

South Wedge Farmers Market Invites you to Turnip for 10!

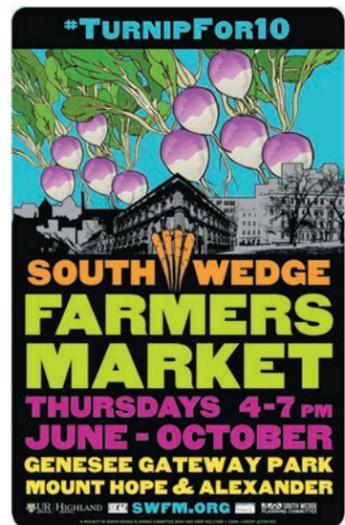
South Wedge Farmers Market celebrates a decade of bringing sustainably grown & local food to the City.

Jesse Knoth, Market Manager

Are you ready to Turnip for 10? This year marks our 10th season of bringing sustainably grown and locally produced food into the heart of the South Wedge, and we look forward to celebrating with you all season long. We have great events planned, as well as some new additions to the market.

Special Events - As part of our 10th anniversary celebration, we will host special events like Dog Adoption Days, Candidate Night, College Night, and many more over the season. Help us celebrate by tagging your photos and memories with #Turnipfor10.

Free Yoga Lessons - Do you like yoga? This season we've partnered with Tru Yoga to offer free lessons each week at the market.



Opening day
June 9,
4 p.m. - 7 p.m.
Mt. Hope Ave. @
Alexander St.

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

The 45-minute beginner session starts at 5:45 p.m. giving you time to shop before or after. What could be better than yoga along the banks of the Genesee River and getting your veggies afterwards? So grab your yoga mat, and join us for yoga at the Thursday market.

Rochester Pedal Tours Market Stop - Many of our customers use pedal power to get to the market. Now take biking to the market to a whole new level. When you book a Thursday tour you can make the market your first stop on the South Wedge route. After getting your fruit and veggies you'll get to enjoy some of the wonderful bars and restaurants the Wedge has to offer, including our friends at Swiftwater Brewing Company and ButaPub.

Composting - Do you want to compost but don't have the space at home? Now you can bring your compost to the market thanks to our newest vendor Community Composting. Not only will they be accepting compost at the market, you can also sign up for their curbside pick up.

New & Long-time Vendors. This year we welcome back some familiar faces and introduce you to some new ones. Of course we'll have great produce, but we'll also carry soap, prepared foods, meats, cheese, baked goods and more. Our vendors include: McCracken Farms, Lagoner Farms, Pudgy Girl Bakery, South Wedge Soups, Jason Bliet Fruit Farms, 810 Mead Works, Workin' in the Dirt, Meraki Coffee Co, Seedfolk City Farm, Blue Toad Hard Cider, Flying Peacock Catering, Paw-la's Pantry, Happy Pickle, Cooking with Phil, Julep Bakeshop, Usborne Books, Zantopia Herb Garden and more to come!

Farmers Markets Roc - Eat local, it's a SNAP. We continue to take pride in the SNAP program for low-income neighbors and are excited to continue offering our wonderful matches. We'll again be participating in the Fresh Connect program, giving our SNAP shoppers an extra \$2 for every \$5 they spend. In addition we'll offer our \$5 bonus if you spend \$10 or more. That's \$19 to spend at the market when you get \$10 in SNAP tokens!

Of course, in celebrating 10 years of bring good food to our community, we can't forget our sponsors and funders who help make the market possible. Many thanks to Highland Hospital, Wedge 23, the South Wedge Planning Committee, the South East Area Coalition, Tru Yoga, Genesee Co-op Credit Union, A-Verdi, South Clinton Merchants Association, Rochester Area Community Foundation and the USDA.



The South Wedge teamed with music lovers for City Newspaper's annual Best Busker contest. Jackson Cavalier received the most guitar picks and became Best Busker 2016. More buskers on page 11 (Photo by David George)

Historic St. Boniface Statue Returns Home

Nancy O'Donnell

Decades after a great fire destroyed the original St. Boniface Church on Gregory St., and knocked a statue of its patron saint, to the ground, the statute came home thanks to the generosity of Jim Jerris, owner of the Trading Post in Avon. His brother Tom Jerris, who facilitated the return, and LMC Industrial Contractors, along with several anonymous benefactors also helped as a labor of love. A base for the long-lost stature was poured on June 1 on the southeast corner of the current church near its 1959 cornerstone.

The statue was of vital importance to the large German community in the South Wedge. The community's devotion to the saint was reflected in the Gothic Revival church they helped build in the late 1880s. It was 130 feet long and sixty-three feet wide with a bell tower rising 195 feet. A school was built next door along with a community center, the German Club, across the street. On November 7, 1957, a worker's "fire pit" on the roof ignited a huge fire that was fed by high November winds, and people from around the city gathered to watch and grieve. Soon the church was engulfed in flames and burnt to the ground. A photo of the statue lying in mud and ash was published in the Democrat & Chronicle. The following April, the Atlas Wrecking Company carted away the statute.

Its whereabouts was a mystery for half a century, until in 2013, Trading Post manager Brian "Bubba" Caron was meeting friends in the South Wedge for lunch at Tap & Mallet. When he heard that St. Boniface Church was right down the street, he told

his friends that his boss, Jim Jerris, owned a piece of the church's history. When he got back to work, he told Jerris who immediately replied, "We should donate it to the church."

When interviewed in 2013, Jerris told the travelling statue's



St. Boniface in 2013 in Avon, NY

story. As owner of the Trading Post in Avon, NY, he buys from liquidating estate sales. He was emptying a house and grounds in Irondequoit and discovered a garden statue was part of the



St. Boniface home at last.

sale. Along with the statue, Jerris discovered a newspaper article about it in a desk drawer. The article detailed how the statue had been auctioned off in a WXXI public television fundraiser and bought by Daniel Hofmann, the director of the now-defunct Browncroft Nursery, whose uncle and aunt had been married at St. Boniface. Hofmann decided to give the statue to his next-door neighbors who were devout Catholics.

For months after the purchase, St. Boniface stood outside The Trading Post. Jerris said he got offers up to \$4,000, but he didn't bite. He says he felt it needed "to go back home."

The final stages for the statue's return began in earnest in early February 2016 through the help of Jim's brother. Tom Jerris approached LMC Industrial Contractors, also in Avon, who did the restorative sandblasting and transported the statue back to the South Wedge.

The sandblasting removed several peeling layers of paint. This helped determine the condition of the 1887 cast iron statue. Later a protective grey-white paint coat was added.

A staff (*aka* "bishop's crozier") similar to the one that St. B. once held in his right hand will be replaced at a later date.

Read more about the statue in articles published at the time on page. 14.

The story of the peripatetic statue was first told by this author in the September 13 issue of the (585) Magazine.



South Wedge Greek Festival Set for Aug. 25-28. Story on pg. 7



Flash your 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.

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!

Enjoy Wedge Card discounts here!

Buta Pub, 10% off food
315 Gregory Street

Cheesy Eddies, 5% off
602 South Avenue

The Christopher Group 10% off
473 South Avenue,

Equal=Grounds, 10% off
750 South Avenue

Full Moon Vista Bike & Sport
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661 South Avenue

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678 South Avenue

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674 South Avenue

Jane Vintage, 10% off
389 Gregory Street

Liberty Tax, 10% off
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654 South Avenue

Zak's Avenue, 10% off
661 South Avenue

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The Wedge Newspaper
585.256-1740, ext. 105 or 978.9638.
Fax 585.256.1497
E-mail staff, type first initial last
name@swpc.org

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.



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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
June/July 2016

224 Mount Hope Avenue
The community is invited to attend all meetings.

SEAC SWPC Joint Board Meeting
Tues. 6/21 & 7/19, 6 p.m.
coconnor@hselaw.com

Community Engagement
(Neighbors & Block Clubs)
jknoth@swpc.org
Wed. 6/15 & 7/20, 5:30 p.m.

Housing & Structures
Meets bimonthly
Wed. 6/1 & 8/3, 5:30 p.m.
ethomas@swpc.org.

Finance Team
tsciarabba@hotmail.com
Wed., 6/8 & 7/13, 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 ad 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.

Swillburg Shout Outs

Mike Henry

There's lots to report from Swillburg for this issue of the Wedge Newspaper, including news about construction on South Clinton Avenue, our neighborhood bumper sticker, an annual neighborhood picnic and a heads-up about our Spring/Summer neighborhood newsletter.

Our new bumper sticker, designed by steering committee chairperson Josh Massicot (kudos Josh!), is now at the printers and will soon be available. I think they're quite joyful and will be a nice way to display our Swillburg pride, whether on car, bike or backpack. Stickers can be acquired for a \$5 donation which will also entitle you to a Swillburg Neighborhood Association (SNA) membership. Please go to our website at www.swillburg.com to find out more.

Our Spring/Summer neighborhood newsletters are about to be distributed. Special thanks to neighbor Joyce Nakada and SWPC assistant director Eileen Thomas for helping us print these! There's lots of information specific to the 'burg. Of the 950 neighborhood households only 35 are actually paying members to the SNA; we're hoping to increase that significantly with the release of the newsletter (and



bumper sticker!) where you'll find a membership form. Please keep in mind that individuals have lots more clout as members of an association, and all politics are local! The SNA played an important role in preserving our community, saved us from the wrecking ball years ago, and its various projects over the years have been critical in improving our image, quality of life and marketability.

Speaking of clout, we were invited to meet with city officials from the Department of Environmental Services on March 21st. Neighbor Judy Hay gave us a heads-up on the Nextdoor web site and five or six Swillburg resi-



Show your Swillburg pride with a new bumper sticker

dents attended. We learned about a repaving and maintenance project to take place on South Clinton Avenue, from the city line at Highland to Byron Street, beginning in July and scheduled to wrap up in November. I was disappointed that no bike lanes are included, but overall it sounds the improvements will outweigh five months of potential inconveniences. This is not a reconstruction project but rather "a mill and resurface with second asphalt top course of South Clinton Avenue from Byron Street to the City line," to quote Judy Hay. There will be another opportunity to meet with city officials sometime in June.

As for our annual pot luck dinner, it's scheduled for Sunday the June 12th, from 2:00 to 5:00 p.m. at our own Henderberg Park at Avon Place, Fountain and Sycamore Streets.

More information is available in our newsletter. Last year's picnic was a fun gathering with lots of communal festivities including live music, food and great visits. Let's hope the sun comes too, last year its presence was warm and pleasant.

Well, I've about used up my column space, but I wish to thank Nancy O'Donnell and *the Wedge* staff for making this available to us.

Letter to the Editor

Thank you so much for the opportunity to contribute an article about NAMI for the *Wedge Newspaper*. We received many calls from families because of it, and we are very grateful to have made the connections.

--Kristina Mossgraber

The National Alliance on Mental Illness

(Editor's note: NAMI Support groups are available both for peers and fam-

ily members in Monroe, Wayne, Ontario and Genesee counties. *Peer to Peer*, a 10-week course for individuals living in recovery, and *Family to Family*, a 12-week course for family members, are offered at the Rochester location at no charge to participants. For additional information on the programs or other NAMI Rochester offerings please visit www.nami-roc.org or call 585.423.1593.)

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Thank you sponsors! UR/Highland Hospital, NCS, Conifer Real Estate Development, First Niagara, Acquest Development, Holy Sepulchre Cemetery/Ascension Garden, Community Preservation Corporation (CPC), Harter Secrest & Emery LLP, Rochester Childfirst Network, A3 Design, Trillium Health, The Great Escape Room, Trevett Cristo Law, PathStone, Cheesy Eddies, Genesee Beer, The Beale New Orleans Grille & Bar, Hype Booth, Hedonist Artisan Chocolate, Edward Jones, Rochester Pedal Tours, Kevin Brezinski Law, Monroe Avenue Merchants Association, South Clinton Merchants Association you made City Love a big success!

Ideas Sought for Historic South Wedge Church



Judy Bennett

The community is invited to visit the historic Calvary St. Andrews Church to discuss its future in the South Wedge. The building, located on Ashland between Averill Avenue and Hickory Street, was constructed in 1873 and is listed on the National Register of Historic Places. The church will be open for tours and community conversation about potential uses for the 12,000 sq. foot building on Saturday, June 28 from 7-8 p.m.

For more information, contact John Wilkinson, 271-6537, x105.



Cactus in Lamberton Conservatory (Photo by Nancy O'Donnell)

Highland Park Photography Tour Planned for June 16

Nancy O'Donnell

Ira Srole, City of Rochester photographer, will lead a photography tour of Highland Park on Thursday, June 16, at 7:00 p.m.

Photographers at all levels of expertise, or no expertise, are invited to tour with Ira, in search of photographic opportunities.

Highland Park abounds in

beautiful and interesting sights, and Ira will help you to locate and frame some of them. You will be able to capture and carry home your own photos of the Park in late Spring.

Meet Ira at the Lamberton Conservatory, 180 Reservoir Avenue, at 7:00 p.m., with your camera in hand.

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Sign Up Now for Your Summer Share!

The Wedge Gets Read!
 The advertising deadline for our Aug./Sept. issue is July 15. Please call us our very reasonable rates -256-1740, ext. 105 or 978-9638

Questions about Federal Benefits? Sen. Gillibrand's Office Can Help

Eileen Thomas

If you're having problems accessing your Social Security benefits, have a question about your federally-insured student loans or even if you're dealing with the IRS, the Constituent Affairs staff in Senator Kirsten Gillibrand's office may be able to help.

Several staffers from Senator Gillibrand's office visited Rochester in late April to talk with community agencies about the wide range of services available through her Constituent Affairs office. Staff members can address many kinds of problems involving federal government agencies that touch people's lives on a daily basis.

From support for veterans and active military personnel and nominations to the Service Academies to small business support and consumer protection, Social Security in all its forms, visas, passports and even foreign adoptions, a Constituent Affairs staffer is ready, willing and able to help you get the answers you need.

How do you go about accessing Constituent Affairs services? The first step is to contact Naimbe Tomlinson, the Regional Assistant at Senator Gillibrand's local office, who will walk you through the process. This means providing a first-person description of the problem



NY State Senator Kirsten Gillibrand

you're having and what federal agency is involved. You will have to sign a Privacy Act Release giving the Senator's staff permission to speak on your behalf. You may have to provide supporting documentation depending on the nature of your problem.

Next, your request for assistance is forwarded to a Constituent Affairs staffer most familiar with the type of problem you are experiencing. Staffers work with the Senator to write a letter to the appropriate federal agency and will follow up on your behalf. This may result in a quick resolution or an interim response from the par-

ticular agency. If there is an interim response, staffers will continue to advocate for you until a final written response is received. Time-sensitive matters can be handled in an expedited manner.

By law, there are certain things Senator Gillibrand's staff aren't allowed to do. They can't act as your attorney or provide legal advice. Neither can they intervene in any case before the courts. State, Local and private matters are also not addressed by Constituent Affairs staff.

So, whether you need help with foreign travel or disaster relief, have questions about federal employee protections, or just need to find out what happened to your passport application, Senator Gillibrand's Constituent Affairs staff may be able to help. If you ever want to visit Washington, D.C., call ahead and the staff can arrange tours of the Capitol building and other landmarks.

Local office: Naimbe Tomlinson, Regional Assistant, 100 State St, Room 4195, Rochester NY. (585) 263-6250 or Naimbe_Tomlinson@gillibrand.senate.gov.

(Special note: Representative Slaughter and Senator Schumer offer similar services to their constituents, and are also available to assist the people in their districts.)

SWPC Aids Project Share Heating Fund

Jesse Knoth

This year SWPC was pleased to participate as an intake site for the Project Share Heating Fund. Started by New York State Electric & Gas and Rochester Gas & Electric in 2013, the Project SHARE Heating Fund serves NYSEG and RG&E customers with heating emergencies. Project SHARE is funded by contributions from NYSEG and RG&E employees, retirees and customers. Heart SHARE, a New York City-based non-profit administers the program and determines eligibility for assistance. This year, it recruited other community-based non-profits throughout NYSEG's and RG&E's service areas to serve as intake sites and accept applications.

Over this last heating season, (January 1-May 29), SWPC helped over 100 families with some \$30K in heating assistance with their energy bills.

Project Share continues to be funded through donations and you can give directly through your RG&E bill.

For more information, call 585-256-1740, ext. 104.

Healthi Kids Presents: **#PLAYROCS**

YOUR NEIGHBORHOOD

Want to host a FREE play day?

Where? | In your neighborhood! On the street or at your local park

Who? | Neighborhood Associations or Block Clubs

Why? | Healthi Kids is coordinating play days across the city to highlight how #playROCs in your neighborhood.

To host a play day on July 16th in your neighborhood contact Jenn Beideman at jennbeideman@flhsa.org or call 585.224.3151

16
July
Time | 12:00 p.m. to 4:00 p.m.

Imagine City Design Puts Kids First

Jenn Beideman

Picture swings at your bus stop while you're waiting with your kids to go to the grocery store. Imagine playful colorful sidewalks that let you and your kids tip toe through tulips or play hopscotch on the walk to school or to your local Rec Center. Envision playful sculptures outside of your place of work, outside a neighborhood café, or in your local playgrounds that allow kids (and adults!) to explore, play and have fun. Imagine Rochester as a city that embraces play as not only something that happens at parks and playgrounds, but as part of our everyday lives. Imagine a playable Rochester.

Healthi Kids, a community based advocacy coalition and initiative of Finger Lakes Health Systems Agency, envisions just that. Our vision is that Rochester becomes a playable city, a city that adopts ways we allows us to play everywhere. Our new PlayROCs campaign advocates for safe and accessible play in both schools and neighborhoods to make sure every child in Rochester has the opportunity and access to at least 60 minutes of play every day.

Play is important for kids and adults, but that's especially true for our kids. Play supports their physical social and emotional development. Kids who play every day of the year do better in school, are more resilient, and are more likely to grow up and become active healthy adults. Not only that, it's fun! It gives kids an opportunity to just be kids.

Across the country, cities and towns are embracing play and creating vibrant play-based infrastructure in their city design. National studies show that a playable city has many benefits! A infrastructure focused on play can create healthy places and build community. It can foster economic development by promoting physical activity and intergenerational play; by supporting neighborhood projects, design, and by increasing the usability of public spaces. It can also promote tourism and increase foot traffic on streets.

This summer Healthi Kids will be coordinating a city-wide play day called "PlayROCs in your Neighborhood". On July 16, we're asking neighborhood associations and block clubs across the city to join the movement and host their own free play day to bring attention to the need for safe and accessible play spaces in their neighborhood and to highlight how Play ROCs 365 days of the year.

To host your own play day on July 16 in your neighborhood contact me at jennbeideman@flhsa.org or call 585.224.3151. To learn more about #PlayROCs visit www.playrocs.org

Jenn Beideman is a policy and research associate for the Healthi Kids Coalition at Finger Lakes Health Systems Agency. Contact her at (585) 224-3151, jennbeideman@flhsa.org or on Twitter at @JennBeideman

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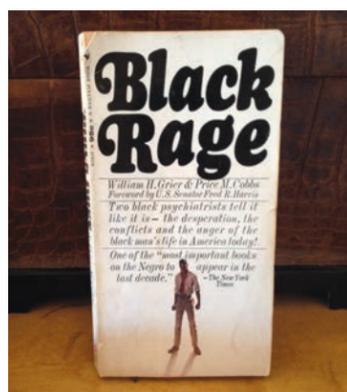


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First Community Interfaith Institute Inc. Discusses **Black Rage**

Join the First Community Interfaith Institute for discussions on "Black Rage." Sundays, 4 p.m. at 219 Hamilton Street.

Works discussed include: *Black Rage* by Dr. William H. Grier and Dr. Price Cobbs, *The Miseducation of the Negro* by Dr. Carter G. Woodson, *Pimp* by Iceberg Slim (aka Robert Beck), *Carlos Cooks*, editors Robert Harris, Nyota Harris and Grandassa Harris and Psalm 7:11-25



Business Buzz

Nancy O'Donnell



The Great Escape Room Wants You (locked in)

The Great Escape Room, the adult adventure experience on University Avenue, is making it harder for you to do just that. (Escape!)

Tyler Palmer, assistant manager, won't give specific details yet, but he will say, "We're making it better and harder to escape. It's totally cerebral and fun too."

The basic concept of the GER is for a group (family, couples, co-workers) to go into a small room where they are locked up and must find clues to escape. Owners call it a timed "hybrid of a scavenger hunt and a puzzle game." While you're given an hour, Palmer said, "one group made it out in 38 minutes and 53 seconds."

"This one family comes in every year after Thanksgiving," said Palmer. "I think they travel around the country going to Escape Rooms."

Rochester GER was opened by Scott Sakowitz in fall 2015. Currently, the space includes two office lock ups (that could shake up some workers right from the get go). They do have plans to add an infirmary room sometime in the future.

1150 University Avenue, Building 5, Suite 12A, 585.623.8852.
thegreatescaperoom.com/locations-rochester. Hours Thursday, 6 -10 p.m., Sat. 12-10 p.m, Sun. 12-6 p.m.



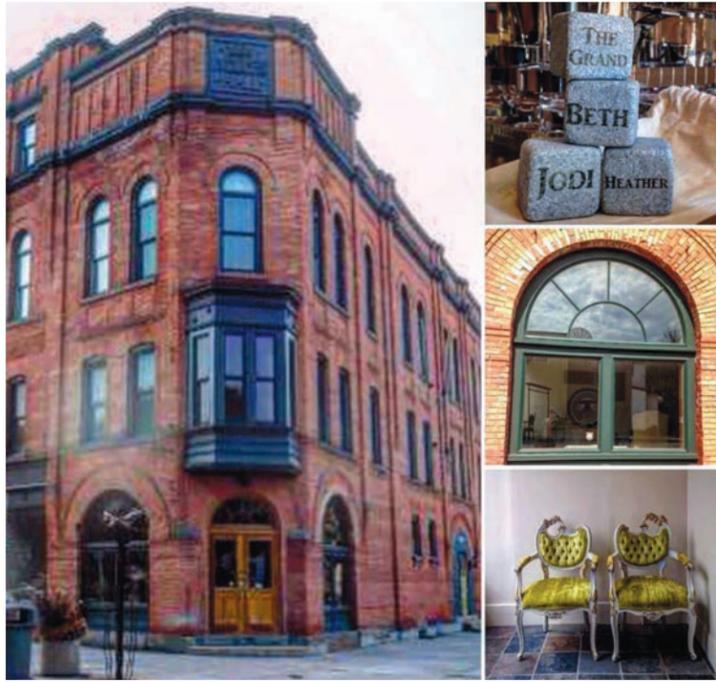
Happy Earth Tea Room to Open

Happy Earth Tea owner Niraj Lama is bringing his exquisite tea to the South Wedge. His tea room will be opening at 650 South Avenue. Purple Painted Lady formerly in that space recently moved to Village Gate.

Addis Ababa Opens in Swillburg

Addis Ababa becomes the second Ethiopian restaurant to open on the South Clinton Avenue business corridor joining Zemeta Ethiopian. The restaurant will open in July filling a space left vacant when neighborhood favorite, Crossroads Coffee House closed.

Word on the street is that it will open at 7 a.m. (neighbors are hoping they will be serving coffee) and close at -9 p.m. A shop selling retail items will also be on site



The Grand, a beautiful grouping of three shops, has opened in the Historic Weider building on Gregory Street

New Retail Shops Open in The Grand

Once the home of Dragon Sweetie's incomparable pastries, The Grand is bringing together a sweet confection of businesswomen in the Historic Weider Building at the corner of Gregory Street and Cayuga. Jane Vintage, Heather McKay's Photography and Revival Village Rental share the space.

Beth Roberts is owner of Jane Vintage. Named for her grandmother, the shop carries "vintage for everyday, not for costume." says Roberts.

When the Wedge visited, Roberts was too busy to talk. Two customers were picking through the dresses as quickly as she was hanging them up. One 20-something shopper snagged a polka dot peplum dress that she said reminded her of one Molly Ringwald wore in *Pretty*

in Pink.

"I buy from private collections, estate sales," said Roberts. "And people contact me. I bought Heather's [McKay's] collection last fall."

Roberts left the world of software in California after returning Rochester in 2011. She contemplated a number of new careers. With the help of a broker, she decided on vintage fashion.

Antique furniture fills the brick walled shop. Those come courtesy of Jody Musate, owner of Revival Village Rental. Musate stocks more than furniture. Look for vintage liquor decanters, antique suitcases, milk glass and so much more. Visit Jane Vintage on Facebook, 389 Gregory Street, Rochester.

Barber Bauman Moves Shop



Mike Bauman (Photo by Nancy O'Donnell)

Barber Mike Bauman moved his shop a few steps away from his previous location on South Avenue. Make sure to stop by and say hello.

His new shop can't be missed. There's a flying boy and huge slithering python painted on its side.

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DePaul's Personalized Recovery Oriented Services (PROS) Teaches Trade

DePaul's Personalized Recovery Oriented Services (PROS) program is reaping the rewards of area painters learning their trade. Apprentices with the International Union Painters and Allied Trades descended upon DePaul's City Center on Mt. Hope in Rochester to put in community service hours as part of their training. The Finished Trades Institute of Western and Central New York provided the labor and equipment free of charge. DePaul provided the paint.

"This partnership gives our apprentices' field experience with

a seasoned instructor without the pressure to perform like on a contractor's job site," said Training Coordinator Michael Fitzgerald.

With City Center having been open nearly 10 years, PROS Director Kathy Curtis-Rubin, the updates were much needed and much appreciated.

"This is a win-win situation," she said. "It allows us to continue providing services in a beautiful, now spruced-up environment, while providing the apprentice men and women an opportunity to hone their skills under the supervision of painters union"



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Five Principles for Positive Thinking

Nicole deViere

A positive outlook positively affects relationships with friends, family, and co-workers while also increasing our ability to problem-solve and deal with everyday stress. In fact, one of the basic techniques for enlightenment is a positive attitude. And, often the happiest people have healthy bodies.

Optimists tend to have happier lives and are healthier regardless of stresses they may experience. Positive thinking creates calmness as the foundation for all movement. Action becomes peaceful and less stressful as tensions from anger and fear dissolve.

A valid question to ask is, "where do I start?" Begin by implementing some of these simple principles into your daily routine and notice the difference!

1] My goals are...Identify a goal in your life. Stick to no more than a couple so that they are attainable and you keep focused. A goal is where you are headed and it's nice to check in and see where you are on your map. A good captain gets the ship where it needs to go in all waters.

2] Repeat something positive to yourself: "I choose the positive way." "I have strength and endurance, or "I am capable already," are all examples of positive affirmations. You choose your words. Find a quiet or tucked away space and repeat 3 times in the morning before leaving the house, 3 times at lunch or midday, and again 3 times before bed. Start to shift your mindset. There is power in positive thinking. Start a practice.

3] Be sad. "I am sad because..." Allow yourself to feel all emotion, including feelings of sadness. Don't force it of course; rather, just notice your feelings. On the flip side of joy, there is sorrow, and then the space between. To experience joy is to experience sorrow. There are spiritual



Nicole deViere in front of her Caroline Street studio

traditions that encourage a wound not to be healed too quickly. Before dismissing an unhappy feeling, take a moment to observe the feeling. Make it something positive by noticing and acknowledging the feeling and just observing it or witnessing it.

4] Redefine your paradigm. "May all beings be peaceful, may all beings be happy." Think about the power of just the statement: "May all beings be happy, may all beings be peaceful." There is a tremendous amount of positive power in those words. Think of the possibilities for all in this mindset! Cultivate an attitude of loving kindness. You get what you put out there.

5] Physical Exercise. Strive to exercise and be active at least 3 times per week. A yoga practice is perfect for not only the physical body, but emotional wellbeing too. Most important is that you move your body, affirming what it is meant to do. Regardless of what

it may be, make it a priority to get some healthy physical exercise that is beneficial to your overall well being. Walking, hiking, biking, and swimming are some other examples.

Conventional medicine is slowly waking up to the role of meditation and mind/body/spirit therapies such as yoga in helping to re-set or re-define learned patterns of destructive thinking. The practice of yoga discovers and cultivates self-acceptance while decreasing anxiety. When there is an attitude of loving kindness, there are positive things happening because like attracts like.

Start to incorporate these five principles into your daily routine and notice the difference. You may feel lighter as stress levels decrease and an overall sense of wellbeing increases.

Nicole deViere, RYT/Holistic Wellness Teacher, is the owner of Yoga DrishTi Community WELLness Center, 159 Caroline Street.

S. Wedge Victory Garden Update

Felton Culbreath



A summer garden can provide an abundance of fresh delicious produce. Often gardeners wonder how and where to plant vegetables that flourish in hot weather.

If you missed the spring planting time, it's not too late to get started with your vegetable garden plan.

Many vegetable have short growing times and can be planted and harvested in a few short weeks. Growing lettuce, radishes, green onions, green beans, and many heat-loving herbs is easy to do even starting in midsummer. Other warm weather vegetables include cherry tomatoes, sweet potatoes, okra and peas.

One final note about tending

vegetables in hot weather. Make sure to give your lettuce plants some shade for best results. Lettuce is one of the few plants that will be happiest when not in full sun.

Summer container gardens may be the easiest of all vegetable gardens to design and implement. Simply assemble a group of large containers with good drainage holes in the bottom in a sunny location. Next, fill with good potting soil and plant your vegetable seeds or small plants, water when needed and wait for your harvest.

See you in the garden!

See Something, Say Something

Nancy O'Donnell

The South Wedge Planning Committee's Community Engagement Committee invited neighbors to discuss recent safety concerns at Marie Daley Park. The neighbors reported that on several occasions in April, a group of approximately 15 youth caused disturbances including loud swearing and threats, fighting and running through residents' backyards. A neighbor who went out to speak with the teens about their behavior was struck in the head as he walked away.

Neighbors on adjacent streets to the park wanted to find a proactive approach and "nip this in the bud before summer comes" as one participant said. Another concern was that one specific house in the area was drawing many of the teenagers, and they were unsupervised for long periods of time.

RPD officers from the Central District attended the meeting and encouraged attendees that if they "see something to say something and call 911" when they think there may be a problem. Calling in suspicious activity not only promotes safety and civility but helps prevent crimes from happening.

John Borak, legislative aide of City Councilmember Adam McFadden, also attended the meeting and offered to look into the situation.

Later Judy Bennett, member of SWPC's Community Engagement Committee, reported that representatives from Pathways to Peace visited Marie Daley Park a few days after the meeting and walked around the neighborhood. The police increased their presence following the meeting as well, and she learned that two people were later arrested.

"I was so very encouraged by the turnout at the meeting," said Bennett. "South Wedge residents are concerned about their neighborhood and want to keep it a safe and friendly place to live. The NextDoor social media site has proven again to be a very effective method of informing people about the issues and providing a forum for solutions."

The SWPC Community Engagement Committee meets the third Wednesday of every month at 5:30 at 224 Mt. Hope Avenue. All residents are invited to attend and bring their questions, suggestions and ideas.

Wedge Helpful Hints: Looking for a electrician? Call Martin Ippolito at 266-6337. Want to learn to play the ukele? Call Randall Pollack at 500-5491. Need a hair cut? Mike Bauman has clippers at the ready. Call 473-6061.

South Wedge Sudoku - Solution on page 10

STR8TS

SUDOKU

Medium

Very Hard

				3	9			
2			5	9				
	4					6	5	
	9							
5								
		7	4					
9		2						
	6						4	
7			1	2				

	3	6		2		5	7	
				4				3
				3	1			
5	8			1				
	9	3				1	6	
				4			9	5
				7	8			
2			1					
	1	8		6		2	5	

How to beat Str8ts – Like Sudoku, no single number 1 to 9 can repeat in any row or column. But... rows and columns are divided by black squares into compartments. Each compartment must form a straight - a set of numbers with no gaps but it can be in any order, eg [7,6,9,8]. Clues in black cells remove that number as an option in that row and column, and are not part of any straight. Glance at the solution to see how 'straights' are formed.

2	1	4	5
6	4	5	3
4	5	2	1
4	3	6	2
3	5	2	1
2	1	3	

To complete Sudoku, fill the board by entering numbers 1 to 9 such that each row, column and 3x3 box contains every number uniquely.

For many strategies, hints and tips, visit www.sudokuwiki.org for Sudoku and www.str8ts.com for Str8ts.

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Talking with My Mouth Full - Restaurant Fiorella

Nathaniel Mich

As the oldest continuously operating outdoor public market in the country, the Rochester's Public Market on North Union Street has been the anchor of the city's food landscape for over 100 years. It's been wonderful, therefore, to watch its reinvigoration as a social and culinary hub over the last several years. New construction began this spring that will increase space and amenities for vendors and will increase SNAP (food stamp) accessibility. The Food Truck Rodeos continue to draw crowds who are eager to wait almost an hour for the latest in victuals on wheels. And, last, but neither least nor latest, are the new businesses coming to the restaurant row. One of those, still in its first year, is Restaurant Fiorella.

Restaurant Fiorella is a casual Italian eatery (seat yourself, order at the counter, disposable dishes) that, in keeping with much of the industry, highlights the local, the housemade and the artisanal. A "What We're Made Of" chalkboard (I think "The Chalkboard" is as crucial to the farm-to-table restaurants as the farms themselves) describes their approach to housemade pasta, gelato and bread, as well as "carefully selected" cheeses and local eggs and meat. I was skeptical of their claim that "naturally leavened" doughs - that is, sourdoughs made without commercial



Herb-roasted pork shoulder sandwich (Photo by Nathaniel Mich)

yeast - are easier to digest for people with gluten sensitivities. However, I learned that some studies indicate that the longer, slower fermentation provided by wild yeasts breaks down more of gluten in the wheat, as well as producing a richer and more complex flavor. Like its neighbors, Restaurant Fiorella is blessed with a front wall of windows that lets in lots of sunlight, and the space is similarly bright and airy. The decor features seating in blonde wood and metal from Rochester-based design firm Staach, an array of Phish posters, and a back wall painted in an abstract geometric salute to the

Italian flag.

Fiorella's food offerings are a lot like the space - bright and airy. A roasted pork sandwich and a bowl of gelato made the perfect meal for watching late-market hagglers on an early spring day, the kind where lingering wintery disbelief makes the sunshine even more delightful. The "herb-roasted pork shoulder, garlic greens and sharp provolone on baguette" (\$9) was recommended by the server, and presented a pleasant combination of tastes and textures. The bread (house-made) was fantastic - it satisfied with a great crust and enough chew to make it interesting, but it was light

enough to avoid squeezing out the fillings, as baguettes are wont to do. Perhaps that texture was the work of our wild yeast friends. The pork was tender and still in hearty chunks (I was expecting more of a pulled pork texture), though while the meaty flavor was quite good, I didn't get much of the herbs coming through. Swiss chard and rapini, chopped and sauteed with abundant garlic, brought an intense green flavor and moistened the lean pork shoulder. I would have preferred more cheese; I enjoyed the punctuation of salt and stretch that the provolone provided. The gelato selection rotates - when

I visited, they had nutella, vanilla and a strawberry hibiscus sorbetto. Naturally, I tried all three (\$4 for three ping pong sized scoops). Gelato is distinguished from American ice cream by its lower fat content, which results in a denser structure, creamier mouthfeel (though there's actually less cream), and a lighter finish. Gelato also tends to melt more quickly, so be prepared! All three were delicately flavored confections, satisfying for a midday treat, though I usually prefer more assertive ice creams. The nutella was my favorite, finishing with just a touch of texture from finely ground hazelnuts. The sorbetto was velvety smooth (a feat!), but I wanted more than just the suggestion of hibiscus. The vanilla was light and floral, a contrast to the bourbon and caramel notes in a French vanilla, say.

Restaurant Fiorella also serves dinner, and while I very much enjoyed the sandwich, I'm looking forward to trying the housemade pasta and pizzas as well. It's a welcome addition to the expanding and diversifying options at the public market, and I recommend checking it out for yourself. *5 Rochester Public Market, 585-434-5705 www.restaurantfiorella.com Hours: Wednesday: 11 a.m.-2 p.m.; 5 p.m.-10 p.m., Thursday: 10 a.m.-2 p.m.; 5 p.m.-10 p.m., Friday: 11 a.m.-2 p.m.; 5 p.m.-10 p.m.; Saturday: 10 a.m.-2 p.m.; 5 p.m.-10 p.m. Closed Sunday.*

Greek Orthodox Church of the Holy Spirit Holds Greek Festival Set at for August 25

Theodore Kastrinos

The Greeks have a word for it ... CELEBRATE!!! Come and join the members of the Greek Orthodox Church of the Holy Spirit Community as we CELEBRATE Greek Fest 2016 on Thursday, August 25 from 11:00 a.m. to 10:00 p.m., Friday, August 26 and Saturday, August 27 from 11:00 a.m. to 11:00 p.m. and Sunday, August 28 from 11:00 a.m. to 8:00 p.m.

Share with us the rich culture of our Greek heritage (the music, the dancing, the food and the desserts) along with the majesty of our religious traditions. Listen to the melodies of the Greek Islands provided by both the Aegean Orchestra and the Aegean Duo; watch as our youth and young adults entertain you with their time-honored dances (take part in our instructional dancing lessons and become "Greek for a day"). Taste the culinary flavors of our appetizers, traditional Greek entrees, desserts, and, if you can, save some space for our delicious Baklava Sundaes. Take a tour of our over 100-year-old church as Father Michael Marcantoni explains the religious fundamentals that make us an Orthodox Church. Visit our vendors, Boutique Shoppe and Bakaliko (Greek deli). You can take a chance on winning one of our many prizes in our yearly raffle, enjoy a sweet snack in our Kafenion (café) or at our Pastries Booth and taste our Greek wines and beers. Children can enjoy face-painting and balloon activities on Saturday and Sunday from 2-4 p.m.

There's even a special treat this year on Thursday night ONLY, we will be screening a special FREE movie outside under the stars



Dancers at Greek Festival 2015 (Photo provided by Theodore Kastrinos)

(check our website for details ... www.highlandgreekfest.com) with wait staff available so that you can dine and watch the movie at your leisure. In other words, come and CELEBRATE with us at 835 South Avenue, Rochester, as we proudly present a South Wedge tradition, our 13th Annual Greek Fest 2016. OPA!!!



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Diet Makes for Happy, Healthy Hounds

Mario Cerasuolo and Rachel Leavy



With the impending arrival of Abundance Cooperative Market and the South Wedge Farmer's Market, health is on the mind of many South Wedge residents. While we gear up for summer, health is not just key for our happiness, but for also for our furry friends.

Diet plays an important role in maintaining a healthy pet. Choosing a pet food can be overwhelming – every product and brand claims that their “well-balanced” diet is the best choice for your pet. Other advertisements promise that their formula will add years to your pet's life. But every pet is different and that needs to be taken into account when choosing a food.

Here a few tips to make picking a pet food easier:

- Research your breed – every breed of cat or dog has different nutritional requirements. A Great Dane is going to have different needs than a Jack Russell terrier. Energy levels, size and even fur type can make an impact on what to feed. Different breeds are bred for different purposes and in different parts of the world. Each breed was developed in a specific environment and ingredients found in the northern hemisphere are different than those in the southern hemisphere.

- Age requirements – similar to breed restrictions, age can play a part in choosing a food. Growing puppies have different requirements than seniors.

- Look at the ingredients – all pet foods list their ingredients in descending order, so you want to be sure there are high quality ingredients at the top of the list.

- Avoid filler and by-product corn, sugar, salt, artificial coloring, food fractions, artificial preservatives and other additives can do more harm than good for your pet. Many foods have special

shapes and colors that market to us and not them. Your pet isn't going to care if his food is multicolored, in fact they won't even see the dye.

- Monitor your pet – we know our furry friends well and it's essential to keep an eye on their habits and behavior. If you notice any lethargy, signs of allergies, decrease in appetite, dry skin, itchiness, etc. it's important to take that into account when choosing a food. Sometimes it's as simple as switching proteins. Note: always consult your veterinarian when there are any noticeable changes in your pet's health.

- Go Natural – The more natural the food, the happier your pet will be. There are different types of food – dry kibble, canned food, raw food and it's important to choose what's best for your pet. How ingredients are processed and prepared makes a difference.

- Ask an Expert – The amount of information out there is overwhelming. When trying to decide on a food, always ask questions. Natural Pet Food Company can help you with any of your questions or concerns.

Finding the right nutrition for your dog can be complicated, but by arming yourself with knowledge you will set yourself and your pet up for success. When transitioning foods always go slow and mix the old with the new over at least a few weeks. Canned pumpkin (not the sugary pie kind) can help ease the transition. Finding the perfect food will benefit your pet immediately, and you will save on vet bills in the long run.

Next issue we'll be discussing the impact of exercise on your pet's health.

Mario Cerasuolo is owner of the Natural Pet Food Company and Rachel Leavy is owner of Miss Rachel's School for Dogs



2016 Reel Mind Theatre & Film Series: Spring Program thru June 28

The Reel Mind Film & Theatre Series features films and performances about mental illness, addiction and brain disorders. The series is a collaborative project of a number of mental health agencies; the goal is to address the social stigma of mental illness while providing a message of hope that recovery is possible...

•Hollywood Beauty Salon on June 14, 7 p.m., Cinema

documentary - which was workshopped at the Salon over the course of four years - is also part of the recovery process, and the subjects of the film played an active part in shaping their own narratives and determining their unique individual styles. (Documentary 88 minutes) Q&A to follow with Special Guests: •Filmmaker Glenn Holsten •Rachel "Hollywood" Carr •Dr. Ryan Bell, Rochester

Lady Vols, Chamique Holdsclaw was hailed as the “female Michael Jordan,” impressing crowds with her artistry, athleticism and drive.

A three-time NCAA champ and Number One draft pick in the WNBA, Holdsclaw seemed destined for a spectacular professional career—until her long-suppressed battle with mental illness emerged to derail her career and threaten her life.

Mind/Game intimately chronicles Holdsclaw's athletic accomplishments and personal setbacks, and her decision, despite public stigma, to become an outspoken mental health advocate. Still, she would face dramatic, unexpected challenges to her own recovery. The film, narrated by Glenn Close, tells a powerful story of courage, struggle, and redemption. (Documentary, 56 minutes)

Q&A to follow with Special Guests: •Filmmaker Rick Goldsmith (prior credits include *The Most Dangerous Man in America: Daniel Ellsberg and the Pentagon Papers*) •Dr. Larry Guttmacher, Rochester Psychiatric Center •Facilitator: Patricia Sine, Executive Director, National Alliance on Mental Illness-Rochester.

For tickets, call NAMI: (585) 423-1593/For information & questions, call our hotline: (585) 444-3664 Tickets also sold at door, if available.



Hollywood Beauty Salon, directed by Glen Holsten

Theater. *Hollywood Beauty Salon* portrays life at an intimate beauty parlor inside of the Germantown Recovery Community, a non-profit mental health facility in Northwest Philadelphia, where staff and clients alike are in the process of recovery. By gathering together to get their hair done, share stories, and support one another, they find a way to rebuild their lives. The

Psychiatric Center •Facilitator: Greg Soehner, President, East House

On June 28, 7 p.m., also at the Cinema Theater, see *MIND/GAME: The Unquiet Journey of Chamique Holdsclaw*. MIND/GAME begins on the rough-edged courts of New York City where Holdsclaw was recruited by Coach Pat Summitt for the University of Tennessee's

Story Ideas?

Give us a call at 256-1750, ext. 105



MIND/GAME: *The Unquiet Journey of Chamique Holdsclaw*, directed by Rick Goldsmith



Volunteers were busy on Earth Day for the first work day at the Foodlink Garden on Hickory Street behind Calvary St Andrews Church. Last year 1,200 pounds of vegetables were raised and distributed at the Food Cupboard and Mobile Food Pantry. Volunteers are welcomed every Tuesday and Saturday morning (l-r) Mary Koenig, Phil Stukis, Mike Orman, Karen Kingsbury, Judy Bennett, Corlinda McKnight (Photo by Tracy Walker, CSA volunteer)

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Kid's Corner - Adventure Playgrounds

Drew Beeman

Adventure playgrounds have been around for about 75 years, mostly in Europe. In the U.S. a movement to promote and create adventure playgrounds is just beginning to take hold.

A landscape architect from Denmark in the 1930s and 40s noticed that children weren't playing on the playgrounds that he designed. He noticed that they played everywhere but. After WWII, children were found playing in the rubble of bombed buildings, and the construction sites of rebuilding efforts. Some people decided to create spaces similar to the rubble and called them "Junk Playgrounds." This idea took off in Europe in the latter half of the 20th century, and someone had the sense to rename them "adventure playgrounds." Now there are over a 1,000 of them in Europe and a handful here in the US.

Why are adventure playgrounds so popular with children? Oh, I am so glad that you asked! A google search will give you a pretty good idea. They are dirt-filled, often muddy lots, filled with loose parts, planks, pallets, spools, tires, rope, swings, slides, tools, etc. Often they are seen with a variety of "graffiti" and paint everywhere, and with trenches (often dug by the



Wood and water and fire, oh my! Kids can let loose, get wild in Adventure Playgrounds (Photo provided by Drew Beeman)

children) filled with water for more fun. Some are even seen with fires blazing.

A recent documentary called "The Land" features an adventure playground in Wales. It is runs around 30 minutes long and in it you see children climbing and building, swinging and collaborating. You even hear them cussing and see them light things on fire. This film also shows how this is all happening under the supervision of "play workers." These play work-

ers are adults that have an unobtrusive presence on the playground and only intervene in the play of the children if they are invited or in case of possible serious injury.

This idea might sound scary for a lot of American parents. But children love it! Children love the thrill of adventure, risk, and perceived danger. Children love the freedom to explore, discover, take risks, socialize on their terms, build things, and navigate perilous ground, but most of all, play with-

out an adult hovering about. They feel empowered, learn to assess risk, and gain mastery over their bodies and independence in their souls. They become more confident in their abilities and feel pride in their accomplishments. If you've read my articles or blogs about "Risky Play" and "Loose Parts Play," you will understand more about why children need and are drawn to this type of play.

This is a huge departure from what we have known in the U.S.

We are much more risk averse and tend to want to regulate our children's play and the spaces they play in. This is a shame. We have deprived children of a lot of what that they need to grow into successful and happy adults with our well-intentioned over protection. If you want to learn more why adventure play is much needed and desired by children, google "Adventure Playgrounds," "Peter Gray" and "Rusty Keeler."

Speaking of Rusty Keeler, he has created an adventure playground in Ithaca called the "Hands on Nature Anarchy Zone" in the Ithaca Children's Garden. He also designs and creates play spaces for a living through his business called "Earthplay Design" also in Ithaca, NY.

One of the goals of my business, Progressive Early Learning, is to help bring an "Adventure Playground" to the Rochester area. If you or someone you know is interested in helping with this effort please contact me.

Let's get outside and play!
Drew Beeman is founder and director of Progressive Early Learning. For more information about learning through play and about Progressive Early Learning, visit www.ProgressiveEarlyLearning.com.

South Wedge Sudoku Solution

Str8ts Solution

2	1	5	6	3	9	8
1	2	3	6	5	9	8
3	4	9	8	6	5	2
5	4	9	8	7	3	1
6	5	9	8	4	2	3
8	7	4	6	5		
8	9	7	2	3	4	5
9	8	6	3	2	5	1
7	5	4	1	2	3	

Sudoku Solution

4	3	6	8	2	9	5	7	1
1	5	2	6	7	4	9	8	3
8	7	9	5	3	1	4	2	6
5	8	4	9	1	6	7	3	2
7	9	3	2	5	8	1	6	4
6	2	1	3	4	7	8	9	5
3	4	5	7	8	2	6	1	9
2	6	7	1	9	5	3	4	8
9	1	8	4	6	3	2	5	7

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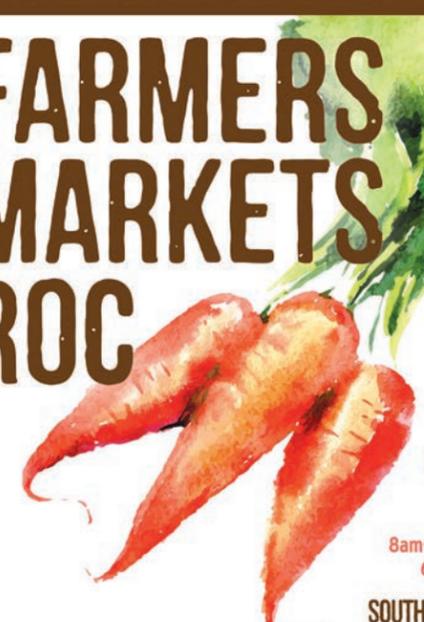
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Lifestyle - Who Wants to Party On?

Michele Martell

Finally... the warmer, gentler months are upon us in Rochester, and it is time to rejoice! Everyone loves to celebrate something, and enjoying the radiant sunshine is just one reason. We are coming out of hibernation, and it is time to get our party on. So many types of parties to choose from...and here are just a few ideas.



Michele Martell

Outdoor parties whether a small, impromptu intimate party, or a large congregation, come to mind once the weather invites us outside. We can enjoy delicious food, barbecues and outdoor cafes while relishing the warm summer breeze, taking in the exquisite music of the birds and chirping crickets or music from speakers and iPods. Engaging conversations and laughter...these are all things that make summer memories. I, for one, plan to enjoy my annual planting party -- a family event involving my frolicking kids and dogs and my favorite music; signifying the beginning of much-awaited warmer weather and the growth of stunning, sparkling colors.

Dog parties are a fun-filled way to celebrate our special canine friends, complete with games of fetch and frisbee, dog treats and lots of doggy-love. My rescue dogs always loved their summer birthday parties, which involved kiddie pools, dog-friendly ice cream and cake. Invite compatible furry friends and the more the merrier! Remember that every day of feeling loved for any dog is a party. A walk with our own beloved canines or with the beautiful souls at our local shelters like Verona Street -- that is a party for a precious pooch, which makes everyone feel good and the world universally a happier place.

When my children were little, everything was a party. We would go through their closets, I would call it a fashion party, and they would have a blast trying on clothes, as I gleefully moved out what no longer fit. Their play

kitchen was called a "party kitchen" and every day we had parties in it. During the days I needed their help in cleaning, I expressed that we are having a clean-up party, and they joyously participated, having great fun in the process. As long as I called an activity a party and made it fun, they joined in. However, as they are getting older, my strategies at making chores a party are waning. That's o.k., I will step up my party tactics, and it still works for me.

During rainy summer days and nights, there's no reason not to party -- just move it indoors! With friends and family, we can plan book parties to discuss our latest reading pleasures or a cooking party to share favorite recipes. Dance parties are a blast for all ages. And there are always dinner, happy-hour and cocktail parties, and sports parties for fans. Tea parties are another idea, and before anyone jumps to wacky images of Alice in Wonderland, I will convey my delight in discovering the plethora of fragrant loose-leaf teas offered here in Rochester which can present a pleasurable, aromatic party with friends. With the large offering of enjoyable home businesses, there are so many home parties to enjoy. We can have jewelry parties, cooking parties, candle & scents, fashion and clothing, fitness, essential oils parties; and my favorite with my own home business is skin care and cosmetics parties. The central purpose is to get together with others and feel good on the inside and out and just have fun, which is so important for men and women alike. At the same time, I'm supporting local home-based businesses and

feeling good that I'm making our community a better place.

What an inspiring time a writing or painting party can be--expressing yourself, uninhibited and sharing openly from your heart on a medium. The results can feel astoundingly cathartic. Meditation parties are another option. Getting a group together to experience meditation/prayer/visualization can be a fabulous opportunity to move ahead purposefully and spiritually.

And parties don't always have to be blissful. We all go through periods in our lives where we or our loved ones need a pity party, where the support of others is needed to get through a rough patch, which is fine, as long as it doesn't last forever, as no party should. So maybe you bring a friend some comfort food, a favorite wine or tea, a journal or some positive reading. If it's your own pity party, acknowledge and appreciate what you are going through, accept the support, decide what you will do to make life better, and embrace that you are a spiritual warrior, affirming that you will be just fine as you progress through your healing.

After all, waking up each day and seeing a sunrise is the supreme blessed party of life for which to be thankful daily. Following my last day on this earth, I do not want a somber event planned. I want a party filled with music and laughter, silliness and sassiness, an event for everyone to joyfully celebrate my love and gratitude for them during my journey.

The main idea for a party is to celebrate our time, to benefit from a camaraderie and bond with others or sometimes just with ourselves. It does not have to be complicated or extensive -- just the sheer enjoyment of authentically sharing our energy and ourselves is all it takes. We all want to party, in some way, shape or form, in our own personal style. We are each unique gifts and have something to share and for which to be grateful, and that is the finest reason to party every day. Be creative, enjoy, and Party On!...

Best Buskers - Photos by David George

continued from pg. 1



Charles Emanuel



Zora Acephala



Roger Kuhn



Men about town



Lux Lounge bouncer

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South Wedge Women Act on Climate Convictions

Wendy Low

You live in a walkable neighborhood. You recycle, keep your heat down, maybe even cycle rather than drive. You're "climate conscious."

Some Wedge residents go a step further, as climate activists.

Wendy Burwell recently co-chaired the planning team for the Earth Eve Climate March. A Sufi and a member of the Mount Hope World Singers, Burwell values music's healing and community building properties and made sure it permeated the program.

She came to environmentalism through both a practical and spiritual connection to the earth. Her daughter was born through natural childbirth assisted by Ina May Gaskin, pioneer in the midwife revival, at "The Farm," an intentional community in Tennessee. She consistently grew her own food before moving to Rochester to manage "Crystal Voyage," a metaphysical bookstore.

Drawn to live near the river, Burwell found community in the Wedge over 30 years ago, and has never wanted to live anywhere else in Rochester. Her well-developed garden helps Burwell notice climate changes. Still, she finds composting and gardening to be a "true antidotes to the anxiety that occasionally comes with awareness."

On many a Sunday at Susan Chapel's house, women gather over carrots and hummus, baked goods

and tea. It's not a book club, it's the Rochester Community Organizing Team of Mothers Out Front, a fast-growing grassroots organization that develops strategies at the local, state, and national levels, bringing the voices of mothers and all who care about children together to push the government toward solutions.

Chapel, a counselor at NTID, felt overwhelmed about climate change until 2015 when, amidst 400,000 marchers in the 2015 NYC People's Climate March, she realized that she was not alone, and that there was power in the numbers of people willing to get to work.

She facilitates Mothers Out Front house parties, like Tupperware parties, only without recipes and storage bins. Instead, women gather their friends, teach them about the science of climate change and the art of community organizing, and give them actions they can take to reduce their carbon footprint and get involved in climate activism. Chapel participates in the non-profit's training and planning sessions. Her most recent action was speaking at the NY Clean Energy Standard public hearing where she called for stronger carbon reduction goals to be enacted and enforced.

Although Chapel still feels discouraged at times, she finds that activism helps: "Working with other people who feel the same way I do about the urgency of fighting climate change makes all the difference. I feel a lot more at peace knowing I'm doing what I can."



Wendy Burwell swings Abigail McHugh-Grifa and son on the swings at Ellwanger Barry playground. (Photo by Wendy Low)

Abigail McHugh-Grifa was concerned about climate change for many years, but she didn't do anything about it until her first son was born. She realized then that she couldn't sit around and wait for someone else to take care of this problem. "I had brought him into the world and it was my responsibility to keep him safe."

McHugh-Grifa serves on the steering committee of the local Citizens' Climate Lobby chapter which lobbies Congress, and on the leadership team of the Rochester People's Climate Coalition, which helps keep all the local advocacy, education, business, and government groups coordinated and communicating.

The Coalition also plans events and works with the media. At the many meetings to which she brings ideas, enthusiasm, and organizational skills, she will often have one or the other of her sons in tow, a reminder of all that is at stake.

Of the Wedge, she says "I love the access to parks and downtown. I can walk or bike to just about anywhere. And though we're in the city, our neighborhood still has a small town feel."

Recently, she was one of several area residents arrested for blockading the entrance to a gas storage facility on the shore of Seneca Lake. "I plan to be involved in this movement until climate change is no longer a threat to my children's future," she says. "In other words, I'll probably be doing this work for the rest of my life."

Wendy Low is a writer, teacher, editor and activist who has lived at seven different addresses in the Wedge, but now lives elsewhere in the city.

To learn more about Mothers Out Front visit <http://www.mothersoutfront.org>. To join others in the fight against global warming, contact Rochester Peoples Climate Coalition <http://www.rochesterclimateaction.org/>

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Troy Public Library wrought-iron staircase (Photo by Becca Webb)

Preservation 50! Landmark Society Holds NY State Conference

Becca Webb

The Landmark Society's Preservation Conference takes place each spring in Rochester, or one of our outlying towns and villages. If you like old buildings, our area has a wealth of interesting local towns just a short drive away.

This year's conference was held further afield, in Albany, to celebrate the 50th anniversary of the National Historic Preservation Act.

The conference hotel was the newly renovated Renaissance Albany Hotel, next to the Capitol and Empire State Plaza. Originally the historic Dewitt Clinton Hotel, the lobby now boasts a striking contrast of modern décor (think blue neon light accents) with original dark wood paneling, historic murals, and a ceiling of colorfully painted wooden beams. After a cocktail meet-and-greet, The Neighborhood that Disappeared, a documentary by Mary Paley, was screened in the vast, white, columned ballroom. It was about one of the most massive urban renewal projects in American History: Governor Nelson Rockefeller's 1962 building of the Empire State Plaza in 1962. Told through interviews with families of the 3,600 dislocated households,



Lucas Confectionery (Photo by Becca Webb)

we heard stories of life in these thriving, close-knit immigrant neighborhoods. Today, cities like our own seek to revitalize their centers and build successful urban neighborhoods exactly like those

razed for this project.

The next day, the conference sessions were held nine miles north of Albany, in the town of Troy. With sixteen presentations throughout the day there were a lot to choose from. Here's just a sampling of the event:

How do you define a historic house? The image of a rambling Victorian comes to mind. In order to qualify for inclusion on The National Register for Historic Places, a house must be at least 50 years old. This means houses built in 1966 or earlier are now considered historic houses, including suburban residential developments built after WWII. It's often a challenge for people of a certain age (think baby-boomers) to see houses built within their lifetimes as historic! In the presentation "Little Boxes, Post-World War II Suburbia", the panel presented new guidelines for evaluating what qualifies as a historically significant house or neighborhood from this period. They presented photographs of houses in developments such as the Whitney-Burns Estates development in the nearby Town of Colonie, demonstrating how the guidelines would apply.

The session "Land Banks: A Tool for Community Investment" introduced me to the concept of a land bank, which acquires foreclosed and abandoned properties, often fixing them up just enough to find prospective buyers, thus returning the buildings to the tax rolls, and improving historic streetscapes and communities. Speakers from the Land Banks of Troy, Newburgh and Syracuse demonstrated how Land Banks are valuable especially in upstate cities with many abandoned and derelict properties due to post-industrial shrinking populations.

My third session was a walking tour of downtown Troy. After decades of decline and dilapidation, Troy is in the exciting early moments of a renaissance. From the 19th to the early 20th century, Troy was one of the most prosperous cities in the entire country, due to its steel industry and key location at the intersection of the Erie Canal and the Hudson River, allowing shipping of goods between a growing country and New York City. Nicknamed the "Collar City," Troy was a center for manufacture of shirts, collars and cuffs. Arrow shirts are still

worn by men today. Troy's early wealth and success, followed by economic decline, which keeps buildings from being torn down and replaced by newer, 'better' ones, means downtown Troy looks much as it did in the mid-1800's, with beautiful, original multi-story brick and stone buildings.

Daniel Palmer, a past resident of Rochester and now an enthusiastic resident of Troy, walked us through Troy's historic downtown streets, buildings, and new businesses. Troy Innovation Garage, still under construction in the old Troy Automotive Exchange building, is a new incubator space for small start-ups. It will provide flexible workspaces, meeting rooms, a software development hub, video production studio, and professional advisory board, to foster creative exchange between entrepreneurs.

We visited Lucas Confectionery, a wine bar serving craft beers and local food in a beautifully repurposed, industrial-chic space. The enthusiasm of the young owner, Vic Christopher, was infectious as he led us through a glass-covered courtyard to his adjoining restored buildings, housing Peck's Arcade restaurant and Twenty-Two Second Street Wine Co.

The last highlight of the tour was the Troy Public Library, with its amazing stained glass windows (some that pivot for air and light flow), intricate wrought iron staircases, and thick glass floors housing the stacks of books.

I returned exhausted to my room in the Washington Park Inn, located in an 1884 turreted Victorian mansion overlooking Albany's Washington Park. The next day, with the Tulip Festival in full swing, the park enticed me away from some of the final conference activities to explore quiet walking paths, the turn-of-the-century boathouse and lake.

From there, I strolled through the charming streets of Center Square, a neighborhood of 19th century brownstones, restaurants and pubs.

This year's conference introduced me to of the Capital Region; next year, the Landmark Society Preservation conference will be back in Rochester – more fun discoveries for preservationists in our own backyard!

Becca Webb is a lover of historic architecture, community building and former SWPC board member.



Troy Public Library pivoting stained glass windows (Photo by Becca Webb)



Landmark Society Conference included a walking tour of Troy (Photo by Becca Webb)

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South Wedge Profile - Mary Zinkand

Allison Nichols



Mary Zinkand began her quilting art in Nigeria and brought it home with her (Photos by Nancy O'Donnell)

In a quiet apartment in the Episcopal Senior Life River's Edge Community, you can almost hear the sound of an elephant's trumpet and a lion's roar. Mary Zinkand has spent decades sewing quilts that chronicle her life in Africa and now several hang on her wall as testament to "wonderful memories."

Mary Standley grew up in Kansas during the Depression. She attended a one-room schoolhouse and went on to study U.S. Western history at Temple University. Her grandfather had taken part in the "Run of Oklahoma" in 1889. The Run involved 50,000 men on horseback waiting for a gun to go off, so they could race to stake a land claim. Her grandfather managed to get over 100 acres.

Later married her husband John, a perennial scholar, who earned a doctorate in ancient Biblical languages. They raised five children in Holland, MI. As members of the Christian Reformed Church, in 1986 her husband was invited to travel to Kano, Nigeria to fill a temporary teaching position for young men going into the ministry. With their children grown, the couple stayed on for five years living among the Tiv tribe.

While John taught, Mary shared in a women's Bible study group and started sewing groups. She wasn't making quilts yet, but she was collected squares of

African fabric and she brought them with her when she returned to the states for awhile.

"I was visiting my daughter in Toronto, and I had them in the car and someone smashed the window and stole the box they were in," said Zinkand. "I thought I'll never do that again." But, when she returned to Africa, she found serenity sitting on her veranda sewing new fabric together. "I find applique very relaxing. You take a few scraps of cloth and turn it into something really pleasant."

Along the way she grew to love the Tiv people. "They were so gracious and so generous," said Zinkand.

"We would go out into "the Bush" where the families lived. They treated us like honored guests. The food they gave us! I was told 'don't eat everything on your plate' because there's a good chance what they've given you is their next meal." She was told that the women and children were served last during a meal, so the food that remained on her plate would be used later.

"The people would send us away with food. Once a very aged woman came to us with two little eggs wrapped up in a cloth" (see Mary's poem on the right). That's all she had, but we couldn't refuse them."

The Zinkands never experienced any political unrest in Nigeria, still the unrest still

reached them in the story of one her husband's students.

"[The student] had graduated and had a church near the Niger River and lived there with his wife and two children. There was rioting and destruction of churches, and he had to escape the violence with his wife. He grabbed one child and she grabbed the other. He said, 'if we had had more children I don't know if we would have escaped.'"

When her husband's health began declining they relocated to Rochester where her daughter Heidi works as a doctor at Jordan Health Center.

Now in her cozy apartment, the walls and beds are covered with attractive quilts she made in Africa.

The biggest one, depicting the Tiv alphabet, takes up most of the living room. It goes from "Adudu," an African basket to "Zadido" (the word for goodbye). In between are squares that hold a lion, "B for Bhga" and "M for Mkau" for the large town market.

One quilt, entitled "Joshua's Giraffe," was created for her grandson when he was a child, and now hangs in her collection. Another quilt called "Trekkin Home" shows women coming home from the fields. And yet another, called "Sheep may safely graze," is awaiting the stars that Zinkand will sew on above their heads.

A small wicker basket holds doll size quilts for the antique china head dolls inside. One dates back to at least 1885. Another floral quilt was made for a child not yet born. "I may not live to see a great grandchild be born, so I made the pink one." One quilt has a Japanese motif with flying cranes in the conventional deep blue and white color. Yet another is green and lavender, "a color combination very popular in around 1910."

Zinkand is still settling in after the death of her husband of many years. She walks around the South Wedge and remains a solitary quilter at River's Edge. "There's a knit and stitch group. Very little sewing. I'm not ready to start crocheting," she said.



Joshua's Giraffe



Trekkin home



Antique dolls get their own quilt

Feasting

two small eggs

cradled
in aged
brown
work-worn hands

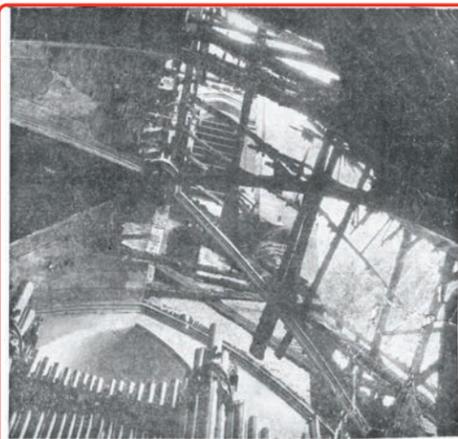
offered to us
with love

(what else did she
have
to give?)

reach out
receive with humility
hold gently
eat with thanks
and awe
how can it be?
We feasted on two
small eggs!

a gift consumed
yet locked into our
hearts
forever

Mary Zinkand



Church Ruins After Fire



HELPING HAND—Loving volunteers who helped strip church altar of its holy articles was John Deiber, 37, 204 Gregory St., carrying crucifix in safety.

Democrat & Chronicle covered the great fire of November 1957, noting the historic statue of St. Boniface would rise again, and it did on June 1, 2016.

1886-87 Saint Boniface Statue



IT WILL RISE AGAIN—Demolition of 75-year-old St. Boniface Church, ravaged by fire last fall, has begun and it will be about two months before it is fully razed. Lying in the foreground, symbolic of the church building's present state, is a life-size metal statue of St. Boniface, which was removed from an exterior niche. A new St. Boniface Church is planned.

Weight : 800 - 1,000 lbs. Cast: circa 1886 Height : 7 Feet Material: Cast iron
Formerly occupied niche above center door of the second St. Boniface Church 1887-1957
Name plate at base:
"Mon RAFFL - Paris" (Maison Raffl) "The House of Raffl" [Ignaz Raffl 1828-1895]

Donated to parish by Jim Jerris (2016); Restoration by LMC Industrial Contractors, Inc. (Avon, NY)
As of 2016 Statue Age: 140 years Removed after church fire in 1958 (away from parish for 58 years)



1886-1957 St. Boniface Church Interior

The interior of the original St. Boniface Church was renowned for its soaring Gothic architecture. It was 130 feet long and sixty-three feet wide with a bell tower rising 195 feet. The newly arrived Americans married there, baptized their children, and sent them to the adjacent school, where all the subjects were taught in German. For more than half a century, the church remained the center of religious and social life for a large immigrant community.

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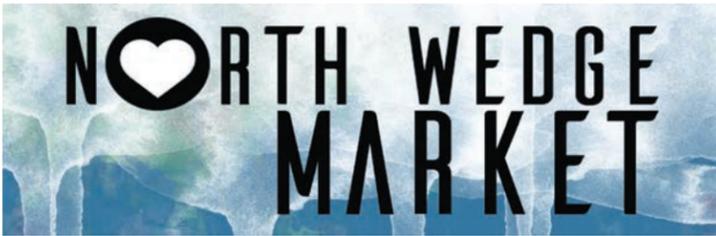
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The Pillar Broadens its Outreach to include Comedy club & Concert Hall

Nancy O'Donnell

The Pillar, a non-denominational church, whose motto is “invite all, embrace all, serve all, is doing just that in its new large church and community space on Mt. Hope Avenue in the South Wedge. Its goal is to build a diverse community that reflects the human landscape of Rochester. Its name is strictly Biblical—it references a passage in the Book of Exodus 13:21: “By day the LORD went ahead of them in a pillar of cloud to guide them on their way and by night in a pillar of fire to give them light.”

“We chose the name with a broader vision to go out and build a network,” said Devin Lyles, pastor of the church. “I’m passionate about community development. The urban church has not done a great job in being places where they can serve.”

In the process of building the Pillar, Lyles did a lot of fundraising and “negotiated some stellar leases,” to get the huge space in an empty building where Mt. Hope and South Avenue meet. It’s right around the corner from St. Joseph’s House of Hospitality and Lyles employed some of the homeless from St. Joe’s to help in rehabbing the building.

Inside the building, Lyles has repurposed materials found on the property. A podium for preaching is made from old windows. A huge 100 year old, nine foot tall wooden sliding door separates the community space from the meeting room. A smaller room with comfy chairs offers a quiet space for children and parents.

Lyle is all about faith in action and that now includes creating space for standup comedy through “Alternating Currents.” The North Wedge Market thrift shop offers collectible and antiques. During a recent visit Lyles pointed out an Adrian Pearsall lamp and table set from 1965. Nearby was a

large selection of cameras and a Stromberg Carlson record player and radio set that still works.

“It has the original McCurdy’s warranties and record cleaner,” Lyles said.

Pillar also opened up the space for other community organizations such as “Free to Fly” community development and financial mentoring. Looking ahead, Lyles will provide a recording studio and small concert space named “The Venue.”

“We’re planning concerts for all ages—hardcore, punk, hip hop and poetry,” said Lyles. Sunday worship takes place at 10:45 a.m. with a breakfast at 9:30 a.m. and “rides available.”

“We don’t define the church by what happens on Sunday. We’re building a movement,” said Lyles.

In only two short years, the Arkansas native has established the church of some 50 members and grown it far beyond the small storefront he first opened on South Clinton Avenue. Lyles came to Rochester with wife Logan to become a pastor in a church in Rush, NY. In time, the couple added son Marshall to the family and decided to open their own church.

He started a “lunch club” in an elementary school and invited the public in for snacks and fellowship during the first South Clinton Goes Batty festival. The Pillar’s passion was to “bring to light some of the issues that Jesus

did: poverty, rejection, relationship vs. religiosity, social healing and strength found in local community.”

In his new venue, Lyle’s ambition is to increase outreach. This includes creating The Drop-In Room with TV and computer for the “tired, homeless and cold” who need a cup of coffee and some warmth in cold weather months. Eventually they’ll have access to job training, Internet, a library and help with resume writing. Finally, The Dream Team offers “encouragement and coaching in a group setting to begin the process of goal achievement.” Other programs planned include one that will offer small business loans.

“People can apply for micro loans, say \$1,000 to open a small store. When it’s repaid it will go back into the fund to allow us to give more loans.”

The Pillar also shares space with Mac Attack, a computer store owned and operated by Stanford Escoffery. “He’s very involved in ways to benefit our community. He’s thinking about starting a ‘grab and go’ Jamaican food store, and holding Kung Fu movie nights.”

Lyles also is planning to include Mothers in Need referral center. “I’d like create a catalog of people who can help with child care, a crib, maybe sponsor a kid for \$10 a month.”

As The Pillar’s website says, “consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another...”

The Pillar offers many opportunities to help. These include sponsoring a local missionary, help with rehabbing the building (painting, building a loft), sponsor the Drop in Center and sponsor the North Wedge Market.

46 Mt. Hope Avenue. Online visit ThePillarRoc.com and Facebook or email lyl4094@gmail.com.



Concert at the Pillar (Photo provided by Devin Lyles)

Village Gate Expansion



We love what Village Gate has to offer, but we hate the parking. Developer Gary Stern is fixing the parking and expanding, too. Stop by and see the changes.

The Wedge Gets Read!
 An 1/8th page ad costs only \$88 a month. Prepay for six months and pay only \$475. Call 256.1740, ext. 105 or 978.9638 to get an ad in our next issue.

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City Love Supporters joined together to help South Wedge Planning Committee, SEAC and NSC in their commitment to revitalize Rochester neighborhoods, build community and support local businesses. City Love put the fun in fundraising at the Historic German Club. (Photos by Nancy O'Donnell)



Cash Gregory, Chris Morrison and Tyler Palmer from Rochester Great Escape Room.

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

citylove



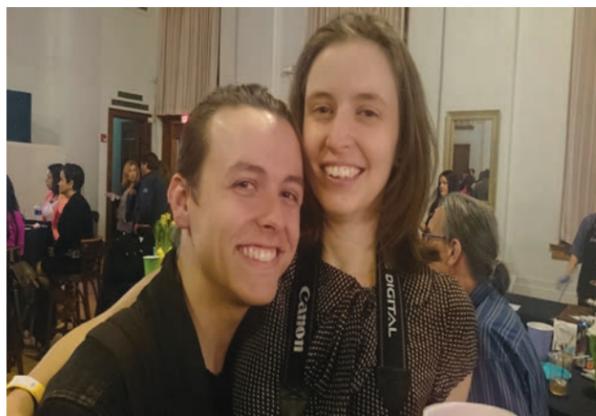
(l-r) Kamran & Subia Hashmi and SEAC board member David Sable & Fatima Sable of Paislee Boutique and Silk



Former SWPC board chair Nathaniel Mich



Mambo Kings (photo courtesy of Mambo Kings)



Jonathan Dumont and Genevieve Poehner



Bryan Yaeger



Miriam Zinter, Cathy Robinson, Alan Handelman



Molly & Pablo Sierra



City Lovers come in all ages



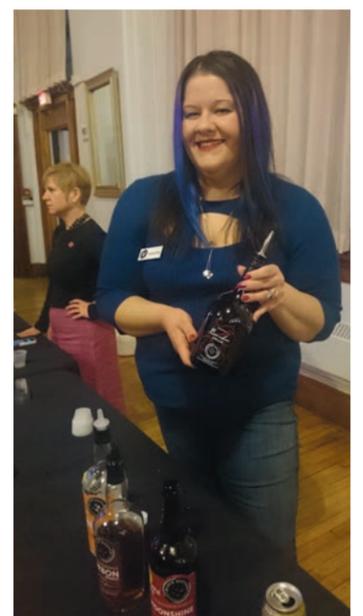
Sally Caprarelli, Tony Padilla from the Mambo King and saxophonist Greg Newton



Katherine, Matt and Lindsay Roby



(l-r) Christopher Hennelly and Michael Lill (the Christopher Group), Rick Porlier and Eric Zukauskas



Samantha Glathar, Black Button Distillery



(l-r front) Amber Johnson, SWPC Executive Director John Page, Teshonna Bonton, Dominica Torres, Kate Becker



Dave and Jen Topa



(l-r) Sarah Santiago, Zury Brown, Sylvia Mendez, Lyanette Rivera

