



The WEDGE

The Official Newspaper of the South Wedge Since 1982

St. Joseph Neighborhood Center's Sister Christine Wagner Receives Farash Award

by Nancy O'Donnell



Christine Wagner, SSJ. (Photo by Michele Macirella)

For over two decades Sister Christine Wagner, SSJ, cofounder and executive director of St. Joseph Neighborhood Center, has worked for social change to benefit the working poor and unemployed in

need of quality health care.

Her good work was recognized recently with The Max and Marian Farash Charitable Foundation Prize for Social Entrepreneurship. The foundation was established to salute "the core principals of Jewish life, education and entrepreneurship." The Prize, first awarded in 2012 to the late Thomas Ferrara of Foodlink, encourages innovative approaches that meet and reduce community needs. The Prize seeks to recognize an individual and "inspires others to take extraordinary action to enhance our community" and comes with a \$100,000 donation to the Center.

The St. Joseph's Neighborhood Center has seen the crisis in the U.S. health care system up close.

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Frederick Douglass in Highland Park (Photo by Johannes Bockwoldt)

Sanctuary Village Sets Up Camp Under the 490

by Nancy O'Donnell

"This is the fourth week now," says Reggie, who has assumed the role of Mayor of Sanctuary Village, a community of homeless men and women filling 30 tents under the Frederick Douglas-Susan B. Anthony Bridge. He'll talk, but he won't give his last name. In fact, he asks that he not be photographed.

He's standing tall outside the village's largest tent. It holds a table, a crate of apples, one pack of hot dog rolls, and a few boxes of cereal. The tent faces a metal trough filled with burning wood that wafts an acrid smoke. It makes sense to stay close because it's 30 degrees out on the sloping snow-covered hill on South Avenue.

Before Sanctuary Village moved to South Avenue, it was located in Washington Square Park and before that in the Civic Center Garage. Some 25 people had made their beds on its concrete floors for several years. They were evicted in August and a number of them created a more visible community in Washington Square Park. With that came complaints, and the City of Rochester talked with area homeless advocates—House of Mercy on Hudson Avenue and St. Joseph House of Hospitality—about finding a solution. Soon the tents began arriving, next to the river, under the overpass. They say there are a few more hidden away behind a rise closer to Mt. Hope Avenue.

Right now food, water and hot coffee are delivered to the campsite twice a day by House of Mercy. Other times people go over to St. Joseph's for lunch or a hot shower. There are no port-a-johns here today, so when the Central Library isn't open, the homeless make do in places hidden away from South Avenue.

"People stop and look," says Reggie. "Some of them come back with stuff. "A whole lot of people are upset that we're here. A couple of church ladies came over this morning, and they stood and prayed with us, and then they started crying. They said they were going to talk to Lovely Warren."

Many of the homeless say they're "pissed" at the Mayor for not keeping them out of the snow and wind. They

point to the many vacant buildings in the city that could be used as a temporary shelter.

"What about the old Tent City on Dewey Avenue?" asks Reggie.

"There are empty buildings downtown," says Freddie, an Oregon native who says all of his family are dead. He got out of the military around 2006 after serving in both Iraq and Afghanistan. "I'm waiting on the VA. I'm trying to find housing." He doesn't just stay at the Village; volunteers at Asbury Methodist Church. "I serve food there. I collect cans and bottles. That's how I make my money." Mostly he's waits: "I'm waiting for the City to get off their rumpus and open a building."

James Murphy, a Catholic Worker at St. Joseph's House of Hospitality, said that many of the camping homeless were left with no choice after the Civic Garage closed. "It was heated at night. It was an easy place for men and woman to go when there was no room in the shelters."

The Sanctuary Village campsite is more complicated.

"Some of those here are the ones who have the hardest time going



Sanctuary Village citizens (Photo by Nancy O'Donnell)

into the shelters," said Murphy. He's not sure exactly how many shelters Rochester has. He thinks about 8-10. But, those in Sanctuary Village might not have the option to get into one.

"Some have addiction issues. Some don't want to follow the rules. Some have been sanctioned; they're barred from coming in because of past behavior. For some [homelessness] just happened to them, and they don't know what to do."

Individual problems that beset the

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Silk Bridal Boutique Brings Manhattan to Tops Plaza

by Nancy O'Donnell

Five years ago, Fatima Bayram Sable filled a small table in her family's Thimble Tailor shop at Tops Brighton Plaza with camisoles in five basic colors. In December she launches Silk Bridal Boutique next door with gowns from Casablanca, Madison James, Paloma Blanca, Mikaella Bridal and Badgley Mischka.

"I thought they'll never sell, and they all sold in a week," said

Fatima remembering the tiny table of camisoles. Soon she added t-shirts, then jeans, then scarves and accessories and gave her tiny boutique a name, Paislee.

She began travelling to trade shows in Las Vegas, Toronto and L.A. Soon the fashion-forward Fatima added different lines of merchandise in clothing and jewelry.

"I wanted to buy amazing pieces from home," said Fatima. So she concentrated only on U.S. made, and word spread about this new clothing boutique with gorgeous clothes, a no-snoot policy with customers, her sunny personality and the ability to make any piece look custom-made (it helps that she comes from a family of tailors).

Now Paislee has been enlarged and remodeled, but its fashion ethos remains, and she still stocks merchandise she believes in: U.S.-made California brand black denim jeans that only uses pima cotton, NikiBiki leggings that "should be a fashion staple in every woman's wardrobe."

"My customer is a sophisticated hard working girl who loves fashion

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

Keep your \$\$ Local!
Support Small Businesses
See our Holiday Guide on page 12

Friday, January 23, 2015
6 - 9 p.m.

Save the Date!

Win Cool Stuff in a Wedge Me In Raffle!

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Brief Membership Meeting followed by Food & Drinks

224 Mt. Hope Avenue
South Wedge

City Love" - March 20, 2015 Save the Date!

Join with the South Wedge Planning Committee and the South East Area Coalition, two not-for-profit community-building organizations, for a night of "City Love" that includes live music and dancing, Hors d'Oeuvres, Desserts & Cash Bar. Funds raised will be used for volunteer projects in southeast neighborhoods.

City Love will be held on Friday, March 20, 6:30 p.m. - 9:30 p.m. at The Academy of Medicine, 1441 East Avenue. Tickets \$25 in advance, \$30 at the door. For more information, call 257-1740, ext. 103.

The Choices We Make

by Howard Decker

Good morning! It's a pleasure to be here with you this morning. Please do get comfortable...perhaps you might want to grab a cup of coffee. But as you do, I want you to think about this—in 2014 Americans will use 2.5 trillion gallons of water making coffee.

Now I'm certainly not advocating that we all stop drinking coffee. But I am going to suggest that each one of us needs to become increasingly conscious of the choices we make every day. The results of our choices shape our cities and determine our fate in a future that I believe that we are not prepared to face.

In 1910 Rochester had a population of 218,149; population in 1922, 295,750. In the 1920s [private] transit replaced the trolley cars. Later the love affair with the auto began damaging our city. Look at Franklin Square, once filled with buildings and green space, now a barren landscape, and the endless expressways. In building the suburbs, sprawl took command and the city was abandoned.

Compare two cities: transit use in Rochester--6.83% and in NYC 60%. Look at Beijing. In 1980 80%

of all Beijingers rode bicycles. Today less than 20% do and 10,000 cars are added to the highways very month. Recently a traffic jam in Beijing lasted a month.

Let's look at housing--the fact is there is a need for 60% more affordable housing units in Rochester than all the vacant and abandoned units that exist. Currently the City of Rochester's "Project Green" budgets \$25K to \$30K each for demolition of each unit. Let's look at demolition vs. deconstruction. Deconstruction is sustainable and cheaper. You get tax breaks, and you retain embodied energy. Even something as simple as deciding what to do about your windows can have major implications. To repair the existing windows in your house instead of replacing them will generally cost about half as much, and you will recoup your investment in energy savings in half of the time.

Rochester can be different. Let's make it so.

You can hear more from Howard Decker on Youtube in *Looking forward, looking back: Howard Decker at TEDxRochester*.

This talk (edited for brevity) was given before the 19th Ward House Tour in October. Howard Decker is a Fellow of the American Institute of Architects (FAIA) and urban designer and former Chief Curator at the National Building Museum in Washington, D.C. He was Project Manager at EE&K (Ehrenkrantz Eckstut & Kuhn Architects) in Washington, D.C. when the firm got the AIA National Award in Urban Design in 2007.

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The South Wedge Planning Committee, Inc.

Dec. 2014/Jan. 2015 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., 12/16, 1/20, 6 p.m.

Community Engagement

(Neighbors & Block Clubs)

amaroselli@swpc.org

Wed. 12/17 & 1/15, 6:30 p.m.

Finance Team

tsciarabba@hotmail.com

Wed. 12/10 & 1/14, 12:30 p.m.

Housing & Structures

Meets every other month

Wed., 12/3, 5:30 p.m.

E-mail *donna.roethel.lenhard@gmail.com* to confirm.

SW Victory Garden

felann@frontiernet.net

E-mail for dates and times.

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 southeast Rochester. Join our 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*.

The Wedge
Newspaper



Winter Civic Garden Classes

Bedecked for the Holidays-- Saturday, December 13, 3-5 p.m.

Visit the decorated home of Carolyn and Bob McKee in Avon. Several trees, one in every room on the lower floor, are decorated with a different theme. Enjoy the beauty of the holidays and refreshments \$12. Rochester Civic Garden Center, Pre-register at 473-5130 or visit *rcgc.org*.

Annual Seed & Houseplant Swap, Saturday, January 31, 9:30 a.m.- 12:45 p.m.

Join Rochester Civic Garden for a garden fix in the dead of winter. Informative talks and opportunity to swap seeds and houseplant cuttings and view slide show about annual flowers. \$15. Pre-register at 473-5130 or visit *rcgc.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*

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 to the address below.

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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

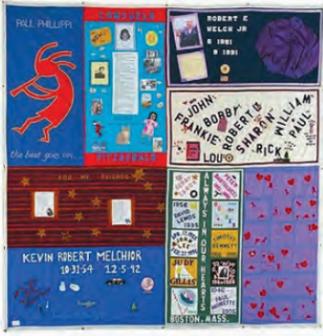
SWPC builds community in the South Wedge, encourages a full range of housing opportunities and promotes a diverse, historically significant, commercially sustainable urban village.

Ad deadline
for next issue

January 10

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

by Nancy O'Donnell



Equal=Grounds Brings AIDS Quilt to Wedge

John White and Harry Bronson, co-owners of Equal=Grounds Coffee House, bring four panels from the Names Project AIDS Memorial Quilt

to the South Wedge December 1-7. "We host the quilt every year, and choose panels with the names of Rochester area people who have died from AIDS," said White. "We do this as a reminder that the battle against AIDS is not yet won," said White. "We also want to give families and friends of those lost to the epidemic an opportunity to reconnect with their loved ones gone too soon."

Sections of the 54-ton AIDS Quilt remain a homemade tapestry memorial to the more than 94,000 individuals lost to AIDS. The first panel was created in 1987; sections are continuously on display across the country in schools, churches and community centers. Others can be viewed at www.aidsquilt.org. 750 South Avenue, 256-2362.



Roslyn S. Jaffe, Joy Bergfalk, Aza Nedhari (grant winner), Executive Director and Co-Founder, Mamatoto Village - Washington, D.C., Evainna Ross (grant winner), Executive Director, The Sparrow's Nest, Inc. - Greensboro, NC, Soledad O'Brien

Coffee Connection Owner Receives Jaffe Award

Joy Bergfalk, owner of Coffee Connection on South Avenue, was one of three "everyday heroes" honored at the first annual Roslyn S. Jaffe Award ceremony in New York City in October.

The ceremony was emceed by award-winning journalist Soledad O'Brien and hosted by Ascena Retail Group, Inc. at the Roosevelt Hotel.

Joy Bergfalk received a \$25,000 grant for her role as founder of Project Empower and Executive Director of Coffee Connection. Organizers praised The Coffee Connection/Project Empower's ability to provide "comprehensive, continuous support for women on the journey to sustainable recovery from addiction through

employment training, job creation and sober support in and around Rochester, NY."

This new annual award program recognizes individuals who help empower women and children and honors the lifelong contributions of Roslyn S. Jaffe, who co-founded the first Dress Barn store in 1962.

The women were honored for their work in making "the world a better place for women and/or children in the areas of education, health, social reform, and self-esteem."

"We specifically chose individuals whose non-profit organizations may not be well known, but have the potential for major impact with the recognition and financial support

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SENSC WELCOMES JEIRI FLORES

The City of Rochester's Southeast Neighborhood Service Center welcomes Jeiri Flores, community activist and future rabble-rouser, as a Rochester Youth Year Fellow. The fellowship was made possible through the efforts of seven Rochester area colleges who joined forces to create a position that would concentrate on services for youth.

At the NSC, Flores is working closely with EMMA Neighborhood Association (East Main St., Mustard St. & Atlantic Avenue) and the woman who heads it, Sister Dorothy Parham, on a variety of projects including raising funds for EMMA's Christmas party on Dec. 19. The financially challenged neighborhood has 213 kids out of 992 residents

"Sister Parham works in a variety of ways to serve the youth in the community," said Flores. "She works with Pathways for Peace, [a City youth initiative] which comes to talk to kids against gang violence." In her work at NSC Flores will help EMMA organize a long-term mentoring program for youth."

Flores ultimately wants to start a non-profit that teaches basic living skills: time management and money management. "We're not teaching the basics to youth, and then we expect them to be functioning adults in society. They're lacking in basic skills, and when they make mistakes they make big ones. They have to learn. You teach them from the jump."



Flores graduated from Wilson Magnet High School with a concentration in computer science. She attended State University of NY at Brockport and graduated in 2014 with a B.S. in sociology with a minor in African-American studies.

She picked sociology because she found she was "working harder on sociology than any other subject."

"I especially liked studying issues of race and gender," said Flores. "It's a hot topic in any conversation. I like knowing how to explain how people think the way they do and how they process issues."

"For example, a white woman on an elevator will look at a black man and be afraid. I've found studies to explain why that is. The white woman has been taught that black men are a symbol of danger and aggression. The black men hide who they are. On the elevator he would make himself small, move into the corner so that he would not be perceived to be a

dangerous. Black men will also cross the street if they're walking behind a white woman so they are not viewed as a threat."

"I believe that we are only two things in life. We are learners or teachers," said Flores. "I want to teach."

After Flores completes her work as fellow in July 2015, she is considering various options.

"My ultimate goal is to work as an advocate for people with disabilities," said Flores. "That's only one piece of who I am. I also am looking at avenues I've never ventured into. I speak Spanish. I'm educated enough, and I want to advocate for [Spanish speaking] people. There is a need in Rochester."

"[The disabled] don't have an inclusive community. People with disabilities struggle to find employment, a place to live. They're

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southwedge.com for details

Buta Pub Opens in German House

by Nancy O'Donnell

Buta Pub, South Wedge's newest restaurant, promises American food with an Asian flair. Dishes on the menu include: pork belly steamed buns, Korean fried chicken and Banh Mi Vietnamese subs. Dragon Sweetie Bakery, new to the neighborhood also at 389 Gregory St (former home to Tango Dance Cafe), provides the sub rolls for the new restaurant. Wine, beer and craft cocktails are also on the menu. The pub replaces Zeppa Bistro in the Historic German House.

Owners, Ed and Asa Mott, father and son restaurateurs, are especially excited about their local specialty beers.

"We'll have ones from Seneca Lake to Canandaigua Lake, Penn Yan to Binghamton," said Asa. "In fact three of the 12 lines we're opening with have never been in Rochester."

Of special interest is the Climbing Bines Buckwheat Brown from Penn Yan, making its first appearance in Rochester. "This beer only uses hops, malt and barley from New York



State, said Asa."

The menu is not the only thing that's changed in the space.

"There's just so much color—a red ceiling, blue green walls. We've added some Hello Kitty wall panels. We've also added a rich bamboo floor," said Evan Parker Pierce, general manager.

Buta Pub will be open for dinner until the second week in December. Thereafter the pub will be open for lunch and Sunday brunch as well.

Historic German House, 315 Gregory Street, 563-6241

Orbs Now Serving Sunday Brunch

by Nancy O'Donnell

Slowly but surely Orbs' reputation has been growing. New patrons tell friends who tell anyone who's looking for a great meatball (animal and vegetable) and all the fixings in the South Wedge.

Since opening, owner Bar Caranddo has expanded hours to include lunch and added specials such as Wine Wednesday—all glasses are ½ price.

Now he's added a knock-your-socks-off brunch to the mix on South Avenue.

Here's just a sampling of dishes you'll find at Sunday Brunch: Chicken & Waffles includes a 12-hr. brined chicken with fried buttermilk waffle smothered (or lightly doused) with maple bacon bourbon syrup and candied walnuts. Balls & Biscuits joins sausages balls, house biscuits, sausage gravy and Orbs' chorizo hash. A new favorite is the French 758 that combines brioche, vanilla



(l-r) Rae Lambert, Orbs owner Bob Caranddo, and Naomi Moore. Photo by Nancy O'Donnell

custard, peanut butter, dark chocolate and a waffle with maple butter for even more flavor.

A more conventional early morning selection, but with an Orbish flair, is the Vermonster. This includes Berkshire bacon, fried egg, New York cheddar, Vermont maple syrup and

peanut butter sandwiched in between buttermilk waffles with a side of chorizo hash. Top anything with an egg or add a side of country potatoes. 758 South Avenue, 471-8569, Sundays, 12-4 p.m.

South Wedge's Hedonist Artisan Chocolates and Genesee Brew House Collaborate to Create Salted Caramel Porter

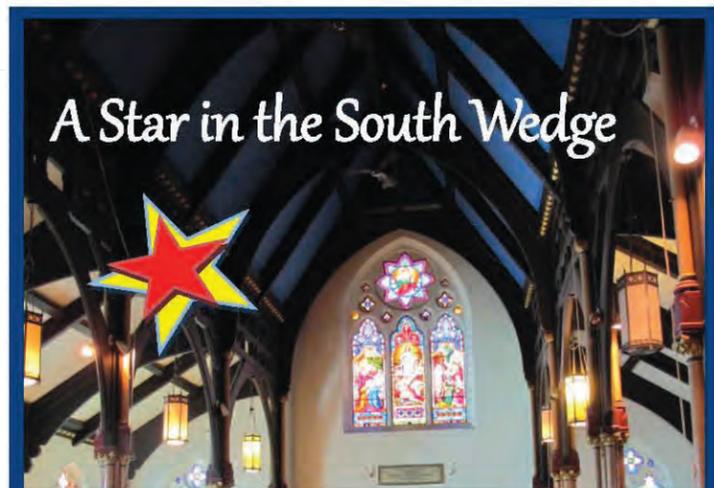


A great couple--Salted Caramels and Salted Caramel Porter

by Trevor Courneen

For those who live a hedonistic lifestyle, pairing chocolate and beer is a tried and true way to indulge. But what if you could skip a step and stimulate your senses all at once with a new collaboration? Early this December, a decadent dream will come true when Genesee Brew House and Hedonist Artisan Chocolates team up to bring Salted Caramel Porter to the city of Rochester.

A 2012 feature in the *New York Times* newspaper, Hedonist's Salted Caramels are a favorite among chocolate fanatics. When their subtly salty sweetness met the robust, full flavor of a Genesee porter, it was an instant match made in hedonistic heaven. After being treated to the inaugural sips of Salted Caramel Porter at a small private tasting, a group of Genesee accounts raved about the beer's rich deliciousness. Genesee and Hedonist are eyeing December 5 for a release date that will see the porter served at a handful of Rochester establishments that sell craft brews. When that time comes, the pleasure seekers of Rochester are sure to be celebrating this ultimate indulgence.



A Star in the South Wedge

You're Invited!
Celebrate the Renovation of
Calvary St Andrews!

Sunday December 7, 2-5PM

Our South Wedge landmark has been transformed by extensive restoration. Join us in celebration!
Built in 1873. . . renewed in 2014!

The church will be decorated with a thousand lights for Christmas.

Schedule of Events

REFRESHMENTS PROVIDED

- ◇ 2:15 — Opening Dedication
- ◇ 2:30 — Old School Painter Presentation and the story behind how they restored our very high ceilings and beams
- ◇ 2:45 — Tree Planting Dedication
- ◇ 3:00 — Holiday Carol Sing-Along
- ◇ 3:30 — Tour of the Emergency Food Cupboard for those interested is being a part of this urban mission
- ◇ 4:30 — Consecration Prayer
- ◇ 4:45 — Silent Candlelight Closing

PLUS

- ◇ History tours for the architecture buffs
- ◇ A Cranberry Treats Bake-off
- ◇ Tree Ornament Decoration for the kids

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For more information, please stop by or call:

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

www.RCN4kids.org

the PLACE
CORNER PLACE
Arts Academy



Children taking part in Corner Place Arts Academy Photo by Michael Fisher

Corner Place Arts Academy Supports Art in Education on Monroe Avenue

by Sarah Peters

Over the summer, the Corner Place Arts Academy moved from its 969 Monroe Avenue location to New Life Presbyterian Church.

We are a neighborhood outreach center that grew out of a collaborative effort between Third Presbyterian Church and New Life Church to support local school age youth through arts education. Past programs included art mediums such as puppeteering, improvisational theatre, dance, visual arts, music and creative writing.

The Arts Academy works to build confidence and self-esteem, promote art, life skills, imagination, creativity, and creative problem solving skills. Our "no-fee/low fee" participation policy attracts diverse groups of families, which helps to meet our

mission.

The Corner Place has provided services to southeast Rochester since 1996. Our mission is to connect neighbors, build community, and foster economic stability and revitalization in the Upper Monroe area. We believe that the educational success of the children in the Upper Monroe area is a critical element in neighborhood stability. We also believe that broadening opportunities for children through exposure to the arts create links that become bridges between neighbors and enhances community vitality.

Many hands-on and behind-the-scenes volunteers from both Third Presbyterian Church and New Life Church make our program possible. We also have a collaborative

City Newspaper's Best of Rochester 2014

- Best Indian Restaurant**
India House, 998 S. Clinton Ave.
- Best Retail**
Little Bleu Cheese Shop, 684 South Avenue
- Best Clothing Store**
Thread, 654 South Avenue
- Best Specialty Pizza**
Napa Wood Fired Pizzeria, 573 South Avenue
- Best Desserts**
Cheesy Eddie's 602 South Avenue
- Best Local Park** – Highland
- Best Bar for Beer** – Tap & Mallet, 381 Gregory Street
- Best Neighborhood Bar** – Lux 666 South Avenue
- Best Happy Hour** – Lux Lounge, 666 South Avenue
- Critic Picks** Best place to get a below the belt rub down – Luv Yu Foot Spa- 638 South Ave.

relationship with St. John Fisher College. They are currently providing wonderful volunteers through their service learning program. Other community volunteers with an interest in art, literacy and child development are invited to participate in this wonderful creative undertaking. We are a non-profit organization and happily accept donations of time, talent, and financial support. Please contact Director Sarah Peters if you are interested in joining to raise up the community through arts in education at ingoodcompanyarts@gmail.com.

The Academy is currently located at 243 Rosedale Street and Monroe Avenue. www.thirdpresbyterian.org/service/serve_cornerplace.shtml

said Banker. So that means he gets a lot of customers in immediate need of a quick gift with meaning, including anything NFL, NASCAR or NBA.

Roc City Expressions also carries the very popular Bico Australian tribal jewelry, and embroidery and vinyl graphics for wall decorating.

During the holiday season, he's offering a buy one, get one free personalized mug.

658 South Avenue, 244-8756, www.rocacityexpressions.com.

properties in the South Wedge. We're currently rehabbing a property on Gregory St."

The company focuses on incorporating neighborhood appropriate materials in their rehabs. 732 South Ave, 766-7751.

Roc City Expressions Opens on South Ave

Kyle Banker made a huge expansion in building his business, Roc City Expressions. What began as a small kiosk at Greece Ridge Mall has now expanded into a shop in the heart of the South Wedge business district.

"I moved to the South Wedge because I like doing personalized [items], and the mall wouldn't let me do it," said Banker.



Kyle Banker

Now Banker personalizes coffee mugs, t-shirts and photo tiles on site. "I can do it in 15 minutes,"



Mark Updegraff Management Opens on South Avenue

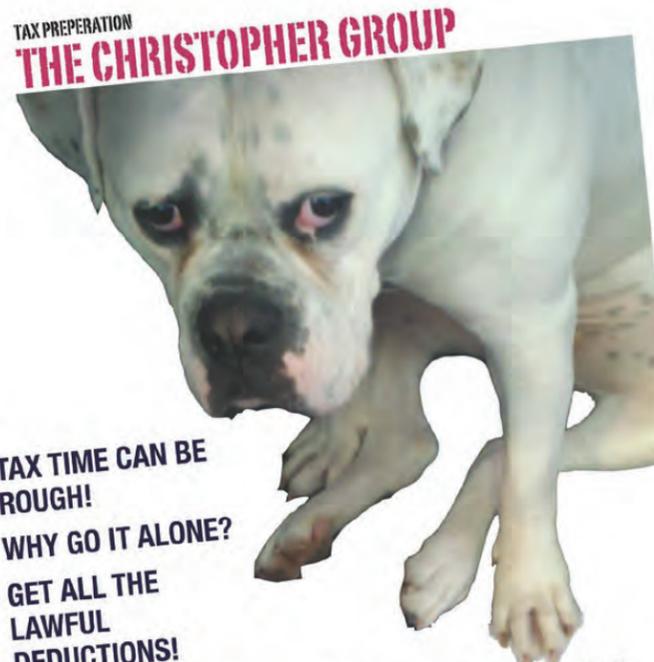
Mark Updegraff used to drive to the South Wedge with his future wife Maria to eat at a vegetarian restaurant when both were in college.

"It was where Little Venice

is," said Updegraff. "Lots of time someone would try to sell us crack."

Today in the reclaimed South Wedge, Updegraff has opened his office on the same block.

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Children's Health Corner -- Read All About It!

by Alexie Cruz Puran, MD



Reading should be a part of every healthy childhood. Your children will learn reading skills in school, but often there they come to associate reading with work, not fun. The best thing parents can do to encourage children to love books and reading is to read aloud to them.

After tooth brushing and before bed, find a comfortable spot to sit and read with your child. Spending some time, even just 15 minutes each day, to read aloud together will help improve your child's language development and social-emotional skills.

The following is a quick book-related look at the well-defined developmental milestones of early literacy:

Younger Than 6 Months

It is never too early to start reading with your baby. It doesn't matter if it's the sports page or Elmo, the time you share together is what counts.

6-12 Months:

At this age, your child will be able to hold onto a book, pat the pictures, taste a book and copy some of the sounds you say and the looks on your face. You can name and point to the

pictures your baby shows interest in, help your baby turn pages, act out pictures using your face, hands and voice and enjoy a game of copying your baby playing with books.

1-2 Years:

At this age, your child will be able to choose a book to share, point to pictures they like in a book, imitate some animal sounds when they look at a picture of that animal and imitate your reactions to the book you are enjoying together. You can name the pictures your child is pointing to or looking at, ask your child questions she can answer by pointing, like: "Where's the doggie?" or "Where's the happy baby?" or "Who says meow?", imitate the sounds your child makes while looking at a picture and then add a very short phrase, such as "Moo." the cow says "moo."

2-3 Years:

A two-year-old will be able to enjoy sharing the same book over and over and over again, repeat some of the words and phrases you say or read and ask you questions, such as: "What's that?" A three-year-old will

be able to name the books they want to share with you, pretend to read a favorite book aloud to you, tell you how a story is like, things they have seen or done, ask you questions about books you are enjoying together, "correct" you if you skip a word or page in a favorite book and tell you the story in a favorite book in their own words.

You can count pictures and wait for your child to repeat the numbers after you, ask your child to tell you about the pictures and the story and point out colors, shapes, numbers in their book.

Once your children have learned to read by themselves, you should continue to read to them aloud. You should read to your child every day even if only for a few minutes. Reading should be fun and you do not have to finish the story if your child loses interests. Let your child choose the book even if it means reading the same book over and over.

And finally, join your local library!



Drew Beeman acts out the role of book character to the delight of his audience.

South Wedge Resident Launches Progressive Early Learning

by Nancy O'Donnell

"Making discoveries, learning how to make discoveries, learning how to pursue an interest or a question or a passion that leads to discoveries, is at the heart of a progressive play-based education."
-Teacher Tom

Drew Beeman wants to take Teacher Tom's philosophy into his new company, Progressive Early Learning, in the South Wedge.

The Bath, NY, native started his education in early childhood education at Corning Community College in Elmira.

"I worked in a childcare center, and they sent me to take a workshop with Lisa Murphy, who started Ooey Goocy, Inc. I was half-joking, but I asked her, 'Can I apply for a job?' I believe completely in play-based, progressive, constructionist approach to teaching," said Beeman.

Soon he was in Rochester working with Ooey Goocy where he became lead teacher in a classroom of 14 three year olds. Murphy became a mentor and friend during that time. Unfortunately during the slump in the economy, the center lost students and Murphy closed her center in 2009.

"I worked at several child care centers [afterwards], but I never found a place like Ooey," said Beeman. "I embrace the philosophy she espouses for play-based learning."

After working at two final child care centers, Beeman decided to s his

start his own learning center.

Beeman's model is to take his pre-school curriculum into the children's homes. This is especially attractive to families who home school.

"I create a playroom while the parents are in the home," said Beeman. "I bring a tarp to contain the mess along with a sensory water table; a dry sensory tub filled with dried coffee ground or cornmeal or dried play dough. I make sure my materials are recyclable. I made shovels out of milk jugs and paint brushes out of popsicle sticks."

In one exercise Beeman buries chicken bones under the sand along with plastic dinosaurs, so children can find "dinosaur bones."

"This helps with fine motor skills, teaches them measurements and explores the senses. I find children learn when adults are not too involved."

Beeman also encourages children in fine-tuning their social skills—"using their words"—instead of thumping a classmate on the head. "There's a lot that happens in simple play. They're learning so much—cooperation, collaboration and social skills."

Beeman's art classes also are not "process-oriented" i.e. each child produces a paper plate pig exactly like the next child's. In classes, children may paint with flyswatters so the finished product is more "Baby Pollock." He use bubble wrap or feathers or pipe cleaners to help them create. His inventive dramatic play classes involve dress up in a play office or a tattoo parlor.

"I taught one [class] where a little girl, who obviously had overheard her parents, say, 'Honey, did you file the receipts?'" on an office phone.

Beeman continues to model Lisa Murphy's philosophy that says: "The House of Higher Learning is supported by the foundation of Play."

"I truly believe this! Children need to first strengthen muscles in their hands by squishing play dough, or using tongs, or building with blocks, or making a puppet talk before they can hold a pencil in the pincer grasp. Children need to gain mastery over their bodies, running, stopping, and kicking, before they can play soccer," said Beeman. "The skills you learn while playing are taken into adult life."

To learn more about Progressive Early Learning, call 419-1121.



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Star Tracks - Astrological Gift Guide & Forecast 2015

by Kimberly Wright

Aries: With Mars as their Ruler, the Aries Ram loves anything that moves or wages some kind of combat or competition. All vehicles (auto, all-terrain, cycles, lawn mowers, boats) or video games are safe bets. Gym memberships, designer workout gear, camping trips and adventure seeking excursions are sure to please.

Taurus: The Taurus Bull loves gifts that bring comfort and beauty to the home, as long as they are the highest quality. Luxury goods such as 500 thread count sheets, cappuccino makers, fine wine, jewels, or classic art are especially appreciated by a Venusian. Be sure to search online for designer brands for less.

Gemini: The Mercurial Twins need to be challenged mentally so look for gifts that require their rapt attention. The latest technology will have them up to speed in no time demonstrating all the finer points of the device. Gift cards are a nice addition.

Cancer: Moon lovers need anything that enhance their need for comfort. Anything from candles, firewood, furniture, a jacuzzi and additions to the kitchen such as new appliances, upgrades, cookbooks, dish-ware or gourmet cooking lessons, as well as romantic dinners or moonlit trips to dreamy destinations.

Leo: The Sun King & Queen always need to look their best so beautiful additions to their wardrobe are sure to bring a smile, including adornments such as designer watches, jewels, designer footwear and grooming gift certificates. And don't forget athletic equipment, new electronic games, a new furry pet or that trip to Las Vegas!

Virgo: You can never go wrong with a gift certificate for the Mercurial book lover or a leather bound journal. Utilitarian gifts are also valued, believe it or not, such as an electric toothbrush, a tool set, rainwear, camping gear or an AAA membership.

Libra: Anything that inspires love & beauty is a winner for the Venus native. Flowers, art, jewelry, toys for the pets, presents for their significant "others" (cuz they are the major reifiers of the zodiac!) & restaurant gift cards for the family.

Scorpio: Anything that requires some investigation is sure to please a Scorpio!

Intellectually challenging games, video games, musical talent apps & instruments or the latest Tom Clancy novel/dvd box set is a sure fire win. Or a bottle of Jack.

Sagittarius: With Jupiter as their ruler, the Archer is very easy to please as long as it includes gifts

that can be shared with friends & family. They love to learn about other countries & cultures so air travel far and wide can never be wrong. Also, gifts of language lessons, dance lessons or opportunities for higher education are great.

Capricorn: The Patriarch or Matriarch loves anything that represents their family lineage; a family crest, silver, painted portraits, photographs or a genealogy report. Collected photos and remembrances compiled in a video are a cherished gift.

Aquarius: Uranus ruled folks are super fast so buy them the latest technology that will challenge them to think outside the box. They'll love it. Apps, computers, phones, tablets, a Smart TV, etc. Then make sure you ask them how it works and what it's good for. Better yet, you want a report by the end of the day.

Pisces: The Neptunian fish will love anything water related; a hot tub, bath salts, a koi pond, a fishing rod, a kayak, a yacht, a new bathing suit, a spiritual retreat.

JANUARY 2015 YEARLY FORECAST

Aries: There will be a LOT going on for you in 2015, dear Aries, in your personal life and all relationships. Expect a life altering transformation when the Sun enters Aries during a major Solar Eclipse on March 20th. Free yourself from the idea that you have to go it alone or your POV is the best option. Ask others for help and look for ways to expand your consciousness. Be spontaneous and open to last minute travel plans with friends. In September conditions may become complex in your social life so take time out for a solitary trek through the Adirondack High Peaks or experience the Canadian Rockies by Rail. Drink deep from the Universal well and you'll realize the unique wisdom you are here to teach others.

Taurus: Venus, your Ruling planet, is in a rare Retrograde this year during the summer months. You'll feel the urge to pull inward to regenerate yourself and replenish your spirit of self-love. Make the most of this year by breaking free of old relationships and childhood family patterns that have left you feeling wounded and unloved. Build new routines that support and inspire you; keep a journal, try a meditation or yoga class, join a meet-up group, volunteer at a local art gallery or museum. 2015 ushers in a wave of creative Venusian power for you to bloom into the man/

woman of your dreams. It's never too late to fall in love (with your-self).

Gemini: 2015 brings opportunities for travel that will expand your depth and question your purpose in life-go with it. Saturn in Sagittarius, the sign opposite yours, challenges you to streamline your energies and focus your goals. What are your true priorities? If you had one year left to live, what would you do? With who? You're being tested to STOP the outside chatter to deeply tune into your body and feelings. What inspires you? Explore the unknown within. Seek out experienced teachers who will help you come to know and trust your own wisdom.

Cancer: We know how much you Moon folks love the comforts of home and will seek out comfortable accommodations whenever you travel. Beware of luxury expenditures, however, especially through the end of the summer. Making micro-adjustments can have a big impact this year. Material success will grow when you risk revealing more of your own authenticity and creativity in your work and relationships. 2015 is a time for synthesis, integration, healing and preparation for stepping into a more public role. New insights will be revealed as you fetter out deep engrained patterns that have held you back from seeing who you really are.

Leo: With Jupiter in your sign, this is the year to let your brilliance and intellect take center stage. Focus your intent on what you want to manifest and watch it grow. As you shine in your many talents, you'll attract opportunities to step into your power. The creative dreams you hold dearest to your heart will bring the greatest reward in 2015; artistic ventures, romance or your relationship with your children. Let go of needing others approval or any personal vanity when it comes to making a clear choice that is for your higher good. Follow your heart and leap.

Virgo: 2015 is most likely to be a year of major change starting in August, especially with Jupiter and a Solar Eclipse in your sign. There will be numerous ways to be of service and explore many forms of healing mind, body & soul for yourself and others. If you say yes to everything coming your way you may find yourself feeling overextended. This year will teach you the necessity of setting firm boundaries and focusing your energy where it is needed most. Watch out for taking on the role of rescuer or thinking that you have to heal or fix everyone or everything that crosses your path. This time it is all about putting your creative self above all else. If you do, the rewards



The North Wedge by Justin Hubbell

will be bountiful for years to come.

Libra: The April Lunar Eclipse in your sign marks a culmination and potential turning point in your ongoing radical transformation. It's possible that a significant project or life direction is coming to an end in 2015, prompting awareness about where you've been and who you want to become. Your mental and communicative powers come into focus and you're tested to speak your truth and to bring your message to a wider audience. Spiritual practices such as prayer and meditation combined with the healing benefits of vibrational medicines and music therapy will work wonders on your **physical and emotional health.**

Scorpio: 2015 is a year for consolidating and stabilizing new beginnings that you've already set into motion. Building a solid,

resourceful paradigm for your creative dreams through slow, measured, strategic thinking is called for, especially in finances. Learn from past missteps and consult the wisdom of an experienced advisor. What is really important and worth building in your life? Bring your daily activities into better alignment with your long-term priorities. Your charismatic powers of persuasion greatly enhance communications in the realm of sales, public service, law enforcement, social media and writing.

Sagittarius: Saturn's move into your sign in 2015 could feel initially like a major buzz-kill but keep in mind that you're entering an important cycle in your life. You're in a period of redefining who you are, what you want, and what you envision for your

continued on pg. 11

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Enjoy Cold Winter Adventures

by Isabelle Cirulli



Winter in Rochester, New York: snow, ice, and cold. Our homes become our havens. My grandparents go so far as to put plastic wrap over all the windows. Should we trap the heat in? Yes. Should we trap ourselves in? No! There is so much we can do to embrace winter all around the Rochester area and right here in the South Wedge.

First on my list- ice skating in Highland Park. When the Lily Pond freezes over, it creates a natural skating rink. There is also a warming hut located nearby the rink which is a definite bonus. The rink is open every day in the winter, when weather conditions allow, 10 a.m. to 10 p.m. You must bring your own skates, so start digging through the garage. More information is available on the monroecounty.gov website which directs phone calls about rink conditions to 53-PARK (7275) for during the week and 753-7270 for weekends.

Highland Park and nearby Cobbs Hill are also a great places for Nordic or Cross Country Skiing. There are two styles to Nordic: classic and skate. Classic skiing is done in a track with kick-wax on the skis. The skier uses techniques like double poling, herringbone, and double pole kick. Skate skiing does not require a track and is more similar in motion to ice skating. Techniques include double poling, V2, and V2 alternate. Serious skiers have a pair of skis and poles designated for each style, however, a beginner could purchase or rent

combi skis that could be waxed for either style. For more recreational skiing, one could purchase or rent wax-less skis that don't require the somewhat confusing process of waxing.

Nordic is also an excellent workout that engages most muscle groups in the body. If you want to try it out for yourself, Cobbs Hill Park is a place to ski when snow conditions allow. Any kids, 8th grade and under, can check out the Rochester Cross Country Ski Foundation (RXCSF) Youth Skiing to ski with kids the same age at any skill level. For more information, visit www.rxcsfyouthskiing.weebly.com. Check out Powder Mill park for down hill skiing.

The Mendon Ponds Winterfest on Sunday January, 18 is also an event worth checking out. Their website, www.mendonpondswinterfest.org lists demonstrations, skiing, snowshoeing, and winter crafts for the family.

Skiing, skating, or these other activities might not be your cup of tea, but don't forget that Mount Hope Cemetery is open all year long and is full of frozen beauty in the winter months, perfect for a peaceful walk.

Winter doesn't have to be something we trudge through, it can be so much fun if we try new activities. So put on your parkas: it's time to brave the cold.



Ryan Baker, beer and wine manager, crafting a pour-over coffee. Photo by Lizzy Huberlie

Pour Builds a Coffee Community

by Lizzy Huberlie

Before Pour Coffee Parlor opened on Somerton Street and Park Avenue, I estimate that I ate roughly two waffles per year. I now eat at least two waffles a week. In fact, among my close friends, it is now understood that the text message "waffles?" means, "Meet me at POUR at 11:00 a.m." I am not alone in my addiction. Co-owners Marc LeBeau, John Ebel, and Brandon Rizzo are often asked for the secret of their best-selling menu item. But while these waffles may be a fan favorite, its coffee has made not only Pour, but also the city

of Rochester, a culinary destination.

"Rochester has been put on the map as a coffee city," explains Pour co-owner, John Ebel. And you can certainly see why. Rochesterians have become spoiled by a variety of choices in local coffee shops.

We have Java's Café, Joe Bean, Fuego, Equal=Grounds, Press Coffee Bar, Starry Nite's Café, Boulder Coffee Co., Dark Horse Coffee, Spot Coffee, and Crossroads Coffee House, just to name a few. But recently there has been an even bigger boom in the coffee scene, as "third wave" coffee shops promoting

coffee as an artisanal product have moved into town.

When Joe Bean opened on University Avenue in 2011, it became Rochester's first "third wave" coffee shop. 2013 brought another third-waver: Fuego Coffee Roasters. And in 2014, both Pour Coffee Parlor and Press Coffee Bar opened their doors. According to Ebel, the "third wave" movement of coffee is focused on people and places. "It's making everything by hand, but also being aware of where the beans come from and who grew them," Ebel explains. Despite the sudden boom in coffee houses, there is a tremendous comradery among owners. "Everyone works together," explains Ebel. He isn't romanticizing. A barista at Joe Bean recommended that I check out Fuego, and a barista at Fuego eagerly informed me about Pour before they even opened its doors. In fact, this past July, Fuego, Joe Bean, and Pour owners even teamed up to bring "A Film about Coffee" to the Little Theater. Ebel explains this collaboration, stating that "it has always been our philosophy that a greater focus on coffee leads to more business for everyone." Ebel and his business partner, Marc LeBeau, are banking on this increase in business, as they turn their efforts toward a new project: a commercial roasting business.

Pour Coffee Parlor will soon have a sister business, Glen Edith Coffee Roasters. The name, LeBeau explains, is borrowed from a former restaurant, once located on Webster Bay. "One of my buddies found the sign in an antique store," Ebel says. But a sign does not a roaster make. They acquired a Probat roaster from the MGM Grand Hotel & Casino in Las Vegas. While the business isn't up and running quite yet, Ebel and LeBeau hope to roasting within the next two months. And, once up and running, the pair has some big dreams for Glen Edith's beans. Of course, some roasted beans will go directly to Pour Coffee Parlor. "The second piece of the business," LeBeau explains, "is to branch out and get our beans to other establishments - restaurants, coffee shops, retail shops, grocery stores and that whole side of the business." "We'd love for our beans to be in shops in California and New York City," Ebel hopes. If Pour's success is any indication, it seems that Rochester will soon be the Bean City.



Ebel and LeBeau believe Instagram photos like this one have been instrumental in helping to spread the word about Pour. (Photo by Lizzy Huberlie)



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**500 South Avenue
 Rochester**




by Nathaniel Mich

I think Rochester likes being a company town. We have, after all, built so much of our self-worth and image on Kodak or on our response to its fall. And then, of course, there's a certain local greengrocer chain. If BuzzFeed is your newsdrink of choice, Wegman's is the only notable thing to come out of Rochester in the last few years besides a distressingly high child poverty rate and garbage plates. Yeah, sure, there are other grocery stores in Rochester, but until Trader Joe's came along, no other store could begin to match the fanaticism of the Big W's devotees. Don't get me wrong, dear reader, I'm a pretty big fan of Wegman's myself – other cities' grocery stores leave me with a sense of bewildered pity normally reserved for YouTube videos of teenage boys with lightsabers. But for all its megastores and farther-than-the-eye-can-see cheese aisles, Wegman's and its competitors have been conspicuously absent from downtown Rochester and the surrounding neighborhoods for a long, long time. Enter Hart's Local Grocers, a plucky new addition to the East End landscape.

Though it only opened in the summer of 2014, Hart's leads with one foot in the past. Its very name is an homage to a former local chain of grocers – the last of which closed some 70 years ago, back when we were still Smudgetown.

Only its name is an antique, though. Hart's is very much a product of its time: the aesthetic is vintage industrial meets handmade chic (steel grate shelving, exposed light fixtures and hand-chalked aisle signs) and the philosophy is selectively resurrected old-school (a full service butcher! housemade sausage!) wrapped in newfangled have-your-cake-and-eat-it-too (organic boxed mac and cheese! vegan "air-puffed" marshmallows!). Parentheticals aside, I think Hart's works. If it fits in your budget, this little store is a delightful shopping experience.

Perhaps little is the wrong word, since my first thought upon entering was "Damn. It's big in here!" Cozy Winthrop St. doesn't offer the same approach vistas as suburban Monroe Ave., so the volume of this store, situated in a former garage, sneaks up on you. Inside, the space is light and airy; a wall of windows provides lots of natural light and keeps it from feeling too much like a warehouse. There's a lot of room to roam: aisle are widely spaced, and the main body of aisles is itself given wide berth by the surrounding food stations. At times it felt like too much space, though. While I appreciated not having to bowl over my fellow shoppers, the small – though well stocked – fromagerie was dwarfed by the ocean of negative space around it.

The experience within the aisles

was pretty much what I expected for a high end grocer in a high end part of town. Organic, artisanal, gluten free and local are all given star billing, and the processed food brands (Eden Organic, Amy's, Ancient Grains, to name a few) echo the selection at Abundance Co-op, say. I appreciated that the grocery section closest to the entrance was entirely devoted to local and regional products. The fromagerie, butcher, beer cave and produce sections are all well-appointed and merit further investigation. Additionally, only a time crunch kept me from ordering a more-than-wise amount of food from the beautiful prepared foods display, where mounded portions of spaghetti squash and slices of kale tart gleamed like jewels.

The real jewels at Hart's, however, are the staff. Never before have I been approached by a staff member in a grocery store and asked if I'm finding everything alright (at least, not without chasing them down first). When neither the first or second staff I approached could help me find pecans or marshmallows, they both directed me to where I could submit requests for Hart's shopping list. When there, however, the customer service manager noticed my submissions, said they had both and took me directly to them. So while there were some holes in specific product knowledge, the



level of personalized service was unlike anything I've received in a Rochester grocery store.

Hart's has charmed me. I will, however, have to visit a few more times to see if the grocery section hits the sweet spot of convenience, selection, quality and price to become part of my shopping

rotation. I do plan to return for its prepared and made-to-order foods and butcher counter in particular.

I encourage you to explore their offerings for yourself, and I hope to see them succeed and become a cornerstone of turning downtown Rochester into a true neighborhood, and not just a recreation district.

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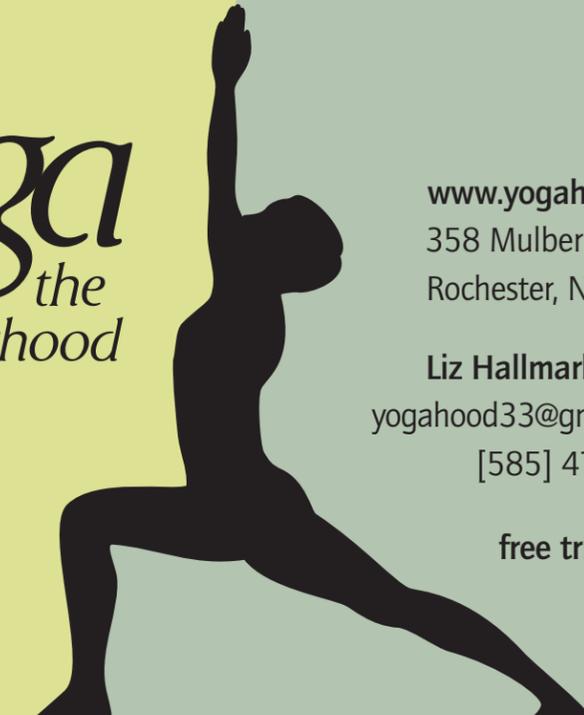
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Introducing Calvary St. Andrews Pastor Steve Allman



Rev. Steve Allman
(Photo by Lauren Vicker)

Calvary St. Andrew's Church recently welcomed Rev. Steve Allman as pastor of the historic 1873 church.

Rev. Allman was hired in September as shared Supply Pastor for the both CSA and Laurelton United Presbyterian Church on Hellendale Road.

"It's really neat," said Rev. Allman. "It's such a beautiful historic building. I love its ties to the Anglican and Presbyterian churches."

He comes to Rochester from a ministry serving a small rural community in the mountains of West Virginia.

"I was very happy to be getting back to a city," said Rev. Allman, who is renting an apartment in the South Wedge. "It's getting more comfortable to serve two churches. With fewer and fewer people going to church, many congregations can't afford a full-time pastor and are pooling their resources."

Rev. Allman originally planned on a career as a writer, journalist or college professor.

"I studied a few years at Purdue and became involved in intervarsity Christian fellowship. I really enjoyed that, and then they asked me to take a leadership position," said Allman. "I found it more meaningful than academia."

Rev. Allman obtained his Master of Divinity degree from Pittsburgh Theological Seminary in 2009. During his

seminary work, he was involved in mission work in Pittsburgh, campus ministry, and was co-chair of the seminary's Peace and Justice Fellowship which included work with the LGBT ministry. After graduation he worked with agricultural migrants in Poughkeepsie, N.Y.

He's already thrown himself into making community connections here.

"I'm also setting up Bible Study off campus for people who don't attend church but who are interested in exploring the Christian faith. I'm looking at different locations including the Coffee Connection," said Rev. Allman.

To learn more, visit 68 Ashland Street, email revallman@gmail.com or call 325-4950.

Introducing thread's Johnny Tran

Everybody but The Wedge knew that Sandy Brazis, original co-owner with Mike Ford of thread, had moved on and Johnny Tran joined the hot boutique. However, Johnny isn't a new guy in the South Avenue shop. In fact he was the creative force behind the initial branding of thread, the clothing and home goods store

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Sanctuary Village

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men and women are compounded by the lack of affordable housing.

Sister Grace Miller at House of Mercy is working with the Coalition of Concerned Residents of Monroe County to have city and county governments address the homeless issue.

"Their ultimate goal is to get fair housing," said Murphy. "They're working on a Homeless Bill of Rights for NY State. Connecticut and Rhode Island have one."

"Do you know it's a crime to sit on a park bench if you're homeless? You and I could do it, but if you look homeless, dress homeless or smell, you have to move. When the homeless were turned away at the Garage they lost everything. When the police come to an encampment, they destroy and throw away all their possessions. There was an encampment at Meigs and Broadway, and the city sent in a front loader and it cleaned it out. One man lost important documentation. They have nothing, and the little they have is taken away."

Murphy appreciates Reggie's role at the Sanctuary Village, "He's a good influence."

Reggie agrees and says he knows how to calm down some of the chaos when it happens.

He's been in front of the fire for most of the day. "My tent was drawing ice, and my linens are soaked. I have to do something different."

"This is new for me," says Reggie, who recently came out of a Syracuse correctional facility. Someone at Shelter Plus Care, a program of the Rochester Housing Authority, was supposed to help him get an apartment, he said. "She gave me three numbers. I keep calling them, and by the time she calls back I've lost the apartment."

He doesn't make excuses for

where he is today. "What I'm going through I got here because of the unmanageability of my life. I got to feel what I'm going through."

In the meantime, Reggie, a former Eagle Scout who grew up hunting, says he's found he has "to prepare some of the guys."

"I've been showing them they don't have to eat their food cold. They've got to prepare their tents. I've told them to put blankets over the top. Some will have to double up. I've told them that if they're in a tent for two, they might have company."

The youngest person Reggie has seen at Sanctuary Village was 18. "A youth advocacy person came by, but he didn't want to go. Some of the vets don't want to go [to shelters] either. It don't make sense to me."

Homeless advocates would love to dismantle Sanctuary Village probably more than the people driving by on their way to their homes.

"People in the city don't want to see homeless people," said Murphy. "We can't look at it or it's too hard to see. We want temporary shelters, and there are a lot of empty buildings, but everywhere we turn there are zoning laws and obstacles. We need faith communities, the Catholic church, all Christian churches and others to work together."

In the meantime, Murphy said St. Joseph's is getting a port-a-john that will be placed about 300 yards away from the tents. Medical students from U of R have been making sweeps at night to check on the people. "It's a hard life. It takes a toll on your body," Murphy said.

But in the end, they missed the snowstorm that Buffalo received, and it's getting warmer.

"My tent is my sanctuary. When I'm in the tent, no one bothers me," Reggie says.



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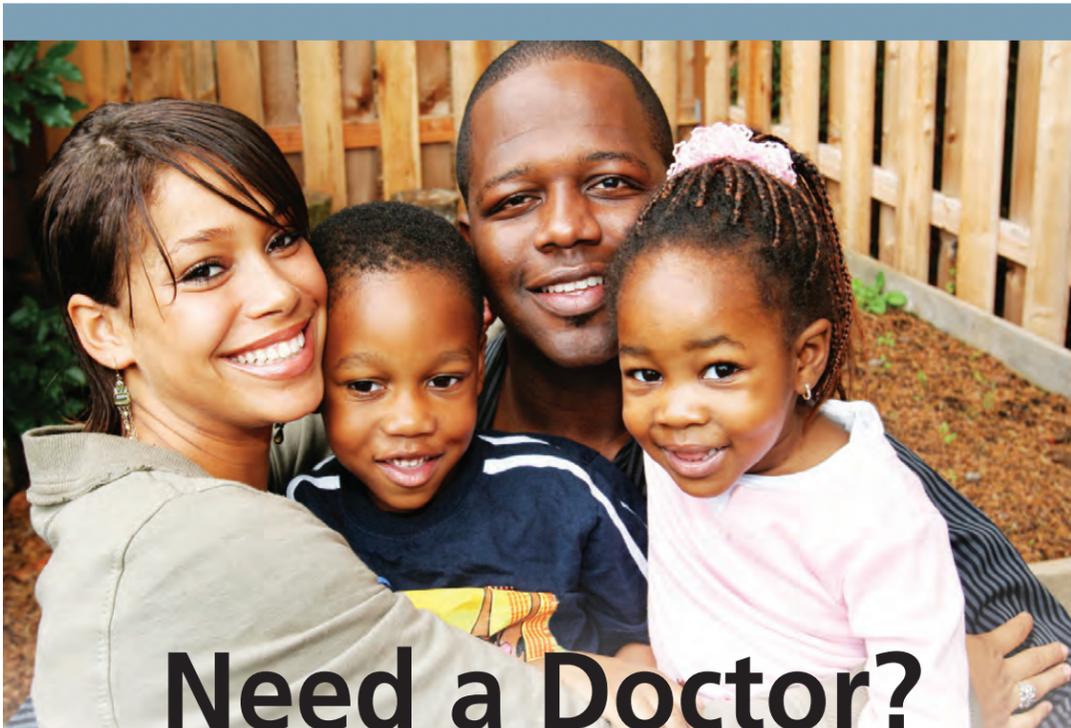
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Coffee Connection

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that comes with the award," said Elise Jaffe, Executive Sponsor for Ascena Cares.

Other winners included Aza Nedhari, Executive Director and Co-Founder, Mamatoto Village, Washington, D.C., Evainna Ross,

Executive Director, The Sparrow's Nest, Inc. in Greensboro, NC. Other women from around the country received \$5,000 honorable mention grants.

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Jeiri Flores

continued from pg. 3

not really in society. It's rare to see them unless you know someone," said Flores.

Flores wants to work to help disabled or "differently abled" people have a larger life.

She feels so passionately about this issue that she took it to the White House in 2013.

"I got arrested in front of the White House," said Flores. "I was a part of a group with the Center for Disability Rights, the ADAPT Chapter. The ADAPT Chapter was started as a grassroots movement to put lifts on buses. We were protesting in support of a bill that would eliminate nursing home care for the disabled community. To the disabled they are often seen as prisons. They are damn near impossible to get out of them once you're in."

At the White House, Flores broke through the security fence and handcuffed herself to the White House fence as she chanted, "I'd rather go to jail than die in a nursing home."

"Because Obama was having a press conference the cops told us we had 10 minutes to protest or be arrested," Flores said.

Ten minutes later when no one moved, the protesters were arrested.

"They pulled off our handcuffs when they saw they weren't the real thing," laughed Flores. "We were processed and ticketed and fined \$100. We were told we couldn't be arrested for six months in D.C. The ADAPT chapter paid our fines."

When her stint up at NSC, Flores plans to reapply to VISTA for the position of VISTA leader. She also plans to explore graduate school options or maybe take the LSAT exam.

Sr. Christine Wagner

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Their mission has been to serve the uninsured and under-insured throughout the Rochester region by building a community of volunteer health professionals who work in the Center's clinic.

The St. Joseph's Neighborhood Center, opened in 1993, has tripled in size. According to Sr. Wagner, the Center serves "more than 2000 people each year with medical care, dental care, mental health counseling and many medical specialties." The Center also hosts 50 students each year, who are working on nursing or medical degrees, or pre-and post graduate license in mental health counseling.

At the ceremony, Sr. Wagner spoke about the award: "I'm

honored to receive this award and to be recognized with Nydia Padilla, Dr. Louise Bennett and Sadiya Omar. The legacy of going into a community and recruiting others to help you solve a societal problem actually goes back 350 years to France, to the original mission of the Sisters of St. Joseph. I'm amazed at the continued growth and success of the Neighborhood Center for these twenty-one years, and I'm grateful to all the volunteers, donors, staff and board members who have contributed to our success. I am truly overwhelmed and very grateful to the Farash Foundation to receive this wonderful recognition."

417 South Avenue, 325-5260, visit www.sjncenter.org.

Star Tracks

continued from pg. 7

future. Saturn's energy is teaching you to build a stronger foundation. Ask yourself, is your energy focused on what is meaningful and inspiring to you? Is there something new in life you'd like to pursue? This could be a good time to save for a home, go back to school or explore your spirituality. It's time to get in touch with your deeper emotional connection to the world.

Capricorn: With the shift of Saturn, your ruling planet, over the next two years, you'll be closing out an important chapter in your life. Lessons around surrendering control and trusting the process of healing and recovery from the past are paramount. As part of this process, you'll become aware of and able to relinquish old beliefs & stories that prevent you from believing in positive outcomes. You're excellent at driving the direction of your life like a chess game, many moves ahead but it's time to turn over the reigns to a higher power. Great surprises are in store that far out maneuver anything you could ever mastermind.

Aquarius: All of your hard work over the past few years is starting to pay off--it's harvest time! Now you get to enjoy the fruits of your labors and share the lessons you've learned

with a wider audience. You're ready to step into more of your authority as a teacher and the world is eager to hear your revolutionary message. Creative and romantic partners can help you to expand in new directions, but be discerning about which allies feel the most allied with your ideals and integrity. You're a powerful portal for spiritual healing this year. Put practices and structures in place to give and receive the flow of healing.

Pisces: Your natural gifts of compassion, intuition and imagination want to be put to constructive use in a world that desperately needs your superpowers. The year 2015 calls you to step into more of a public role, to take on greater authority and speak your truth. If you're confused about how to move forward, friends and partners can help you to identify and refine your talents. Although your tendency is to "go with the flow", this is a good year to exercise self-discipline and discernment, to be more focused in how to direct your energy. This might mean saying no to what doesn't feel like a true priority and yes to your deeper desires.

Kimberly Wright is a Spiritual Astrologer & Psychic Medium with over 25 yrs. experience guiding people in life and love. Call 585-773-9861 or loveyourspirit@yahoo.com to schedule a reading or book an event.



Fatima Bayram Sable shows off one of the wedding gowns in the her new Brighton shop. Photo by Nancy O'Donnell

Silk Bridal Boutique

continued from pg. 1

and wants it to transition from work to evening," said Fatima. "As Paislee became more and more popular young, independent girls were coming in the door. Lots of them were getting married and bringing in their wedding gowns for alterations."

"I was so fed up with the quality of the gowns," Fatima said. "It's so much harder to [tailor] poor quality materials. I found the quality of the material was awful. The chiffon was like polyester."

Then Fatima got engaged and her search for the right wedding dress became personal.

"I found the market in Rochester was not a nice place," said Fatima. "I thought if they got business why can't I?"

"[The salesclerks] were short-tempered. I went to one salon who told us 'don't touch the gowns!' and 'Take

off your shoes' and 'You can't take pictures.' Some of the dresses were yellow and tarnished. They're giving me attitude about cheap polyester dresses designed for the 1980s! I thought I can do better. I appreciate style and service."

To make matters worse some of the clerks tried to scare her. "They said you have to buy. You're off schedule."

Ultimately, Fatima brought her wedding gown in Syracuse where she was told that the shop's customer base came from Rochester and Buffalo.

Now with Silk Bridal Boutique, Fatima plans to put her special touch on the experience and keep brides from going on a road trip for a wedding gown.

"I want the bride to be catered to, make her feel special, not to give her an attitude. She can take pictures. You don't have to take off your shoes and you won't be pressured to buy," Fatima

said. "We'll be offering white glove service. We'll deliver the day of the wedding, so you don't have to pick it up."

Silk is open for business in a boutique decorated in "hip industrial chic"—dresses hang from metal poles hanging from the ceiling and walls of glass let in the light.

"I eat, breathe, and sleep fashion," said Fatima.

Already she's planning new ventures in her fashion empire. "My goal in the next three years is build Silk's intimate lingerie line. Then an exclusive line of evening dresses. Then..."

Silk Bridal Shop, Tops Brighton Plaza, will hold its grand opening on Dec. 11.

Living Stress Free Center Opens on Gregory Street



Lou & Marilyn Guadagnino

Lou and Marilyn Guadagnino invite the South Wedge to stress less and enjoy more at their Living Stress Free Wellness Center on Gregory Street. The Center opened in the former home of TruYoga.

"We love the South Wedge," said Lou. "It's the greatest place in Rochester."

Lou is co-founder of Living Stress Free, Inc. A Mindfulness Meditation teacher and Spiritual Life Coach for many years, he's also the author of *It's Never Too Late To Do Nothing: Mindfulness Meditation, Yoga and Spiritual Intelligence* and The Living Stress Free® Wellness Program

Marilyn, a licensed

psychotherapist, is also a Mindfulness Meditation teacher, a music therapist, musician and recording artist. She recently released a CD entitled *Quiet Cloud*.

"It's meant for deep relaxation using a sound and silence restorative technique," said Marilyn.

The Center offers a wide variety of programs including: Mindfulness Meditation, sitting and walking meditation, restorative sound meditation, Chantercise, Kirtan Chanting, Drumming and Restorative Nada Relaxation, free weekly Meditation, life coaching, yoga classes for adults and children and Tai Chi. 131 Gregory Street, 451-1584, livingstressfree.org

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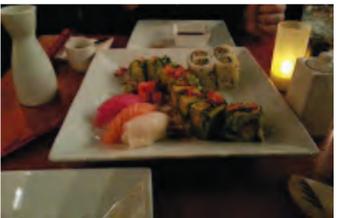
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ESLC Program Pairs Seniors and Youth

by Allison Miller

Last fall, Episcopal SeniorLife Communities (ESLC) launched the South Wedge Neighborhood Program, now one of four throughout Monroe County that focuses on health and wellness for seniors in the community. This year, they are adding a companion and mentoring initiative that pairs senior citizens (65+) and youth (14-21) to enhance the program.

Participation is open to seniors living in and around Rochester's South Wedge, and for youth who reside in Rochester and the surrounding areas.

The companion and mentoring program is designed to tap into the strengths of both seniors and

youth, allowing for both age groups to benefit from each other. Together pairs work to set individual goals and hold each other accountable to their plan. As a result, seniors increase chances of remaining independent and staying in good health, and in turn students become more likely to combat prevalent issues such as obesity, peer pressure and

dropping out of school.

"Pairing seniors and students promotes community engagement and volunteerism which leads to an overall feeling of purposefulness for participants," said Rene Barnes, Director of Community Programs at Episcopal SeniorLife Communities, who is spearheading the project. "The basis of these relationships is centered on camaraderie, encouraging healthy lifestyles, continued learning and mutual support, and fits nicely with our organizational shift of providing supportive services to those living in and around our communities."

In addition to the companion and mentoring initiative, the South Wedge Neighborhood Program offers monthly lunch-n-learns, tailored balance classes, senior yoga, art classes, seasonal tastings and cooking demonstrations, walking club, SilverSneakers exercise classes,

Zumba Gold chair class, wellness presentations and other supportive health promotion services. There is no fee to participate in programs except for the monthly lunch which is a nominal fee of \$3.00 to cover the cost of the meal. For a complete, up-to-date schedule of program offerings, visit www.EpiscopalSeniorLife.org and check out "Neighborhood Programs."

Transportation service is available to and from all neighborhood programs, as well as to medical appointments, the grocery store, errands, etc. Reservations are required one week prior to the requested transportation date by calling 585.546.8439 x3718

Prior to the program launch in the South Wedge, baseline research was conducted of area seniors age 60 and older. Data collected helped formulate the program offerings. More than 90% of respondents said

that they believed socialization, eating right, and exercising were all important parts of staying healthy, but more than 25% of respondents classified their health as fair or poor. This reinforced the need to provide health and wellness services to area seniors.

Community partners are vital to the success of the Neighborhood Program, and ESLC is thankful for the strong support in the South Wedge. Also, ESLC is partnering with the Monroe County Youth Bureau and Office for the Aging, and the Girl Scouts of Genesee Valley on the companion and mentoring program, and is optimistic for additional partners in the weeks to come.

For more information or to register for the companion and mentoring program (both seniors and youth), contact Rene Barnes at 585.546.8439 x3714 or rbarnes@EpiscopalSeniorLife.org.

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Lee Hurst

Tai Chi Practice Opens in South Wedge Mission

out at South Wedge Mission on Caroline Street. Organizer and practitioner Lee Hurst invites those interested to stop by the Mission on Wednesday nights at 6:30 p.m. for a one-hour practice. The meeting is

A local Tai Chi Meet Up group now promotes the Asian serenity work

free, but the group does gratefully accept love donations.

"I was very inspired to do this kind of community health service,"

said Hurst, who works by day as an IT web developer for Garlock Sealing Technologies. "Most diseases are preventable and people need more opportunities to do something for their health."

"Some call [Tai Chi] meditation in motion," said Hurst. "There are so many benefits. It lowers high blood pressure. It strengthens your bones. It helps people with fibromyalgia. It increases your immune system. The overall focus is relaxation, but

it cultivates energy."

Hurst notes an interesting benefit to the practice that was discovered in a study about shingles, a painful blistering skin rash.

"There was this study of the body response to the shingles virus. The researchers wondered what effect Tai Chi would have on the virus. Some participants took 12 weeks of Tai Chi, and the immune system response doubled the effect of the shingles vaccine."

Hurst also points to a CDC study that showed the elderly who practiced Tai Chi had better balance that helps to prevent falls.

Hurst suggests that those interested may sign up through the Meet Up page although drop ins are welcome.

South Wedge Mission, 125 Caroline Street. www.meetup.com/Learn-Tai-Chi-in-Rochester.



Froggy Family's First Frolic First Anniversary

Highland Park Neighborhood resident and author Margot Fass has been having fun this year getting her tadpole, "Froggy Family's First Frolic" out into the world. *Froggy Family's First Frolic* describes a night in the life of a Red Eyed Tree Frog (*Agalychnis Callidryas*) family. (New parents Fern and Reid take their offspring on their first outing). An epilogue describes the habits of the Red Eyed Tree Frog.

"It was two and a half years in the making--writing, illustrating, designing and printing," said Fass.

In addition, Fass is enhancing environmental literacy through printing and donating books to agencies and institutions that support children and their caregivers.

She is currently working on a second book entitled *Froggy's Dream*.

Fass is a psychiatrist working from her home and an artist painting at the Main Street Artists in the Hungerford building. For more info, call 244-6366 or email mlfassmd@gmail.com or visit www.froggy-artist.com

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Biography Tells Story of Forgotten Rochesterian

by Nancy O'Donnell

Local writer Richard O. Reisem's 228-page biography, *Myron Holley: Canal Builder/Abolitionist/Unsung Hero* tells the story of the extraordinary achievements of the Rochester resident. Proceeds from the sale of the book are dedicated to creating a new stone portrait medallion to replace the badly deteriorated original bas-relief of Myron Holley (1779-1841) on his memorial obelisk in Mount Hope Cemetery. The original was dedicated on June 13, 1844 before 6,000 people gathered for the ceremony. Reisem writes, "It was the largest gathering of living persons ever to occur in the cemetery."

Tran at thread

continued from pg. 10

that's won City Newspaper's Best of Rochester for eight years running.

"I'm coming full circle in my journey," said Tran. "I helped with the company logo and its entire branding when they first opened. But, it's different when it's my store, and I put the blood, sweat and tears into it."

Tran's designs also helped stock the shelves early on. Thread carried two collections of Tran's Silent House tee shirts. "They're now collector's items," laughed Tran.

Tran grew up in a convent in LeRoy, NY after his father, a general in the Vietnamese military, fled the country with his wife and family in the early 1970s. They stayed at Fort Pendleton in California before being sponsored by a group in western NY.

Tran received a MFA in Fine Arts & Graphic Design at RIT, studied men's wear design at the FIT in NYC and also studied advertising in Buffalo

"I can merge them all at thread," said Tran, who has added some vintage to the stock that includes on a pair of emerald green leather shoes from B.Forman, still with the \$2.00 tag. Today's price is \$75.

"I'm friends with Trudy, who ran Godiva [a vintage clothing store for many years on South Ave.] I want to bring back some of the old South Wedge."

With "Rochester Pride" as a guiding force, Tran wants to "stay local" with the items they stock. "I'd like to have more of an art platform, more styling, bring a more relaxed [feel to the store]."

When not at thread, Tran helps his sister, owner of Pink Silhouette, a clothing store for girls. "It's an honor working with family."

Reisem tells Holley's story in the context of the momentous historical events and movements that shaped his life, including the War of 1812, the building of the Erie Canal, and the struggle to abolish slavery. The author crafts a comprehensive portrait of the profound influence that this visionary man exerted, changing the course of history in New York State and indeed the nation. Among Holley's many achievements, he served as the Superintendent of construction of the Erie Canal, and founded the first Horticultural Society in Western New York, the First Unitarian Church of Rochester, and the anti-slavery Liberty Party.

Reisem's telling of Holley's remarkable life includes abundant background information about his ancestors and descendants and the historical events of his time. Excerpts from personal letters reveal the man's heart and intellect, and more than 70 illustrations enrich the story.

Copies may be purchased at the Mount Hope Cemetery office, 1133 Mt. Hope Avenue and the Landmark Society, 133 South Fitzhugh Street. A mail order form is available for download at www.fomh.org, the Friends of Mount Hope Cemetery Web site.

EDGE // OF THE // WEDGE

Rochester real estate developer Buckingham Properties announced a February 2015 move-in date for residents of Edge of the Wedge, a loft apartment building with 30 market-rate units and rooftop garden.

The Edge is located in the gutted and fully refurbished Ward Supply, an early 20th century optical warehouse on South Clinton Avenue. The 40,000 sq. ft. four-story brick building will also add The Cub Room, an upstate version of a former Manhattan hotspot, to the South Wedge restaurant scene. Buckingham reps describe the Cub Room as offering "American fare that is fresh and seasonal set in a casual, yet stylish environment." The Cub Room is scheduled to open this spring. You can follow The Cub Room's progress on Facebook, or on its website at www.thecubroomroc.com. Additional space is planned for offices on the lower floors.

Buckingham has also purchased a



building across the street that houses Wire Wheel auto shop and will restructure the location to include a parking lot for Edge residents.

Wire Wheel, a long-time presence on South Clinton Avenue, remains open for business at that address.

The upper floors of the building are being converted into studios and one bedroom lofts. Units feature exposed brick, posts and beam. Rents

will range from \$925 to \$1,400, and include brand new appliances, high end cabinetry, and common laundry facilities.

Buckingham is pre-leasing for residential units, with move-in scheduled for February 1, 2015. If you are interested in being one of the building's first residents, visit www.buckprop.com/residential.

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- Male or female
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An initial medical evaluation is required to determine if it is safe for you to use the study drug carvedilol. This drug is FDA approved and currently used for the treatment of high blood pressure.

Researchers hope to learn how varying amounts of carvedilol, including doses lower than typically prescribed, affect patients with mild high blood pressure.

Qualified participants may receive up to \$200 for their time and effort.

If you or someone you know would like to learn more about this study, contact Robin Stuart at: 585.341.7764 or email Robin_Stuart@urmc.rochester.edu



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A YEAR IN THE WEDGE



A fire escape and snow-covered tree on South Avenue create a melancholy beauty. (Photo by Michael Lill)



Another year of Justin Hubbell's great comics.



(above) Hieronymous Boggs performs at South Wedge Mission (Photo by Matthew Martin Nickoloff), below Cailiin Yarsky's Wall Therapy at Boulder Coffee



Rev. Judy Hay and SWPC Executive John Page and Reshaping Rochester award (Photo by Nancy O'Donnell)



Young visitors enjoy the South Wedge Victory Garden (Photo by Ann Culbreath)



The Wedge Waddle route wound past the Genesee River and into Highland Park (Photo by Nancy O'Donnell)



South Wedge Victory Garden Spruce up



The South Wedge traffic watchers with Traffic Calming Turtles



Colleen Baker, co-owner of Cheesy Eddie's Cheesecakes on National Cheesecake Day (Photo by Nancy O'Donnell)



All ages, all species prepare for Wedge Waddle 2014 after a warm up from Futur Point Dance (Photo by Nancy O'Donnell)



(above) Marilyn Monroe makes an appearance at BASWA's Night of the Living Wedge (Photo by Nancy O'Donnell)



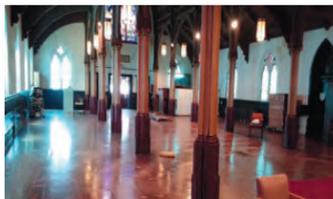
(l) Harvest Hootenanny (r) Claire Janezic protests Common Core guidelines (bottom) long time local eyesore Highland Market demolition



(below) Bill Tiberio Trio rocks City Love in March (Photo by Johannes Bockwoldt)



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