



**The South Wedge Planning Committee, Inc.**

**April/May Calendar**

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

**Board Meeting**

nathaniel.mich@gmail.com  
Tuesday, 4/21, 5/19, 6 p.m.

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

jknorth@swpc.org  
Wednesday 4/15 & 4/20, 6 p.m.  
(Hamilton/Alexander/Comfort  
Gregory, Sanford and Cypress  
Streets residents welcome)

**Finance Team**

tsciarabba@hotmail.com  
Wed., 4/8 & 5/13, 12:30 p.m.

**Housing & Structures**

Meets every other month  
Wednesday, 4/1, 5:30 p.m.  
To confirm e-mail donna.roethel.  
lenhard@gmail.com

**SW Victory Garden**

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

**Join Us in Community Building**

The South Wedge Planning Committee (SWPC) invites you to join with our dynamic non-profit organization in making a difference in southeast Rochester.

Join our board of directors or serve on a committee. We have a variety of ways you can help.

SWPC, founded in 1978, acts as a conduit for federal or state repair grants that helps keep people in their aging homes. It aided in 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.



**Officers**

Nathaniel Mich, Chair  
Donna Roethel Lenhard, Vice Chair  
Anthony Sciarabba, Treasurer  
Mark Greisberger, Co-Treasurer  
Amanda Conner, Secretary

**Board Members**

Phillip Borelli, Stakeholder  
Dave Halter, Business  
Frank Logan, Neighbor  
Christine O'Connor, Stakeholder  
Rebecca Webb, Neighbor

**Honorary Board Members**

Mitchell Dannenberg, John Dennis,  
Joe DiDonato, Mack McDowell,  
Cheryl Stevens

**Staff**

Executive Director John Page  
Assistant Director Eileen Thomas  
Jennifer Baldwin, Jesse Knoth,  
Nancy O'Donnell

**Consultants**

Christopher Hennelly, Bookkeeper  
The Christopher Group  
Norm Karsten,  
SBDC SUNY Geneseo

**Wedge Newspaper**

Nancy O'Donnell  
Executive Editor & Layout  
ADNet Printing,  
Messenger Post Media

**Copy Editor**

Eileen Thomas

**Writers**

Drew Beeman, Alison Clark, Trevor Courneen, Amy Crossed-Rieck, Felton & Ann Culbreth, Nicole deViere, Jesse Knoth, Crystal Ann Mahler, Nathaniel Mich, Christine O'Connor, Nancy O'Donnell, Dr. Alexie Cruz Puran, Kimberly Wright

**Photography**

Dave Baxter, Nancy O'Donnell,  
Michael Tomb, Ramon Villegas

**Comic**

Justin Hubbell

**The Wedge Newspaper**

(585) 256-1740, ext. 105 or 978-9638.  
Fax (585) 256-1497  
E-mail staff, type first initial last  
name@swpc.org

**SEAC Dontates to RPD Mounted Patrol**

The South East Area Coalition recently donated \$783 to the Rochester Police Foundation for the purchase of another horse for the RPD Mounted Patrol Unit.

In a thank you letter, Captain John Koonmen, RPD Special Operations, said the money was used to purchase Duncan, a nine-year-old Percheron/Paint Gelding. Duncan measures 16.2 hands and

weighs about 1,300 lbs.

"Duncan is a great horse," writes Captain Koonmen, "and he is adapting nicely to urban patrol and environment. We believe he will serve our city for many years to come, and we are able to acquire him. Thank you for helping us to make Duncan part of our Mounted Patrol Unit."



Duncan the horse (Photo courtesy of Derek Sug)

**The South East Area Coalition is Alive & Well**

We are looking for new Board members and want to know, are you interested? SEAC serves Rochester's southeast quadrant. Our main purpose is to participate in the City's Owner-Occupant Rehabilitation Program. Through this program, SEAC works with income-qualified home owners to address major repair needs. We find financial assistance to help pay for the repairs, and we act as project managers to ensure that the repairs are completed properly. We also sponsor and support programs and events such as City Love, Clean Sweep, Day of Caring and the Street Manager Programs on South Clinton and Monroe Avenues. We do all of this and much more with the goal of sustaining and improving the quality of our neighborhoods. Please join us in our efforts! If you would like to be considered for a Board position, please contact coconnor@hselaw.com.



**South Wedge Victory Garden Annual Raffle**

by Felton & Ann Culbreth

It's spring again and time for the South Wedge Planning Committee's South Wedge Victory Garden held its annual raffle.

The Garden Committee raises funds through this fun raffle for the upkeep of the two community gardens on Hamilton and Cypress Streets. Last year we offered a "winner take all" basket with numerous goodies. Thanks to the generosity of our local merchants, we were able to offer seven prizes this year. These included two tickets to GEVA Theatre, a \$25 gift certificate from Salvatore's Pizza (1018 S. Clinton Ave.), two \$10 certificates from Dragon Sweetie Bakery & Café (389 Gregory St.), two \$15 certificates from Marshall St. Grill (81 Marshall St.), one certificate for a 3-month membership at the Downtown Fitness Center (50 Chestnut St.), two \$10 certi-

ificates from Stuart's Spices (754 S. Clinton Ave) and Seeds & Garden Supplies valued at over \$300 donated by Harris Seed and TerrestrialSeeds.com.

Tickets are \$2 each or 3 for \$5. Tickets will be available at the SWPC office during office hours, from officers of the Victory Garden (see our Facebook page or email felann@frontiernet.net), and at our garden orientations being held April 7, 9 and 11 at the SWPC office. The raffle drawing will be held Tuesday, April 28 at the Victory Garden monthly meeting from 6-7 p.m., at the SWPC office, 224 Mt. Hope Avenue. You do not have to be present to win. Winners will be posted in the next issue of the Wedge and on the South Wedge Victory Garden Facebook page. Thanks in advance for your support.

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

The *Wedge* Newspaper, a not-for-profit newspaper, is published by the South Wedge Planning Committee, a community development organization. Its mission is to provide accurate coverage of community news as well as local, state and national news that affect the area.

The *Wedge* is printed bimonthly (February, April, June, August, October and December) with a circulation of 6500. The newspaper is distributed to area businesses, retail shops and other drop off points in the Greater Rochester area.

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

Please send story suggestions or news to *Wedge* Newspaper Editor Nancy O'Donnell, 224 Mt. Hope Avenue, Rochester, New York 14620 or e-mail nodonnell@swpc.org.

Advertising deadlines and rates are available online at www.swpc.org or call Nancy O'Donnell at 978-9638.

**Before recycling the Wedge, please share with a friend, neighbor or co-worker.**

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

**Matt HAAG** Rochester City Council  
Leadership, Experience, and a Fresh Perspective  
**Working for you!**  
Matt Haag  
Councilmember-at-Large  
Matt.Haag@cityofrochester.gov \* Office-585-428-7538 \* Cell-585-410-1693  
Paid for by Friends of Matt Haag

**CJ CONTRACTING**  
Remodeling  
Electrical - Plumbing - Carpentry  
Windows - Doors - Floors - Decks - Home Repairs  
**Christopher J. Kase**  
373 Caroline Street Rochester, NY 14620  
Mobile 585.455.0201

**Join SWPC & Get the Wedge!**  
For over 30 years, *The Wedge Newspaper* has chronicled the lives and times of our vibrant South Wedge neighborhood. If you enjoy reading the *Wedge*, please consider subscribing by joining SWPC. Just send a check or money order to the address below.  
Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
\_\_\_\_ \$25 SWPC membership  
Please mail this form along with your donation to: 224 Mount Hope Avenue, Rochester, NY 14620.

Ad deadline  
for next issue  
May 15  
Call 256-1740, ext.  
105 or 978-9638  
for rates.

### Calvary St. Andrews Euchre Tournament

Calvary St. Andrews is sponsoring an euchre tournament Saturday, April 25 at 1:30 p.m. at Laurelton Presbyterian Church at the corner of Helendale Rd. and Empire Blvd. No partner needed. The church is fully accessible with free parking. Snacks and water provided.

Donation is \$15 in advance; \$20 at the door. To register, call Ginny at 473-1995 or Sandra at 585-473-1995.

### CSA Food Cupboard

Calvary St. Andrews' Rev. Steve Allman is looking for a few good people to help with running its Food Cupboard.

Currently, the Emergency Pantry is open Monday, Wednesday, Thursday and Friday, 9 a.m. -11 a.m. The Foodlink Mobile Pantry, a tractor trailer of fresh produce, arrives every Tuesday at 8 a.m.

Individuals receive one bag of groceries which usually contains canned goods, produce and at least "one protein" such as chicken or fish said Rev. Allman.

If interested in volunteering, call Rev. Allman at 415-7112 or the church at 325-4950.

### Want to Garden?

The Foodlink Community Garden, located on Hickory Street behind Cavalry St. Andrews Church, is a large raised bed garden that provides fresh produce for people who don't have access to healthy food. We are looking for a few volunteers to help prepare the

beds, plant and maintain the garden and harvest from May through October - for a commitment of 2-3 hours each week. If interested, contact Judy at 546-3903 or judyben-nett@frontier.com.

### The Upper Mount Hope Canal Clean Sweep

Help your neighborhood and join the Upper Mount Hope Neighborhood Association in their annual Canal Clean Sweep on April 18, 8:30 a.m. Volunteers meet at the University of Rochester Parking lot west of Ronald McDonald House at the south end of Kendrick Drive. For more information, contact organizer Sue Schickler at forty9her@aol.com or call 473-1159.

### Cohousing: Creating a New Urban Community

Join Liz Walker, a national/international expert who has helped create three thriving cohousing communities in Ithaca, for a presentation and discussion on Sunday, April 19, 2-4 p.m. at Asbury First Methodist Church, 1050 East Avenue (free parking). The event is hosted by Flower City Cohousing Community. All are welcome, refreshments provided.

According to Jane Ellen Bleeg, a member of the Flower City community: "Cohousing is a type of intentional, collaborative housing in which residents actively participate in the design and operation of their neighborhood. Cohousing provides the privacy we are accustomed to within the community we seek. Residents consciously com-

mit to living as a community. The neighborhood's physical design encourages both individual space and social contact. Private homes contain all the features of conventional homes, but residents also have access to common facilities such as open space, courtyards, a playground, and a common house.

Walker will share approaches to cohousing that have proven successful in 120+ other U.S. communities. She is the cofounder of EcoVillage Ithaca (www.ecovillageithaca.org), author of two books on cohousing and a national and international expert on cohousing. (www.liz-walker.org)

Flower City Cohousing Community members will also discuss establishing an urban village within Rochester's city limits that "values sustainability, cooperation, and diversity."

Their goal is to build a 1-2 acre site with 20 varied housing units. Each housing unit is fully independent with 1-3 bedrooms, full kitchens, bathrooms and living rooms.

A "common house" for community dinners and meetings, as well as shared tools and equipment space, laundry room, guest room and more are also part of the plan.

Flower City Cohousing Community's goal is to create its own urban cohousing village in Rochester, and ideas are welcomed.

Advance registration encouraged. To register or for further information: www.rochestercohousing.org, info@rochestercohousing.org, (585) 315-2406 or 461-1353.



### Save the Date - Saturday, May 2, 2015

Join hundreds of City lovers, old and young, to make Rochester more beautiful. Check the City's website for times and details.

Mini Clean Sweeps are also

available before and after the big citywide event. To sign up, contact Kelvin Knight, Southeast Neighborhood Service Center assistant administrator at 428-7965.

### St. Boniface/Blessed Sacrament Annual Chicken Barbecue

10 a.m. to 3:30 p.m.

Sunday, May 17

St. Boniface Church parking lot  
330 Gregory St., Rochester

Only \$8.50 per person.

Present this ad and save \$1 per person.

Prepaid dinners must be picked up by 2 p.m.



### The city's most experienced real estate team.

Serving the Park Ave/East Ave and South Wedge areas for over 30 years



**Leonard Petix**  
LPetix@kw.com  
585-703-9421



**Sebastian (Sib) Petix**  
SPetix@kw.com  
585-738-1945



### Ellwanger Garden Open During Lilac Festival

Escape the crowds at the Lilac Festival for a little while and stroll over to The Ellwanger Garden at 625 Mt. Hope Avenue. Rochester's "secret garden," filled with colorful perennials, The Ellwanger Garden is maintained by The Landmark Society of Western New York. It will be open to the public daily during Lilac Festival. Look for signs directing you to nearby off-site parking. Admission is free; a suggested \$5 donation is appreciated to help maintain the Garden.

The Ellwanger Garden offers some new features this year during the Lilac Festival. On the week-

ends the garden will be open traditional festival hours of 10 a.m. to 4 p.m., but on weekdays of the festival, Friday May 9 and May 12 through May 16, the garden will be open from 4:00 p.m. until 7:00 p.m. The public is invited to stop by after work to enjoy the spring blooms. "The light and shadows at twilight make the garden a magical place," said Cindy Boyer, Landmark Society Director of Public Programs. "It's a great time to take photographs and listen to the birds sing their evening songs."

The largest free festival of its kind in North America, Spring in Upstate NY is welcomed with ten incredible days and nights of non-stop festivities. Peek around every corner and you'll discover magnificent gardens, musical gems, exciting exhibits and exhilarating special events.



May 8-17, 2015

10:30 a.m. - 8:30 p.m. Daily

Highland Park, Rochester, New York

## Siebold Exec David Sable Joins SEAC



(Photo courtesy of David Sable)

by Nancy O'Donnell

The South East Area Coalition (SEAC) welcomed David Sable to its Board in late March.

Sable shares a South Wedge home with his wife, Fatima Bayram Sable, owner of Paislee Boutique and Silk Bridal Boutique.

Sable grew up in Irondequoit and worked a variety of jobs. As a high school student, he helped his father in his landscaping business ("I wanted to save up to buy a stereo."), worked as a busboy before being promoted to server at Keenan's Restaurant.

"I went to McQuaid Jesuit High School on a scholarship, and I think that it got me into prob-

lem solving," said Sable. "While I loved math, literature and the Arts, I became very task-oriented and very methodical."

After graduating from McQuaid, he studied business and marketing at Elon University in North Carolina. After graduating in 2008, "a rough time to find work right off the bat," said Sable, he found a job in Jacksonville, Florida as a recruiter for Teksystems.

Within a short time, Sable was their number two recruiter.

"I think McQuaid also helped with this," laughed Sable. "It's very competitive."

He transferred back to the Rochester area where he landed a job as an account manager for a small boutique company, working on "access control and network buildouts."

"I built the networks so all the techs could communicate with each other."

From there it was an easy switch to security and a world of "laser or tremble sensors." Sable now works as an account executive for Siebold Security, Inc., a mid-sized company

providing high-level security to museums, banks and medical institutions. Two big projects take Sable to New York City once a week to provide security systems for the Metropolitan Museum of Art in Manhattan and the landmark Beekman Hotel.

"I have to [build security] for a museum in a constant state of flux. A new gallery is coming in or going out at the Met all the time. Currently, a 400-year-old statue of Adam is returning to a gallery. It fell off a wooden podium and broke, and it's taken 15 years to restore it."

Now it's Sable's job to find a way to keep Adam safe, which involves working on temperature, location and laser beams.

"If the beam is broken, if a vibration sensor shows any tremors, an alarm goes off," said Sable.

On a smaller level, Sable would like to add some local businesses to his list of clients.

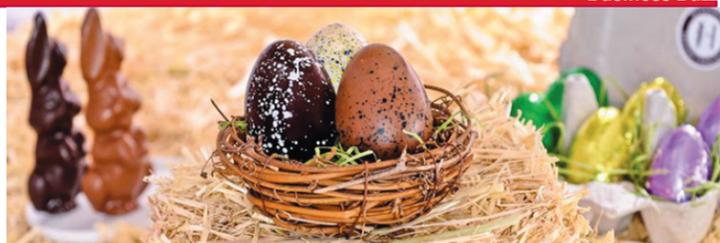
"I have reached out to some businesses in the South Wedge. My goal is to offer high level security to businesses and residents enough to deter robberies and prevent car break-ins."

"I feel like there is so much potential and opportunity for the community. However, that growth could potentially be curbed by certain individuals interested in taking rather than building or earning. In fact, most recently we're seeing a vandal that is defacing the Wall Therapy projects in the South Wedge and surrounding areas for some unknown reason.

"As a resident, I want to offer as much support to our community as possible based on [a business's] budget and goals. My systems are not only fantastic for detection, but for deterrence as well."

Sable has an answer for those who worry about added security from "Big Brother" cameras." In the South Wedge, Sable believes

*continued on pg. 16*



## Hedonist Turns Chocolate Into Art

by Trevor Courneen

While buying Easter chocolate from a department store may offer convenience for some, others may wish for something that radiates the vibrancy and artistic appeal of Easter. Hedonist Artisan Chocolates is celebrating those aspects of the holiday by blending tradition and innovative artistic craft with their handmade Easter chocolates.

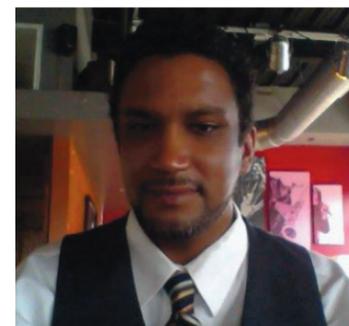
Hedonist's chocolate bunnies and Easter truffle bags are perfect for pleasing traditionalists. Those seeking a more exotic, artistically-crafted Easter can indulge in Hedonist's Farm Egg Truffles, which come in caramel, peanut butter, and coconut and lime. With their uniquely hand-decorated designs, the Farm Egg Truffles tap into the spirit of families coloring and

decorating eggs at home. Artisan craftsmanship is also displayed in the solid chocolate eggs, which come in customized cartons hand-stamped with the Hedonist logo.

Hedonist Artisan Chocolates creates chocolate truffles in innovative flavors. Their fresh, preservative-free truffles are handmade with the finest French chocolate and natural ingredients.

All of Hedonist's chocolates are available at their shop at 674 South Ave in Rochester, and they can also be ordered online at [www.hedonistchocolates.com](http://www.hedonistchocolates.com). For more info, contact owner Jennifer Posey at [jennifer@hedonistchocolates.com](mailto:jennifer@hedonistchocolates.com) or Trevor Courneen, 461-2815 or [trevor@hedonistchocolates.com](mailto:trevor@hedonistchocolates.com).

## Ramon Villegas Opens Reel Media Art in South Wedge



Ramon Villegas, a Brooklyn native, moved with his family to Rochester and fell in love with the City, especially the South Wedge.

"The South Wedge is just a nice neighborhood, the people, the high concentration of local shops," said Villegas

Self-taught in photography, Villegas has parlayed his love into a new business, Rochester Reel Media Art.

"I enjoy capturing a special moment for the client. I also love the development of the photo," said Villegas. "That's the creative part.

I do a lot of work with PhotoShop after the photos are taken."

Villegas specializes in big events and concerts although he excels in still and street photography. He recently covered the City Love event (see his photos on pg. 8-9).

To reach Reel Media Art, call 415-2332.

CITY NEWSPAPER'S  
**BEST OF ROCHESTER**  
2013

Nominated in Top 4 for City Newspaper 2013  
"Best Massage" category

更新按摩  
**RENEWING MASSAGE**

728 South Ave, Rochester, NY  
585.709.6725

**Renewing Massage**  
Affordable | Accessible

[www.renewing-massage.com](http://www.renewing-massage.com)

更新按摩 **RENEWING MASSAGE**

**Ellwanger-Barry Spring Rummage Sale - April 24 & 25**

What will you find? A variety of gently used items from 20+ families! Items include: clothing & shoes for the whole family, baby items, toys & stuffed animals, decorations, furniture, books, house-wares and whole lotta knock-knacks. 9 a.m. - 1 p.m. 4 East Henrietta Road, Christ the Savior Church. For more info, visit [www.ebns.org](http://www.ebns.org) or give us a call at 461-4250

**Constantino's Market Opens in College Town**

Constantino's, a family-owned Cleveland-based Market, opens in Collegetown on April 9. A grand opening is planned for April 16. This is its first market in New York

State. Andrew Revy, Constantino's College Town Market spokesperson, said that the shop will offer "all the amenities of a neighborhood grocery, along with locally-made goods and restaurant-quality prepared foods, salads 40+ items, a wide variety of beers, tastings and food demos. Yet, the accessibility and service will be the big draws for their target audience, UR students, employees and local neighbors.

Because I Love to support my local community & businesses

Why I became a Co-op owner:

**ABUNDANCE CO-OP**  
COOPERATIVE MARKET

I Love owning this store in common with my friends. I Love seeing them when I shop. I Love the human scale of the space

**ROCHESTER'S ONLY COMMUNITY-OWNED GROCERY STORE**

62 Marshall St.  
(585) 454-2667

**HUNT** Since 1911  
Always There For You!  
ERA  
COLUMBUS DIVISION  
3300 Monroe Ave, #209  
Rochester, NY 14618

**Wedge Resident For Over 20 Years.**

**Susan Sanford**  
Licensed Associate Real Estate Broker

Call today! 585-752-0136  
e-mail: [sn4dsells@gmail.com](mailto:sn4dsells@gmail.com)

Find homes at [www.sn4dsells.com](http://www.sn4dsells.com)

"Put my energy to work for you"

**Assemblymember Harry B. Bronson**

Serving the families of Rochester  
[bronsonh@assembly.state.ny.us](mailto:bronsonh@assembly.state.ny.us)  
585/244-5255

Working with you to make ours the best community possible!



Hot Rod Betties will never die (Photo courtesy of Sarah McPike)

## Community Rallies for Hot Rod Betties

by Crystal Ann Mahler

Our beloved South Wedge took a huge blow earlier this year when an electrical fire caused Hot Rod Bettie's store owner Sarah McPike to close the doors indefinitely. All of the stores sewing machines, fabric and merchandise were destroyed.

I am a huge fan of Hot Rod Bettie's and have been since I tried on the most perfect maroon and black polka dotted dress last spring. The first time I chatted with Sarah I told her how I'd been dreaming, from a distance, of being a Bettie. I confessed to her that I wouldn't feel comfortable doing one of the pin-up photo shoots offered through her business unless I'd shed a few pounds first. Her piercing gaze softened into the most beautiful smile as she cupped my face in her hands and exclaimed with warm sincerity "Crystal, you are a Bettie. You are beautiful and perfect the way you are." The loving, accepting energy

that Sarah exudes is what makes her shop a mecca for women of every shape, size, age, or race. Even transgender women are accepted with open arms. Sarah understands that all women, whether a size 0 or 24 struggle with body image. Her goal is to help make any woman that walks into her shop feel beautiful.

Hot Rod Betties is a business with heart, a business that is not just about the success or livelihood of its owner, but rather a place where its customers and community share in the success. Since the doors opened in 2013, Sarah has made donations to Alternatives for Battered Women and held a charity fundraiser last fall with Cruisin' for a Cause--all proceeds going to the Westfall VA Clinic. When her business was featured on the runway during last year's Rochester Fashion Week, Sarah insisted on using her own models because she wanted "real women to represent my real store," earning her models and fashions the only standing

ovation of the night.

Sarah feels unique small businesses like hers are important because the one-of-a-kind shops and restaurants that have made a home in South Wedge are what draw people in from all over the region. These businesses cannot succeed without community and city involvement and support. "Where is the support for small businesses? Everyone I know that owns a small business is struggling to keep their doors open," said Sarah. "We need more funding, grants, and tax breaks."

The community got a chance to help Hot Rod Betties open up again when Rochester's own cabaret troupe "Sirens and Stiletos" showed their support with a fundraising benefit for Hot Rod Betties on Saturday, April 4 at Firehouse Saloon on South Clinton. The show started at 7 pm and aside from the sexy burlesque routines also featured live music from Dark Nemesis and Blue Ribbon Bastards. A 50/50 raffle with prizes from local businesses was also held.

Personal donations are also still being accepted through gofundme.com/hotrodbetties, which raised over \$3,000 in the last month, but there is still a long way to go. The doors of the shop will remain closed as long as the walls of the store are naked and soot covered, and the lush sassy leopard print carpet is covered in debris.

Fret not; Hot Rod Betties will still be offering pin up photography shoots and personal styling. Sarah can be contacted through Hot Rod Betties Facebook page, give them a like and keep updated on the store's re-opening and Sarah's upcoming new website and clothing line.

# The North Wedge by Justin Hubbell

## Chronic Solar Duplicity Syndrome Stage 4: self-castigation



### More South Wedge Buzz

by Nancy O'Donnell

#### Banzai Sushi Enlarges Sushi Kingdom

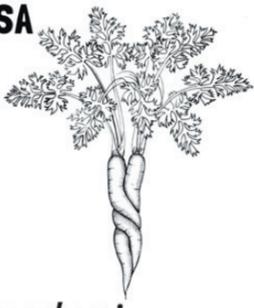
Owner Matt Grammatico moved his sushi operation down South Avenue to 503 South Avenue at the corner of Alexander Street. Stop by and enjoy the larger space.



### Peacework Organic CSA

Community is at our roots.

www.peaceworkcsa.org  
peaceworkcsa@gmail.com  
585-442-1364



Sign up now for your summer share!



#### Show on Monroe - May 30

Planners of the big Monroe Avenue extravaganza are working to bring more of everything to SOM 2015. A street wide scavenger hunt (back by popular demand ), buskers, music, food trucks, a classic car show, the Fire Safety House, City of Rochester Rec on the Move, a Free lunch and more. For more details, contact Jen Topa at 354-3214 or e-mail jen@highland-planning.com.

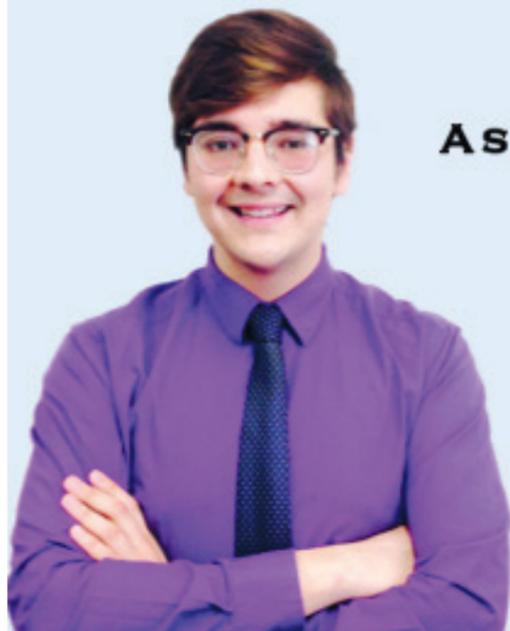


#### Third Thursdays

Star Alley Park on South Avenue will be the scene of free music concerts from May 21-Oct. 15 courtesy of BASWA (Business Association of the South Wedge Area). Mark your calendar: June 18, July 16, August 20, September 17 and October 15.

## YOUR HOME IS MY DREAM TOO

A LICENSED AGENT WITH THE MISSION OF A NON-PROFIT  
I PROMOTE ACCESS TO SAFE & HEALTHY HOUSING FOR ALL.  
I'M YOUR FIRST TIME HOMEBUYER & GRANT SPECIALIST



**DALTON LABARGE**  
ASSISTANT DIRECTOR • REALTOR®  
CELL: 585-943-4856  
DALTON@NCSCDC.ORG

NCS COMMUNITY DEVELOPMENT  
289 DRIVING PARK AVE  
ROCHESTER, NY 14613



**2015**  
**Rochester Real Beer Expo**  
**June 13**  
**Rochester Real Beer Week**  
**June 12-21**



## They're Engaged ~ Dan Caverly & Lidza Kalifa

### A Love Story in 400 Words or Less

Dan and I met in the Spring of 2010 in his bar. I was in graduate school at the time working on my PhD in molecular genetics at UR. One Friday when I was at the bar for Happy Hour, Dan asked me to get a drink with him when he was done working. We went to Solera Wine Bar, which is now one of our favorite bars (besides our own, of course). We dated for a bit, but I knew I was leaving Rochester when I graduated, so we kept it casual. In April 2011, I defended my thesis and had my graduation party at Caverly's.

I moved to Texas at the end of April 2011 to work for MD Anderson Cancer Research Institute. Homesick, I came back to Rochester for Dan's 40th birthday. In October 2011, I was offered a job in the Pediatrics department at Strong and moved back to Rochester in December 2011.

Dan and I began dating seriously in the summer of 2013 and knew that we were going to spend the rest of our lives together. December 2013, I left Strong to focus on helping Dan grow Caverly's and focus on the South Wedge neighborhood.



I took a job as the Advertising Sales Manager at the *South Wedge Quarterly* and volunteer with all events BASWA-related. [Lidza was Marilyn Monroe from *The Seven Year Itch* at Night of the Living Wedge 2014]

On September 18, 2014, Dan's birthday, his mom Christine Caverly, wanted to take us out for an early birthday celebration. We went to our friend and long-time Caverly's patron's restaurant Cerame's Italian Villa. We enjoyed our dinner and at the end, Dan told me we were really there for another reason...then he proposed with his mom's heirloom diamond ring.

We are getting married April 25,

2015. Since we love the South Wedge, we wanted to do as much of our wedding plans and details using South Wedge businesses.

We're having a small, private wedding at the Lamberton Conservatory followed by a reception at our bar. We are using several South Wedge businesses for our big day: LivesStyLED (styling the wedding), Hannah Betts Photography (photographer), Mise en Place (catering), Flower Power Decor (flowers), Cheesy Eddie's (pastries), Scratch Bakeshop (pastries), Little Venice (late night eats), Roc City Expressions (detailing for decorations).

## Rochester Improvement Society a Forum for Great Ideas

by Nancy O'Donnell

The Rochester Improvement Society's founders aka "instigators" Bill Klingensmith, Glen Kellogg (of Hart's Grocery fame) and John Itkin started the group 2 1/2 years ago to get the conversation started on ways to "move the city forward."

It was also an alternative to local networking groups said Klingensmith.

"A lot of the events are more mutual admiration societies [where participants] never mingled with others [outside their groups]," said Klingensmith, a South Wedge graphic artist. "We wanted to create an informal forum to get people together to talk about what they were working on to make Rochester a better place through policy, culture or development. It's a forum for people to exchange ideas. It can also be a resource for people moving here."

RIS's invitation to "improvers" or "the great minds working together to move this city forward" attracts everyone from lawyers and architects to baristas and artists, to bi-monthly happy hours held at various bars around the city. Attendance has ranged from a handful to over 100. Ages range from early 20s to mid 50s said Klingsmith.

Meetings usually open with a brief introduction of RIS and the topic for the evening. The March 19th RIS Happy Hour met at Nox



Great thinkers—including Open Letter Book publisher Chad Post (in middle)—talk about international writers at Happy Hour at Nox, Village Gate

in Village Gate. Open Letter Books joined RIS that night. (The first 50 people to arrive got a free drink ticket and a book from Open Letter.)

"We're talking about interesting projects, programs and accomplishments," said Klingensmith. "They're not just bitch sessions."

Rochester Improvement Society invites residents from "the entire city" to stop by the next happy hour in April.

To find out where and when, email [info@rocimprovement.org](mailto:info@rocimprovement.org) and visit them at [rocimprovement.org](http://rocimprovement.org) and Facebook.



The best tools for living car-free in Rochester ny.



ENJOY 20% OFF YOUR PURCHASE

1900 SOUTH CLINTON AVE  
ROCHESTER, NY 14618  
PHONE: 585.244.7810  
WWW.PAISLEEBOUTIQUE.COM



## Saint Boniface Church

330 Gregory Street  
585.473.4271

[www.southeastrochestercatholics.org](http://www.southeastrochestercatholics.org)

*Keeping Faith in the South Wedge for 150 Years!*



Join us for our weekend Masses

Saturdays at 5:00 PM  
Sundays at 9:00 AM

You can also find us on Facebook! Search for Blessed Sacrament/Saint Boniface Parishes



Rochester Childfirst Network  
SERVING CHILDREN SINCE 1857

*RCN is ... a place where play is valued as a child's way of learning!*

Did you know that Rochester Childfirst Network is the third oldest childcare in the United States?

**We care for infants  
6 weeks - school-age (age 12).**

Enroll your child now for high quality infant, toddler, preschool, UPK and before & after school care. Special education services also available.



Become a volunteer or learn more about how you can help RCN. Call **473-2858** or stop by and take a tour today!

Two convenient locations:  
[www.rcn4kids.org](http://www.rcn4kids.org)

941 South Ave., Rochester, NY 14620

**NEW LOCATION!!**  
250 E. Main Street, Suite 110, Rochester, NY 14604

### Bauman's Barbershop



**Mike Bauman**  
Barber

697 South Avenue  
Rochester, NY 14620  
(585) 473-6061

# City Love



citylove

Thank

true love



(l-r) City Love Celebrity Bartenders City Council member Elaine Spaul and WROC TV journalist Rachel Barnhart



Maxine Lawson and SWPC board member Frank Logan



Shannon Prozeller, The Good Food Collective



(l-r) Neda Torres, Infiniti Lee, Cheyenne Coffey, Marty Fragale



(l-r) Faye Santa Croce, Amanda Conner



SWPC Board Chairperson Nathaniel Mich, Michael Lill and Christopher Hennelly of the Christopher Group



(l-r) Paul Minor and SWPC Executive Director John Page



Kim Niethe and Jim Papapanu, former SWPC board chairperson



Andrea and Phillip Borrelli, SWPC boardmember



(l-r) Dan Dollinger and Pat O'Neill



(l-r) Jonathan Hoose, Rachel Barnhart and Lori Knowles



(l-r) Lynn Sullivan and SWPC board member Christine O'Connor



(l-r) Shannon Prozeller, Carolyn Stiles and Marissa Barnard, owner Hype Booth



(l-r) Greg Newton and Sally Caparelli



MEDICINE of THE HIGHEST ORDER



REAL ESTATE DEVELOPMENT, CONSTRUCTION & MANAGEMENT



love me tend



Celebrate Life Everlasting



Harter Secret & ATTORNEYS AND CO



Normandy M

Edward J MAKING SENSE OF

Special thanks to our wonderful celebrity bartenders Elaine Spaul & Rachel Barnhart and our many Auction & Food Donors: Black Button Distilling, Blue Toucan Studios, ButaPub, Bodymind Float Center, Cat Clay Studio, Cheesy Eddies Bakery, Espada, Brazilian Steak, F. Oliver's, Freewheelers Bicycle Shop, Friends of the Public Market: Rochester, NY, From My Sev Bakery & Cafe, Gilded Sq Framing & Gallery, The Good Food Collective, Hart's Local Grocers, Headz Up Hats, Healthy Si, Little Bleu Cheese Shop, Memorial Art Gallery of the University of Rochester, Monroe Family YMCA, Mythic Treasures, N NVP Paintball and Airsoft, ORBS Restaurant and Bar, Park Ave Pets, Paul Minor Architect, Personal FX Hair Studio, Peppabach Brewing Company, Rose O'Keefe, Saha Med Grill, Salena's Mexican Restaurant, Shade Tree Greetings, Sheridan Vincent Theatre, thread, Tipsee Light Company, Tru Yoga Rochester, Village Bakery & Cafe, WARM 101.3, Zak's Avenue, & South Wed

# ove

Photography by  
Ramon Villegas  
Reel Media Art



Bill Tiberio Quartet (-r) Phil Lake, Geoff Smith, Bill Tiberio (not pictured Scott Bradley on piano)



(l-r) Bill and Nicole Pease

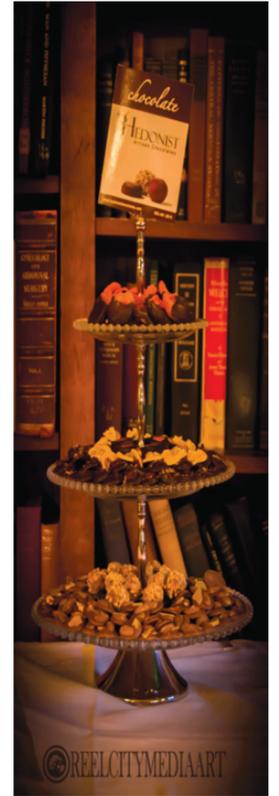
Thank you to all of our generous supporters!



(l-r) Jennifer Posey, owner of Hedonist Artisan Chocolates and Madelyn Kerber



(l-r) Sudy Jahangiri, Cameron and Dr. Chris Taggart



City Love supporter Hedonist Artisan Chocolate donated three tiers of deliciousness.

A<sup>3</sup> design

throb

ler

Bill Tiberlo

GHEESY  
EDDIE'S  
Since 1976

Emery LLP  
COUNSELORS

Mortgage

ones  
INVESTING

HYPE  
BOOTH



The Academy of Medicine was packed with raffle items donated by generous business owners in support of City Love (see complete list of donors below)



Bill Tiberlo



The Academy of Medicine was the perfect venue for a night of City Love



ABVI Goodwill donated artwork, candlesticks and pottery



Wines from Normandy Corporation were raffled off.



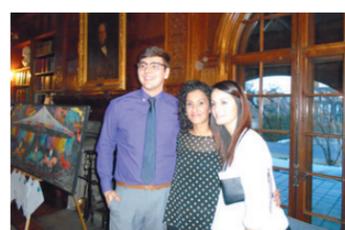
HeadzUp Hats donated fedoras for spring.



Falafal from Saha Med Grill was a big hit in the dining room.



Rohrbach Brewing Company contributed a growler box to the City Love raffle



(l-r) NCS Deputy director Dalton LaBarge, Neda Torres and Donna Culakova



Maxine Lawson and Marlene Henry, owner of Peppa Pot Jamaican cafe



(l-r) Owners John and Colleen Baker, Cheesy Eddie's Bakery



(l-r) Michael and Frances Visconte, Rachel Simeone, NCS Executive Director Linda Gonzalez and Phillip Borrelli

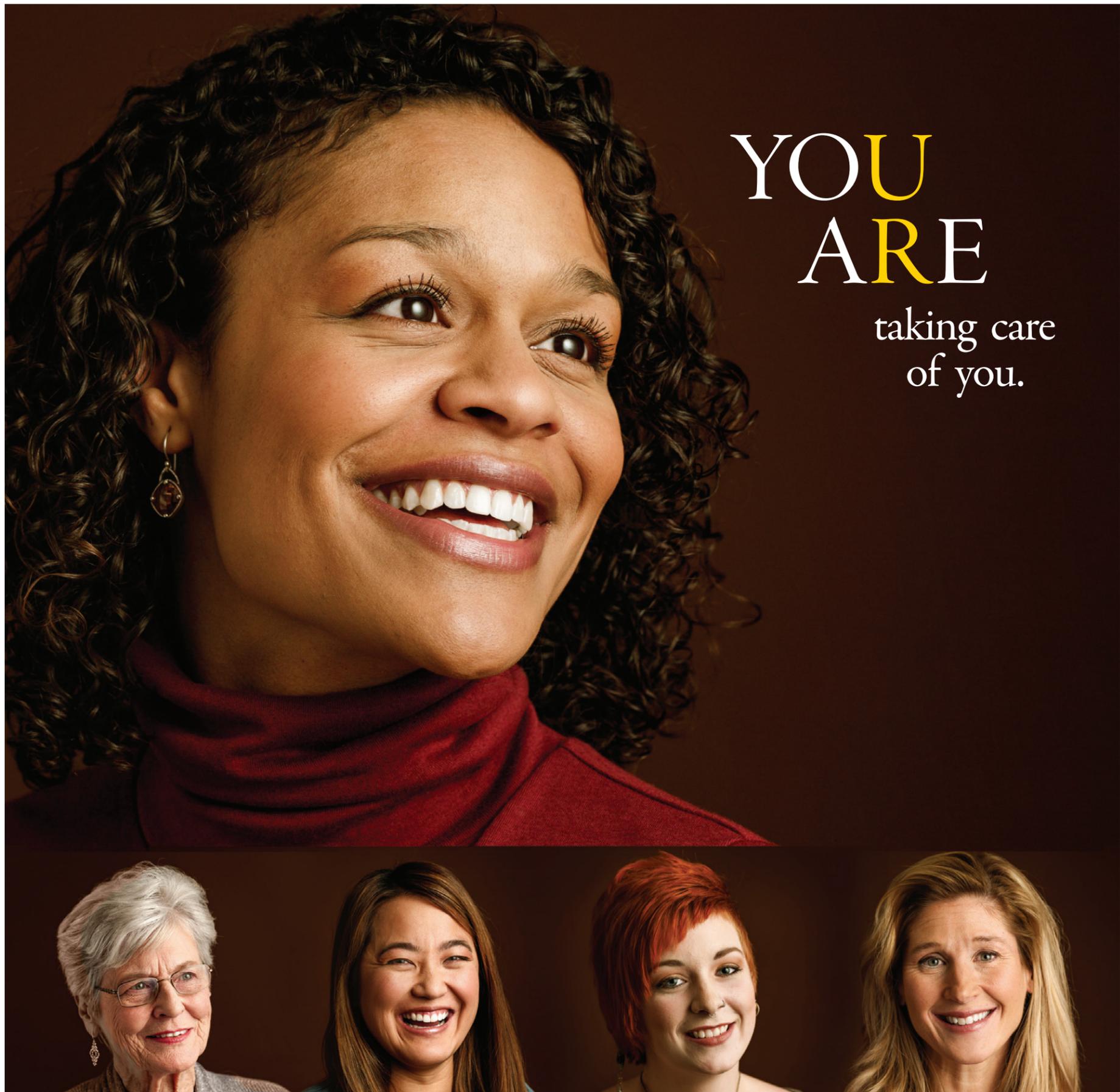


Painting from Door Number 3 antiques was auctioned during City Love



SWPC Construction Manager Jennifer Baldwin

ponsors: Aaron's Alley, Abode Rochester, ABVI, Anne McCune Art, Archimage, Arnold Park Salon, Ashby Madison Salon, Benny's, Cindy Kuhn Studios, The Cinema Theater, Coffee Connection, Creativ Framing, Dichotomy Rochester, Door Number 3, Dining Room, Full Moon Vista Bike & Sport, Gateway and Company Custom Picture Framing, The Genesee Brewery, Georgie's Misters Soup & Bean Works, Hedonist Artisan Chocolates, James Brown's Place, Joe Bean Coffee Roasters, Liberty Tax, The Natural Pet Foods Company, The Nitty Gritty Hair & Waxing Parlor, Normandy Corporation, Northfield Designer Goldsmiths, Peppa Pot, 585 Pizza Design Studio, ROAM Cafe, Rochester Philharmonic Orchestra, Rochester Red Wings, Rock Ventures, Rohr Photography, The South Wedge Barber Shop, StART HERE Studio, Stuarts Spices, Swiftwater Brewing, The Little Theatrical Victory Garden.



YOU  
ARE

taking care  
of you.

## “Spirit of Women” Can Help You Stay Healthy.

### Member Benefits:

- ✓ **FREE Spirit Health Seminars**
  - April 28, *Joint Pain Relief*
  - May 14, *Managing Menopause*
  - June 18, *Heart Health*
  - and more
- ✓ **Quarterly e-newsletter** featuring the latest health trends
- ✓ **Website** with useful health information for women of all ages
- ✓ **An invitation to a fun event: *Girls Night Out***

*Spirit of*  
**Women**®

Join our **FREE** program at [URHighlandSpirit.com](http://URHighlandSpirit.com)

MEDICINE of THE HIGHEST ORDER



**UR**  
MEDICINE

**HIGHLAND**  
HOSPITAL

# Highland Family Medicine Maternity & Pediatric Care

## Family Doctors Deliver Babies. AND CARE FOR YOUR FAMILY.

Meet our Family  
Doctors today

**CALL 279-4889**

HIGHLAND.URMC.EDU/  
FAMILYMED

777 SOUTH CLINTON AVE

### Comprehensive

- Care for women before, during and after pregnancy
- Meet the doctor session
- Natural Childbirth options
- In-hospital baby visits after birth
- Lactation consultants to support breastfeeding
- Pediatric care for your newborn

### Convenient

- On-site lab and pharmacy
- Free Parking
- On bus route
- Evening and Saturday Hours



MEDICINE *of* THE HIGHEST ORDER



**UR**  
MEDICINE

Primary Care

## Center for Youth Expands Support for Homeless Youth

by Nancy O'Donnell

The Center for Youth recently opened New Beginnings Residence, a four-unit transitional home in Swillburg for young men. The residents, ages 18-21, will be either working or in school at the Center's New Beginning School in the former Blessed Sacrament School building on Monroe Avenue. Residents will pay a small stipend to reside there for up to a year.

Elaine Spaul, Center, executive director, describes the home as a natural progression in the services homeless youth already receive at the Center.

"We were running the program at Blessed Sacrament, and I began to notice guys not always attending or not completely awake in class because their housing was so unstable," said Spaul.

"We're always looking for way to address poverty," Spaul continued, "We keep talking of young men of color living under a bridge. We're doing something about it."

The plan took shape when Spaul reached out to New York State Assemblyman Harry Bronson for funding. Next, she found a developer who was willing to give a huge discount on the Swillburg house. Fundraisers added to the pot. Area foundations like

Davenport-Hatch Foundation also stepped up and helped.

"Every bit of the furniture, TV, sheets, beds, comforters, everything was donated by the owner of Sherman Rental, a most wonderful gentleman," said Spaul. "Volunteers cleaned and painted. It was remarkable. The neighborhood has been very supportive especially Rev. Judy Hay and Chris Stevens from the Upper Monroe Neighborhood Association."

The final step before opening is to find "just the right staff members who will be on site from 6 p.m. to 10 a.m."

Local food chains are also helping. Bruegger's Bagels donates any leftover bagels at the end of each day and four times a week they bring them to the center.

"More than bagels, the Boys Scouts of America collect food every month and we've gotten 20 cases of cereal, canned fruit, juice boxes, peanut butter," Spaul said.

New to the Center is the Food Nook, a food cupboard that will help at the transitional residence and others who come to the Center for help.

Some 3,000 children are homeless across the county. The City School district has declared there are at least 2,300 homeless children

within the Rochester School District.

"We're not NYC where there are 35,000, but we see a lot of kids who couch surf because their families can't keep them. Then we see all of the sex trafficking of young women in our community."

The young men who are accepted in the home must comply with the house rules which includes a bed check every night, no overnight guests and no parties.

"Twice a week the community will be bringing over meals, and some restaurants have said they will send meals over," said Spaul.

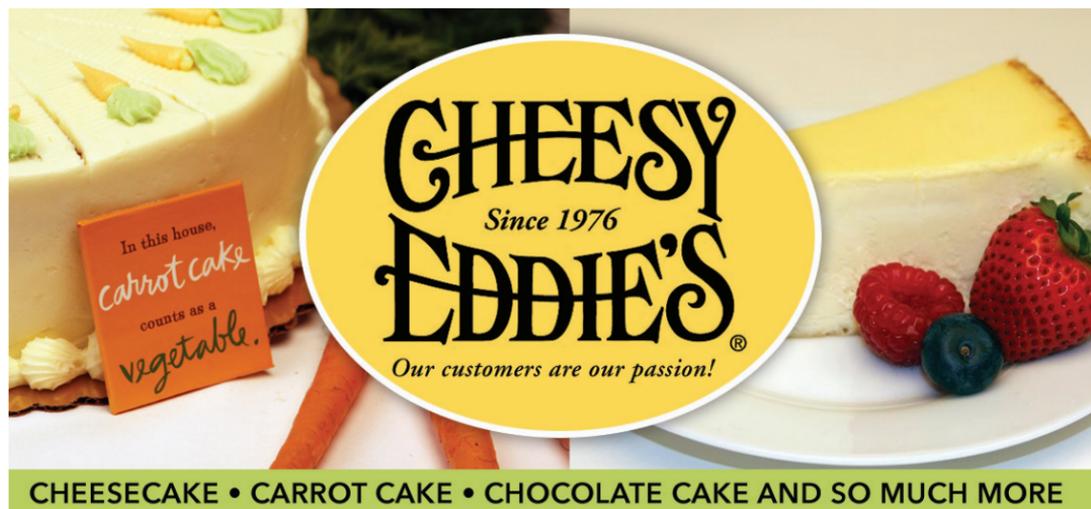
Along with in-house support, volunteers to teach independent life skills are also welcome.

"We are looking for volunteers who can mentor the young men in life skills and let them see certain careers," said Meghan Palumbo, the Center director of development.

Spaul describes the Center's mood as "so hopeful."

"I can see the school and the roof of the house from the Center."

For more information about donating to the Food Nook, contact Kathy Cummins at 473-2464. For other opportunities to help the Center's New Beginnings Residence, call 473-2463.



CHEESECAKE • CARROT CAKE • CHOCOLATE CAKE AND SO MUCH MORE

Baked from scratch using the finest ingredients...  
We do the ordinary, extraordinarily well...



620 SOUTH AVE, ROCHESTER • 585.473.1300 • CHEESYEDDIES.COM

# care without compromise

When looking for senior care, it's important to find the services you need in a place you can call home. Begin — and end— your search at Episcopal SeniorLife Communities.

**We welcome your calls to 585.546.8400 or Info@EpiscopalSeniorLife.org.**

**Life. Inspired every day.**

### Electronics

Including all cords, batteries, cases, headphones, charging ports, and anything else that goes with your device.

- Cameras & Camcorders
- E Books
- Mp3 Players
- I Pads & Tablets
- GPS Devices
- Gaming Devices
- Satellite Radios
- USB Devices
- 3D Glasses

## Imagine It Electronics Recycling

by Jesse Knoth

Do you have old phones and other small electronics lying around your house that you don't want to put in the landfill, but don't know what to do with? Bring them to the South Wedge Planning (SWPC) office and drop them in our new Imagine It bin.

Not only are you keeping hazardous materials out of landfills, but you're helping raise funds for projects in your community at the same time! In addition to phones and other small electronics, we can take all of their accessories and cords and ink and toner cartridges.

The SWPC office is located at 224 Mt. Hope Avenue. For more information, call 256-1740, ext. 104 or email [jknoth@swpc.org](mailto:jknoth@swpc.org).

### Printer Cartridges

Everything that goes into or is taken out of a printer, copier or fax machine.

- Ink cartridges
- Toner laser cartridges
- Drums and imaging units
- Fusers and maintenance kits
- Transfer units and transfer belts

### Cell Phones & PDAs

Including all cords, batteries, accessories, and anything else that goes with your device.

- Cell phones
- Smart phones
- PDAs
- Charging ports
- Batteries
- Cords



Taylor Whitney, CEO of Preserving the Past, discovers the variety of brews and fun found at Swiftwater Brewery in their Flight of Four (Photo by Dave Baxter)

## Swiftwater Brewery Builds Art of Community

Swiftwater Brewery's website says it all: "Already Swiftwater has quickly become a place where the art of community and the science of brewing beer join together to create a lasting impression."

Stop by to see why Swiftwater Brewery put its equipment front and center. Swiftwater is a farm brewery with brews created from natural ingredients, many of them grown in NY State. It's located at 378 Mt. Hope Avenue.

Hours: Wed-Thurs. 4-11 p.m., Friday 3-11 p.m., Sat. 12 p.m. - 11 p.m., Sunday 1 p.m. - 8 p.m.

Please support Our Advertisers Tell them you saw them in The Wedge Like us & them on Facebook!

## Region's Oldest Community-Supported Agriculture Program Still Full of Life

by Amy Crossed- Rieck

If scraping the snow off your car again is getting old, change your mental channel and think about all the fine vegetables you will get in a Community Supporting Agriculture (CSA) share! This is the time to sign up for a spring-summer-fall's worth of fresh, local organic vegetables!

For 26 years, a group of Rochester area consumers has been running Peacework Organic CSA, contracting with Peacework Farm in Newark, NY, for a full 6-month season of certified organic vegetables and herbs. The Peacework farmers are Ammie Chickering and Greg Palmer. For 2015, they are hiring two younger farmers – Eli Rubin and Rachael Oyer – to work with them. Every week for the 26-week season, the farm provides members with an exciting diversity of freshly picked vegetables. Pick-up takes place at Abundance Natural Foods Coop on Marshall Street in the City on Thursday or Sunday evenings.

Peacework CSA is a coopera-

tive venture between the farm and the members. Everyone contributes some work; a few members are part of the "Core" group, taking care of the non-farm administrative jobs. Others help harvest at the farm at least once a season, and take turns serving one another at distribution at Abundance. The 6th Principle of Cooperatives is "Cooperation among Coops." Peacework pick-up at Abundance is an example of cooperation at its best.

During the winter of 1988-89, when this CSA started, hardly anyone in the Rochester area, or anywhere else in the country for that matter, had heard of CSA. Yet a small group of brave souls signed up for this experiment in local eating. They could see that supporting a nearby by organic farm nearby made ecological and economic sense. And at that time, buying a full array of seasonal organic vegetables was not easy. Today, there are over 30 CSAs in and around Rochester and over 400 in New York State! There are also local

food services that provide weekly packets, farmers markets with organic farms, and supermarkets are carrying more and more organic foods. So getting organic food has become much easier. But making the commitment to a CSA is as important as ever.

What makes CSAs special is that they are partnerships between consumers and farmers in which the consumers agree to share the risks with the farmers. In no other marketing arrangement is risk shared. If the season is a good one, members enjoy extra bounty from their farm. If the season is difficult – bad weather, floods or drought – CSA members pay the same amount, but get a little less food - and a local farmer is able to grow food for friends and family for another year!

If you would like a share, please sign-up on-line at [www.Peaceworkcsa.org](http://www.Peaceworkcsa.org). You will have the choice of a full share, a partial share or sharing a full share with friends.

For more information, please contact: [Peaceworkcsa@gmail.com](mailto:Peaceworkcsa@gmail.com), 442-1364



**Schraders' Garage**  
686 Clinton Ave S  
Rochester NY 14620  
**271-5179**

Complete Maintenance & Repair  
Domestic & Japanese Cars  
Volkswagen & Volvo  
Convenient to Downtown

VISA-MASTERCARD-DISCOVER

Monday through Friday  
7:30 am - 5:30pm

Quality Work - Fair Prices

Progressive **Drew Beeman, Early Childhood Educator**



**The Preschool that comes to you!**

Providing a Playful Learning Experience for your child!

[progressiveearlylearning@gmail.com](mailto:progressiveearlylearning@gmail.com)  
**(585) 410-1121**  
[www.ProgressiveEarlyLearning.com](http://www.ProgressiveEarlyLearning.com)

## Wedge Wage Forum: One More Step Forward

by Alison Clark

A wide diversity of over 60 people attended the March 5 forum sponsored by Calvary St. Andrews Parish, "Wage Wedge: Organizing for a Living Wage," held at the Historic German House. Co-sponsors included: the Coffee Connection, 1199 SEIU United Health Workers East, the Genesee Co-op Federal Credit Union, Interfaith IMPACT, Metro Justice, Rochester Catholic Worker, South Wedge Mission and Urban Presbyterians Together.

Though historically neighborhood groups and individual homeowners helped to open South Wedge's boarded houses, prevent gentrification and developed a vibrant community, there are now some residents today who need to move partly because their jobs do not pay a living wage.

By now most City residents know "over 50% of Rochester's children live in poverty, and the terrible effect this has on learning in the schools. But, the evening panel delved much deeper into some of the underlying causes less well known.

Robin Wooldy, who works at Wendy's, was the first panelist speaker. Robin had been an electrical technician in the Navy before coming to Rochester. She highlighted the unsettled feeling of never knowing her schedule from week to week. Though working very hard, she feels constantly insecure in her job, the hours she will be scheduled to work and the low wages she receives. Robin is one of many low-wage workers partnering with Metro Justice in a national campaign to address the minimum wage, the "Fight for \$15." This problem affects a large part of the workforce in Rochester and the country. Many workers have a difficult time making it to the end of the month with current wages.

Attorney Elizabeth Nicolas, director of the Wage Justice Project for the Empire Justice Center, spoke about her efforts to help low wage workers by addressing such issues as wage theft, minimum wage,

overtime violations, and retaliation and discrimination cases. Elizabeth stated that wage violations committed by employers contribute to poverty in Rochester, describing how some Rochester employers fail to pay minimum wage or overtime. In addition, some Rochester workers are subject to illegal deductions and are not paid for work-related trainings. In effect, the employers are essentially stealing wages from their employees.

Rev. William Wilkinson, Pastor of Trinity Emmanuel Presbyterian Church, focused on the right and fair thing to do as a community of faith and said his goal is always to "unite truth and forgiveness with justice and peace."

Wilkinson and Nicolas then demonstrated a one-on-one method of dialogue as a way of engaging

with someone on issues of concern by giving a little of your background and examples of the groups you participate in, you are better able to engage in discussion with others.

Evidently it works. The attendees were asked to turn to someone they didn't know to and use the method; the room was immediately a buzz with excited conversation.

Bruce Popper, director of 1199 SEIU East Health Care Workers, gave an excellent, brief summary of the "Living Wage" issue, leading to a vibrant discussion. He began with comments on the 2013 Rochester Community Foundation's poverty study, noting that it neglected to emphasize "most poor people work".

*continued on pg. 16*



**ZAK'S AVENUE**  
"Your Eclectic Urban Shopping Experience"

Unusual gifts, jewelry & vintage sundries

[www.ZaksAvenue.com](http://www.ZaksAvenue.com)  
[Deb@ZaksAvenue.com](mailto:Deb@ZaksAvenue.com)

**661 SOUTH AVENUE  
ROCHESTER, NY 14620  
585.360.2095**



**PETE ZIZZI**  
ASSOCIATE BROKER, ABR, REALTOR®

Cell: 585-802-5198  
Office: 585-279-8155  
Fax: 585-279-8156  
[PeteZizzi@remax.net](mailto:PeteZizzi@remax.net)  
[www.PeteZizzi.com](http://www.PeteZizzi.com)



2171 Monroe Avenue, Rochester, NY 14618  
Each office independently owned and operated

**Accepting New Patients!**

## Serban Staicu, M.D.

has joined Highland Hospital's Medical Staff as a Pulmonary and Critical Care Physician.

**Dr. Staicu treats a variety of pulmonary conditions including:**

- Lung infections
- COPD and Asthma
- Lung malignancy
- Critical illness in the Intensive Care Unit

To schedule an appointment or for more information, please call **585.341.6774** or visit **HighlandHospital.org**



**Pulmonary and Critical Care Medicine • 990 South Avenue, Suite 106, Rochester, NY 14620**

MEDICINE of THE HIGHEST ORDER



**UR | HIGHLAND**  
MEDICINE HOSPITAL

## Star Tracks - Spring Sex Drive - Mars in the Signs

by Kimberly Wright

Now that Spring is upon us, it's time to kick our energy into high gear!

Mars is the planet that rules sex, aggression and drive - how we go after what we want in life. Where your Mars falls in your birth chart describes the way you express these energies. In Fire (Aries, Leo, Sagittarius), Mars is driven by the physical. In Earth (Taurus, Virgo, Capricorn), Mars is driven by the material and practical. In Water (Cancer, Scorpio, Pisces) Mars is driven by the emotional. In Air (Gemini, Libra, Aquarius), Mars is driven by the intellectual. Read for your Sun Sign and to find what Sign your Mars falls in, go to [www.astro.com](http://www.astro.com) and look up your birth chart for free!

**Sun/Mars in Aries** Mars is "at home" in this sign, which makes this placement very powerful. Here, Mars is energetic, courageous, impatient and impulsive. You like to get things done and tend to act decisively. Aries is the sign of the Child, so you'll find that Mars in Aries folk always need to get their way and aren't great at cooperation or teamwork. You have a natural inclination to lead, due to the fact that you are headstrong and very independent. You have a quick temper that dies down quickly. You are very instinctual and very decisive. On the downside, you lack patience and self-discipline. You tend to "act before you think", which may get you into trouble from time to time due to a lack of foresight. Your confidence can border on conceit. Your sex drive is very strong, and you are easily aroused. You like spontaneous sex and are addicted to the conquest. You can be quite selfish and quick in bed, and may not be fond of foreplay due to your impatience. With the experience and age, you learn to finesse your style.

**Sun/Mars in Taurus** In this sign, the physical drive is low. While you're not as energetic as some other signs, you have amazing endurance. You put your energy into acquiring material wealth, which you do in a practical, determined way. As a fixed sign, Taurus is stubborn, so once you've chosen a path, you stick to it vehemently. You are very patient, and tend to hold your anger inside, which sometimes is released in the form of a major blow-up. You are usually calm and relaxed, and are not afraid to work for what you want. You are highly sexual and sensual, and have a straight-forward, direct approach to sex. You might not be into fetishes or fantasies, but you are sensual and love stimulating your

five senses, even in bed! You need plenty of physical contact, and have great stamina in bed.

**Sun/Mars in Gemini** Mars in Gemini people have strong mental energies, which are often scattered and lack direction. When you get angry, you need to get things off your chest, and do so verbally. Debates are your forte, due to your wit and facility with verbal expression. You might talk "with your hands". You thrive on change and variety, and can be difficult to keep up with. You may tend to change your job frequently. You are a great multi-tasker, and tend to spread yourself thin by engaging in several activities at once. You're likely a chatty person, and have no problem expressing yourself. You can be high-strung and nervous, and thus prone to mental strain. You are a great salesperson and have a talent for writing. The mind is Mars in Gemini's erogenous zone. You need intellectual stimulation above everything. Because of your changeable nature, curiosity, and your love of variety, you might find it difficult to stay with just one partner. You love to kiss, and dirty talk really gets you off. You love role-playing and exploring various forms of sexual expression, which makes you a really fun sexual partner.

**Sun/Mars in Cancer** You tend to express your energies in an emotional way. You are passive-aggressive and shy away from confrontation. In order to act, you need to feel secure. You are cautious and defensive, but not particularly competitive or physical. You have a quiet, peaceful nature, and protective over your home and loved ones. You have a great work ethic, and frequently change your goals and objectives. You can be moody, manipulative, and which rolls into a bad temper. This placement can also denote domestic arguments. Your sexual energy is tied up with your emotions. In bed, you are romantic and sweet, as well as protective and nurturing. You might like it when your partner is aggressive in bed. You are very loyal, as infidelity threatens your sense of security.

**Sun/Mars in Leo** You are confident, passionate, and energetic, and have a natural ability to lead. You can be quite dramatic, and love being at the center of attention. You are charismatic and a bit egotistical. You love recognition and appreciation, and are not afraid of taking risks. You have strong, fixed opinions, and can be rather overpowering. You are strongly idealistic and prideful,

and humiliation angers you greatly. Sexually, you are affectionate and passionate. Devotion and attention get you off in bed. You want to be the best your lover has ever had, and might even fib about your sexual conquests in order to impress partners. You are very sexual, but also require love and romance. You will stay loyal to a partner who gives you the attention and constancy you need. You can be quite jealous and possessive over your sexual partner.

**Sun/Mars in Virgo** You expend a lot of energy into your job, and know how to get things done. You are a perfectionist, and have excellent detail orientation. You are very dedicated to your job and are very particular that your work is done correctly. This is a common placement for those in the medical field, or any field that involves helping people because Mars in Virgo folk like feeling needed. You tend to be very demanding of yourself and others, and can be prone to criticizing and nagging. Be careful not to become a workaholic or hypochondriac. You suffer from nervous tension, and may tend to worry and fidget when you have nothing to do. While your sex drive may be strong, you may be timid when it comes to expressing it. Your sexuality is very earthy and uncomplicated, and you may need to evolve into feeling at ease with your body. You like the idea of being someone's sexual slave. You like to figure out your partner's likes and dislikes to ensure his or her satisfaction. You are turned on by sexual fantasy and erotic literature.

**Sun/Mars in Libra** You are a charming, cooperative person who has a strong sense of fairness and justice. You tend to take the "middle road", and avoid confrontation due to your need for balance and harmony. You tend to defend yourself and others. You may be passive-aggressive, and may be prone to sneaky behavior. You are objective and intellectual, and your passions rarely get the best of you. You aren't self-motivated and sometimes need a push to get you into action. You can be quite reticent in going after you want and might have difficulty asserting yourself out of fear of "rocking the boat". You are indecisive, due to the fact that you always weigh the pros and cons of every decision. Mars in Libra gets off by getting their partner off. You love pleasing your partner, and take special care to ensure his/her every satisfaction.

It is equally important that your partner pleasures you in return, as Mars in Libra individuals seek balance when it comes to sex. As an Air sign, you are "turned on" by intellectual stimulation and role-play. Sometimes the idea of sex can be more alluring than the actual physical act. Mars in Libra are fond of voyeurism and other non-physical forms of sex.

**Sun/Mars in Scorpio** You are strong-willed, self-disciplined, and controlling. You keep your temper under control, but when you get angry, you can be quite frightening. Most of the time, however, you are cool and collected on the surface. You are stubborn and proud, and have a "do or die" approach to life. Your approach to life is very "black or white"; there is no middle ground with you. This is a very strong sexual placement. You put a lot of energy into sex, and the opposite sex finds you very attractive. You are fascinated by taboos and love to explore the depths of sexuality with your mate. You are jealous and possessive, yet loyal and trustworthy to your partners. You like the idea of your partner submitting completely and entirely to you. You love to take control of any sexual seduction and will construct little scenarios that you and your partner can act out. You can be attracted to the world of BDSM.

**Sun/Mars in Sagittarius** Your energy level and enthusiasm are high with this placement, while your patience is low. You will readily stand up for your beliefs and are quick to state your opinions. Indeed, it's common for you to take a moral stance, which can give you a "holier than thou" label from your peers. You are a great debater, but can be quite blunt and tend to ignore other people's points of view, and dislike when people disagree with you. You have a great need for freedom and have a constant desire for adventure. You are restless and need to explore. You are very confident and optimistic, which helps you succeed in life. When you are angry, use physical activity as an outlet. You usually have lots of projects going on at once, but you lack the follow-through to see them to completion. You approach

love like a sport and it's difficult for you to commit to just one person. You have a fear of commitment, as you dislike anything that makes you feel "trapped". You are highly sexual and are bold in your quest to fulfill your sexual appetites. You don't like sex that is too serious and can be quite self-centered in bed.

**Sun/Mars in Capricorn** When angry, you are cool and level-headed. You have amazing self-control over your emotional and sexual energies. You expend your energies into your career and personal attainment. You like to be on top of things and are a natural achiever. You are hard working and patient, and may be a workaholic. Your professional ambitions are very important to you, as is your social status and public image. You tend to a bit too be skeptical and cautious, which can make you miss out on opportunities. You take your responsibilities very seriously, and can be quite hard on yourself when things don't go your way. Your sexual style is straight-forward and simple. You might be drawn to older, experienced partners when you're under 35, and may attract younger partners when you're older. In bed, you might like taking a submissive role. You are a sexual and sensual person, but you hide it behind a conservative, reserved demeanor. You might restrain your sexuality until later in life.

**Sun/Mars in Aquarius** You are independent, progressive, and enterprising. You are a great leader, because when you believe in something, you put your ideas forth with determination and zeal. You are open-minded, yet stubborn with your views. You often get into heated verbal arguments and find it hard to "give in" to your opponent. It's better to work independently, as you like being your own boss. You are non-traditional and logical, and are intrigued by the new and unconventional. You love shocking people with your original views. You are accepting of others and see everyone as equals. Sexually, Mars in Aquarius needs intellectual stimulation to get "turned on". In fact, the "idea" of sex is very alluring to you. Aquarius is a

*continued on pg. 16*

### Need Health Care but have No Insurance? St. Joseph's Neighborhood Center can help you.

We offer medical care, dental care, personal and family counseling, specialties and many other services for the uninsured and under-insured.

Call 585-325-5260

for more information, or visit our website at

[www.sjncenter.org](http://www.sjncenter.org)



417 South Avenue, Rochester, NY 14620

## Southview Towers

### 1 Bedroom Apartments

#### All Utilities Included

- Affordable Housing
- Community Room
  - On Bus line
  - Pet Friendly
- Great Location
- Laundry Facilities

Rates begin at \$554!

\*Income restrictions apply

325-2580

Office Hours: Mon-Fri 10:00 a.m. - 4:30 p.m.  
[southviewtowers@frontiernet.net](mailto:southviewtowers@frontiernet.net)

500 South Avenue  
Rochester



# Talking With My Mouth Full - ORBS Sunday Brunch

by Nathaniel Mich

I'd say it was unseasonably cold that late March Sunday noon, when I wedged myself in at the bar at Orbs, but, it's Rochester, so I'll just call it disappointingly cold. Young couples, recovering partiers and staff from other bars chattered around me; the World Arm Wrestling League championships played on the TV. The space was warm and buzzing as the latest snowfall slowly yielded to the sun. I'd heard good things about Orbs' brunch, and as I read through the menus of amped-up brunch classics, at least one thing became clear: this would not be an adventure for the faint of artery.

Ordering (or dare I say it, Orb-ering?) off the specials menu for both glass and plate, I started with the Citrus Mule (\$6). Made of vodka, orange juice, lime juice and ginger beer, the drink was light, bright and crisp. I usually go for a cocktail with more flavor oomph, but this was the right level for an easy-going brunch. Fair warning, though, it was about the only thing light and bright about

the meal. The rest of this review is painted entirely in shades of sweet, smoke, spice and fat. Mind you, I'm not complaining, just don't eat anything before you go, ok?

The Balls Benny (\$13) came next. From the bottom up, it goes thus: duck fat focaccia, braised short rib, sausage ball, fried eggs and chipotle hollandaise with house chorizo hash on the side. Busy Instagramming my food, I didn't notice that the meal arrived before my silverware did, but once I had both, I dug in with a gusto. There are a few things that make me sad at a brunch spot, and afterthought hash is one of them. Thankfully, these were not so. Browned cubes of potatoes, just the right balance of crisped exterior and tender interior, were mixed with morsels of uncased chorizo. Here Orbs employed sausage as seasoning rather than centerfold; the chorizo lent heat, garlic and richness to the fried spuds.

Moving to the Benny itself, the story written in animal fats continues to unfold. The focaccia,



ORBS Benny Balls (Photo by Nathaniel Mich)

infused to the point of juiciness with duck fat and crisped, was as delicious as you'd expect. A steak knife, however, should have been provided to make the process a little easier. The short ribs were tender, sweet, smoky and just a little spicy. Not too saucy, they provided the flavor base for the rest of the dish. The sausage ball was somewhere in between Italian and breakfast, with some of the heat and fennel of the former and the maple-y sweetness of the latter. I enjoyed the contrast of textures between it and the short rib. The fried eggs were fine, cooked medium, but here I do have to complain a little bit. I love poached eggs

so much, and to me, a luminous, quivering, barely cooked poached egg perched on top of, well, anything, elevates its substrate from satisfying to sublime. While I understand that they're more labor intensive to prepare, they are also, I would argue, along with hollandaise, essential to any dish being a Benedict – or a Benny. Said hollandaise – an emulsion of butter and egg yolk, for those of you playing animal fat Bingo at home – was rich and smooth, tinted pink by the chipotle. On its own, I could taste the smokiness, but alongside the other elements, it faded to a buttery sheen.

(Lest you think I picked the

richest dish on the menu just so I could write "animal fat" a bunch of times, I leave you with this description of another special, the Baller Brunch: "Seared USDA Prime Dry Aged Strip Steak, Seared Diver Scallop, Chicken Thigh Confit Hash, Fried Egg, Charred Scallion Chimichurri, Foie Gras Butter" (\$22). Though it received rave reviews from neighboring diners, on that particular Sunday, this Noah's-Ark-on-a-plate seemed slightly too high of a mountain to climb.)

Orbs' interior is bright and fun, and cozy enough when filled with patrons. Painted in red and green, there's lots of natural light and chalk drawings of butcher's diagrams and sausage makers. My favorite element was the red-stained wood panel mounted with antique sausage grinders and their parts. Overall, I quite enjoyed my meal, and look forward to returning for another brunch, though this time with a bigger appetite, for sure. *ORBS Restaurant & Bar, 758 South Ave. 471-8569, Orbsrestaurant.com. Hours: Tues-Thurs: 11:30 a.m.-10:00 p.m., Fri-Sat: 11:30 a.m.-11:00 p.m., Sun: 12 a.m.-4:00 p.m. Closed Monday.*

## What do we mean when we say "well"?

by Nicole deViere

Lately we have seen an increase in the use of the word "well." Look around and you will see "wellness centers," "well-being," and a plethora of products all under a wellness umbrella. The word well has many definitions, two of which are "in good health," or "an abundant supply." Still questions remain. Does good have to be plentiful or is abundance automatically good?

The definitions surely imply that we already have a baseline on good or abundance, but this baseline is determined by personal preference and comparison of your "well" to that of others, leaving a spectrum across the board for what constitutes good.

### What is Goodness and Where do We Find it?

Okay, now for definitions of good: "having the normally expected amount," and "pleasing or valuable." Where would this goodness come from? Do you know where to find a plentiful supply of goodness? You have an abundant supply. Like water in a well, you are the source.

### How Do We Link "Good" and "Well"?

You may think of it as a single thing, but that one thing is comprised of a plentiful, abundant source of ideas, actions, memories and more. Thus you could see your mind as a well. Your functioning mind creates a baseline for "good." By acknowledging this in all its complexity, you are in wellness. Now to expand and cultivate

### Transformation

In Sanskrit the root word for "mind" is "man-". When you add the suffix, or ending, "tra," mind becomes "a process capable of creating transformation." Your mind is a plentiful source of goodness.

The process—the mantra of how the mind works, allows you to draw upon your well of goodness. Take the process—the mantra—as beautiful and the pieces of your being will fall into place.

### An Exercise and A Question

Sit down and contemplate how your mind works to fit it all together. Your mind starts out as plentiful source and continues as such, but how? What in your mind weaves everything together?

### Some Possible Answers

You weave it all together! You take all the pieces of your being and

round them up into you. You draw water from your well, your plentiful source of goodness, to do this. Should we acknowledge this process, the mind creating the transformation that becomes you, as goodness?

Every day we are both the well (the abundant source) and wellness (in good health). These two aspects are in relationship together. This process is the WELL in wellness—you use your water, your abundant source within that relationship to create goodness.

Just by functioning right now, you are living wellness. Look around you, everyone you see has their own abundant sources. Taste your abundant sources, your own water. Know that your wellness is what makes your own process of being good. A center of wellness is acknowledging you. You are already well equipped. Notice, acknowledge, and expand.

*Nicole deViere, is owner Yoga DrishTi/RYT/Holistic Wellness Educator, To learn more call 270-5927.*

## McCann's Opens on South Clinton

by Nancy O'Donnell

McCann's Meats is slated to open with an unabashed celebration of all things "protein" in the new Edge of the Wedge development on South Clinton Avenue on June 1

"It's an unique business, there's not anything like it in Rochester," said owner Kevin McCann. "We're working with local farmers to bring in beef quarters, hogs, whole lambs and chickens."

Along with fresh cuts of meats, McCann's will offer ground meats, fresh sausages (Italian, kielbasa, bratwurst and "Korean inspired Kimchi") and deli meats.

McCann came to butchering via a theater (acting and directing) degree from SUNY Brockport. "While it was "a great dream, I wanted something more stable."



He went on to study at the Culinary Institute of America where he got a degree and met and married his Korea-born wife, Yeonmo, "Mo", who'll joins him at the new shop.

There will be plenty of "synergy" at McCann's. They'll be buying herbs from Stuart's Species and pie dough from Dragon Sweetie bakery (McCann's reciprocating by providing the bakery with lard

for the dough). Beer growlers will also be on the menu.

"The whole idea is to show people how much great stuff there is around here," McCann said.

We're planning on having about 22 seats in the space, so we can offer soups and sandwiches," McCann added. "We'll have 'take and make, heat and eat' prepared meals, and we'll also have plenty of side dishes. We'll also sell tickets for four-course meals that will pair foods with beers from Swiftwater and Lost Borough Breweries and local wines.

McCann's will also offer monthly classes from sausage making to how to cut and cook certain meats.

*739 South Clinton Avenue. Visit McCann's on Facebook or follow them on twitter and instagram.*



# NEW ESTATES ARRIVING DAILY

Antiques, Used furnishings, Collectibles, Lighting, Wall Decor & Art, at fabulously low prices, and ready to be added to your home or collection. "We're always ready to deal!"  
One of the largest stores of its kind in Western New York

**THE TRADING POST**  
110 West Main St. Avon NY 14414  
www.tradingpostavon.com

**(585) 226-9399**

**Hours** May-Oct • Everyday  
10:00 am - 5:00 pm

Just a short drive from downtown Rochester, Take the Avon exit off 390 south.  
We recommend that you call before you visit the store, as we sometimes close to clean out an estate during the week.

## Community News

continued from pg 1

edges, etc. being developed to update Highland's zoning and the Master Facility Plan that defines the entire Highland campus over the long-term. A consultant will help to develop the plan over the next six months.

The neighborhood will be able to comment via the neighborhood Steering Committee, and the plan will go to the Planning Commission and City Council for approval in the fall.

The Steering Committee's sub-committee Landscape Committee is working with the hospital on ways to improve its visual appearance, create a noise buffer, integrate Highland Hospital better into the neighborhood, and link the hospital to nearby Highland Park and the surrounding historic neighborhood. One short-term effort was the planting of Honey locust trees, lilac bushes and other garden plants along Rockingham Street.

More recently, Highland Hospital provided a bullet list in response to concerns. This included comments on a variety of issues: safety, noise, traffic, and vibrations from equipment, parking and conduct of worker. Neighbors are encouraged to report any violations of policy.

When the project moves into the construction phases, LaBella Associates will be responsible for minimizing the impact on the neighborhood.

## Star Tracks

continued from pg 14

futuristic sign, so cyber sex is especially appealing to you. You love experimenting with different sexual positions and toys in sex, in keeping with your love for the new and unusual.

Sun/Mars in Pisces: You are mild-tempered, passive, and gentle. You are attracted to music and art, and tend to "go with the flow". You are not particularly aggressive or assertive, but rather emotional and intuitive. You are very emotional and often require seclusion in order to sort your feelings out. You are attuned to the feelings of others and

## Wedge Wage Forum

continued from pg 13

"Historically, Rochester enjoyed a higher than average wage because of manufacturing (a highly unionized sector) but a below average wage in its service sector," said Popper. "So as the economy shifted to services – health care, higher education, and others – household income dropped while executive salaries skyrocketed; income and wealth inequality expanded exponentially." He mentioned the successful organizing that happened recently with the University of Rochester health care workers who now have excellent wage and benefit packages, a positive example. This set in motion a very active question, answer and discussion.

A young man in the audience articulated the need that supporters of a living wage curtail shopping at places like Walmart because of their unfair labor practices. A woman added that Target is just as bad. An elderly woman supporting Eastern Service Workers spoke strongly about the conditions she is seeing in the neighborhoods in which she volunteers. She empha-

## Sable

continued from pg 4

more cameras will cut down on the car break-ins and vandalism.

"I'd like to spark a conversation on what the benefit is in surveillance in workplaces, especially retail, for both customers and staff." He tells the story of one company where products kept getting broken and none of the workers would admit causing the damage. After surveillance cameras came in, people came forward to admit they had broken something. So in effect, the cameras encouraged people to be more honest which built trust with the owner."

"I had a client in Buffalo who told me his scrap metal was going missing, and it was costing him money. My client was on a plane, checking the footage, and he called me from the plane to say 'I caught the license plate of the person taking the metal.'"

When Sable wasn't protecting works of art or helping to nab thieves, Sable kept himself busy in 2014 by getting married and completing a M.A. at Nazareth College.

If there's any downtime now, Sable fills it with cooking. "I'm Italian. So I cook just about anything."

are always ready to help someone in need. You are not particularly decisive, because sometimes you don't know what you want. Your energy levels vary from day to day, and you do well in jobs requiring creativity. You are a very romantic lover, and tend to idealize your mate. In bed, you are eager to please, and your partners may take advantage of this by always "taking" but never "giving". To you, sex should transcend the physical and emotional to a spiritual realm, so your idea of "perfect sex" can be difficult to achieve when your partner isn't on the same level.

sized that "food and clothing are needed but living wage jobs are the long-term answer."

A deeper understanding of the living wage issue is continually building in our community. Following this forum, one of our co-sponsors, Interfaith IMPACT, a statewide policy advocacy organization held its annual forum entitled "Show Me The Money: Escalating Inequality Hurts." Presenters included Ann Johnson, director for ACT Rochester; Robin Wooldy, Fast Food worker; and Michael Kink, executive director of the Strong Economy for All Coalition, a labor-community coalition.

An ongoing group, Community Partners, brings together representatives of several groups working on the living wage issue to strategize ways of building this issue.

And, on April 15 Metro Justice is calling for a rally of 1000 to take place on the University of Rochester Campus in coordination with groups around the country coalescing around the "Fight for \$15."

Join in with others in the community and around the country on Wednesday, April 15, 5 p.m. Eastman Quad, University of Rochester.

## Children & Self Control

continued from pg. 6

Pretend play, often referred to as "Dramatic Play," is one of the best known vehicles for children to learn many skills, especially self-control. Think "Dungeons and Dragons" with props and costumes, role-playing. The idea that children will exhibit seemingly remarkable amounts of self-control in order to "stay in character" has been explored by researchers. In the book *Nurture Shock: New Thinking About Children* by Po Bronson and Ashley Merryman, the authors discuss an educational program called "Tools of the Mind" that emphasizes role-playing with children and the incredible success students have had in schools that implement the curriculum. There are many examples, such as a "Tools of the Mind" classroom zooming ahead of the other more traditional classrooms in vocabulary and IQ testing, and reports of significant reductions in the students' disruptive and aggressive behaviors. In one example, a failing school received grant money to improve their school, implemented "Tools of the Mind", and within one year saw such huge success that the school district no longer qualified for the grant money.

Researchers have found that even young children show a remarkable ability to stay within the boundaries of their role. I have seen it a lot as an early childhood educator. The child who is pretending to be "mommy," not breaking character because "Mommy would never do that" or the lion who prowls around the room and will roar and not speak because lions can't talk. It is amazing to see this level of focus and self-control.

So many of the most important life skills can be learned and strengthened through child-lead and child-directed play. Provide children with a chance to play and pursue their own interests, you may be pleasantly surprised with the outcome.

*Drew Beeman is founder and director of Progressive Early Learning. For more information about learning through play and about Progressive Early Learning, visit [www.ProgressiveEarlyLearning.com](http://www.ProgressiveEarlyLearning.com).*

## Lori's Natural Foods Hosts Monthlong Spring-Into Health

Lori's is celebrating 34 years in business with a month-long event that includes classes and workshops, guest lectures, Earth Week events including a great tree giveaway, samplings, tastings and vendor demos.

A Pet Party will be held on April 11 and a final fundraising dinner, limited to 50 people, will be held on Sunday, April 26, 2-5 p.m. Reservations required. Tickets are \$30 and available the store.

For more info about the event, visit [lorisnatural.com](http://lorisnatural.com) or call 424-2323.

Call us to learn more about our very reasonable ad rates at 256-1740, ext. 105 or 978-9638 or visit us online at [www.swpc.org](http://www.swpc.org).

## Justin Hubbell Readies Graphic Novel for Publication

Justin Hubbell, local cartoonist, and author of the Wedge Newspaper's North Edge column, has recently finished his first graphic novel *Orcs vs Feminism!* and is in the market for local art patrons to get his work published.

Over a year in the making, the comic tells the story of Justin's love for Orcs (fantasy monsters) conflicted with his understanding (or lack thereof) of Feminism.

"It's 122-pages now, but this

is just the beginning," says Justin "The next step is going back and editing, adding chapter titles, making an epilogue, and putting in bonus pages that only someone with the printed book could read."

The comics have already earned Justin a following online, particularly after certain pages sparked controversy.

"This was a hard comic to make," explains Justin, "During the entire comic I had feminists and anti-feminists applauding and objecting to different portions of the story. I constantly had to remind both camps that the story wasn't finished and to keep reading!"

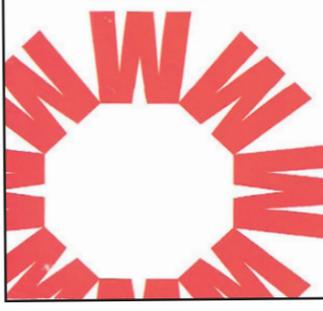
"After the editing process is over then I'll have a huge task of raising money for the printing. That's uncharted territory!"

You can read the entire account of monsters and gender politics at [www.justinhubbell.com](http://www.justinhubbell.com) for the time being.

You can give Justin a hand by contributing to his Patron page at: <https://www.patreon.com/justin-hubbell>



## The Wire Wheel



**Reliable Auto Repair**  
**A.M. Shuttle**

742 South Clinton Ave.  
Rochester, NY 14620  
Phone: 585-442-3575  
Fax: 585-442-7292

visit our website for specials!  
[www.thewirewheel.com](http://www.thewirewheel.com)

## 4<sup>th</sup> Annual NATIVITY IN BLOOM

Cocktail Party & Auction  
to support the mission of  
Nativity Preparatory Academy

Saturday, April 18, 2015  
6:15-8:15 PM  
Nativity Preparatory Academy  
15 Whalin Street, Rochester, NY 14620

We invite you to join us prior to the event for  
5 PM Mass at St. Boniface Church, which is adjacent to  
the school.

For further information please call 585-271-1630 or email [nativityrochester@frontiernet.net](mailto:nativityrochester@frontiernet.net).