

The Official Newspaper of the South Wedge Since 1982

South Wedge Farmers Market in Full Swing Onward to October

Aaron Bellomo

The South Wedge Farmers Market is off to a great start as it celebrates its 10th season and second year at Genesee Gateway Park, and harvest season is on the horizon.

The beginning of the market season is always exciting – friends and neighbors bonding over local produce, reuniting with long time vendors and meeting new ones.

Yet the beginning of the market inevitably comes very early in the growing season. We enjoy our juicy strawberries, tart rhubarb for pies, and garlic scapes to accompany recipes. But we look forward to the harvest season when our farmers have their full array of fruits and vegetables that we associate with a farmers market.

Fortunately, the harvest season is coming upon us. From corn, eggplant, and squash to melons, apples, pears, peaches, and plums – we will just about have it all. For farmers this season we have Lagoner Farms, Jason Blik Farms, Bolton Farms, Workin' In the Dirt, Seedfolk City Farms, and Zantopia Herb Gardens.

We have also strategically set up our market with great products to complement the fruit and vegetable selection. For adult beverages we have Blue Toad Hard Cider and 810 Meadworks, we have pickles from Happy Pickle, and recently added F. Oliver's for oils and vinegars and Firefly Floral and Design from Sodas

The market can also function as dinner and dessert. We have prepared food vendors of Cooking and Eating Healthy with Phil, as well as Flying Peacock Catering. Our dessert options include Julep Bakeshop and Pudgy Girl Bakery, specializing in vegan baked goods.

The market also hosts other amenities including dog treats from Paw-La's Pantry, South Wedge Soaps, Community Composting, and Pathstone Corporations Sustainability.

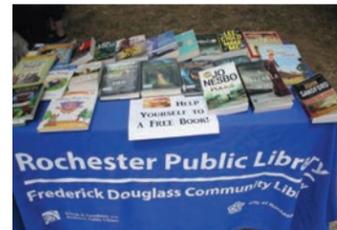
Don't forget we will continue to have free yoga lessons every week through Labor Day, 5:45 to 6:30 p.m., from our friends at the South Wedge's Tru Yoga.

To continue commemorating our 10th season and add to the market experience, there are various special events on the calendar as part of the #TurnipFor10 campaign. We hope you've enjoyed some of the great events so far, like our play day which you can read to the right. On Aug. 11 we will welcome Rochester's beloved mascot "Spike" from the Rochester Redwings

continued on pg. 16



#PlayROCS got kids together to paint & play at the site of the South Wedge Farmers Market (Photos by Allison Wissink)



#PlayROCS Comes to the South Wedge

Jesse Knoth

Play is something that all too often is passed off as kids having fun. But play is much more important (and not just for kids). Play help kids learn, develop important social skills and live healthier lives. While not all neighborhoods have access to safe places to play, we are lucky in the South Wedge. We have Marie Daley Park where the South Wedge Planning Committee (SWPC) led community efforts in the creation of the Kaboom Playground in 2004, to the South Ave R-Center and Highland Park. Genesee Gateway Park, the site of the South Wedge Farmers Market, has a playground, basketball courts and exercise equipment. Sometimes a green space is not enough; play spaces need to be inviting and fun for families to use them. A park can become more playful by having activities there, like the Market, that get families familiar with the space. You can add color with

sidewalk chalk or go all in and paint giant veggies.

And that's just what we did. Working with Healthi Kids of the Finger Lakes Health System Agency, we were one of 12 sites to host a play day as part of #PlayROCS in your Neighborhood on Saturday, July 16th.



(Photo by Nancy O'Donnell)

Armed with a play tool kits and goodies from the Healthy Heroes, we planned out the events. While painting the path was our focus, we also wanted to highlight play directly. We turned the vacant lot next to the park (our parking lot for the market) into a kickball field,



(Photo by Maya Reagan)

brought in Easy Work for a youth exercise class, showed kids and adults how to play disc golf and had Frederick Douglas Library come give away books. After prepping the path with chalk outlines we got to work painting. Teams of kids and adults worked on each veggie while other volunteers mixed colors. While having kids paint created a few oopsies, having to touch things



(Photo by Maya Reagan)

up was well worth having them involved. After all the hard work we enjoyed wraps from Harry G's and fresh raspberries from South



(Photo by Maya Reagan)

Wedge Farmers Market vendors.

Not only does the new path look great, it makes the park look fun and inviting. #PlayROCS in your Neighborhood wasn't about one day of play but showcasing all the ways we can play in all the different areas we have to play. We will continue to showcase play at the market. We always have the toy bin at the market and plan other painting projects to further activate the park. Be on the lookout for a foursquare court and hop scotch, veggie themed, of course, as well as other community events at Genesee Gateway Park. Check out the SWFM's Facebook for pictures of us hard at play painting the path and come down to the market every Thursday 4-7 to see it for yourself.

#TURNIPFOR10
SOUTH WEDGE FARMERS MARKET
THURSDAYS 4-7 PM
JUNE - OCTOBER
GENESEE GATEWAY PARK
MOUNT HOPE & ALEXANDER
SWFM.ORG

HOW I DID COMICS 4 WEDGE

1 I NEED COMICS!!
EDITOR WAITING FOR WEEKS ALREADY

2

3 I STILL NEED COMICS!!

4 TA-DAA!
I DON'T GET IT...
BREAD
HE HE ME EITHER

Justin Hubbell says Goodbye to The Wedge (SOB!!!!) Story and more art on page 12

WHAT'S INSIDE...

- Meet Swillburg Playwright Laura A. Thomas
- Dick Schrader's Auto History
- Talking with My Mouth Full Visits Swillburg's Addis Ababa
- Life Together - Stay Woke!
- Michele Martell Helps You Decide
- Drish Ti Yoga says 'Keep on Moving' Southeast Parishes Foray in Social Media, Out and About, Business Buzz and so much more...

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



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 always 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 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
10% off accessories & 5% off bikes
661 South Avenue

Harry G's NY Deli & Cafe - 10%
678 South Avenue

HeadzUp Hats, 15% off
524 Mt. Hope Avenue

Hedonist Artisan Chocolates, 10% off
674 South Avenue

Jane Vintage, 10% off
389 Gregory Street

Liberty Tax, 10% off
686 South Avenue

Little Button Craft & Press
10% off non-consignment items
658 South Avenue

Natural Pet Foods
5% off, 10% off new customers
766 S. Clinton Avenue

Print Roc, Inc.
15% off for businesses, 10% off to individuals
620 South Ave

Stuart's Spices
10% off \$10 or more
754 S. Clinton Avenue,

Swiftwater Brewing Company
\$1 off flight of beer
378 Mt. Hope Avenue

thread, 10% off
654 South Avenue

Zak's Avenue, 10% off
661 South Avenue

SOUTH WEDGE PLANNING COMMITTEE

Board Members
Anthony Sciarabba, Treasurer
Mark Greisberger, Co-Treasurer
Sarah Farmer
Dave Halter
Frank Logan
Lindsay Nabozny

Honorary Board Members
Mitchell Dannenberg, John Dennis,
Joe DiDonato, Cheryl Stevens

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

Consultants
Norm Karsten,
SBDC SUNY Geneseo

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

Writers
Judy Bennett, Aaron Bellomo,
Mario Cerasuolo, Felton Culbreth
Nicole deViere, Larry Francer
Mike Henry, Jesse Knoth
Rachel Leavy, Michele Martell
Nathaniel Mich, Nancy O'Donnell
John Wilkiinson

Comic
Justin Hubbell

Copy Editor
Eileen Thomas

Photography
Aaron Bellomo, Judy Bennett,
Mike Henry, Nathaniel Mich,
Nancy O'Donnell, Mike Orman,
Maya Reagan, Allison Wissank

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 585.256.1740, ext. 105 or 585.978.9638.

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, chair
Mark Griesberger
Mike Henry
Emily Marullo
Benjamin Mudrick
Sue Polsky
David Sable
Tony Sciarabba
Rachel Snyder
Cory Tinsley
Mike Tomeno
Kevin Wilson

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
August/September 2016
224 Mount Hope Avenue

The community is invited to attend all meetings.

SEAC SWPC Joint Board Meeting
Tues. 8/16 & 9/20, 6 p.m.
coconnor@hselaw.com

Community Engagement
(Neighbors & Block Clubs)
jknoth@swpc.org
Wed. 8/17 & 9/21 5:30 p.m.

Housing & Structures
Meets bimonthly
Wed. 8/3 & 9/7, 5:30 p.m.
ethomas@swpc.org.

Finance Team
tsciarabba@hotmail.com
Wed., 8/10 & 9/14 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



Our group dining experiences the past few months have been fun gatherings with neighbors congregating to exchange Swillburg news, have a few laughs and of course, enjoy food fare right here in Swillburg. Since our last Wedge column ,we've gathered at Georgies, India House and Shiki Restaurants. All these events were well attended and besides supporting local restaurants we neighbors enjoy the community weaving that results from our visits. I really don't think small towns have much on Swillburg, our various gatherings and hands-on projects weave us together and mitigate any anonymity of urban living. Cooly, the great cultural advantages of city living are just a short walk or bicycle ride away.

Speaking of projects, turn out for the United Way Day of Caring was very successful thanks to neighbor JoAnn O'Neill who coordinated with the University of Rochester library staff volunteers to undertake some Spring cleaning. A lot was accomplished in tidying-up Otto Henderberg Park as well as neighborhood garden plots at School 35. Our thanks to Salvatore's Restaurant for pizza lunches! Another fun Swillburg event took place at the Henderberg Park in June when we held our annual potluck picnic there. Lots of people came out for afternoon festivities. While the children played in the cool play area provided, adults mingled to reminisce and enjoy the many dishes laid out buffet style. I always come away from these events with new connections and acquaintances as well as stories to cherish about our history.

Well, with summer in full



Swillburgians Judy Hay, Frank TenBroeke, Josh Massicot, Jack Mars, Sue and Bill McKeown, Jan Hicks and Jeff Williams lunching at India House Restaurant on June 23rd (Photo by Mike Henry).



Want to see your photographs in the Wedge Newspaper?
We welcome contributions!

presence our many flower pots along Field and South Clinton are well cultivated with flowers. Over the past few days I've tricycled along checking them and find that most are well hydrated. I take along buckets of water just in case and find a few along South Clinton in need of a drink. These beautiful large planters are a testament to our community's civic spirit and desire to make life visually pleasing for all. Our one neighbor, Kelly Mariano, has worked especially hard to see that these were all planted and ready for the season. Many Thanks to the neighbors who've pitched in to ensure they're well quenched! Volunteerism was the key to our survival and will be key to our continued success.

Probably one of the coolest SNA events recently was a meeting with OJ Wright and his wife Destiny Howell, who are the proprietors of the new Royal Tavern on South Clinton Avenue. I joined Judy Hay and Frank TenBroeke, along



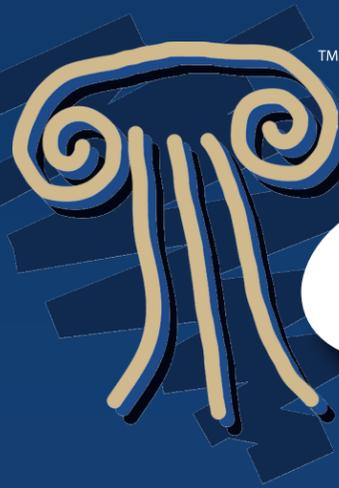
Swillburg neighbors enjoy photos of previous good times.

with neighborhood representatives from Highland Park Neighbors to acquaint ourselves with them. OJ and Destiny spoke of their desire to provide a positive neighborhood venue with good drinks, food and

entertainment. We had an open discussion of neighborhood concerns that have arisen and found our newest community members to be friendly, receptive and highly willing to participate in our efforts to make this

a cooperative and fun community. From all accounts their food is quite good and can be taken out. Let's support this young couple make this a neighborhood resource for good times. Peace.

GREEK ORTHODOX CHURCH OF THE HOLY SPIRIT
835 SOUTH AVENUE
ROCHESTER, NY



2016

GREEK FEST

AUGUST 25-28

THURSDAY: 11 AM - 10 PM
FRIDAY & SATURDAY: 11 AM - 11 PM
SUNDAY: 11 AM - 8 PM

FREE ADMISSION

INFO & TAKE-OUT ORDERS
(585) 271-3150

FREE PARKING

IN HIGHLAND HOSPITAL GARAGE NEXT TO GREEKFEST: THURSDAY & FRIDAY AFTER 5 PM ALL DAY SATURDAY & SUNDAY

WWW.HIGHLANDGREEKFEST.COM



FREE THURSDAY NIGHT MOVIE!
CHECK OUR WEBSITE FOR DETAILS
SUPERVISED KIDS' ACTIVITIES
SATURDAY & SUNDAY, 2 PM - 4 PM



The Schraders have helped build South Wedge history (Photo by Aaron Bellomo)

Honesty, Fairness, Interglity--Hallmarks of Schrader's Garage

Aaron Bellomo

The scene is 1932. Lake Placid hosts the Winter Olympic Games. Amelia Earhart flies solo across the Atlantic Ocean. NY Governor Franklin Delano Roosevelt defeats Herbert Hoover for the Presidency. And right here in Rochester, Charles Schrader opens the doors to Schrader's Garage. Now, over 80 years later, Schrader's Garage is still running strong under the guidance of Charles' grandsons Dick, Bob, and Alan. To stay in the auto repair business for three generations requires developing trust. A customer must be able to trust that he or she will receive a fair deal. I had the opportunity to sit down with Dick Schrader and learn how their business has become a

mainstay in the South Wedge and how honesty, fairness and integrity has kept him in the business. Dick once thought about going into optics and working at Kodak. Yet he grew up with the shop, and it already felt like home. Schrader's built their business model around establishing trust with his customers. Dick stated there are three keys to success: "look out for the customer's best interest," "treat everybody the way we want to be treated" and "be as honest as we can, when we make a mistake - we fix it." This approach has helped develop long-term and faithful customers. There are families in their second and third generations bringing their cars to Schrader's as well as individuals approaching 40

years of using the business. Jack Kronenberg has been a customer for over 20 years; he commended Schrader's for "unparalleled service at a fair price." While the shop has enjoyed a long and successful tenure in the SouthWedge, Dick noted that running a business is not easy. The principles of honesty and trustworthiness are timeless but a business must adapt with the changing times to ensure longevity. Investing in the community is another aspect to longevity. "Change is continuous, technology is changing so fast and regulations can be tough," said Dick. Rochester has long been the home for the Schrader family. "Rochesterians can get almost anything they can in a big city, without having to deal with the traffic system," Dick said. "We have the ability to help the people that live nearby."

Dick has some advice for aspiring business owners. "Get as much training and education as you can, and let people help you. Do not try to accomplish everything single-handedly." As for the future of the shop - the time is approaching soon where the third generation will pass the baton to the fourth generation. Dick's son Dan currently works at the shop and is ready to run the business that his great-grandfather started.

Schrader's Garage has had a long and successful tenure in Rochester, but they are not done yet. "We are hoping that we can continue helping people in the Wedge with their cars for a long time to come," Dick said. 686 South Avenue, 585.271.5179. Aaron Bellomo is an Urban Fellows Summer Associate working on implementing the PR campaign for the South Wedge Farmers Market. He is entering his senior year at Roberts Wesleyan College in Chili.

Update on Calvary St. Andrews Parish

John Wilkinson

For decades, the church at the corner of Ashland and Averill has been an anchor in the ever-evolving South Wedge community. Calvary-St. Andrews Presbyterian Parish, formed years ago as a merger of a Presbyterian and an Episcopalian congregation, continues to seek to meet the needs of its community in a new era. Over the past several years, the church has undergone significant transition. Like many American churches, its context has changed. Long-time and well-known pastor Judy Lee Hay retired two years ago, and the church has been several by several transitional pastoral leaders.

Nearly a year ago, the Session (the governing body) of the church determined that the challenges and transitions faced by the church were significant enough that action was taken to enlist the support of the presbytery (the regional body). What Presbyterians call an "administrative commission" was formed in the fall, comprised of church members and other local Presbyterian leaders. I took on the job of moderator of the administrative commission.

Contrary to rumor, the church is not closing, nor is the building for immediate sale.

The Administrative Commission began its work late last fall and immediately determined that several things would happen:

1. Worship services would continue every Sunday at 11:00 a.m. with guest preachers. Join us!
2. The extensive and critical food program would continue to share food with neighbors in need, five days a week. We remain open for business.

Other things are happening



Historic Calvary St. Andrews (Photo by Judy Bennett)

as well, as the administrative commission works with the congregation to discern its future. We are looking to see what the congregation's needs are, what kind of pastoral leadership is needed and what growth potential there may be. At its heart, the future life of the congregation is core to the commission's work. A separate task force is looking to re-envision the future of the food program. Because volunteer resources have been declining, we are exploring a broader-based management model featuring a variety of churches, community organizations and businesses to provide leadership and volunteers.

We are looking at creative ways to utilize the building itself as an asset. The congregation as it currently exists is not able to support the building. Yet the building is a community anchor. An open house and community forum was held several weeks ago explore other potential uses. As you can see, much has changed in the life of the church. What has not changed is a commitment to the South Wedge neighborhood and a strong sense that the congregation is called to serve its neighbors and broader community. What forms that service takes remains a work in progress. For further information, or to share ideas, contact John Wilkinson at 271-6513 or jwilkinson@thirdpresbyterian.org.

John Wilkinson is pastor of Third Presbyterian Church on East Avenue.

Calvary St. Andrews Still Grows a Green Garden

Judy Bennett

The Foodlink sponsored garden between Calvary St. Andrews Church and Hickory Street is producing a wide variety of vegetables for the Food Cupboard for the 4th year. More than 100



Food cupboard garden (Photo by Judy Bennett)



Summer sun lights a small harvest at CSA's Garden (Photo by Mike Ormon)

pounds of kale, collards, zucchini, turnips and radishes have already been distributed by July 15. Produce and non-perishables are available Monday, Wednesday and Friday from 9 am until noon at CSA through the entrance on Ashland Street



CSA green peppers flourish (Photo by Judy Bennett)



CHEESY EDDIE'S
Since 1976



CHEESECAKE • CARROT CAKE • CHOCOLATE CAKE AND SO MUCH MORE!

Baked from scratch using the finest ingredients

We do the ordinary, extraordinarily well

602 South Ave, Rochester • 585.473.1300 • Cheesyeddies.com



Schrader's Garage

686 Clinton Ave S
Rochester NY 14620

271-5179

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

Quality Work - Fair Prices

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

VISA-MASTERCARD-DISCOVER

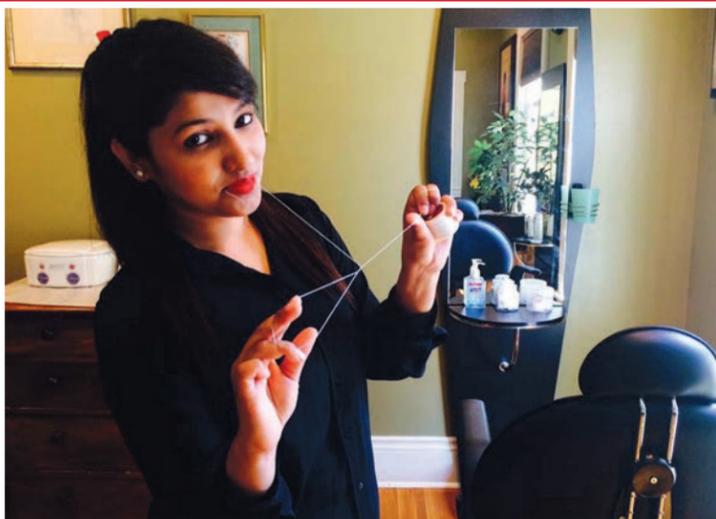
Business Buzz

Nancy O'Donnell

Sujana Karki brings her Beauty & Brows shop to South Avenue, sharing space with Colin Coffey's Renewing Massage.

Karki is a certified esthetician with 10 years experience in Threading, Waxing and Facial Treatment Services. She recently moved here from San Francisco with her husband Raj and two sons, ages 8 and 20 months. The couple who emigrated from Nepal join friends and family living in Rochester.

"I'm really happy to be part of the South Wedge community," said Karki. "I am inviting the community to experience my way



Sujana Karki and her amazing threading

of smooth Threading services to clean unwanted facial hair and other waxing and relaxing facial services. I am excited to open my

business and hope to have a long run relationship here in the South Wedge Community. I am offering a Grand Opening 50% limited time discount for all the services."

Sarki waxes enthusiastic about Threading.

"Threading is a painless epilation technique (used by men and women), which originated in Asia," Sujana explained. "It involves twisting a piece of thread, usually cotton, into a double strand. This double stranded thread is used to pick up a line of hair and then remove it, creating a very clean, precise hairline."

"Threading is very popular for its ability to raise the arch of the eyebrow, add shape or definition to the eyebrow, and eliminate any

unnecessary facial hairs," Karki added. "Because it removes hair by the follicle, it is a reasonably long lasting hair removal technique as well. Repeat visits after three to four weeks are standard."

"The technique is very suitable for anyone who likes to pursue a more natural beauty regimen because threading does not require any chemical ingredient or any sort of harmful products," said Karki.

Beauty treatments at Sujana's also include waxing both bikini and Brazilian. She'll also offer facials, both regular and special acne treatments, using Dermalogica products.

732 South Avenue, 585.732.4432. Hour 10-6 p.m. Tues-Sunday,

More South Wedge Landmarks? Let's Discuss...

Larry Francer

The City of Rochester has contracted with The Landmark Society of Western New York to conduct a historic resources survey throughout the southeast quadrant of the city. During the summer and into the fall of 2016, staff from The Landmark Society, our non-profit preservation planning organization based in Rochester, have been conducting the survey. The purpose of the survey is to identify and document properties and neighborhoods of historic and/or architectural interest and to provide updated data to the City of Rochester. This project is

partially funded by a grant from the New York State Office of Parks, Recreation and Historic Preservation (NYSOPRHP).

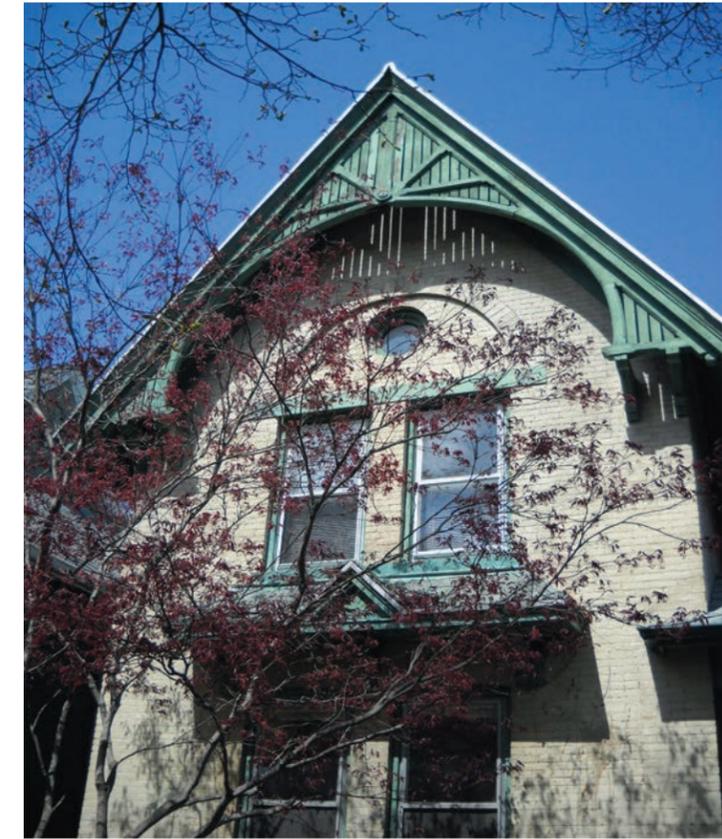
The Landmark Society is hosting this community meeting to share information with the public on their partnership with the City of Rochester. One important element of this survey is to identify possible National Register districts. Properties listed in the National Register of Historic Places can take advantage of Historic Rehab Tax Credits. Julian Adams, of the State Historic Preservation Office, will

be joining The Landmark Society staff in giving a presentation on the National Register and the tax credit program.

As the Landmark Society's Associate Director of Preservation, I met earlier this summer with Highland Park and South Wedge neighborhood leaders to discuss the possibility of a new National Register district called the Gregory Tract. We will also discuss moving this project forward during this meeting.

For more information contact Larry Francer, lfrancer@landmarksociety.org.

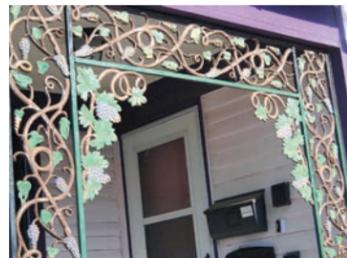
Landmark Society Meeting
Tuesday, August 23 August 2016
5:30-7:00pm
Olmsted Lodge
in Highland Park
171 Reservoir Avenue



Cypress Street home (Photo by Nancy O'Donnell)



One of the many notables in South Wedge homes (Photo by Doug Root)



Sanford Street front porch (Photo by Nancy O'Donnell)



Linden Street front porch (Photo by Nancy O'Donnell)

Sujana Karki
 Esthetician

Sujana
 Beauty & Brows
 "Get the eyebrows of your dream"

728 South Avenue
 Rochester, New York 14620
 (585) 732-4432
 www.sujanabeautybrows.com
 sujanakarki2012@yahoo.com

Grand Opening
 50% off
 (Threading only)
 until Sept.30

Threading
Waxing
Skin Care

Like Us On **facebook**

Read the Wedge Newspaper online at www.swpc.org.

Lettuce show you how delicious supporting local farms and producers can taste.

ABUNDANCE Food Co-op

When are we moving? Go to move.abundance.coop for updates. While you wait, come see us at 62 Marshall Street.

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

Wedge Resident For Over 20 Years.

Susan Sanford
 Licensed Associate Real Estate Broker

Call today! 585-752-0136
e-mail: sn4dsells@gmail.com

Find homes at www.sn4dsells.com
"Put my energy to work for you"

Rochester Civic Garden Tours



Castle gardens still flower in dry weather



"Horatio Gates Warner designed his home, Warner Castle, built in 1854, to resemble the ancestral castle of the Clan Douglas" - Milli Piccione



An iron gate leads to a long lost forest garden

Join the Rochester Civic Garden for a summer stroll in the Warner Castle gardens. Learn about the multitude of shrubs and perennials planted in the last three years complemented by the trees that have survived from the 1950s. The upper level beds, based on the 1930s estate layout, consist of three distinct garden areas bounded on two sides by the historically recommended fence and rose treillage. The recently completed beds lead us to the 1930s Alling DeForest Sunken Garden.

Find out the history of the gardens and RCGC's long-term revitalization plans. Milli Piccione, who spearheaded the garden project in concert with a dedicated volunteer corps, leads the walk. Bring your questions! Free with membership.

To learn more about events, classes and workshops, visit <http://www.rcgc.org/>



Mimosa tree

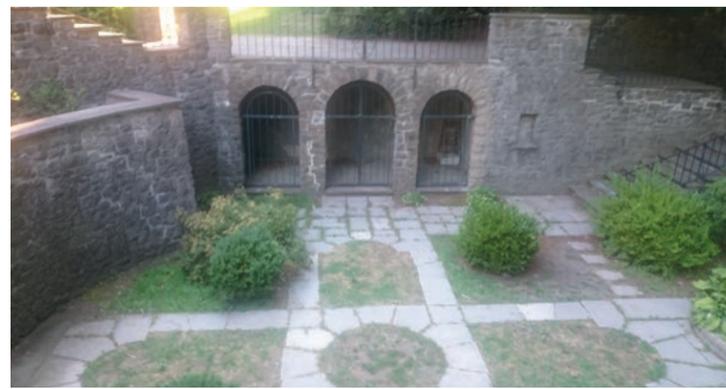


A neighborhood cat visits

delight in a summer evening walk through Warner Castle gardens



Orange crocosmia (Photos by Nancy O'Donnell)



A Sunken Garden, designed by famous landscape architect, Alling S. DeForest. is often used for wedding photos

South Wedge Victory Garden Update

Felton Culbreath



Fall gardening can help you get a jump on spring. All you have to do is to put in crops that germinate in the fall.

For plants to survive the winter, cover them with some kind of mulch. Remember you must remove the mulch at the first sign of spring. Here's a list of some fall

vegetable that are good to grow: garlic, shallots, kale, collards, spinach and lettuce. A cold frame will provide you with fresh greens when the garden is covered with snow. You will be surprised by just how productive your fall gardening become.



(l-r) Nicole Cleary, RLA, Barton and Loguidice, DPC, RCN Board member & RCN Campaign Chair, Jennifer Takatch, representatives from Broccoli Tree & Lawn Care, Assembly Member Harry B. Bronson, RCN Executive Director, Lynn M. Lubecki, RCN Board Chair, Jeri Rombaut, & Frank York & Kathy Garen, funders for the project

South Wedge Rochester Childfirst Network Breaks Ground for Inventive Play Space

On July 12, The Rochester Childfirst Network (RCN) held a ground breaking for its new outdoor play space. The redesign will feature secret pathways, bubbling water, slides embedded into hills and other features that encourage the love of nature and learning. It will be universally

designed so that ALL children have access to all areas.

"A BIG thank you to our supporters, including The Brighter Days Foundation, Assembly Member Harry Bronson, Davenport Hatch, Golisano Foundation, and many others, said Executive Director Lynn Lubecki.

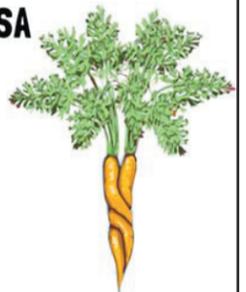
Peacework Organic CSA

Community is at our roots.

www.peaceworkcsa.org

peaceworkcsa@gmail.com

585-442-1364



Sign Up Now for Your Summer Share!

South Wedge Sudoku - Solution on page 10

STR8TS

SUDOKU

Tough

Easy

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

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

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

If you like Str8ts and other puzzles, check out our books, iPhone/iPad Apps and much more on our store.



Hunt Real Estate ERA
3300 Monroe Avenue, Ste 209

Always There For You 

COLUMBUS DIVISION

Michael Lill
Licensed Real Estate Salesperson
ofc: 585-785-2000
fax: 585-785-2199
call: 585-490-4954
michael.lill@huntrealestate.com
HUNTREALESTATE.COM





Randall Pollok

MUSIC TEACHER
CLARINET - GUITAR - PIANO - UKULELE

Located in the South Wedge
www.pollokstudios.com
Phone 585.500.5491 E-mail: randypollok@pollokstudios.com

Talking with My Mouth Full - Addis Ababa

Nathaniel Mich

The South Clinton corridor – which I believe is unmatched in Rochester for density and diversity of restaurants – welcomed its newest member in July: the Ethiopian eatery Addis Ababa. Addis Ababa occupies the space formerly occupied by Crossroads Coffee, and offers breakfast, lunch and dinner, with a Friday-Sunday buffet. There’s also a tiny commissary which stocks legumes, flours, spices and produce. I visited twice during their first few weeks of business, enjoyed a range of delicious food, appreciated the warm and inviting staff and found several things I’m looking forward to returning to try.

I’ve never had Ethiopian breakfast food before. I’m willing to bet that you haven’t had it either. Those sorts of everyday foods don’t usually make it onto the menus in “ethnic” restaurants, where feast foods, showpieces and syncretic dishes for American palates tend to predominate. It makes it even harder to get a feel from a restaurant of how people from other cultures might actually eat. So I was really excited and interested to see Addis Ababa sporting a breakfast menu and scooted over there before work one day. I ordered the breakfast combo platter, whose menu entry promised “kinche, scrambled eggs and chechebsa.” Kinche is wheat grains cooked with clarified butter until just tender and chechebsa (also called kita fit-fit) is made of flatbread (kita) torn into pieces and fried with butter and berbere (a spice mixture that is central to Ethiopian cuisine). They were both delicious, full of the warm and filling starchiness that powers breakfast food around the world. However, instead of the scrambled eggs, I was served quanta fir-



Breakfast combo from left: quanta fir-fir, kinche, chechebsa.

fir: a dish of beef and torn injera (the tart and spongy flatbread that accompanies practically every meal) cooked together with more berbere and butter. It was rich and spicy and delicious, so I didn’t mind, but it would have been a frustrating surprise to a non-beef eater. When I arrived, I was nervous that a sit-down restaurant breakfast would make me late for work, but I was in and out in just about 30 minutes.

On the dinner menu, like at most Ethiopian restaurants, vegetarian dishes are given equal billing alongside the meat offerings (primarily beef and lamb). When I visited for dinner with two friends, we all ordered the vegetarian combo platter, which seemed like the best way to introduce ourselves. Again, however, what the menu promised turned out to differ from what we received. The menu listed the following for the platter: shiro (a stew made from chickpea flour), misir (red lentils with berbere), ater (yellow lentils), dinech wot (spiced potatoes), gomen (collard greens), cabbage, salad, azifa (green lentil salad), beets and yesuf and tomato fit-fit (a dish of sunflower seed butter, tomatoes and injera). Our platters had shiro, misir, dinech wot, gomen, cabbage, salad and a green bean & carrot dish. However, everything that was there was delicious, and we were too busy stuffing our faces to notice the

discrepancy until afterward. We especially liked the salad – a pile of romaine, tomatoes and cucumbers served on the side with a house made dressing of olive oil, red onion and herbs – as well as the misir and the gomen. In general, the platters presented a satisfying range of textures, flavors and heats, with a good balance of legume and vegetable dishes.

Coffee is a key part of Ethiopian cuisine, and Ethiopian coffee is on the menu, along with standard drip coffee and espresso drinks. For \$15, you can also order a “coffee ceremony.” Usually



Vegetarian combo platter from top left, clockwise: cabbage, shiro, green beans and carrots, dinech wot, gomen, misir. (Photos by Nathaniel Mich)

performed in the home, the coffee ceremony is an elaborate process that includes roasting and grinding fresh coffee beans, lighting incense, and ritualized brewing, cooling, straining and serving. They are a fundamental part of community and relationship building, and I think can only be roughly translated to a restaurant setting.

We didn’t actually see much of the process: the green beans are presented, then brought back out once roasted, sizzling and smoky in a long-handled copper pan. While they are ground and brewed in the kitchen, frankincense was lit and brought to our table, and an altar-like pouring table was prepared. Finally, an ewer of coffee emerges, and tiny handle-less cups are filled. There’s enough coffee for everyone to have several cups of the strong, cinnamon-spiced brew, and it provided a lovely end to the meal.

Addis Ababa is just about three hundred feet, as the crow flies, from Zemeta, another Ethiopian restaurant about which regular readers have heard me gush. Despite the proximity, which makes me a little nervous for both in a city that doesn’t have that many Ethiopian restaurants to begin with, I think they both offer experiences and meals that are sufficiently differentiated to coexist. I wish



Ethiopian coffee ritual with incense included (Photo by Nathaniel Mich)

nearest injera, and get started! Addis Ababa, 752 South Goodman Street, 244-0073. Hours day: 7 am - 9 p.m.

Talking With My Mouth Full is going on hiatus and will return in 2017. Until then, bon appetit!



Meraki Coffee Co. Pops Up at Cheesy Eddie's

Meraki Coffee Co owners Ryan and Holli Baker have added a new spot to get a caffeine boost at Cheesy Eddie’s Cheesecake.

“The South Wedge has for a long time been a favorite spot in Rochester for many different things-- food, drinks, culture,” said Ryan. “We’re excited to be a part of adding to this great culture in a great neighborhood of an amazing city.”

The pop up’s name, Meraki, (pronounced may-RAH-key) comes from the Greek word for “doing things with a passion.” Passion is definitely part of Meraki Coffee’s ethos. Coffee beans, from Parlor Coffee in Brooklyn, are used in espressos, cappuccinos, lattes and cortadoes. Ryan also makes a “signature drink.” Ask for it! Visit Meraki on Facebook. Hours: Thurs. and Fri, 8-6 and Saturday 9-4 p.m Cheesy Eddie’s. 602 South Ave 585.473.1300.

Welcome Home!
Highland Manor Apartments
 905 South Avenue

Features:
 - ALL UTILITIES INCLUDED!
 - 1- and 2-bedroom apartments
 - Across the street from Highland Hospital
 - A quick commute to the University of Rochester and Strong Memorial Hospital
 - City life in the beautiful South Wedge neighborhood
 - A \$99 security deposit
Restrictions apply. For qualified residents only.

Call today to reserve your space or book a tour!
 271-0949

Starting a business? Need help with business performance?

Explore the free resource available to you!

THE SMALL BUSINESS DEVELOPMENT CENTER IN YOUR AREA HAS BUSINESS ADVISORS READY TO ASSIST YOU!

Services Include:
Business Plan Development, Marketing, Free Workshops, and MORE!

Visit us at
South Wedge Planning Committee Office
 224 Mt. Hope Ave. Rochester, NY 14604

For an appointment:
Call 585-245-5429
or email Norm Karsten at karsten@geneseo.edu

Exercise Contributes to Dogs Health

Mario Cerasulo and Rachel Leavy

Last issue we discussed how diet plays a role in keeping your dog happy and healthy. This time we will be discussing the importance of creating an appropriate exercise routine for them. Dogs who don't get enough regular exercise can wreak havoc on the home. If they don't have a job, they will make one themselves – generally by destroying things, barking excessively or being needy and jumpy. Lack of exercise can also cause health issues such as obesity which can be damaging to a dog's health, especially in older age.

There are two types of exercise: physical and mental. Both are equally important and go hand in hand. For example, a dog who just runs around the yard gets physical exercise, but lacks in mental stimulation. The yard is the same all the time, with the exception of squirrels and who happens to be running past. A simple fix is to walk the dog instead of just allowing them free roam of the yard. By walking them they get to explore new neighborhoods, smells, sights and sounds. This will wear them out both physically and mentally.



(l-r) Ruby and Virginia Woolf having fun and getting fit (Photo by Rachel Leavy)

How much exercise does a dog need?

There are many factors that come into play when deciding how much to exercise. Breed, size, age and general behavior all need to be accounted for.

- Breed – a pug is not going to need as much exercise as a lab. Research the breed of dog you have (or breeds) to come up with an appropriate plan.

- Size – For a five-pound dog, a half hour walk is quite a bit of work. Just think of those tiny little legs running while you stroll down the street. A large dog can walk all

day and sometimes not get tired. But that doesn't mean necessarily that a small dog has less energy than a large one, just that it takes less to wear them out. I have met some high energy tiny dogs, especially any dog that has terrier in it.

- Age – Growing puppies need quite a lot of exercise, but it needs to be done appropriately. Too much too soon can cause problems when growing – especially for large/giant breed dogs. Older dogs don't have as much stamina as the young ones.

- General behavior – all science aside, some dogs just don't fit their breed/age profile when it comes

to exercise. In my days of training I've seen lazy labs and hyper basset hounds. You know your dog, use your intuition.

Types of exercise

- Walking – walks are a great way to bond with your dog while they explore the neighborhood. We live in such a wonderful area, with so many streets to explore. Take your dog all throughout the Wedge for a fun time. We even have Highland Park which is always a beautiful place to walk!

- Running – running requires training to be safe. You need to teach your dog to stay at your side and not pull in front of you so nobody gets hurt. Much like when training to run as a human, it needs to be progressive. Don't take your dog on a three mile run the first time. Also, with the heat we've been having, take that in to account when planning a run and always bring water.

- Playing – having your dog play with another dog safely is a great way to burn off steam.

- Hiking – taking your dog for a hike gives them ample opportunity to explore. Just be safe and keep them on leash – you never know what will make them bolt.

- Fetch – ten minutes of fetch

a few times a day will keep them balanced and relaxed.

- Training – obedience training engages your dog's brain and legs. Giving them a job such as obedience, agility, flyball or tracking will keep them happy and relaxed.

- Engaging toys – believe it or not giving your dog a puzzle toy will help keep them occupied and wear them out. There are a variety of treat dispensing toys that they have to work at to get the treat-Kong being the most popular. In the summer, fill a Kong with food, water and peanut butter and freeze it for a tasty treat that will keep them cool.

It is always best that exercise is done in multiple bursts throughout the day. Three short walks are better than one long one. This will keep them calm throughout the day instead of just napping for a few hours after the long walk. Make sure that exercise is fun for everyone involved and that will keep your shoes from becoming a chew toy. As always, if you have questions consult your vet or a trainer to come up with a plan best for you and your fur-friend. Happy walking!

Need new fashions? Stop by Paislee. Need a wedding dress? Silk Bridal is next door

PAISLEE ENJOY 20% OFF YOUR PURCHASE
BOUTIQUE

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

Story Ideas?

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



Somewhere in the Wedge

Assemblymember Harry B. Bronson

Serving the families of Rochester
bronsonh@assembly.state.ny.us
585/244-5255



Working with you to make ours the best community possible!

Don't miss Candidate's Night at the South Wedge Farmers Market, Thursday, September 1, 4 - 7 p.m.

Meet local candidates running for state office and discuss the issues important to you and the community. Tell your friends!

ELECTRICAL WORK • TELEPHONE JACKS • CABLE TV
BURGLAR ALARM SYSTEMS • PADDLE FANS

MARTIN IPPOLITO
Master Electrician

Call 585-266-6337

P.O. Box 17438
Rochester, NY 14617

Mr. Inside/Mr. Outside
Felton Culbreth
585.244.9365 or 585.287.2416



Garden Design and Maintenance.
Apartment Cleaning
And much more!

COMING SOON!
HIGHLAND MARKET

BAKERY & DELI

830 SOUTH AVENUE
CORNER OF SOUTH & LINDEN

Convenience just around the corner!

Here's what you did by shopping Local...

1. You kept dollars in our economy.
2. You embraced what makes small businesses unique.
3. You created local jobs.
4. You helped the environment.
5. You nurtured community.
6. You conserved your tax dollars.
7. You created more choice.
8. You took advantage of the small business' expertise.
9. You invested in entrepreneurship.
10. You made the shop and the neighborhood a destination.

10% OFF ANY PURCHASE

Sale items not included

1520 Mt. Hope Ave.
Phone: 585.244.6160
Hours: Mon-Sat: 10:00-9:00
Sun: 12:00-7:00

FORT HILL LIQUOR STORE

welcome, neighbor.



your neighborhood health center

friendly, affordable, accessible health care services — just down the road.

What being a good neighbor means to us: It's doctors and nurses who listen and understand your needs. It's care you can afford, and help when you can't. It's **free parking** and **extended hours**. It's a **bus stop out front**, and working with you when that's not enough. It's help getting you **insurance**, food on the table, and temporary housing assistance. It's a **pharmacy**, **lab services**, and **day programs** all in one spot. It's caring for all of your needs, like a good **neighbor** should.

primary medical care

LGBTQ affirming care

specialists in PrEP, Hep C & HIV

and much more!



Your neighborhood health center

259 Monroe Ave at Monroe Square
585.545.7200 | trilliumhealth.org
engage: [facebook.com/TrilliumHealth](https://www.facebook.com/TrilliumHealth)

Now accepting new patients!

Revitalizing Rochester: It Takes a Community

Aaron Bellomo

When considering how I wanted to spend summer 2016, I had two options on the table. I could participate in the Urban Fellows Program in Rochester, NY or intern in a Senate office back home in New Hampshire.

There were multiple variables at play but one that stuck out in particular was my level of comfort with each option. A Senate office in New Hampshire sounded well within my comfort zone, whereas working in the City of Rochester was a least a step outside. Nonetheless I took that step and plunged into a summer in the City of Rochester.

The Urban Fellows Program is a combined site placement and collaborative learning experience. Four days the Fellows each work at our respective host sites. One day is spent attending an urban issues seminar and then meeting with key figures in the community regarding the week's subject.

My placement was at the South Wedge Farmers Market working with Jesse Knoth. I was tasked with implementing the Market's #TurnipFor10 PR campaign, which celebrated its 10th anniversary. My role primarily focused on

adding to the market experience so that it further becomes more of a community gathering space in addition to a great place to purchase fresh and locally grown food. This included scheduling cooking demos with local restaurants and nutritional education programs as well as planning special events like Razorsharks Night and the upcoming Candidates' night.

In our urban issue seminars we discussed topics such as urban education, environmental health, institutional racism, and neighborhood organizing. Throughout the program we received a balanced viewpoint intended to acknowledge the issues that Rochester faces while also seeing optimism and hope for the revitalization of the city.

The program was a very pleasant experience. I very much enjoyed working with Jesse at the market and truly feel I leave the program with a much stronger understanding and appreciation of the City of Rochester.

I also learned a considerable amount and leave with three major takeaway points.

1. Perception can be a self-fulfilling prophecy. Many of my



Aaron Bellomo

suburban colleagues view the city (or cities in general) in a very negative light. I imagine that to an extent if we walk around the city thinking we are in a violent and dangerous place, then that's what we will see. Rather if we walk around acknowledging that issues exist but realizing it is a good community of good people, then that's what we will see.

2. Down-ballot races and local politics are very important. I am certainly very tuned into politics. However, before this summer I was primarily interested in federal races. While local races may not have the same glamor or profile, they are certainly no less important. In some sense, we all live at the local level.

3. It takes a community-based effort to bring about change. This is my major takeaway of the summer. In our Presidential race right now we have a candidate on one side of the aisle claiming "I alone can fix." On the other side we have the sentiment that no man or woman can single-handedly tackle the challenges this country faces. At any level of politics, real change comes about when lots of people from many different backgrounds, come together and get involved in the process.

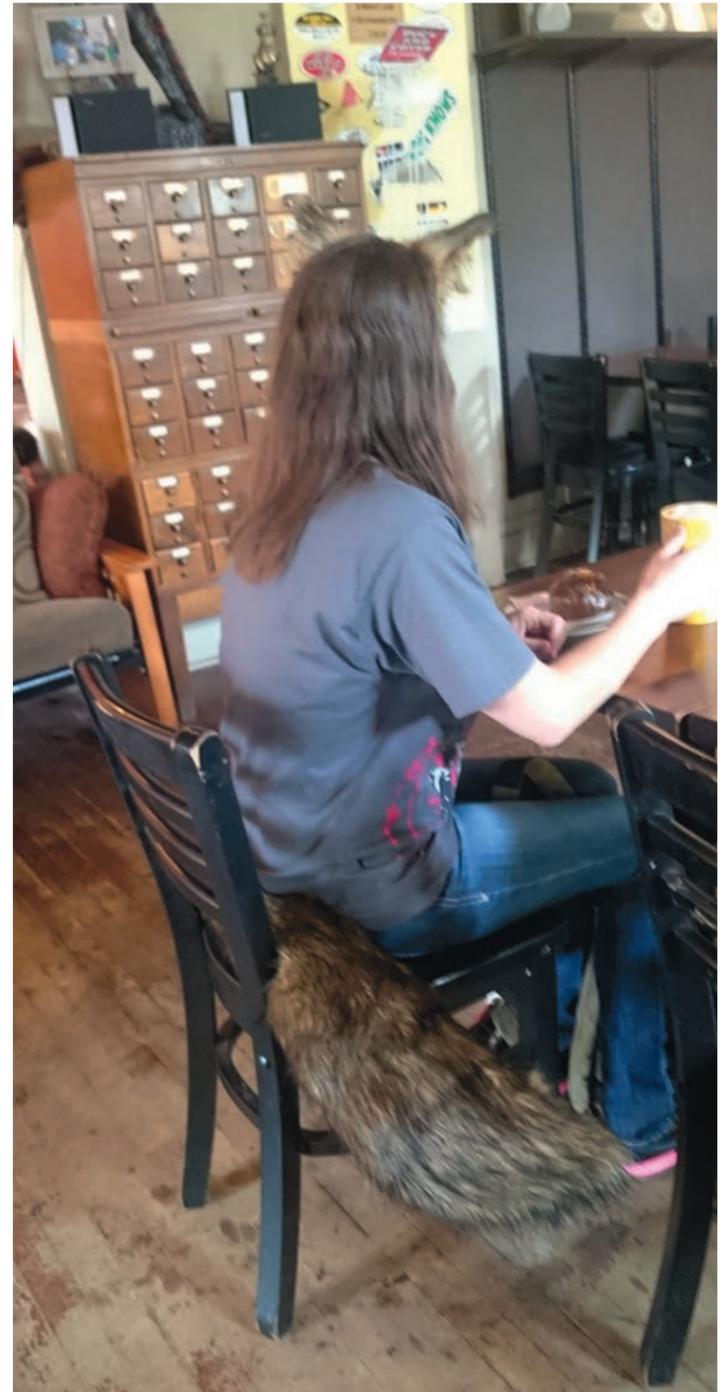
I took a step outside of my comfort zone, and it turned into a highly positive summer experience. I would like to sincerely thank the Rochester Center for Community Leadership staff, Jesse Knoth, the SWPC staff, my fellow colleagues, and all in the City of Rochester who work tirelessly to help make the city a better place to live for all.

Another Day in the South Wedge

(photos by Nancy O'Donnell)



Danielle at Equal=Grounds shows no alarm when Wolf orders coffee and muffin



Wolf doesn't let huge tail get in the way while enjoying breakfast

South Wedge Sudoku Solution

Str8ts Solution

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

Sudoku Solution

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

Al-Anon Family Groups
Strength and hope for friends and families of problem drinkers

Are you bothered by someone else's drinking?
Al-Anon is there to help you. Call 585-288-0540
or visit www.aisrochester.org for a list of meetings.

Saint Boniface Church

330 Gregory Street
585.473.4271
www.southeastrochestercatholics.org

Keeping Faith in the South Wedge
for 150 Years!



Join us for our weekend Masses

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

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



We get read!

Call 585. 256.1740,
ext. 105 or 585.
978.9638.

Lifestyle 101: The Art of Decision Making

Michele Martell

How many of us like to make decisions? Some people thrive on making them every day while others feel that making decisions are... ummm, no fun! They can be seemingly insignificant day-to-day decisions: decisions based upon what may happen tomorrow or maybe a week, month or year from now. Or what about the bigger decisions, the ones that may affect our lives or those of future generations. There even may be a life-or-death scenario. We all have to make decisions in our business and personal lives.

Decision-making can be a moment-to-moment operation. We make business decisions on how to best help our clients -- their personal needs, investments, how to best serve their own clients. What does that client really need, in the short- and long-term, and how do I best deliver? In our personal lives -- what will my family need today, tomorrow, next year? The elderly parent who needs a life-care decision may place a heavy burden on our heart. Do we march on with various suggestions, and/or do we go with what feels "right" in our gut and heart?

Often we will make decisions to put off what we personally need in order to serve others. And what about our own needs, when they may seem to not matter? It's most difficult to make decisions when exhausted, undernourished, overindulgent, or under- or over-stimulated. So the better we are able to take care of ourselves, the better our decisions can be.

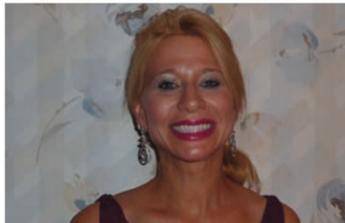
How do we get to the right place? We can start by remembering

we are all human, all searching, learning, wanting, and newsflash: this doesn't end whatever our age.

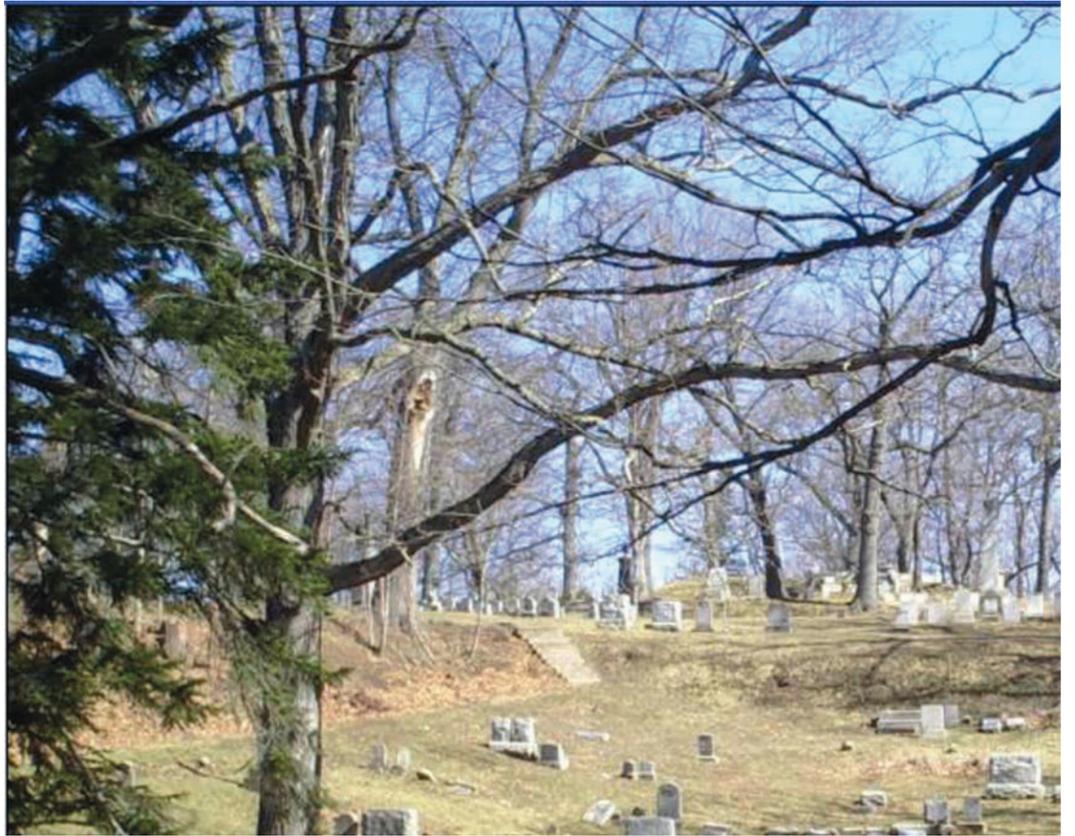
The answers may not always be simple, yet they are inside each of us. We just need to soulfully seek them and respectfully and openly listen. It just takes intent of seeking guidance. What do I need so I can best take care of myself so I may better serve in my best decisions? Some methods that have been priceless to myself and others include exercise, meditation, prayer, and journaling. Take a moment of silence. Listen. This can be done anywhere in seconds.

I've found that daily exercise is incredibly helpful. It doesn't mean pounding -yourself-into-the-ground. Taking 30 minutes to do cardio or weights or a walk with your favorite music. Try yoga or swimming or walking your dog or a shelter animal. Then taking five minutes to meditate. Let your own thoughts drift away and focus on breathing. Then focus on God, your higher self, angels, guardians, the arts, the universe.

Michele Martell has a Master's in Business Administration, loves being a mom, an independent consultant with Mary Kay Cosmetics, and Rochester Animal Services volunteer. She lives in Irondequoit with her family, which includes her two rescue dogs.



Michelle Martell



The Friends of Mt. Hope Cemetery Host Theme Tours

Friends of Mt Hope will be holding fabulous theme tours in August. Admission is \$7 per person. Children under 16 accompanied by a paying adult are free as are FOMH members.

Saturday, August 6, 11 a.m. Form and Function of Mt. Hope Cemetery

Meet: North Gatehouse, opposite Robinson Drive: Guide: Dennis Carr

What is the history of the cemetery itself—its origins, design and layout?

This tour which looks at Mt. Hope through a unique lens.

Saturday, August 13, 11 a.m. The Revolutionary War

Meet: North Gatehouse opposite Robinson Drive.

Guides: Daughters and Sons of the American Revolution and Dennis Carr

Featuring: Music by the Towpath Fife and Drum Corps

The American Revolution told through the lives of veterans within Mt. Hope.

Saturday, August 20, 11 a.m. The Ice Cream Tour

Meet South Entrance opposite Distillery Restaurant: Guide: Don Hall

Learn about the making and selling of ice cream and other sundries, one

Of Rochester's earliest

businesses. Be treated to special ice cream.

Saturday, August 27, 11 a.m. Rochester's East Avenue

Meet: North Gatehouse opposite Robinson Drive: Guide: Sally Millick

East Avenue was the neighborhood of many notable residents. Hear

Their stories and the stories of their great mansions, some standing and some lost.

For more info, contact Marilyn Nolte (585) 621-3529 daytime and evenings. Email: M91234@aol.com 791 Mt. Hope Avenue, 461-3494 Website: www.fomh.org Facebook:

The city's most experienced real estate team.
Serving the Park Ave/East Ave and South Wedge areas for over 30 years




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

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



the petix team
kw KELLER WILLIAMS REALTY

eat local ... it's a **SNAP**

FARMERS MARKETS ROC



BRIGHTON FARMERS MARKET
1150 S. Winton Rd.
(Brighton High School)
9am-1pm Sundays

CITY OF ROCHESTER PUBLIC MARKET
280 North Union St.
8am-1pm Tuesdays & Thursdays
6:30am-3pm Saturdays

SOUTH WEDGE FARMERS MARKET
Genesee Gateway Park
(Mt. Hope & Alexander)
4-7pm Thursdays

WESTSIDE FARMERS MARKET
831 Genesee St. (St. Monica Church)
4-7:30pm Tuesdays

FOODLINK CURBSIDE MARKETS
Visit foodlinkny.org or
call 211 for schedule information

SNAP CUSTOMERS GET 40% MORE WITH NY FRESH CONNECT AT THESE MARKETS!

Find out more at FarmersMarketsROC.org



Save the Date! Rochester Regional Breastfeeding Coalition Hosts "Optimizing Support...It Takes A Village"

The Rochester Regional Breastfeeding Coalition's mission is to improve the health of the Greater Rochester Region by promoting breastfeeding as the optimal feeding choice for infants through education, advocacy, collaboration and increasing access to support.

Their conference, "Optimizing

Support for Breastfeeding: It Take a Village, will be held at Twig Auditorium at Rochester General Hospital, Tuesday, September 20, 8 a.m. - 4 p.m.

Presenters include Doctors Lawrence Noble, Ruth Lawrence and Carlos Santos, Scott Hartman and Casey Rosen-Carole and Amy Salibene, RN.

Rochester Regional Breastfeeding Coalition holds monthly meetings every third or fourth Thursday at 5 p.m. at Unity St. Mary's, 89 Genesee Street in the West Auditorium.

For more information, email amy.sagli-bene-parmeless@rochesterregional.org.

HERE'S WHAT YOU DID BY SHOPPING LOCAL..

1. You kept dollars in our economy.
2. You embraced what makes small businesses unique.
3. You created local jobs.
4. You helped the environment.
5. You nurtured community.
6. You conserved your tax dollars.
7. You created more choice.
8. You took advantage of the small business' expertise.
9. You invested in entrepreneurship.
10. You made the shop, the neighborhood a destination.

BRAVO TO YOU!

Justin Hubbell's Final Word...to the Wedge Newspaper

When I got my first check from *The Wedge Newspaper*, I immediately graduated from "Cartoonist" to "Professional Cartoonist."

It was a relatively small paper (I've been printed in much smaller publications) and obviously the budget wasn't huge, but they took a risk on a wryly South Wedge doodler anyway.

Over the years of struggling to find my voice in my work I could

always depend on *The Wedge* to provide a local platform in which to be weird....and boy was I weird!

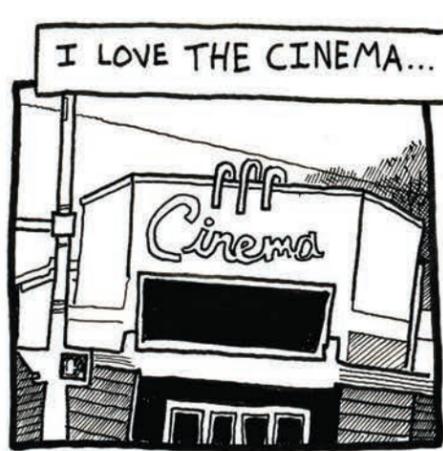
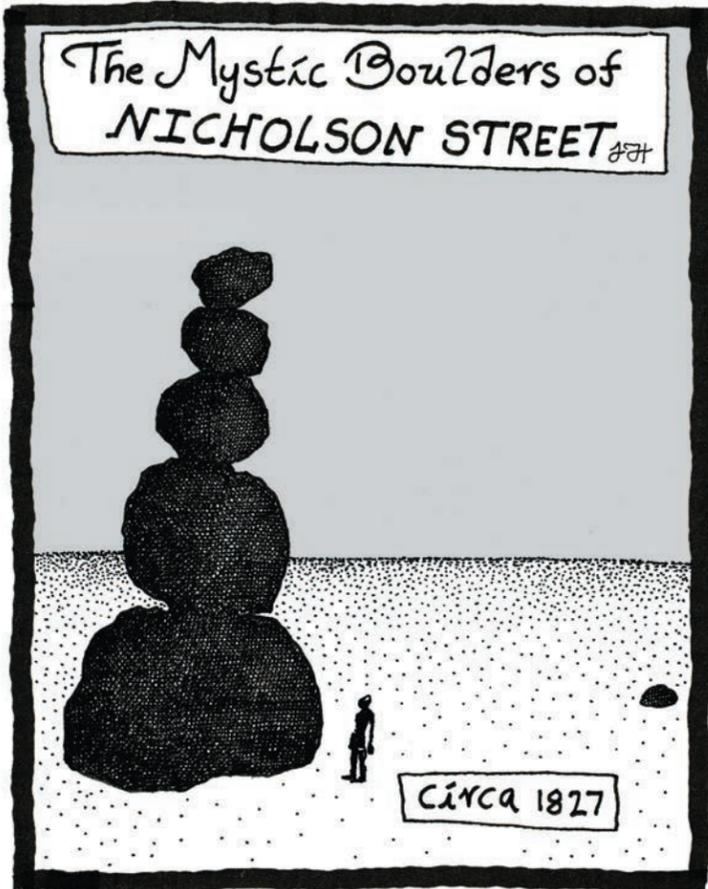
Now that I've found that voice, I'm astonished to find my work in demand by larger publications. It's bittersweet, as I'm forced to dedicate myself entirely to them. Nevertheless, *The Wedge Newspaper* will always be "my roots." I'm so grateful.

It's been a pleasure!
-Justin

Editor's Note

The *Wedge Newspaper* gives a grudging goodbye to comic Justin Hubbell who has always been a lively, original, brilliant presence in this small local nonprofit newspaper. As editor, I'm sad to see him go, but as a writer I'm thrilled that his talent is being recognized and recompensed far and wide. I knew that his beautifully drawn and often strange comics deserved a wider readership and much better pay. One of his comics, immortalizing a former Cinema Theatre cat, was reprinted in a *585 Magazine* cat obit I wrote for them. Even if the message in his weirder comics (see below) was difficult to comprehend—even after staring at it for a while-- the art and careful design was obvious. And while it's true there may have been a few delays over the years (see his cartoon on page one), the cartoon that finally did arrive was well worth the wait.

Justin, too, has had to show patience, like when the name he chose for his comic--*The North Wedge*--mysteriously changed or disappeared during production. His art can only get better and his audience bigger. If he ever wants to throw a comic at us here and there, he'll always have a space in the paper as he does in our hearts.



Justin Hubbell

See more of Justin Hubbell - www.justinhubbell.com, www.patreon.com/justinhubbell, and Facebook - Fans of Justin Hubbell



NEW ESTATES ARRIVING DAILY

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

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

(585) 226-9399

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

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

When in Doubt,
Shop Local.
Tell our advertisers you saw them in *The Wedge!*
Your purchase keeps the *Wedge* going.

Life Together - Catch up, show up and stay woke

Rev. Matthew Martin Nickoloff

It's 6:30 p.m. on a Friday night, and I'm digging myself a ditch. I've finally found the time to start carving out the 12" deep 120 feet long perimeter needed as a foundation to our new shed. And, just as I'm finding my groove...it's time to get ready for the BLACK (Building Leadership and Cultural Knowledge) meeting across the river.



See, a week ago at my church, the South Wedge Mission, I had challenged our community to start showing up. The nation was reeling from yet another outbreak of violence, this time against both African Americans and members of the Dallas Police Department. Once more, my Facebook feed was filled with anguished posts from parishioners and neighbors, calling for us to lament the loss of life, stand with the victims, and stand against racism and violence. The usual volley was exchanged about exactly whose lives matter, and there was the expected outrage from both sides of the political spectrum.

It was particularly poignant for me, as I had just returned from our annual family trip to Baltimore to visit my in-laws. I remembered vividly the tension and anxiety around Fourth of July last year in the city where the initial indictments in the case of the death of Freddie Grey were expected to be handed down. A year later, in that same city, on this same weekend, everything is...the same. Nothing much has changed.

We're still outraged. We're still hurting. We're still saying and feeling a lot. And still doing so very little.

So while I applauded my congregation for not growing numb to the deep pain of others, I encouraged us to get off our computers and get our butts into some seats and out onto the streets. It's a sign of our humanity that we care - but most of humanity doesn't really care

that we care. I'm proud of my church for committing to a summer-long training in learning to become Allies and amplifiers of the voices of others. But like much of the world around us, it's easy to mistake knowledge for wisdom. The latter is attained not by asking others to notice our reactions, but by pro-actively seeking out, listening to, and committing to those whose wisdom is borne not of books, but of struggle and blood.

To illustrate, I shared a story from my own seminary days. I was the president of the Divinity Student Council at Duke University, and throughout my year-long term, I was devoted to fostering community among the student body. The conversation around theology and race was heated down in North Carolina, and I made many efforts to invite and include students of color and of marginalized orientations and sexualities in my administration and in my various efforts. By all appearances, I was a good progressive pursuing justice and reconciliation, the consummate Yankee bringing change to the South.

And yet, nothing changed. Black students didn't care to attend our events, and I got the distinct impression they didn't care for me either. The Student Council office I had graciously converted into a student lounge was always abuzz with talk of progress and hope, but the voices and faces looked like mine. Instead of building bridges, it felt like putting a fancier facade on

the walls

At the end of the academic year, I stopped in to visit my friend Brandy in the GLBTQ student union office. And in a moment of self-pity, asked, "what went wrong?" She could have lacerated me, but gently asked, "you really want to know? You had a lot of great ideas, said a lot of good things. But you never showed up. You wanted us to come to your meetings and events - but I'm not sure I ever saw you come to ours. You helped when it was convenient, but not when it cost you anything."

I'll never forget that conversation, when a friend was willing to tell me a truth that cut me deeply, but also sought to cut my chains. It was the first time I realized not only what privilege is - the ability to choose whether to care about injustices that define others' reality and choices - but also the emptiness of good intentions, and their utter lack of power or importance.

I'm thankful that so many have not let their hearts be hardened. I'm grateful for friends and enemies who post provocative articles and perspectives on Facebook so I can continue to be challenged and grow. I am proud to be the pastor of a faith community that tries its best to repent of its privilege, and to listen and learn from voices other than our own.

But I'm also tired of hearing about it. And while I have the privilege to fatigue in my own time, it is increasingly clear that our African American brothers and sisters have long since moved on from our feelings. They're not looking for our well wishes. They're asking us to start showing up.

I challenged the Mission community to start showing up, which is why, against my desire to keep working on my shed, I begrudgingly tore myself away from the work I thought was pressing, and dragged myself to



Cypress Street Victory Garden has cows and pastel chairs, the greenest of green veggie beds (despite the drought) and neighbors working together to make community and garden grow.



Need a ride..Call University Taxi

hear about the work that the Black Lives Matter movement was telling me was important to them. There's nothing heroic in my decision, and I didn't post about it on Facebook. I still hear my friend Brandy reminding me, "you never showed up." I've long past exhausted my good intentions account. I can either live for myself and my own and continue to contribute to the death of others, digging a ditch that might as well be another grave. Or I can climb out and cross the bridges others are offering, even if there are dogs and firehoses and hardships and sacrifices ahead. Because life lies that way.

How will our South Wedge area community show up in the face of the inescapable realization that things are not, in fact, getting better? How will we own the reality that our privilege is built on the spiritual ditches of privilege, class, and race? What will we do, who will we choose to listen

to, and what are we willing to sacrifice so that, even as the world around us continues to all, we choose a foundation of active, courageous love that will not be shaken?

Let us not wait until next Fourth of July to let others' suffering become ours again. No one's waiting to see how we feel. They don't care. They've moved on. It's on us to catch up, show up and stay woke. Whatever the cost.

Matthew Martin Nickoloff is pastor of the South Wedge Mission at 125 Caroline Street.

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



Lifespan.
Making Rochester a great place to age well.

- Information.
- Guidance.
- And more than 30 services for older adults and caregivers.

TAKE IT ON WITH LIFESPAN.



www.lifespanrochester.org
585-244-8400

South Wedge Profile - Laura A. Thomas

Nancy O'Donnell

Swillburg playwright Laura A. Thomas' family background gave her the material for the plays she writes today. Thomas, who began writing as a young girl, was one of five girls in a close knit family of nine in the 19th Ward.

"I write about family relationships and universal themes," said Thomas. "They're not just about the black experience. Any race of people could perform [as actor]. I like to write plays that appeal to all."

Her one-act play, *Far From Grace*, will be performed on Saturday, Sept. 3 at 7:30 p.m. during the 9th Annual Sankofa Festival held at the Multi-use Community Cultural Center in the Neighborhood of Arts on Atlantic Avenue. Sankofa Evenings of Theatre & Jazz Fest 2016 features a full-length play the last weekend in August followed by one act plays the first weekend in September, showcases original works by African American playwrights.

Far From Grace examines the relationship between mothers and daughters, responsibility and redemption, love and forgiveness. In the play, Thomas tells the story of a mother who left her two children in the care of her parents and sister nearly 25 years ago to pursue a singing career. Now after years of being a background singer and never a star, she returns home to a 28-year-old daughter who is resentful of the mother who she feels abandoned her. It asks what will it take for the daughter to let go of her anger about the past and accept her mother now.

As an adult Thomas took a few



Laura A. Thomas, playwright (Photo provided)

writing classes at Writers & Books while working a full-time job as a senior paralegal in the Monroe County Law Department in the area of child services.

When she learned about a playwriting contest held by Curtis Rivers, Moodmakers Bookstore owner and founder of Sankofa Theater Festival, Thomas submitted her first play. *Give A Little/Give A Lot* was accepted for the festival.

"I have had one-act plays performed at the Sankofa Festival every year since 2007," said Thomas. "Last year, I had a full-length play premiere. It was drama set in 1976 called *The Brownstone*."

Thomas' role during the festival goes beyond providing a script. She's producer and director. She finds the actors and holds auditions. She also goes thrifting to find the props and costumes that will be used in her play.

"I needed props for a play set in the 1970s, so I went to estate sales

and ABVI," said Thomas, who now has a room in her Swillburg home dedicated to props and costumes.

Along with being a working playwright Thomas can also take credit for being part of saving the now thriving Swillburg neighborhood. "I bought the house from the City in 1992. It had been vacant for many years, and I gutted and rehabbed it in one year."

"The great thing about being a playwright living in the Swillburg [and near the Wedge] is that there are cool little places to sit and write, like Otto Henderberg Park. It is a nice area to walk in if you get a writer's block and need to clear your head. It's also easy to get to the Highland and Monroe Avenue libraries to do research. There are cool places to meet potential actors for coffee like Boulder and Highland Diner. And, our neighborhood is really convenient to everything outside of The Wedge."

Even with a new play ready for performance at The Sankofa Festival, Thomas continues a writing schedule that usually begins at 6:30 a.m. each morning.

"The first thing I do in the morning is to make a cup of tea and start writing," Thomas said. "A play has been usually been kicking around in my head, and I have to get it down."

Thomas continues to submit her work to other venues. "I submit to GEVA, and thus far, I get very nice rejection letters every year," laughed Thomas.

To learn more about the festival, visit <https://sankofatheatrecompany.wordpress.com>. The Thursday, Aug. 25, Opening Night Performance &

performance and reception.

The schedule include:

Four Men On A Couch, a full-length production by Anne Thompson-Scratching, kicks off the festival on the last weekend in August. An Opening Night Reception accompanies the performance on Thursday, Aug. 25. Admission that evening is \$18 in advance or \$20 at the door. On Friday, Aug. 26 and Saturday, Aug. 27, tickets are \$16 in advance and \$20 at the door.

The festival continues the second-weekend with one-act plays, starting on Thursday, Sept. 1 with *My People Perish* by Jahaka Mindstorm.

On Friday, Sept. 2, the productions are *Spectrum* by David Taylor; *Now and Then* by Grace Flores; and *Snitch* by Karen Culley.

MMB Theatre 1 Project Production
"BRINGING LIFE TO THE STAGE"



Reception admission is \$18 in advance and \$20 at the door; the full-length play run continues on Friday, Aug. 26 and Saturday, Aug. 27 with shows at \$16 in advance and \$20 at the door. Reception begins at the conclusion of the performance.

The festival's second weekend kicks off Thursday, Sept. 1 with an evening of jazz music. The remaining nights feature one-act plays on Friday, Sept. 2 and Saturday, Sept. 3. Admission is \$12

in advance and \$16 at the door. A theatre package is also available, which includes all access to both weekends of the festival (only available at Mood Makers Books, not online).

Festival performances will be held at Multi-use Community Cultural Center, 142 Atlantic Avenue.

Out & About

Sankofa Festival Hosts 9th Year of Art & Music

Sankofa Evenings of Theatre & Jazz Fest begins its ninth season on Aug. 25. The festival runs Aug. 25-27 and Sept. 1 to 3. Performances begin at 7:30 p.m. at Multi-use Community Cultural Center (MuCCC), Theater at 142 Atlantic Avenue. The festival is led by Curtis K. Rivers, founder/artistic director of Sankofa and owner of Moodmakers Books in Village Gate. The festival features original works by established and emerging African American playwrights.

"The plays are totally different, providing a keen insight into the playwright, actor and theater artists," said Rivers of



the festival which is produced by MMB Theatre 1 Project. Sankofa showcases a cross section of theatrical talent from the Greater Rochester community.

MMB Theatre 1 Project was established in 2006 as an ongoing community activity developed and sponsored by Mood Makers Books. Each year the Project invites local playwrights to submit full-length and one-act plays to be considered for staging. One full length play is chosen for the opening night

And on Saturday, Sept. 3 the festival concludes with *Enough Is Enough* by Jacquetta A. Harris; and *Far from Grace* by Laura A. Thomas; and *Dancer: The Cholly Atkins Story* by Michael Avent.

Admission for all three evenings of one-act plays is \$12 in advance; \$16 at the door. For individual tickets or more about the festival, call Mood Makers Books at (585) 271-7010 or go to www.muccc.org.

Rochester Brewery Tours 'Crusin' for Brews' in the South Wedge

TourRoc, Rochester-based startup, is connecting people with local breweries and great beers in the greater Rochester area and Finger Lakes. On September 3, TourRoc visits Swiftwater Brewery at 378 Mt. Hope Avenue during its 11 a.m. - 4 p.m. tour.

The craft beer industry in Rochester, and the entire country, is in a state of enormous growth says TourRoc's Courtney Cawley. "In Greater Rochester alone there are over 15 local breweries, some of which are up and coming, and others that have been brewing for decades. We strive to generate excitement and loyalty to local craft beer by offering an experience you cannot get anywhere else. By promoting Rochester's local brewing scene, TourRoc will help Rochester become a true craft beer and tourism destination."

"Cruising for Brews' with TourRoc is the most convenient and responsible way to sample the best of what Rochester brewers have to

offer," said Cawley. "A TourRoc brewery tour takes care of all of the details so customers are able to conveniently and safely enjoy the brewery tour experience."

A TourRoc ticket includes a seat on TourRoc's luxury charter bus equipped with Wi-Fi, A/C, and restroom facilities and a flight of beer at each brewery stop, exclusive offers from brewers, and VIP behind-the-scenes tours. Tour Directors will educate patrons on the brewing process, selecting and tasting beers along the way, and can also assist in arranging transportation after the tour. In addition, TourRoc offers trivia with prizes!

Enjoying a safe and responsible brewery tour experience is a top priority for TourRoc. The company will pick up and drop off patrons at a designated location in Rochester where they may leave cars overnight if necessary. Water and snacks are provided to customers during the ride, and tour operators will also recommend food options at each stop.

On the September 3rd Brewery Tour, the tour takes beer lovers to three breweries: Nedloh Brewing, Fairport Brewing Company and ends at Swiftwater Brewing. Flights of beer will be provided at each stop, VIP

Visit us online at www.TourRoc.com to reserve a seat on an upcoming tour and to see all tour options (including customized private group tours!)

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

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

Call 585-325-5260

for more information, or visit our website at

www.sjncenter.org



417 South Avenue, Rochester, NY 14620

Fall Mindset: Keep it Moving

Nicole deViere

As summer days pass, fall is inevitably on the horizon. Walk into almost any store and already they are telling us the shift has happened. As we skip through seasons, hopping from one to the next, the images and activities varying so vastly from each other, we forget that they are part of one another and connected, rather than separate from each other.

The summer activities you have been so busy doing, and feeling good doing, you can keep in the fall and continuous seasons with adjustments. Look at the seasons cumulatively. Rather than split from one another, built upon one another. You will then start to take on the mindset of “this and that,” rather than “this or that.” Let that be your mantra: “this and that,” emphasis on the idea of holding more than one together at the same time. This mantra honors your intention of movement. Anything that moves is made up of more than one. When you are stuck in a “this or that” mindset you are only holding one piece, making for a dysfunctional path.

Soon, the hot summer days will wind down and the trees will start to change from vibrant shades of green to brilliant shades of orange, yellow, and spectacular reds. The days are invariably getting shorter, and the weather cooler. The body and mind react to and catch up with environment or weather at different speeds and with different perspectives because they too like the seasons are different, but ultimately connected, and dependent upon one another.

You cannot leave your mind home to rest while you run errands. Balanced movement requires more than one part. And, remember this, the sole purpose of the body is to move, that is what it was made to do: Use all of its parts in balanced action to make aligned movement. Also, movement is the basis of the mind, a place where thoughts are streamed. So, as the mind starts to shift into putting down summer and jumping into fall, remember that movement is a must, and to have it there has to be more than one part. So, think twice before you just forget your summer! A yoga practice can help our whole self and environment transition together through the



seasons with balanced movement resulting in grace and ease in life. Incorporating the following simple themes and ideas into integral parts of our daily lives will help us to keep balanced movement as our environment slows down:

Diet. As the temperature cools down and becomes damper, we become inclined to crave warmth and comfort, think of a hot drink and a pair of cozy slippers. For diet, this idea of increasing temperature can be as simple as adding warming spices like cinnamon, nutmeg, and/or turmeric to your recipes. Ginger tea is perfection! Now is the time to switch the ice cream treat that is cold and damp with something like apple crisp that is warm and wonderful for the fall season. Fall is a great time for a detox or cleanse. This doesn't have to mean a fast; the options vary based upon individual composition. Seek advice from an experienced holistic wellness practitioner. These simple suggestions will keep your digestion steady heading into the fall season.

Lifestyle. Our urge to snuggle inside in warmth is on the horizon, but it doesn't mean eliminating movement all together! As a human being moving is what we do. Prepare for the upcoming transition and engage your senses and stimuli

by planning one large or several smaller outdoor activities. Get an afternoon hike scheduled with some friends, a group bike ride, or even a group nature walk; once it is stated aloud, it is more likely to happen, and when you engage in activity with others you are more accountable for your actions. Consider restorative movements like meditation, Qi Gong, or a restorative or gentle yoga class. Schedule yourself a massage or acupuncture treatment, both are great options to regulate and stimulate movement.

Practice. You have stated your intention to keep it moving. Matters are not isolated entities to you anymore, but rather pieces of a system already working together to create movement. Now is the time to join to your action, this is your practice. Consistency is the key here. Repeat your mantra of “this and that” daily. Remember the importance of speaking out loud. Get a journal and set aside a few minutes each evening or morning writing down what you have been up to. If you seem stuck, what piece aren't you incorporating? Align with nature and move no matter what.

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



Nuns on the bus make two stops in the South Wedge before getting their bus for justice rolling (Photo by Maya Reagan)

South Wedge ‘Nuns on a Bus’ Stop

Network Advocates for Justice, Nuns on the Bus pulled up in front of the St. Joseph's Neighborhood Center on July 20 as part of their Mend the Gap campaign that calls on elected officials and candidates to “mend the gaps” in income and wealth inequality in the country. They are travelling around the country targeting “economically challenged communities” like

Rochester. The nuns began their tour visiting 23 cities in 13 states on July 11 and will continue through July 29, a journey spanning more than 2,400 miles. They also stopped in Philadelphia for the Democratic National Convention.

Later in the day, the activist nuns spoke at Rochester Colgate Divinity, where the nuns shared stories of people suffering from financial challenges. They also discussed their goal and strategies “to bring a politics of inclusion to divided places, change the conversation to mending the vast economic and social divides in our country, and counter political incivility.”

For more information, email info@networklobby.org



Pope Francis gets the final word (Photo by Maya Reagan)

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.

Gift Certificates Available
ONLY \$50/hr
RENEWING-MASSAGE
 renewing-massage.com
MASSAGE
 NYS Licensed Healthcare
Book Now!
 728 South Avenue
 585-709-6725



jcm
Junk Removal



Jcm Junk Removal 585-729-1299
jcoltmiller21@yahoo.com

Summertime at the South Wedge Market continued from pg. 1



to the market to interact with our shoppers.

Sept. 1 is our annual Candidates' Night. With a general election year upon us we are in the midst of many contested races this fall across all levels of government. We are inviting candidates for



U.S. Congress, State Senate, and State Assembly seats. Candidates' Night is an awesome opportunity to discuss the issues and ask questions to those running to be our elected officials.

September 8 marks our Back to School night. We welcome local college students from U of R, RIT, and MCC to integrate themselves into the community and get a taste for local agriculture. We will have giveaways and for a "Pitch Perfect" flair we are inviting local acapella groups from the colleges to sing at the market.

Another feature of the market that continues to heat up is our cooking demonstrations. This



season we shared a scallop and sweet potato ceviche from La Casa, a Jamaican style calaloo from PeppaPot, and sautéed greens from Foodlink. All of these recipes can be found on our website. We are fortunate to welcome all three back to the market for a second time as well adding FoodFeasible to the schedule.

The #TurnipFor10 season at the market is proving to be a special one. Be sure to incorporate the market into your summer 2016 memories. We will be open each

Thursday from 4 p.m.-7 p.m. until Oct. 13.



Southeast Churches Using Social Media to Carry Message

Rev. Robert Kennedy



Good communication helps us to grow closer, to know one another better, and ultimately, to grow in unity. The internet in particular, offers immense possibilities for encounter and solidarity. This is something truly good, a gift from God. By means of the internet, the Christian message can reach "to the ends of the earth" (Acts 1:8). Pope Francis, Message for the 48th World Communications Day.

In an annual analysis of Twitter accounts (yes, there is such a thing!), Pope Francis is considered the most influential world leader, based on the number of his messages that are retweeted. Translation (for people like me): his "tweets" are shared and forwarded by nearly 10,000 Twitter users. His messages, brief as they are, reach an estimated 27 million people in nine languages around the world.

When our parish councils talk about how to bring the gospel message more effectively to our neighborhoods, community and world (i.e., evangelization), the

topic of the media inevitably comes up. How can we use social media better to share the gospel message with others. Here in our little corner of Southeast Rochester, we're following the Pope's lead. Our own increased communications efforts for all three parishes of St. Boniface, Blessed Sacrament and St. Mary's include:

- A combined website – www.SoutheastRochesterCatholics.org – updated on a weekly basis and more when needed
- A weekly e-mail that is currently sent out every Friday to more than 700 subscribers. If you are not already receiving it, you can sign up for this weekly communication by visiting our website. Just scroll to the bottom of the page to register to receive it.
- Social media accounts on Facebook and Twitter. You can find and "like" us at www.facebook.com or http://sedSacramentStBonifaceStMarys and on Twitter @RocCatholics
- And our newest addition! A parish app that can be downloaded to your phone or other mobile device. Again, visit our website and links to iTunes and Google Play are on our homepage. You'll find connections to prayer sites, the daily and Sunday scripture readings, the Catholic catechism, the Vatican (!) – and lots of information about our parishes!

Our efforts may not be on the scale Pope Francis can achieve, but that is where you come in. Pope Francis prefers the idea of a "bruised Church" that goes to the streets to meet people where they are. One of the best ways to meet people today is in the digital world. If you love your faith and your Church, share with your friends and family what you love about it. If there is an event or program happening in one of our churches that you are drawn to, invite someone to join you. If you see something on Facebook or Twitter that inspires or moves you, share it! It may do a good thing for someone at just the time they need to see it.

"It is not enough," Pope Francis says, "to be passersby on the digital highways, simply 'connected;' connections need to grow into true encounters.... The digital world can be an environment rich in humanity; a network not of wires, but of people.... Personal engagement is the basis of the trustworthiness of the communicator. Christian witness, thanks to the internet, can thereby reach the perimeters of human existence."

So download, log on, connect! We'd love to have you "like" us, or tweet us, or carry us in your pocket wherever you go!

It's too hot for hair. Go get a haircut at the South Wedge's premier barbershop.

Bauman's Barbershop

We've moved!

Mike Bauman
Barber

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

The Wedge Newspaper Gets Read!

Call 256-1740, ext. 105 or 978.9638 to get your ad in the next issue.

SOUTH WEDGE Sip & Shop

5pm - 8pm May 19, June 16, July 21, Aug. 18, Sept. 15, & Oct. 20.

DRINK TASTING AT PARTICIPATING LOCATIONS

Third Thursdays!

START OFF AT STAR ALLEY (NEXT TO LUX) FOR YOUR ID BAND. FABULOUS FREE GOODIE BAGS FOR THE FIRST 25 REVELLERS!

BA WA BUSINESS ASSOCIATION OF THE SOUTH WEDGE AREA