with backdrop of April Younglove's large acrylic paintings based on Flowers in Highland Park



Musician and collage artist Carol Heveron in front of her artwork with daughter Margaret. Carol's collage entitled "Go Fish" was chosen for the 2013 Art Show Poster



A report and slideshow can be found on the Virtual Scrapbook site: [ellwangerbarry.org](http://ellwangerbarry.org).

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## “Cumin in” - Stuart’s Spices Open for Business on South Clinton Avenue

By Nancy O’Donnell

The sign outside Stuart’s Spices says it all: “Cumin We’re Open.” Tom & Vicki Finnefrock have taken to their new spice business with the enthusiasm of converts—plus a dash of humor. The couple’s retail shop on South Clinton Avenue prides itself on “everything from A to Z,” said Vicki Finnefrock, co-owner with husband Tom.

Getting *Za’atar* [a Middle Eastern spice mix] perfected is still a work in progress. “It’s hard to hit a home run on this one,” said Tom. “Every family has its own recipe.”

The original Stuart’s was started by Stuart and Frieda Schultz in 1972 in a basement in Gates. The business became a permanent figure at the Rochester Public Market. The Finnefrocks have kept up the market tradition along with opening their new retail space near the South Wedge.

“We looked in the city over a year for a place,” said Tom. The couple was drawn to the area because “the place is so vibrant and the people are interested.” They also credit the enthusiasm of the South Clinton Merchants Association. “It was contagious,” said Vicki.

Before becoming a spice merchant Tom worked in “high tech

sales in Fortune 500 companies.” After two layoffs, Tom toyed with the idea of retiring before hearing about Schultz’s desire to sell.

“When [Tom] first talked about it, I said, ‘are you nuts?’ laughed Vicki.

“I reinvented myself,” said Tom. “I looked at other ventures. I wasn’t risk adverse”

Tom’s long tradition of making sometimes up to 600 lbs. of venison sausages—he’s a fervent outdoorsman—and buying his ingredients from Stuart’s Spices helped him make the decision to buy.

While Tom works full-time in selling to area restaurants and caterers, Vicki continues to work as a nurse practitioner. Also on the spice crew is food chemist Vince Coccia.

Their spice inventory, priced from \$4.95-\$6.50, varies from the standard to ones with special secret ingredients. Their barbecue spices are especially popular said the Finnefrocks. These include Memphis Dry Rub and House Hog Rub, a smoky barbecue spice, that’s been “used in a lot of BBQ competitions,” said Vicki. “The guys at Rib Fest at Charlotte love us.”

“The goal is to add heat without diminishing flavor,” Mark added, giving a cooking tip for chili

makers. “It’s a good idea to add the heat at the table not while cooking.”

They’ve also broadened their steak seasonings with “bold tastes of garlic, peppers and onions.” Burger Blast is another big favorite with customers.

However, carnivores aren’t the only ones who love Stuart’s Spices.

“Our daughter Megan is a vegetarian,” said Vicki, “She helped me with ideas, gave me some tips, so we’ve added more spices for vegetable recipes.”

One new mix called Island Spice can be used as a dipping oil for bread, added to rice and used as a tofu rub. It also claims to be great in Mango Salsa.

“I’ve made a delicious seared tofu with the Island Spice. You have to push the tofu into the seasoning, and it makes for a crispy finish,” said Mark. Another good dish, hot or cold, is toasted chick peas with Salad Seasoning.

Other popular items in store are Stuart’s Mustard Kit which allows foodies to make their own at home. “There’s nothing like fresh ground mustard,” said Vicki.

When it comes to using fresh herbs, Stuart’s Spices “biggest competitor [in the city] is apathy... shoppers are used to buying bottles



Tom & Vicki Finnefrock (Photo by Nancy O’Donnell)

in big box grocery stores.”

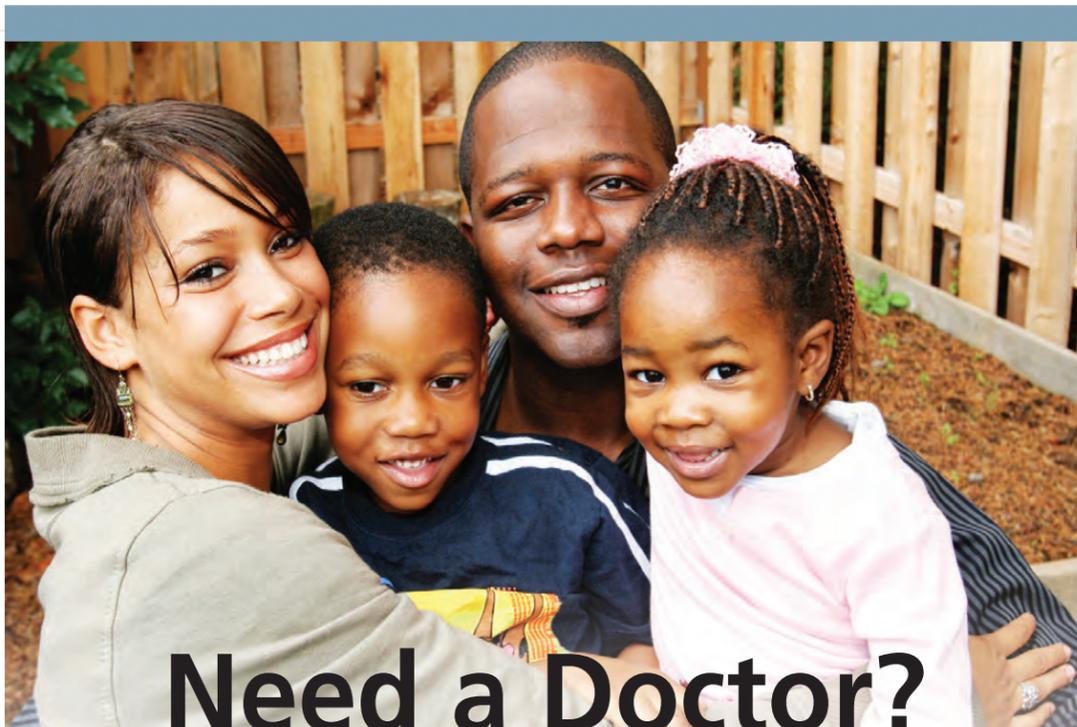
The Finnefrocks plan to change all that by teaching the public what a judicious use of a spice can do to a homemade recipe. They also provide handy herb tips to neophyte spice users: “keep them out of the light and off the stove. It’s also a good idea to use them up within a year.”

The couple plans an open house in the coming months to let the neighborhood get a big whiff of the wonderful aromas inside. Although December is several months away, the Finnefrocks are already

strategizing for the holidays. Often customers will come in and ask them to reproduce a family seasoning recipe that they can give away as gifts. They also will have mulling spices for holiday drinks.

“We want people to have great fun with cooking,” said Tom.

754 Clinton Avenue. 436-9329. Hours: Monday - Friday: 9:30 - 5:30, Saturdays: currently closed. We are also at the Rochester Public Market. Every Saturday 6:00 a.m.-2:00 p.m. (April through December).



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Wall/Therapy artist Cern painted a wall at Stuart’s Spices

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# South Wedge Wall/Therapy



Gaia contemplates the SWPC's blank wall



Frames are painted on the Hamilton Street side



Gaia on Day 2



Mercury and Rochester skyline appears



Gaia nears completion of Wall/Therapy mural



Silhouette- Boulder Coffee courtyard, 100 Alexander St.



Adam Francey - Personal FX - south side, 646 South Avenue.



Mike Ming - Personal FX - north side - 646 South Avenue



Bile - Stanley Steemer - 725 South Avenue



Gaia begins his Rochester masterpiece (Photo by Nancy O'Donnell)

## Gaia Changes SWPC Building From Blank to Beautiful in Five Days

By Nancy O'Donnell

The artist Gaia began with blue tape frames for his Wall/Therapy project. Two stories up, atop a LDJ lift, the young artist methodically marked the wall of the South Wedge Planning Committee office building. In a day the frames multiplied. Another day and figures of the Greek god Mercury, rendered in a manner used by the 16th century painter Giambologna, were repeating across the wall. Finally, at the bottom, the head of a young African American man appeared.

For the South Wedge mural, Gaia began his usual process of research. He is especially interested in how a community develops around an industry, how it changes from "labor intensive" industries to white collar and how it copes with "the restructuring of the global economy."

"I looked at the waning sunset of Xerox and Kodak. I do a lot of Mercury. He figures prominently in my work and I was pleasantly surprised that there was a Mercury sculpture in Rochester. I thought that's clearly going to be the subject of this

wall."

With that in mind, Gaia created 8x11 format patterns, eight times, a painted photocopy of Mercury and at the bottom, the head of "one young man, who is the question."

"What place does he have in all this?" Gaia asked.

Finally, around the corner from the mural Gaia signed his name with the words above "Commerce is swifter than culture."

Gaia, 24, grew up in Upper East Side of Manhattan. His posters of "animal man hybrids achieved some notoriety" while he still a teenager in a Waldorf high school in New York City.

Throughout high school and later while attending the Maryland Institute College of Art in Baltimore, Gaia led a "second life" - an artist in a studio and a street artist evading the police. "I did a ton of poster art. I used big linoleum block carvings," said Gaia, who used wheat paste in hanging up his

continued on pg. 8



Thievin Stephen - Tap & Mallet - 381 Gregory Street



Mr.Prort - Premier Pastry - 433 South Avenue



St. Monci - back of Old Fine Arts Theater, 700 South Avenue



Mr. Prort - fox above and rabbit below, 786 South Ave & Comfort Street



Conor Harrington - Historic Houseparts, 540 South Avenue

## Wedgies by Justin Hubbell



# Back to Safe Sleep

By Alexie S. Puran, M.D.

The American Academy of Pediatrics recommends that healthy infants be placed on their backs for sleep, as this is the safest position for an infant to sleep. Putting your baby to sleep this way decreases his chance of sudden infant death syndrome (SIDS), which is responsible for more infant deaths in the United States than any other cause during the first year of life (beyond the newborn period). Since 1992, when the American Academy of Pediatrics began recommending this sleep position the annual SIDS rate has declined more than 50 percent. In my own experience in ER, I've witnessed nine infant deaths due to unsafe sleep practices where infants were sleeping with adults in the same bed. Parents and caretakers can do a lot to prevent these unnecessary tragedies.

Here are a few ways you can reduce the risk of SIDS?

1. Place your baby to sleep on his back for every sleep. Babies up to 1 year of age should always be placed on their backs to sleep during naps and at night.

2. Place your baby to sleep on a firm sleep surface. The crib, bassinet, portable crib, or play yard should meet current safety standards. Check to make sure the product has not been recalled. Do not use a crib that is broken or missing parts, or ones that have drop-side rails. Cover the mattress that comes with the product with a fitted sheet. Do not put blankets or pillows between the mattress and the fitted sheet. Never put your baby to sleep on a chair, sofa, wa-

ter bed, cushion, or sheepskin. For more information about crib safety standards, visit the Consumer Product Safety Commission Web site at [www.cpsc.gov](http://www.cpsc.gov).

3. Keep soft objects, loose bedding, or any objects that could increase the risk of entrapment, suffocation or strangulation out of the crib. Pillows, quilts, comforters, sheepskins, bumper pads and stuffed toys can cause your baby to suffocate.

4. Place your baby to sleep in the same room where you sleep but not the same bed. Keep the crib or bassinet within an arm's reach of your bed. You can easily watch or breastfeed your baby by having your baby nearby. Babies who sleep in the same bed as their parents are at risk of SIDS, suffocation, or strangulation. Parents can roll onto babies during sleep or babies can get tangled in the sheets or blankets.

5. Breastfeed as much and for as long as you can. Studies show that breastfeeding your baby can help reduce the risk of SIDS.

6. Schedule and go to all well-child visits. Your baby will receive important immunizations. Recent evidence suggests that immunizations may have a protective effect against SIDS.

7. Keep your baby away from smokers and places where people smoke. If you smoke, try to quit. However, until you can quit, keep your car and home smoke-free. Don't smoke inside your home or car and don't smoke anywhere near your baby, even if you



Dr. Alexie S. Puran

are outside.

8. Do not let your baby get too hot. Keep the room where your baby sleeps at a comfortable temperature. In general, dress your baby in no more than one extra layer than you would wear.

9. Offer a pacifier at nap time and bedtime. This helps to reduce the risk of SIDS. If you are breastfeeding, wait until breastfeeding is going well before offering a pacifier. This usually takes three to four weeks. It's OK if your baby doesn't want to use a pacifier. You can try offering a pacifier again, but some babies don't like them. If your baby takes the pacifier and it falls out after he falls asleep, you don't have to put it back in.

10. Do not use products that claim to reduce the risk of SIDS. Products such as wedges, positioners, special mattresses and specialized sleep surfaces have not been shown to reduce the risk of SIDS. In addition, some infants have suffocated while using these products.

11. Most important, please share this information with anyone caring for babies, including grandparents, families, friends, babysitters and child care centers.

## Gaia

continued from pg. 7

work around the city. "They were posters not graffiti. It was illegal. I put them on vacant or unused [buildings] or property that didn't respect the public, [ones] owned by slumlords. I talked to a lot of police, and I talked myself out of [being arrested]. In NYC it's more about avoiding them. Not so in Baltimore."

Gaia's said his work was never graffiti. "Graffiti is a codified language; its foundation is expressed in letter style. I see it is diametrical to art work. Graffiti speaks to itself and to a community of practitioners. Street art is an attempt to speak to the world, to speak to an audience.

Gaia maintained a "illegal poster practice" even after he began showing in fine art galleries around the country.

"I've been able to live off my art since I was 18," said Gaia. "I've been very lucky."

He painted his first big mural, "Dust of H Street" in Washington, D.C. two years ago.

"It was a large rooster man hybrid revealing his chest which was a landscape."

He was excited to take part in the South Wedge Wall/Therapy.

"[The South Wedge] was so quiet," said Gaia. "[The mural] was a very exact reproduction. I don't usually work in such a clean fashion with such exact measurements. [The paint] didn't even drip beyond the tape," said Gaia. "It would have been very frustrating had a lot of people wanted to talk. I would have gone mad. [Instead] I got driving and honking."

"South Wedge is very chill. It feels like a healthy neighborhood, lots of individuals. People were super receptive. Ya'll were wonderful."

He also painted a second mural in Rochester on St. Paul Street. For this one he used Kodak as inspiration. Next, he'll be on his way to other walls in other cities: Cleveland, Shebogan, Houston, Montreal and Baltimore. In the fall he travels to Italy for more

commission art work.

Before he left Rochester, Gaia heard the news reports that other Wall/Therapy murals had been defaced by graffiti.

"I feel bad for other people who are upset," said Gaia. "I don't care what happens after I finish mine. I preserved the energy. It has its place. It has a life cycle. It is what it is."

"In Buenos Aires, people write all over the place, *Ti amo Julio. Ti amo Juan. Ti amo* this or that. I love the President. Eff the President. Anything they feel, they write. I enjoy it. It's totally foreign to Americans.

The U.S. is retentive about their property. They're laissez-faire about the free market but they take pride in their property. It's different in Italy, too Property comes and goes."



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**The Bygone Few**  
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**St. Boniface Family Fun**  
On Saturday, September 7, St. Boniface Church on Whalin and Gregory Street will be hosting a Family Fun Event from 10 a.m. to noon. The fun includes a bike rally for kids, open bowling, dance and karate demos, fingerprinting from National Center for Missing & Exploited Children, Church Tours and information about Saints Place ministry and the Nativity Preparatory Academy.

**Theology on Tap**  
2013 Summer Series for Catholics and friends in their 20s and 30s. August 14 - "Spirituality and the new Evangelization: Can we be Spiritual and not Religious?" - Bishop Emeritus Matthew Clark, The Old Toad, 277 Alexander St.; August 21 - "Stirring up the World: An Evening on Pope Francis. Fr. Bob Kennedy, Pastor Blessed Sacrament/St. Boniface, The Freehouse Saloon, 814 S. Clinton Ave.;" August 28 - Being A Christian in Everyday Life: Living the Good News in the Worlds with Dr. Damian Zynda, TH.D. at Johnny's Irish Pub, 1382 Culver Rd. September 9, 7:00 p.m. - Doors open at 6:30 p.m. \$1.00 per person at the door



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**South Wedge-Ucation is back on Sept 12, 5-9 pm**  
City Newspaper's annual event features ridiculous offers from South Wedge merchants, deals and information from some of Rochester's top arts & cultural organizations, and more. South Wedge-Ucation is free and open to the public, and is an especially good time for local college students. For more info, visit [southwedge.com](http://southwedge.com).



Bandaloop performing on/off HSBC Tower during Fringe Festival 2012

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Enjoy 360 Performances. 28 Venues with 1 Pass. Passes are \$190 and available at <http://rochesterfringe.com/news/post/2013/07/17/buy-your-all-inclusive-fringe-fanatic-passes>. Free performances throughout include Bandaloop, aerial dancers.

**HPNA Annual Taste of the Neighborhood on September 15**

Highland Park Neighborhood Association holds its annual potluck dinner and get together on September 15. Check their website for more information at [highlandparkrochester.org](http://highlandparkrochester.org).



The historic Children's Pavilion once stood at the highest point in Highland Park.

**Don't miss the Highland Park Conservancy Tour**  
Celebrating the 125th Anniversary of the Rochester Parks System Brian Eshenaur, horticulturist and Extension Associate with Cornell University, leads The Tree Tour to show off Highland Park's trees shining in their fall colors. Sat., October 5, 9:00 a.m. to 10:30 a.m. Tour meets at the Lamberton Conservatory.



Emmanuel Church of Jesus Youth Group

Minister Sara Taylor and the Emmanuel Youth Group held a car wash fundraiser for its Labor Day Weekend Retreat to be held August 31-Sept.2 in Liverpool, New York.

This is annual event the church holds to give youth some before back-to-school "spiritual fun," Minister Taylor said.

**Lecture on Mindfulness-based Stress Reduction**

Heartbeats for Life lecture series brings Michael S. "Mick" Krasner, M.D., FACP, Associate Professor of Clinical Medicine, U of R School of Medicine and Dentistry to discuss "Mindfulness-Based Stress Reduction" Heartbeats for Life, a wellness support group based on the heart disease reversal program designed by Dr. Dean Ornish, promotes a low-fat, vegetarian diet, combined with exercise, relaxation techniques, stress reduction and social interaction. Rochester Academy of Medicine, 1441 East Ave. To learn more, visit [www.heartbeats4life.org](http://www.heartbeats4life.org).

**Tour of the Highland Park Waterworks**

Rochester Water Authority provides a tour and discussion of the Waterworks. Meet in front of the Lower Gate House on Thursday, September 12. 6:30 p.m.

**Help Kids Be School Ready**

This September, help a child prepare for school with a gift of new school supplies. Our neighbors in The Hamilton Tenant Association and Emmanuel Church of Jesus Youth Group will be once again be collecting your generous gifts of pens & pencils, glue sticks, paper, children's scissors and book bags (or whatever your elementary children have on their back-to-school list). To arrange a pick up or to learn more, contact Tenant Association President Mary Gaston 284-5868 or Vice-President Robert Riggins 354-7771. Call Minister Sara Taylor at Emmanuel at 654-9083.

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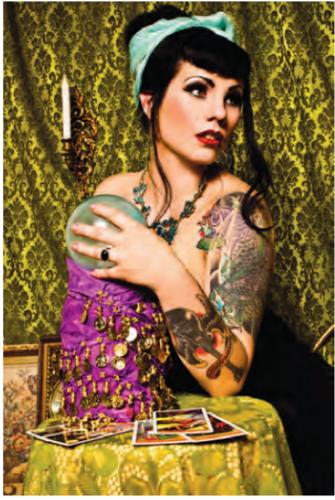
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## Hot Rod Betties Open on South Avenue



Sarah Jane McPike (VaVa Voom Photography)

by Nancy O'Donnell

Sarah Jane McPike's dream vision just got an address on South Avenue with the opening of her boutique Hot Rod Betties. Ceiling to floor the shop is filled with retro-inspired clothing, shoes and accessories for the entire family along with artful home goods. The name for her shop was easy for McPike. She's been a devoted admirer of 1950's pin up queen, Bettie Page for a long time. "I discovered her when I was 15. I saw her in a book at Barnes & Noble, and I fell in love with this mysterious woman. She's been kind of my idol." (Google Bettie Page, and you'll see that McPike herself works the same bangs and bright red lipstick.)

Page, who posed as Playboy's Miss January in the 1950s, was described by founder Hugh Hefner as "an iconic figure in pop culture who influenced sexuality, taste in fashion, someone who had a tremendous impact on our society." McPike has become something of a fashion icon of her own in Western New York. When it comes to women's fashion, McPike believes any woman can look sexy and attractive no matter her size.

"Women in my family sew," said McPike, who taught herself

make paper patterns and sew her own designs which she later marketed. "It came so naturally."

She began her studies in Fashion Design and Theater, with some dance on the side, at Buffalo State College. Her goal was to find a job making costumes for Broadway plays. But when her father became ill, McPike left school to care for him.

"I worked, had a kid and started a business, Fashion Trash. It was very Nine Inch Nails, industrial, leather. It was a huge success." Soon her dramatic designs were being sought by "ballet students, strippers and drag queens."

Over the years, McPike blended her pin up sensibility with dance. She worked as a stripper for ten years and used her earnings to pay for school and to raise her son Logan. "It was burlesque, entertaining, tasteful, a noir kind of dance," McPike said. "I stayed in clubs and did fashion on the side."

Like her idol, Miss Page, McPike has also appeared in modern day pin up magazines.

In 2007, McPike got a job in GEVA Theatre's Costume Shop.

"It was very intense. I credit my work ethic [for continuing]. There's no money. I loved working with people who love what they do although they get paid crap. It's the wardrobe and stage crew who are running the show," said McPike. "We're the first in the building and the last to leave. [Wardrobe] does the costume changes, slip them off, help when [the actress] says I can't get the zipper up. I've trained to jump to the rescue."

*Midsummer's Night Dream* in late spring was McPike's final run at GEVA. At the same time she found the space for Hot Rod Betties, remodeled it and found helpers to stock inventory. "No time is ever going to be the right time," laughed McPike. By June she had opened shop.

The response to the new shop has been very, very positive. At a

soft opening, Mayor Tom Richards, Deputy Mayor Leonard Redon and City Councilmember Carolee Conklin were on hand to celebrate with McPike.

The Deputy Mayor congratulated McPike for her investment in Rochester and added, "Her talents and custom creations will be well received by the community. This particular area of the South Wedge is well represented with locally-owned retail shops, restaurants and cafes and Hot Rod Betties will fit in wonderfully here."

Later that week, McPike welcomed friends and shoppers with a party complete with a band and vintage cars parked in front. (One of them hers.)

Along with her shop, McPike still works a freelance hair and makeup artist. She's also currently arranging a special event that will let customers become pin up models for the day with the help of a makeup artist and a photographer who specializes in pin ups. At home, she's busy mothering her two sons Maddox, 4, and Logan, now 15.

"If I become successful, this will be my happily ever after as a successful, independent woman," said McPike

Stop by and welcome McPike to the South Wedge and visit on Facebook.

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First Day of Autumn  
September 22, 2013



## Boulderfest

continued from pg. 1

in 2007, Harmony was diagnosed with a rare form of cancer called a sacral chordoma. Without skipping a beat, she attacked the situation, and locked in an aggressive treatment plan with the top chordoma experts in the country. This plan involved having her sacrum surgically removed at Johns Hopkins, and then undergoing three months of proton beam radiation at Massachusetts General. The treatment was far from easy on her, but with the help of an incredible support system of family, friends and community, she ultimately came out the other side cancer-free.

After years of good health, to everybody's horror the chordoma returned. According to the experts at Johns Hopkins, Mass General, and Sloan Kettering, surgery is not an option, radiation is not an option, and there are no traditional chemotherapy options available. All were in agreement that find-

ing clinical trials targeted at similar types of sarcomas was probably the best path forward. Harmony has recently started her first clinical trial at Sloan Kettering, and unfortunately, this is where the new chapter of Harmony's story begins.

Many of us feel certain helplessness with Harmony's situation, so Boulder Coffee Company woke up and smelled the need for philanthropy. This year, Boulderfest 8, "Rock The Wedge With Harmony," will benefit Harmony and her family as they battle this rare cancer. The three-day event, August 9-11, is free of admission and cover charges. Event organizers ask that while you are enjoying the local food, drink, and music, you take a moment to donate into one of the many orange containers visible throughout the venue.

Together we can all make a difference.

## Boulderfest Schedule

### FRI., AUGUST 9

3 PM  
THOROUGHbred

5 PM  
TERESSA WILCOX

6 PM  
GIN AND BONNETS

7 PM  
RIGHT TURN RACER

8 PM  
WHITE WOODS

9 PM  
MOSAIC FOUNDATION

AFTER HOURS  
DJ BITTLE

### SUN., AUGUST 11

12PM  
TRAIN RAT

1 P  
MAMMAL IS MOUNTAIN

2 PM  
THIS LIFE

3PM  
META ACCORD

4PM  
GOODBYE RONNIE

5 PM  
PETER SAPIA

6 PM  
DEFT HEART

7 PM  
LAST MINUTE

8 PM  
AMANDA ASHLEY TRIO

9 PM  
MOCHESTER

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in the South Wedge**

## Wagner

continued from pg. 2

counties who are uninsured and underinsured. More than 200 professional counselors, physicians and lay people volunteer at the Center, to make the services available to those in need.

Most recently, Dr. Wagner collaborated with Excellus Blue Cross/Blue Shield and St. John Fisher College to open "Fisher Prime Care," a primary care nursing practice at the Center, which will increase its ability to treat patients, as well as create educational opportunities for students in St. John Fisher College's Weans School of Nursing.

Dr. Wagner holds a Bachelor's degree in Science and English from SUNY Brockport and earned her Ph.D. in Social Science from Syracuse University's Maxwell School of Citizenship and Public Affairs.

She currently serves on the Board of Directors for the Greater Rochester Health Foundation, the Rochester Interfaith Health Care Coalition, the Association for the Blind and Visually Impaired Project Eye Care and the Nativity Preparatory Academy, the

University of Rochester Center for Community Health's Advisory Council, The Monroe County Bar Association Foundation and the Institutional Research Review Board of the University of Rochester. She is also past president of the Judicial Process Commission of Rochester.

Dr. Wagner has published several articles and delivers many presentations and lectures on the topic of health care and the underserved.

"We stand ready to help people access their health care options as the Affordable Care Act is enacted later this year," said Wagner. "However, we know that some people will fall through the cracks. We will be here, as always, to help those people."

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by Nathaniel Mich

## What's Your Favorite? Harry G's "The Kasha"

The South Wedge is blessed with a fantastic array of places to nosh, many with extensive or frequently rotating menus. Despite all this variety, I confess, Dear Reader, that it is easy for me to fall into a rut. I quickly find a menu item that I enjoy and because I like it so much, I become loathe to neglect it.

In the spirit of getting me out of my rut, I present to you the first installment of an intermittent series, called "What's Your Favorite?" The premise is simple: I walk into a South Wedge eatery (or drinkery) and ask the first staff person I see to tell me their favorite item on the menu. Then I order it, eat it and tell you about it. And so, I walked into Harry G's

New York Deli & Cafe, and was directed to "The Kasha."

The Kasha is one of Harry G's sub sandwiches, available in half (\$5.50) and full (\$8.75) sizes. Unless you are possessed of a superhuman appetite, I recommend the half size, which was still approximately the size of a football and almost more food than I could eat. Between the hearty halves of the sub roll, the Kasha contains grilled chicken breasts, strips of portobello mushrooms, melted provolone cheese, lettuce, tomato and pesto mayonnaise. The sandwich arrived warm and oozing, paper-wrapped and pickle-accompanied, along with a side of sweet potato fries.

The roll makes up most of the bulk of this sandwich. It had a much better crust than most sub rolls, and the pleasant flavor of a

semi-enriched bread. Holding up well against the saucy filling, it had a nicely chewy texture. However, there was so much bread that sometimes I resorted to eating the sandwich open face in order to get a better balance of filling and shell. The chicken breast was tender, juicy, and nicely seasoned. It was a delightful combination with the earthy and meaty portobellos nestled alongside. I appreciated that both were cut into manageable strips, which prevented the take-a-bite-and-pull-out-the-whole-filling-by-accident woe that has befallen so many.

Although I could see the melted provolone when I opened the sandwich, I couldn't taste it among the more flavorful elements. The pesto mayo provided a pleasant, though subtle, herbal flavor that married



The Kasha (Photo by Nathaniel Mich)

well with the rest of the filling. It did however, make for quite a mess (but, really, what's the fun of a clean sandwich?). Shredded iceberg lettuce and sliced tomato rounded out the ensemble. The tomatoes were nondescript, but the lettuce added a nice crunch. However, I find the aroma of warm lettuce – heated by the chicken and portobellos – distracting, and it took me away from enjoying the rest of the sandwich.

I barely had any room for the sweet potato fries afterward, which was a shame, because they were

quite nice. Moist and flavorful on the inside and just enough of a crispy exterior to be interesting. They come with a honey-butter dipping sauce, but I think they are best unadorned.

Overall, the Kasha is a very enjoyable sandwich, with the chicken and portobellos as the stars and middling to good supporting cast. Next time, though, I'll have to make two meals of it! *Harry G's New York Deli & Cafe, 678 South Ave. Mon-Thurs: 10am-9pm, Fri & Sat: 10am-10pm, Sunday: 10am-5pm.*

## Pastor Mouser

continued on pg. 3

for the gift of unmerited grace and the coming of God's new creation." In the world outside, Mouser believes the most important issue facing the Presbyterian Church for rural and urban congregations alike is poverty.

"Poverty touches the entire community, not just those individuals living within the iron cage of poverty," said Rev. Mouser. "It is visible in hospital emergency rooms, absenteeism and high school graduation rates, falling wages and income, the prevalence of processed foods and a lack of fresh foods in grocery stores, drug and alcohol abuse, violence within the home and on the streets. It includes a decaying infrastructure, declining affordable and sub-standard housing, increasing debt, and the growing stratification of society into a small elite being served by a growing population of working and non-working poor. However, not only does poverty touch the entire community in these visible markers, but the unhealthy, broken social ties to each other in the community, and the lack of wellbeing becomes the antithesis of a sustainable and healthy community of peace."

"The challenge facing Christian congregations, particularly Presbyterian congregations in Rochester, is not how to attract new members, so buildings and vocation and a reformed theological community can be sustained, rather it is how

to end poverty and bring about a fulfillment of God's command to the exiled Hebrews to work for the peace of the City in which they reside because it is in that community's peace where their own peace will be made possible. We are as intrinsically connected to the community within which we reside as a faith community as we are to the air we breathe, the water we drink, the soil in which we plant houses and vegetables and flowers, and the sun and moon which we use to tell time and seasons. The health and well-being and wholeness of a congregation are directly dependent upon the health, well-being, and wholeness of the entire community. Ending poverty's existence is the challenge we face and we cannot do it alone, but only in collaboration with others who seek the same goal, whether they are faith communities or non-faith communities, such as government or corporations and all of this needs to happen in the local context."

Mouser believes there are measures a community can take to end poverty: "realize that local education, local food security, sovereignty and unfettered access to fresh foods, local health care, local meaningful work at living wages, and local affordable, standard housing, and local valuing of every person and their contribution to the community are all integrated and cannot be addressed through stand-alone

programs that seek to quantify results without considering the qualitative aspects of each program and whether each program will improve all of the other areas of community life. This is not simply my opinion, but is discussed at the Bread for the World website and other websites of people, corporations, and communities working to end poverty throughout the world."

"For the Calvary St. Andrews Presbyterian Parish, creating a future that is sustainable and involved in ending poverty is its current transitional challenge, since it has for years been working on many of these issues within the South Wedge, and is currently working on these issues in conjunction with other Presbyterian churches in Rochester and collaborating with community wide partners. As a congregation in transition between one long time permanent pastor and the next long time permanent pastor, Calvary St. Andrews will look to develop new leaders, new ways of serving the South Wedge and Rochester community, and envisioning a new identity, which will guide its understanding of who they are and who they will need to partner with them as a pastor, so they might live into the new sustainable future. God is leading them to embrace."

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SW Mission

continued from pg. 5

For several years, the couple lived a rigorously simple life.

"We practiced alternative economics," said Nickoloff. "We went to a lot of protests. Our dinners often came from a nearby Whole Foods Dumpster."

His road to a Divinity degree was paved by conversations with the shelter's homeless people who asked him 'why he didn't become a minister?'

"They said, 'We can't do this. Why aren't you doing it?'"

He began studies at Duke Divinity School, but even there he and Leah found a way to serve. They moved into a very poor neighborhood filled with drugs and gangs activity close to campus. Here the couple, with other committed Christians, opened their door to their neighbors. "Kids started to come over. We started a garden. We tutored a family of Liberian refugees."

Nickoloff earned a M.A. in

Divinity in a Lutheran Southern Seminary in Columbia, Carolina, in 2011, worked in local Lutheran churches and taught Bible Studies.

While waiting to receive his own parish, he moved back to Colorado and worked at the House for All Sinners and Saints, a progressive parish that describes itself as "a liturgical, Christo-centric, social justice-oriented, queer-inclusive, incarnational, contemplative, irreverent, ancient/future church with a progressive but deeply rooted theological imagination."

With his first assignment to Peace Lutheran in Rochester, Nickoloff hopes to build "an inclusive religious church" similar to the one he loved in Colorado.

It may not be as easy as it looks. Despite the progressive warm and fuzzy South Wedge vibe, Nickoloff said he's been struck by a disconnect. Often community seems more theory than practice.

"I see people who want to

be kept in a safe place. Most desire to know God, that God is interested in their lives. But, many [residents] feel isolated. They don't know their neighbors. They stay in their homes. Or watch Netflix at Equal=Grounds. Or they're getting drunk together. They've been sold a raw deal [about] what the Church is, who Jesus is."

"We say at the beginning of each worship service, each liturgy, liturgy means 'work of the people,' and tonight, we're going to put each other to work. We strive for maximum participation and minimum passivity in worship. We want to be a community of producers, not consumers. Of makers, not just takers. We'd rather something be done by us, than it be done perfectly."

His literature studies at Princeton continue to infuse the way he communicates his faith. "A sermon is a proclamation and [can also] be a work of art," Nickoloff said. "What I want to do is take the healing truth in the theology and create language around it that can help people. St. Paul was a flaming asshole with women, but God still used him, his conversation. He lived in a different culture. We want St. Paul to look more like us, more progressive."

His views are visible on the mission's website: "We're a bunch of sinners tinkering with what it means to bake a neighborhood church from scratch in the South Wedge... The liturgy - 'work of the people' centered on Word and Sacrament - is at the heart of our participatory rhythm of life together."

"We want to be a place where folks at any point in their spiritual journey (or lack thereof) can find a safety and opportunity to ask tough questions, to wrestle with doubts and ideas, to find healing and to help each other and us discover the God that appears when we have been exiled and kicked out of the houses of other versions of God. It's for those of us who are broken, sinners, losers, failures, rejects - even if these feelings are only inward. So many of us are religiously homeless in this age, and while I wholeheartedly welcome the revolution in openness and spirituality, I think that "religion" can be a gift. But only when it is seen as a vehicle, a tool, a servant, to relationship with God and neighbor. When engaged

with commitment, the limitations, the language, and even the submission to a particular tradition can be extremely liberating - like taking on a teacher from Eastman to learn to play trumpet. It's hard not to just make it up all by ourselves - but I like to think so much more can be unlocked when we learn to transcend limits, rather than just reject them."

"If you ask if someone is 'spiritual,' I doubt very many people will say no," said Nickoloff. "But in practice, what most of us think of as spirituality is really the same old time-honored tradition of making God in our own image. We tend to mistake inspiration or stimulation for spirituality. And then it becomes another vehicle for the ego. The kind of thing that enables us to say stuff like, 'I don't try to judge anyone, but if you're close-minded, I won't listen to you,' which sounds nice, but is, in fact, a judgment and a close-mindedness to anyone who is close-minded!"

"Instead, I want for myself and for others to offer and pursue a rich spirituality that is rooted in communal practices, in transcendent sacramental worship, regular communal meditation and prayer, and that cares more about truth than about comfort, justice more than profit, and love more than happiness," Nickoloff added.

When he describes his ideal congregation, the list would be long and inclusive: "folks deeply committed to radical action in faith, to active non-violence, urban gardening, GLBTQ advocacy and inclusivity, support for immigrants, opposition to violence against women and children, anti-racism and pro-integration, standing not just as benefactors, but as companions to and in community with the margin-

alized."

Right now Nickoloff, his wife Leah and children Matthias, three-months, and Abigail, 4, are settling into the South Wedge.

Along with services, Rev. Nickoloff wants to open the building to the community for art shows and other events. Already "Mama Goose on the Loose" holds children's music classes at the church.

"We want folks who have no freakin' clue what they believe in, but are willing to give one particular tradition a try (which doesn't mean excluding others); who are willing to commit and do some work to see what it might look like to actually live the spiritual life. And we want to be working and creating and active. Call it the polls of 'action and contemplation' if you will."

The South Wedge Mission will be collaborating with "Lots of Food," a permaculture group founded by Patty Love. The group goal is to create public spaces where edible food can be grown and shared. The garden is planned for the open space on Caroline Street next to the Church.

"I'm hoping the space will also become some kind of contemplative prayer space, a labyrinth, and garden that folks of any spiritual background can use when they like," said Nickoloff.

To learn more about the South Wedge Mission, check out their website at southwedgemission.org. and visit them on Facebook.

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