

The WEDGE

The Official Newspaper of the South Wedge Since 1982

Health Care in the 'Hood - St. Joe's Neighborhood Center Treating Uninsured Since 1993

Anna McKenna



St. Joseph's Neighborhood Center has been a lifesaver for countless

"Patient service is excellent; I am blessed to be here," said Sharyl Smith, a new patient of the Neighborhood Center. "I feel I am treated with respect and 101% taken care of."

Sharyl, who recently moved to Rochester from Jamaica, was referred to the Center through her friend, Rose. Rose, a long time patient of the Center, added, "Thank you for all of the services you offer. I have used almost all of them."

The Neighborhood Center opened its doors in 1993 to serve people like Rose and Sharyl, who need health care, but cannot easily afford an insurance plan or the costs of health care visits elsewhere. It is committed to providing quality care and comprehensive services which enhance the well-being of individuals, families and the community. This commitment is especially extended to those people who are uninsured and underinsured.

The Center is primarily a volunteer agency, providing care to more than 1500 people each year.

It is open five days and three evenings per week, to accommodate the health care needs of working people. Services offered are many: Primary Health: Physical examinations, specialist consultations, lab work, vision and hearing screenings, diabetic and nutrition education, work physicals, smoking cessation counseling, massage, physical therapy and chiropractic services; women's health (pap smear and breast examinations) cancer screenings and mammogram referrals. It also offers mental health care: individual, family and couples' counseling, a women's self-esteem group and psychiatry. Dental Care includes preventative oral health and restorative care.

A Health Care Access program helps individuals explore their options for Medicaid or other health care insurance. If no viable insurance option is found, these indi-

viduals may become the Center's patients.

Today, more than 200 volunteer physicians, counselors, specialists, a small paid staff, and master's-level students in training from all local colleges are on board, serving patients. Everyone who comes to the Center is helped—enrolled in the right plan and referred elsewhere, or quickly treated by our staff and volunteers.

It's hard to believe we've been open now for 22 years," said Christine Wagner, SSJ, Executive Director and co-founder of the Neighborhood Center. "But, we find that the need for affordable health care has continued to grow, and so the Neighborhood Center has grown. Our building has tripled in size and we now serve people from Rochester and eight surrounding counties.

"As long as there is need for our services we'll be here," said Christine. "We feel everyone should have the right to receive good health care."

The Neighborhood Center is completely funded by grants, donations, and minimal client fees. To learn ways of supporting the Neighborhood Center with supplies from the Wish List, contact www.sjncenter.org.

If you are uninsured or underinsured and in need of health care, call the Neighborhood Center at (585) 325-5260 or visit 417 South Avenue.

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JUNE - OCTOBER
151 MT. HOPE AVENUE
NEAR ALEXANDER STREET
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South Wedge Planning Committee
224 Mt. Hope Avenue
Rochester, New York 14620



Philip Szal is bringing his 15-ft. green limo tours to Rochester in July

PubCrawler Pedal Tours Coming to the South Wedge in July

Nancy O'Donnell

Philip Szal thinks the South Wedge is ideal for his pedal-pushing PubCrawler. Now Buffalo-based, the Pubcrawler king had plans to bring his green pedal limo to the East End until SWPC Community Engagement Specialist Jesse Knoth South Wedge walking Pub Crawl.

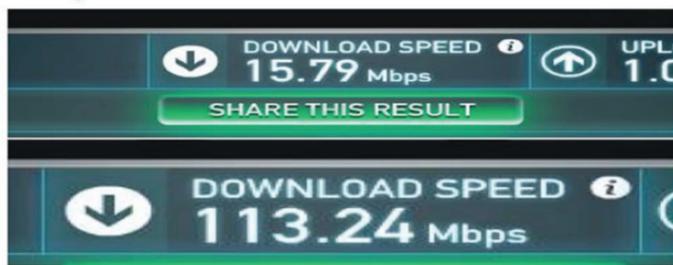
Knoth walked him from Swiftwater Brewery to Orbs to Buda Pub to Banzai Sushi with peeks into Little Blu Cheese Shop and Hedonist Chocolates, and Szal was sold on bringing his Pedal Tours to the South Wedge. It also helped that the businesses responded positively and called him back with prices and details to help make it happen, Szal said.

Szal's Buffalo pedal tours also

take riders on a leisurely two-hour progressive dinner ride, from appetizers to desserts, at area restaurants. Szal offers architectural tours, bachelorette parties and private tours.

On his website, he details some of the interesting requests he gets: "My favorite story has to do with the woman who wanted to rent the pub crawler and invite 14 dates on, then eliminate them until she was left with one rider (suitor). The plan didn't come to fruition because you need a minimum of eight people pedaling to complete a tour, but I salute her for the ingenuity and willingness to rent the pub crawler to make her game show-like

continued on pg. 16



Jav Morales writes on Facebook "Finally got hooked up for Greenlight... Check out the test speeds--can you guess who's TWC and who's Greenlight Networks?"

Greenlight Network Becomes New Neighborhood Rock Star

Nancy O'Donnell

Greenlight Networks, an East Rochester-based company that provides fast bandwidth at a low cost, has local neighborhood e-mail lists buzzing. Those who have it, post love notes about it while others not yet Greenlighted want to know "when will it be coming to our street?"

Greenlight Networks, founded in 2011 by Mark Murphy, responded to customer demand by providing faster bandwidth at prices that delight with a beginning price of \$50. On St. Patrick's Day this year, Murphy announced that the price of a gigabyte was going down from \$250 to \$100.

The company first installed fiber optic connections in the Village of Pittsford. They added the South Wedge's Erie Harbor and Upper Monroe and they continue to grow. According to Marketing Coordinator Casey Wiederhold, the company can install fiber optic cable to homes in response to customer demand. The

more people want it, the faster they get it.

Weiderhold said that Greenlight recently added parts of Mt. Hope/Highland, the South Wedge and South Clinton Avenue. Lower Highland Park Avenue (aka "Highland Park Bottoms") to residents on Benton and Caroline down to Cayuga St.) is close to joining the Greenlight world.

In 2013, writer Jeremy Moule in a City Paper article explains that Internet speed is becoming more important to consumers: "No longer do households simply have a single computer hardwired to a high-speed modem. People are streaming high-quality digital video to large televisions; for several years, streaming digital video from services like Netflix or Hulu has been the largest driver of growing household data consumption...online video gaming is also driving a lot of the data consumption

continued on pg. 16

- What's inside
- New SWPC board chair
- Life Together
- Diabetes Health Source
- Good Food Collective
- Pride Week 2015
- Live at Mission Hall
- Remember Garden
- Pet Profiles
- 1048 Lounge
- Star Tracks
- The Cub Room
- And much more...

Local Businesses - Love 'em or Lose 'em

Nancy O'Donnell, Wedge Editor

We all love buzz the South Wedge gets in the press and on the street. The neighborhood is perceived as the most vibrant, coolest neighborhood in the city today. New restaurants. Free music concerts on Thursday nights in Star Alley, Live at the Mission Music Series, the blues musicians at The Beele. Zak's gift shop, Abode, Thread Boutique, Little Bleu Cheese Shop. Add to that events like the NeedleDrop Record Expo, Real Beer Festival, the Harvest Hootenanny, Night of the Living Wedge and Thanksgiving Day's Wedge Waddle, and it's easy to see why the South Wedge's became a destination in Rochester. Meanwhile nearby Swillburg, the Highland Park Neighborhood and Monroe Avenue business district are hopping with community building events and new business (see Cub Room and the soon-to-open Playhouse Barcade on South Clinton).

Sounds wonderful, doesn't it? But, stop by any of the small independent shops along those same avenues and ask them, "Hey, how's business?" After they stop crying, they'll tell you about the toll that his year's grueling winter had on them. Even in warmer weather, South Avenue can be empty during the day as neighbors drive outside

the community they claim to love to shop elsewhere.

BASWA (The Businesses Association of the South Wedge Area) been tireless in promoting local, small businesses. Almost all of the events that get people into the South Wedge right now were initiated by BASWA. Their work is the envy of other neighborhood business associations in the city.

Recently some businesses have looked to a national organization, AMIBA, American Independent Business Alliance, for additional help (visit online at amiba.net). Support on the national level will help, but shoppers are what they really need.

So answer this call of action, walk, bike or turn the wheel of your car in the direction of your local neighborhood stores. Start taking or add more of your dollars to South Avenue businesses to help them make it through the year.

Maybe you weren't here when South Avenue was riddled with boarded up storefronts. It could happen again if we don't take action. Make a commitment to patronize a small local business at least once a week. Encourage your friends to meet you for lunch at one of the restaurants. Back your love up with bucks, and we all win.

Another Shout Out to the Women of Coffee Connection

by Joy Bergfalk

[Joy recently posted her opinion about relapse and recidivism on Facebook. She agreed to have it reprinted in the Wedge.]

You cannot be an intern or employee of the Coffee Connection if you do not have a history of substance abuse. An arrest record is an added bonus to your application. I am the only one who doesn't qualify to work there and some day they'll probably throw me out!

People hold a lot of contradicting ideas. We want to jail people (about \$60K a year), and if they are out, we don't want them to be lazy butts and get public assistance, but then we also don't want to hire them. So, the inability to find a job plays a significant role in both relapse and recidivism.

Today Jimmy [Joy's husband Jimmy Reader] went to court in Buffalo with one of our women who has been with us for 2 1/2 years and is a hired, trusted, and very needed employee. She had a slip up and caught minor charges in three counties--in Monroe it was violation of probation. We lent her the restitution money for one county (which she paid back, of course!!!) and since we did not fire her, and she had a job to go back to, the one judge let her off to go to Monroe County. The Monroe County DA argued to have her incarcerated, **but because she had not been fired from her job**, he let her go that Friday afternoon, last fall. She was back to work at 6:30 the next Tuesday morning. (A savings of \$20,000!)

This judge does not understand our program. Since she is still with us, he thinks the program is not working! Little does he know that this is a career job and we are never letting her go!

You can read LuEthel's story in the June issue of the *Rochester Woman Magazine*. Jimmy and Lu-



Joy Bergfalk

Ethel carried that story, a picture of her and Joe Robach at the ribbon cutting for our grand opening, last month, and many letters of support. Please pray for a great outcome, for both LuEthel and the Coffee Connection. She needs to work tomorrow!!!

Thanks for your support, for believing in us, for helping women in recovery grow into sustainable recovery and employment!

P.S: LuEthel's judge let her come home and go back to work, thanks to our advocacy and her job. I told her that she was the one that had done the work; we just gave witness. We also hired a man who had 4 face to face interviews and was not hired because of the felony record. They are the losers, we are the winners. He is doing an awesome job of taking care of our properties! "Conscience in Every Cup" Support us at our 3 Coffee Connection locations:

681 South Ave, the Greenhouse Cafe, 2271 E. Main Street, the Cannonball Cafe, 4437 Lake Ave. We have fair trade, organically grown, sustainably coffee which we roast ourselves and sell retail and wholesale. We also have great food!

Joy Bergfalk is Executive Director of Project Empower/Coffee Connection, 681 South Avenue, Rochester. To learn call 585-442-2180.

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.

SWPC Welcomes Farm to Fork Interns Kari Rolle and Nicole Howley

The South Wedge Farmers' Market joins forces with the Rochester Public Market and Westside Farmers' Market in a Farm to Fork project to encourage city residents to shop farm markets. A Greater Health Foundation grant funds the project that allows interns Kari Rolle and Nicole Howley to aid Market Manager Jesse Knoth during the South Wedge's market season along with the other participating markets. The South Wedge's expanded farmers' market opens at a new location at 151 Mt. Hope Avenue along the Genesee River on June 11.

Kari Rolle is senior in the Nutrition Management program at Rochester Institute of Technology and plans to work as a registered



Nicole Howley
(Photo by Nancy O'Donnell)



Kari Rolle (Photo by Nancy O'Donnell)

dietician when she graduates in December 2016. She lives in Henrietta with her three children, ages 13, 11 and 22 months, and husband David.

"I'm very interested in working with the community in promoting healthy eating."

Rolle said, who admits that she's been interested in nutrition for as long as she could remember. "My brother used to make fun of me when I was little because I read labels."

Nicole Howley graduates in June with a B.S. in Public Policy from RIT and will begin a M.S. in fall. Last year she worked with the City developing what will become Rochester's first parklet outside of Joe Bean Coffee on University Avenue. "I like to find ways that businesses can get involved with local government and the community," said Howley.

Along with working at the mar-

continued on pg. 16

The South Wedge Planning Committee, Inc. and

South East Area Coalition June/July Calendar 2015

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

SWPC Board Meeting
nathaniel.mich@gmail.com
Tues. 6/16, 7/21, 6 p.m.

SEAC Board Meeting
coconnor@hselaw.com
Tues., 6/9 and 7/14, 6 p.m.

Community Engagement (Neighbors & Block Clubs)
jknoth@swpc.org
Wednesday 6/17 & 7/15, 6 p.m.
(Hamilton/Alexander/Comfort Gregory, Sanford and Cypress Streets residents welcome)

Housing & Structures Meets every other month
Wednesday, 7/1, 5:30 p.m.
To confirm e-mail donna.roethel@hselaw.com

Finance Team
tsciarabba@hotmail.com
Wed., 6/10 & 7/8, 12:30 p.m.

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

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.

SOUTH WEDGE PLANNING COMMITTEE

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South Wedge Planning Committee
224 Mt. Hope Avenue
Rochester, New York 14620
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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
July 13
Call 256-1740, ext.
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Nathaniel Mich Named SWPC Board Chair

Nancy O'Donnell

If SWPC wanted a local with an insatiable desire for community building and a commitment to the South Wedge to head its board, it couldn't have found a better match than Nathaniel Mich.

"I'm a Rochester boy," said Mich, 26, but more specifically he's a South Wedge boy. He went to School #12. His first job was at the Highland Library. During college breaks he worked at Premier Pastry and Cheesy Eddie's. He interned at Hedonist Artisan Chocolates before becoming its head chocolatier for three years.

As a child Mich was passionate about dinosaurs, and so his first career choice was to become a paleontologist. At Oberlin College, he had three majors—Geology, Anthropology and Archeological Studies—only because "I had trouble saying no," said Mich. A proficient violinist, he also considered studying music at Oberlin Conservatory of Music.

In 2008, after archeological field work in Arizona, Mich started to narrow his focus.

"I really loved pulling out a 1,000-year-old pottery sherd from an Ancestral Pueblo pit house," said Mich. But, I discovered [archeology] wasn't what I wanted...the heat, the stinging insects, the dust."

So he borrowed a laptop and emailed Jennifer Posey, owner of Hedonist, and asked if they needed an intern, and she said, "yes." During a winter college break, Mich discovered that he had a real talent for creating chocolate when he was asked to help Hedonist with an entry in a chocolate cake competition for a local charity.

"I made a giant coconut curry truffle, 18 inches wide," said Mich.

Back at Oberlin, "food" became the main theme of his studies.

"I did a senior thesis on chocolate, and the role of cacao in the ancient Mayan culture and co-taught a hands-on course on chocolate, "Bean to Bar," that not only examined its history and politics but included chocolate tasting, too."

After graduating and scratching off careers in his three majors, Mich discovered that he wasn't ready to go to grad school. He interned at the Metropolitan Museum of Art in New York City where he lead tours and inventoried photos, then backpacked for nine weeks in Europe and Morocco before returning to Rochester.

"I asked Jen Posey if she had any hours, and she offered me a full-time



Nathaniel Mich

chocolatier job," said Mich. "After a month, I got a surprise promotion, and I became chocolatier."

In 2012, Mich's talent took him to national TV when he appeared on the Food Network program Sweet Genius. "Jen got the invitation four days before Christmas, and she said she couldn't leave work. She asked me if I wanted to be on TV," Mich said.

He had a casting interview by phone and was invited to film in NYC in January.

In Sweet Genius, competing bakers must create a dish based on an inspiration and several surprise ingredients. The first challenge had the theme of "ballerina" and chocolate that used blue cheese and fortune cookies as its ingredients, the second's theme was "Jack-in-the-Box and candy."

Mich made it to the final but lost when he had to make a cake using "orange soda and pretzel sticks."

"I didn't get a mug, and I couldn't even keep the chef's jacket," laughed Mich. (You can still watch him on Hulu—Sweet Genius, Season 2, Episode 2.)

Today Mich has moved on from making chocolate to Foodlink, the regional food bank for Rochester and ten surrounding counties, where he works as its Community Food Access Program Coordinator.

"We distribute food to over 400 food partner agencies including food pantries, soup kitchens, day care centers and group homes," said Mich.

With Foodlink Mich is also working on the "root cause of hunger." "We look at communities that lack access to fresh healthy food or food swamps. These are low income areas where stores offer lots of highly processed foods and [where the residents] often don't have the food literacy to make the best decision about the groceries they buy, for example, the difference [in terms of nutrition] between frozen, fresh and canned foods."

Mich spends part of his week behind the wheel driving Foodlink's Curbside Market, a farmer's market on wheels, to 40 sites in Rochester and beyond. He also works with the Garden Project, a program funded by the New York Dept. of Health that helps to build vegetable gardens at food pantries in seven counties that are maintained by volunteers. In addition, Mich arranges nutrition education workshops and cooking demonstrations.

Mich became involved with SWPC through the South Wedge Victory Garden. "I immediately fell in love with gardening," said Mich, who was soon raising heirloom tomatoes and green beans. What he loved even more was the community of gardeners. "I was making new friends from a diverse group in terms of race, gender and economics. Jim Papananu [former SWPC board chair] pulled me aside and talked to me about getting on the Board."

"The funny thing about Rochester is that if you show up [at an organization] and ask enough questions eventually people want you to run for something," laughed Mich. "I thought working with SWPC would be a neat way to learn more about the neighborhood."

Now as its board chair, Mich sees SWPC in a "transitional period."

"It started as an organization to revitalize dilapidated houses in the South Wedge. Now it's working outside of the South Wedge. It's important to keep SWPC existing and increase its visibility. Not a lot of people understand what SWPC does outside of the Farmers Market, the Garden, and the *Wedge Newspaper*. We're more than a neighborhood association. We have a paid staff; we write grants; we act as fiduciary for Voice of the Citizen grants."

"My goal is get more of the neighborhood involved with SWPC, to cultivate a broader base of support, increase memberships and supporters who understand what we do and want to help on committees.

Mich has increased the incentive for residents to become a SWPC member by getting a dozen neighborhood businesses to join the SWPC membership card, which gives discounts to SWPC members and in turn encourages members to shop local. It's important to patronize our businesses," said Mich. "I do. I go to Cheshire for its cocktails. I take yoga classes at Tru Yoga. I've gone to Sue Makarewicz at Surface Salon for years. My doctor is in the neighborhood. I love the library. My church is the South Wedge Mission."

Right now Mich is continuing to keep it local. "I'm in the process of getting a house in year or so. I hope to buy in the South Wedge."

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.

News from Swillburg



From The Swillburg Neighborhood Association Website "The Association broke ground on their new community garden at School #35. SNA members and volunteers from the University of Rochester helped raised a fence and build new beds for neighbors and students. In the coming days and weeks, the beds will be filled and planted, an arbor will be raised, and we'll celebrate a new sunny space with an abundance of food.

There are many to thank: the Rochester Area Community Foun-

dation, the City of Rochester (in particular the SE Service Center and City Horticulturalists), the staff and administrators at School #35 and the Rochester City School District, the Village of Pittsford, Salvatore's of South Clinton, Lowe's of Henrietta, The United Way of Rochester, and once again, of course, our volunteers.

The website will be posting garden update. Several plots may still be available for adoption for residents. Details, as always, are on swillburg.nextdoor.com.

Helpers Spruce SWPC on Day of Caring



Verizon volunteers helped to spruce up the SWPC office at 224 Mt. Hope Avenue on the United Way of Greater Rochester Day of Caring. They painted, pulled weeds and made the grounds beautiful. Many thanks for their help!



Swillburg Neighborhood Spring Potluck
Sunday, June 7, 2pm
Otto Henderberg Park (Avon/Sycamore)

Bring your favorite dish to share and join your neighbors for an afternoon of live music, games, food, and more. Don't forget to bring a few bucks to purchase some great Swillburg merch and make your contribution to the Swillburg Neighborhood Association.



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Life Together - The Practice of Giving an A

Rev. Matthew Martin Nickoloff

Life Together is a new column offering reflections on spirituality and the practice of community and place-making.

“The only grace you can have,” suggests internationally renowned conductor Benjamin Zander, “is the grace you can imagine.” With those words Zander issues a challenge to find a broader frame through which to view our lives in his extraordinary book, *The Art of Possibility*, co-authored with his wife Roz. One such frame he offers is what he calls “the practice of giving an A.”

As a lecturer for a leadership course that included the top fifty students at the University of Southern California, Zander needed a standard of evaluation that transcended the world of measurement and competition and lifted the participants into the universe of possibility. As he would come to tell all his students, Zander was more interested in “the person you will become” because of the learning process; not just the performance achieved, but “the attitude, feelings and worldview of that person who will have done all she wished to do or become everything he wanted to be.”

In the practice of giving an A, the person each student desired to become was to be the subject of the sole requirement for earning a perfect score for the class: each student had, in the course of the semester, to write a letter to Zander, which begins, “I got my A because...” and continues, in as much detail as possible, to tell the story “of what will have happened to you by next May that is in line with this extraordinary grade.”

The letters Zander’s students composed are breathtakingly profound and nothing like the typical “everyone is special-believe in yourself-Carpe Diem” schlock so common in most commencement addresses, Facebook memes, and (sadly) too many “God loves everyone and you can too” sermons. One student declared, “I got my A because I had the courage to examine my fears, and I realized that they have no place in my life. I changed from someone who was scared to make a mistake in case she was noticed to someone who knows that she has a contribution to make to

other people, musically and personally.” I’d give up my robe and collar to be able to inspire that kind of commitment to self-awareness and embrace of challenge in my own congregation.

And I wonder what it would look like for our neighborhood, our community here in the South Wedge, to adopt Zander’s pedagogy of A-giving. What if, instead of merely pointing to the accolades our urban village has achieved (“best in Rochester again!”...), we tried asking ourselves Zander’s question: “what will have happened to you by next May that is in line” with this extraordinary neighborhood? What kind of person do I hope to become, such that I am no longer merely a passive consumer and critic of our communal life together, but an active participant, courageous contributor and exuberant co-creator of that life?

What might the South Wedge area, already so rich in beauty, talent and humanity, become if we started by giving it, each other, and ourselves, the generous “A”?

That’s my invitation to you. Try Zander’s game. Give yourself an “A,” and write a letter to your community, beginning, “Dear Rochester, South Wedge deserves to be the best neighborhood in Rochester because...” or “Dear South Wedge, I have been an A-neighbor because...” Allow yourself to be playful. Let go of results-oriented-thinking and competitive thought. Experiment with the possibility that you, and each person on your street and block, have something amazing to contribute to the life of



Rev. Nickoloff

this place.

Find that broader frame of grace and risk embracing the imagination that comes with it. My guess is that many of the problems and concerns that we hold as a community will not be magically solved by Zander’s “giving an A” game. But I’m willing to guess that we’ll feel a lot less defined by those problems, and a great deal more hopeful about possibilities yet to be discovered, in ourselves and in our life together here in this place.

If you end up embracing the invitation to write a Zander letter, you’re invited to send it to the South Wedge Mission, 125 Caroline St, 14620, or to the *Wedge Newspaper*, 224 Hamilton Street, 14620. We’d love to read them, be inspired by your vision and with your permission, share them (anonymously if desired) with our readers.

Further reading: *The Art of Possibility: A Book of Practices* by Rosamund Stone Zander and Benjamin Zander; Penguin Books, NY, 2000.

Rev. Nickoloff is Pastor at the South Wedge Mission (www.southwedgmission.org); contact him at mnickolo@gmail.com. He blogs at “During the World” (duringtheworld.blogspot.com) and at “South Wedge Abbey Project” (swabbey.tumblr.com)

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Live from Mission Hall Music Concerts



Alex Smith and the Mountain Sound

Friday, June 19

The South Wedge Mission announced its upcoming "Live at Mission Hall" Concert Series which offers "the best of local and regional live music into the neighborhood, free of charge and free for all."

Rev. Nickoloff said the "expect to be amazed" by the groups performing.

South Wedge resident Tim Avery of Bug Jar has collaborated with the Mission and Rev. Nickoloff on the bookings. Begun as a collaboration with singer-songwriter Jerry Falzone as Lakeshore at the



Wisewater

Friday, July 10

Mission, Live at the Mission Hall has taken on an identity of its own as "a premiere venue for acoustic-driven music to sound its best in an intimate audience-artist setting that creates one of Rochester's most unique concert experiences," said Nickoloff.

Admission is completely free, with a hat being passed at intermission to support the artists.

Refreshments will be sold by Coffee Connection, the South Wedge's socially-concerned coffee shop, devoted to women's empow-



Christopher Paul Stelling

Friday, August 7

erment.

On Friday, June 19 at 7:30 p.m., Alex Smith and the Mountain Sound will perform. Wisewater takes the stage on Friday, July 10, 7:30 p.m. Christopher Paul Stelling and Hieronymous Bogs perform Friday, August 7 at 7:30 p.m. (Chris Stelling was named one of Rolling Stone's Top 10 "Artists to Watch" for 2015)

For more info, go to <http://southwedgmission.org/mission-hall>.

Abundance Co-op Launches Program To Make Organic Vegetables Accessible to More

Chris Whitebell

All too often food that is local, organic, or sustainably sourced comes with a higher price tag than conventional items. For shoppers who don't have a lot of money to spend on groceries, this is a real barrier that makes buying healthier groceries difficult. At Abundance Cooperative Market, we're committed to discovering new ways to make fresh and honest food more affordable for people in our community who are on a limited income.

Most recently we launched a new discount program called FLOWER: Fresh, Local, Organic, and Within Everyone's Reach. FLOWER is designed to lower the cost of the natural food and eco-friendly products in our store for people with limited budgets by giving program participants a 10% discount off of all regularly priced items each time they shop.

How FLOWER works

Shoppers who are currently receiving financial assistance from SNAP (Food Stamps), TANF Cash Assistance, WIC, Free School Lunch Program and Medicaid are eligible to apply to FLOWER. Once accepted, they will be able to take advantage of the 10% discount. FLOWER participation runs on an annual basis and participants are welcome to reapply if they are still receiving the financial support outlined above.

FLOWER

Fresh, Local & Organic Within Everyone's Reach



Program participants are given a scholarship share, if they're not already a shareholder. The share is awarded on an annual basis and allows FLOWER participants to experience co-op ownership even if they cannot afford to purchase a share.

Principle 6: "Cooperation Among Cooperatives"

Co-ops around the world and across all sectors follow a set of core principles known as "The Seven Cooperative Principles." The sixth principle stresses that co-ops work together to foster their mutual success. In this spirit, we're proud to thank GreenStar Natural Foods Market in Ithaca, New York, who originally developed the FLOWER program mod-

el to better serve their community.

For details on how to apply, see the list of FAQs found on the Abundance website (www.abundance.coop). Included is information about what specific documents are required, who can use one participant's FLOWER discount, how long the application process takes, and more.

FLOWER applications can be found in the store at the Customer Service Desk. If you have any questions, please feel free to ask a Customer Service Representative next time you are in. Alternatively, you can call (585) 454-COOP or email flower@abundance.coop with any inquiries.

The North Wedge by Justin Hubbell

HUNKS ON BIKES THE GAME

1 POINT IS ASSIGNED TO EACH OF THE FOLLOWING

- LOTS OF ARM (SLEEVELESS)
- LOTS OF LEG (SHORTS)
- SUNGLASSES
- TATTOOS
- NO HELMET *

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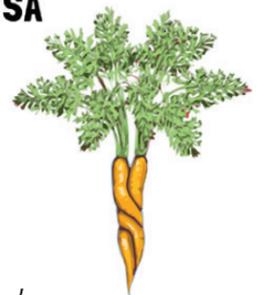
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Let's Go Out and Play

Drew Beeman

Maybe we would all be happier and healthier if we went outside to play. I know many adults are very happy at the beach, or hiking, biking, or gardening. Children need to be outside too! Unfortunately, children are spending less and less time outside and a growing body of evidence shows the detrimental effects this is having on our children.

Richard Louv, the recipient of the 2008 Audubon Medal, wrote a bestselling book entitled *Last Child in the Woods: Saving our Children from Nature-Deficit Disorder*. Louv writes, "...a growing body of research links our mental, physical, and spiritual health directly to our association with nature in positive ways. Several of these studies suggest that thoughtful exposure of youngsters to nature can even be a powerful form of therapy for attention-deficit disorders and other maladies." ... "Our society is teaching young people to avoid direct experience in nature."

He writes of schools allowing less and less recess time outdoors, societal shifts towards electronic media, a mental shift toward fear of criminals and fear of nature itself, as some of the things adding to the problem. He also discusses a lot of research about ADD, ADHD, anxiety and depression among children and how it correlates directly with reduced amounts of time children spend playing outdoors.

A 2012 report from the National Wildlife Federation entitled "The Dirt On Dirt" discusses the benefits of playing outside and especially the health benefits of playing in dirt. In it they too discuss the research and the correlation to health and happiness and quote several studies. They report: "According to a four-year study that examined approximately two million children under the age of

18, antidepressant use is on the rise in kids, with the fastest growing segment found to be preschool children aged 0-5 years." The good news is "Kids are different when they're outdoors; free of school pressures and harried schedules, they relax and simply become kids. In fact, according to one study, children's stress levels fall within minutes of seeing green spaces, making outside play a simple, no-cost, and time efficient antidote for an over-stressed child... Making direct contact with soil, whether through gardening, digging for worms, or making mud pies has been shown to improve mood, reduce anxiety, and facilitate learning.... Mycobacterium vaccae, a "friendly" bacteria found in soil, was shown to activate a group of neurons that produce the brain chemical serotonin, enhancing feelings of well-being, much in the same manner as antidepressant drugs and exercise... Beyond raising mood, time kids spend in the dirt may be the best preparation for the classroom... in addition to its antidepressant effect, M. vaccae may also have an effect on schoolwork... Since serotonin plays a role in learning."

Playing outside in the dirt aids in learning and fights anxiety and depression in our children.

I know of one more wonderful thing outside that has the same effect on children, the sun! The sun, once known as the "giver of life" is now one of the things adults fear allowing our children exposure to. We slather the sunscreen on and reapply repeatedly in an effort to prevent sun burns and skin cancer. That is a valid concern as there is a lot of research on this, however over-application of sunscreen combined with the social trends keeping our children inside, may be harming children as well. The sun is a primary source of vitamin D. Vitamin D has been



Faces can do the funniest things.

linked to feelings of happiness and combats depression. American Academy of Pediatrics report 9% of children are vitamin D deficient and 61% of children are Vitamin D insufficient. That is 70% of our children! This has resulted in bone growth and density problems in children, and an increase of injuries as a result. It has also resulted in problems with long term cardiovascular health. Researchers at Albert Einstein College of Medicine of Yeshiva University reported that individuals with low levels of vitamin D may have an increased risk of death from all causes. Dr. Melamed, the leader of that study suggests for parents: "It would be good for them to turn off the TV and send their kids outside. Just 15 to 20 minutes a day should be enough. And unless they burn easily, don't put sunscreen on them until they've been out in the sun for 10 minutes, so they get the good stuff but not sun damage."

It sounds to me that our children can't afford to stay inside anymore. With summer upon us we should take every opportunity to get outside with our children. Wait ten or fifteen minutes before applying sunscreen and play in the dirt. We all might be happier and healthier as a result!

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.



Healthy food options for active kids

Summer is upon us, which means kids and teens will be on the go all over the City of Rochester. Whether playing sports, getting ahead with summer classes, or hanging with friends at a R-Center, eating a nutritious meal is often the last thing on their minds. And with the constant availability of junk foods everywhere, it is increasingly tough for children to make healthy choices.

Summer meals are back again this year, offering kids and teens 18 and under a fresh, healthy, and free meal to keep them fueled. Provided by the City of Rochester, Foodlink, or the Rochester City School District, kids can eat food that will

keep them satisfied without spending a dime or leaving their favorite activities!

Summer meals are being served at City R-Centers, summer school locations, churches, neighborhood programs, and other community gathering areas. Best of all, parents don't have to take extra steps to get their kids involved – just drop in. To find a meal location, look for yellow banners with the brightly colored "Summer Meals" logo around your neighborhood!

For a complete list of meal times and locations, dial 2-1-1 or visit healthkids.org after June 15. Meal times are subject to change. If you have questions, please email aaronlattanizio@flhsa.org or call 1-888-324-1571.

Rec on the Move

Rec on the Move is rolling into a park near you this summer bringing lots of fun activities. Read-aloud program & free book giveaways, health and wellness info and free fresh and healthy snacks, homework help, arts, music,

environmental and horticultural projects and games at TILC Ministries (June 9-12) and Ellwanger & Barry (June 16-19).

For more information and a complete schedule visit www.cityofrochester/reconthemove.

Highland Library June/July Events

Karrie Bordeau

Children's Programs

Craft Mondays

Mondays, June 1, 8, 15, 22 and 29 at 3 p.m. We'll be making a fun drop-in craft each Monday!

Movie Tuesdays

Tuesdays, June 2, 9, 16, 23 and 30 at 3 p.m. Relax and watch a G-rated family movie with us!

Tail Waggin' Tutors

Wednesday, June 3 at 3 p.m. Read your favorite story to a specially trained therapy dog!

Library Story Time Thursdays

Thursdays, June 4, 11 and 18 at 10:30 a.m. Join Miss Sarah for stories, rhymes, songs and more! Recommended for children ages 1 to 4 years old, siblings welcome.

Hurry, Hurry, Drive the Fire Truck!

Songs and Stories in Highland Park with Missy Reed Thursday, June 25 at 10:30 a.m.

Join Missy Reed in Highland Park to sing, dance, play instruments and read about the heroes all around us. Come participate in activities about firefighters, police officers, veterans and more! Rain location: Highland Branch Library's children's room.

Game Day Thursdays

Thursdays, June 4, 11, 18 and 25 at 3 p.m. We're pulling out our games for some friendly competition! Stop by to see what we'll be playing.

Fitness Fridays

Fridays, June 5, 12 and 19 at 3 p.m. Be active at the library with fun fitness challenges!

Summer Reading 2015 Program Sign Ups

Monday, June 22 through Thursday, July 2 Sign up to participate in the 2015

continued on pg. 16



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Diabetes Health Source Offers Education That Saves Lives

Sally Nordquist

On May 15, the world lost the talented blues singer, B.B. King at the ripe age of 89. What most do not know is that B.B. King lived with the chronic (yet manageable) disease of Type 2 diabetes for over 25 years.

At the age of 80, B.B. King openly shared his story of living with diabetes and as a spokesperson for a national diabetes product. In an interview, Mr. King said, "I hope my voice and the things I say will encourage someone out there and help them learn the truth about diabetes and act on it... Some people don't believe that diabetes is life threatening, but it is."

Help to take care of yourself while living with diabetes is available right in the South Wedge neighborhood! The Diabetes HealthSource of Highland Hospital has provided diabetes education to adults since 1989. Its mission statement focuses on mastery of diabetes self-management skills. These skills include healthy eating, blood sugar monitoring, exercise, learning about medications, problem

solving, risk reduction of diabetes complications, and development of coping strategies.

The Diabetes Health Source staff is comprised of certified diabetes educators who are Registered Nurses and Registered Dietitians. This team approach, which includes your physician's support, allows people to feel empowered to take care of themselves and live a full life.

Services are offered one-on-one or in group sessions called, Living with Diabetes. The nine-hour group series is offered over three weeks, on Saturday mornings 9 a.m. to 12:15 p.m. at Highland Hospital. The groups are taught by the diabetes educators and include a variety of specialists including endocrinologist (diabetes doctor), physical therapists, pharmacist, therapist and an optometrist (eye doctor). Attendees are encouraged to bring one support person of their choice. Healthy light refreshments are included. The next group series are offered in September and No-

vember.

The Diabetes Health Source has two convenient locations with both offering free parking. The main location is at Clinton Crossings, 2400 South Clinton Avenue, bldg. H, suite 135; the second location is in the Professional Office Building at Highland Hospital, 990 South Avenue, Suite 207. The contact phone number is 341-7066 for information as well as to make an appointment. Services are covered by most insurance plans including Medicare and Medicaid. The Diabetes HealthSource is accredited by the American Association of Diabetes Educators.

"I've lived a pretty long time, said the King of Blues, B.B. King, "I'm not sick today, and I haven't been sick for a while." This was evident as he continued to tour and perform an average of 250 concerts a year around the world.

Become the next living example of a life well lived!



Laura McNamara RD CDE and Sally Nordquist RN CDE

Good Food Collective is About Community

Shelly Thomas

This year marks the seventh year of The Good Food Collective supplying Rochesterians with locally grown and mindfully sourced food. In just a few years, we have grown from a founding 100 members to 1,400 members last year and aim to hit 1,700 this summer season. This growth may be a direct result of our passion to create a mutually beneficial relationship between area growers, producers and eaters, the convenience we strive for, intricately woven with some old-fashioned community vibes.

The heart of our mission is to cultivate a community of mindful eaters and growers with the idea that, over time, we can be a force for good; together we can positively change the food systems of western New York. With our team of approximately 30 partner farmers and producers in the Greater Rochester area and Finger Lakes and our large body of members, The Good Food Collective is committed to making fresh, local, mindful food easy and accessible.

With multiple distribution methods and pick-ups (including the South Wedge Planning Committee's parking lot on Thursday evenings), The Good Food Collective makes it easier to eat local while simultaneously helping our farmers and partners extend their market reach. Despite our many convenient distribution locations and methods, the South Wedge holds a special place in our hearts. The South Wedge is where a good

portion of our members live, work and play. It's the arena of our epic kickball games during our monthly or bi-monthly potlucks at Marie Daley Park. The South Wedge Farmers' Market, founded by our President and CEO Chris Hartman and Business Director Vicki Hartman, was what sparked the idea for the Good Food Collective. Once the Hartmans' vision came to fruition, the South Wedge Farmers' Market was where our very first GFC distributions took place.

It is our largest and most popular pick up destination due, most likely, to the wonderful community and celebratory feel of the market: music playing, children laughing, fresh baked goods, wood fired pizza, fresh squeezed lemonade, cut flowers, ripe raspberries, face painting and slew of other activities. It's where our members can come to pick up their weekly shares and chat with some of our partner farmers who are usually neighboring vendors or pick up an extra pint or two of fresh berries to add to their weekly bounty. We have been fortunate enough to watch the South Wedge Farmers' Market blossom and grow and look forward to the new, larger location for the 2015 season!

Apart from our very existence being centered on a community of GOOD people, we strive to partner with the larger community outside of The Good Food Collective in as many ways as we can. During our

bountiful fresh food growing seasons, we partner with ROC City Values, sending excess produce home with RCSD kids in their backpacks on Fridays. We collaborate with Foodlink and donate excess to their Mobile Market that pushes out our fresh produce to food deserts within Rochester. We team up with The Lobby that connects us with some of Rochester's best up-and-coming artists where we trade GFC membership for art. We also work on smaller scales with the YMCA, Community Darkroom, the Horizons Program, and more to extend our reach and maximize the good we strive to do in this great city. In this way, our members can eat GOOD and do GOOD simultaneously, improving the community one bite at a time.

For more information or to become a member, visit <http://the-goodfoodcollective.com>

Shelly Thomas is Director of Operations of The Good Food Collective.

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Let the Pride Be with You!

Christopher Hennelly

Science fiction and film has allowed many of us to envision a world of opportunity, equality and justice for all. This Gay Pride year's theme will celebrate the many ways our dreams for the LG-BTQ community are becoming a reality. To embrace these changes, Rochester LGBTQ community and ally supporters are delighted to present "Sci Fi Pride" as the theme for Gay Pride 2015. Our slogan is "May The Pride Be With You!" We anticipate many creative costume choices that will surely draw a great crowd to our many festive events.

Pride Week Events

Thursday July 16, 2015 Our friends over at Hedonist Artisan Ice Cream, BASWA and Lux present SASSY in the Wedge at Star Alley 6 to 8 p.m. featuring local artist Amanda Lee Peers who was featured on the NBC's *the Voice*, and B.R.A.W.L Rochester's Broads Regional Arm Wrestling League! A group of gutsy feminist broads with a love for all things



theatrical and charitable!

Friday July 17, 2015 Roc Pride Flag Raising Ceremony & Movie in the Park MLK Park (Manhattan Square)

Saturday July 18, 2015 Roc Pride Parade 1 p.m. The parade starts down Park Ave., left on Alexander St., up Monroe Avenue until

MLK Park (Manhattan Square)

Saturday July 18, 2015 Roc Pride Festival 2:30 – 9:00 p.m. Ticketed event with national headliners that includes Rochester's own Mrs. Kasha Davis. Advance tickets \$10.00 or \$15.00 at the gate.

Sunday July 19, 2015 Morning Gay Alliance 5K Pride Run 8:30

sanctioned and timed race by Yellow Jacket Racing, and Pride Fun Run at 9:30.

Sunday July 19, 2015 Roc Pride Picnic 1-7 p.m. this event will be FREE, featuring family fun activities, Roc Pride sports games and many other activities for all to enjoy.

Assembly Harry Bronson's Families Agenda

Assemblymember Bronson (D-Rochester, Henrietta, Chili) recently helped pass a series of measures that would continue to address the growing costs of child care and the need for parents to have affordable, reliable, safe places to send their children. The legislation is part of the Assembly's Families First agenda and it follows passage of the 2015-16 state budget and legislation the Assembly passed last week to allow parents to work and increase their family's economic security.

"Throughout New York, rising child care costs are outpacing parents' ability to keep up.

It is nothing short of a crisis," said Assemblymember Bronson.

"We must do more to help families gain access to quality, affordable child care – and the Assembly's legislation takes important steps in that direction."

Alarming, the cost of child care has reached an average of \$14,500 per year in York State, while two-parent families spend about 17 percent of their annual income on childcare. Single-parent households struggle even more, spending over 50 percent of their annual income on child care. In fact, New York State ranks second nationwide for highest child care costs as a portion of family income, behind only Oregon.^{2,3}

"Working families shouldn't

have to choose between caring for their children, putting food on the table and paying the bills," said Assemblymember Bronson. "They also shouldn't have to worry about their children's safety while at day care. Parents who pursue a career should be able to afford child care while providing for their families."

In addition, Bronson announced that the Assembly passed a series of bills that he co-sponsored to address the issue of domestic violence and provide better assistance, protection and justice to victims throughout New York State.

"In 2012, state courts issued over 300,000 domestic violence orders of protection. That same

year in New York State, more than half of female homicide victims over the age of 16 were killed by an intimate partner. We must do more to end this scourge on our communities," said Bronson.

Domestic violence takes a devastating toll on victims, both physically and emotionally, and for those who have suffered at the hands of an abuser, it can take years to repair their lives. The Assembly's legislation is part of a commitment to providing victims the support and resources they need.

Specifically, the Assembly's legislation would prohibit employment discrimination against victims of domestic violence (A.272) as well as discrimination related to housing, including preventing individuals from being evicted due to their status as a victim (A.6354-A).

The Assembly's legislation would:

- prohibit domestic violence offenders from possessing or purchasing a firearm (A.5257 and A.6340);
 - require police to promptly translate domestic violence incident reports that are filled out in a language other than English, as well as provide the notification of victims' rights in a victim's native language (A.4347);
 - require the interpretation of orders of protection in court proceedings (A.162);
- Victims of domestic violence and sexual assault can seek help 24 hours a day by calling New York's toll-free hotline at 1-800-942-6906. Locally, contact Willow Domestic Violence Center, at 585-232-7353.

Aging in Place --Not Easy or Cheap

Robin Didas-Mott

I have yet run across anyone who wants to live in a nursing home. I work daily with individuals that are aging and struggling with chronic medical conditions trying to stay healthy and safe enough to remain in their homes.

Skilled Nursing Facilities are a necessary option for some who truly required that 24/7 skilled nursing care. However, I have found most people prefer staying in their own homes if at all possible. When I talk to people in the community who need services they are always shocked to find out that Medicare does not cover long-term care services. If you need an aide to come in and help you with meals, household chores or take a bath on an ongoing basis it is not covered by Medicare, the primary insurance of most people over the age of 65. You can get skilled care in your home for acute care, but on short-term basis paid by Medicare. Most people are able to get this service for instance upon a hospital release – but what are the options if you need care ongoing to stay safe?

If you have money, you have many more options such as Private Pay, Independent Living and Assisted Living settings. Some people have also been able to plan

for the future with long-term care insurance policies. Most of these options are not affordable with the modest income and resources that most people have. Even if you planned well for the future, people are outliving their savings. I went through this scenario personally with my own father as he aged. He wanted to stay in his home but required 24/7 care. When we sat down to figure out what this care would cost, it was more than double his income and his limited resources would only last a few months. In his situation, a skilled nursing facility was the safest option for him based on his medical needs and so we started the process of applying for Medicaid Insurance to cover the cost of care.

I wanted to write this article to let people know that there are other options to consider if you want to stay in the community safely with supports and have limited income and resources. That other option is Medicaid Insurance with long-term care services. Medicaid Insurance does cover long-term care services if medically necessary. Our community offers many options for Medicaid Long-Term Care. Are you afraid that you or your loved one would not be Medicaid eli-

gible? It is worth exploring with someone knowledgeable of the criteria. Individuals with chronic medical conditions or who are already deemed disabled can get eligible for Medicaid Insurance even if they are over the income guidelines. Medicaid requires a "spend-down" which means you must spend any excess income before you can get the insurance. People can also legally put excess resources and income into a Special Needs Trust account to get Medicaid eligible. Special budgeting such as spousal refusal is sometimes used not to impoverish the other spouse. This is very clearly a complicated topic, and I could never go into all intricate details in one article. My primary goal is to inform people that other options may exist.

Lifespan is an agency in our community that is a good resource to explore options or contact this writer with questions at rmott@ventureforthe.com

Robin Didas-Mott, BSW, is a Community Outreach Coordinator at Venture Forth Inc. a Licensed Home Care Agency.



Rapper Cazwell Headlines Pride Week 2015

Rapper Cazwell will be bringing his distinctive style as one of the headliners for Pride Week 2015.

Cazwell is an eclectic artist-- rap, dance, electronica, house, homo hop--who's been performing since the late 1990s. Originally part of the hip-hop duo *Morplay* with MC Crasta Yo, Cazwell moved from Massachusetts to New York in 1999. He released his first single, *The Sex That I Need* with Avenue D in 2003.

A recent single, "No Selfie Control," capitalizes on the craze with hilariously catchy lyrics set against a minimalist retro-funk track and smooth playa beat.

"No Selfie Control" is a heartfelt track that was written for everyone on Instagram that is in love... with themselves," said Cazwell

"[The song] reflects our ever-growing need to be viewed as popular and attractive," Cazwell added.

He became a YouTube sensation after a million people in a single week viewed his 'Ice Cream Truck' music video. He has since earned hipster credibility with a steady flow of danceable hip hop tracks – including 'Rice & Beans' and 'I Seen Beyoncé At Burger King' that impressively showcase his hypomanic take on pop culture.

'No Selfie Control' is his first collaboration with up-and-coming Viennese producer Dizzy Bell. In it, Cazwell sings, "If you could see me like I do, you'd be in love with me too."

"No Selfie Control" is the fourth single release from Cazwell's soon-to-be-released *Hard 2 B Fresh* album.



Golf Tournament



Monday,
June 15, 2015

Shadow Pines Golf Club

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All proceeds will benefit the
Rochester Childfirst Network
Annual Children's Fund.

Talking With My Mouth Full The Cub Room

Nathaniel Mich

This is a busy time in the South Wedge and the surrounding neighborhoods, with several new developments opening their doors or beginning to break ground. One of the most anticipated is the Edge of the Wedge, which completed construction in the late spring. Located in the old Ward Supply Building and managed by Buckingham Properties, its downstairs tenant is a new restaurant: the Cub Room. I visited with a friend just a couple days after their opening, while they were still in the “soft-opening” phase. We feasted, diving right into the spirit of camaraderie and indulgence that their Facebook page promotes. Generally speaking, I found the food carefully composed and conceptualized, with several items on the menu I still hope to taste. There were a few hiccups here and there, but with visiting them so soon after opening, I don’t attach too much weight to them.

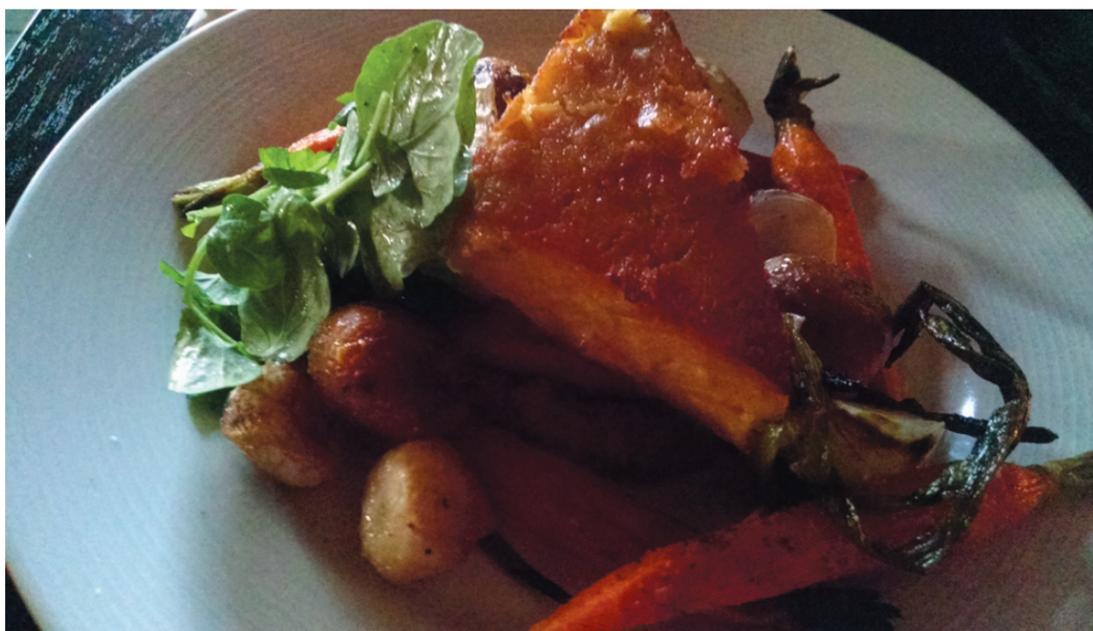
The Cub Room is, first of all, one of more handsome restaurants I’ve eaten in in Rochester. Located below street level, the textures and materials are rich and sumptuous. I appreciated the amount of original material preserved in the space – exposed beams stretch across the ceiling and brickfaces accented the walls. Of course, the drawback of all those hard surfaces was an acoustically vibrant space; our server struggled a bit to make herself heard. Almost all of the exterior wall space is windows, but even then, the restaurant tends to the dark side. The plaid-clad wait staff and dashes of vintage drapery completed the restoration chic-look of the place.

The menu is quintessentially New American: standard proteins (chicken, burger, salmon, scallops, pork chop, steak) liberally sprinkled with influences from a variety of cuisines, with a handful of surprising dishes woven in. Craft cocktails, a good selection of draft beer and wine round out the offerings. We started with a couple of those cocktails (all \$10): The Billingsley and The Roberto. The Billingsley – Bourbon and St. Germain – was surprisingly rich in mouthfeel; sweet, tart and spicy. Garnished with a large chunk of

crystallized ginger, it begged to be slightly warmed and sipped in front of a fire. The Roberto – rum, Scotch and “Aztec & Orange Bitters” – was dark, smoky and boozy, as promised, though the perforated ice cubes melted faster than I would have liked.

For our first course, the kale Caesar (\$9) and the house-smoked pork cheeks (\$13). The dressing on the Caesar was savory and nicely seasoned, and the kale was fresh and bright. I find, though, that kale salads made from mature leaves benefit either from massaging or blanching to tenderize them – the salad was a little chewier than I typically enjoy. Shavings of Wisconsin Parmesan – undeserving of the diminishing quotation marks it received in the menu – and croutons – larger and milder than I like – completed the dish. The pork cheeks were excellent: flavorful and fork-tender, perched on rounds of fried grits and topped with a gingery red cabbage slaw. The grits were crisp on the outside and tender within and the slaw provided a great textural and visual contrast. I couldn’t find the promised apricot BBQ sauce, however.

My companion ordered the chickpea cakes (\$17) for her entrée: a dish I found delightful and surprising. I was expecting something along the lines of a falafel or bean burger, but what was delivered were wedges of light,



Cub Room Chickpea Cakes are wedges of light, pillowy chickpea puree, crisped on either side

pillowy chickpea puree, crisped on either side and studded with whole chickpeas. Served on a bed of roasted baby vegetables and a pungent and savory romesco sauce (which could have been spicier), they were one of the high lights of the meal. The roasted wild salmon (\$27) was served over a white asparagus, fava beans, whole cippolini onions, pea greens and a sweet pea puree. The veggies provided a palette of pale green spring flavors and textures that complemented the richness of the salmon, cooked rare to order. The salmon itself was a generous fillet, seared and crisped on one side, allowed to shine by its quieter accompaniments. My only critique is that I wished the roasted onions had been more caramelized and

given the time to become tender all the way through. A local Riesling and an on-tap Chardonnay were good selections for both dishes. However, I didn’t find the draft Chardonnay interesting enough to warrant its mark-up over the other whites (\$14 vs \$7-9).

Dessert was a goats-milk cheesecake with a roasted pluot and whiskey caramel sauce and a chocolate nutella cake. Dark, rich and fudgy, the cake was more brownie-like, and the vanilla ice cream was a perfect pair. The cheesecake was pleasantly textured, though I was hoping for a goatier flavor. The pluot and caramel sauce were good flavor choices, though the caramel was just a touch burned – a fine line to walk for sure.

A couple closing thoughts: while the food was clearly high quality and generally well-executed, it is a couple notches above other neighborhood restaurants in price. I wonder how well it will mesh with the character of the rest of the neighborhood. While the menu was relatively conventional, I appreciated the risks taken in the details – the choice of sides and accompaniments and a couple dishes, like the chickpea cakes or a white asparagus salad I wish I had ordered and for which I will certainly return. Overall, we enjoyed ourselves a great deal and I am excited to see the restaurant develop and mature over the next few months.

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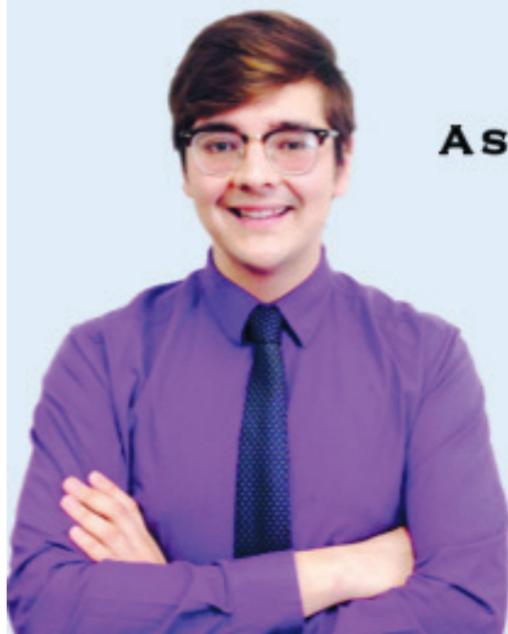
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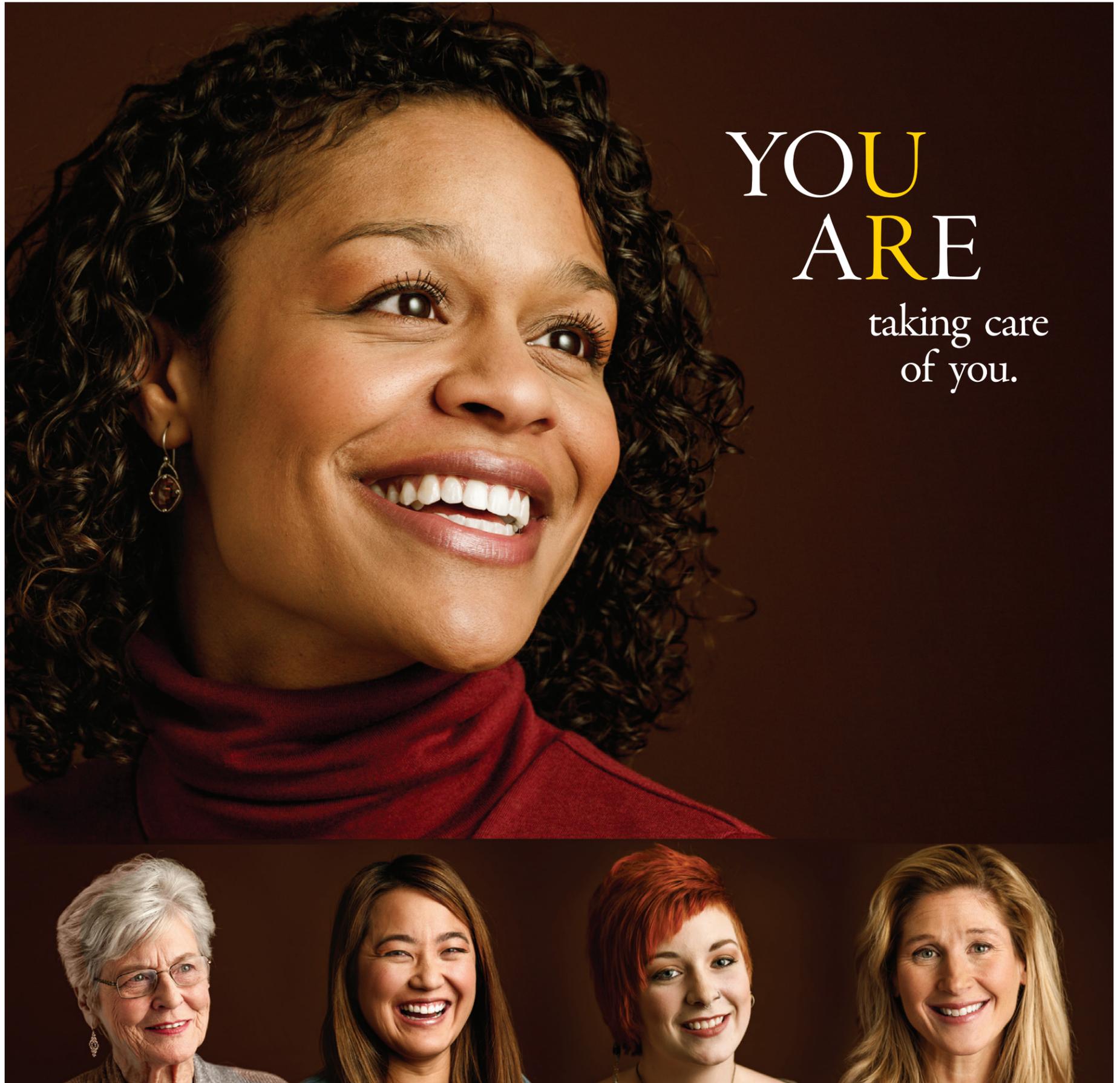
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The Cub Room Brings Style and Substance to South Clinton

Nancy O'Donnell

The South Clinton Avenue dining scene just improved exponentially with the addition of The Cub Room in the Edge of the Wedge development.

Owners Jodi and Greg Johnson bring decades-long experience in food, drink and design to their new restaurant, combining a New York City vibe with hometown comfort.

A Rochester native, Jodi left for NYC after graduating from Aquinas H.S. In New York, she entered the rarified scene of art, fashion and culture, studying at the Fashion Institute, modeling and later adding a career in advertising and communications. For a time, she worked for a time as personal assistant to Ian Schrager, world famous hotelier whose name is now synonymous with boutique hotels.

"I fell into the bar business, said Jodi, who worked in Divine, an early wine bar in NYC. Later she met her future husband Greg at one of the restaurants she was bartending in.

Greg, a native of Fort Meyers, Florida, began his career in the restaurant industry as a bus boy in a sports bar. Other short order cook jobs followed. Outside work he gained a reputation for "throwing



huge BBQ parties." He too moved to NYC where he worked at the Daily Soup Company. "We would produce "800 covers [number of people served] in three hours." By 19 he'd helped to open eight restaurants before deciding that he wanted something more.

"I left my apartment and travelled around the world for a few months," said Greg. He took a week-long cooking class in Thailand and for time cooked on an Australian sale boat.

"It was great having fun, but when I got back my father encouraged me to do something," said Greg. That something was to enroll

in the Culinary Institute of America. After CIA, he worked at a variety of restaurants moving up from executive sous chef to executive chef, eventually sharing the kitchen with super chef Mario Batali.

The couple married in 2006 and while Greg opened the Rye House on Park Avenue and 17th Avenue with a partner Jodi worked in Hedge Fund companies.

"We bought a house in Westchester, and were raising our children, Viala and Dylan, and one day I just got tired of the rat race," said Jodi. "I said, Greg, we can do this anywhere. We always wanted to open a place together."

Two years later the couple was back in Jodi's home town. They rented a home in Fairport and started looking for a place for their restaurant.

"We knew we wanted it in the city. We looked at West Main Street, around the Inner Loop, and business people told us that 'no one will come here.' The Edge of the Wedge space was almost a slam dunk." She also attributes their choice of the South Wedge to the late Larry Glazer who encouraged them to move in. "He made it work, and we were honored to know him."

Jodi began plans for the restaurant's design last December. She'd always been fascinated with the glamour of 1920s, the famous New York City Stork Club and its exclusive VIP Cub Room where everyone who was anyone in finance, film and the arts would mingle. She also loved the mystery of the 1930s speakeasies.

"I was fascinated with the NYC history, the whole era when people got dressed up and service was impeccable [in night club restaurants].

The Johnsons wanted to replicate that feeling of style in their own little Cub Room. To that end, Jodi made sure the floors had the patina of an old speakeasy installing recycled wood from an Ohio factory. She acquired velvet and leather furniture from Panache and Windsor Corner and put them in a cozy spot near the entrance. The brown walls are lined with photographs of film stars and writers who graced to the Cub Room from Ernest Hemingway to Jayne Mansfield, as well as Stork Club founder and ex-bootlegger Sherman Billingsley. She also included photos of her grandparents Josephine and Reg Ruggieri standing on the steps of Rochester's City Hall. In an alcove a huge painted peacock by local artist Amie Freling-Brown overlooks the huge VIP booth below.

While Jodi still has all the glamour of a former model, she describes Rochester's Cub Room as casual stylish. "We don't want to get that pretentious vibe," Jodi



added.

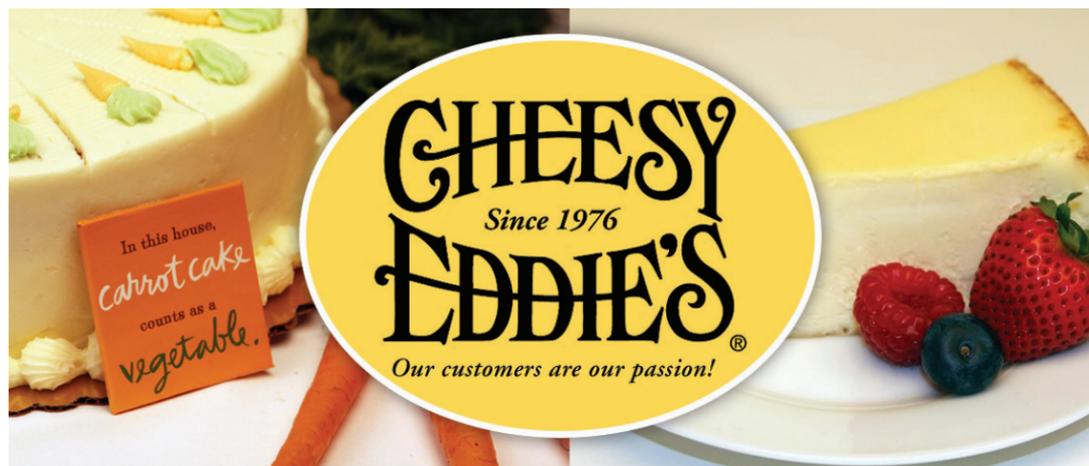
Behind the scenes, Greg is perfecting his kitchen. "We are sourcing the best products, locally as much as we can," said Greg. "My focus is what is in season."

While Greg won't name one signature dish, he will say "homemade pasta is one of my passions," Jodi is quick to add that "when people taste his beet and gorgonzola ravioli they will cry," it's that good.

Diners can choose a three to four course meal (appetizers are \$7-\$17 while entrees run \$20-\$20) or "grab a burger." Small plate dishes "under \$10" are also available at the standout bar lined with velvet curtains. Dishes there include a notable house-made beef jerky and a kale salad dressed with shredded cheese.

As they iron out the kinks of a new business, Jodi is exhilarated by the whole process.

"We're living our dream," said Jodi. 363 Clinton Avenue South, 363 5694. Facebook.



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continued on pg. 16

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Local Leader Earns Doctorate



Lynn M. Lubecki, Ph.D.

Lynn M. Lubecki, Executive Director at Rochester Childfirst Network, received a Doctor of Education degree from the Ralph C. Wilson, Jr. School of Education at St. John Fisher College on May 9, 2015.

Lubecki fulfilled all of the required course work for the Ed.D. in Executive Leadership, including an original research study and dissertation: "The Transtheoretical Model and Stages of Change: Predicting the Accura."

Future plans include writing articles throughout the summer based on the results of her research and presenting those findings over the next year.

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Highland Park Remember Garden Recalls Long Ago Suffering

Amy Cavalier

May was Mental Health month, a time dedicated to increasing awareness of mental illness and erase the stigma surrounding the diagnosis that effects one in four people in America at some point in their lifetime.

In an effort to further that awareness, DePaul held a special event at the Remember Garden in Rochester's Highland Park on May 19.

The Remember Garden is a living memorial to those who died while institutionalized at the Monroe County Insane Asylum, Almshouse and Penitentiary. Some 900 were buried in an unmarked mass grave which was discovered at Highland Park in 1984.

In 2009, a group of community members led by Gillian Conde, Vice President DePaul Properties, came together to plant a garden at the site of the grave.

At the May event, a plaque with a poem about the Remember Garden written by Mary Pifer was installed and the piece recited by the poet.

"I was inspired to write this when I came for the Remember Garden dedication," said Pifer. "The stones seem to speak to me and told me write this poem. I felt their stories needed to be told and they deserved the respect they were denied."

In addition, Michael Keene,

author of "Mad House," which details the hidden histories of 19th century insane asylums in New York, shared stories of lives lived in these institutions.

Sister Grace Miller of The House of Mercy concluded the event, which was designed to honor individuals as well as raise awareness, with a blessing for those buried at the site.

"The callous mass burial of people with mental illness, one on top of another, with no love, no compassion, no care, no heart, should never have happened," said Sister Grace Miller, pictured with Conde below.

Miller further reflected upon injustices that currently exist in the world concluding, "I say to you, our work today is not done."

To read the original poem by Mary Lee Pifer go to page 16.



Sister Grace Miller
(Photo by Nancy O'Donnell)

In Memoriam - Matthew McDowell 1937-2015

Matthew "Mack" McDowell, former SWPC boardmember, passed away on May 30.

McDowell was born in Anderson, South Carolina to Lucious and Jessie McDowell. He was the eldest of four siblings. "At an early age the McDowell boys learned a life lesson from their parents--"look after each other"--said son Bart Shuler.

McDowell attended James Madison High School. He enrolled in the U.S. Army after graduating and earned the rank of Sergeant First Class. He also was a member of the U.S. Army Reserves.

He worked for Eastman Kodak and retired as a foreman in the Paper Sensitizing Division. After retirement, he worked for the Hess Corporation for several years.

McDowell was especially active in his community. He served the South Wedge Planning Committee for many years, beginning his tenure in 1988.

He became known as "the chicken man" for his work grilling during the annual Marie Daley Park Celebrations writes Rose O'Keefe in a profile in the *Wedge Newspaper* in July 1993.

He said in the article that he learned from his parents "that it's not only a blessing to get along with everybody, it's the way it's supposed to be."

He was already living on Hamilton Street for 25 years when the article was written in 1993. He lived with his wife, Marie, who was a nurse at St. John's Home. He raised four children with her. His reputation for cooking chicken began at Hamilton Street block parties. He then donated his time and talents to the Marie Daley Celebration.

"The great image I have is Mack cooking his famous BBQ for Marie Daley Park events and with Winnie Bryant and their Hickory Street Block party, said Rev. Judy Lee Hays. "His warm smile, willing spirit to pitch in and help neighbors epitomizes the South Wedge spirit."

Mitch Dannenberg, who also served as a SWPC boardmember remembers "Mac's" many contributions to the South Wedge before "it became the envy and role model for so many neighborhoods in Rochester.

"Mack's was always glad to lend a hand to our events during the times we struggled to truly connect with our neighbors and neighborhood," writes Dannenberg from his home in Naples, Florida."

"I remember him tending the grill and sharing his stories of what business or building used to be here or there, or stories of the many people who lived in and around the Wedge. Each story representing a thread that with his dedication--along with so many others, as they say it takes a village--was woven into a piece of fabric. That fabric has become a flag that everyone who now or ever did consider the South Wedge their home can fly with great pride."

McDowell was also an usher an a member of the Aeon Missionary Baptist Church and Music Coordinator for the Clarissa Street Reunion Committee.

He is survived by his wife Marie or "Dempie" as he affectionately called her. They have been united for over 50 years and were



each others "right hand." His "ripping and running" usually meant doing something for family and friends. He was devoted to making sure his mother was cared for. As oldest McDowell son, he felt it was his responsibility to see about "ma." He took his big brother role very seriously, and his brothers respected his position.

McDowell was admitted to Rochester General on April 1, but succumbed to complications from heart surgery.

A funeral was held on June 9 at Aeon Missionary Baptist Church, 175 Genesee Street.

McDowell is survived by his wife Marie, daughter Sharlene and sons Bart, Tim and Tyrone; brothers Clarence, Ray and Melvin, his 93-year-old mother Jessie; and many grandchildren.

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Star Tracks Horoscopes for June and July

Kimberly Wright

Gemini - Mars in your sign gives you a surge of purpose in June. And once Mercury changes direction on the 11th, you must decide where you're headed. Venus and Leo rewards speaking from the heart in all situations right thru July, which would be a good time for a blissful getaway! This will also be a time when you can forge valuable contacts that will affect your future. You're likely to have interesting reasons to ponder your choices and reassess financial arrangements.

Cancer -June appears to be a time when you may become entangled in others issues and difficulties, so try to step back and observe. The accent is on laying the groundwork for activities to pick up steam in July, which will be a time of increased output. What will be a challenge will be dealing with partners and associates power plays near the 6th and 15th and not getting caught up in a standoff that could potentially sabotage your efforts.

Leo -June is very much a time to expand your horizons. New arrangements will crop up and begin to take you far. In fact, you appear

to be golden right now and others will be eager to assist you, but by that time July begins to unfold, stepping back and doing some artful strategizing will be the only way to avoid stressful encounters. By the 22nd, though, your logic and clarity promise to prevail.

Virgo-Upbeat aspects in your career house make June a period of heightened visibility. Make your presence felt, and be ready to make an important choice by the 11th. July is a good time for private get-aways and the new moon of the 16th raises questions that demand a cool head. You can get a domestic issue settled near the 22nd, but you'll find romantic puzzlement in the air after the 25th.

Libra-The accent is on expanding your mental boundaries in June, and with Mercury changing direction, you'll be planning a new course. Heavenly Venus in Leo urges you to get out and mingle, and as July begins, your personal life seems to be in an upward spiral. Professionally, though, you're going to be facing challenges, and communication breakthroughs promise to lead to favorable agreements.

Scorpio-In June you appear to be

in the perfect position to get your financial affairs on a more promising track. Venus at the top of your chart draws attention your way and as July kicks off, Jupiter-the planet of good fortune-indicates that your star is on the rise! Situations at a distance maybe the cause of concern, especially near the 16th, but time is on your side and whatever occurs near the 22nd promises to ease your mind.

Sagittarius-Favorable aspects involving love and travel make June the time to chase your dreams. And Mercury's direct motion opens up new avenues of communication that can lead to new success. But even though July starts on a blissful note, it looks to be a complicated period, especially where new financial arrangements are concerned. You should wait until the 22nd to make any important commitments.

Capricorn-You can accomplish exactly what you intend in June and developments at work are urging you to do something daring. It's also time to shoot for the stars financially. Focus on negotiations and new deals, because July kicks in on a note of real promise. Unfortunately, close relationships seem

to be in quite a stormy phase near the new moon of the 16th. You should be prepared to redefine roles and rules.

Aquarius-This June the Sun, beautifully aspected in light and breezy Gemini, is a reminder that all work and no play is not what your life is about. Close relationships are under heavenly Venus's rays but once July begins to unfold you're going to find yourself dragged into others battles unless you just say no. Fortunately, Saturn's trying to mercury on the 22nd is a wonderful augury for favorable new deals.

Pisces-All matters pertaining to real estate and lifestyle changes are under the illuminating rays of the Sun in June, and Venus and Jupiter are brightening up your prospects. However, charged aspects in July indicate that troubles involving friends and associations are likely to spin you around unless you resist being an overly sensitive Pisces and focus on promising career opportunities that crop up near month's end.

Aries - In June your plans will flourish if you reach out to those who can further your aims. Heav-

enly Venus is in the part of your chart related to affairs of the heart and children. However, with Pluto clashing with Mars in July, it will be difficult to stay cool and remain on the sidelines when others are behaving badly. But smooth sailing is promised for the end of the month and your social life revs up.

Taurus-With Venus well aspected in June, you're right to pursue what pleases you most and to follow your heart. Lifestyle changes are very favorably accented too, but your life is likely to be a month of misunderstandings and crossed signals, and it will be a struggle to remain calm and centered. Dark clouds begin to lift near the 22nd, though, and the full Moon of the 31st places you conspicuously in the public eye.

Kimberly Wright is a Spiritual Astrologer and Psychic Medium with over 25 years of experience guiding people in love and life. Call 575-85-773-9861 or email loveyourspirit@yahoo.com to schedule a reading or book an event.

South Wedge Pet Profiles



Shaggy Budziszewski

Shaggy, a pound puppy, is a recent addition to the Baldwin-Budziszewski family. **If you'd like to have your dog or cat immortalized in the Wedge Newspaper, send a photo and info to nodonnell@swpc.org**



Lila Rose Mooney

Lila Rose is also a pound puppy adopted from Rochester Animal Services. Even though she's blind, Lila makes her way easily through the house and loves to spend her day sitting in Grandma's lap.



Gildart and Milo

Gildart Poehner aka "the Tuxedo Cat" and Milo Thomas aka "The Fuzzball" are recovering from the shock of having to share their house with new addition Lila Rose.

High platform playhouses help.



Franti Knoth

Franti is a lovable long haired cat who has had his share of troubles.

At 9 months old, he managed to break his back leg, two years ago he was shot with a bb gun and lost use of his back legs. Even with these limitation he still catches mice, loves to play and is always looking for a lap to snuggle on. He enjoys making human companion, Jesse, late for work by sleeping on his shoes. He will be celebrating his 6th birthday on the summer solstice. If he's lucky he might even get a new toy from Natural Pet Foods.

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1048 Barber Lounge Styling South Clinton Avenue

Crystal Ann Mahler

Just over a year ago local barber David Reese made his dream a reality when he opened his own shop, 1048 Barber Lounge, in a small yet charming retail space on South Clinton. The store front, which used to be a bustling corner store in the fifties, is now a simple and chic space, with a visually striking contrast between the cherry floors, sleek black furnishings, and full length mirrors whose luminescent silvered glass is accented by a silver painted decorative tin ceiling. The walls are adorned with works from a local photographer.

The large diverse group of male and female customers that Reese and fellow stylist Kate Wood cater to is kept comfortable and entertained in the soft leather chairs of the waiting area.

There is always a friendly buzz about in the shop. Upbeat music and engaging, lively, conversations with the stylists, other waiting patrons, and the steady stream of friends coming in merely to say hi and offer the gift of their support and appreciation to their favorite barber stream through the air.

Reese, who has been a profes-



sional barber over 20 years, says that maintaining a deep and sincere appreciation of his customers and friends who support him is the key to his success.

“What I love most about cutting hair is the opportunity to meet new people and give other people

the opportunity to meet each other and building a community,” said Reese.

The week that I moved to the city, someone told me to go to 1048 Barber Lounge for a freestyle hair design. I was riding my bicycle to the shop when a

sudden downpour drenched me. They brought my bike inside and dried it off, offering me towels, drinks, and snacks, and tips on preparing for Rochester’s crazy extreme weather. Not only did David do beautiful work, as promised to me, but he and Kate also engaged me in one of the most funny and genuine conversations I’d had since being in town. As I was walking out the door, he said “I’ll see you again, we’re gonna be friends”. Bumping into him a few days later began a deep beautiful friendship, fun, a little mischief, and a sense of connection in a new lonely place for me.

Reese gives back to the community by creating these opportunities for connections, paying forward the goodwill that the community extends toward him. He has also volunteered time for community events that offer free haircuts to those in need and supports several businesses with frequent patronage and referrals.

Two of Reese’s favorite Wedge hangouts are Firehouse Saloon and Buta Pub where he performs weekly during the businesses’ open mic stand up comedy nights. Reese’s freshman venture into stand up started this January after

the prompting of a customer. Kate Wood is also a well-known local comedian.

Besides offering a fun friendly atmosphere, clients enjoy what many feel to be top of the line cuts, keeping one patron that I met, Oz, returning to David since 1992, even after moving out of town; “because he does it right.” Another new client said he chose David’s shop over all the other area barbers he reviewed because “1048 Barber Lounge had the most positive Google and Facebook reviews.”

David has big plans for the future and is currently looking to expand on his business by adding a third stylist to the crew, someone who will add to the artistry and growth of the shop which currently offers haircuts, styling, color, facial waxing, and freestyle hair designs.

He also dreams of expanding his community by building his business into a franchise, opening new locations that will re-create the same fun, familiar feel and level of skill and attention to customer service as the lounge offers.

1048 Clinton Ave South. Call or text 205-8536 for hours. Visit 1048 Barber Lounge on Facebook.

Winner! Winner! Rib Fest Dinner

Lots of South Wedgers took part in the Roc City Rib Fest Dinner at Genesee Valley Park.

Luke Milne joined friends Michelle Mott and Marie White to enjoy all things pig.

White usually works for vendor, Skin n Bone, but not this year.

“Every year we are the only vendor with lines for miles because we have the best ribs,” said White. “People even stay in the line and wait for hours even when we run out for an hour or two until more ribs are done cooking in the slow cooker. The owners are from Arcadia Florida but they come to the rib fest every year.



(l-r) Michelle Mott, Marie White and South Wedger Luke Milne enjoy the rib fest

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Greenlight Networks

continued from pg 1

on Time Warner's networks... And different members of a household are often doing several of these things simultaneously."

Local resident Sonia Tofoya described her experience with Greenlight in an email to the Wedge Newspaper. "I made the switch in February," writes Sonia Tofoya. "Cost to have them come in and line it to my house was \$75 which I was given the option to spread out over three months. Fifty dollar monthly payments come out of my bank account (no other options) every month. You will have to upgrade to a newer route only because the greenlight modem is a fiber connection not a coaxial. Depending on which one you get it could set you back anywhere from 75-\$200.00. I found a refurbished Linksys EA6500 AC1750 Smart Wi-Fi Dual-Band Router with Gigabit and 2x USB - (Certified Refurbished) EA6500-RM and paid around \$75 after shipping costs. I was able to reset the router and get it hooked up no problem. It works great! Tofoya sent additional advice: "You will be allowed 100 ft. of fiber line from the entry point of your house to your router location. Do yourself a favor and take all that line just in case you later decide to move your router to another area of the house. You can coil up an unused excess line in your basement if you're not using it. Might want to get the router before installation that way the service tech can hook it up while he's there. I didn't have the new router so I had to wait another week to get everything set up. And I hooked it all up myself."

The big networks dogs for the most part are keeping quiet although they do put in a few bad words about Greenlight as more and more residents say goodbye.

"We've heard that when people cancel, Time Warner [reps] will say



Greenlights Founder Mark Murphy

that we're new and we won't be around for long," said Wiederhold.

Greenlighter Jav Morales posted a humorous exchange he had with Time Warner when he opted to change to Greenlight along with posting bandwidth speeds (see sidebars).

Owner Mark Murphy said he knew he was starting his business in a time where there was a lot of change in the market. The response to Greenlight was "tremendous."

"I started to see that the Rochester market had lots of tech savvy, and they were looking for a choice. And I saw the opportunity was not being filled by the incumbents," said Murphy.

"As people increase getting their video content over the Internet—Netflix and Hulu—they needed a whole lot of bandwidth to stream in a quality way. So many homes are using tablets, phones, TVs, computers all at the same time."

Murphy hasn't needed to advertise his business. "It's all coming word-of-mouth. We're identical to the Google fiber model. Neighbor get door hangers, and they walk the neighborhoods to get people to sign on. Our biggest complaint is that we're not in every neighborhood. We're working with contractors and we're adding places quicker than we did last year, leveraging existing fiber networks to get out to more neighborhoods."

"It's lots of fun," said Murphy. "We're looking forward to moving into more neighborhoods."

Highland Library

continued from pg 6

Summer Reading program! Treats will be available while they last!

Adult Programs:

Book Group

Wednesday, June 24 at 7 p.m.
Join us for a discussion of Claire of the Sea Light by Edwidge Danticat. The interconnected secrets of a coastal Haitian town are revealed when one little girl, the daughter of a fisherman, goes missing. Registration is required. To sign up, please call 428-8206 or stop in at the Information Desk.

"Right" Your Resume

Friday, June 29 from 10 a.m. to noon

Learn when and why to use a Chronological or Functional resume. This workshop will put emphasis on the summary of qualifications, accomplishments, proper formatting and identifying transferable skills. Please note: this class takes place during closed library hours. Only registered participants will be allowed to enter into the building. To register, please call 428-8206 or stop in at the Information Desk.

Adult Summer Reading 2015

Sign up for Highland's Adult Summer Reading Program starting on June 22nd. A raffle will be drawn each week from July 10th through July 31st. One raffle ticket will be given out to each book reviewed with a maximum of four raffle tickets per person, per week.

Book Sale Fundraiser

Wednesday, June 24 and Thursday, June 25

Stop in to shop our book sale fundraiser! All books are 25 cents each. CDs and DVDs are \$1, magazines are 10 cents each.

July Programs at Highland Branch Library

Children's Programs:

Amazing Magic Joe

Thursday, July 9 from 1:30 to 2:10 p.m.

Join the Amazing Magic Joe for magic and fun!

Yoga Hero with Miss Lauren in Highland Park

Thursday, July 9 at 10:30 a.m.

Join Miss Lauren in Highland Park to stretch and play like a hero or heroine! Recommended for children ages 3 to 6 years old, siblings welcome.

Beach Songs and Stories with Missy Reed in Highland Park

Thursday, July 16 at 10:30 a.m.

Sing, play and read all about the beach with Missy Reed in Highland Park! Rain location: Highland Branch Library's children's room. Caricature Artist David Boyer
Wednesday, July 1 from 3 to 5 p.m. Have your portrait drawn by caricature artist David Boyer!

Adult Programs:

Book Sale Fundraiser

Thursday, July 23 from 10 a.m. to 6: & Friday, July 24 from 1 p.m. to 6 p.m.

Join us for a book sale! All books are .25 cents each, DVDs and CDs are each \$1.00 and magazines are .10 cents each. Proceeds go to the Highland Branch Library.

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.

Sharefest at Highland Branch

Friday, July 17 from 1:00 p.m. to 6:00 p.m. & Saturday, July 18 from 10:00 am to 2:00 p.m.

Browse our selected collection of cookbooks for the Rochester Sharefest. To participate; leave a cookbook and take a different one!

Book Group

Wednesday, July 29 at 7:00 p.m.

Join us for the discussion of *The Invention of Wings* by Sue Monk Kid. On Sarah's eleventh birthday, she is given ownership of ten-year-old Handful, who is to be her handmaid. We follow their remarkable journeys over the next 35 years, as both strive for a life of their own, dramatically shaping each other's destinies and forming a complex relationship marked by guilt, defiance, estrangement and the uneasy ways of love. Registration is required. Copies are available at the Circulation Desk.

Farm to Fork Interns

continued from pg 2

kets, Rolle and Howley will provide outreach in the South Wedge, 19th Ward, Plymouth/Exchange and North Union Street neighborhoods to connect residents with the markets and inform and inspire them towards healthy eating. The markets will also provide education and food demos with samples and recipes given out. Shoppers will be encouraged to share their healthy food and market experiences through photos and stories that will be posted on social media.

To learn more about the project, contact marketfriends@rochester.rr.com.

Remember Garden

continued from pg 2

The Remember Garden

Yesterday I saw a garden
not of flowers but of stone
filled with the souls of people
whose stories it finally told

People once jailed for some crime
Some went just because they were poor
Some were judged not sound of mind
and shut away behind locked doors

Once inside those doors
they were diagnosed the same
The staff gave them numbers
and took away the dignity of their names

Some were not able to adapt
to the life of their day and age
Some were treated like animals
and locked away in a cage

In this Remember Garden
we can hear their voices say
"Thank you for the dignity and respect
that we should have received in our days!"

By: Mary Lee Pifer



Poet Mary Lee Pifer (Photo by Kenneth Schoonover)

Pubcrawler

continued from pg 1

"dream" come true."

"I'm going to aim for July 10 in the South Wedge," Szal said. "It's a great thing for Rochester and the South Wedge to showcase all the wonderful businesses. Pedal Tours takes you to bars and restaurants you might not normally go to."

Szal's waiting for the next green limo in his line to arrive from overseas.

To book a ride, visit <http://www.buffalopedaltours.com>.



Happy Pubcrawlers

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Jav Morales posted "TWC Comedy Hour" conversation with Time Warner on Facebook when he called to cancel. (Printed with permission)



Jav Morales

6 mins · Rochester, NY

TWC comedy hour (aka things TWC said when I called to cancel):

1. Offered TW Ultimate (100mbps) for \$76/mo (all fees and taxes included) for two years.
"You know that's still more than Greenlight..." (did they think I would not notice? wtf!)
2. Said I had last gen cable modem and that my internet would get much better if I bought myself a modem for \$100 or so. Also, I would save \$8/month rental if I did that.
Silence and let that hang in the air... Thanks for ripping me off all this time.
3. "You know you won't really get those speeds."
"All the people on FB say they are getting those speeds."
4. "You know they are going to go out of business. They can't offer those speeds at those prices and stay in business. What are you gonna do when they go out of business?"
"I guess we'll be talking then..."
5. "You know they are going to raise their prices. What are you going to do when they raise their prices?"
"They just dropped the price of their gigabit plan from \$250 to \$100 per month. You, on the other hand, just raised my prices. So really..."
6. "Most routers can't handle that kind of speed. You won't see a difference."
"Yep. Looking forward to getting a new one."
7. "Even if the router handles that speed, wifi is not that fast. You won't see a difference."
"I have an ethernet connection to my computer which will be plenty fast."
8. "You know most computers can't handle those sort of speeds."
"My computer has two gigabit ethernet ports (true) so it'll be fine."

Oh TWC... if you had only tried that hard before I had options... 😊