

Mark Your Calendar! South Wedge Farmers Market Opens on June 12

by Sue Gardner Smith

The 2014 South Wedge Farmers' Market opens this year on June 12, once again bringing the finest local food to our part of the City.

You'll find it's the best place to spend Thursday afternoon in

Rochester will be in the shade of the big trees behind Boulder Coffee at Alexander Street and South Clinton Avenue. Farmers and vendors will bring fruits, vegetables, meats, eggs, baked goods, flowers,

and much more each Thursday from 4 p.m. to 7 p.m. through October 16.

The Market is all local and all delicious! Enjoy live music, activities for kids and community groups sharing information.

We are seeking sponsors; if interested in being a part of the market, please e-mail info@swfm.org.

The South Wedge Farmers Market is a project of the South Wedge Planning Committee.

Follow us on Facebook and sign up for weekly newsletters during market season at www.swfm.org.



A HUGE Thank You to the Sponsors & Donors who Made "City Love" Such a Big Success! Photos on pg. 8

Who knew doing good could be so much fun! Over 100 Rochesterians joined in a night of City Love on March 21 at the Academy of Medicine. They talked, made new friends, networked, bid on fabulous items in a City Love Silent Auction. Throughout the evening, they danced to the music of the Bill Tiberio Trio, enjoyed delicious food and drink and raised funds for three not for profit community-building organizations: the South Wedge Planning Committee, the South East Area Coalition and RochesterCares, LLC.

A special thanks to our Sponsors who helped to fund the event: Highland Hospital, A3 Design, Excellus BC/BS, Scale 2 Display, the Bill Tiberio Band, Al Sigl Community of Agencies, Realtors Charitable Foundation, RG&E, ABVI Goodwill, Merrill Lynch/Prudential, Cheesy Eddie's, Baker Street Bakery, Hedonist Artisan Chocolates, Merchants Grill, A Healthy Bit and Dave Lewis Photography.

Many thanks also to the auction donors who made the Silent Auction such a great success. These included:

Abundance Coop, ABVI Goodwill Blue, Al Sigl Community of Agencies, Arnold Park Salon on Park Avenue, Eileen Thomas, Career Coach Terri Zbick, Craft Company #6, Culver Armory, A Different Point of View, Eazy Work Personal Fitness, The Gem Lab, GEVA Theatre, Green Spring Cleaning, Hair Zoo, Hedonist Artisan

Chocolates, House of Bacchus, Joe Bean Roasters, Little Green Apple Jewelry, Nathaniel's Pub, Owl House Restaurant, Panache Consignment Boutique, Parkleigh Pharmacy, Photographer Stephen Baldwin, Positive Prints, Marshall Street Grill, Mary Kay Skincare, Massage Therapist Dianne Hibbard, Memorial Art Gallery, Neighborhood of the Arts, NY Wine & Culinary Center, Rochester Brainery, Rochester Nighthawks, Starry Nights Café, Stephen Burgart, DDS, Tea-Licious Trendz, Trata Restaurant, Universal Liquors, Zeppa Bistro, Ziebardt.

Finally, thank you to all City Love volunteers: Eileen Thomas, Rick Mooney, Lizzy Huberlie, Nancy O'Donnell, Julie Beckley, Mary Beth Brockman, Matt Wagstaff, Robert Mboyne, Amy Robbins and Mary Lou Lunt and the many other behind the scene helpers.

Inside:

- Smugtown Mushrooms
- Abode Opens in Wedge
- SWPC's Traffic Calming
- Dr. Puran's Kid's Corner
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- Nathaniel Mich's "Talking with My Mouth Full" visits Beale Street Cafe
- Saying a Sad Goodbye to Ronnie Bennington & Mark Sandler
- DVC's Shakespeare-palooza-rama
- SWPC's Traffic Calming Efforts Pay Off
- Frederick Douglass Home Explores Bigger Profile



Peter Cottontail hides behind a bevy of beautiful tulips at the Artful Gardener on Mt. Hope Avenue.

SWPC Donates Funds for Mount Hope Cemetery Reforestation

by Nancy O'Donnell

The South Wedge Planning Committee recently joined in a citywide campaign by donating \$200 towards Mount Hope Cemetery reforestation efforts.

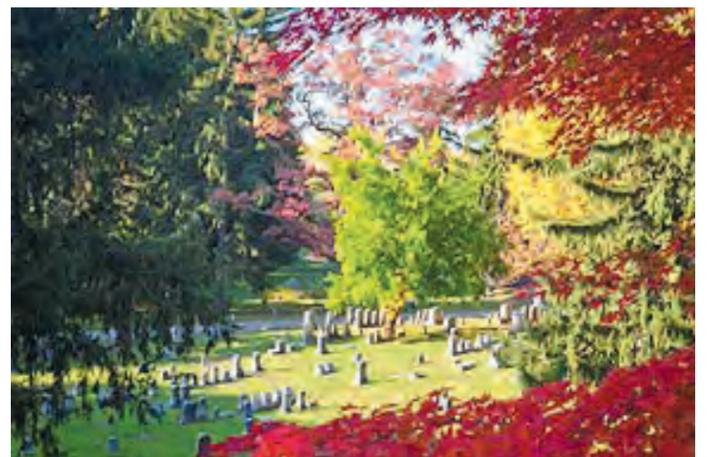
The historic cemetery has provided visitors with a majestic natural landscape of trees for 175 years. According to the City of Rochester website, early planners disturbed only a small portion of the existing forest when the cemetery was created. Over the years additional plantings added to the forest. One of the earliest donors was the Ellwanger and Barry Nursery. Time and weather have weakened aging trees and now many require replacement.

Reforest Mount Hope was created with a goal of \$70,000 to replenish the trees in the cemetery.

A donation, no matter how large or small, will help in preservation efforts. Donations can be sent online using a credit card. Donations via mail should complete a Reforest Mount Hope donation form and mail along with a check made payable "City Treasurer, Reforest Mount Hope" addressing the envelope to the campaign at 1133 Mount Hope Avenue, Rochester, New York 14620.

Contributors may donate on a variety of levels: from the Mount Hope Steward (\$10- \$99) to the Anthony & Douglass Society (\$1,000 and up). Donations are tax-deductible as allowable by law.

For more information and to download the donation form, visit the City of Rochester Reforest Mt. Hope website.



Home Repair Grants Available for South East Area

The South Wedge Planning Committee has a very limited number of exterior repair grants available for homeowners who live in south east Rochester (Sectors 6, 7 and 8). Most of the funds come from the City of Rochester's Owner-Occupied Repair Program and are available only to income-qualified owners who live in the house that needs repairs. Additional assistance may be available through a grant from the Affordable Housing Corporation. Call 256-1740, ext. 103 for more information.

Letter to the Editor

Don't Pave Paradise & Put up a Parking Lot!

After attending a recent City ZBA (Zoning Board of Appeals) meeting, I believe it's time to re-establish the Upper Mount Hope's neighborhood zoning plan. The time is now for neighborhood stake holders to get together and work on solutions to solve the zoning problems we are seeing in our neighborhood and surrounding ones. An example of such a problem follows:

A neighbor calls the city to complain about an owner replacing rear yard green space with stone/asphalt to make a parking lot. The City then sends out an inspector who issues a notice telling the owner to get a zoning variance. Next a zoning variance is filed and hearing is set with the Zoning Board of Appeals (ZBA). The ZBA reviews numerous letter of opposition from the neighborhood including in-person testimonies. It then grants approval with lesser relief (usually removing 5-15% of the lot and replacing with grass or other plantings). The final results: neighbors' complaints go unresolved and quality of life for the neighborhood diminishes.

I feel strongly that we need to change City Zoning, and our neighborhood has come up with some ideas I think would help reduce the problem of boarding houses replacing single family homes in our area. We suggest the City should 1.) reduce the number of unrelated occupants from four to three like the Town of Henrietta code. This reduces the ability of owners who claim they can't do without a parking lot in their yard.

2.) Make it so that the applicants have a related vs. unrelated

environment as a condition for granting a Certificate of Occupancy. Currently this is unrelated and as such the "get rich quick" investors who flood neighborhoods in search of properties. Now they would have to have one lease as opposed to four which would make it more difficult to issue of C of O, essentially putting the squeeze on boarding houses.

We would need feedback from realtors, owner-occupied individuals, those who lease, business groups, landlords and investors. We would like to update the zoning based on this feedback. A property owner should have the right to do as they please with their property as long as it does not violate city code. It's true however there are other neighborhood codes which place restrictions on what you can and can't do to a property and this is done exclusively to preserve the quality of the neighborhood. This goes above and beyond city code. Corn Hill has a unique feature to limit parking, for example, that sets it apart from other neighborhoods.

We really need to get neighborhood associations together to define what our expectation are in our neighborhoods. Otherwise these zoning problems will continue to escalate without end and so many neighborhoods in Rochester will continue to suffer or see an exodus of those who do not want to deal with the issues related to boarding houses.

**Daniel J. Hurley, President
Upper Mount Hope
Neighborhood Association**

The South Wedge Planning Committee, Inc.

April/May 2014 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., 4/15, 5/20, 6 p.m.

Community Engagement
(Neighbors & Block Clubs)

amaroselli@swpc.org
Wed. 4/30 & 5/28, 6:30 p.m.

Finance Team

tsciarabba@hotmail.com
Wed. 4/9 & 5/14, 12:30 p.m.

Housing & Structures

tomkiciorjr@gmail.com
Meets every other month
Wed., 4/2, 5/7, 5:30 p.m.
E-mail to confirm.

SW Victory Garden

felann@frontiernet.net
E-mail for dates and times.

SWPC Wants You!

The South Wedge Planning Committee (SWPC) invites you to join with this dynamic nonprofit organization in making a difference in southeast Rochester. Join the board of directors or serve on a committee. We have lots of ways you can help.

Founded in 1978, SWPC acts as a conduit for federal or state repair grants to help keep people in their aging homes. It aided the development of the very vibrant South Avenue business corridor and works in a myriad of ways to build community through its South Wedge Farmers Market, Victory Gardens and *The Wedge Newspaper*.

Your time, talent and passion can help us in continuing SWPC's work. If interested, please call the SWPC office at 256-1740 or e-mail jpage@swpc.org.

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The Wedge Newspaper

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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. 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

May 20

Call 256-1740, ext. 105 or 978-9638 for rates.

Somewhere in the Wedge (in March!)



Subscribe to The Wedge!

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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by Nancy O'Donnell



Lizzy Huberlie (Photo by Nancy O'Donnell)

The South Wedge Planning Committee welcomed Lizzy Huberlie to the SWPC family in March, and she hit the ground running. Along with conducting interviews with applicants for home repairs, she held multiple roles in making the recent City Love event a huge success.

"I love the South Wedge. It's a lively place, with a great neighborhood feel. My car broke down here, and four people came to help me. It's gone through a big transition. More young people are moving in, it's very diverse. You'll find college students living next to people who have lived here 40 years."

Huberlie was born in Rochester and lived in Pittsford until she was nine. In 1999, her family moved

to Southern New Hampshire. "I loved the small town feel. There was no real commercial district; it had building restrictions, but there were two farmers' markets," said Huberlie.

During high school, she worked on the Obama campaign, and at 17 years, she became the Youth Coordinator for the entire state of New Hampshire. "In New Hampshire you can meet every presidential candidate, which was pretty cool."

In exploring colleges, Huberlie was looking for an open curriculum and found it at the University of Rochester. She graduated last year with a multiple degree of anthropology, psychology and American Sign Language. "I studied cultural anthropology, but on the micro level," Huberlie explained. "My focus was on technology use within the Deaf Community, but I also looked at death rituals on the internet, examining how online communities create death rituals."

While Huberlie says she loves anthropology, she's unsure of what the next step is. She is considering graduate school for applied anthropology.

Right now Huberlie lives at her parents' lake side home in Canandaigua, but she spends the

majority of her time in the South Wedge. She can be spotted most frequently at Boulder Coffee and Hedonist Chocolate.

She's already become a regular at John's Tex Mex, and a frequent visitor to Equal=Grounds especially now that it has an exhibit of artist Tim Mack's work. "I collect him. I have about 10-15 pieces now. I love how they're so whimsical."

In the coming months, Huberlie will aid SWPC in administering the City of Rochester's Voice of the City grant that is slated for neighborhood traffic calming efforts, proofread the *Wedge* and she'll work with Sue Gardner Smith, manager of the South Wedge Farmers Market. Even here her cultural anthropology background will be useful. "I'm thinking of ways of using it during the upcoming Farmer Market season. I am hoping that by understanding the cultural needs and practices of the South Wedge, we can make changes that will make the market even more successful."

Lots of Food Slated for South Wedge Mission

Seeking Common Ground, Inc. is working in partnership with the South Wedge Mission to plant a public food forest on the mission's lot. If you would like to volunteer to help with this project or others, please contact: Program Director, Patty Love, at 585.506.6505 or info@lotsoffood.org. The Lots of Food's mission reads: "Empowers and creates communities of welcoming people to joyfully grow abundant, regenerative, perennial local food systems that heal our land spaces while inspiring hope for social change and sharing pride in re-creating Rochester as The Edible Flower City." Our vision is to grow "Lots of Food" into a community-wide project where we share in the responsibility to create well-being for our planet and for all folks in and around Rochester. We joyfully work together to plant and create free access to abundant, healthy, local, ecologically grown food for every member of our community; share and develop personal knowledge and skills; create a resilient local economy; sow the seeds of food justice; and regenerate the land, water, and air spaces we steward. You can find more information at www.lotsoffood.org and www.facebook.com/lotsoffoodrochester.

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Patty Love, MALS, PDC 585.506.6505

Nativity Fund raiser

Nativity Preparatory Academy's third annual "Nativity In Bloom" Cocktail Party Fundraiser will be held on Saturday, April 26, 2014 at 15 Whalin Street. Tickets \$75.

Funds raised will support the Academy's programs and projects. Nativity Preparatory Academy is a Roman Catholic middle school designed for highly self-motivated, economically disadvantaged students whose potential for academic success has been compromised by negative social and economic factors affecting them and their families. For more information, call 271-1630.

Free Store Hours

The Rochester Free Store is open on Wednesdays 10:30 a.m.-12 p.m. and 4:30-6 p.m. for donation drop-off. The store is open the first and third Saturday each month from 3:30-5 p.m. For more info, call 353-9882.

National Crime Victims' Rights Week

Join in the commemorative week for crime victims and those who serve them at the Annual Walk for Crime Victims Rights on April 12, 9:30 a.m. The walk begins at the Crime Victims' Resource Center at 244 Plymouth Avenue and ends at the Crime Victims' Memorial in Highland Park. Transportation back to Plymouth Ave. will be available. For info, visit www.4victims.org.

Free Garden Talk

Learn about Rochester's Horticultural History, April 16, 6:30-7:30 p.m. Cornell Cooperative Extension offices at 249 Highland Avenue.

Colgate Divinity School Spring Lecture Series

The lecture series includes an exciting line up of speakers: Tues., April 22: Lecture on LGBT issues by Dr. Barbara Lundblad Wed., April 23: Nonviolent

Communication - J.C. Wynn Lecture in collaboration with the MK Gandhi Center for Nonviolence Thurs., April 24: African American Legacy lecture by Dr. Rev. Jeremiah Wright, Jr.

Thurs., April 24 & Friday, April 25: Stuber lecture with keynote speaker Jean Zaru (Guest panelists: Rabbi Brian Walt, Dr. Laura Donaldson and Dr. Rev. Jeremiah Wright).

University of Rochester Farmers' Market

The Highland Park Market Farmers Market has moved its location to the University of Rochester Medical Center Campus Flaum Atrium at 601 Elmwood Avenue on Wednesdays 3 p.m.- 6 p.m. Vendors sell a wide variety of products from veggies to wine to soaps. Entrance is near the School of Medicine and Dentistry Entrance. Free 30 minute parking available in the School of Medicine & Dentistry lot.

Highland Library Adult ESOL Classes

Learn English on Wednesdays. South Avenue. For more information, call Karrie Bordeau, Adult Services Librarian, Highland Branch Library, 971 South Ave., 428-8206

Highland Library Adult Book Group

Discuss a new book every month with other book lovers. Copies of the book will be available at the Circulation Desk. Registration is required. To register, please call Highland Branch Library at (585) 428-8206 or stop in at our Information Desk.

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1048 Lounge Opens on S. Clinton Avenue



David Reese (Photo by Daniel Witkowski)

by Nancy O'Donnell

Hair stylist David Reese, a long-time figure at South Wedge's Glovers Barber Shop, recently opened a hot new barbershop in Swillburg.

"It was big step to open my own shop," said Reese. "I always felt like my clients are my friends. I daydreamed for many years that I would be able to create a place where I could offer great haircutting services for men and women in a fun atmosphere, a place where people from different

cultures, genders and walks of life could network and make new friends."

Reese has been building a reputation for some time. In October 2012, he received national recognition for "employee of the month" in *Esquire Magazine*. A former Gregory Street resident Libby Sile nominated Reese then at Glovers Barber Shop for the magazine's special issue about employees known for their "extraordinary work."

Reese is excited to join the resurgence of businesses in Swillburg.

"I am looking forward to becoming a part of the community that is known for its friendliness, diversity and culture of convenience. There are many great places to eat and even a movie theatre within walking distance."

You can find 1048 Barber Lounge on Facebook. Or better yet stop by Reese's new digs at 1048 South Clinton Avenue (corner of Beaufort Street) or call for 205-8536.



(l-r) Jesse McCarthy, Ron Schutt, NYS Assemblyman Harry Bronson, and Dan McCarthy

South Wedge's PrintRoc is a Family Affair

by Lauren Corridori

PrintRoc, Inc., printing company on South Avenue, is unique in a family way that is going to become more common. Two of the partners are husbands and the third partner is the eldest of their grown sons. Dan McCarthy, Ron Schutt and their son, Jesse McCarthy, team up to make a strong management team. All three have diverse past experiences that combined make them perfect for this business.

PrintRoc offers 50% of their employees' health care benefits even though with a business this size, nothing is required. All of the owners agree how important healthcare is to every family, and they feel as if the employees are part of their family.

The long-time South Wedge business offers walk-in printing services and paper products, on top of being a premier mid-sized corporate commercial printer. Their motto is: if they don't have it, they can get it. The family even adjusted their retail hours to meet the demand of the public: 7 a.m. to 7 p.m., Monday-Friday. Weekend hours are by appointment.

"Our goal is to produce awesome work at an affordable price and to help strengthen small business and our community," said company president Ron Schutt. PrintRoc stands out because of the wide variety of products that they produce from catalogs to banners, from boxes to wedding invitations, and as Jesse McCarthy says: "You name it - we either do it, or can get it done- at a price that won't break the bank."

Printing runs in Schutt's family; his grandmother, Helen Beswick, was a printer for Jell-O and

General Foods in LeRoy, NY. Ron moved to Rochester in the early 1980's to work in a very successful quick print shop called Print It! on the corner of Main and Scio streets. The shop was owned and operated by former Monroe County Clerk Margaret DeFrancisco. Schutt still credits much of his "customers come first" attitude to his time there working on accounts such as Congresswoman Louise Slaughter's early campaigns in Upstate New York.

Before moving to Rochester, Schutt worked in the small town of Mt. Morris as a department head at Hilltop Industries, which is a workshop for developmentally disabled adults.

"Working with the Livingston/Wyoming ARC changed my life," he said. "It taught me to respect my employees and to learn from even the smallest of voices."

"I fondly remember Prudy, a girl with Down Syndrome. She wanted to be in my department, Printing and Graphics, so badly. But it was a requirement, from case management that she be able to count to one hundred. She would come during her lunch break and work with her boyfriend banding folded products into 100's. Because she wasn't able to count to one hundred, her boyfriend would carefully count and hand them to her for rubber banding. One day, I noticed that he had hurt his hand, and she was counting the pieces into ten then putting them in stacks in front of him. I showed her that she could count the stacks into ten and band them into one hundred. Her case manager had to see this! She watched the pair for twenty minutes and turned to me and asked how I would feel about having Prudy move to my department. She had been working for several years in the food processing department and longed for change.

She was so ecstatic she cried, "No more potatoes!" Schutt said he learned from this experience that employees need to be heard and they can only be strong if you open your eyes to their strengths and give them the tools they need to succeed.

That management style and attention to customers, employees, and the community brought Schutt to his position at Pinnacle Printers, Inc. as Production and Plant Manager. Pinnacle went through many changes in the 24 years that Ron managed there before he, Dan, and Jesse bought and re-named the business last February. In 2008, Ron started working on the deal to buy the company. The former owner,

Paul Usdane, wanted to spend more time caring for and volunteering in the Jewish community and less time dealing with a small business. He was quite instrumental in helping Ron and Dan get into the position for taking the helm.

Dan McCarthy spent 38 years in the field of Education. He's been a Boy Scout leader, member of the PTA, member & past President of Rotary and Principal of Manor Elementary School in Honeoye Falls. He met Schutt the old fashioned way: in a bar. He said it wasn't "love at first sight," but it didn't take long for the two of them to know they had a future together. Both had exes that were nurses, both had two children and both had a strong desire to make their part of the world into a great place to be.

With academic degrees from Rutgers, Fairfield, and Columbia University and work experience in New Jersey and Vermont, McCarthy moved to the Rochester area in 1985, shortly after his two sons were born. He lived in Pittsford so they would have a stable home life and good education. His job at Honeoye Falls School District was appealing to him, due to the fact that the community was so involved and regularly trying to improve education there. And they did. Under McCarthy's watch, the district improved not only test scores, but their services to children with special needs and the community arts programs. His involvement as Scoutmaster with Boy Scouts of America introduced him to people that have forever affected his life's decisions. Many of his scouts reached the prestigious level of Eagle Scout, including his two sons.

Dan McCarthy is now retired from the school district. At PrintRoc he oversees purchasing and looks for connections to help improve business. He is on the Board of Directors of the Rochester Gay Men's Chorus and is a member of Business Association of the South Wedge Area.

The younger McCarthy, Jesse, has been changing the face of PrintRoc. He attended SUNY Fredonia and continued on to graduate from St. John Fisher with a degree in Business. From there he went on to work for Verizon, Paychex, Manning and Napier, the Henrietta Chamber of Commerce, and eventually became the Executive Director of the Monroe County Fairgrounds and Expo Center.

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South Wedge Auto Sales to Open on Mt. Hope Ave.

South Wedge Auto Sales opens at the corner of Mt. Hope and Averill Avenue in June.

Owners Vance Hagan and Wade Clair are rehabbing the building inside and out. This is the

second car dealership for the pair. South Avenue Auto will remain in business buying and selling cars.

Hagan said he plans to transfer some employees from the South Avenue location and hire others to remain there. He also plans a new hire to do "doll up" on the cars.

Build A Bike Aids Nativity Prep Academy

Over 100 Doyle Security Systems employees participated in "Build A Bike," a motivational team building activity at their recent annual meeting in February. The 30 bikes built were donated to Nativity Preparatory Academy students.

The Academy is an independent Catholic middle school designed to

prepare motivated, economically disadvantaged inner-city Rochester to be successful at local college-prep high schools and continue on to higher education.

Doyle Security is a leader in the security system services and provides services to more than 30,000 residential and commercial customers in New York and Pennsylvania.

To learn more, call 271-1630.

Learn more about Studio 34 Creative Arts Center

Owner Marilynne Lipshutz has called the South Wedge home for 30 years. A retired psychotherapist and nurse, Marilynne and partner Eileen, are parents to Andrew, a mechanical engineer working in Sumatra

The Center is home to the collective creativity of 29 local faculty and visiting artists from around the world, the studio provides working space and classes for beginners through

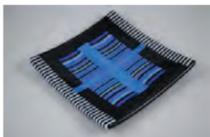
master level. Workshops include metalsmith, flame work, stained glass, fusion, kiln casting, powder metallurgy (PMC), wire techniques, jewelry design, chain maille, business and marketing for artists, digital photography, mosaic and resin. It also provides community studios, mentoring, independent study by professional artists and educators.

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South Wedgians Plan Mushroom Gardens

by Nancy O'Donnell

Some South Wedge residents will be adding a fungus among us come spring after taking an informative beginners class at Smugtown Mushrooms.

Along with teaching the do's and don'ts of growing mushrooms and "inoculating" logs with spores, founder Olga Tzogas threw in a steaming bowl of scrumptious mushroom soup.

After the lecture, Tzogas took the class on a tour of an adjacent misty room which contains all manner of mushrooms blooming from straw-filled plastic bags.

Tzogas studied biology at MCC and spent years foraging before becoming a mushroom cultivator. She started her retail mushroom empire 2 ½ years ago but only opened it the public more recently. Currently, she sells mushrooms to markets and restaurants and holds classes to teach others how to cultivate both medicinal and edible mushrooms.

Classes planned for April



Colin Coffey, Renewing Massage readies a log for mushrooms

include log inoculation on April 6, a mushroom soap making class on April 12 and a Free Mushroom 101 class on April 27. For more info, visit smugtownmushrooms.com or call 690.1926 or visit 127 Railroad Street.



Lynn Lubecki, RCN Executive Director/CEO (sixth from the right) and Congresswoman Louise Slaughter joins Child Care candidates

RCN Nets \$185K Federal Grant To Aid Refugee Child Care Providers

by Stephanie Buchbinder

Rochester Childfirst Network (RCN) recently received a \$185,000 grant from the U.S. State Department Office of Refugee Resettlement in partnership with Rochester Rehabilitation and Community Place. On February 18, Congresswoman Louise Slaughter and the collaborative met to announce the candidates selected to participate in this new federally funded program. The program assists refugee women and men in opening their own

small businesses as licensed and registered family child care providers, making it possible for up to 36 new businesses to be created. In turn this will enable the 36 new providers and up to 576 adults (2 parents per child) to enter the job market and become financially self-sufficient.

Each participant will receive 150 hours of specialized education, technical business assistance and up to \$2,000 in program start-up supplies and materials. This training and assistance will help

them to meet NYS regulations for operating a family child care business and become successful small business owners.

"We are proud to be part of an innovative collaboration that provides new opportunities for people to build a small business while learning essential skills of how to provide quality care to our littlest ones," said RCN Executive Director and CEO, Lynn M. Lubecki.

RCN is a not for profit agency dedicated to advancing the quality of early education and care in Western New York through leadership, advocacy and innovative direct services to children. The third oldest child care center in the United States—it was founded in 1897—RCN has evolved with the changing needs of society and children into a highly regarded nonprofit early childhood agency, exemplifying excellence, innovation and putting children first.

Today, RCN continues as a leader in early education, child care, community outreach and national advocacy for children and their caregivers. As our founders

continued on pg. 12



(l-r) Dr. David Anderson, Derrick Thomas and Sherri Dukes (Photo by Nancy O'Donnell)

Owner Plans Higher Profile for Frederick Douglass' South Wedge Home

by Nancy O'Donnell

Eleven years after Sherri Dukes received a visit from a local historian who told her that famed abolitionist Frederick Douglass once owned her Hamilton Street home, she and family members are exploring ways to give the historic home a higher profile.

"History was made with the election of Lovely Warren," said Dukes, explaining an increased energy in getting her home greater recognition. "This is a historical place, so I called a family gathering to discuss what's the next step."

In February, Dukes held an open house that was part brainstorming session and part family reunion with a kitchen brimming with comfort food and high spirits.

Invited guests included Nazareth College Visiting Scholar and head of City's Freedom Trail Commission David Anderson Ph.D., Angelica Blake from NYS Senator Joe Robach's office along with a house full of family members from the Duke, Moultrie, Lesure and Johnston families.

Dr. Anderson led the discussion, outlining the horrific stories of slavery and the Civil War, John Brown and Dred Scott and noted the inspiration found in Douglass's life. Most important was how to raise the profile of a landmark that is privately owned and inhabited by the Dukes Family.

Dukes learned about her family

home's significance after Friends of Mount Hope Cemetery trustee Jean Czerkas paid a visit. Czerkas had been studying cemetery records and found that Nathan Sprague, husband of Rosetta Douglass

Sprague, who was the daughter of Douglass, had purchased a tombstone for their young daughter Anna. The payment receipt listed a Hamilton Street address. She learned that Douglass had owned the house where his daughter's family lived.

Douglass spent 25 years in Rochester. During that time he published the anti-slavery journal, *The North Star*. He was listed as a "boarder" in 1873 and 1874 at 271 Hamilton Street. He eventually remarried and moved to Washington, D.C. His house there, Cedar Hill, is now a National Historic Landmark. Douglass' original South Avenue home had burned to the ground in a suspected arson in 1872. School #12 is on the site today.

Dukes had an inkling that the house she and late husband Lee bought in 1973 was special after

her late husband confided that he'd seen the ghost of a tall black man, with gray hair and beard pouring over papers at a desk in their bedroom. Dukes herself said she'd felt a faint little tap, tap of a small child's hand on the bed on some nights that she had chalked up as just a dream.

Douglass's sentiment about life in the South Wedge was quoted in an article about Dukes by AP reporter Ben Dobbin in 2005: "I shall always feel more at home [in the South Wedge] than anywhere in the world," writes Douglass.

The modest Hamilton Street home is today covered with pale turquoise-colored siding. Inside an original marble fireplace remains. In the back of the house, wooden doors lead down to the basement where the family likes to believe escaping slaves took refuge on their journey on the Underground

Railroad.

In 2010, the City Planning Commission designated the home a historic landmark and promised a bronze plaque that has not yet arrived.

The Dukes family must now decide what's best for the family and for the historical figure who they believe deserves a museum in Rochester.

"I envision the outside changed down to the wood and a beautiful plaque that says it is Douglass's house," said Dukes.

Dukes would like to host small school groups who would hear the story of a South Wedge giant whose impact is still felt worldwide.

For more information, email lewandadukes@yahoo.com.



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Kid's Corner--Get Smart About Antibiotics

by Alexie Cruz Puran, MD

The Institute of Medicine has identified antibiotic resistance as one of the key microbial threats to health in the United States. The number of bacteria resistant to antibiotics has increased in the last decade. Many bacterial infections are becoming resistant to the most commonly prescribed antibiotic treatments.

Alexander Fleming discovered the first antibiotic, penicillin, in 1927. With the success of penicillin, the race to produce other antibiotics began. Today, pediatricians and other doctors can choose from dozens of antibiotics now on the market, and they are being prescribed in very high numbers. At least 150 million antibiotic prescriptions are written in the United States each year, many of them for children.

Every time a person takes antibiotics, sensitive bacteria are killed, but resistant germs may be left to grow and multiply. Repeated and improper uses of antibiotics are primary causes of the increase in drug-resistant bacteria.

Misuse of antibiotics jeopardizes the usefulness of essential drugs. Decreasing inappropriate antibiotic use is the best way to control resistance. Children are of particular concern because they have the highest rates of antibiotic use.

Antibiotic resistance can cause significant danger and suffering for people who have common infections that once were easily treatable with antibiotics. When antibiotics fail to work, the consequences are longer-lasting illnesses, more doctor visits or extended hospital stays, and the need for more expensive and toxic medications. Some resistant infections can even cause death.

Here's How to Avoid Antibiotic-Resistant Infections

While antibiotics should be used to treat bacterial infections, they are not effective against viral infections like colds or the flu; most coughs and bronchitis; sore throats not caused by strep; or



runny noses. Taking antibiotics for viral infections will not cure the infections, keep other individuals from catching the illness or help you feel better.

Here are some useful tips to remember:

- Talk with your healthcare provider about antibiotic resistance: Ask whether an antibiotic is likely to be beneficial for your illness and ask what else you can do to feel better sooner.

- Do not take an antibiotic for a viral infection like a cold or the flu.

- Do not save some of your antibiotic for the next time you get sick. Discard any leftover medication once you have completed your prescribed course of treatment.

- Take an antibiotic exactly as the healthcare provider tells you. Do not skip doses. Complete the prescribed course of treatment even if you are feeling better. If treatment stops too soon, some bacteria may survive and re-infect.

- Do not take antibiotics prescribed for someone else. The antibiotic may not be appropriate for your illness. Taking the wrong medicine may delay correct treatment and allow bacteria to multiply.

- If your healthcare provider determines that you do not have a bacterial infection, ask about ways to help relieve your symptoms. Do not pressure your provider to prescribe an antibiotic.

How to Feel Better

Children and adults with viral infections, which antibiotics cannot treat, usually recover when the illness has run its course. Even

though antibiotics will not treat your infection caused by a virus, there are certain things you can do to feel better.

For upper respiratory infections, such as sore throats, ear infections, sinus infections, colds, and bronchitis, try the following: get plenty of rest, drink plenty of fluids, use a clean humidifier or a cool mist vaporizer, avoid smoking, second-hand smoke, and other pollutants (airborne chemicals or irritants), take acetaminophen or ibuprofen to relieve pain or fever.

Over-the-counter pain relievers, decongestants and saline nasal sprays may help relieve some symptoms.

Over-the-counter medicines may help relieve symptoms such as runny nose, congestion, fever and aches, but they do not shorten the length of time your child is sick.

Remember, always use over-the-counter products as directed. Many over-the-counter products are not recommended for children younger than certain ages. Overuse and misuse of over the counter cough and cold medicines in young children can result in serious and potentially life-threatening side effects.

For babies 6 months of age or younger, parents should only give acetaminophen for pain relief. For a child 6 months of age or older, either acetaminophen or ibuprofen can be given for pain relief. Be sure to ask your child's healthcare provider for the right dosage for your child's age and size.

Cough and cold symptoms usually go away without treatment after a certain amount of time. Over-the-counter cough and cold medicines will not cure the common cold, but may give some temporary relief of symptoms. Parents should consult their child's healthcare provider if they have any concerns or questions about giving their child a medication.



Alas Poor Yorick (l-t) Claire Janezic and Calisa Gayle (Photo by Annette Dragon)

Dream/Visualize/Create's Shakespeare-apalooza-rama Rocks MUCCC

by Mario Savastano

Dream/Visualize/Create's (DVC) Shakespeare-apalooza-rama!, performed at the Multi-use Community Cultural Center (MUCCC) in early March, gave audiences a unique spin on some of The Bard's most popular works. Using projection, comic book art, zillions of props and gallons of blood (!), the Wilson High School students, college students, and local actors of DVC delivered a show to remember!

DVC will also be a part of two exciting events in April. The cast of last summer's original musical *More Than This* will be performing

"Carousel" by Vanessa Carlton at TheatreROCS Saturday, April 19, 8 p.m. at Kodak Center for Performing Arts. Info at: www.theatrerocs.org

DVC will perform their monologues from Shakespeare-apalooza-rama! for Shakespeare's 450th birthday bash at MuCCC Wednesday, April 23 at 7:30 pm at MuCCC. This event is sponsored by Rochester Community Players and features many local actors. Tickets are "Pay Will What You Will" at the door, so it is a great deal!



ShakesBLOOD cast" includes (l-r standing) Heather Stokes, Megan Mason, Sean Birch, Kaleb Chitaphong, (l-r crouching) Alexis Vazquez, Dan Soto, Amanda Moore (Photo by Annette Dragon)



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For more information, please stop by or call:

Rochester Childfirst Network (RCN), 941 South Ave., Rochester, NY 14620 (585) 473-2858

RCN Center City, 250 East Main Street, Suite 110, Rochester, NY 14604 (585) 397-7660

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Abode Opens on Gregory Street



(l-r) Amanda DeFisher, Lucy LeChien (center) and Ariane Krenichyn (Photo by Nancy O'Donnell)

by Nancy O'Donnell

Amanda DeFisher and Ariane Krenichyn met through a friend who lived in the Temple Building lofts and made an “instant bond” over their taste in furniture. Soon the friends were trolling estate sales and thrift stores in pursuit of mid-century home furnishings in mint condition. Each also shared in the quest for that amazing find-- an “Eames lounge chair” in a yard sale selling for \$10. (Amanda did, in fact, snare a Eames shell fiberglass chair for \$2.99 that she keeps in her own private collection.)

The two talked about opening a shop for a year or so before starting a business plan. The two already know their target audience—young professionals who often shop at Target but who want something that lasts.

After a flurry of buying and arranging, Abode opened on Gregory Street in early April. The shop features furnishings, textiles, glassware and gifts. Most of the furniture collection ranges from the 1950s-1980s, but also mixed in a few new products from local artists and designers.

While Abode's focus is mid century, don't expect to see anything 1950's ornate. Their taste is “minimalist, simple and clean,” said Ariane.

Inside Abode the friends are setting up little “vignettes” or small clusterings of just the right sofa, coffee table, pillows and lamps.

Downstairs long rows of china and glassware are ready to pop upstairs. They've snared a plethora of polka dots and

“We started the idea [of opening Abode] about a year ago,” said Amanda. The idea coalesced when they applied and received a micro loan from PathStone Enterprise Center, Inc. in October of last year.

“I'm absolutely the opposite of a

risk taker,” said Ariane. “Safety is first, second and third. We planned a lot of details.”

Ariane, a Herkimer, NY native grew up with parents always on the search for beautiful objects. “I've been dragged through antique shops since I was a little girl.” She knew who the Keno Brothers were [Antique Roadshow appraisers] when others were thinking about pop bands.

Ariane moved to Rochester to study interior design at RIT until she became increasingly “nervous that it wasn't a broad enough path and there was too much competition.” She went on to earn an M.A. at the U of R's Simon School of Business.

At St. John Fisher College Amanda majored in American Studies focusing on visual and cultural studies. She spent a few years in NYC working in finance at the Museum of Modern Art before returning to the area to earn an M.A. in non-profit management at SUNY Brockport.

At St. John Fisher College, Amanda majored in American Studies focusing on visual and cultural studies. She spent a couple years in NYC working in finance at the Museum of Modern Art before returning to the Rochester area to earn an M.A. in non-profit management at SUNY Brockport.

(While they're growing their business, Amanda continues her work as a nonprofit consultant and Ariane will continue working in market research.)

Abode's owners were excited to move into the South Wedge and “crazy” about their landlord Ron Maier who repainted the entire space.

Their shop replaces Paragon Salon now located down the street in the old Fine Arts building on

South Ave. Amanda noted the “sense of community” and Ariane pointed to BASWA's (Business Association of the South Wedge) added to their confidence about opening their first store in the area.

“BASWA really want people to succeed,” said Ariane. “It's an amazing place to do business.”

The decorating duo in turn will be supporting other local entrepreneurs. They're consigning fabric work by artist Emily Bellinger, who lives on Averill Avenue, and Katie Carey's whose ivory ceramic planters make perfect homes for succulent air plants. They've also added Pistachio Press's greeting cards to their inventory.

“We've met so many awesome artists not only as sources for the home products but also for gifts,” said Ariane.

The pair also plans to spread the love of beautifying home and life through free workshops: “how to do a gallery wall or how to layer with texture.”

“Maybe we'll have a mixologist along to teach a specialty cocktail at the same time as people learn how to set up a bar cart,” said Ariane.

Abode's inventory will always be changing. A grand opening is planned for April. 25. Abode will also have a room at the Junior League of Rochester Home Show in Pittsford in May.

289 Gregory Street, 471.8357.
Hours: Wed-Friday, 12- 7 p.m.,
Saturday 11 - 7 p.m. and Sunday
12- 5 p.m.



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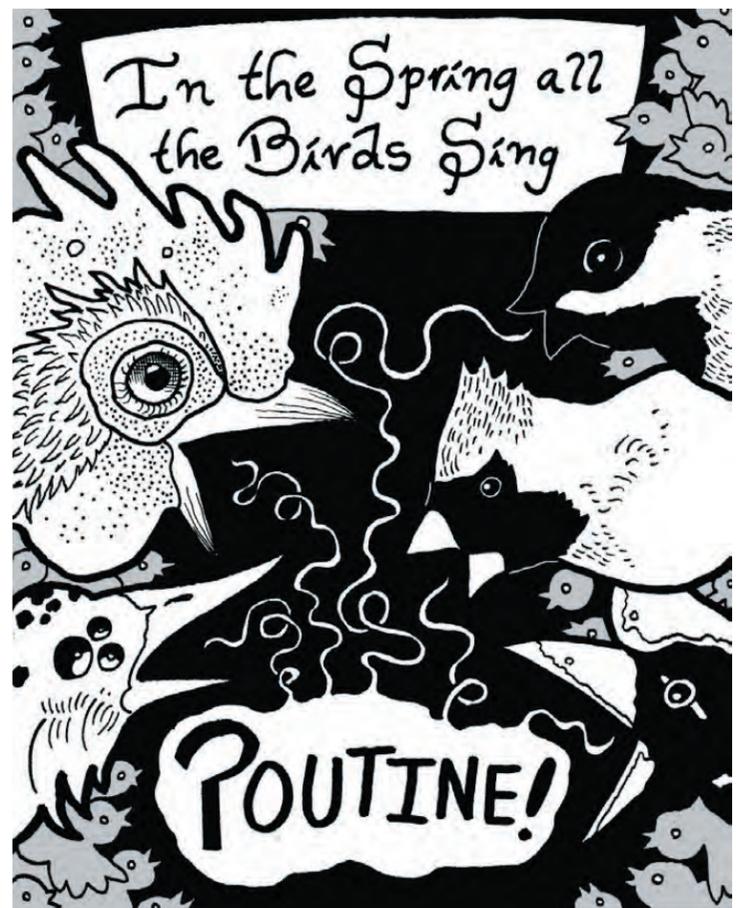
Pam Hathaway is working to bring her French inspired vegan bistro and bakery to the South Wedge. “We doing tasting events and catering until we find a location,” said Hathaway.

Check out the mouth-watering photos on Vive Bistro & Bakery Facebook page. Support their indigogo campaign and help bring some vegan bouillabaisse to the Wedge. To learn more visit vivebistro.com or email pam@vivebistro.com.

Genesee Reading Series

South Wedge Poet Tony Leuzzi will be reading poems from his new book, *The Burning Door*, on Tuesday, April 8, 7 p.m. Writers and Books, 740 University Ave., \$3 members; \$6 public. Fiction writer and memoirist Gregory Gerard will be also reading.

The North Wedge by Justin Hubbell



See more comics at justinhubbell.com

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Alejandro Escovedo

Zeppa Bistro Events

Alejandro Escovedo will be performing on April 8. Doors open at 6:30 and the concert begins with the opening act, Amy Cook, at 7:30 p.m. Tickets are \$25 - at Zeppa Bistro or online at www.brownpapertickets.com.

Thunder Body

Thunder Body performs on April. 315 Gregory Street. Visit zeppabistro.com for other great acts coming to the Wedge. For info, call 563-6241.

Meet the Musicians

The Highland Park Neighborhood Association music series continues on May 3 with the Amenda

Quartet featuring David Brickman, Patricia Sunwoo, Melissa Matson and Mimi Hwang. The evening begins at 7 p.m. and includes a musical performance, discussion with the artists and an Intermission with Light Refreshments. Free and open to the public. Donations are accepted.

Items for the Rochester Free Store are also welcome. The South Wedge Mission, 125 Caroline Street.

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CITY LOVE



Bill Tiberio Trio
(Photo by Johannes Bockwoldt)



(above) RochesterCares board members Amy Robbins and Robert Mboneye



Photographer Dave Lewis and City Love organizer Mary Lou Lunt
(Photo by Johannes Bockwoldt)



(left) Alan Altman and Andrew Katz, Hart's Local Grocer Communication Director

(below l-r) Kirsten Reader, Sharon Lewis, Janis Pavia
(Photos by Nancy O'Donnell)



CITY LOVE!



(above l-r) Luticha Doucette, Don Schlaich, Teresa Gianni

(right 1-r) Michael and dancer Sophia Robbins

(below l-r) Chelsea Lyons and Amanda Altman

(Photos by Nancy O'Donnell)



City Love organizer Mary Lou Lunt and Patty Phillips from the Moxie Exchange Movement (Photo by Nancy O'Donnell)



(above 1-r) Meredith Connor, Amanda Connor and Frank Miller



Joe Petracca and Kathi Czebatol



(l-r) Christine O'Connor, Lynn Sullivan and Miss Violet O'Connor



LOTS OF CITY LOVE!



(left l-r) Chad Crowell, Diedra Livingston, Dedrick Payen, Torry Butler and RochesterCare Board Chair Matthew Wagstaff

(Upper right) City Love volunteers Sydney Mosier and Tyler Spencer

(bottom right) Tom Lunt and Danielle Werwinski



by Nathaniel Mich

Looking for a quick getaway to warmer climes, where springtime blizzards are just a bad dream, but don't feel like leaving the neighborhood? Then take a trip to The Beale and let your taste buds do the traveling. Winter weary as we were, my parents and I found The Beale a pleasant Cajun escape, one afternoon in "spring."

It was, I confess, my first time eating inside The Beale – I'd had lunch outside once before (remember when you could eat outside?)—and I was surprised at how large the restaurant was. New Orleans and music memorabilia covered the walls under a historic-looking painted tile ceiling, and though the room was dimly lit, the atmosphere was pleasant and the tables mostly full. Our server was peppy and attentive throughout the meal.

To begin we ordered the Mudbugs – crayfish – appetizer (\$10) to share, and my parents each got a cup of the crab bisque (\$4/\$5, Fridays only). The Mudbugs was a generous pile of battered and fried tail meat morsels, served with crispy tortilla strips and a spicy remoulade for dipping. The batter was substantial and crunchy, a nice contrast to the mild and tender crustacean within. The crab bisque was thicker and more chowder-like in consistency than I



The Beale's legendary fish fry & fixings (Photo by Nathaniel Mich)

expected, though the texture was satisfying. The flavors of the Cajun Holy Trinity – onion, celery and bell pepper – predominated, and while the mild seafood flavor was pleasant, I would have enjoyed more chunks of crab meat to balance the soup.

Our entrees came quickly, and as our server told us, more quickly than she had expected, since we were only about two-thirds done with our appetizers when they arrived. My father and I had both ordered the fish fry, which comes in two sizes, half and full (\$10/\$13), with two sides, corn bread and tartar sauce. My mother chose the Twisted Mac and Cheese, which is normally topped

with chicken breast or pulled pork, but she opted to go meatless (\$12/\$8 without meat). The Mac and Cheese was rich and creamy; a layer of baked cheddar blanketed the elbow noodles in their milder cheese sauce. There was, however, a touch of cayenne pepper in the sauce, resulting in a bit of slow and lingering heat after each bite. I felt it added some interest to the dish, but the heat was more than my mother typically enjoys.

Even my dad's half-size fish fry was a substantial size, and my full-size was two or three bites more than I could handle. Each piece of Pacific cod was beer battered (Cajun battered and broiled options are available) and very hot. I haven't

had many fish fries in my day, but I certainly enjoyed this one. The batter was crisp and delicate, shattering almost like a pastry. It seemed to retain a fair amount of oil, but it didn't feel especially greasy. The fish inside was lovely, slightly flaky but not overcooked, moist and tender. The tartar sauce had a touch of spice and was, of course, the ideal complement. The cornbread was sweet and tender, with a just-crispy crust. I prefer a more savory cornbread, but my mother loved it. For sides, we ordered the red beans and rice, cajun corn, garlic smashed potatoes and the barbecue baked beans. The baked beans, in their sweet-spicy sauce and nestled with a surprising amount of pulled pork, were the clear favorite. The smashed potatoes were just the way I like them: red skins still on, slightly chunky, hearty and garlicky.

It was a pleasurable meal, as we allowed ourselves to forget the wind and snow outside and simply enjoyed the food and company. Maybe the next time we go there, warm days won't just be a fantasy.



Concert and Poetry Reading Celebrates the Canonization of Pope John Paul II

The canonization of John Paul II on April 27 will be celebrated at the University of Rochester through a blend of music, readings of John Paul's poetry, and excerpts from the book, *John Paul II the Story of My Life: Collected Memories*. From his early years John Paul II, then known as Karol Wojtyła, was an avid writer of poetry, plays, and essays, his work dating back to 1938. His last poem, "Tryptyk Rzymski" (Roman Triptych) was written in 2002.

As a way to celebrate John Paul II, poetry and memories will be read in English by Rev. Brian C. Cool and in Polish by Karolina Styczeń.

In addition to and interspersed throughout the readings, musicians from the Eastman School of Music will perform selections from Bach, Chopin, Wieniawski, Beethoven, Dungan, and Gounod. The musicians include John Andrew Slominski (piano), Emily Helenbrook (soprano), and Petros Karapetyan, (violin). 3 p.m., Sunday, April 6, Strong Auditorium, University of

the public. For more information, contact the Skalny Center at 275.9898.

Library News

Highland Branch Library News for April and May

National Library Week Fun from Monday, April 14 through Friday, April 18

Write a suggestion for what you love about your library, what books, music or movies we should buy for the collection or even changes you'd like us to think about and you could win one \$5 holds card! Children take part in the week's festivities on Mon., April 14 and Fri., April 18 at 2:30 p.m. Bring kids to celebrate their library and design their own book cover or design your own duct tape library card holder to take home.

Children's Programs

Craft Mondays, April 7, 14, 21, and 28 at 2:30 p.m.

Movie Tuesdays April 1, 8, 15, 22, and 29 at 2:30 p.m.

Story Times on Thursdays - April 3, 10, 17, and 24 at 11 a.m.

Join us for stories, rhymes, songs and more. Recommended for children 2 to 5 years old.

Adult Programs

Book Sale, Mon., April 7, 1-7:00 p.m. and Tues., April 8 10:00 a.m. to 6 p.m. Don't miss a great selection of fiction, young adult and children's books. Books are 25 cents, magazines 10 cents, jewel cases ten cents, and DVDs and CDs \$1.

Grossmans Gardens presents Organic Gardening, Part I, Mon., April 14 6-7:00 p.m.

A presenter gives general introduction into organic gardening principles, practices, and procedures. You'll learn about soil science and the symbiosis between plants and their environment and why organic systems work so well in producing superior flowers, vegetables, lawns, shrubs and trees. Questions will be welcomed and encouraged. Part II on Mon., April

21, 6-7:00 p.m. will be devoted to how to establish a good working garden environment; how to make an organic garden bed, plant shrubs & trees, establish a healthier lawn and other related topics depending upon audience questions and available time.

Adult Book Group on Wed., April 30 and May 28, 7 p.m. 8:30 p.m.

In April, join on as we discuss *Wild* by Cheryl Strayed. *Wild* is the story of an 1,100 mile solo hike that broke down a young woman reeling from catastrophe and built her back up again. Copies will be available on March 19 at the circulation desk. Registration is required. To register, please call Highland Branch Library at (585) 428-8206 or stop in at our Information Desk. In May discuss *The Burgess Boys* by Elizabeth Stout. Copies will be available on April 30 at the Circulation Desk. Registration

required.

Homeownership with Lynnette Robinson from NeighborWorks Rochester. Monday, May 12, 6-7 p.m.

Stop in and listen to Homeowner Advisor Lynnette Robinson discuss what services NeighborWorks can offer for first time home buyers. NeighborWorks assists families looking to purchase their first home through a number of initiatives, loans and grants. Registration required.

Mark your calendar for future summer fun kid's events:

Rochester Museum and Science Center's Hands-On Polymers Class, Thursday, June 19, 3 – 4 p.m., Grade 3 and up. Registration

required.

Rochester Museum and Science Center's Hands-On Light and Color Class

Thursday, July 10, 2 – 3 p.m., Grade 3 and up. Registration Required

Seneca Park Zoo and Wegmans ZooMobile, Amazing Adaptations!

Thursday, July 17, 2 – 2:45 p.m., All ages. Registration Required

Cupcake Wars with Tops Cooking School, Thursday, August 7 – 3 p.m. All ages. Registration required. Call 428-8206 for information.

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Calvary St. Andrews News

The Alison Clarke Community Garden is gearing up for a new season. A playground behind the church is allowing for more beds with direct sunlight. For more information, contact Garden Coordinator Phinis Horton at the church.

The Calvary St. Andrews Emergency Food Cupboard Volunteers needed especially in the afternoon. For more information or to volunteer, contact Robert Lauterbach at rblauterbach@gmail.com.



Phil Stukas, Phinis Horton, and Joan Hendrick help out at the Church's Food Cupboard

Scouting for Food on March 22 provided the biggest donation in that event's history to the Food Cupboard. Robert Lauterbach had help from Phil Stukas, Phinis Horton, and Joan Hendrick They picked up donations from two TOPS markets as well as the Fairport DPW, and delivered the boxes to the church.



Spaghetti Dinner

Help Calvary St. Andrews and enjoy pasta and meatballs, salad and dessert on Saturday, April 5, 5-7 p.m. 68 Ashland Streets. Adults \$7, Children 5-11 \$3.50 and Children 0-4 (Limit two per family) free.

Family of four (2 adults and 2 children 5-11) \$20. Take out (spaghetti and meatballs only) \$5. Please call Angela or Dorrie by 4/4 at 12 p.m. for takeout. Reservations 953 and 764-4482.

Easter Egg Hunt

Bring your children to a fun Easter Egg Hunt on Easter Sunday, April 20. Children will plant seeds to bring home. The Easter egg hunt will move inside of the church if it's raining. All children are welcome.

In Memoriam - Ronnie Bennington



Lady Ronnie Bennington (Photo by Nancy O'Donnell)

The very lively Ronnie S. Bennington, known fondly to her friends, as "Lady Bennington" and "Ronita Torpedo" died suddenly on March 20, 2014 after a brief illness at Highland Hospital. She was known for her intelligence, wit, laughter and great love of food, fashion and the arts. She was overall a very generous soul who will be missed by a vast number of friends and acquaintances.

Ronnie was born in Newark, N.J. on June 3, 1945 at Beth Israel Hospital to Harry and Kay Schulman. She attended Fairleigh Dickinson University in Madison, N.J. and graduated with a BA degree. She remained on the Dean's list throughout her studies in psychology. Until her death, she enjoyed psychoanalyzing many of her friends whether they wanted her to or not.

Ronnie worked for many years managing her father's apartment complexes in N.J. and in North Carolina. She also worked as an exercise instructor in Voorhees, N.J., Philadelphia, PA. and North Carolina. At one point she travelled

to Texas as a consultant to help the owners launch an exercise center.

Ronnie fell madly in love with guitarist Michael Bennington, and after they married on Valentine's Day in the late 70s, the couple moved to Rochester. She lived on Meigs Street until her death.

"She was a very smart cookie and a well-dressed one too," said her sister Wendy Malluk, who travelled to Rochester from New Jersey for her sister's funeral.

"Ours had been an affluent family but when her circumstances changed dramatically over the years, she still loved her fashion and make-up and found a way to look fabulous by means of shopping thrift shops," said Malluk

During the Orthodox Jewish funeral service at Britton Road Cemetery, her sister gave a eulogy to her sister after the Rabbi said prayers.

Malluk writes: "As a snowflake is unique and one of a kind so was my sister, Ronnie. One small snowflake can't sustain itself but

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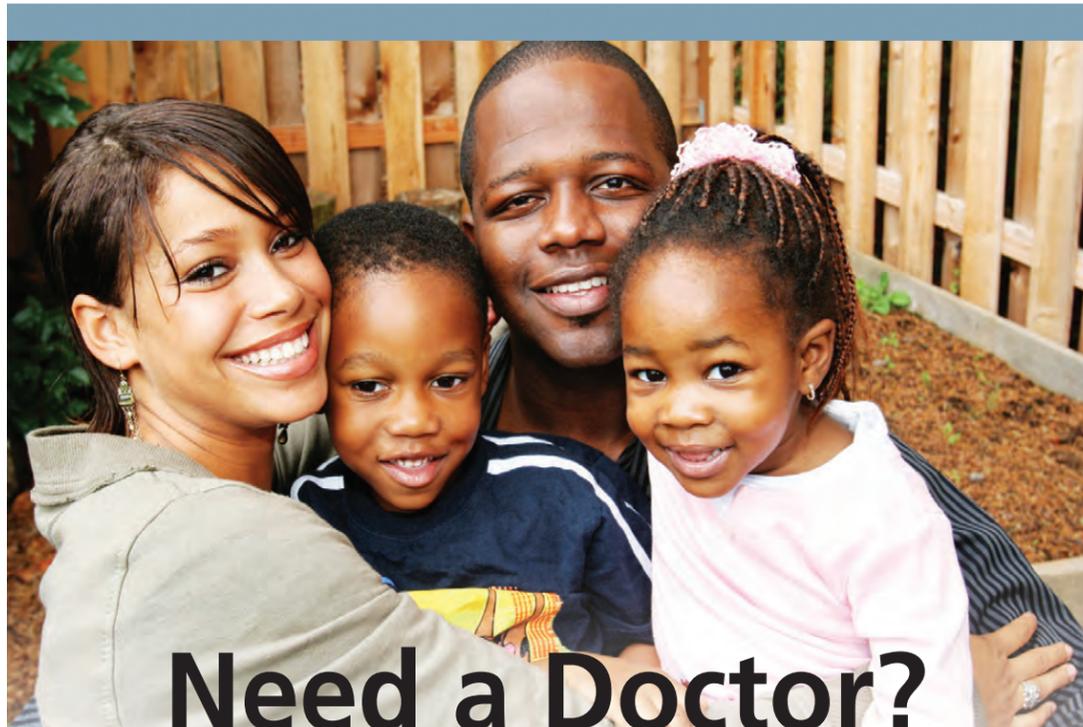
Highland Park Lilac Festival

May 9 - 18, 2014

Time Warner Cable News Lilac Parade Saturday, May 10, 2014 - One-Of-A-Kind Shopping Art & Craft Weekends feature over 120 artists and craftsmen selected through a juried process.

Lilac 10K and 5K Family Fun Run Sunday, May 18, 2014 - Wine & Chocolate Tasting Back for a second year! Tuesday, May 13 - Thursday, May 15 - Craft Beer Garden Serving All Festival Hours

Check www.rochesterevents.com/festivals-events/lilac-festival



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In Memoriam - Mark Sandler



Mark Sandler (Photo courtesy of Absolute Yoga)

Mark Sandler--yogi, husband, father, brother, uncle, son, teacher and friend--died suddenly on March 18. Mark was one of Rochester's first teachers of yoga when he opened ABSOLUTE Yoga and Wellness in 1977. Mark was also a founding member of the International Association of Yoga Therapists.

Among the hundreds of friends and students who remembered Mark on social media was Roop Verma, sitarist, composer and teacher of Indian classical and sacred music, and Nada Yoga philosophy who writes: "[Mark] represented a sincere practitioner and a humble traveler on the path of Yoga...I saw the light of love, dedication,

selflessness and brightness in him as his core essence."

A celebration of his life was held on March 30 at his Yoga Center at the Genesee Co-op.

Mark is predeceased by brother Gary Sandler; survived by wife Carrie Gaynor; children Ian Thomas and Ella Sandler; parents Ruth and Paul Sandler; sister Lori (Patrick Canada); sister-in-law Gail Sandler; nephews and niece Matthew Canada, Daniel Sandler, and Naomi Sandler.

In lieu of flowers, contributions may be directed to Ananda Ashram, Yoga Society of New York, Inc. 13 Sapphire Rd., Monroe, NY 10950 or to the American Heart Association.



Linkages welcome Marina Trofimova. (far right) from Russia (Photo by Johannes Bockwoldt)

by Paul Caccamise

Rochester has a total of 12 organizations or committees that sponsor sister city relationships with 12 cities across the globe. Linkages has sponsored the relationship with Velikiy Novgorod, Russia since

1990 and is one of the most active sister city organizations in our area. Novgorod is located between St. Petersburg and Moscow and is the oldest city in Russia. As such it's the site of much of Russia's history and culture. Over the years we

have hosted hundreds of visitors from Novgorod and an equal number of visitors from Rochester have visited Novgorod as official sister city visitors.

Linkages also sponsors several partnerships with colleagues in Novgorod. These include the Partnership for Children's Services, Partnership for Substance Abuse Prevention, Partnership for Elder Services, Partnership for Women's Issues and an education exchange in which we bring a Russian teacher to Rochester for three weeks every other year and send two teachers to Novgorod every summer to conduct a two week seminar for Russian teachers of English. Marina Tripomova was selected through a competitive process to be this year's (biennial) exchange teacher from Russia.

Our mission is to increase the understanding and awareness of Russian culture and society through person to person diplomacy. The all volunteer organization relies primarily on contributions to finance their activities. To learn more, visit linkagesrochester.org and Facebook.



Marina Trofimova from Velikiy Novgorod Russia and Linkages president Paul Caccamise at the Brundage-Coffey Dacha on Nicholson St. (Photo by Johannes Bockwoldt)

SWPC Traffic Calming Efforts Show Success

by Judy Bennett

In late February City of Rochester representatives, First Student Bus Company, the South East Neighborhood

Service Center, the Rochester Police Department and City Councilman Adam McFadden met at Calvary St. Andrews Church to report to the community on solutions to traffic concerns. They participated in a discussion about excessive speed, the volume of school buses using local side streets and traffic enforcement in the South Wedge.

After meeting in November, members of the South Wedge Planning Committee's Community Engagement Committee met with these representatives to discuss the safety issues in greater detail and on-going problems in the area between Comfort Street and Menlo Place and South and Mt. Hope Avenues.

The RPD Traffic Unit under Sgt. Al Joseph responded immediately after the November meeting with a plan for a consistent random enforcement pattern, specifically on Mt. Hope and South Avenues.

Sgt. Joseph reported to the Community Engagement Committee that more than 100 speeding citations were issued in the first 6 weeks of the random enforcement.

Since the community meetings, First Student staff has been very responsive and already the volume of school buses using local side streets rather than the connector streets has decreased significantly. Establishing weight limits is a possible deterrent to heavy delivery vehicles using local streets. A traffic counting study will be conducted on the side streets in the spring

Further studies will also be done around the intersections adjacent to Marie Daley Park and Calvary St

Andrews Church to determine if stop signs or crosswalks would slow traffic speed and increase pedestrian safety.

To learn more about SWPC's work on traffic issues in the South Wedge, contact me at judybennett@frontier.com.

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**Race, Privilege and Poverty:
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As part of our effort to support the [YWCA's Stand Against Racism](#), and the [Facing Race, Embracing Equity](#) initiative, [Coordinated Care Services, Inc.](#) (CCSI) is pleased to invite you to join us for a special presentation by [Tim Wise](#), on **Wednesday, April 30th at 6:00 pm at the Ingle Auditorium** on the RIT campus at 1 Lomb Memorial Drive, Rochester, NY 14623



Tim Wise is one of the nation's most prominent anti-racist writers, activist and educator. He was recently named one of "25 Visionaries Who are Changing our World" by Utne Reader. Tim has spent the last 20 years speaking and teaching audiences across the United States. He has also lectured internationally and has trained corporate, government, law enforcement and medical industry professionals on methods for dismantling racism in their institutions and communities.

During his time in Rochester on the 30th, Tim will provide essential insights on the intersection of race, privilege, poverty, racism and inequities in the education, health, housing and service environments. This event is free to our community. **However, registration is required.**

Please register at www.ccsi.org/timwiseeventregistration.aspx

Print Roc

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Even though Jesse has only a few years experience with print, he does know people and business, and he learned very much very quickly, working alongside his employees for months before taking to the office. He was the perfect fit for Marketing & Sales Manager. His customers love him and his employees and partners can see the huge difference that has overtaken the company since its transition from Pinnacle. Jesse has been instrumental in changing the look, not only physically but also on-line with the new website and social media presence. Jesse is a member of the Rochester Referral Network and he knows just how important networking is for a business such as this.

Among the three partners they own four properties in the city limits, including the 11,000 square foot facility at 620 South Avenue.

Hard work, good people, and a community to stand with has brought this family business in the South Wedge to new heights. They celebrated their first anniversary in business on Valentine's Day 2014. 620 South Avenue, 461-2556, printroc@printroc.com.

Clean Sweep – May 3

The City of Rochester is partnering with the Rochester Red Wings to host a one-day, all-city Clean Sweep, starting 8 a.m. Saturday, May 3 at Frontier Field. Volunteers will receive a free ticket to that day's baseball game, which starts at 1:05 p.m. that afternoon. Clean Sweep is a community gathering, offering citizens an opportunity to reacquaint themselves with old friends and make new ones. City crews also remove Clean Sweep is a community gathering, offering citizens an opportunity to reacquaint themselves with old friends and make new ones. City crews also remove graffiti, clean City properties, repair sidewalks and fill potholes during the Saturday Sweeps. It also offers team-building exercises for neighborhood associations, church groups, school clubs and teams, and civic organizations. Residents can also take advantage of Clean Sweep by raking and their own yards and sidewalks and placing the bulk refuse at the curb, knowing a City crew will soon come by to retrieve it. Saturday Clean Sweeps begin at 8:30 a.m. where volunteers arrive to free coffee and danish. They're given a free t-shirt, assigned to a team and hit the streets by 9 a.m. Tools are provided, but volunteers are encouraged to bring their own. Calling 311 (428-5990 if calling from outside of city limits).

Ronnie Bennington

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combined and united with many other unique individuals the freshly fallen snow becomes a pure blanket. All of you present today as well as those friends who could not make the service were Ronnie's pure blanket that kept her life sustained, fulfilled and comfortable in mind, body and spirit. Ronnie is so pleased to realize just how loved, honored and respected she is. She is with her soul mate, Michael now, and at peace. I say to my sister I love you and Shalom."

Graveside her friends all remembered her wisdom and sharp wit and sometimes inappropriate but always honest comments.

Dr. Saul Presberg, Ronnie's doctor opened his home to sit Shiva following the service.

"He and his wife opened their beautiful home with the view of the water which was so peaceful and beautiful. They were such gracious hosts," said Malluk.

Friends of Mount Hope Cemetery Meeting

On Tues., April 8, 7 p.m., local author Richard O. Reisem will cover highlights from his latest book, *Myron Holley: Canal Builder, Abolitionist, and Unsung Hero*. Reisem has written or co-authored 15 books and is an honorary trustee of the Landmark Society of Western New York and the Vice-President of the Friends of Mount Hope Cemetery. Brighton Town Hall, 2300 Elmwood Avenue. For more info, call Marilyn Nolte 621-3529, e-mail M91243@aol.com.

RCN Grant

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intended, Rochester Childfirst Network serves children from all socio-economic backgrounds, touching the lives of over 2,000 children and care givers through our accredited programs. Its professional staff of experts encourages children to learn though a sense of play. With a focused leading-edge curriculum, our thrive in a child-friendly nurturing setting surrounded by children of all abilities and cultures.

Visit www.rcn4kids.org to learn more. RCN South Wedge is located at 941 South Avenue. RCN Center City is located at 250 Main Street, Suite 110. Call 473-2858 to schedule a tour.

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