

The Official Newspaper of the South Wedge Since 1982

Bivona Child Advocacy Center Opens in Historic Stone Landmark at One Mt. Hope Avenue



Bivona's Wall of Shoes act as a reminder of the many children of all ages who have suffered sexual or physical abuse (Photos by Nancy O'Donnell)

Nancy O'Donnell

Bivona Child Advocacy Center opened its doors in early September in Rochester's historic Old Stone Warehouse, built in 1820. Bivona purchased the property from ABVI in July 2012 and began a major renovation project on the building. It opened its offices in August of this year.

Renamed the Skalny Building at One Mt. Hope Avenue, the Center provides an on-site collaboration of social and legal agencies to "protect, treat and counsel child victims [of sexual and physical abuse] and their families, and to investigate and prosecute the abusers."

The agency grew out of its work with the National Center for Missing and Exploited Children Center in Rochester in 2001.

"We developed our own model

and concept of advocacy," said Founding Executive Director Mary Whittier. "We started with a steering committee of 11 people who met every other week."

The group consisted of people in social work, finance, law and insurance, all joined with the goal of helping abused children. By 2003 there was a board of directors, and a year later, Bivona opened as a nonprofit 501.C3 agency. It had a staff of three along with seven partners in law enforcement and nine in the helping professions. Twelve years later the staff numbers and partners have tripled.

"We're very team focused," said Whittier. "We're a small agency with big impact."

Before Bivona, abused children would often have to tell their stories—"reliving the trauma and be revictimized by the very system that was supposed to help them."

Within the new building, a sexual abuse survivor and family can see a doctor, be counselled, be interviewed and guided through the legal intricacies. According to its website, Bivona partners with Child Protective Services, law enforcement, the District Attorney's Office, Monroe County Law Department, Rape Crisis Services, Linden Oaks Specialized Assessment and Treatment Services, Catholic Family Center and the Referral and Evaluation of Abused Children (REACH) Program at Golisano Children's Hospital at Strong.

Along with helping a child during the aftermath of abuse, the Center also works on prevention and stocks a cupboard of diapers and toys. The new space allows the center to expand its mental health and victim advocacy service.

It also expands and co-locates RESTORE, previously the Rape Crisis Center. The building also houses a state-of-the-art training facility. Each year they hold the Bivona Summit on Child Abuse, a multidisciplinary conference on child abuse issues for professionals working with children. It's become the largest in the Northeast. Its Darkness to Light program with the YMCA trains adults in how to identify the risks and eliminate the potential for sexual abuse to occur. Finally, Bivona included a Wellness Center for its staff, "taking care of the caregivers," said Whittier.

The renovation of the 1 Mt. Hope Avenue, listed in 1973 on the National Register of Historic Places, was made possible through a \$500,000 gift from the Joseph and Irene Skalny Charitable Trust and 444 private and corporate contributions from the community. Bivona raised \$5.3 million dollars in three years to renovate.

The Facts

While Bivona is committed to its work, it would happily close shop if child sexual and physical abuse was ended. Here are sobering facts to consider:

One in 10 children will be sexually abused before their 18th birthday.

Only 10% of sexually abused children will ever disclose their abuse as a child.

Most children keep the abuse secret because 90% of abusers are someone they know, love and trust.

In 2012, Bivona Child Advocacy Center evaluated 1,600 children, 43% are under the age of 7. More than 12,000 children have been evaluated at Bivona since its inception on August 1, 2004. More than 1/2 of the children evaluated come from the suburbs.

How You Can Help

If you suspect child abuse, Bivona suggests to "trust your gut," and call NYS Child Abuse Hotline (1.800.342.3720). In Monroe County, call 585.461.7800. Make an appointment at Bivona at 585.935.7800.

Suspect child sexual abuse but are unsure? Bivona's Be Brave Helpline offers trained professionals who will listen to your concerns, offering their expertise on the signs of child sexual abuses and can support you if further action is needed. "It takes courage to make a difference."

Be Brave Helpline – 1.844.BE-BRAVE.

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The South Wedge Farmers Markets closes the Season with a burst of glorious orange (Photo by Nancy O'Donnell)

South Wedge Farmers Market Ends a Successful Season

Jesse Knoth, Market Manager

What a great market season! It's hard to imagine that it's already the end. It seemed like just yesterday that we got off to a literary bumpy start to the season in an open field next to the Genesee River and the Time Warner parking lot. After shifting into Genesee Gateway Park, it's been smooth sailing. Our weather plan (my insistence that it won't rain on the market) has held up almost every week. We've beautified the park's entrance garden bed with the help of University of Rochester student volunteers on Wilson Day, brought local politicians seeking public office to the market for Candidates Night, enjoyed music from wonderful bands and experienced tasty cooking demos from local restaurants and volunteers. During College Week we welcomed students from RIT, U of R, MCC and other local colleges. We enjoyed wonderful locally grown fruits and veggies, naturally raised beef, pork and chicken, fresh baked sweets and breads and more from all of our wonderful vendors. And of course, we could not have had this season without YOU, our loyal market shoppers, who came out every week, with shopping bags in hand and smiles on your faces, whether alone or with friends or

family.

We still have a few more weeks left until closing day on October 15. The local harvest is in full swing, so don't miss out on all the great fall products: apples, squash, beans, beets, potatoes, corn, onion, garlic, With Halloween fast approaching, make sure to come to the market to get your pumpkins for jack-o-lanterns and other fall decorations. We'll continue to have great bands lined up for you including: *Cos & Lindberg, The Kitchen Sink, & the Boomer Bros.* For our EBT shoppers, we will be continuing both our matching programs through the end of the season. So don't miss any of the last weeks of the market.

As we draw our season to a close, we ask that you share your memories with us. What was your favorite part of the market this year? The best recipe that you tried? Or a new food? Write us if you'd like to get involved with the market, too. You can share on our Facebook page or e-mail us at info@swfm.org.

So here's to the next growing season! Opening day of 2016 will be here before you know it.

Enjoy photos from the Market on Page 16.

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Parkland and playground near the Genesee River
(Photo by Judy Bennett)

Local Waterfront Revitalization Program Update

Judy Bennett

The Local Waterfront Revitalization Program (LWRP) is the official statement of land use and development policy for the city's waterfront areas. It was initially prepared by the City Planning Office and adopted by City Council in 1990. The purpose of the current project is to update the city's LWRP and expand the boundary of the plan to include all of the city's waterfront areas along Lake Ontario, the Genesee River and the Erie Canal. The South Wedge portion includes the area surrounding Mount Hope Avenue and the Genesee River.

The update will identify new waterfront policies and recommendations that will serve as a guide for future development and infrastructure improvements and will help leverage potential funding opportunities.

After two mandatory public informational meetings about the LWRP required in the contract with the New York State Department of State (NYS DOS), the draft document was submitted to Albany for review and approval. It is also available for public review and comment on the project web page: <http://www.cityofrochester.gov/lwrp/>

One of the charts (page 232) generally references a potential mixed-use development along Mt. Hope Avenue between Hamilton

Tower and the Time Warner property, part of which includes the Genesee Gateway Park and the South Wedge Farmers Market. According to Doug Benson, Associate City Planner for the City of Rochester, this type of mixed-use development could include a type of "water-enhanced restaurant" along with other appropriate mixed-use development along Mt. Hope itself and would help to create and encourage a more active urban street environment. The remainder of the site (nearer to the river) could be utilized for active/passive recreation, trail access or other public open space uses. He notes that this project is only conceptual in nature, and any actual development would have to be consistent with the overall LWRP including its policies, goals and generalized land use recommendations.

Benson anticipates that the DOS comments on the draft will be received by early Fall. That material, along with other public comments, will be incorporated into the final document during the next few months. There will be a third public hearing at the end of the year (probably in December) when the final document is submitted to the City Planning Commission and Rochester City Council for final review and approval. A specific date for the last public hearing has not yet been set.

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.

Founded in 1978, SWPC acts as a conduit for federal or state repair grants that help 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 us at 256-1740 or e-mail jpage@swpc.org.



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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 5300. 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.

The Wedge Gets Read!

Ad deadline for Dec/Jan. 2016 issue is Nov. 16.
Call for rates:
256-1740, ext. 105
or 978-9638

The South East Area Coalition Needs You!

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.

The South Wedge Planning Committee, Inc. South East Area Coalition

October/November Calendar 2015

Meetings are held at 224 Mt. Hope Ave.

The community is invited to attend all meetings.

SWPC Board Meeting
nathaniel.mich@gmail.com
Tues. 10/20 & 11/17, 6 p.m.

SEAC Board Meeting
coconnor@hselaw.com
Tues. 10/12 & 11/10, 6:30 p.m.

Community Engagement (Neighbors & Block Clubs)
jknoth@swpc.org
Wed. 10/21 & 11/18, 6 p.m.

Housing & Structures Meets bimonthly
Wed. 11/4, 5:30 p.m.
To confirm e-mail donna.roethel.lenhard@gmail.com

Finance Team
tsciarabba@hotmail.com
Wed., 10/14 & 11/11, 12:30 p.m.

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



City South Ave. Rec Center at Calvary St. Andrews

The South Avenue Recreation Center has moved into Calvary St. Andrews Church on 68 Ashland while its location next to School 12 is being renovated. The Center expects to return to its former home sometime in January 2016.

"Currently we are here Monday through Friday from 2 - 9 p.m.," said Joe Diliberto, Center director. "We offer homework

helpers and Foodlink meals for youth 6-18 years old. We also have video games, Tae Kwon Do classes, arts and crafts, movies, cooking classes, field trips, Youth Council, Youth Voice One Vision, reading, outdoor play activities and table games.

The Center has room for more children, so please spread the word. "Come and join us!" said Diliberto.

The Wedge Newspaper

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



Al Sigi Walkabout 2014 at Eastview Mall (Photo courtesy of Al Sigi Center)

Al Sigi Center Walkabout Puts Fun into Fundraising

Peggy Fortune

The Al Sigi WalkAbout brings the entire Al Sigi Community together for a memorable morning of inclusion and abilities. On Sunday, October 25, friends from each of Al Sigi's six Member Agencies will fill Eastview Mall, celebrating friendships old and new. Last year, Jessica, dressed for the Halloween-themed event as Princess Jasmine, stopped to say hello to another princess, five-year old Grace. Grace attends CP Rochester's Augustin Children's Center. The two admired each other's choice in outfits - the costume contest is an event tradition - as pirates, robots, mummies and more were cheered on by the

crowd.

For Tom, who also takes part in CP Rochester's programs, the best part of WalkAbout is asking people to get involved. Each year, he sends out letters asking friends to sponsor his team. For years, Tom and Kat, who works at CP Rochester, have raised funds for a specific purpose.

"We see the benefits of WalkAbout each day in our PT clinic," says Kat. "I love seeing all the agencies together on the day of the event, but for me the best part actually comes after WalkAbout when the new equipment arrives, and I can see our clients using it!"

WalkAbout is Al Sigi's

largest fundraising event each year. Funds raised benefit Al Sigi Member Agencies serving tens of thousands in our community. Adult registration is \$20; children participate for free with a parent or other adult registrant. All walkers and rollers receive a t-shirt, breakfast, and entertainment including candy stations, face-painting, and free team photos. Registration begins at 8:30 a.m. Registration begins at 9:30 a.m. Registrants may choose to raise funds for the entire Al Sigi Community or a specific Member Agency - CP Rochester, Epilepsy-Pralid, Medical Motor Service, the National MS Society, Rochester Rehabilitation, and Rochester Hearing and Speech Center. To learn more visit alsigi.org.

Park (ing) Day Brings Pop Up Playground to Downtown Library



Jesse Knoth, SWPC's community engagement specialist, helped out at the Pop Up Playground

On Friday, September 18, the space next to Rundel Memorial Library, normally filled with concrete and parked cars, was transformed into a pop-up playground for adults of all ages to experience what a playable Rochester could look like. The event was part of Park(ing) Day, an international event celebrated in 163 cities around the world to bring attention to ways to use our land and urban space in smarter ways.

"Changing our view on how we

use public space is key to creating vibrant, walkable communities," said Jesse Knoth, South Wedge Farmers Market manager.

"Do we want a neighborhood filled with empty concrete parking spaces most of the time or a community with green space where people can interact with their neighbors and businesses while they stroll to their destination?"

The pop-up playground was

created by Healthi Kids, an initiative of the Finger Lakes Health Systems Agency, as just one of a series of events they will be bringing to Rochester through the Play ROCs campaign. Healthi Kids has been advocating for a more playable city through its work in neighborhoods and with city residents since 2010.

Play ROCs is a movement to build awareness about the need for more play opportunities in and around the city. The event showcased ideas like playable sidewalks and bus stops, colorful crosswalks, and building play infrastructure using repurposed items.

"It's time for our City to take a stand on play and incorporate it into everything we do," said Dina Faticone, Director of Healthi Kids. "Not only does play benefit kids in a myriad of ways, but it is good for adults too. It can even be the backbone to improving our neighborhoods and can contribute to economic development."

It all starts with sharing ideas, so visit healthikids.org or share with us on social media your vision for making Rochester a playful city using #playROCs. To learn more, contact Healthi Kids at info@healthikids.org.

Highland Hospital will hold a Public Landscaping Discussion on Oct. 22 at the NBN6 Meeting, 5:30 p.m. Olmsted Lodge, Reservoir Ave. in Highland Park. Neighbor comments on the types of foliage to be planted around the hospital will be appreciated.

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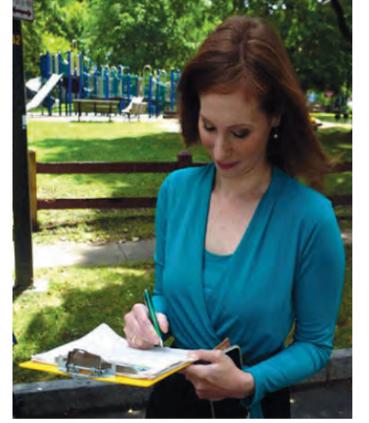
Since mid-summer, over 150 participants have now pledged to become Neighborhood Pace Car drivers. Our initiative was brought to Rochester by the Highland Placemaking Team and adopted (and funded) by the City's SENS as one aspect of the Voice of the Citizen project.

In 2015, Reconnect Rochester also joined our efforts to promote the Pace Car program and respect for pedestrian and bicyclists. They have enhanced the local discussion of the broader issues of traffic calming and residential quality of life with a new online presence entitled "Street for the People".

Pace Car stories have been featured on local TV (WROC TV reporter Rachel Barnhart took the pledge while covering the story) and the newspapers.

Take the pledge yourself online at calmroctraffic.com or at other locations in person and join this growing trend. Our site also has links to related resources. Meanwhile Neighborhood Pace Car pledges have come in from every area of the City and include at least two for mobile wheel chairs!

"For more information, con-



News Journalist Rachel Barnhart becomes a Pace driver at Ellwanger Barry Park

tact the Highland Placemaking Team at calmroctraffic.com or visit us (as well as "Streets for the People") by using the attached QR code links"



Swillburg News



Swillburgians, and those who wish they were, celebrated the 40th anniversary of their neighborhood's beating back the 490 Expressway and saving a community. The event was held at the Artisan Church on October 9.

Food and drink was catered by

The Owl House /Swillburger.

To learn more about how the little pig that could beat back big city developers, read Mike Henry's "The Salvation of Swillburg" in the August/September issue of the *Wedge Newspaper*. (www.swpc.org).

NeighborWorks Home Sweet Home

On Thursday, November 5, Home Sweet Home, a cake auction to benefit NeighborWorks® Rochester will be held at the Rochester Colonial Manufacturing Showroom, on Lyell Avenue.

Last year's event featured more than 50 cakes and other culinary creations.

Home Sweet Home is a sweet way to support the agency's wide range of services supporting neighborhood stabilization through homeowner education and counseling, strategic lending, neighborhood revitalization and energy conservation.

Organizers say it will be a fun event featuring an auction of cakes and other confections donated by area bakeries, along with food, live music and great networking.

This year NeighborWorks® Rochester's focus is on the strong women in our community that strive to improve their financial well-being by becoming homeowners.

Each year, approximately 42% of the people who start their journey down the path to homeownership are single women, usually the head of their households, who have



made a commitment to create a better life for themselves and their children. Your participation in this event would send a strong message to our community that you're just as committed to the success of these families.

Donations are not limited to cakes, NeighborWorks will also accept cupcakes, pies and other confections. This opportunity can also be a fantastic way to showcase your pastry-making talent prior to the holidays! Of course, we want you to be successful in promoting your business, as well!

Cakes will be in competition and guests will vote on desserts that most closely aligns with the theme of "Home Sweet Home" and crowd favorite. Winners will be highlighted on the NeighborWorks® Rochester Facebook page and at the event. Tickets are \$10. For more information, contact Kelly Hallenbeck at khallenbeck@nwrochester.org or 585.327.4705.



Rev. Nickoloff

Rev. Matthew Martin Nickoloff

"I want to make this city something better than it is, something beautiful."

You're probably reading this publication, likely living in this wonderful neighborhood, because you share such a sentiment. I've never seen a place where the city's municipal logo features so prominently as tattoo art-of-choice. South Wedge area residents, and Rochesterians as a whole, love their home, knit together in our diversity by a desire to see our community thrive.

It might shock you, then, to learn that the quotation above comes not from a hero, but a super villain. His name is Wilson Fisk, aka the Kingpin, and he is the main antagonist of Netflix's recent hit series, Marvel's Daredevil, based on the comic of the same name. Now, the show's pretty violent, gruesome even at times, so as a priest I'm not sure I can formally recommend it. But even so, I found it to be a masterful piece of storytelling, primarily because of the ways in which it blurs the lines between its hero --blind public defender Matt Murdock by day and super-senses empowered do-gooder by night - and its villain around the question of what makes for a good city - and what means are acceptable to bring it about?

Because in the end (minor spoilers, though of course I didn't recommend you watch it, right?) both the hero and the monster want the best for their city. Both are fed up with the constraints and corruptions of the legal and political systems, and decide to take the restoration of their beloved neighborhood into their own hands. Both make use of brutal, sometimes fatal, force in order to achieve their ends. And despite their best efforts, both unwillingly drag the people they love into their web of destruction and death.

There's more than a little of the

Life Together - The Daredevil Dilemma

devil in both Fisk and Murdock. And I think the show resonates and disturbs us too, because the obligatory cliché villain taunt "we're the same, you and me" deftly unmasks the little bit of devil in us too. Like Fisk and Murdock, we too might have a vision for a better more beautiful city. We often feel this desire very deeply. We are concerned that others notice us feeling this desire deeply and sincerely. And often, if we're honest, we're prone to act in self-seeking, self-promoting, sometimes even harmful ways, in the name of our good intentions.

As a church planter, I often find myself torn by this tension, this battle between wanting to selflessly serve, and selfishly self-promote. It's become rather par for the course in church outreach methodology to use the slogan "we just want to love this city," to utilize service projects themselves, as a strategy for attracting new members. And on one level, it's as it should be. No church is worth attending if it's not cultivating the life of the community in which it's rooted.

And yet, I've always been uncomfortable with this tack. I'm of the personal opinion that "service" and "self-promotion" should always be separate. Doing something nice for the community is its own reward, regardless if anyone notices. And when we want to tell people about our church, well, we should be confident and forthright about that too. One is not the means to the other. God knows the church has already done plenty in its history to justify people's understandable suspicion of our sincerity.

That being said, the church has by no means cornered the market on hypocrisy - as a friend of mine likes to say, yes, the church is full of hypocrites, but there's room for plenty more! Because if we're honest with ourselves, whether we are a politician promising change in exchange for votes, businesses taking advantage of the marketability of social concern for the sake of market share, or simply clicking "like" in support of the latest humanitarian crisis whose hashtag has gone viral in our newsfeed, we're all caught in the Daredevil dilemma between a sincere desire to promote good, and the constant anxiety to be noticed promoting that good.

Do we really have a vision for

a better, more beautiful Rochester that we are willing to sweat and bleed for with our actions, regardless of whether others notice? Or, is the vision we are promoting a vision of ourselves we desperately want others to buy into, a vision that desires others to see us as good and caring people - a vision we project outwards to blind others to our self-promotion masquerading as service?

The protagonist of Daredevil may have miraculous super-senses that help him transcend the challenge blindness, but as for us, we remain shrouded in the darkness of our own good intentions, believing we are heroes when too often, our actions prove us villains, sincerely desiring the best for our city, while seeking only the best for ourselves even at our most magnanimous.

There are no superheroes to save us from this dilemma. But we can, at the very least, take up the challenge to ask ourselves, am I seeking to serve, or to self-promote? If I say I care about this cause, this community, this city, will my next step be a committed action, or a complaint that someone hasn't noticed my good intentions and my exemplary citizenship yet?

I know I will continue to wrestle in the darkness of my own heart with these devils. I am far less willing to act, far more willing to self-promote, then I would like to admit. But I also believe that in honestly naming and grappling with these shadows, I'll also discover the truer light that's meant to shine out, in spite of my shortcomings. I may not get the buzz of wanting a better, more beautiful Rochester. But I hope I'll start to discover the freedom of a better, more beautiful, more honest and more available heart, which might just be the first stone needed for the road to the neighborhood we all hope for and need.

Life Together is a regular column devoted to exploring questions around place-making and community-building.



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St. Joseph House of Hospitality Readies its Emergency Shelter for Winter Guests

Jasmin Reggler

As cold weather approaches those without a home will be seeking shelter. St. Joseph's House of Hospitality will open its doors starting Oct. 6 for those in need.

This year we are accepting up to 20 guests in our men-only shelter. Guests will be able to stay the entire shelter season (October-April) provided they follow a few simple SJHH rules. During their stay, workers will help guests to find permanent housing along with other services they may need.

We will need volunteers to help with the shelter in the coming months. Duties include overnight support, sleeping at the shelter along with a Catholic Worker on staff. We are also looking for people to bring in a meal at night for our guests.

If you are interested in learning more about St. Joe's and volunteer opportunities, please call 353-9882. You can also email me at jreggler@saintjoeshouse.org.

Use them or Lose Them!
Remember to remember your neighborhood's local business as you start writing your holiday gift-giving lists. Last winter took its toll, and they need your support now more than ever on Sat., Nov. 28th.

SMALL BUSINESS
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NOV 28

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Out and About



Painted Zeros play Mission Hall on December 4

Live at Mission Hall - Free Concert Series

On Nov. 6- **Susanna Rose and Tyler Pearce.**

Jakob Augustine performs with **Matthew Nickoloff** on Saturday, November 7 at 7:30 p.m.

November 27 brings **Three Man Cannon and cherry.** On Friday, Dec 4, **the Painted Zeros, Secret**



Tyler Pearce plays Mission Hall with Susanna Rose on Nov. 6.

continued on pg. 13



Radio Gnome Show DJ Greg Newton (Photo by Sally Caparelli)

WAYO 104.3. Broadcasting Soon

Greg Newton

Get ready for a new community radio station, WAYO 104.3. It will be broadcasting on the internet and over the airwaves beginning some time very soon

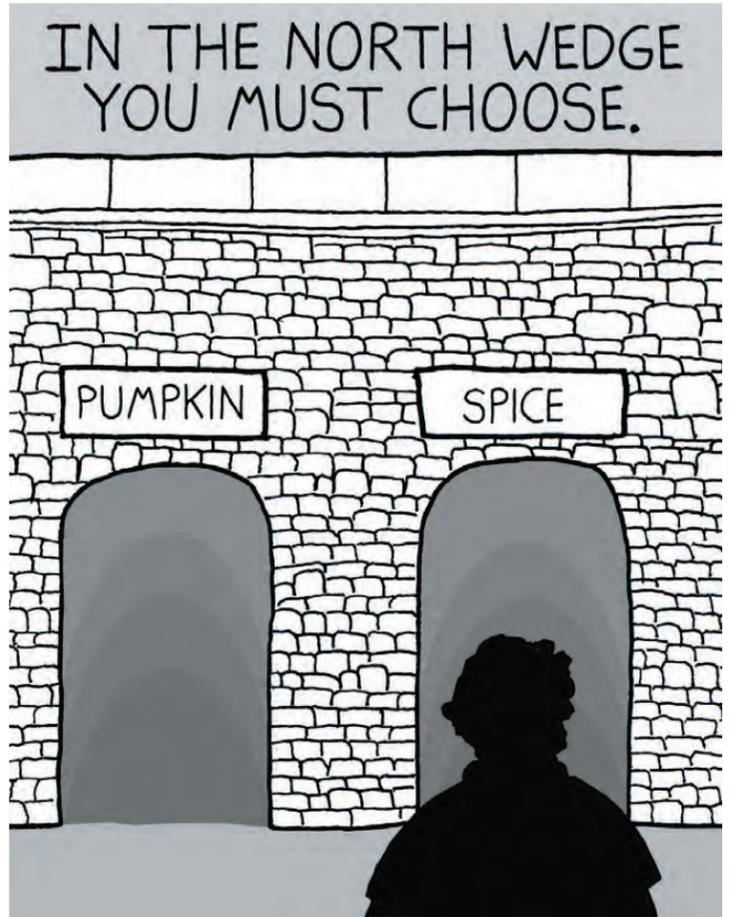
This is a format-free radio station (Think of WSAY--if you are old enough and have been in Rochester long enough to remember) that will broadcast all kinds of music you won't hear anywhere else in Rochester.

I'll be deejaying the "Radio Gnome Show," (The name is a reference the 70's Psychedelic/Prog Rock band Gong's Radio Gnome Trilogy).

The Radio Gnome Show will be a format-free show on a format-free radio station, a show for music lovers who are open-minded and like all types of music: Bluegrass, Avant Garde, Jazz, Jam Bands, Reggae, Musique Concrete, Small "I" Improv, Classical, Electronic, Minimalist, Progressive Rock, Folk, African, Rock, Tango, Salsa, Klezmer, Grateful Dead, Blues, 70s Funk, Spoken Word, and more. Hope my friends on Face Book will spread the word about the station and my show. To learn more, visit www.wayofm.org.



Way out, right here



The North Wedge by Justin Hubbell



A crowd got their holiday groove on at Beer & Carols 2014

Mark your Calendar for Beer & Carols at Tap & Mallet, on Sun. Dec. 13, 281 Gregory Street courtesy of the South Wedge Mission. Visit Facebook for more information.

BASWA's Night of the Living Wedge



Bob Boyd has lost weight and Wedge editor Nancy O'Donnell later married but both enjoyed Night of the Living Wedge in 2011

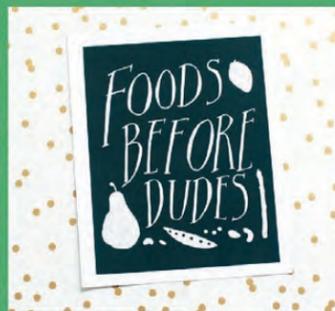
The Business Association of the South Wedge Area (BASWA) holds their annual Night of the Living Wedge on Thurs., October 29. Plan on howling good fun that begins at 7 p.m. and continues at bars throughout the South Wedge. Half pub crawl, half costume party, each year it gets bigger and bigger and better.

Cash prize of \$100 for best costume, (Sister Nancy and Bob the Suma Wrestler did not win in 2011), raffles and much more along the way. Full details will be available on the Wedge Newspaper Facebook page (please like us) closer to the date.

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New, Improved Highland Market Opens In October

COMING SOON!

HIGHLAND MARKET

BAKERY & DELI

830 SOUTH AVENUE
CORNER OF SOUTH & LINDEN

Convenience just around the corner!

Owner Danny Stefanou realized his dream to rebuild a bigger and more beautiful Highland Market on the corner of South Avenue and Linden Street.

The two-story stone building includes a small coffee and soft ice cream shop at the entrance along with the market offerings. "We will keep the ice cream parlor

part open all year," said Stefanou. "We'll have lattes and small sandwiches, too." He also promises traditional Greek dishes like souvlaki and gyros.

Farther inside, under a bright Grecian blue painted ceiling, the market includes a deli with "a large selection of meats and cold cuts," said Stefanou, and "big

fancy 6-ft. tall coolers" that house the dairy products. Nearby are produce, freezer and canned goods.

"There's lots of light from the windows," Stefanou added. He also is considering having small tables outside when good weather returns, "If the neighbors go for it. I will go for it."



The Highland Market's ceiling is a blue as a Grecian sky. (Photos by Nancy O'Donnell)



Sidewalk dining may be an option in next year's warmer weather.

Shaggy & Chic Adds Doggy Boutique

Nancy O'Donnell

Kim Webb's Shaggy and Chic Pet Span has added locally made doggy fashions (dresses, sweaters and fleece coats) to the mix.

"They're all handmade," said Webb. "I'm carrying Dawn from Bum's Golden Needle and Cathy Heffer from Codsey Knits.

The fashions come in small and medium, but Webb says since the fashions are custom made, she's sure the designers could accommodate larger sized dogs.

Webb also added pet related cards from Virginia Stevens Chase just in time for the holidays.

Along with basic grooming,



Webb also decorates dogs in time for Halloween. She can create a leopard print, colored ears or tails using pet safe, non-toxic tempo-

rary dye. Webb also carries collars and leashes at the shop. 1010 Clinton Ave S, (585) 355-4761.

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Lovely A. Warren, Mayor
Rochester City Council

Expect fun when South Clinton Avenue Goes Batty on October 24. Events for the whole family will be held up and down the avenue, from Gregory Street to South Goodman Street from 1-4 p.m.

Rochester Mayor Lovely Warren kicks off the event at 1 p.m. (location to be announced). From 2-4 p.m., MGOS/Ashford Ballet (700 S. Clinton) hosts a Spooktacular. Bring the kids for games, face painting, crafts, karaoke, pumpkin painting along with a special appearance of Princess Elsa and Anna. At the other end of the batty avenue, The Angry Goat Pub will be the place to bob for

apples.

Throughout the afternoon, children can enjoy free events: a bounce house, pony rides and Rec on the Move will be on hand. All can also learn about fire safety (846 S. Clinton).

A scavenger hunt for kids 12 and under will be held, and if they complete the hunt, they'll receive a free pass to the 4 p.m. showing of *Hotel Transylvania* at 4 p.m. at the Cinema Theatre. Tickets for others are \$3. Everything else is FREE!!

A special treat for adults will be an 11:30 p.m. showing of the *Rocky Horror Picture Show*.

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Talking with My Mouth Full

The Soup Spoon at College Town

Nathaniel Mich

When searching for new-to-me restaurants to write about, I'm always craving the idiosyncratic, the tucked-away, the restaurant that tells me something about the community in which it lives. I didn't expect to find any of that in College Town. The manufactured Main Street look, the PILOT agreement, the Hilton - heck, even the transilluminated signs - all brought to mind Dante's warning: "abandon all hope, ye who enter here."

Well, if you can forgive my melodrama, allow me to be the first to say that, happily, partially, I appear to be wrong. Tucked in between the Starbucks and the Yotalities and the Moe's are a smattering of local, independent businesses. I had the pleasure of dining at one of them recently: a Cambodian comfort food restaurant called The Soup Spoon.

From the outside it doesn't look like much. But while it is said that we eat first with our eyes, at the Soup Spoon, the nose leads the way. Even before we found the front door, the aromas found us. This olfactory landscape swayed and shifted as we were led to our table, layers of ginger, coconut, garlic and soy changing with each party we passed. The restaurant is not

large, maybe a dozen tables, and was lively with families and the gaggles of university students to whom College Town caters.

This was my first time eating Cambodian food, so I was excited for what I might find. While Cambodian food is closely related to Vietnamese and Thai food, it has its own twists and turns. I was excited to see several unfamiliar dishes and new ingredients in a menu structured around familiar themes and types of dishes.

As the name might suggest, The Soup Spoon specializes in, well, soups. And that was just what we needed on a chilled and incessantly rainy late summer day. My two companions and I each ordered a different kind of soup or stew. First was the katiev - pho in a Vietnamese restaurant - with steak and extra noodles and broth. The bowl of house-made beef broth (vegetarian broth available) was filled with long rice noodles and strips of beef, and dotted with sliced jalapeno. Like pho, the katiev was served with fixings on the side, with a few key substitutions: alongside sprouts and scallions, there was lemon and cilantro instead of lime and basil, and no hoisin or sir. The result was a soup that's lighter, brighter and milder soup than the phos we're used to,



Somlar Machou Sachko (Photo by Nathaniel Mich)

though still tasty. Even with the extra noodles and broth, it wasn't a gargantuan bowl; I'm curious to see what the standard serving looks like (kid-friendly sizes are also available).

Companion #2 ordered the babar, a traditional rice porridge served with chicken and wide rice noodles. This is true Southeast Asian comfort cuisine, something that she grew up eating, and more unusual to find on menus. I really enjoyed this dish: thick, rich and aromatic, it spoke to some of the universals of comfort food - steaming and flavorful bowls of stick-to-your-ribs starchy foods. The rice noodles were a departure from the Vietnamese babar that she's used to, but we appreciated the multiple incarnations of rice in one dish. While both the babar and the katiev were good rainy day dishes, they were also both fairly monochrome. It would have been nice to see more color in the bowls: a sprig of cilantro or some julienned

pickled vegetables, perhaps.

I ordered the Somlar Machou Sachko, a spicy beef stew with tomatoes, peppers, eggplant and celery, served with jasmine rice. Deep red with the droplets of fat on the surface that promise good things below, it was, like everything else in The Soup Spoon, highly aromatic. (I got so excited while trying to photograph it that, in a display of the dangers of today's spectator food culture, I dropped my phone in it. The phone was fine, my dignity a little bruised.) The Sachko - is it alright if I call you Sachko? - was as beef stews worldwide should be: rich and deeply flavored, generously meaty but with plenty of veggies, and just a touch of a rounding, gentle heat. Mixed with the rice, a deeply satisfying dish, and one that ended too soon.

A few other notes. Local ingredients, especially Seven Bridges Beef, are highlighted on the menu, which was really nice to see--I

hope that list grows. The Soup Spoon offers a selection of a dozen or so organic Rishi loose-leaf teas, most of which are served in a single-serving carafe that drains and strains into the teacup when placed on top of it. My companions ordered the Masala Chai, which comes mixed with milk and sweetened. It was offered either hot or iced, and while they chose hot, it arrived a definite lukewarm. The slender pork egg rolls that preceded my sachko were made in house and well flavored - each component both distinguishable and in harmony with its neighbors.

Well, College Town, perhaps I judged you too harshly. Your architecture is insipid and heavily subsidized by taxpayers, but it does contain some gems that I'm happy to support, among which I can now count The Soup Spoon. Lastly, I love it when I can close a review with a dish that I'm eager to try next time. In this case, it's what appears to be the sachko's greener, tangier cousin, the Somlar Machou Yune, a tamarind soup with pineapple, tomato, chayote squash, basil and the tropical herb recao. Thankfully, Rochester will be only too eager to provide plenty of chilly and gray days that pair so nicely with a good bowl of soup - or a Soup Spoon.

The Soup Spoon, 1378 Mt. Hope Ave., 244-7166. Hours: Monday, 11 a.m. - 3:00 p.m. Tuesday - Saturday: 11 a.m. - 10 p.m., Sunday: Closed



Highland Park Conservancy Tours

Saturday, November 7, 2015 - 10:00 a.m. - Tour of the Veterans' Garden

One of the veterans who maintain the Veterans' Garden will lead us on a tour of the Veterans' Garden, at a very appropriate time of year. Meet at the Veterans' Memorial Parking Lot, off South Avenue, just north of the Al Sigl Center.

All tours and events are free of charge. Just wear your walking shoes!

December 2, 2015 - 5:30 p.m. to 7:30 p.m. - The Holiday Party.

Join us for the Seventh Holiday Party at the Conservatory.

We will have refreshments, conversation, and the opportunity to see the Conservatory bedecked in all its holiday finery.

The party is held at the Lamberton Conservatory, 180 Reservoir Avenue, Rochester.

Young Audiences Hosts first Artists' Stroll

Young Audiences of Rochester, NY and Honorary Chairs Betsy and John Carver are excited to host the 1st Inaugural "Artists' Stroll" at Artisan Works, on Thursday, November 5, 5:30 - 8:30 p.m.

A magical, innovative evening of art and adventure is also a fund raising event to benefit the arts partnership between Young Audiences (YA) and Renaissance Academy Charter School of the Arts (RA). A stroll through Artisan Works reveals stunning salons and spaces that are transformed into mesmerizing mini suites featuring theatrical and musical performances and displays by some of the best YA has to offer, and provides guests with a 'Taste of YA's full roster of talented Teaching Artists who change young lives by bringing arts and education to educational sites in our 19-county region year round. RA students will be performing at the event as well, showcasing their arts learning and demonstrating that cultivating an

early and lasting love for the arts is essential for academic success and personal growth.

For over 50 years, Young Audiences of Rochester, NY (YA), the largest, most comprehensive, multi-modal nonprofit arts learning organization in upstate NY, has been the premier resource and provider of award-winning, innovative, quality arts learning experiences for children and youth. Its primary mission is to use the arts for life-long learning, with a vision of preparing generations of critical thinkers, innovators, and responsible citizens, prepared for life and work in the 21st Century global marketplace. In 2013-14 YA provided 118,959 arts experiences for students - an increase of 43% from the previous year. Additionally, we delivered 275 performances, 3,356 workshops and residencies to students in 104 schools in urban, suburban and rural communities in 13-counties representing audiences from culturally and socio-econom-

ically diverse backgrounds.

Renaissance Academy Charter School of the Arts, chartered by the New York State Department of Regents is located at 299 Kirk Road. The school is the only elementary school of the arts outside NYC. It currently enrolls 249 K-3rd grade students and will grow to a K-6 school with a total student population of just under 500 students. Over 92% of students are from the Rochester City School District with the remaining students coming from suburban Monroe County. 86% of students qualify for free or reduced lunch and approximately 16% of students qualify for special education services.

Event tickets may be purchased www.yarochester.org/support-donate.php or by mailing checks made payable to Young Audiences of Rochester, NY to 274 N. Goodman Street, Suite D242, Rochester, NY 14607.





THE PURPLE PAINTED LADY
Opening at 650 South Ave. Rochester in July 2015!

Purple Painted Lady Joins South Wedge Business District

Nancy O'Donnell

Fresh from her Purple Painted Lady Festival, an annual September event that draws thousands to her farmhouse in Macedon, owner and paint artist and decorator Tricia Kuntz is ready to turn her attention to her fourth shop and first in the South Wedge.

The Purple Painted Lady shop carries an exclusive brand of paint by Annie Sloan, an decorative artist who authored books, and according to her website, “transformed the world of furniture painting with the creation of her own brand of decorative paint, Chalk Paint.”

Long before she met Annie Sloan, Kuntz’s love affair with art began in high school at Greece Olympia in the late 1980s. She kept up her love affair with paint when she entered college.

“I was an Art Major in Alfred College, but when I got out I wanted a job that would support me, so I went into mechanical design,” said Kuntz.

After graduation, she took a

job as an operation manager at an area software firm, met and married her husband, Steve, in 2002. The couple now has a ten-year-old daughter Danni.

[After Danni was born] I was a stay-at-home mother. I painted murals on her bedroom walls, then starting painting them for family members. My husband finally said to me, ‘you’re happy when you do this,’ so I started doing more. “

Soon her work was in high demand. She estimates she’s painted some 350 murals in the Rochester area during that period.

“I started out painting children’s room, basically anything they wanted-- Dr. Seuss, the Little Engine that Could.

Soon she added furniture to her accomplishments and enjoyed that she could stay at home while she painted. She also discovered during this time that the latex paint she used came with an the attendant 12-24 hour wait time to dry. She was thrilled when she discovered Annie Sloan paints in

2010.

“I was painting mostly dressers, custom furniture, and I ordered her paint. I had it shipped to me, and it was an amazing product. When I find a product that works I become very passionate about it. I discovered this paint was the bomb.”

Soon Kuntz was in training with Annie Sloan and became a distributor of the paint today manufactured in Kansas City, Missouri. She taught a workshop in Boston, and developed a following through social media that now allows her to open her fourth store.

“I don’t do marketing,” said Kuntz. “If people love [the product], they post photos on Pinterest, Instagram, Facebook. “ With close to 40,000 followers on Facebook, Kuntz is confident of success.

“Our focus is on customer service,” said Kuntz. “All our people are extremely knowledgeable. They can tell you how best to paint and use the topcoat. They can help you with any of your needs.”

The South Wedge store joins Purple Painted Ladies in Macedon, a “satellite shop” on West Ridge Road and Baldwinsville outside Syracuse.

Kuntz is already planning special workshops at her South Wedge store at 650 South Avenue. Current South Wedge hours are 12-6 p.m. Monday-Wednesday and 12- 8 p.m. Friday/Saturday.

“No one works on Sunday,” said Kuntz.

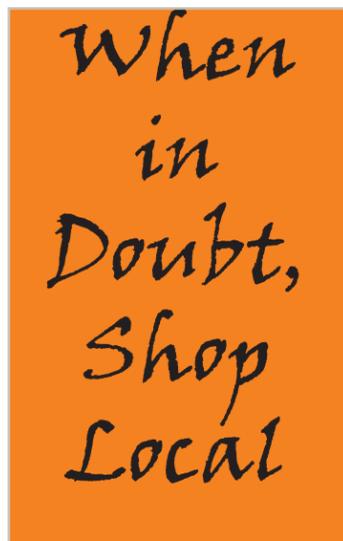
The Purple Painted Lady is planning a Grand Opening later in October. Visit her website (thepurplepaintedlady.com) or on Facebook.



Bada Bing Opens on South Avenue

Banzai Sushi closed its door, put away its sushi knives and reopened as The Bada Bing, a friendly pub grub bar and grill, at the corner of Alexander Street and South Avenue.

Right now the menu includes chicken wings, empanadas, hot dogs, hamburgers, fries and mozzarella sticks, and a plate similar to the Garbage Plate.



Get Ready to Waddle



Wedge Waddle 2014

The third annual Wedge Waddle, a three-mile walk around and about the South Wedge, invites you to run, walk or waddle on Thanksgiving morning.

South Avenue at 10 a.m. and ends at the German House.

All are welcome--humans and animal companions.

In the spirit of the day, organizers ask that you donate some warm socks to St. Joseph’s House of Hospitality.

“Participants are encouraged to bring a new pair of socks for St. Joseph’s House of Hospitality – which is a stop along the route on South Avenue,” said Rebecca Fitzgerald of Hedonist Artisan Chocolate.

“St. Joe’s serves food for over 100 individuals daily and provides other

important services to people in need. One of the most difficult items for them to secure and distribute include clean, dry winter socks. Last year, the Waddle was able to provide over 200 pairs.”

The Waddle begins at Star Alley on South Avenue and ends at the historic German House on Gregory Street.

The Wedge Waddle is sponsored by the Business Association of the South Wedge (BASWA), The Christopher Group, the Historic German House, Hedonist Artisan Chocolates, Lux and the South Wedge Planning Committee, Highland Hospital

To register for the event or to find more information, visit wedge-waddle.com. For further information, call please Jennifer Posey 461-2815.



Anthia Lott, creator of Etched in Black Designs and designer Raul Siro Ferreira, at Lott’s Pop Up Shop at Little Button Craft & Press (Photo by Nancy O’Donnell)

Etched in Black Popped Up in Little Button

Nancy O’Donnell

Anthia Lott, Etched in Black designer, recently held a pop up fashion sale in Little Button Craft & Press shop on South Avenue.

The designer’s newest line, entitled Netflix Chic, includes boyfriend T-shirts, “but cooler” with a sewn leather necklace at the collar and button up shirt dresses.

It’s a “out” dating today,” said Lott, “what you wear when you go

over to your boyfriend’s to watch a film.”

Lott is readying her label for the Ebony Fashion Fair that will be held next year at the Memorial Art Gallery in conjunction with their exhibit: Inspiring Beauty: 50 Years of Ebony Fashion Fair that runs January 31–April 24, 2016 in the Grand Gallery.



Harry G’s New York Deli Expands on South Ave

Harry G’s New York Deli broke through the wall of the empty storefront next door at 678 South Ave. Co-owner Marybeth Giglio took a moment out of her hectic schedule to send an update: “We will now have

more seating space as well as room to manage our catering. Our goal is to have New York state craft wine and beer available in the next few months. The new space will also allow for private parties as well.”

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Like

FashionFitted Opens in the South Wedge

Nancy O'Donnell



FashionFitted Tie Hoodie (All photos courtesy of FashionFitted)

A little bit political, a whole lot original, Robert Miller and Greg Shainman's FashionFitted apparel brings an intriguing urban style to the South Wedge.

Miller aka B.A.S.K.O. and Shaiman are in the process of opening their first brick and mortar shop to sell their fashionfitted line.

"We founded the company in 2008, but hit the market in 2012," said Shaiman, a former ESL teacher who taught in Greece, Spain and Japan and does copywriting by day. "While we've had a soft opening, the grand opening won't happen until near Thanksgiving. Our newest [product]-- high end shoes--won't be in the store until after the first of the year."

The first piece of the line—a fitted hat with band and feather—was born out of a dispute between the fashion forward Miller and a rule-bound bouncer at a local club.

"Most hip hop clubs in the country have dress codes, and they don't allow fitted caps," said Miller, who has been to his share of clubs on both coasts and in between in his travels as a rapper. His side job after his fashion line is songwriter for Hollywood films (credits include *Transformers* (Ain't No Game), *The Love Guru* (Big Boi), *CSI*, *OC*, *Making The Band*, *From G's To Gents*, *Pimp My Ride*, *The Hills*, and *Melrose Place*.)

Miller describes the fateful day that helped to launch his fashion line.

"I was wearing my Yankees fitted [cap], and the bouncer wouldn't let me in," Miller remembered. "No hats allowed. Are you kidding me? I worked to put the look together for the weekend. Being told I couldn't come in forced me to find a solution. My mind wouldn't rest. It sparked ideas. I went home and started

thinking."

Miller found his inspiration in Hollywood movies.

"I was watching some old James Cagney movie, and there was a scene where he threw his hat across the room, and I noticed there was a band on it. A few days later I was watching, *The Mack* [a 1970s era Blaxploitation film] and all the guys were wearing hats with bands. I thought what if I put the band on, would that work?"

Miller would return to the club two more times—and be denied entry—before he came back wearing a fitted hat of his own design with band and a feather for "that last piece, the garnish on the plate." The bouncer still wouldn't let him in.

Miller stood his ground until



the owner came out, took one look and said, "You have to let him in. He's got a feather on it."

Inside the club, everyone asked him where he got his hat.

Miller continued to play with the design. He bought hats in bulk in Manhattan, added bands, matched colors and added feathers."

"Once I saw a duck on Charlotte Beach and picked up one of his feathers, said Miller laughing. "Then it was time to see if the idea would take off. Once we had the

idea I hooked up with a master tailor."

"The hats are made with normal gabardine," explained Shainman. "But, we have a secret ingredient that reacts to steaming, and it helps to harden the hat."

Today the patented Feather-Fitted®, is a steam pressed fitted hat featuring a tailored band and feather. From there the pair designed Tie Hoodie™ and finally the Fidora, a fitted/fedora hybrid and "the crown jewel of the serious player's wardrobe."

The partners first set up shop in a kiosk in Marketplace Mall, getting raves from customers who could buy a hat and get a

continued on pg. 14



(l-r) Michael, Jr., Diane, Michael and Brittany

Spitale Family Devoted to Making Rochester Beautiful One Person at a Time

The Spitale Laser Spa and Salon's website asks a question: "Is it in the gene pool or what?"

The Spitale family recently set up shop in the new College Town complex of primarily big name chains, but their passion for hair cutting and beautifying is local.

The family has been in the beauty business for three generations. The head of the Spitale clan, Michael's late father Bill, spent decades in his Irondequoit barbershop.

Michael followed the family business," adding women's cuts and color to the family repertoire." The friendly family vibe grew when children Brittany Spitale and Michael Spitale Jr. joined the team.

In 2007 Michael and wife

Diane Spitale seized the opportunity to bring in the new, safer laser equipment and were the first in Rochester to open a beauty-oriented laser spa.

Their new College Town spa offers cuts, colors, manicures, barber services and laser treatments.

59 Celebration Drive, 256-3490
Hours: Tuesday-Thursday, 9 a.m. - 8 p.m.; Friday and Saturday, 9 a.m. - 6 p.m. Closed Sunday and Monday.



Bill Spitale, the patriarch barber who started it all

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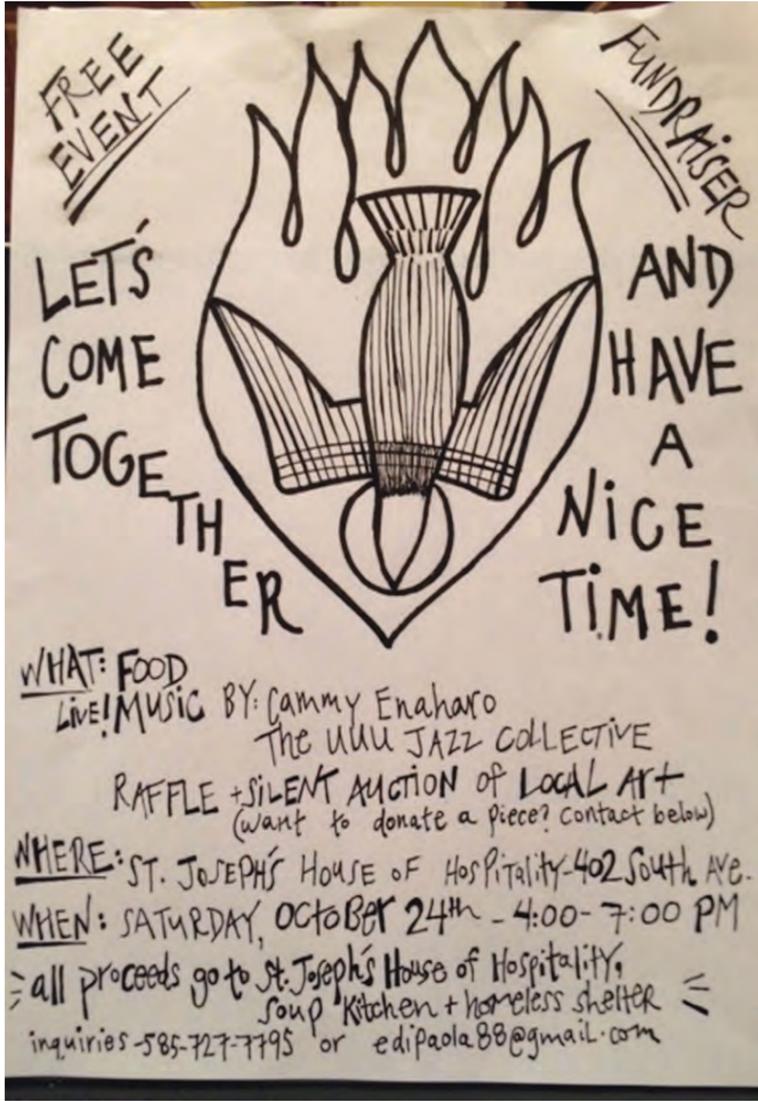
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St. Joseph House of Hospitality Invites All to "Let's Come Together" Fund raiser on Oct. 24



The Wedge Gets Read
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 to learn more about advertising call 256-1740, ext. 105

The Christopher Group, a tax and bookkeeping firm at 473 South Avenue, got into the Halloween spirit with their window entitled, "Hold Time at the IRS." Michael Lill and Christopher Hennelly did the design and installation. (Photo by Eric Zukauskas)

A New Look for Karges Place? Here's Hoping...



The City announced the sale of a prime piece of Swillburg real estate by the NYS Department of Transportation (NYSDOT). The 2.3 combined acres of property are located at Uhlen/Karges Place (near South Goodman). It sits alongside Rt. 490 which was once the bed of the Erie Canal.

A few years ago, the City attempted to purchase the property directly from the NYSDOT and planned to offer a RFP for property development. When they learned that New York State's stringent liability provision would require the City be responsible for "any and all contamination discovered on the property during its environmental investigation even if the City never purchased it," the City declined to buy.

With NYSDOT auctioning off the land, the community is excited that the barren space will be filled with something more than parked trucks and high grass.

For more information, visit www.dot.ny.gov/r4surplus.

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Yoga: The Practice Giving & Receiving

Nicole deViere

Enter: Tis' the season of giving and receiving. As we enter into the act of giving, let us not forget that it is dependent upon receiving.

Giving is often seen as the thing that comes easiest or the path of least resistance as we hold the power to bestow!

But, remember to give you must receive and resistance isn't always bad.

I grew up in a family who lived beneath the poverty level more often than not. As a child, I felt bad for receiving. When people, who by nature give, tried to give, I had difficulty accepting. I thought it was a lot easier to give, that it flowed, and that people had to be successful in order to be engaged in acts of giving. Receiving meant I was taking something which caused me anxiety and tension because in my world there wasn't enough. I got stuck in the mindset of this or that, one or the other, as if one could exist on its own without being in a relationship to the other.

I wasn't trained to receive, so how could I give?

This paradigm or network of thinking from my childhood followed me as I matured. I much preferred acts of giving because they felt better. I even became a yoga teacher, wanting to share the sacred practice given or bestowed upon me, but had I truly received it? I didn't have a problem with giving; it was being on the other side that I wanted to avoid, because it was less comfortable.

My teacher once said, "If you have a store, and you don't know what you are selling or what your inventory is, how do you expect anyone else to?"

When I found yoga, it was the first time I truly learned that receiving was part of giving and they could not be separated even if I felt an affinity for one more than the other. When most people hear yoga they think: flexibility. And they are right, but flexibility is not static by nature or one or the other, but rather the ability to move between two points at the same time. Yoga is joining to this process—flexibility and strength, giving and receiving, two opposites in a

process with one another.

The spirit of giving is fueled by receiving. Like a checkbook, with debits and credits to create balance, they too are actions dependent upon each other and engaged in a relationship. When we shift our mindset to both, one being part of another, we call upon a holistic mindset where the practice of giving is dependent upon the ability to receive.

As with my childhood example, I changed my perspective and stopped ping ponging between one or the other to one and the other. I practiced receiving as a part of giving—the latter which I was always more comfortable with, but it can't sustainably exist without the former. I realized in order to give I must be able to receive because they cannot be separated.

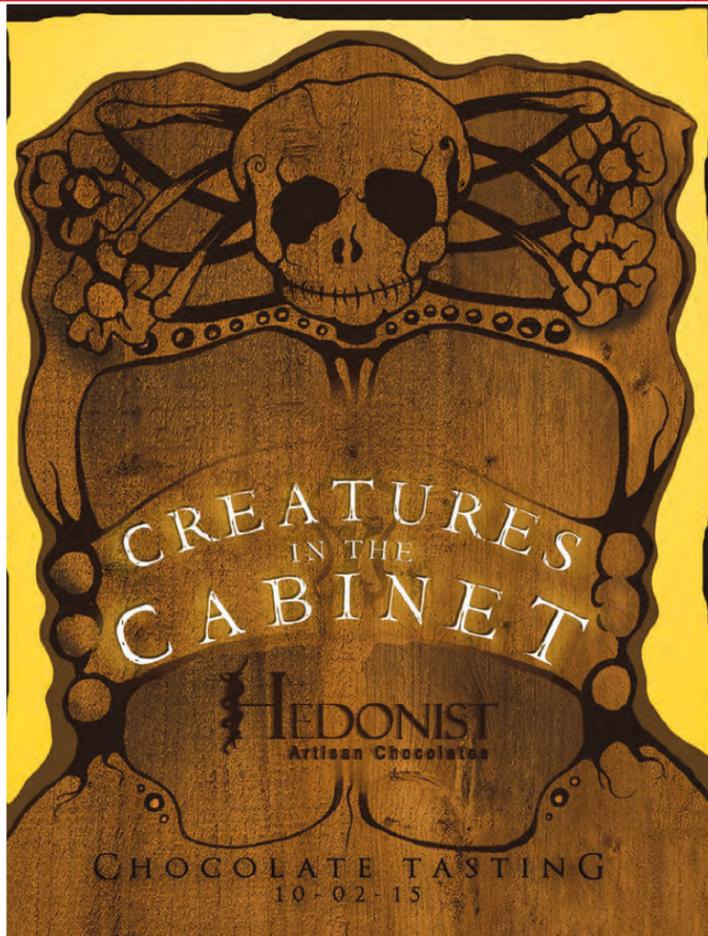
I made it my mantra—to receive myself. I gave thanks for who I was and all my experiences, no matter if it was good or bad, it was my foundation. I gained a better understanding of myself and learned that to give you must receive first. What you are running from you must confront, what you have buried is still there all in our inventory and stocked on our shelves.

We may find yoga or receiving hard to do, but resistance is necessary to create balance. As a yoga teacher, I've learned that to give is dependent upon receiving, embracing, and celebrating what we are already. When you know what is stocked on your store shelves you can put out the best product.

To truly give you have to be able to truly receive.

So, this season when you are engaged and encouraged in acts of giving, know that they are dependent upon what you have received. Giving comes from thanks.

Nicole deViere is Owner/RYT/ Holistic Wellness Coach at Yoga DrishTi, located at 159 Caroline Street in the South Wedge/Highland Park Neighborhood. www.YogaDrishTi.com or 585-270-5927



Watch out! Monsters Take over the South Wedge

Rebecca Fitzgerald

You can blame artist Sean Coyne for this year's Hedonist Artisan Chocolates Halloween Collection. The Rochester Institute of Technology graduate drew inspiration for his "Creatures in the Cabinet," from Universal Studios' Monsters series.

Each piece of the Halloween Collection will feature one of Coyne's creatures: Frankenstein's Monster, Count Dracula, The Wolfman, Frankenstein's Bride, or the Creature from the Black Lagoon. The Halloween Collection is comprised of Peanut Butter Caramels, handcrafted by Hedonist chocolatiers right in the South Wedge. The caramels contain local, organic peanut butter and are enrobed in bittersweet chocolate.

Coyne first approached his design project with the idea of the monsters from the '30s and '40s that he has always loved, even to this day. He ran with the idea, thinking that everyone can find a part of themselves in these creatures.

"They're misunderstood and often ridiculed and who can't

relate to that?" he said.

Coyne selected his favorites, but also the ones that would be most recognizable on the tiny, artisan chocolate canvases—a medium he had yet to explore.

"Discovering new materials to use or new characteristics of familiar media keeps me interested," he said. "It makes things fresh." Coyne aspires to someday write and illustrate a children's book that may even contain some of his creatures-inspired work.

Until then, though, Coyne will remain in the Flower City and on Halloween evening, he may even turn into a monster himself; Frankenstein to be exact, saying he was "always touched by his story and he just holds a special place in my heart."

The Halloween Collection was released on Oct. 2 with a public tasting and meet-and-greet with Coyne and the Hedonist staff. The limited-edition collection will be available for purchase at Hedonist or online (hedonistchocolates.com) while supplies last through mid- to late-November.

Hedonist Artisan Chocolates hand crafts truffles and chocolate treats with French chocolate and fresh, natural ingredients. Each piece of Hedonist chocolate has its own character because it is rolled, cut, dipped and decorated by human hands in small batches. A hedonist is someone whose life is devoted to the pursuit of sensual pleasures. Owner Jennifer Posey and the staff find bliss in chocolate and hope to help you do the same.

Hedonist Artisan Chocolates are available for purchase at the retail location at 674 South Avenue or online at www.hedonistchocolates.com. For more information about Hedonist Artisan Chocolates, visit www.hedonistchocolates.com or call (585) 461-2815.

Rebecca Fitzgerald lives in the South Wedge and is the marketing/communications/social media specialist at Hedonist Artisan Chocolates & Ice Cream. You can reach her at rebecca@hedonistchocolates.com.



Sean Coyne at his art exhibit at Hedonist Chocolates (Photo by Hayley Murphy)

About Sean Coyne

The "Creatures in the Cabinet" is Sean Coyne's first large project since receiving his BFA in Illustration from Rochester Institute of Technology in May. You can find his work and follow his journey at seancoyneillustration.com.



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Live from Mission Hall

continued from pg. 5

Pizza, and Howlo will perform.

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Jakob Augustine will perform with Matthew Martin Nickoloff sometime in the future.

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Loose Parts Play

Drew Beeman

Take a trip with me down memory lane. Do you remember your childhood? Do you remember building forts in your living room out of blankets, pillows, couch cushions, or anything else you could get your hands on? Did you build forts or tree houses out of whatever you could find outside? Did you build sand castles on the beach and decorate them with shells, rocks, and sea glass? Did you make swings from ropes? Did you make things with popsicle sticks and glue? Did you drag planks or big sticks around to use for balance beams or building materials? If you answered yes to any of these questions you participated in loose parts play.

Loose parts play is a term that first came on the scene in 1971, in a paper by architect Simon Nicholson. In his paper he makes the statement... "In any environment, both the degree of inventiveness and creativity, and the possibility of discovery, are directly proportional to the number and kind of variables in it." He argued that the so called "gifted few" ("those with degrees and certificates in



Loose parts play encourages creativity (Photo by Drew Beeman)

planning, engineering, architecture, art, education, behavioral psychology, and so on") and the "dominant social elite" did not hold the patent on creativity. He believed that every child can be creative, and that creativity could be reinforced by allowing them to manipulate a variety of materials.

My childhood memories are full of this kind of play and creativity. I remember a friend Kate and I building an epic fort from blankets and cushions on the front porch of her families' lake house.

I remember dragging fallen fence posts from the neighbors' yard to build forts with my brother. I remember smashing bricks with hammers to use the chunks as chalk for writing on the driveway. I remember using fallen twigs and pine needles to stick in the dirt to have my toy dinosaurs nibble on. Most of all I remember building the "Crap Shack" with my best friend Kevin.

The "Crap Shack" was what we called our epic childhood tree house. We built it from the "crap"

we found in the alleys behind the businesses on the main street in town. Kevin had a hammer and spent his allowance on nails at the hardware store across the street. We dragged planks, plywood and a variety of loose parts that we found in the alleys to our tree and started building. When we were finished our tree house was really a tree palace. It encompassed four trees, had wall to wall carpeting from scraps we found, a sun roof over the main room that we built using a window that we found or possibly "appropriated", and our roof kept our carpets dry as we found just enough corrugated plastic roofing to use. Our tree house became a popular destination for the neighborhood kids. We even went so far as using the loose parts we found around the alleys to build booby traps to keep undesirables away, but I won't go into that.

With the availability of loose parts around our childhood environments, our resourcefulness and creativity soared! We built a mini-halfpipe for our skateboarding, booby traps and trap doors for our tree house, and built vast battlefields for our "GI Joe" action figures, and simulated cities for our micro-machines.

Loose parts are loosely defined as anything that you can move, carry, line up, combine, take apart, put together, arrange, and so on. "Stuff", "junk", "things", etc... They might be anything like cushions, sheets, blankets, cardboard boxes and tubes, bricks, sticks, planks, boards, pine cones, shells, rocks, buttons, bottle caps, corks, you name it. With loose parts children learn valuable skills like creativity, problem solving, resiliency, perseverance, resourcefulness and ingenuity. Many of the skills that lead to later S.T.E.M. education (Science, Technology, Engineering, Math).

Give your children lots of loose parts, give them ample time to experiment and explore, most of all, give them lots of encouragement to be creative and to think through their process. You will find happy, creative, resourceful children that may blow your mind with what they can accomplish.

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.



Rochester Men in Blue Replicate a 20th Century Photo (with horse included)

Writers and Books (WAB), a literary center on University Avenue in the Neighborhood of the Arts recently invited the Rochester Police Department to reenact a 20th century moment when city policemen were photographed outside the historic building.

In January 1985, Writers & Books moved into the landmark building, a former precinct station designed by Rochester illustrator and architect Claude

Bragdon, rented from the City of Rochester.

Lieutenant Frank Alberti (bottom step of center stair) took on the task to find men and women of Rochester's finest available to stage the photo (Police horse included).

"When I heard Chris Fanning's [WAB's staffmember] idea about the photograph, I was on board immediately," said Lt. Frank Albert, from RPD's Goodman Section NSC. "It was an honor to

have the opportunity to recreate history with the men and women of the Rochester Police Department. This picture will hang proudly in the Goodman Section office someday."

The only deviation from the original are the two WAB staff members who are a tad out of uniform.

Writers and Books keeps the original framed photo in their front lobby.

FashionFitted

continued from pg. 9

tailored fit to their hat while they shopped.

"You can change the whole perception of a garment immediately," said Shainman. "We're not political agents, but we're happy if we can change the perception. Why do people have to look at a hoodie and think thug? It's mainstream. Mothers in Pittsford wear hoodies."

The pair are continuing to build

their brand.

"We're eventually expanding with other ideas," said Miller. "That's part of the company's DNA to create interesting, new things."

"We're into a cool human exchange," said Shainman. "We want to make people happy, have them say 'Wow! I've never seen anything like that.'"

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SWPC Board Chair Leads Foodlinks Urban Farm Tour

Nancy O'Donnell

Nathaniel Mich, Foodlink's community food access programs coordinator and South Wedge Planning Committee board chair gave a guided tour of the Foodlink's Urban Farm and Hoop House in September. He was joined by Democrat & Chronicle food writer Tracy Schuhmacher in the second annual private Insider tour of the urban garden that was created through a partnership between Foodlink, St. Mary's Place and Rochester Resettlement Services.

Mich led visitors through a gardens of delight- red Swiss chard, dark purple eggplants and greens and herbs of all kinds.

Foodlink originally had a farm in Penfield, but it closed in 2012. Foodlink constructed Hoop



Tour guide Nathaniel Mich

Farm on land once part of the Erie Canal and later the Old Rochester Subway.

Today refugees from Nepal and Bhutan have repurposed large industrial rolling shelves into garden containers decorated with bright colors, some with curving wooden trellises heavy with beans.

Mich pointed out the "cultural relevant produce" like pigweed and amaranth alongside marigolds used in religious ceremonies.

"Most of them have zero access to green space, and it was hard for

them to get high quality produce," said Mich. "They've been disposed and marginalized. They've lost their homes and land, can't use the language, and now they're stewards of the land [at Hoop House]."

Later, Mich took the group past the farm's active Sweet Beez bee hive and through the Hoop House where the plants are protected.

The gardens now produce hundreds of pounds of food, and Foodlink is planning to expand next gardening season.

It rents the land from the City and recently got approval to access some adjoining land where Mich said he hopes to plant a few fruit cherry and apricot trees.

For more information about Foodlink, visit them online at foodlinkny.org.



A garden grows from a container



Carlene Woodward and gardener

Wall Therapies Continue to Build a City of Color on South Avenue from Gregory St. Elmwood Avenue



Fantasy animals move and snooze and a woman flies in the Thievin Stephen's mural at 732 South Avenue, Updegraff Management.



Mr. Prvrt's wild birds tussle on the one side of Chars Wine and Liquor at 1409 South Avenue (between Highland Avenue and Elmwood Avenue)



More of Mr. Prvrt's wild birds on the one side of Chars Wine and Liquor at 1409 South Avenue (between Highland Avenue and Elmwood Avenue)



The street came alive during the South Wedge's Harvest Hootenany in early October. The design is at South Avenue and Gregory Street between the Little Blue Cheese Shop and Mise En Place

Bollywood Sugar Melts on South Clinton

Nancy O'Donnell



Bollywood Sugar before the Rochester monsoon rain.

Bollywood Sugar, a traffic-stopping mural affixed to a historic South Clinton Avenue with wheat paste during this summer's Wall Therapy recently succumbed to several days of torrential Rochester rains. The mural fronts the façade of the Playhouse and Swillburgers, a barcade soon to open on the property.

The Wedge Newspaper reached out to Dutch painter Handiedan who responded via email: "Rochester's pre-winter weather has been unforgivable the last few weeks. Waterfall-like heavy rains, peeled off the pasting of 'Bollywood Sugar' bit by bit. The warm red of the brick stones slowly unveiling themselves again.. It's always sad to see an artwork dissolve, but it's also a main part of outdoor art. Creation, interaction, surrounding, life, transience, dissolving back to it's original form, going through time .. all energy.. all beauty."

One of my fans wrote this beautiful text as a response on Instagram," writes Handiedan. "I couldn't have it said it any better. (He gave me permission to quote)."

@Sonolucet: 'While we want beautiful things to last forever, your reminder that this is the nature of outdoor art brings to me the unexpected lesson in the impermanence of life. At first sad, but then becoming an even deeper and more meaningful art experience than we started with. Like the Tibetan sand mandala ritual but maybe with the added effect of its demonstration in such a "real" way, a large and lovely presence in our community and daily life. Thank you @handiedan"

Handiedan is expected to take



Bollywood Sugar after deluge

part in next year's Wall Therapy. To learn more about the the project that is "More than just murals, visit <http://www.wall-therapy.com>



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SOUTH WEDGE FARMERS MARKET SEASON 2015



South Wedge Planning Committee board chair Nathaniel Mich congratulates Lettuce Toss winner



The new location



Lots of screams for ice cream

From summer's raspberries to autumn's pumpkins, the South Wedge Farmers Market has been a phenomenal season at its new location next to the Genesee River on Mt. Hope Avenue. Veggie vendors were joined by pickle and pastry makers. Soapmakers were joined by Morff makers.. Thursday evenings were filled with music and good community and good weather! Special events were held throughout the Season - City Mayor Lovely Warren did the honors at the Market's opening day, "Lettuce Toss," College Night and Candidates Nights were held. Guest chefs from area restaurants provided yummy samplings. University of Rochester students, new to the city, helped with landscaping on Wilson Day. Kids enjoyed a nearby playground while parents shopped. Each week Market Manager Jesse Knoth provided a new surprise (photo booth, tintypes anyone?) The final day might be fast approaching, but Season 2016 holds even more promise. Stay posted by visiting the SWFM page on Facebook.



College Night



Guest chefs at the Market



Good Food Collective delivers at the Market to their shareholders



Jess Knoth's famous Market socks



Central Library offers free books



Java Coffee and pastries



Candidates Night--(l-r) Jesse Knoth, Liz Hallmark, School Board candidate and City Council member Elaine Spaul



Seven Bridges meats



Soaps by Estella



Kanack School of Music



UR Students on Wilson Day with SWPC committee member Judy Bennett



The Raging Grannies



Farm to Fork intern Kari Rolle



Carrots beckon and wave to passersby



Nicole Howley & baby goat



Goat cheese and crackers



Music from Mathew Corey



Swiftwater