

## Calvary St. Andrews Church Renovates Historic Landmark

by Lauren Vicker



The historic Calvary St. Andrews Church readied for restoration.

The corner of Averill Avenue and Ashland Street is buzzing as a major renovation takes place at Calvary St. Andrew's Presbyterian Parish. The winter of 2014, which brought ice dams and water damage to the historic structure, also brought an insurance settlement and a generous benefactor to restore the building to its original luster.

The entire project includes sanding and refinishing the floors, and repairing and painting the walls and ceiling, in both the sanctuary (main part of the church) and the adjacent chapel. Exterior work, especially around the stained glass windows, will also be made. The insurance appraisal awarded up to \$35,000 for the repairs, which was not enough to cover the cost. However, Alex Estremera of Old School Painting, a local business with significant experience renovating historic buildings, offered to donate services, which are valued at \$30,000, to bring the

sanctuary and chapel up to its full potential. The project was approved by Calvary St. Andrew's Council after a unanimous endorsement by the congregation in early May.

"We are excited for the opportunity to work with Calvary St. Andrew's to deliver their vision of a beautiful house of worship," said Estremera. "Old School Painting prides itself on delivering lasting quality to our clients and the community, and we give careful consideration to procedures for historic landmarks."

Estremera noted another factor that led him to donate so much work: "The devotion and personal commitment of the members to this project made this seem like much more than a job to us. It is an opportunity to give back to the community in a way that could make a huge impact."

Former pastor Sam Picard offered another perspective on the impact of the project. "Our sanctuary is our main worship space and community center, so it isn't just for us. It is where our neighbors gather each week for

*continued on pg.12*

"Season of mists and mellow fruitfulness" It's the time of year when John Keat's paean to autumn comes to mind especially when the vendor stalls at the South Wedge Farmers Market are brimming with all the best that late summer and early fall offer.



## South Wedge Farmer's Market Adds New Bonus Program for SNAP/EBT Customers

by Lizzy Huberlie

The South Wedge Farmers' Market kicked off its eighth season on June 16. The Opening Day Strawberry Festival drew South Wedge neighbors and suburban shoppers alike, who flocked to the market in hopes of getting some of Lagoner Farms' first-of-the-season strawberries.

Crowds enjoyed berry samples and recipes for "Strawberries with Balsamic and Basil-Infused Whipped Cream" from Chef Adrian Baldwin of Napa Wood-Fired Pizza. Customers also purchased strawberry-themed goods from vendors throughout the market. Eat Me Ice Cream featured strawberry ice pops, while Nordic Farms treated customers to a strawberry-rhubarb jam. Everyone

enjoyed beautiful weather and delicious berries. To see pictures from the market's opening day, check out the South Wedge Farmers Market Facebook page.

In addition to the Strawberry Festival, the South Wedge Farmer's Market has also debuted a new bonus program for SNAP/EBT customers. The FreshConnect Checks Initiative is a New York State program that encourages SNAP/EBT customers to shop at their local farmers' markets. For every five dollars in SNAP/EBT tokens purchased, customers will receive a two dollar FreshConnect check. These checks work just like SNAP/EBT tokens, and can be used to purchase food throughout the market. Checks may also be

used at the Westside Farmers' Market, Brighton Farmers' Market, and Rochester Public Market throughout the season. For more information on the FreshConnect program, check out [www.freshconnect.ny.gov](http://www.freshconnect.ny.gov), or [swfm.org](http://swfm.org).

The South Wedge Farmers' Market would also like to remind SNAP/EBT customers that our own matching token program is still in effect! Customers who purchase at least ten dollars in EBT tokens will receive a bonus five dollars in tokens, in addition to FreshConnect checks. For more information on this program, please contact [info@swfm.org](mailto:info@swfm.org). See you at the Market every Thursday from 4-7 p.m. at 100 Alexander Street!



## Visit Rochester's Castle - Sept. 24

Spend a late-summer evening celebrating the historic Warner Castle on Wed., Sept. 24, 5:30-7 p.m., at the Rochester Civic Garden Center. Enjoy refreshments and guided tours of the interior of this elegant home, built in 1854 by Horatio Gates Warner to resemble his ancestral castle in Scotland, and its grounds, including the Alling DeForest-designed courtyard and sunken gardens. Big projects are

afoot in the gardens, and RCG is excited about sharing their progress with you. While in the Castle, you're invited to peruse RCGC's library, the finest horticultural library in the region.

Enjoy some refreshments and a chance to visit with fellow enthusiasts about RCG's favorite subject - gardening! Fee \$12 Preregistration required, call 473-5130 or visit [rcgc.org](http://rcgc.org).



The Wedge  
Newspaper

## Don't miss the South Wedge's first Autumn Street Festival!

## Letter to the Editor

### Is there a doctor in the house?

Our 45-year-old City boxing club, Rochester St. Martin/U Prep Boxing Club, is a youth development group composed of concerned volunteers interested in giving support to at risk and underprivileged youth. It has played a significant role in the lives of thousands of youth. It works in partnership with the U-Prep Charter School on Lake Avenue.

St. Martin is a member of USA Boxing which is a subsidiary of the IOC (International Olympic Committee) and USOC (United States Olympic Committee). All its leaders—coaches and officials—are trained and certified through USA Boxing.

USA Boxing requires that all competitions have a doctor (MD or DO) to do pre-bout and post-

bout exams and to have final say on any medical aspects during the competitions. Obtaining doctors to supplement our small and faithful group is difficult. Some bouts have had to be cancelled when a doctor is not available.

We would greatly appreciate hearing from doctors who may be willing to participate in our Boxing Club. Doctors' insurance is paid through free USA Boxing membership.

For more information, please call 585-752-2621 or email Donald.simkin@yahoo.com. Or write for more information at 17 Crawford Street, Rochester, New York 14620.

**Donald Simkin**  
Highland Park Neighborhood

### School Supplies Needed for Children Around the World

One World Goods, a fair trade gift store in Pittsford Plaza, calls the Rochester community to ACTION. Please support this community outreach effort by participating in our annual service project. We will be collecting school kits in the month of August.

We partner with the Mennonite Central Committee (MCC). Last year the MCC shipped 125,523 school kits to children around the world. School kits are their most requested item. Notebooks and pencils are treasures for families who struggle to afford basic school supplies. School kits are often requested after disasters. They help bring normalcy to children whose families have been forced to

flee their homes.

Please donate August 1-31:  
School Kit: (NEW items only)

4 spiral or perforated notebooks (10.5" x 8.0", 70-80 sheets)  
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12 colored pencils (in packaging)  
1 large pencil eraser  
\$1 to help with shipping cost  
Your donations do make a DIFFERENCE in the lives of children! Thank you!

For more information about this project, please contact Rob Hazen, One World Goods store manager, at (585) 387-0070 or visit the website at <http://www.owgoods.org>.

## Independent Realtors Wanted

The South Wedge Planning Committee (SWPC) is looking for independent real estate agents interested in joining our team. For more information, please contact SWPC Executive Director John Page at [jpage@swpc.org](mailto:jpage@swpc.org)

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## The South Wedge Planning Committee, Inc.

### August/September 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](mailto:james.papapanu@gmail.com)

Tues., 8/19, 9/16, 6 p.m.

### Community Engagement (Neighbors & Block Clubs)

[amaroselli@swpc.org](mailto:amaroselli@swpc.org)

Wed. 8/27 & 9/24, 6:30 p.m.

### Finance Team

[tsciarabba@hotmail.com](mailto:tsciarabba@hotmail.com)

Wed. 8/13 & 9/10, 12:30 p.m.

### Housing & Structures

[tomkiciorjr@gmail.com](mailto:tomkiciorjr@gmail.com)

Meets every other month

Wed., 8/6., 9/3, 5:30 p.m.

E-mail to confirm.

### SW Victory Garden

[felann@frontiernet.net](mailto:felann@frontiernet.net)

E-mail for dates and times.

### South Wedge Victory Garden Garage Sale

Come out and support the South Wedge Victory Garden's Garage Sale on Sat. August 16 from 10 am to 4 p.m. at the SWPC office parking lot, 224 Mt. Hope Avenue at Hamilton Street.

### First Community Interfaith Institute, Inc.

First Community Interfaith Institute on 191 Hamilton Street holds Uhuru Week in honor of the Honorable Marcus Garvey August 17-23. On September 21 the Institute holds the Cultural Extravaganza/ Grapevine Festival at 4 p.m. For more details, email Lorretta A. Walker (Sister Uwimana Oni) at <http://fciirochester.org>.



### Rochester Walk for Farm Animals on Sept. 6

Spread the compassion on September 6. Win prizes! Free vegan food! Family Friendly! Check-in: 10 a.m. Walk: 11 a.m. - 1 p.m. The two-mile route begins at the Portside Shelter which is in the northeast corner of the Ontario Beach Park. Free parking is available on site. We encourage you to carpool, if possible. Musical performance by Nick Young follows. The Walk will be held rain or shine. Dogs are welcome at this event. Register today at [walkforanimals.org](http://walkforanimals.org).

### National Night Out Against Crime on August 5

Neighbors and visitors will gather at Ellwanger Barry Park at 890 Meigs Street on Tues., August 5 to learn about crime prevention program, meet area police officers and have fun.

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

## Join SWPC in Community Building

The South Wedge Planning Committee (SWPC) invites you to join with this dynamic nonprofit organization in making a difference in S.E. 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 at 256-1740 or e-mail [jpage@swpc.org](mailto:jpage@swpc.org).

## SOUTH WEDGE PLANNING COMMITTEE

### Officers

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ADNet Printing,  
Messenger Post Media

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Eileen Thomas

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Nancy O'Donnell, Lauren Vicker,  
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Nathaniel Mich.

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Justin Hubbell

### The Wedge Newspaper

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E-mail staff, type first initial last  
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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](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**  
**Sept. 15**  
Call 256-1740, ext. 105 or 978-9638 for rates.



(l-r) Amrita Singh, Madelaine Britt, Nicole Howley, Jamar Scott, Jacob Marling, Kevin Scantlen and Wesline Manuepillai



(l-r) Christopher Iacuzzi and Alessandria Dey



Mary Turner

### Special Thanks to City Volunteers!

The City of Rochester's Southeast Neighborhood Center was awash with energy, enthusiasm, talent and commitment this summer as interns worked with S.E. Administrator Nancy Johns-Price on projects to support City neighborhoods.

Special thanks goes to:

- Amrita Singh, Voice of the Citizen project

- Madelaine Britt, Urban Planning/Community Development
- Nicole Howley, Research and Housing issues
- Jamar Scott, business permits
- Jacob Marling, Urban Fellows Program, RochesterCares/Community outreach and capacity building
- Kevin Scantlen, residential

- roofing projects
- Wesline Manuepillai, Urban Fellows Program, Voice of the Citizen.
- Mary Turner, City Parklets and East Main Development.
- Rochester Police Dept. Cadet Christopher Iacuzzi
- Rochester Police Dept. intern Alessandria Dey



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Toni Beth Weasner and Matt Weasner enjoy fine wine at last years event.

### Highland Hospital to Sell Bellevue Drive Home

by Kerry C. Regan

For Highland Hospital and 27 Bellevue Drive, it's déjà vu all over again.

On July 7, the hospital released a statement to news media that it plans to sell its empty residential property at 27 Bellevue Drive, and that it had no current plans to acquire more residential space in the neighborhood.

The hospital made an almost identical statement at a City Planning Commission meeting in 1995 when it also owned the property and sought zoning variances to build the parking garage in the northwest corner of the hospital campus.

The hospital's ownership of 27 Bellevue Drive was controversial then and has been again since hospital officials told neighborhood residents at a Nov. 14, 2013 meeting about its active effort to buy the property. At that time and again at a March 6 meeting following the Jan. 15 purchase, hospital officials said they didn't know how they would use the house. Options included leaving it vacant or renting it, they said. Using it for storage was also mentioned at the Nov. 14 meeting.

When asked directly why they bought the house, Mike Zanghi, the hospital's director of facilities, said on March 6 that it's "contiguous to our property. That's why we bought it." He explained that the hospital wanted to expand its footprint, following a model it had used in the past, of purchasing

nearby homes.

Unbeknownst to the neighborhood residents at the time, the hospital had initiated talks with City Planning and Zoning in February to update its outdated zoning code, and, by law, contiguous properties can be included in new zoning plans. Just like that 27 Bellevue Drive's zoning could change from residential to institutional use—pending city approval.

Around that time, a group of residents formed the "Defend Urban Neighborhoods" campaign in opposition to the hospital's plan to expand its neighborhood footprint by acquiring residential property. The campaign soon allied with the Highland Park Neighborhood Association (HPNA), which has years of experience working with the hospital on various issues. (Full disclosure: I helped with the Defend Urban Neighborhoods campaign.)

Campaign initiatives included an informational web site, lawn signs and a petition to about two-dozen decision-making officials at the hospital and with city and county government asking for residential zoning to remain and for the hospital to not buy more neighborhood residences. The petition was delivered July 7 with 1,658 signatures and the support of an impressive 94 percent of the 250 households immediately neighboring the hospital.

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Colin Coffey and Michael Lopez

South Wedge residents have been gathering petition signatures to put Michael Lopez on the ballot City Court Judge in the Democratic Primary in September. Renewing Massage owner Colin Coffey says Lopez's election bid is one of the few hotly contesting primary races this season.

"It's great to see a competitive race for such an important position in our community," said Coffey. "As a new U.S. citizen I had no idea how important City Court Judges are, covering Criminal Court, Teen Court, Drug Court, They really impact our community. The reason we got involved to support Mike Lopez is that none of the other candidates have 15 years working in the Public Defenders office. We need more diversity on the bench. We have lots of former prosecutors on the bench; we need more balance." Along with Lopez, candidates in the Democratic primary will likely be Leticia Astacio and William Gargan, who is the Democratic Party nominee.

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Natalie Reagan, 5, and Elliana Renfrew, almost 5, enjoy their Market Kids' Veggie Passport under a willow tree (Photo by Johannes Bockwoldt)

## Great Days of Food, Music & Fun at the South Wedge Farmers Market Thursdays through October 7, 4-7 p.m.

More photos on page 12!



Monique Sullivan and daughter Asani Miles, 9 (Photo by Nancy O'Donnell)



Ellie's Gluten Free Bread



Lyssa Marino, Theresa Marino, Synthia Marino (with Gir invader Zim)



Tim O'Connell, Lucia Espinosa, Paulette Davis, James Graves



(l-r) Bailey Hinzo and Gabrielle Sumey, Penfield HS students, Ainsley, 9, and Evelyn, 11



Alex White lets his hair down with friend Dorothy Paige

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(l-r) Tia DeMartino, Stuart Hencke, and Ryan Hyde of Black Button Distillery



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www.RCN4kids.org



Sara Cincotta and baby Pearl (Photos by Nancy O'Donnell)



South Wedge Garden lovers stop by the Hamilton Street Victory Garden (Photo by Ann Culbreth)



Alexandria Marris and Debbie Trout (Photo by Kathy Green)



Barb Ann Kupiec and Marilyn Schutte, co-chair North Winton Village Neighborhood Association (Photo by Kathy Green)

**City Tour Comes to SWPC Victory Gardens**

The South Wedge Victory Gardens made the list of the Southeast Garden Tour in early July and welcomed visitors from around the city to enjoy the garden bounty, share gardening tips and learn about current and future projects. Other gardens that made the list included: Ellwanger Barry Park, Morrison Park Garden, Wide Water Gardens, Linear Garden, Neighbors Gardening Together Gardens, Honor Park Gardens, Garden of E.D.E.N and Calvary St. Andrew's Presbyterian Parish.



Sue Amann and Marilyn Parchus at Linnear Park (Photo by Kathy Green)



Debbie Trout and Victory Garden Manager Felton Culbreth

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**Highland Hospital**

*continued from pg. 3*

On the day the petition was delivered and announced by several media outlets, the hospital released this statement to news media: "In May, Highland informed neighbors that based on its current facility renovation plans (including construction of a new building in the hospital's south parking lot, announced in early May), it would not need to relocate staff during planned construction. As a result, the hospital's Board of Directors voted in June not to purchase additional residential properties and has approved the sale of 27 Bellevue."

Further explanations by

hospital officials in news reports and at a Neighbors Building Neighborhoods Sector 6 (NBN6) meeting July 14 noted that the hospital bought the home at 27 Bellevue Drive to use as administrative office space. The plan, hospital officials said, was to use the 90-year-old, three-bedroom, 1,632-square-foot home to house staff displaced by a long-term construction project.

The greatest applause at the NBN6 meeting came when South Avenue resident Vicki Robertson spoke: "I was here in this neighborhood 20 years ago the last time you bought the

house. I don't want to do this (again in the future). So please can you find a way to communicate to your successors that this is a neighborhood that wants a successful hospital... We want to have everybody succeed. But we don't want and we won't stand for being eaten up by the hospital."

Moving forward, a small group of neighborhood representatives plans to meet monthly with hospital officials to review hospital expansion activities and plans in what both parties have said they hope will be a collaborative effort.

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## First Unitarian Church Offers Micro-Finance Assistance Loans to Small Businesses

by Robin Fisher

The First Unitarian Church of Rochester is continuing a tradition to bring meaning back to the holidays long after the holidays are over. In response to that mission, church members created a Micro Finance and Community Development Task Force in partnership with the Genesee Co-op Federal Credit Union to help rebuild and revitalize urban communities through micro financing assistance along with related financial and mentoring services to small businesses.

The Micro Finance project was first conceived in 2012 by a group of church members and is chaired by Theresa "Terri" Goldstein. Task force members created a mission statement and applied to the Church's Greater Good Project for funding. The Greater Good Project, an all church community endeavor to bring meaning back to the holidays, asked each congregant to tally their anticipated holiday season spending, take that number, cut it in half and contribute that amount as gift to the Greater Good. Some 267 children in the church's Religious Education program were asked to vote on two of several applicant charities who would share the donated money. Since the endeavor was initiated in 2006, we have collected over \$400,000 from members and friends of the church and members of the larger community. For the 2013 holiday season The Coffee Connection on

South Ave. and the Micro Finance Task Force shared the gift. The children really liked the concept that as the micro loans are repaid, the money will be available to loan again - a gift that keeps on giving.

The Task Force learned from the City of Rochester that there was a great need for resources providing small loans in the \$500 to \$30,000 range for city businesses often underserved by banks and other financial institutions. Inadequate support of small entrepreneurs and start ups leads to a lack of goods, services and local jobs in our urban neighborhoods which is detrimental to the vitality of our city communities.

Many small entrepreneurs have great ideas and expertise in their field but need access to financing and assistance with other related aspects of running a business in order to get their enterprise going successfully. The Task Force is committed to providing various types of assistance as identified and requested to support our entrepreneurial clients.

Some of our services, to name just a few, include business plan improvements, simple bookkeeping, and help with sales and marketing, taxes, regulations, legal and insurance needs. We can also just lend a hand where volunteers are needed such as in a new store setup and grand openings, etc. A client does not have to be a borrower to request

this assistance. Ancillary to our mission, but vitally important to it, is creating opportunities for members of First Unitarian to participate in the program at many levels and strengthening the Church's historical connection with the City of Rochester.

Micro-loan applicants can be referred to the UU Microfinance Task by the Genesee Co-op, by congregation members or by community outreach. All applications for loans will be conscientiously reviewed by Genesee Co-op and by our internal Micro finance committee. The Credit Union will administer all loans granted, and loans will be made on a shared risk basis with The Credit Union.

The Task Force is especially pleased to partner with the Co-op. Genesee Co-op FCU (GCFCU) accepted its first deposit on January 19, 1982. Since that time, GCFCU has loaned more than \$30 million to its member-owners to buy homes and cars, pay for education and start or expand businesses. Today more than 2,600 people are member-owners with total savings of \$8 million. The GCFCU is committed to community development initiatives such as increasing affordable housing, assisting micro-enterprise and small businesses with services and loans and providing financial counselling as a core part of its mission to serve its members. Evidence of some of their work can be seen in the flourishing of the South Wedge neighborhood over the last 20 years.

For more information visit our website: [www.uuseed.org](http://www.uuseed.org), contact us: Genesee Co-op Melissa Marquez, President, 395 Gregory St. Rochester, NY 14620-1327, call 461-2230 or email Terri Goldstein, Task Force Chair at [tgoldstein@uuseed.org](mailto:tgoldstein@uuseed.org).



by Nancy O'Donnell

The Pillar's founder Devin Lyles said his Swillburg-based interdenomination faith community's goal is to create a space for people of all backgrounds to share community and to shape the community around them.

"We want to create a community that supports people's gifts," said Lyles. "If you're a musician, we'll support you. If you're a businessman, we'll support you. If you're a parent, we'll support you. What are you passionate about and how can we support it?"

First on the Pillar's outreach agenda is a street festival on Field St. playground on August 22. The fun begins with kids' games, music, food trucks and local vendors. At 8:30 p.m. a family movie like *Monster University* will be shown. The festival will also be a drop-off point for donation of school supplies that will be distributed to

city school students in need.

The Arkansas native moved to the Rochester area with his wife Logan six years when he took a pastoral job in Rush, NY. He is currently working on a Master's Degree in Theology from United Theological Seminary in Ohio.

In the fall Lyles hopes to provide dinners for children and families who participate in School #35's after school program. "I'm not trying to evangelize with a meal," said Lyles. "If they want to stay and worship they can."

Future plans include opening a storefront on South Clinton not as a church but a common space for a community. "I'd like it to be multi-functional. I want to create programs that support people's gifts--a songwriters collective or a creative writing collective."

To learn more, call 568-7876.

## Traffic Turtles on Patrol

by Nancy O'Donnell

South Wedge residents are the first in the city to take the novel approach of turning into turtles to remind drivers to stop speeding and slow down on city streets. The street safety events grew out of neighbors efforts to take advantage of grants from the City of Rochester Voice of the Citizen project.

Last year South Wedge resident Lisa Reagan and Highland Park



Traffic Turtle Judy Bennett says "Slow Down!" with a smile.

neighborhood resident Marcia Zach worked together to write up a traffic calming proposal which would address current problems, for example, speeding, drivers running street signs. The proposal envisions neighborhood activists and block clubs working with other community stakeholders to hold community events that will educate residents and drivers about traffic safety issues. Some suggestions are: roving A-frame (sandwich board) signs placed on sidewalks and right-of-ways which would read "residents at play" or "children and pets live here"; costumed residents urging motorists to slow down and watch for pedestrians and bicyclists; and movable radar signs.

South Wedge safety activist Judy Bennett said that traffic calming demonstrations will take place between Aug 4 and 12, 5 p.m. and 6 p.m. on a revolving list of streets: Alexander, Hamilton, Averill, Hickory, Gregory, Sanford, Cypress and Linden..

On Wed., August 6, turtle and friends will be on Hickory and Gregory when the City's Recreation on the Move truck will be at Marie Daley Park.

One of the neighborhood's goals to get a crosswalk on Hickory Street near the park, as well as "children at play street signs.

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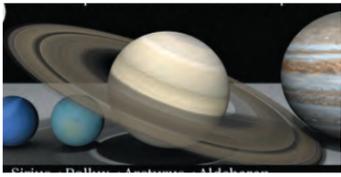
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# STAR TRACKS - Aug./Sept.

by Kimberly Wright



**Aries:** When your Mars Ruler, the God of Action, Sex & Power, left peace loving Libra and entered Scorpio on July 27th, where it's exalted, you may have felt a seismic shift in energy. Mars in Scorpio wants to get to bottom of things and will waste no time doing it. Expect swift action, the desire for covert motivations and heightened emotions (potential flare-ups) especially around the 8/10 Aquarius and 9/8 Pisces Full Moons. Enjoy your increased physical-psychic potency, especially in the bedroom! Once Mars enters Sagittarius on 9/15 things will lighten up considerably and you'll wonder why you've been taking yourself so seriously. Rewarding: August 13 & 14; September 10 & 11. Challenging: August 1, 2, 28 & 29; September 24, & 25.

**Taurus:** You've felt a greater push than usual to get outside and smell the roses and hopefully that's just what you've been doing, partaking in some of Rochester's many outdoor summer festivals, you earthy Taurus! The feeling will continue while your Venus Ruler stays in fun loving Leo all August. When Venus enters Virgo on 9/6, you'll have an overwhelming desire to get your house in order. September may find you building, decorating, organizing, reading, writing or restructuring your home/life. Whatever you pursue your home will rule. Keep it all in balance by throwing a small, intimate dinner party around the 9/8 Pisces Full Moon for only your closest friends or family. Rewarding: August 15, 16 & 17; September 12 & 13. Challenging: August 3, 4, 30 & 31; September 1, 26, 27 & 28.

**Gemini:** Your Mercury Ruler in Leo will spice up your love life the first half of August, a great time to attend a big party or social event around the 8/10 Aquarian Full Moon. As Mercury moves into Virgo 8/16 the remainder of the month may segue into chatting up new groups of friends on social media. Perhaps this is the time to pull out that half finished novel/screenplay from the drawer or look at compiling your blog posts into a book. The Pisces Full Moon on 9/8 has many delightful, hidden truths to reveal to

your inner muse. The trick is you have to slow down enough to listen. Try submerging yourself in water--pool, pond, lake, bathtub. In September Mercury enters Libra. This is a great time to talk to your significant other about your relationship. You may be surprised by what you hear!

Rewarding: August 18 & 19; September 14 & 15. Challenging: August 5 & 6; September 2, 3, 29 & 30.

**Cancer:** You are so much more sensitive to your environment and the feelings of other people, dear Cancer, and that is why you, like your totem animal the Crab, have a hard shell to protect yourself against outside world. Keep yourself busy this August with many activities, entertainment and trips; especially around the Aquarian Full Moon on 8/10. By September you will shift considerably and you may feel a strong pull to escape into your watery inner world on the 9/8 Pisces Full Moon. With Neptune & the Moon in Pisces; and Mars & Saturn in Scorpio, you couldn't find a better time to meditate, seek intimate time with a loved one or commune with nature. Your psychic senses will be heightened & in need of soothing. Rewarding: August 20, 21 & 22; September 16, 17 & 18. Challenging: August 7 & 8; September 4 & 5.

**Leo:** Happy Birthday Leo! Shine on your Birthday month by throwing a big party on the 8/10 Aquarian Full Moon! With Jupiter in your sign for the next 12 months expect all kinds of lucky breaks and windfalls -- enter raffles, invest a little money in the stock market, fly outside your comfort zone to travel and meet new people, even if it's trotting into an out-of-the-way coffee house or art gallery. You could meet the love of your life or discover a hidden talent that needs to come to light. Venus is in your sign until 9/6 so let yourself dazzle like the star you are. Remember not to give it away, this limelight is meant to shine just on you. Rewarding: August 23 & 24; September 19 & 20. Challenging: August 9 & 10; September 6 & 7.

**Virgo:** Happy Birthday Virgo! The Sun enters your sign on August 23rd until September 22. Enjoy the Aquarian Full Moon on 8/10 by taking a break from everything BEFORE your Birthday! Mercury (your Ruler) in Leo, until the 8/15, makes you extra social and communicative. Buy the red dress or neon sneakers and wear them to the party...you'll be surprised how good it feels to be the center of attention! Mid-month you'll

shift gears and want some solitude and alone time with your honey. Buy a journal (if you don't have one) and sit by the water to gather your thoughts. The Pisces Full Moon on 9/8 is especially potent and may require some extra time for physical exertion to ward off so much energy. Whatever you do, stay active, shake it off. When Venus enters Virgo on 9/6, you're looking better than ever with more than your fair share of attention. Put your love life down on paper. Rewarding: June 25, 26 & 27; September 21, 22 & 23. Challenging: August 11 & 12; September 8 & 9.

**Libra:** Happy Birthday Libra! The Sun enters your sign on September 23rd. The August Aquarian Full Moon should find you busier than ever at home or on vacation. Now that Mars has finally left Libra after an unwieldy eight months and traipsed into Scorpio, you can breathe a heady sigh of relief. You detest conflict and will avoid it at all costs. This will be easier now except for some nasty unfinished business that may come to light be the end of the month. No worries, you'll receive guided insights into a difficult situation around the 9/8 Pisces Full Moon that will help to set things right. September and October will give you plenty of time to smooth things over and share time with loved ones when Mercury spends time in Libra (even though is going retrograde 10/3!) Rewarding: August 1, 2, 28 & 29; September 24 & 25. Challenging: August 13 & 14; September 10 & 11.

**Scorpio:** Mars makes a seismic shift in your sign July 27th - September 13th. (Read for Aries above.) The Aquarian Full Moon on August 10th is bound to bring something important in your life to the forefront. Saturn in your sign for many months now has been pushing you to build something in your life that is sorely missing. What has been holding you back? What is it you most require and desire? Do not be afraid to let something go so you have the opening for something new, even if you don't know what it is or how to get it. The Pisces Full Moon on September 8th is VERY intense for all water signs and will even squeeze a few tears from the most stoic Scorpion. Use this time to commune with nature & delve into your natural element. H2O. Your Ruler Pluto's direct motion on 9/23 is the new beginning you've been waiting for all year. Rewarding: August 3, 4, 30 & 31; September 1, 26, 27 & 28. Challenging: August 15, 16, 17, 25 & 26; September 12 & 13.

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### The North Wedge

**Sagittarius:** Now that your Jupiter ruler has entered Leo for the next twelve months, the pace of your life must of increased considerably. There are fireworks going off for all the fire signs in August, especially with the Aquarian Full Moon on 8/10. You'll have more invitations & social commitments than you'll know what to do with. Fortunately, Venus in Leo will add extra dazzle to your aura throughout August while Mercury in Leo introduces you to more people beyond your social circle. Just remember to practice saying no some of the time or you'll find yourself completely overtaxed as you're known to be. The Pisces Full Moon on 9/8 helps you to slow down & recharge the batteries near a nice body of water. Rewarding: August 5 & 6; September 2, 3, 29 & 30. Challenging: August 18 & 19; September 14 & 15.

**Capricorn:** When your Saturn Ruler went into direct motion on 7/21 after several months retrograde it put a lot of things front and center for you. Many things will become possible now that may of been stalled before; a bank loan, custody decision, job offer, or marriage proposal, for example. The Aquarian Full Moon on 8/10 may be a great time to celebrate. The Pisces Full Moon on 9/8 will turn even the crustiest old Goat into a light-hearted romantic. Venus in Virgo the whole month of September could have you writing love notes or reading love poetry out loud to a special someone. Yes, it could happen to you! Every Capricorn has a truly sensitive underbelly (truth be told). Pluto's direct motion in Capricorn on 9/23 keeps things moving forward now after feeling stalled for months. Yes! Rewarding: August 7 & 8; September 4 & 5. Challenging: August 20, 21 &

*continued on pg. 8*



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Angry Goat owners Kevin Barton, Jeremy Sargent, Josh Kolstad

by Nancy O'Donnell

Josh Kolstad always wanted to own a bar. By day, Kolstad works in commercial water treatment projects, but when he heard Elixir Bar on Clinton Avenue was closing he started making plans. He already knew what kind of customers he wanted to attract "an older crowd, South Wedge kind of people."

"I saw we could fill a little gap in Swillburg," said Kolstad.

Next, he turned to his rugby connections in the Rochester Aardvarks. Kevin Barton, owner of O'Callaghan's Pub on Monroe Avenue, and friend Jeremy Sargent were interested.

The partners discovered that Elixir needed a "complete new life" that ultimately cost the trio almost \$100K in renovations. The bar's name was easier to fix when Sargent remembered the name "Feisty Goat Pub" from the movie *Eurotrip*.

Eight months later, The Angry Goat was open. Inside a long custom built bar is lined with comfy cushioned bar stools. Around the corner, barrels serve as tables along with a couple booths. The goat theme continues with rest rooms open for Nannie and Billie Goats.

The bar opened in April to rave

reviews especially for its rotating beer selection. "We have one keg kicks. Once it's empty it's gone," said Kolstad.

Angry Goat's "fresh food offerings" include pub grub appetizers--chicken wings, sliders and mozzarella sticks--but also surprises with chocolate covered bacon, chipotle chicken skewers and fries smothered with beer cheese, bacon and scallions. The menu also features salads (with goat cheese, of course), soups and sandwiches. The "Angry Goat Burger" is already a huge success with foodies hankering for a 1/2 lb. burger topped with caramelized onions, goat cheese, pancetta, argula and balsamic mayo.

Vegetarians can look forward to the homemade black bean burger on a brioche roll. Banana Foster (vanilla ice cream over homemade banana bread drizzled with banana rum sauce) finishes off the menu.

With Rochester festival season almost over, Kolstad said Angry Goat entertainment will ramp up. Along with Karaoke Sundays every Sunday at 9 p.m., Kolstad plans to add live music on the first and third Monday.

938 South Clinton Ave., 413-1125.



RCN CEO, Lynn Lubecki and RCN CFO, Lou Martino at Rochester Childfirst Network's Golf Tournament

### Al Sigi Walkabout is Annual Family Affair



(back row, second from left) Sarah Greive, family and friends in 2013

by Peggy Fortune

For Sarah Greive, Chair of the 25th Anniversary Al Sigi Community WalkAbout, finding time to volunteer can be difficult but also offers many rewards.

"You're not only helping someone else, you're also helping yourself," she says, "It felt really good to know I was making a difference."

Al Sigi Community of Agencies has been near to Sarah's heart nearly all of her life. Her sister, Summer Thornton, who passed away in 2004, received services at Mary Cariola and CP Rochester from a very young age.

"Having a sister born in the 1970's with multiple physical disabilities, I saw how hard my mother worked to care for Summer before she found Al Sigi. That's one of the main reasons I volunteer for Al Sigi events, because I want families to realize they are not alone."

Over 1,200 took part in last year's WalkAbout to help raise funds for Al Sigi Member Agencies serving tens of thousands of children and adults with special needs in our community. This year's

event, takes place Sun., October 26 inside Eastview Mall. To help commemorate the 25th anniversary, Al Sigi Community is hosting a T-shirt design contest for local artists of all ages.

In addition to raising funds, registrants enjoy breakfast, family-friendly entertainment and activity stations, a costume contest, and even donated prizes for top fundraising teams and individuals.

The event also includes a Mask Gallery featuring original works of art by clients of Al Sigi Member Agencies and community volunteers.

Join Sarah and many others to make tracks to help children and adults in our community with special needs. Adult registration is \$20. Pledge yourself and invite your friends and family to pledge their support for you! Children can participate for free with a parent or other adult registrant. To learn more about the T-shirt design contest, visit [www.alsigl.org](http://www.alsigl.org) or email Kayleigh at [kstampfler@alsigl.org](mailto:kstampfler@alsigl.org). To register for the event or make a donation in support of Sarah's team, please visit <https://www.crowdfunder.com/alsiglwalkaboutteam2014>.

### Rochester Childfirst Network's Holds First Golf Tournament

On June 23, RCN raised \$5,500 to benefit its Annual Children's Fund. This fund supports programs that serve toddler, preschool, school-age, summer campers and its inclusion program for children with developmental delays.

The funds were provided by the 50+ golfers who participated in the tournament and several sponsors, including Sam's Club of Henrietta.

### Star Tracks

continued from pg. 7

22; September 16, 17 & 18.

**Aquarius:** August is very hectic for you Aquarians in business and personal life. With your Uranus Ruler now in retrograde motion, a lot is being asked of you, with twists & turns everywhere. But you actually thrive under pressure! The Aquarian Full Moon on August 10th will bring to a head something that reaches beyond your personal domain and could have much broader ramifications. This Full Moon-Saturn T-Square works like a pressure relief valve. You must tread lightly using utmost respect with some and assert your own authority with others to survive unscathed. There is much at risk but so much to be gained. Only you will know how this operates. By the Pisces Full Moon on 9/8, you will have more peace on the home front and a greater vantage point from which to venture.

Rewarding: August 9 & 10; September 6 & 7. Challenging: August 23, & 24; September 19 & 20.

**Pisces:** Enjoy the Aquarian Full Moon on 8/10 in all it's fun-lovin', sandal-wearin' music festival frivolity. It's there for socializing, blowing off steam, going on vacation and just all round lovin' the great outdoors. You especially need this, dear Pisces, 'cause anything that gets you outside of yourSELF is always a good thing. When we get into September there's a Pisces Full Moon on 9/8 that forms a conjunction with your ruler, Neptune, that trines Saturn and Mars in Scorpio. These are a lot of intense energies forcing you to look at what you need to let go of to synthesize heaven & heart, mind/body, health & home. Do not be afraid to look deep within, there are answers there. You are already whole. Rewarding: August 11 & 12; September 8 & 9. Challenging: August 25, 26 & 27; September 21, 22, & 23.

Kimberly Wright is a Spiritual Astrologer with over 25 years experience guiding clients to their highest good in life and love. You can reach her @ 585-773-9861 or [loveyourspirit@yahoo.com](mailto:loveyourspirit@yahoo.com) to schedule a private reading.

### Quote of the month

"Oh, summer has clothed the earth/In a cloak from the loom of the sun!/  
And a mantle, too, of the skies' soft blue,/And a belt where the rivers run."  
--From "In Summer" by Paul Laurence Dunbar (1872 - 1906)

Join the 25th Anniversary Al Sigi Community Walkabout. October 26. For info visit [alsigl.org](http://alsigl.org) or e-mail [kstampfler@alsigl.org](mailto:kstampfler@alsigl.org)

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by Nathaniel Mich

I am a gastropod, dear reader – that is, one who travels on one’s stomach. And so, we’re going a little farther abroad for this issue, to Canandaigua, and a place that is styling itself as a node of upstate New York’s culinary scene.

The New York Wine and Culinary Center acts as a multi-part showroom for the state’s agricultural, and craft food and beverage industries, and offers visitors dining, tasting, shopping and learning activities centered on local products. And so my family and I made the trip down to the Finger Lakes to participate in a cooking class and see what the hoopla was all about.

“Gourmet Meals in Minutes” is a class that focuses on basic techniques to create restaurant-with-linen-tablecloths-and-padded-chairs-style meals in, well, minutes. The class was divided amongst large islands of eight, with two people to each of four work stations. Each station was assigned a meal: seared beef tenderloin with roasted potatoes, maple-glazed salmon with rice pilaf and sautéed broccoli, broiled tilapia parmesan over linguine or grilled chicken Cordon Bleu.

Classes like this really hinge on the instructor. Lapses, of which



there were a few, in ingredient readiness (where, exactly, am I supposed to find these fresh herbs of which you speak?) and omissions in the recipes (is the garlic supposed to be minced, or what?) can be easily forgiven. But if the instructor falls flat, then the class goes down with him or her. Thankfully, Chef Jeffory did not disappoint – an engaging speaker and a clear and concise conveyor of information, he made the class.

One of the aspects of the class that I most appreciated was the focus on efficiency: learning basic techniques that can be applied to a wide range of foods (searing, sautéing, blanching, for example); nesting tasks to get multiple components going at the same time;

how to hold a knife and the three-cut rule for processing vegetables (that you should be able to get any vegetable into any necessary shape in three or fewer cuts). All of these tips can make the difference between enjoying cooking and throwing things.

As the class began, I found myself at the beef tenderloin station. A note here: I learned to cook in a college co-op where black beans, kale and tofu reigned supreme. The result is that while I am happily a carnivore, cooking meat kind of freaks me out and is usually reserved for special occasions. And so the New York Wine & Culinary Center can claim the distinction of being the place where I cooked my first steak, and, boy, was it tasty. In

fact, everything was delicious and perfectly cooked and there was plenty to go around. It’s a testament to the quality of the recipes and the Center’s effectiveness at teaching that a bunch of amateurs (though my family is one of pretty skilled cooks) could walk into a room and pull off what might at first seem to be daunting recipes.

It should be noted, though, that at \$60 a head, this class cost substantially more than what I’d pay at even some of the fancier restaurants in town. That kind of budget allowed the class to play with extremely high quality and expensive cuts of meat and fish like sashimi grade salmon and filet mignon. These tender cuts of flesh only require a few minutes to cook, as opposed to cheaper and tougher cuts. So this may have been a class on cooking nice meals on a tight schedule, but not on a tight budget. I’ll save these recipes for an at-home date night, I think.

I admit it: I’m often skeptical of cooking classes – it’s easy for them to be long on personality and short on instruction, or the material is just limited by time and lowest-common-denominator skill. In the end though, I was surprised at what a good time I had, how much I learned, and how good the food was. I’m looking forward to trying out what I’ve learned at home.

### Harry G’s Fanwich Championship Continues in August

Harry G’s New York Deli & Café holds its third Fanwich competition on August 4. Last January Mary Beth and Al Giglio asked eaters and sandwich makers to submit their “dream sandwich” from a list of available ingredients and prepared in however they liked. Submissions were unlimited. Another round was held in April.

In November the three Opening Round winners’ Fanwiches will be sold at Harry G’s at 687 South Avenue. Fans will cast votes through Nov. 28 and the champion will be announced on Dec. 1 from three finalists chosen from the staff.

Winning sandwiches will be based on taste, speed of preparation and cost. For more information, call 256-1324.



### Tango Café Dances Away

Tango on over to Tango Café & Dance Studio’s new digs at 35 South Washington St. To learn more about classes visit their website at [www.tangocafedance.com](http://www.tangocafedance.com) or call 271-4930.



Caitlin Yarsky adds to South Wedge Wall Therapy at Boulder Coffee House. [www.caitlinyarsky.com](http://www.caitlinyarsky.com). Photo by Johannes Bockwoldt

### A National Night Out with Nathaniel

By Judy Bennett

Nathaniel Square is a small gem tucked in the South Wedge at the corner of Alexander Street and South Avenue. Dedicated in 2008, the Square was developed by the South Wedge Planning Committee (SWPC) as part of community revitalization efforts and provides a comfortable gathering place for all neighborhood residents. The featured permanent resident is Nathaniel Rochester himself, a bronze work by local artist Pepsy M. Kettavong, who also created the “Let’s Have Tea” sculpture of Susan B Anthony and Frederick Douglass on King Street. The Square is maintained by the Business Association of the South Wedge Area (BASWA) and beautifully landscaped by Milli Piccione of Perennial Design.

SWPC Engagement Committee members want to encourage continued safe use of Nathaniel Square by neighbors, and began hosting “A Night with Nathaniel” on the first Monday of each month. South Wedge neighbors are invited to walk or bike to the park around 6:00 p.m. for an hour of socializing. Talk with friends, read a book, play checkers, share a snack, or admire Milli’s handiwork.

Just for August, the “Night” is being shifted by one day to coordinate with National Night Out (NNO) on Tuesday August 5th. NNO is an annual event designed to strengthen community engagement, raise awareness about crime, and encourage participation in local programs and partnerships. NNO events are family-friendly, educational and designed to bring neighbors together. In other words, a perfect fit with “A Night with Nathaniel”!

You are invited to join us at Nathaniel Square on Tuesday,

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August 5 at 6:00 p.m. So bring your friends and family; bring your neighbors. A snack to share would also be welcome (but not

required). We look forward to seeing you there and on future Mondays.

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# They're Engaged!

## Alexandria Hoang & Justin Hubbell



After a thirteen year friendship and nearly seven years in a relationship, Alexandria Hoang and Justin Hubbell are tying the knot. Justin reports that: "President Barack Obama, Emperor Akihito, President François Hollande and Beyoncé have entered the bidding process to see who will host the wedding."

"We have turned down the bids from Vladimir Putin saying, "Although we are grateful for his favor, it is in our best interest to respectfully decline."

**See Justin's new comic on page 7.**



Sue Porter, ED of Judicial Processing Commission, and Harry Bronson

## NYS Assembly Updates

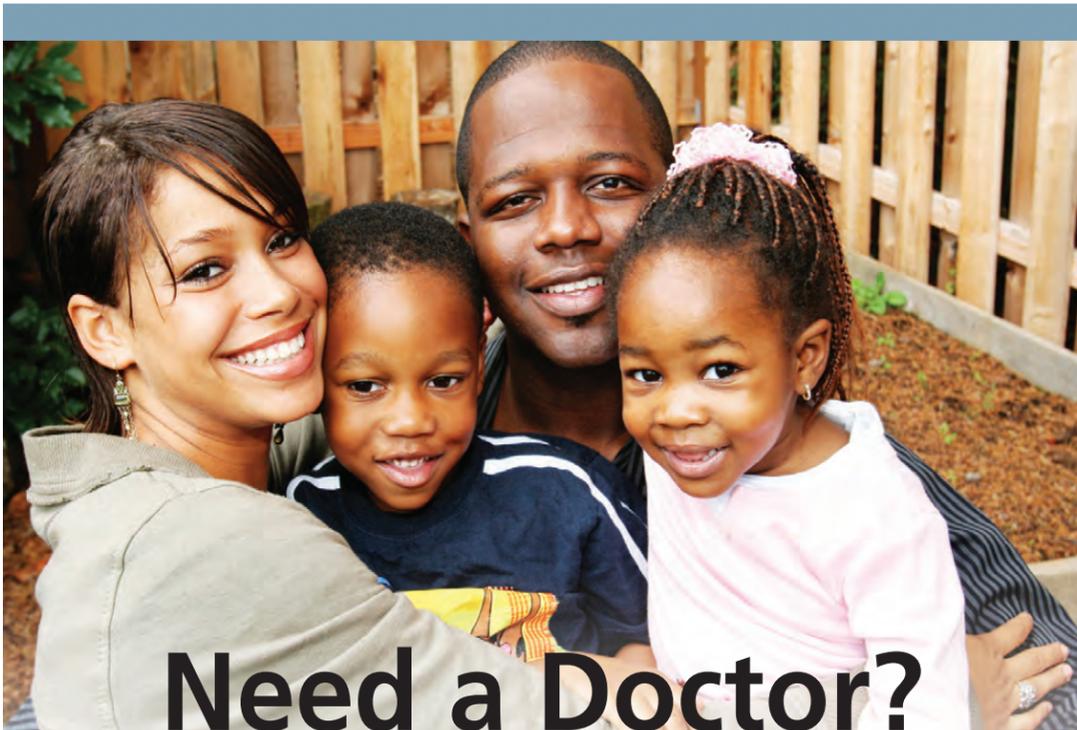
NYS Assembly representative Harry Bronson (D-Rochester/Chili/Henrietta) has been busy this year working to get a number of measures passed. These include a bill to fight the rapid rise of heroin and opioid abuse that resulted in a number of deaths. The measure seeks to build a coordinated, state-wide effort to prevent and treat opioid dependency, ensure access to the antidote naloxone and increase access to treatment programs and strengthen state laws against sales.

"Whether it's increasing prevention efforts, expanding access to treatment or stiffening penalties for criminals who illegally distribute, we are attempting to save lives," Bronson said. "The vast majority of those suffering from opioid addiction are teens and young adults, and often, their dependence goes unnoticed. The passage of these measures will make it a priority to identify substance abuse in our young people and provide them with access to the treatment they

need."

According to the Monroe County Medical Examiner's Office, heroin killed 65 people in the region in 2013, compared to 29 the previous year and 11 in all of 2011. Roughly, a quarter of the region's heroin overdose victims during this time were 24 years or younger; nearly two thirds were under the age of 35.

Assemblymember Bronson enjoyed another success recently with the passage of legislation he authored that protects the personal safety and privacy of victims of domestic and transgender violence (A.9409). His bill waives the requirement that information be published when individuals choose to legally change their names to avoid acts of violence or discrimination or to conform with gender identity or expression. Specifically, the bill would make this waiver available to individuals attempting to avoid potential or actual domestic violence, stalking, hate crimes or sexual assault.



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## Tru Yoga Moves to Heart of the South Wedge on South Avenue

by Nancy O'Donnell

Tru Yoga yogis and newbies will have a lot more space to roll out their yoga mats at its new location on South Avenue and Gregory Street. Yoga classes now replace tax processing (H.R. Block was a long-time presence) which definitely increases the good vibes on that corner.

Owner Lindsay Wech had been looking for a larger location since she and co-owner Pet Nebozny bought the business from its original owner in 2012.

"It was a great building, but we have nine instructors and we just outgrew the tiny space," said Wech. "We're doubling the space and we've added some retail space carrying items created by people in the community."

Classes include Vinyasa, Hatha, and Anusara-inspired classes with a little something extra. Some intriguing choices include "Candlelight Flow," "Lunchtime Express Vinyasa," "Happy Hour & Half Flow." A Hatha class, open to all levels, "explores the chakras,

anatomy and breathing techniques with music from singing bowl or chimes." Heated Power Vinyasa classes are heated to 85-90 degrees to help keep "muscles warm and limber to help the body detoxify deeply." Yoga + Mindfulness relaxes stress throughout ambient music, candlelight, and an hour of guided yoga, meditation and breathing exercises. You will be taken through a full body relaxation, leaving you refreshed on all levels in a nurturing environment that is wonderful for any level of yoga and meditation practice. Family Yoga with Heidi Kaufman. Kaufman is held once a month (this month is Aug. 3, 9 a.m.) where parents and children 4-9 can assume active yoga poses combined with "interesting lessons to stretch minds, too!"

Tru Yoga first timers can get a two weeks unlimited pass for \$20. For more information, visit [truyogarocheater.com](http://truyogarocheater.com) or call 568-7856.



(l-r) Monster Aloe Plant and friend Louis Dalton Kinsella (Photo courtesy of South Wedge Botanical Soaps)

## Botanical Soaps Home Grown with Goodness in South Wedge Garden

by Nancy O'Donnell

The South Wedge is full of beautiful gardens used purely as decoration, but Louis Dalton Kinsella went beyond decoration and turned his girlfriend's Caroline Street lawn into a new business. Kinsella created South Wedge Botanical Soap from a front lawn of calendula, peppermint, red clover and black seed. This year he added cardamom to the garden. He adds to that precious oils and flora from sustainably farmed sources.

Kinsella brings a background in chemistry to his business--he knows the bad chemicals to leave out of his scented soaps. He was pre-med in college and had a career in medical device manufacturing for many years. A few years ago he was approached by soap resellers who wanted him to use his chemical background for no good.

"They wanted botanical knock off soaps of a brand sold in Brooklyn," said Kinsella. "They basically wanted me to steal someone else's intellectual property."

After Kinsella refused their

offer to be dishonest and make a few buck, he started thinking about making his own line of soap using "fine raw materials" both from his garden and sustainably farmed sources.

Kinsella makes his small batches (60 bars at time) in a 2,500 sq-ft. workroom in the old Post Office downtown using recyclable molds and ingredients traditionally used for skin care by "indigenous cultures." Each bar uses at least one ingredient "tenderly grown" in the South Wedge along with other precious oils.

"Distilled rose can cost \$400 for one fluid ounce," he said. "It takes 3,000 roses for one teaspoon of rose oil."

"My soaps are not home crafter types. I use pharmaceutical grade water and purification system," he said. He currently sells eight soap combinations including lavender and red hibiscus, damask rose and geranium, calendula and cocoa butter, aloe and tea tree, sage and lemon grass. The shampoo bar (with a surprisingly bubbly lather)

and shaving soap includes Floral Woodlands, Mint Forest and Herbal Tropics.

"The bar shampoo is a blend of botanical emulsifiers. There's nothing synthetic, but you still get foam. Your hair rinses clear and it doesn't leave static like detergents do."

South Wedge Botanical Soap can be found in the best local farm markets and assorted shops: Mise En Place, Abundance Co-op, Now and Zen, Period Bath Supply in the South Wedge, and Soulstice on N. Winton Road, Bittersweet in Brockport and Green Hut in Spencerport. The company also has a line of buttery natural skin salves.

Kinsella's soaps have no parabens, formaldehyde or detergents, animal products or synthetic fragrance. Even the packaging is Earth-friendly using recyclable paper and cellulose film packaging that is compostable.

Visit [www.southwedgesoap.com](http://www.southwedgesoap.com) for more information. Photo of Kinsella's botanical garden is on page 12.



(l-r) Tru Yoga instructors Eric Phamdo, Aimee Senise Bohn, Jen Grow, Ijlal Lenio, Tisah Leigh Milner Brederson, Danielle Rinallo and Tyler Pearce (not pictured Lindsay Hildreth and Amanda Tavelaris)



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## Calvary St. Andrews

*continued from pg. 1*

the Foodlink Mobile Pantry food distribution. The renovation will make the space more encouraging and uplifting for everyone. We look forward to finding more ways that we can share our space with the wider community.”

Robert Lauterbach, Chair of Calvary St. Andrew’s Mission and Maintenance team, coordinated the insurance claims, documented the damage, and hired Old School Painting. He also took responsibility for preparing the building for the work, including the removal and storage of all the wooden pews from the sanctuary. During the renovation, Sunday worship will take place in different locations throughout the building.

Lauterbach, who is also the Coordinator of the Emergency Food Cupboard, Mobile Pantry, and Community Garden at the church, is working with volunteers to find an alternate way to distribute food to the hundreds of clients who visit the church every week. “Our most important mission at Calvary St. Andrew’s is feeding the hungry,” Lauterbach notes.

“We’re committed to keeping the Emergency Food Cupboard and Mobile Pantry open during the construction.”

The cornerstone for the building that is now Calvary St. Andrew’s was laid in July of 1873, and the church was completed and consecrated in May of 1880. It was designed by Richard M. Upjohn (1823-1903), son of the man who designed Trinity Church in New York City. As part of the preparation for the renovation, Joyce Parker, a member of Calvary St. Andrew’s Council, visited other Gothic revival churches in Albion and Geneva to investigate the colors used in similar buildings. Local artist Connie Ehindero, also a member of Calvary’s Council, was tasked with choosing colors that would be more historically true to the building design and history than the current colors. The result should be a brighter, more welcoming worship and community space.

Work began in early July and should be completed by mid-August. The congregation of Calvary St. Andrew’s will host an open house in September to invite friends and neighbors to tour the newly renovated space.



South Wedge Botanical Soaps sources flowers from a South Wedge garden (Photos by Louis Dalton Kinsella)

## Support local farmers & build community at the South Wedge Farmers Market.



Calvary St. Andrews emptied for renovations (Photo by Robert Lauterbach)



Clamor with Steve Piper, Rick McRae and Bruce Diamond (Photo by Nancy O’Donnell)



SWPC Board Secretary Amanda Conner and animal companions (l-r) Grady and Ellie Conner (Photo by Nancy O’Donnell)



John Lam (Photos by Nancy O’Donnell)



(l-r) William Hough and Braeden Holt (Photo by Nancy O’Donnell)



Eoin Dennis (Photo by Nancy O’Donnell)



(l-r) Heather Penrose & Sarah Youngstrom, Logan Johns, August Youngstrom (Photo by Nancy O’Donnell)



Jonathan Leach and SWPC Executive Director John Page



(l-r) Chloe and Richards Adam, Liza Fitzsimmons, Amy and Aubrey Adams (Photos by Nancy O’Donnell)



(l-r) Bunny Kramer, Tracy Tambe and Jackie Tambe (Photo by Nancy O’Donnell)



(l-r) SWPC Board Vice Chair Donna Roethel Lenhard and Jessica Stroud (Photo by Nancy O’Donnell)