

Federal Home Loan Awards Housing Grant to South Wedge Planning Committee

The Federal Home Loan Bank of New York (FHLB), in partnership with M&T Bank, has awarded the South Wedge Planning Committee (SWPC) a grant to fund home repairs for low-income homeowners in the City of Rochester.

The grant, which funds the

City Homes Repair Program, will enable SWPC to help approximately 25 eligible homeowners with needed repairs.

To be eligible for this grant, you must have owned your house for at least three years, meet income and other requirements, take

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Thank you First Niagara & Karla Gadley!

SWPC recently received a donation of \$5,000 from First Niagara Financial Group to help homeowners in need. The funds have been used to assist several low income homeowners with needed repairs to their homes. We are grateful to Karla Gadley of First Niagara for recognizing the work we do in the community and facilitating the donation request.



Founders of Champions for Change USA (l-r) Joshua, Olivia and Jeremiah West (Photo by Nancy O'Donnell)

Champions for Change Collect Water for Flint

Nancy O'Donnell

Not many adults can claim the title of author, entrepreneur, humanitarian and founder of an organization whose aim is to create a movement of giving around the world. Joshua and Jeremiah West, Champions of Change USA, have managed to do it all a decade or more below adulthood.

On January 30, the West

brothers, Joshua, 8, Jeremiah, 10, and mother, Olivia, invited the Rochester community to become "change agents" and donate water filters and bottled water for Flint, Michigan.

Flint residents, especially its children, face long-lasting effects from exposure to lead after the city switched its water supply from Lake Huron to Flint River in 2014 to cut costs. While the scandal of the state's response continues in the news, the West brothers kept it on the human level and wanted to help.

By the end of the morning, countless cars had dropped off water at Advantage Credit Union on Mt. Hope Avenue, enough to fill two full trucks said their mother Olivia.

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Artist Gloria Kreitzberg combines meditation and art at the Living Stress Free Wellness Center

New Businesses Open in South Wedge & Swillburg



Jewelry for the new year

Second Chic Consignment

Rebecca Fitzgerald

Owner Annie Adams is expanding her Buffalo-based consignment shop to the Flower City, which will round out the third and final commercial tenant at the Edge of the Wedge on South Clinton Ave.

Second Chic Consignment specializes in contemporary clothing for both men and women. There is no limit to the number of pieces to sell, but they must be in-season and without pills or stains. Second Chic differs from other consignment shops, such as Plato's Closet and Clothes Mentor "because we

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Shop 15 Antiques

Nancy O'Donnell

When Yvonne Jordan, antique dealer and resident expert on WXXI's College of Collectible Knowledge, learned that the empty red brick building on Henrietta Street was available for rent, she jumped on it. She knew Crosman Arms, a BB gun manufacturing company, had once been located there, but after she walked inside its entrance, topped by a charming brick arch, she was delighted to discover a working fireplace. The Crosman name reaches back to 1838, when Fred Crosman formed a seed company. Over time, its

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Shop 15 urns



Inner Vision Meditation students

Inner Vision Meditation

Nancy O'Donnell

Artist Gloria Kreitzberg brings an ancient practice to the South Wedge that pairs painting and meditation and asks students to "Breathe. Create. Be." She launched her new classes in January at the Living Stress Free Wellness Center of

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Shear Mutts

After 30 years working in food service, Sarah Rice decided she needed a new career. After some soul-searching, she headed to the Institute of Dog Grooming for a

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Be a fool for love! Join City Love at the Historic German House on April 1, 6:30 p.m.-9:30 p.m.

Jesse Knoth

On Friday, April 1, NCS Community Development, the South East Area Coalition and the South Wedge Planning Committee will be hosting the 3rd Annual City Love gala in the heart of the South Wedge at the Historic German House, 315 Gregory Street.

These three agencies work to revitalize Rochester neighborhoods through home repair work, small business assistance, community engagement and neighborhood Farmers Markets such as the South Wedge and Westside Market.

This year, City Love will fea-

ture live music from the *Mambo Kings*, hors d'oeuvres and desserts from local businesses, wine and beverage tastings, as well as live and silent auctions.

Thank you to our community partners who have already pledged their support for the event.

At time of publication, our "True Love" sponsors include Highland Hospital and NCS Home Properties; our "Heart Throb" sponsor is Conifer Reality LLC; "Love Me Tender" sponsors include Harter Seacrest & Emery,

Trevett Cristo Attorneys, Holy Sepulchre Cemetery and Community Reservation Corporation; and our "Fool for Love" sponsors are Pathstone, Kevin Brezinski and Edward Jones Investment.

Tickets are \$25 and available through RocCityLove.com or at the SWPC office at 224 Mt. Hope Avenue. We hope that you'll come out and enjoy exciting evening with friends and neighbors as we celebrate the wonderful neighborhoods, business and people that make us love to call the ROC home.

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

Over 10 Years:

- \$35,000,000 Reinvested in Our City
- 1882 Owner Occupied Homes Preserved
- 1000+ Families Eating Healthier
- 271 Small Business Assisted
- 237 Vacant Houses Saved

April 1
Historic German House

citylove



Introducing the New Wedge Card

Join SWPC today and you get a Wedge Card to show your neighborhood pride and get discounts when you shop local! You can use the card at your favorite local business, and the list of participating businesses keeps growing!

Using the card is simple, and you can check the inside cover of *The Wedge* for up-to-date listings of local business participating and the discounts they offer.

In addition, Wedge Card

members receive the *Wedge Newspaper* delivered to their door. The Wedge Card also gives you voting rights at our Annual Meeting. To sign up, simply complete the SWPC card below, visit swpc at 224 Mt. Hope Avenue or contact

Jesse Knoth, jknoth@swpc.com, 256-1740 x 104 with any questions. Are you a business owner interested in participating in the Wedge Card discount program? Let us know!

Use your Wedge Card discounts here!

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602 South Avenue

The Christopher Group 10% off
473 South Avenue,

Equal=Grounds, 10% off
750 South Avenue

Full Moon Vista Bike & Sport
10% off accessories & 5% off bikes
661 South Avenue

Harry G's NY Deli & Cafe - 10%
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HeadzUp Hats, 15% off
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Zak's Avenue, 10% off
661 South Avenue

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The Wedge Newspaper
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E-mail staff, type first initial last
name@swpc.org

SWPC 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 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.

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.

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

South Wedge Planning Committee, 224 Mt. Hope Avenue, Rochester, New York 14620, (585) 256-1740
Before recycling the Wedge, please share with others.



Board Members
Christine O'Connor
Mark Greisberger
Tony Sciarabba
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Christine O'Connor
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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.

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. SWPC works in myriad 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 256-1740 or e-mail jpage@swpc.org.



The South Wedge Planning Committee, Inc. South East Area Coalition Calendar February/March 2016

Meetings are held at 224 Mt. Hope Ave.

The community is invited to attend all meetings.

SWPC Board Meeting
nathaniel.mich@gmail
Tues. 2/16 & 3/15, 6 p.m.

SEAC Board Meeting
coconnor@hselaw.com
Thurs. 2/11 & 3/10, 6:30 pm

Community Engagement (Neighbors & Block Clubs)
jknoth@swpc.org
Wed. 2/17 & 3/16, 5:30 pm

Housing & Structures Meets bimonthly
Wed. 2/3 & 4/6 5:30 pm
ethomas@swpc.org

Finance Team
tsciarabba@hotmail.com
Wed., 12/9 & 1/13, 12:30 p.m.

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

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

Join SWPC & Get the Wedge!

For over 30 years, *The Wedge Newspaper* has chronicled the lives and times of our vibrant South Wedge neighborhood and beyond. 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.

Meet Becca Webb SWPC Boardmember



Nancy O'Donnell

Becca Webb, one of the South Wedge Planning Committee newer board members, began her relationship with the neighborhood by gutting and fixing up an 800-square foot house on Nicholson Street.

"I've always been a longtime enthusiastic member of the Landmark Society. I love old buildings and old communities," said Becca.

Becca began her South Wedge project in 2012 during a time of great change in her life, and she spent five days a week driving over from her 4,000 square foot home in the Park Ave. area to work on it.

"The walls and the ceiling had to come down. There was a lot of work to do," said Becca. "At the same time I was falling in love with the South Wedge. I always loved the Wedge Newspaper. I knew a number of the businesses. I'd look down the street to the St. Boniface convent, look at the arched windows and feel at home."

She started to attend SWPC meetings and talk to the former construction manager, George Lorton to learn the tricks of the trade.

"I wanted to find out how SWPC could rehab a house for so little money."

Appreciation of old world architecture and fine workmanship comes naturally to Becca.

She was born in Milan, Italy during a time her Canadian parents were out "adventuring." Her father worked for Olivetti, an early com-

puter company, and her mother was an artist and educator. They later returned to the States, and Becca grew up on Cape Cod, Mass.

In college, she studied linguistics, "the study of languages, their sounds, the grammar, how it changes over time" at the University of Queens in Kingston and in Université Laval in Quebec City. "Linguistics is also about how we talk to people, for example, the way we speak to a three-year-old niece is different than how we talk to a judge."

Even more important, she fell in love with the ancient walled city that felt so European. "I loved the Québécois language, the culture and the music," said Becca.

When she completed college with a B.A. in linguistics, Becca lived for a time in Toronto while she worked in customer service jobs.

"I worked long enough to find out that I didn't want to work in customer service jobs," laughed Becca.

Next, she enrolled in the grad school at the University of Rochester where she studied "the Rochester method of sign language." She spent several years teaching classes before she left and decided to buy a house in the South Wedge.

"I want to find a way to contribute to SWPC, so at first I volunteered to be a liaison between SWPC and NBN6 meetings. I thought it was really great organization."

Next, Becca became a member of the Highland Hospital Steering Committee, a neighborhood group working with the hospital's administration and the architects on the project during its expansion.

"My time [in the neighborhood] happened at a time when my marriage was ending. Community engagement was a huge gift. I've made such great friends in the Highland Park and South Wedge neighborhoods."

After she lived in her Nicholson Street house for a time, she bought a larger South Wedge home.

It was easy for her to find a "great tenant" because "everybody knows how cool the South Wedge is" but the longtime residents equally impressed her. "I'd never met such neighborliness [on Nicholson Street]. They're the anchors of the community and that's not to be sneezed at."

On her home front, she's continuing to settle into her new home.

"I spent a beautiful summer on my porch. I have a basement full of boxes that I'm weeding out, so they fit in my present life."

She's now exploring the possibility of buying a mixed-use commercial building and do some work on sewing projects. (She's been collecting vintage clothing from the first half of the 20th century and would like to create modern reproductions).

In January Becca was re-elected to serve a second term on SWPC at its annual meeting. She's especially excited about exploring a new trend in small house development and attracting more to serve on the SWPC's board.

"I want to continue outreach. The more voices, the healthier and more powerful [an organization] is. Board members don't just have to live in the South Wedge. Any interested person can sit in on a Board Meeting. I'd like to see some business owners and new and older residents and folks from the broader southeast area and, of course, any one with energy!" added Becca.

Calvary St. Andrews Stays Open for Now

Nancy O'Donnell

Rumors about Calvary St. Andrews Church (CSA), a South Wedge landmark on Ashland Street, have been swirling around for several weeks—the pastor's gone, the church is being turned into condos, and its Food Cupboard has closed.

Those rumors of CSA's demise are premature said John Wilkinson, pastor of Third Presbyterian Church, who was charged in October 2015 with oversight of the historic Church and heads a committee deciding its fate.

"Nothing is set in stone; nothing is decided. We're brainstorming, gathering information and talking to the faith community and people in the community," said Wilkinson. "Nothing has been taken off the table. It may stay open; it may not. We're giving it some time and space, and looking at it quarter by quarter."

According to the church's website, CSA's history began in 1856 when Calvary Presbyterian Church on Hamilton Street was constituted. Seventeen years later St. Andrew's Episcopal Church opened on Ashland Street and Averill Avenue. By the late 1960s, the two churches had joined together, with the Presbyterian congregation selling their property and relocating to the Gothic-style Church. The congregation became

Presbyterian in 2001. Currently, its membership stands at only 50 souls.

"Calvary St. Andrews still has services on Sunday at 11 a.m. The Food Program is still operating during the week, at reduced hours, but it's still going strong," Wilkinson added.

Foodlink still funds CSA's Food Cupboard, which has provided an important help to families in need. In 2013 alone, it provided food to 2,410 people in 842 households, and as its website noted, "the need continues to grow."

In addition, the City's South Avenue Rec Center is temporarily housed there while School #12 is being renovated.

"We have a historic building we care about a lot," said Wilkinson. "It has mattered to us for a really long time. We all see it has a mission and purpose [in the South Wedge]."

The church continues to be available for rentals for meetings and events to outside groups. For information about renting space, contact Pastor Wilkinson at JWilkinson@thirdpresbyterian.org.

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Federal Home Loan

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a homeowner education class, and agree to live in your home for the next five years. Neighborhood Housing Services of Rochester (NeighborWorks) has agreed to provide the homeowner education class for households participating in the City Homes Repair Program.

"This grant isn't limited to just roofs or exterior work," said SWPC Assistant Director Eileen Thomas. "It allows us to address health and safety issues, structural repairs, and repairs to various systems - heating, plumbing, electrical and so on."

The number of applications SWPC can accept is limited. If you are interested in applying or



receiving more information, call 256-1740 and speak with Eileen, Jesse Knoth or Jennifer Baldwin. The City Homes Repair Program is made possible by a grant, through M&T Bank, from the Affordable Housing Program of the Federal Home Loan Bank of New York.



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4/1

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Talking with My Mouth Full - Playhouse/Swillburger

Nathaniel Mich

You are to be commended, dear reader, for your patience. The Playhouse/Swillburger's much anticipated and oft-delayed opening has teased and taunted us, burger lovers and nostalgia gamers alike. Now it's here, and the wall-to-wall weekend crowds (especially once the liquor license was attained) suggest that The Playhouse/Swillburger (just Swillburger, here on out) has definitely tapped into some pent-up demand – with or without that pesky mural.

It's the building and space – a former neighborhood church – that garnered Swillburger a lot of its initial attention, and they certainly make a striking impression. While much has been removed to make way for a spare 1950s aesthetic that features arcade consoles as the primary decoration, some of the physical heritage of the building – its stained and leaded glass, most notably – has thankfully been preserved. Thirty or so games



The classics - burger, fries and shake never grow old (Photo by Nathaniel Mich)

dominate the cavernous former sanctuary, with a variety of seating arranged around the edges and in balconies that overlook the game floor. Acoustically, it is very lively. My favorite physical feature is the backdrop of the bar (serving craft beer and cocktails): floor-to-ceiling wooden boxes painted seemingly at random that resolve, only when viewed from the ordering line, into Tetris pieces. The food itself steps aside to make way for Gauntlet Legends, Marvel vs. Street Fighter and several flavors of pinball: cus-

tomers order, cafeteria style, from a lower-ceilinged side space, and then must wait within shouting distance for their food.

So let's talk about that food. Swillburger's menu aims to pluck the same nostalgic heartstrings as its video games, offering burgers, fries and milkshakes (featuring Eat Me ice cream) in plastic letters on a felt board. Nods to modernity include vegan milkshakes, house-made veggie burgers and a range of house-made condiments. I visited twice in their first couple weeks of

business, the better to sample all of the major offerings. Swillburger's meat burgers are, as one might hope, very good. The meat is high-quality and the condiments well-made. As an ensemble, the double cheeseburger works beautifully, delivered in, but barely contained by, a soft old-fashioned Flour City Bread bun. The soft veggie burger is made of beets, brown rice and black beans. Beets dominated the color, flavor and texture of the patty, which, while it played nice with the condiments and toppings, was a bit one-dimensional for me. The fries have been the object of some controversy, earning both loud praise and criticism on the Swillburger Facebook page and from my fellow diners. Both times I had the fries, they were lightly crisp, tender on the inside and well-seasoned. The Vampire Fries come buried in fresh garlic and parsley, so maybe don't order those if you're on a date unless you're both getting them. The dairy-based chocolate milkshake was too thin and mild for my taste, requiring a heavier hand on the ice cream

and a lighter hand on the mixer. But that vegan milkshake? Man, oh man, was that good. Made from a coconut-milk based ice cream, that slightly tropical flavor boosted the mild chocolate, and the texture was spot on – rich and just thick enough to make me work to get it through the straw.

The Playhouse/Swillburger is a very young restaurant. As a result, they had several of the issues that come with the territory – the fries, game break-downs, mistaken orders and flow issues in particular. However, concerns were always addressed quickly and courteously, and they are up front on social media about where they need to improve. I expect that they will iron out these issues in the next several months, and I look forward to returning. Maybe this time I'll put down the burger long enough to actually play one of the games. *The Playhouse/Swillburger*, 820 S. Clinton Ave., 585-442-2442 www.theplayhouseroc.com, Tuesday-Sunday: 12 pm-10 pm (21+ only after 9 pm).



IF THESE WALLS COULD TALK
FEBRUARY 8, 2016 - 7 PM
DRYDEN THEATRE, GEORGE EASTMAN MUSEUM



The Center for Youth is proud to announce the premiere of a short film entitled: *If These Walls Could Talk* on February 8th, at 7 pm at the Dryden Theatre at the George Eastman Museum.

The film is free and open to the public.

Based on and inspired by actual events and featuring local talent, this film celebrates the resiliency and determination, the talent and the creativity of young men facing homelessness and living in a transitional living center. The film will be followed by an interactive panel discussion with the actors, director and the production team.

From its earliest inception, this film was intended to portray an accurate perspective of the challenges faced by youth and families suffering from trauma and abandonment as a result of homelessness while also capturing the positive energy and dreams that can still be realized through community understanding and support.

We extend our thanks to AT&T for their significant contribution and to the George Eastman Museum for hosting the film.

Highland Library Opens After Renovation



Jen Lenio

We're happy to announce the re-opening of the Highland Branch Library. After being closed for renovations for three months, we have several upgrades to the site as well as a new floor plan. New carpeting was installed; the main floor was repainted; a new circulation desk was built with an inside book drop; all new computers were brought in; a new water fountain with bottle filling station was added, and the furniture was rearranged to provide a more open feel.

All of our DVDs, CDs, books on CD and magazines have been grouped together in the lounge area to make browsing easier and more comfortable. Mysteries are right up front by the study area, and the children's section has been organized to allow for larger story time groups and more after school programming. 971 South Ave, 428-8206 *Jennifer Lenio is Area Coordinator for the Rochester Public Library*



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Swillburg News

Mike Henry



Many joyful things have transpired here in Swillburg over the past six months. Most recently, we celebrate the return of a lost little kitty named Henrietta! Henrietta's disappearance was announced by her "Authority" (as cats often regard keepers) Sue, online via Nextdoor Swillburg. (On Nextdoor, a free private online network, neighbors create private groups for their neighborhoods where they can ask questions, get to know one another, and exchange local advice and post events.)

A good number of neighbors responded to Sue's call for help with best wishes, and lo, the next day, Sue posted that Henrietta has safely returned home. By all accounts of her picture, one could see she's a sweet little feline of fine and endearing features.

Also in Swillburg, we're looking forward to our favored "Night Out" events. Nearly each month neighbors gather at one of our many local restaurants simply to socialize, enjoy good food and, of course, support our local merchants. Patronizing them is the best means to ensure we have local merchants.

Another exciting bit of news, Josh Massicott, our steering committee chairperson, has made considerable progress in saving our neighborhood's customized street name signs. If you recall, here in Swillburg our street signs include our little pig logo that's enshrined with the Swillburg Neighborhood moniker. These have been displayed proudly and served to promote a positive and joyful image of our little triangle. However, over a year ago we learned that they fail to comply with federal guidelines and would require generic replacements. Thanks to Josh and county DOT officials, it seems realistic to hope that our replacement signs will include our customized design!

And, yes, one more bit of good news, "Rochester's Swillburg neighborhood is hot." That was the announcement made on WROC television recently, reporting that property values in the burg appreciated more than any other city neighborhood. Now mind you, that appreciation comes with tax increases and not everyone here is thrilled. Still, I'd rather see the value of my biggest worldly investment appreciate as opposed to decline. And, really, it's not that Swillburg homes have greatly been renovated or mansion-ized, though I do see mostly new roofs from my corner view. The "hot" description is simply because we Swillburg folk have attracted new neighbors who recognize our spirit of community and cooperation, as evidenced by many visible outcomes, from public art on Pembroke Street to our street signs to the beautiful flower gardens that abound.

Well, there are no doubt other bits of good news to announce, but, I'll sign off now so I can get on my trike, zoom off and enjoy the cool urban villages that comprise South Wedge and Swillburg. Peace.



Jesse Knoth

Have you received a shut-off notice from RG&E this winter? The South Wedge Planning Committee, 224 Mt. Hope Avenue, has become an intake site for the Project Share heating assistance program.

For residents who meet

HEAP income guidelines or are active or well discharged military members, assistance is available for heating crises.

The application only takes a few minutes but needs to be done in person.

For more information, call Jesse at 256-1740, ext. 104 to find out more and set up an appointment. Project Share is a program of Heart Share and is funded through RG&E and NYSERDA as well as donation from the public.



Some Facts about Gold Street Lofts

The Lofts at Gold Street, a proposed "mixed use" development on Mt. Hope Ave., between Gold and Langslow Streets, is generating a lot of discussion within the Upper Mount Hope neighborhoods. Here are some facts about the proposed development to be located just a few blocks from College Town. Developers are Ken Burnham and Duncan Frame, and the parcels to be developed are owned by 10 Gold Street Properties LLC. The architect is CJS Architects.

The project would involve demolishing two structures: a 2-storey building at 1176 Mt. Hope Ave. (the former Empire Comics store) and a 2-storey single family house at 10 Gold Street. The project would erect two buildings: a 5-storey, 63,242 square foot residential/retail building on Mt. Hope Ave., and a 4-storey, 8296 square foot residential building on Gold St.

The complex would contain 40 units - twenty-four 2-bedroom units and 16 4-bedroom units. Total occupancy would be 112 persons. The ground floor of the Mt. Hope Ave. building would contain 3,160 square feet of retail space and 3,812 square feet of "tenant amenity

space/lounge."

The apartments will be designed for, and marketed to, students. The current site plan provides for a total of 55 parking spaces.

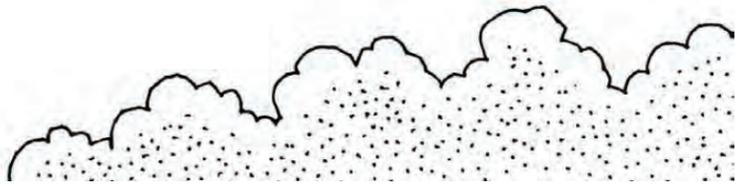
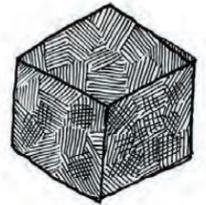
An informational meeting was hosted by the Upper Mt. Hope Neighborhood Association on January 18, at St. Anne Church. Another informational meeting will be hosted by NBN6 on February 8, 2016, at 5:30 p.m., at the Olmsted Lodge, 171 Reservoir Ave.

The project is currently undergoing the environmental review phase of the Site Plan Review process, which is required by the State Environmental Quality Review Act (SEQR). Comments from the public regarding environmental impact - including on topics such as design, scale, parking, traffic, congestion, and impact on Mt. Hope Cemetery - may be directed to Peter Siegrist, Senior City Planner, at the following e-mail address: peter.siegrist@cityofrochester.gov. According to Mr. Siegrist, the deadline for public comment on environmental impact is February 12, 2016.

Plans and drawings on file with the City can be found at <http://www.cityofrochester.gov/article.aspx?id=8589936657> under "current projects of interest."

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Being a "Hot Mama" Goal for 2016

Michele Martell

Happy 2016! The festivities have subsided, and it's back to reality. There's a plethora of New Year's Resolutions out there, and it can be a challenge not to get sucked into the hype of grandiose resolutions that don't stick. Besides being an opportunity to start fresh and to let go of the past year, I think the most important part of having a cheerful 2016 for any of us is doing what makes us truly happier and more balanced.

For most mothers, our primary focus is doing what is best for our children. But without balance, there's such a thing as "mommy brain"--being continuously distracted by focusing on everyone else's that can leave us feeling exhausted and preoccupied. Yet taking time to care for ourselves - body, soul, and mind - can only enable us to better care for our families.

So I've decided to be a Hot Mom this year. I don't mean that in a superficial way. It's all about doing those things that make me feel beautiful and fabulous on the inside and out, which will I believe create a rippling effect for those around me. Five minutes a day can make a difference. I can be just simply focusing on my breathing after the alarm goes off while everyone is still sleeping, in my car before I drive, at the gym, on a walk, or while petting my rescue dogs; what a stupendous gift, which sets my intention for the day. Just quieting the mind for a brief period helps get ready for the day and lends to the necessary spiritual guidance and peace we all need. It takes some practice, but after a few times of merely being quiet and listening openly -- it will become more effective and make a huge impact.

Exercise, for even 30 minutes, makes all of the difference in the world. It gets the blood flowing, the brain in gear and the positive thinking moving. As mom's, we often have sleepless nights, with kids' activities that keep us busy throughout the day and evening. Yet the energy from getting in a workout, whether in a gym that provides quality childcare, at home or on a brisk walk -- can truly keep us going.

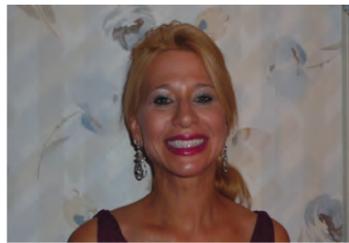
Intellectually, I decided each day to do something that will

strengthen my mind, whether it is reading, writing, focusing on my work and clients. Even when done on the fly, it still has a critical effect. After all, if you don't use it, you lose it! When my babies and I were home together, as they slept in my arms I would write, journal and read, which kept my brain sharp. As moms, we are continuously in a state of transition with our children. We can grow constantly through each of our children's stages, which are remarkably short.

Doing something simple for others daily, running the gamut from sincerely smiling to another, opening the door for someone, conveying a genuine compliment, helping the helpless...all of these things make us Hot Moms who are full of gratitude; not to mention, sets an example for our kids, because they are always, always watching.

Finally, being a Mom who wants the best for her kids and strives to do what is best for them, who loves them unconditionally, telling and showing them each and every day that she loves them... that is what ultimately makes a Hot Mom. Because when Mom feels happy and expresses her caring... that is what our children will embrace for the rest of their lives.

I've finally recognized the importance of doing for me what no one else can, even if in small increments. As the saying goes, if we don't take care of ourselves, who will? In addition to feeling more internally empowered and fulfilled,



Michele Martell

deciding to be a Hot Mom on the inside and out in 2016 will make my children happier and more proud of me and isn't that a wonderful New Year's 2016 gift that keeps on giving for future new years to come?



Scott Fearing, executive director of the Gay Alliance

Gay Alliance Moves to College Avenue

Nancy O'Donnell

Scott Fearing, Executive Director of Gay Alliance, invites everyone to stop by the Alliance's new digs on College Avenue in the Neighborhood of the Arts, he's just that excited. The space replaces a secluded office in the Rochester Auditorium on E. Main St. to a 6,000 square foot, bright, big windowed space next to RIT's Gallery R and half a block from Village Gate.

Fearing emphasized that the new location allows the organization that "Champions for LGBTQ life & culture in Rochester, NY" to expand its services and visibility to an even greater community.

Add to that Q-Youth, a program that supports young LGBTQ teens. (On the day the Wedge visited, a chaperoned overnight "Lock-in" was scheduled, an event where teens dance, eat pizza, watch movies and end with a 7 a.m. pancake breakfast.) SAGE (Services Advocacy for GLBT elders) offers events including euchre tournaments, bingo, and chair yoga.

Also on site is *The Empty Closet* newspaper's office. The Gay Alliance Library circulating and reference collection of over 6,000 fiction and non-fiction books, and 800 magazine and journal titles, as well as video and audio recordings related to gay and lesbian, bisexual, trans-gendered and Queer issues. The Gay Alliance archives house a historic collection of copies of *The Empty Closet* newspaper, as well as vital paper records and ephemera of the events, organizations, and people important to the Rochester LGBTQ community.

Fearing's advocacy on behalf of LGBTQ issues began at Out-Front Minnesota for most of the '90s. When his life partner took a job at National Technical Institute

for the Deaf in Rochester, Fearing decided to follow.

"I came to visit the first Thanksgiving [he was here] and I really liked what I saw," said Fearing. "And the winters were warmer than Minnesota."

Once in Rochester, Fearing contemplated a new career. "With 20 years of LGBTQ organizing work I was ready to do something else other than being a 'professional homosexual,'" Fearing said laughing. "But then, in 2007, the economy was tanking, and I spent a couple years searching."

Eventually, Rochester LGBTQ's siren call reached him, and in 2007, he joined as education director. In May 2013, he was named executive director.

Over time, Fearing helped to develop education programs that have gained a national reputation. He now travels around the country helping businesses and schools of all sizes to be sensitive and responsive to Trans people, to combat bullying and help create Safe Zones for LGBTQ individuals. He conducts workplace education of Trans issues that can range from a small business to a huge corporation (in one the Vice President transitioned and both employees and investors had to be informed).

Fearing described a recent project for a Human Resources department of an engineering firm that asked for his help when an employee began transitioning.

"They wanted to make it successful for the employee and for their company," said Fearing. "Back in the old days, a transgender person would leave work, move away. Most people today don't want to do that. Why give [their lives] up?"

He outlined "carefully mapped plans" needed when an individual transitions. It can be something as minor as an ID Badge, to how to let other employees know so they don't "freak out" when Steve returns to work as Francesca and heads for the Ladies Room. "Bathroom use is huge [concern] although many places are moving towards family bathrooms, single stall."

"We begin in a sense as relationship consultants," Fearing added. "Employees have lots of questions. It's curiosity. I've never found it to be malicious. It's often ignorance, in the best use of the word. People have never been educated in [LGBTQ] issues."

Society's response to the LGBTQ experience has changed dramatically since Fearing began working in the field.

"Twenty years ago I would ask a group if they would raise their hands if they had someone in their

lives they cared about who was gay and a couple hands would go up," Fearing said. "Today every single hand goes up. This happens a lot on college campuses. In the last 5-10 years, homophobia has often become an issue of geography. On the road, there will be fewer hands going up in Nashville."

The Empty Closet, the country's oldest continuously publishing gay newspaper, has chronicled the Gay Alliances' long battle for LGBTQ equality.

Fearing outlined its long history in the movement.

"It began as a four-page mimeographed newsletter created on the University of Rochester campus in 1971," said Fearing. "The UR Gay Alliance offered a social scene of dances and other events. The group eventually lost college funding because so many of its participants came from off campus. In 1972, the group was offered a free unheated space in a building in Bull's Head to run the Empty Closet."

Today *The Empty Closet* publishes a monthly 52-page tabloid.

Fearing has lots more planned for the College Avenue site including adding "Gallery Q," a space for art exhibits that "speaks to the LGBTQ experience and hosting "Out and Equal" Happy Hours networking nights. On April 24, a wrap-up celebration of Marriage Equality US is being planned.

"This new location is very invigorating," said Fearing. "It's fully handicapped accessible. We're visible. The focus of my whole career has been community building and breaking isolation."

The "next big thing" on his plate is exploring the possibility of a housing development for LGBTQ seniors. He's already engaged with the City of Rochester and a number of developers to make it happen.

Fearing also shared a "secret desire" he's been nursing for some time. "I want to get a passenger bus--a big gay van--we can paint in rainbow colors to take youth on outings or to take seniors out who have lack of mobility. And to show that we do exist."

To learn more, visit the Gay Alliance at 100 College Ave, #100, or visit their website at www.gayalliance.org.



Visual archives at the Gay Alliance

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South Wedge Victory Gardens Accepting Applications



(Photo by James Papapanu)

The South Wedge Planning Committee will be accepting applications for its two Victory Gardens on Hamilton and Cypress Streets. All applications are reviewed on a first-come first-served basis. Deadline for submission is March 1.

E-mail for an application (JKnoth@swpc.org) or stop in the office at 224 Mt. Hope Avenue, 10 a.m. - 4 p.m. Monday-Thursday.



Southside Little League Readies for New Season

Sean Hanna

For more than 60 years Southside Little League has been playing baseball in Southeast Rochester. More than just playing baseball, our league strives to strengthen the fabric of our community, by bringing families together with the common purpose of teaching sportsmanship and teamwork, building confidence in our youth and becoming more physically fit while having fun.

Our motto is "Building Community Through Baseball." We receive great support from our sponsors in the community. (A complete list of our sponsors is available on our website and we are always looking for new sponsors to support our program.)

With home fields behind School #12 on South Avenue, our season runs from mid April through the end of June. Southside Little League's region covers the City of Rochester areas east of the Genesee River and south of East Avenue.

The hundreds of families involved in our programs live in neighborhoods such as Park Avenue, Swillburg, Highland Park, Cobbs Hill, Monroe, Upper Monroe, East Avenue, Pearl/Meigs, Strong, and Neighborhood of the Arts.

Any children from age 4 to 14 who either live or attend schools in the region of Southside Little League are welcome to sign up. Schools in Southside's region including School #1, #12, #15, #23, #35, and Genesee Community Charter School as well as students attending Monroe Middle School.



Nationally renowned band Joywave with the Southside Joywaves, who they sponsored, after the 2015 City-Wide minors championship game.

In-person registration is available at the following dates and locations:

•Saturday, February 6th - 11 am to 2 pm - South Avenue Recreation Center (999 South Avenue).

•Sunday, February 7th - SPECIAL MOVIE EVENT at The Cinema (957 South Clinton Avenue). Registration and concessions start at 11:30 am followed by a showing of the family baseball classic "The Sandlot" at 12:30 pm that is FREE for registered families.

Registration is also available online at www.southsidelittleleague.com

Registration fees are as follows: Tee-Ball (4-6 yrs) and Rookies (6-8 Yrs) - \$65, Minors (9-

10 yrs) - \$90, Majors 11-12 yrs) - \$100, Juniors (13-14 yrs) - \$100, Challenger (players with special needs) - FREE.

Southside Little League tries very hard to keep the cost low for our families. Families who demonstrate a legitimate financial need may be eligible for financial assistance and should contact the League.

If you have questions or are interested in becoming a sponsor, please e-mail us at southsidelittleleague@live.com.

Sean Hanna is President of Southside Little League. To learn more visit (www.southsidelittleleague.com)

Rochester Civic Garden Events at 5 Castle Park

On February 19, RCG holds a Dinner Lecture, "The Darwin Martin House and the Story of Frank Lloyd Wright's Landscape," 5:45-8:30 p.m. The Frank-Lloyd Wright-designed Darwin Martin House is considered one of the finest examples of Wright's Prairie period, and his career as a whole. Seating is limited; preregistration (non-refundable after February 11) required. Deadline: February 16. \$25/person, includes dinner and lecture. 473-5130; rcgc.org. On March 12: RCGC holds its Annual Spring Symposium, 9 a.m.-3 p.m. at the Memorial Art Gallery, 500 University Avenue. Featured speakers are William Cullina, Director of The Coastal Maine Botanical Gardens, well-known author and authority on North American

native plants and Jennifer Bartley, landscape architect and owner of American Potager LLC, a design firm based in Ohio. In "What Do You Mean I'm Not a Perennial!?! - Native Shrubs and Small Trees for Perennial Companionship," Cullina addresses the mixed border - perennials, annuals, shrubs and evergreens blended together for year-round interest, Bartley uses examples from inspiring gardens in the US and France to illustrate how to create a seasonal kitchen garden of fruits, vegetables, herbs, edible and non-edible flowers. Ticket allows all-day access to the Memorial Art Gallery exhibits. Members \$48, non-members \$58. . Rochester Civic Garden Center, 5 Castle Park, Rochester 14620; 473-5130; rcgc.org.

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Ohh, La La! Follies in the South Wedge

Rebecca Berman

Get ready for a little Ooh, La La in the South Wedge when vintage chorus girls and local jazz musicians share the stage for "Dream of You," the first of its kind dance show hosted by the Flower City Follies on February 13.

"Dream of You" showcases lovely dancers in a variety of jazz and chorus girl routines straight out of the 1920s and 1930s. Stilla Dance Company performs and rare black and white movies from the private collection of local jazz era expert Mike Thibault will be screened.

The Flower City Follies are the only dedicated female vintage jazz dance group in Rochester. Founded in 2012, the Follies have become frequent performers in the community including Groove Juice Swing events,

the Rochester Fringe Festival, the Little Theatre's 2012 anniversary celebration, and several area weddings. In fall 2014, the troupe placed 1st in the Chorus Girl Competition at the Ultimate Lindy Hop Championships in New Orleans.

"The Dream of You" show will be held at the Historic German House (315 Gregory St. The dance show will take place from 7-8 pm, followed by a free beginner swing dance lesson from 8-9 pm and a social dance hosted by Groove Juice Swing featuring local favorite band The Swooners.

For more information, visit facebook.com/FlowerCityFollies. For more information about Groove Juice Swing, visit groovejuiceswing.com.

To learn more call, 845-706-2621 or email info@flowercityfollies.com.



Flower City Follies (Photo by Ryan Swift)

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Life Together - Outlasting a Rochester Winter

Rev. Matthew Martin Nickoloff

Winter is coming. Or, most likely, by the time you're reading this, it's already upon us."

Like a beloved character on Game of Thrones, it was only a matter of time before all goodness and warmth was quashed before our eyes by the icy breath of Old Man Winter whose sadism makes George R.R. Martin look like Walt Disney.

Winter's arrival becomes more even more unbearable because it brings an inevitable chorus of lamentation and despair--Rochester's theme song--during the first quarter of every year. The sun's not coming out, we complain, and so, dammit, neither will I. And so commences our annual affair with that all-too-familiar, never-less-painful, isolation and loneliness.

Let's face it: a Rochester winter sucks. I wish there was some way we could band together to take back our city from the dirty salt-flecked leavings of the plows and enjoy the beauty of the snow and the ice. Wish that I had the personal strength to transcend the loneliness and help others do the same. I have even given a name to this dream: the Outlast Winter Campaign. (OK, actually, that's a lie - my real working title is the "F" Winter campaign, with the F standing for a slightly stronger, less appropriate verb of affront to our mutual seasonal foe. But pastors, of course, can't say thing like that so Outlast Winter it is).

As someone whose profession it is to help create community and inspire hope and joy, it's an especially frustrating time of year. In spite of the intense feelings of pain and need generated at this time of year, ironically, people are even less disposed than usual to come to gatherings. No matter how beautiful the liturgy on Sunday night, how kick-ass the band playing on Friday or how enticing the promise of being together with warm folks in a warm place might seem, I get the same line: "I'd really like to come, but, well, it's just too cold to come outside."

But even more than my seasonal frustration is a sense of sadness for those of us winter deeply effects. In many ways, it has a valuable lesson to teach us as it reveals the true nature of our hearts' greatest longing. It's the same lesson that became painfully obvious almost as soon as the Creator finished making the first human in the story of Genesis: it's just not good for people to be alone. And while



Rev. Matthew Martin Nickoloff

healthy doses of contemplative solitude and intentional mindfulness can be an amazing and sought-after blessing, let's face it: probably the only thing that sucks worse than winter is the loneliness in us that winter won't let us avoid confronting.

And maybe that's why winter really does hurt. Not just because our fingers are frostbitten and our RG&E bills break our bank accounts, but because in this challenging season, it's especially hard to avoid the feeling that gnaws at our hearts and minds. It's not good to feel so separated from our fellow human beings. It breaks our hearts to feel so alone.

Another thing people are fond of telling me when they find out I'm a pastor is their assurance that, "I'm not religious, but I'm spiritual." Once in a while, it's really true. But my general sense, speaking partly from my own track record of struggle, is that it's usually not so cut-and-dry. Ask anyone if they are racist, and most people say, "No, of course not or I try not to be." On a similar note very few people, when asked if they are spiritual, will say no.

The Big Book of Alcoholics Anonymous offers the astounding observation that "the spiritual life is not a theory. It has to be lived." We are, all of us, spiritual beings, whether we connect that dimension of ourselves with a religion or a movement or not. Our winter experience of our own loneliness proves as such. We may not think the hole in our hearts is God-shaped, but that longing for connection beyond ourselves is evidence that we are, at root, relational beings made for communion with one another.

And I think this deep and intense loneliness in each of us holds the key to not only outlasting winter, but also beginning to overcome despair. Because as one of my meditation teachers, the Trappist monk Thomas Keating once

told me, the only way to fail at the spiritual life is to do nothing. Which means that in order to become more spiritual, and hence, to be opened to acting in the direction of connection and communion, all we need to do is to start practicing.

Now, a caveat: it's a simple beginning, but it's not an easy journey. I think one of the reasons so few of us really dig into a spiritual practice is because spirituality is hard. It takes a lot of effort, and a lot of concentration, and eventually, a lot of discipline. It does not instantly gratify or reward us with warm feelings or all the answers to life's most pressing questions and desires. In my limited experience, it generally leads us to face the truth, which often means confronting things we don't like about ourselves. In some ways, once the warm pink cloud of our initial encounter with spirituality wears off, it's a lot like winter.

And yet if you are tired of feeling lonely, despair and longing to overcome isolation and separation and you are ok discovering, not more answers, but different, often more fruitful questions-- the same old George R.R. Martin story of the premature death of your dreams and desires and the loss of the things that are truly good and real in life-- then, you might be ready to give spirituality shot.

And luckily, in this neighborhood, there are myriad ways of getting started that help meet people at a number of diverse starting out points. Maybe you're a body person, and need your spirituality to be more physical. We have some great studios like Yoga DrishTi and TruYoga, as well as Tai Chi at the South Wedge Mission on Wednesdays and the Living Stress Free Center on Gregory Street. Maybe you want to get creative, so stop in Little Button and take up a new craft. If service is your gig, St. Joseph's House of Hospitality is always looking for help serving meals and staying overnight so that guests can be warm on those blasted winter nights. And of course, there are all sorts of great churches like South Wedge Mission and Artisan Church, which teach radical hospitality and inclusion and seek to help connect

continued on pg. 16



Drish Ti's window inspires passersby to contemplate the design and yoga

Spring & Love is in the Air

Nicole deViere

Spring is on the horizon, and love is in the air right now. While nature starts shifting to the next season, so do we. As we approach a new time or phase it's easy to imagine change. We foresee everything we have imagined playing out. What if I got a new job, or what if I had more help to accomplish what I want to? You may even slip off into endlessly comparing yourself with others; what if I was more like this person or that person? The difference between Mother Nature and us is the former always has footing in both the present and future while the latter jumps forward with both feet into the future.

To have spring of course there has to be winter, and the more balanced winter is the more stability provided for the shift into spring. By springing forward and letting go of the present time, we end up traveling in our mind far away from what will really make the change. We travel far away from ourselves, the starting point, into all the things that will finally make us happy when the season changes. But the truth is none of those "what ifs" will make us feel happy at all. The truth is that everything returns back to its shape. To spring forward, we must

have our footing on stable ground right now in the present time. Our stability is rooted in ourselves and the relationship we hold with self-appreciation and self-love. Love is deep affection and approval; it is stable ground to move from. After you spring forward, it is what you will move back to. Self-love is the key for any movement. For example, do you say "yes" even when you don't have the time, energy or desire, because you are a people pleaser and don't want to disappoint? Or, perhaps you think your problem is that you're not organized enough, your house isn't clean enough, or that there just isn't enough time in the day?

Actually the case isn't that at all. The situation is love. Unless you learn to love yourself, the point where it all starts, you'll forever run yourself ragged and never feel accomplished. You will always be engaged in a what if mindset, off to the next thing that will change everything!

Thinking versus knowing you love yourself are two very different things, yielding different results. Knowing that you love yourself requires that you start from the center, and the center is you. Forget the what if's of the future, and start practicing now. Reverse the equation, put yourself first. Your future is cumulative starting with now. You can solve a lot of the problems you're experiencing in life if you just learn to accept and approve of yourself as you are right now. You don't have to feel inadequate in any area of life, or wonder if you'll ever be loved the way you deserve. You just need to learn how to tap into who you really are in the present moment, and then accept yourself fully. Only then can you truly expand.

What if you started with what you have, appreciating and approving of it? You would have affection, you would have love. When there is love there is a calmness, stability, and confidence. Like a seed to be nurtured into a plant, love is a practice of noticing, acknowledging and expanding. To spring forward we must seize the love in the air and claim it as who we are first, so after we propel we settle back into stability. Where there is stability there are great movements, there is love.

Nicole deViere, RYT/Holistic Wellness Council, is the owner of Yoga DrishTi Community WELLness Center located at 159 Caroline Street in the South Wedge/Highland Park neighborhood. www.YogaDrishTi.com

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Kid's Corner -The Hidden Genius in Every Child

Drew Beeman

When I was a pre-teen and teen I loved skateboarding. The rebellion, the attitude, the tricks, all of it! Now as an adult, I appreciate it even more, even though my board is in storage.

Rodney Mullen is considered the "Godfather" of modern street style skateboarding. He invented upwards of 32 tricks, including the "ollie" that is the foundation for all other street style tricks (which he also mostly invented). Without getting too much into his bio, I will say his father was reluctant to allow him to skate and made him quit a few times. He went to college and studied biochemical engineering, won 34 out of 35 "freestyle" skateboarding competitions by the age of 24, went on to basically invent "street style" skateboarding, became an innovator and inventor creating new skateboards, and accessory designs, became a successful business man and a multimillionaire, and now gives TED talks and other speaking engagements. He overcame much to get there, search his name on youtube and you'll see some awesome videos.

He has amazing skill, and physical mastery, dexterity and balance! Oh by the way when he was young he wore special boots to bed to help correct a serious pigeon toe condition. The other thing is that if you ever hear him speak you will notice something different about him. There is a lot of speculation on the internet that he may have autism or at the very least Aspergers. I am not a big fan of labels, and he has never said anything public about it, but many people who have had experience with others or they themselves are "on the spectrum," seem to agree he seems to have many of the "symptoms." I believe that if he were a generation younger he may have had the diagnosis early on in his life. But then again so would Albert Einstein.

A large part of me has an aversion to these types of labels. For one our society, and its schooling system, wants to cram all of us uniquely shaped "pegs into round holes." Second, those labels usually come with a bunch of grant money,



so there is a lot of incentive to label people. Another part of me understands that labels can bring more awareness and hopefully compassion for others and may be able to help people more effectively.

One thing I do know for sure... all children have a hidden genius inside of them. I am coming to believe more and more that so-called "disorders" like autism are really just labels to help us understand the way someone other than ourselves, or the perceived majority, thinks and functions socially. I am sure there are many success stories like Mullen's out there, and I truly believe there could be many more.

Howard Gardiner of Harvard University most famously stated his ideas about "Multiple Intelligence," found in "The Theory of Multiple Intelligences" from Harvard Graduate School of Education: "The theory of multiple intelligences, posits that individuals possess eight or more relatively autonomous intelligences. Individuals draw on these intelligences, individually and corporately, to create products and solve problems that are relevant to the societies in which they live. The eight identified intelligences include linguistic intelligence, logical-mathematical intelligence, spatial

intelligence, musical intelligence, bodily-kinesthetic intelligence, naturalistic intelligence, interpersonal intelligence, and intrapersonal intelligence. According to Gardner's analysis, only two intelligences—linguistic and logical mathematical—have been valued and tested for in modern secular schools; it is useful to think of that language-logic combination as "academic" or "scholarly intelligence."

Many educators are familiar with his theory, but I believe that if we really implemented it in our practice we would see every child be successful. Like Rodney Mullen, if we allow our children to play, experiment, and explore, find their passion, and encourage them to pursue their own interests we would also see our children succeed.

Let your children play. Let them follow their own passions, interests, and dreams. Find their specific intelligence and gifts. Encourage their pursuits. You will see them find success and fulfillment. You will have released their "Hidden Genius"!

Drew Beeman is founder and director of Progressive Early Learning. For more info about Progressive Early Learning, visit www.ProgressiveEarlyLearning



"Bartender, I'll have a Meowtini."



"Listen. I know you have a biscuit in your pocket."

Darby Minor-Bennett was very intrigued by the statue of Nathaniel Rochester, father of our city, along with companions Paul Minor and Judy Bennett.

The statue, created by sculptor Pepsy Kettavong, was unveiling in Nathaniel Park in 2008.

Darby wouldn't take no for an answer for some time and will check back again just in case.

The *Wedge Newspaper* loves animals, both wild and domestic and welcomes any opportunity to immortalize them in print. It's that kind of newspaper.

Margaret-Mary Dillio, jeweler and PR writer, would like to introduce "Speaker" to the South Wedge.

And why is he wearing a tuxedo?

"Because I'm crazy?" answered Dillio. "He's a rescue, and I've had him about 4 years. I think he is 13 or 14 years old. For a caption..how about "Bartender, I'll have another meowtini."

Stuart's Spices Free Events

Sat., February 6: Pepper Demystified, 10:30 a.m. - 12:00 p.m. No charge for this class. Pre-registration required. Call Stuart's at 436-9329

It used to be that pepper was just pepper. Now, when you grab a jar of pepper, are you looking for green peppercorns, Tellicherry, Grains of Paradise, or something completely different? Come to this class and learn the difference between peppers as well as their origins and culinary recommendations. You'll taste them in a format that will allow direct comparison of flavors.

Sat., February 20: Salt Connoisseur, 10:30 a.m. - 12:00 p.m. No charge for this class. Pre-registration required. Call Stuart's at 436-9329

Specialty salts are a foodie trend and Stuart's carries exotic options. Can you tell the difference between white, pink and black? How do seasoned salts fit into the picture? Come to the class and find out. Learn where these colorful salts come from and how they can enhance your food. And of course, do a side-by-side taste comparison.

Sat., February 27: Corned Beef and Pastrami, 10:30 a.m. - 12:00 p.m. \$5 fee for this class. Pre-registration required. Call Stuart's at 436-9329

It's true - you don't have to buy your corned beef in a plastic bag. Learn how to make corned beef and pastrami in the comfort of your own kitchen. Watch the demo, taste samples and take home the instructions. (Think St. Patrick's Day!)

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Giving a Silent Killer a Voice

Dr. Michael Mancenido

If you're not aware of a highly infectious blood borne virus that afflicts at least 4 million Americans, there is good reason. Nick-named the "silent disease," the symptoms of chronic hepatitis C often do not appear or can be quite mild for years - even decades. Most people infected with the virus develop chronic liver inflammation that usually goes unnoticed. Early symptoms can include fatigue, loss of appetite, nausea, vomiting, and dark urine. If left untreated over time cirrhosis, liver cancer and liver failure may result.



Dr. Michael Mancenido

Public health campaigns have been mounted to change this awareness deficit. Governor Cuomo signed Section 2171 of the Public Health Law, effective January 1, 2014: a hepatitis C screening test must be offered to every individual born between 1945 and 1965 if they receive health services at a hospital (outpatient department or ED) or a freestanding health center. Treatment is available for those impacted. One of the treatment programs includes a single tablet regimen which a patient may take for three months to cure their infection.

If you are Baby Boomer - born between 1945 and 1965 - know that you are five times more likely to test positive for hepatitis C. Regardless of how you acquired it (for example dirty syringe, unregulated tattoo parlor, recipient of a blood product prior to 1992), it matters most that you know your status by first getting tested, and if positive seeking medical care.

Trillium Health and The Pharmacy at Trillium Health has the ex-

perience in justifying the reason for treatment to commercial health insurers, especially since some have balked at paying the approximate \$90,000 per three month treatment course. If the insurer denies coverage, an application for financial assistance can be submitted to the drug manufacturer on the patient's behalf. The overwhelming majority of our patients have not experienced any side effects, and to date, about 95% have been cured with these new medications (Sovaldi, Harvoni, Viekirapak).

Trillium Health - a neighborhood healthcare center specializing in primary care and infectious diseases for nearly 30 years - is dedicated to caring for and curing hepatitis C positive individuals. Trillium Health is located at 259 Monroe Avenue at Monroe Square and can be found online at www.trilliumhealth.org.

Dr. Michael Mancenido is a Staff Physician at Trillium Health



Dance the Night Away Courtesy of the Mambo Kings at City Love on April 1 at the Historic German House. For more info, visit RocCitylove.com.

Out And About

News from a rejuvenated South Clinton Merchants Association

In early February they organized Date Night at the cozy Rooney's Restaurant, 90 Henrietta St. Couples received free desserts after dinner. March Madness begins for SCMA on March 24, 2016 with an invitation to join them at the Playhouse/Swillburger, 820 S. Clinton on from 6-8 pm. Food will be provided by SCMA.

Also a Save the Date for the Show on Monroe. The event will take place on June 4 beginning at noon. Many fun things are currently being planned. It will be bigger and better than ever!

On Wednesday, February 24, **Reconnect Rochester brings Samuel Schwartz to Rochester.** Schwartz is the former traffic commissioner for New York City, and the man who literally invented the word "Gridlock."

Gridlock Sam is one of the leading transportation experts in the United States today. He is currently a columnist at the *New York Daily News*. And his firm, Sam Schwartz Engineering, has recently produced a plan for the redesign of

East Main Street here in Rochester.

In his new book, *Street Smart: The Rise of Cities and the Fall of Cars*, Sam chronicles the history of urban transportation in America. He recounts his own personal experiences, from growing up in Brooklyn during the 1950s, to working as a New York City cab driver, and then his professional career planting the seeds of change

from within the New York City Department of Transportation.

Wednesday, February 24, 6:30 - 8:00 P.M., The Little Theatre Join the event on Facebook.

Reserve Your Seat: -Make a donation in any amount to Reconnect Rochester and we'll hold the best available seat for you. Suggested donation at the door: \$5-\$15.

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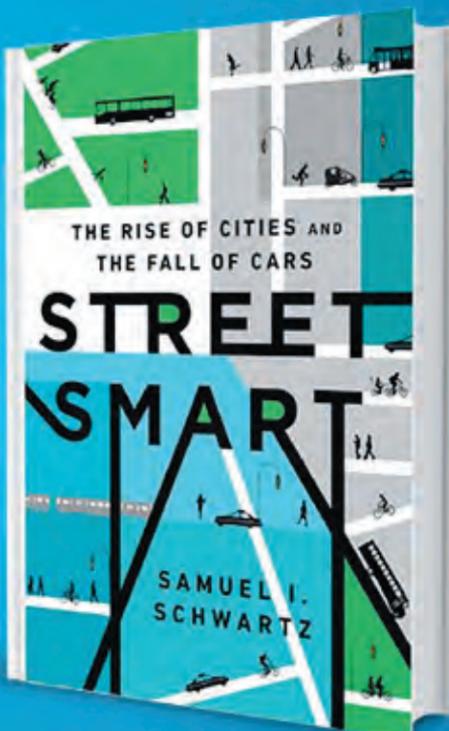
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South Wedge Music Review - Mike McLaughlin

Jeffrey K. Wahr

Mike McLaughlin is a serious guy.

I deduced this well before I'd experienced a single note of his 2015 release, *Spare Me Some Humanity*, (that's a fairly heavy title right from the start, ain't it?). I thought it would be useful to dip my brain into the CD's artwork and liner notes before immersing myself in the sounds.

On the front cover, McLaughlin appears pensive, cradling his prized guitar like a gentle parent. He gazes off wistfully, but I can tell that his mind is adrift in contemplation. He scares me a little.

An examination of the back cover reveals a seemingly bemused McLaughlin lounging outside a taxidermy shop. I became briefly fixated with this image. One quick Internet check, and I found the location of the taxidermy shop (Williamson, NY) and the adjacent businesses (The Stove Shoppe). However, I was still wondering WHY Mike had decided to pose in this particular doorway? Having been subjected to lengthy discussions on symbolism during my college years, I recognize totems of this sort are rarely unintentional. In subsequent emails with Mike, I learned that the photo was a last-minute change on his part and the rationale of tempering the seriousness of the rest of the CD with a little levity made perfect sense to me. "I thought it was funny," he stated succinctly.

Once inside, I was confronted with more evidence of McLaughlin's seriousness. The narrative and song titles are thoughtful and dour. For example, "Looking for Comfort," "Learn to Live Right," "Haven" and the phrase "pain and suffering of life-changing loss" from the liner notes are nothing to be taken lightly. Intensity and introspection at this level are generally reserved for deep thinkers and barroom philosophizers not guitar pickers.

McLaughlin fools the listener with the opening song, "Spare Me Some Humanity." It's a bouncing faux-reggae tune with some slinky instrumentation that gives one a false sense that this is going to be a party record. Think Mark Knopfler guitar with some dirty CCR keyboards and Blondie's "The Tide is High" circling overhead and you'll get the idea. The marimba breaks throughout the song tend to derail the general joviality of the tune, but as a whole, it is expertly executed; some might even describe it as a "happy" number.

But then things take a decidedly different turn. Everything from here on out is fairly bleak. In a good way.

McLaughlin's songs hover just above pure desperation. Don't let the pleasant arrangements fool you; there's some dark matter lurking underneath the surface of the skillful guitar parts and amazing background singers. This stuff will not get you up out of your seat and cause you to shake your moneymaker. But that's how McLaughlin wants it. For me,

this only makes the arrangement and placement of the title track more vexing. My recommendation would have been to stick it at the end of the CD to provide some relief from the hopelessness we experience through the course of the other eleven songs (two instrumentals notwithstanding).

McLaughlin's use of the bouzouki (a traditionally Greek instrument) inflects his songs with a country feel that is refreshing in popular music. McLaughlin employs it similarly to a mandolin, and at certain points, in "Saint Lauren" for example, it becomes reminiscent of some of the folk material with which Led Zeppelin experimented in their later recordings.

Kaotic Studios has done a masterful job of layering in just enough extras to elevate every song well beyond rudimentary jams. They give McLaughlin enough room to string some guitar solos around, and they selectively insert the background vocals to create some tremendous atmosphere. There is also a violin floating in and out which makes McLaughlin's sad songs even sadder.

The standout track on 'Spare Me Some Humanity' is unquestionably the beautifully grim, "When the Flowers Bloomed." This is a delicately crafted and emotionally riveting song. There is some remarkable imagery



throughout combined with a delightful delivery; for a moment, you may even forget that you're listening to the most desolate and desperate song on the CD. McLaughlin's voice is haunted and distant while he poetically details the nature of his melancholy.

The next handful of songs, however, seems to lack the cohesiveness of the first half of the CD. They're good songs, but they seem to be missing the heart and detailed construction of the first five. "Azalia" is a ghostly little dirge again, featuring the talents of the background singers. It possesses a dose of soul and direction. Some of the other closing tunes seem to be fairly jam-oriented and loose. I like Mike when he's zeroed in on a melody or depressing thought.

If you're looking for Jock

Rock Volume 18, 'Spare Me Some Humanity' will not satisfy you. However, if you like your folk music seasoned with equal parts wit, intellect, pessimism and a dash of hope, I recommend it. Mike McLaughlin has put together a finely tuned collection of songs and delivers them intelligently and with conviction. I told you he was a serious guy.

J.K.W. exists in sordid isolation, coaxing scabrous plaints from a coterie of hoary and wizened musical instruments. He also has a rabbit.

To get a copy of Mike McLaughlin's CD, go to paypal for download there: <http://michaelmclaughlinmusic.com/index.php/spare-me-some-humanity> or visit him via Facebook.

Curbside Find gets Purple Painted Lady Treatment

Jesse Knoth

A few months ago my neighbor put a piece of furniture to the curb that caught my eye. It was dark out and hard to tell the exact condition it was in, but I had just gotten a fire pit so worst case it would be broken down for firewood.

After moving it to my garage and giving it a thorough inspection in daylight, I decided it would be a good addition to my kitchen. But it needed some love first, the hardware on the doors and draws were missing or incomplete, one door had a major 'chip' in the veneer and the countertop had seen better days.

I decided to take a trip to one of the South Wedge's newest merchants, the Purple Painted Lady, and get more details on the chalk paint they sell and what was needed to overhaul my new kitchen piece. After learning about the process,--clean, paint and wax--I got a color chart and spent some time deciding on how I wanted it to look. My

kitchen is a little drab, white wall, white cabinets, etc, so I wanted to brighten it up. I chose a vibrant color pallet reminiscent of a Southwestern style kitchen, orange for the drawers, doors and door panels, red for the trim and legs, and graphite for the top.

After a return visit to the Purple Painted Lady I had all of my supplies ready. Then I procrastinated for a while.

Finally with a week off for the holidays, I decided it was time, I cleared my dining room, put down a tarp and started in. My first step was to clean the piece. Even though sanding isn't necessary, there was some gunk built up that wouldn't come off, so having sandpaper on hand was helpful. Next, I started with the orange paint. When I talked to the staff at the Purple Painted Lady, they said it usually only needs two coats. I'm not sure if it was because of the dark color of the wood or wanting



Curbside find after Painted Purple Lady rehab

the color to be bright and bold but I used four coats on the red and orange part and ended up having to get a second sample pot of red and graphite. With most of the

painting done, I stopped in at Historic House Parts to find hardware. I settled on a simple black metal handle, something that wouldn't detract but still complement the rest of the piece.

Now that I was done painting it was time to apply the finishing wax. I choose the soft clear wax but they also sell a dark wax that gives a more rustic look. Applying it was simple if you remember the Karate Kid. Wax on, wax off, working in small areas. I did two coats of wax on most of the piece with an additional coat on the top, figuring that it will have the most wear.

Looking back on the project now there were a few things I would have done differently.

First, I should have spent a little more on brushes, which might have resulted in needing fewer coats of paint. The second thing is that I should have measured and brought more pictures in with me so

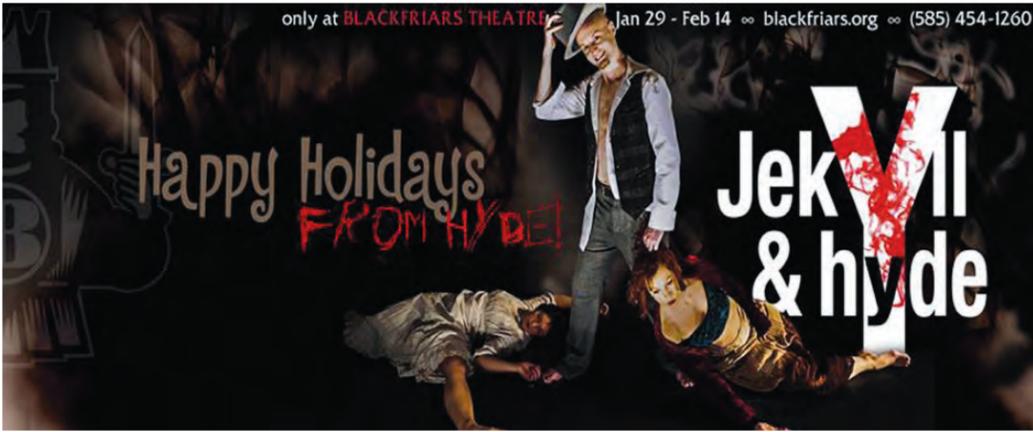
the staff at PPL could more accurately estimate the amount of paint I needed. Not doing this caused the whole process to be a bit drawn out. If I had had all the paint I needed from the start, I would not have had the pauses that let me procrastinate more.

The last thing I learned is that refurbishing old furniture is not for me. While I had fun with the process and am happy with the results, at times it felt like a chore. However if you are into refurbishing, I would highly recommend a trip to the Purple Painted Lady. It's easy to use, requires little prep, and has a clean milky finish.

Purple Painted Lady, 650 South Avenue. Mon - Wed 12 - 6, CLOSED Thurs, Fri & Sat 12 - 6) www.thepurplepaintedlady



Curbside find before (Photos by Jesse Knoth)



PUSH Physical Theatre's premiered "Jekyll & Hyde," at Blackfriars Theatre on January 29. It continues until February 14

Push Physical Theatre Moves to South Wedge

Award-winning PUSH Physical Theatre moved their studio to the historic Weider Hall ballroom on Gregory Street. It will be the site of their April 9 Party with Push (more about that in the next issue).

"We're very excited to make Weider Hall PUSH's new home," said Darren Stevenson, CEO of PUSH. "Working on something as dark as Jekyll and Hyde is offset

by the energy and friendliness of The South Wedge. Everything we need is in walking or cycling distance. We can grab lunch at The Open Face Sandwich and coffee at Equal Grounds. If rehearsal is especially difficult we can pop over to the Tap & Mallet to lift our spirits with a local brew."

The world premiere of PUSH Physical Theatre's Jekyll & Hyde now playing at Blackfriars Theatre (795 E. Main St.) through February 14.

The production is based on Robert Louis Stevenson's 1886 novella, *The Strange Case of Dr. Jekyll and Mr. Hyde*.

The play is collaboration with script writer, Danny Hoskins, Artistic & Managing Director of Blackfriars Theatre. To learn more, call (585) 415-PUSH (7874) or visit chitchat@pushtheatre.org, www.pushtheatre.org

Hedonist Artisan Chocolates Introduces Written in the Stars

Introducing The Valentine's Day Collection, "Written in the Stars" with designs by Joanna Walters Design and inspired by Keith Walters Photography.

Taste the Raspberry Chocolate Truffle created in the kitchen of Hedonist Artisan Chocolates featuring hand-lettered artwork by Joanna Walters and inspired by the photography of Keith Walters.

Meet Keith and Joanna and the Hedonist chocolatiers for this special event in conjunction with #FirstFridayRoc at Hedonist's shops in the heart of Rochester's South Wedge neighborhood.

Keith's photography and Joanna's hand-lettered artwork will be on display and available for purchase.

Written in the Stars are available for purchase at Hedonist Artisan Chocolates at 674 South Av-



enue) and online (hedonistchocolates.com).

Joanna Walters Design created these lovely designs based on her husband's photography (Keith Walters Photography) and their own relationship. The EE Cummings quote, "You are my sun, my moon, and all my stars," is central to this year's collection. Joanna says she sees Keith in every sun, moon and star. We hope that you'll find any loved one -- husband, wife, son, daughter, friend -- in this year's Valentine's Day collection, too.



(l-r) M. André Primus, Mia Fitzsterens, Jen Topa and Tanya Zwahlen

Highland Planning joins Swillburg rejuvenation

Highland Planning, a nine-year-old community development firm established by Tanya Mooza Zwahlen, AICP, has relocated to Swillburg.

The firm's focus is city planning, with an emphasis on public engagement, urban revitalization, grant writing and research management.

Highland Planning moved from an Rochester Public Market office into a rehabbed historic church on South Clinton Avenue in April of last year.

Zwahlen worked with the building's owner John Trickey

and restaurateur Jeff Ching on the redevelopment of the church as a mixed-use building.

An open house in January was a celebration of the completion of the whole building. The Playhouse/Swillburger opened on 12/22 and just got its liquor license this month. The event also was an opportunity to show friends, colleagues and clients the new office. Finally, it was a chance to introduce two new staff members to our clients: Mary Rowlands and M. Andre Primus.

820 South Clinton Avenue, #3, www.highland-planning.com

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Wedge Me In

The South Wedge Planning Committee held its annual Wedge Me In meeting in late January with members and members-to-be.

This year SWPC board chair Nathaniel Mich added a "World Cafe" portion to the evening and

invited SWPC members and guests to talk about what they liked about the Wedge, what they want to see happen and what they were willing to do to make good things happen.

(Photos by Nancy O'Donnell)

What we like: the diversity, stores, entertainment, walk/bikeability, good neighbors, Green Light Internet, gardens, parks and trails.

What do we want to happen: get rid of zombie houses, traffic control, affordable housing for young families, "expand the coolness," more retail, foreclosure prevention, Wedgestock!

What are you willing to do: plan activities in Marie Daley Park, keep an eye out for neighborhood safety, be cheerleaders for the community



(l-r) South Wedge Executive Director John Page and Board president Nathaniel Mich



Board member Frank Logan and Ashley Palo, representative for State Senator Joseph Robach



(l-r) South Wedge Victory Garden Co-Manager Felton Culbreth, Deborah Trout and Jo Cummings



(l-r) Anne Weisbeck and Scot Makai



(l-r) City Council member Carolee Conklin and Alexis



Donna Lipari, Bivona Child Advocacy Center, and Alex White



(l-r) Tom Kicior, Paul Minor, Gloria Kreitzberg from Inner Vision Meditation



(l-r) Nate Baldo, Jim Mayer, Alex White, Judy Bennett, Tony Sciarabba (background Marlene Henry from Peppa Pot)



(l-r) Realtor Michael Lill and Eric Zukauskas



Tom Silva and Kristin Hocker from Foodlink



(l-r) Tony Sciarabba, Christine O'Conner and Mark Greisberger, board members from SWPC and SEAC



Kim Webb from Shaggy to Chic, Diana Webb and Kevin Wilson from Rochester Childfirst Network

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SWPC Holiday Home Winners

Bravo to the South Wedge homes who made us all happier by sharing their bright lights and decorations this holiday season. Sure the holidays are over, but the glow remains.

Holly jolly judge Peter Monacelli awarded \$25 gift certificates to a local businesses to the winners He named them winners based on their appeal to children and the young in holiday spirit!!

In addition, Linden Street was named the best decorated street for the sheer number of homes that got in the spirit.



67 Poplar Street (Photos by Judy Bennett)



150 Sanford Street



84 Hickory Street



133 Averill Avenue



72 Ashland Street

Here are the winning homes:

- 112 Comfort St.
- 30 Alexander St.
- 290 Hamilton St.
- 133 Averill Ave.
- 84 Hickory St.
- 74 Ashland St.
- 42 Gregory St.

- 150 Sanford St.
- 177 Cypress St.
- 67 Poplar St.
- 183 Linden St.
- 5 Menlo Place
- 780 South Ave.
- 734 Mt Hope Ave.



Pastor Lawrance Lee Evans celebrates Kwanzaa with faith community

First Community Interfaith Institute Hosts Supporters Day on Feb. 17

Minister Lawrance Lee Evans, founder of the First Community Interfaith Institute invites the public to Supporters Day honoring Charles Riley on Feb. 17, at 5 p.m. The Institute Inc., is a spiritual and cultural organization and a teaching church at 219 Hamilton Street. The event will highlight its educational programs: the Charles Riley Tutorial Program and its Ministry School of Doology.

Supporters Day advocate for the support of the Institute's after school program and adult enrichment program. Organizers say the

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ISIS Theology of Violence & Counter Theology in Islam Panel on March 2

Viewing the contemporary situation in the Middle East can be difficult and understanding the educate the distinction between Islam as a religion and ISIS ideology of violence is important.

A panel of speakers will discuss this very current topic on Wednesday, March 2, 2016, at 7 p.m. at Nazareth College's Otto Shults Community Center.

Speakers will discuss the misconceptions of the Islamic faith as it relates to stereotypes, global politics, and peaceful co-existence.

Speakers will include: Thomas Gibson, PhD, Professor, Department of Anthropology, University of Rochester; Hakan Yesilova, Editor of Fountain Magazine, Clifton, NJ; and Sharon Murphy, PhD, Professor of Political Science, Expert in Middle Eastern Affairs, Nazareth College

The event will be cosponsored by Peace Islands Institute, Rochester, NY. The event is free and open to the public.



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Champions of Change

continued from pg. 1

ivia. The trucks, donated by Cook Moving System, will drive the water to Flint.

Olivia, who homeschools her sons and a younger daughter, Jordan, said her sons wanted to help when she talked to them about Flint. Joshua exclaimed "how lucky we are to live in America."

"I said 'Sweetheart, this is in America. Flint is six hours from our doorstep,'" said Olivia. "He suggested we donate filters and Jeremiah said, 'let's donate water.'"

They heard about Flint on Wednesday, went door-to-door in their neighborhood in Greece and got donations the next day, and by Friday had the Credit Union and Educational Enterprise, a nonprofit based in Wisconsin supporting them too in their water drive.

Volunteering isn't new to the boys. They've been building networks of help since starting their organization, Champions of Change USA, two years ago. Its motto: "Little deeds. Huge impact."

The two have also written a book, *Live to Give*, which recounts the story of two young boys' encounter with a homeless man while visiting New York City.

Advantage Credit Union had booked the brothers last October to come to the bank for a book signing because of its message of giving, saving and spending wisely. (In the story the two boys have \$8 to spend during their visit. They use a "10-10-80 rule" taught to them by their parents: which says to give \$1, save \$1 and spend the rest "wisely." On the day of the drive, Advantage purchased their book so that the first 30 people who came in were also given the book for free.

So how do two small boys become humanitarian entrepreneurs before 10 years?

"Parents have to model giving. My mother and her mother gave. We visited nursing homes and hospitals. Giving was instilled in me," Olivia said.

Next up for the boys is a 10-day trip to Washington, D.C. where they'll be going to the White House for meetings on education. Later in spring, the two will hold a birthday party for children who live in city shelters

To learn more, visit <http://www.championsofchangeusa.org>. To donate or volunteer for the Birthday party, email Olivia@championsofchangeusa.

Inner Vision Meditation

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Gloria Kreitzberg (Photo by Lisa Gates)

Rochester on Gregory Street. She comes to Living Stress Free as a successful illustrator, brand designer and commercial artist for 16 years, along with teaching private art classes for many years. Along with the South Wedge location, Kreitzberg has a studio where she runs Artful Kids Expressive Arts in the Artful Fairy, a shop in Victor, NY.

Her website defines the history and many forms of "meditative art": "It can be traced back as far as 5,000 years ago, when Chinese Oracle Bone Script Writing (Jai Gu Wen) was used...The more well-known forms include Mandalas and Yantras from India, calligraphy and traditional paintings from China, and drawing and sculpting from Tibet."

"I'm taking the principles and bringing them to our present practices and lifestyle," Kreitzberg said.

During the class, students paint on a 16"x 20" canvas using quick-drying acrylic paint. In the background is calming meditative music and the sweet scent of essential oils.

"People get hung up on judging themselves, looking at how good the painting is.

"It's really being totally aware while holding the paintbrush, studying the colors on the canvas," said Kreitzberg. "It asks [participants] to stop and be present, to get out of their heads."

The whole process, Kreitzberg added, is ultimately "very healing."

"It really carries into the rest of your life. You can be mindful drinking your tea. I'm mindful when I'm doing dishes. I don't run to get the phone. I walk."

Kreitzberg is especially mindful of Thich Nhat Hanh's invitation to "leave peace behind in every step" and this can start with something as simple of applying paint to canvas.

To learn more, call (585) 310.258 or visit www.innervisionart-classrochester.com.

Living Stress Free Wellness Center of Rochester. 131 Gregory Street.

Shear Mutts

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certificate in dog grooming.

"I decided to switch from people to dogs—less grumbling," said Rice, who grew up in Honoye Falls. "I used to hang out at the vet's office, and I always had an inclination to be with animals. I'd been thinking about the industry, maybe vet technician, but the more I talked to people and considered the schooling and cost, I decided to go for grooming."

After several months of learning different techniques of "scissoring, clipping, shampooing (she practiced on "Otto and Tess," her two German short-haired pointers) and pet first aid, Rice took a job at Petco.

When she wanted to try solo, Rice researched other groomers in the area.

"I liked the South Wedge,"



Sarah Rice (Photo by Kim Webb)

said Rice. "I lived on Benton Street in my twenties and worked at The Distillery. So I was happy Kim Webb [owner of Shaggy to Chic Pet Spa] agreed to let me share her space."

To book a beauty day for your pet, call 295-3452 or visit 1010 South Clinton Avenue.

Second Chic

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don't have the same rules," Adams said, referring to brand names and age of clothes. "We take what we want to take."

The new Rochester location will differ from its Buffalo counterparts, as it will feature Marisa Krol and her handcrafted jewelry, sold under the name *Interstellar Love Craft*.

Adams ultimately sought the South Wedge location because she considered it a great space in a "neighborhood that fits well with the consignment store," she said. "It reminded me very much of Elmwood where I started," she recalls. A second Buffalo location is on Main Street in Williamsville.

Buckingham Properties decided on Second Chic to fill the final commercial space at the Edge of the Wedge after following market demand and "pursuing multiple appropriate leads for availabilities," according to Buckingham Properties Marketing Manager Amy Olds. "Many uses were considered for this space, but ultimately Second Chic was a great fit for the building."

Second Chic will add more than just recycled fashion to the neighborhood. In both of its Buffalo locations, after sellers' contracts end, Second Chic donates unsold clothes to Journey's End Refugee Services, a Christian community-based organization that supports refugees in becoming healthy, independent, contributing members of society. Now that Second Chic is in Rochester, Adams plans on finding a similar refugee center or another organization in the neighborhood that could benefit from donated clothes.

Adams said that she hopes to open Second Chic by April at the latest. Until then, Buckingham Properties will continue to make renovations and then turn the space over in February to allow Adams and Krol to put the finishing touches on their new shop. www.interstellarlovecraft.com/about/ <http://secondchicbuffalo.com/>

A New Life

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people to spiritual disciplines and community. And I'm sure there are many more great offerings I'm not even aware of yet.

But regardless of what works for you, let's not wait until I figure out the right thing to call it. Let's start the Outlast Winter Campaign today. Get connected spiritually. Start small, but start somewhere. Develop a consistent, committed, scalable practice, and try to do so in community with other practitioners.

Next year probably will be just as cold temperature wise, but this year, we can start preparing to be the kind of people who, no matter what life (or George R.R. Martin!) might throw at us, are prepared to overcome despair, and to choose the path of life together.

Winter is here. So are the best days of your life if we're willing to acknowledge our loneliness, see how it binds us to others, and let our path of spirituality open us to radical hospitality and new communion with one another.

More from Rev. Nickloff can be found at South Wedge Mission. mnickolo - Facebook "During the World" - Blog "Steampunk Theology" - Co-Blogger/Contributor

Shop 15

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Yvonne Jordan (Photo by Nancy O'Donnell)

name was changed to Crosman Brothers Company. In 1923, the firm manufactured pellets for use in airguns and .22 caliber air rifles. At some point it moved its offices to Fairport.

"I've lived in Swillburg for 30 odd years and was always intrigued by the building," said Jordan.

History and the remnants people leave behind have always intrigued her.

"I am a third generation antique dealer," Jordan said. "My grandmother Ida Lloyd had an antique shop in her house in Webster. My mother, Ruth Shermer, bought and old wholesale antiques and specialized in glass.

Son Richard, who helps staff Spot 15 with his mother and search for finds in estates sales, becomes the fourth generation of family to make a living selling the remnants of the past.

"I went kicking and screaming as a child [to antiques sales], said Richard. "I liked fast cars and boats." But a love for history and the American Industrial Revolution, and the economy ultimately let him to settle in the business.

Her new shop, Spot 15, is her first foray back into retail. The former owner of Old Brighton Antiques, she was forced to close when Wegmans expanded its store on East Avenue and demolished the buildings there.

"I had storage units full of stuff," said Jordan.

Now Spot 15 brims with mid-century abstract painting, pottery, furniture, books, vintage clothing (Pendleton blazer, anyone?) and jewelry including a "big chunk of amber that's a million years old." Her next oldest piece in the shop is a chipped glass "spillholder" from the 1840s. A spillholder would usually be placed on a mantel to hold the "spills," or curly strings of planed wood that were used to light fires. On the counter, a tray holds fragrant collectibles—an unopened box of Tabu perfume and Shalimar

eau de toilette by Guerlain.

On a busy Saturday afternoon, Jordan talked to the Wedge in between sales. Customers ranged from South Wedge hipsters looking for solid furniture (the real deal that "doesn't fall apart like the junk from [big box stores]," said Richard) to interior designers and other collectors in the field.

Interior decorator and former VP of Harriet Thomas, Bob Roberts, drove in from Brockport to Shop 15. He was excited to snag a copy of *Interior Decoration A-Z*, by Betty Pepis, "the very first book [on design] I owned as a child."

Roberts, currently collecting "1960s Art Nouveau," browsed the shop. While calling himself "retired Bob of Brockport," Roberts is still willing to chat about a client with two homes in Costa Rica, the importance of "building the interior of the home first rather than building the exterior with the idea of filling it up."

Also browsing was photographer Michael Erban, who had consigned a photo of Notre Dame and one of a chandelier in Barcelona, and was ready to do the same to an abstract painting.

The layout of the shop invites visitors to circle the store. Avocado-colored Fire-King ware share space with a pudgy Royal Stone tea pot in chartreuse. On another shelf, hand-carved French textile printing blocks lean against the wall near handmade Japanese studio plates. Navaho sand art hangs in the center and around the corner a holds a bright orange juicer takes center stage on a Formica and chrome table. A coffee table, consigned to Shop 15, has two secret panels that revolve to show space to hold a liquor bottle or two. Prices can range between a \$1 object d'art to \$3,500 for a 1958 abstract painting by "listed artist Ronni Solbert."

"We're getting all the stuff baby boomers are getting rid of," said Jordan and she's happy to report mid-century is a hot trend.

Outside Spot 15, Jordan gives expert advice along with appraiser Jack Wanderman on WXXI's radio program, *The College of Collectible Knowledge*, that airs on the first Thursday of every month.

On this Saturday, Jordan is too busy to talk more, but she does mention a hot trend in collectible jewelry that she's interested in.

"It's called Brutalist. It's mid-century, chunky, pebbly, jewelry. Think of Keith Richards," said Jordan.

Stop by to welcome them to the neighborhood, and visit them on Instagram.

15 Henrietta Street, 585-752-4970.

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