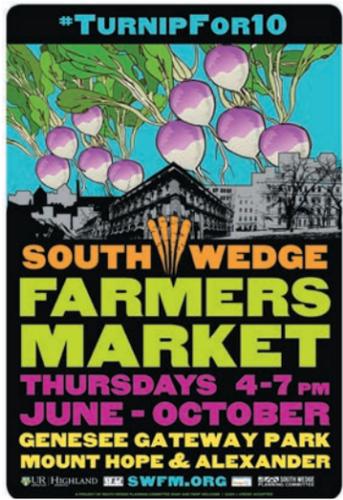


The Official Newspaper of the South Wedge Since 1982

South Wedge Farmers Market Ends 10th Season

Jesse Knoth



With the last day of the South Wedge Farmers Market upon us, it's time to look back on all the wonderful things this season brought us. The summer was beautiful but dry which was great for outdoor activities but hard on our farmers.

We had a great strawberry season that lasted into July! Our Play Day made the park more fun. We had politicians galore at our Candidate's Night. The flower beds were fully planted thanks to UR's Wilson Day and Ibero's Greenspace Engineers. In September, we gave returning college students a welcome to the South Wedge. You Sipped and Shopped with us then moved on to the businesses in the South Wedge and Swillburg. We even had some Pedal Tours stop by while TruYoga classes made the market even more relaxing. Of course, what would the market be without its vendors, and we had some great vendors this season. Some were with us all season, some just tried us out and moved on, others joined us later in the season. We had rabbit, chicken eggs and more from Workin' in the Dirt; dogtreat from Paw'las Pantry; vegan sweets from Pudgy

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

Girl; handmade soap, shampoo oils and more from South Wedge Soaps; baked goods from Julep Bakes; wraps and salads from Flying Peacock; lettuce and corn from Bolton Farms; fruit, veggies and those great strawberries from Lagoner Farm; intoxicating drinks from Blue Toad Hard Cider and 810 Meadworks. Neno's brought their tacos. Zantopia had beautiful plants and flowers and honey too. Then there was Potted Gold who brought all the types of heirloom tomatoes you could want. Clover Meadow had their creamy goat cheese. Of course, we had Happy Pickle just not always by 4 p.m. Jason Blik was new to the market, and his fruit and veggies sold so well he recruited his neighbor, Firefly Floral & Design to join the market. Philomina brought her healthy African dishes, and we even had F. Olivers stop by for a week.

Besides our vendors it's you the shopper who make the market so great, and we'd like to thank you all for supporting the SWFM, your community and local agriculture. And we know you do more than just shop with us, you bring your friends, share your recipes and so much more. It's each and every one of you that makes the market a success.

Finally, we need to thank this year's sponsors and funders: at our Carrot Lover level we have the South Wedge Planning Committee, the South East Area Coalition,

continued on pg. 16

Kiva Rochester Aids Local Dreams

Brad Willows

"Dreams are universal. Opportunity is not." This statement, simple though it may be represents an idea that is crucial to understanding the massive inequalities that exist in modern society. Not everyone is born with equal footing in life, and not everyone starts their journey with access to the same opportunities that determine their ability to grow and prosper.

Here in our city, a new initiative called Kiva Rochester has the potential to combat one of these inequities: the opportunity to access funding for small businesses and entrepreneurs. Mayor Lovely Warren recently announced the beginning of a partnership between the City of Rochester and Kiva that will contribute to the ongoing revitalization of the Rochester economy in a unique and exciting way.

Kiva is an international nonprofit based in San Francisco, California. Since 2005 it has worked to provide loans of \$10,000 or less to underserved small businesses and entrepreneurs all over the world, with 0% interest and no fees. Using an innovative online crowdfunding platform, Kiva has facilitated over \$900 million in loans from its global community of 1.5 million lenders. Individual lenders can contribute as little as \$25 to help provide the funding necessary to launch, sustain, or grow someone's dream. Kiva is not charity; the loans are fully expected to be paid back. Yet it is not a true investment, as lenders do not earn a profit. Kiva is the intersection between the two, a place where people can go to loan a small amount of money that makes a significant impact in the

continued on pg. 16

FREE



Somewhere in the South Wedge

A South Wedge Sip & Shop at Zak's Avenue included (l-r) Chameleon James Cagnev and lizard companion Susan LaBarr

Bye Bye 'burbs, Hello City Living

Marjorie Sangster Rolleston

"We don't have to live in the 'burbs anymore!" This realization came to my husband and me at nearly the same moment. We were sitting outside one evening in early May looking out over our lush, wooded, backyard. Rob had just accepted an early retirement incentive ending our need to live within bicycle commuting distance of Webster, that is, anything on the Penfield side of Ellison Park.

City living had always been our dream. We became frequent visitors to the South Wedge when our pre-driving-aged daughter was one of the first employees at the nascent Hedonist Artisan Chocolates when it was just a kitchen through a doorway down an alley. Since then, I've met colleagues and former students at Harry G's and Boulder Coffee. We've joined friends for the "Harvest Hootenanny" and walked through the frigid "It's a Wonderful Life in the South Wedge," all the while bumping into old friends and acquaintances. During the World Cup, my favorite places to watch the matches are The Old

Toad and the Tap and Mallet. And often, during our drives to and from these establishments, I'd see people leaving Tru Yoga with mats slung over their shoulders and think someday, that could be me.

And then 'someday' happened. Sitting at the Public Market outside Java's on Mother's Day, we saw friends who live in the Wedge. "We are ready to move into the City, so let us know if you know of anyone getting ready to sell in your neighborhood."

"The people across the street are being transferred. I think they're planning to move in August." Address in hand, we left the Market and drove over to stalk. A few days later, I left a note in their mailbox, and a week after that, we bought the house. We put our suburban home on the market and it sold the next day. Our dream of living in the South Wedge was becoming a reality.

We moved to the South Wedge seeking a 'neighborhood,' and we

continued on pg. 16

Night of the Living Wedge
Halloween Pub Crawl

Thursday October 27th at 6:30 PM in the South Wedge

\$\$\$\$ Cash Prize for Best Costume! \$\$\$\$

\$100 CASH Prize for BEST COSTUME and Raffles of Gift Certificates and Stuff from Awesome South Wedge Businesses!!

TRICKS & TREATS AT EVERY STOP:
Swiftwater 6:30
Solera 7:30
Caverly's 8:15
Orbs 9:00
ButaPub 9:45
Tap & Mallet 10:30
Lux Lounge 11:15

www.southwedge.com

WHAT'S INSIDE...

- New Leaf Tea Bar Opens on South Ave.
- SWPC Joins Rochester Climate Coalition
- Meet Nativity Academy's Dr. Cheryl McKeiver
- Swillburg Shout out
- David Reese - barber turned comic
- Talking with My Mouth Full Visits Swiftwater Brewery
- South Wedge Savor the Flavor Recipe
- Amy's Jazz Cafe Opens in Village Gate

HUNGRY HEDONISTS Present:

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Ten o'clock in the a.m.

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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

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Natural Pet Foods
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10% off \$10 or more
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Swiftwater Brewing Company
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Articles in this paper do not necessarily reflect the view and/or opinions of the South Wedge Planning Committee.

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.

Printed bimonthly (February, April, June, August, October and December), The Wedge has a circulation of 5300. The newspaper is distributed to area businesses, retail shops and other drop-off points in the Southeast and 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.

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



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The South East Area Coalition Needs You!

We are looking for new Board members and want to know, are you interested? SEAC serves Rochester's southeast quadrant. Our main purpose is to participate in the City's Owner-Occupant Rehabilitation Program. Through this program, SEAC works with income-qualified home owners to address major repair needs. We find financial assistance to help pay for the repairs, and we act as project managers to ensure that the repairs are completed properly. We also sponsor and support programs and events such as City Love, Clean Sweep, Day of Caring and the Street Manager Programs on South Clinton and Monroe Avenues. We do all of this and much more with the goal of sustaining and improving the quality of our neighborhoods. Please join us in our efforts! If you would like to be considered for a Board position, please contact coconnor@hselaw.com.

Join us in Community Building

The South Wedge Planning Committee (SWPC) invites you to join with our dynamic non-profit organization in making a difference in southeast Rochester. Join our board of directors or serve on a committee. We have a variety of ways you can help.

Founded in 1978, SWPC acts as a conduit for federal or state repair grants that help keep people in their aging homes. It aided

in the development of the very vibrant South Avenue business corridor. SWPC works in myriad ways to build community through its South Wedge Farmers Market, Victory Gardens and *The Wedge Newspaper*.

Your time, talent and passion can help us in continuing SWPC's work. If interested, please call 256-1740 or e-mail jpage@swpc.org.



The South Wedge Planning Committee, Inc.
South East Area Coalition Calendar
October/November 2016
224 Mount Hope Avenue

The community is invited to attend all meetings.

SEAC/SWPC Joint Board Meeting
Tues. 10/18 & 11/15, 6 p.m.
coconnor@hselaw.com

Community Engagement
(Neighbors & Block Clubs)
jknoth@swpc.org
Wed. 10/19 & 11/16, 5:30 p.m.

Housing & Structures
Meets bimonthly
Wed. 10/5 & 11/2, 5:30 p.m.
ethomas@swpc.org.

Finance Team
tsciarabba@hotmail.com
Wed., 10/12 & 11/9, 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.

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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



So summer has come to an end, I hope you've all enjoyed it as much as I have. Being without a car, as many of you are too, I've found it's nice to cycle everywhere and, going more slowly, to better absorb the beauty of our dear city.

Here in Swillburg I've enjoyed witnessing the many gardens as they progressed, all so colorfully. It's all been really quite uplifting. And, cycling the streets I've become aware of an increase in pedestrians, not only in Swillburg but the South Wedge also. I've often read that an important metric for a community's quality of life is whether people enjoy the parapetetic life in their locale. Now that we have an increased amount

of retail and restaurants, residents needn't venture terribly far, enabling them to walk. Certainly this is true on South Avenue, and it's becoming more apparent on South Clinton. Residing on a corner in the 'burg I have quite a sweeping view of four converging streets. It gives me great pleasure to see lots of people walking by, whether sauntering or with added purpose, young and old, solo and in couples and groups. I find it all quite exciting.

Currently, I'm doing a small bit of research on past merchants and community life along South Clinton Avenue. My hope is to acquaint us to the days of old when local shopping entailed physical exercise and chance encounters with neighbors. I would imagine that prior to the closure of many of local Ma and Pop stores, our local shopping districts were bustling and much less encumbered with the sounds and odors of the car. I'm told that familiarity with neighbors also imparted a strong sense of community and civic awareness if not commitment.

Well, it all seems pretty "back to the future," and positive if one desires to reside in human-scaled habitats. We need to remember that our neighborhood was slated for demolition, primarily to make quick access to a future shopping mall in Henrietta - while ostensibly the whole plan was to save downtown Rochester.

Now that we've well survived that threat and our residential streets have been fairly well rehabbed, I look forward to the day when shopping on South Clinton will match that revitalization, and we can fully become a healthy community again.

On October 6th Swillburg Neighborhood Association held its annual "A Taste of Swillburg" event at Artisan Church, 1235 South Clinton Ave. Neighbors enjoyed a potluck dinner and the association hosted a few guests of public stature to engage in a Q&A and simply learn more about where we need to grow.



Azalea Ave. Couple Win Top Honors for Shade Garden

Nancy O'Donnell

Sam Cicero and husband Jim Yost started creating their gorgeous shade garden on Azalea Avenue 20 years ago "from a blank grass property."

"There is no longer any lawn rather it is all plantings and walkways," said Cicero.

This year the City of Rochester recognized their work with top honors for Shade Garden & Oasis.

In midOctober the city will be hosting a thank you reception and awards presentation at the Strong Museum Cicero said. "Mayor Warren and the parks and recreation people will be there. The event will also honor all the wonderful volunteers who do so much for our City."



Garry, Joyce, Ron, Angela, Tina, Terry and Bill are garden regulars

Mini Forest Garden Builds Community

Allison Clarke

Arriving at my home on the point connecting Henrietta Street and "J_Q" St. (only Rochester spells it "Jaques," the US Postal Service "Jacques" St.), I found a wonderful bunch of my neighbors gathered in and around the front yard garden.

It is really a forest, despite all the trimming done. A lilac bush has again grown high over the sidewalk forming a tunnel to my active garden neighbor who likewise has a 6' overhang of beans, tomatoes and many more veggies and flowers.

My friendly neighbors from the four-apartment house next door were gathered midst the garden trying to get through the mass of flowers and greens my guest Guatemalan planted, to the special orange cherry tomatoes, peppers and squash, more squash and more

squash. Now the squash all came up from last year when I picked 25 at the end of October, some of which were growing up in the lilac bush. I handed them out to the neighbors, so this year they are watching for them to be ready to pick again! And offering to cut the lawn and water and generally enjoy the bounty, much of which just came up by itself!

Drive by the corner, just down from the Highland Diner, enjoy the crazy site, pick a few tomatoes and the squash above and below which I think should be dark green. One neighbor helps in all sorts of ways including watering from his roving wheel chair. And if you can get to them, try the luscious orange cherry tomatoes, a newer variety!

Give the Gifts of Dignity & Hope to Neighbors in Need this Holiday



Furnished 4 Life invites all to give an extra special gift to those in need in the Southeast community... the gift of pride in parents able to provide affordable gifts this holiday season to their children and loved ones.

Consider donating a toy or a gift to our Christmas Store in the Wedge Market or make a financial donation to Project URGE, Inc. 46 Mt. Hope Ave., Rochester 14620. (Please write F4L- Christmas Store in subject line.)

Furnished 4 Life's Christmas store will be open Friday, December 9, 3-6 p.m. and Saturday, December 10, 10 a.m.- 3 p.m.

For more information, Call (585) 348-8596 or email: furnished4life@gmail.com

Donation Ideas (new & unwrapped gifts, please) include:
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Store gift cards
Jewelry
Perfume and cosmetics
Sports equipment

Volunteers are also needed to pick up and sort donations, price gifts, stock shelves, assist customer, wrap gifts, supervise children in the Kids Korner while parent shop.



Sam Cicero and Jim Yost's shade garden show decades of devotion

Assemblymember Harry B. Bronson

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Rochester People's Climate Coalition Starts Local in Raising Awareness of Global Climate Change

Nancy O'Donnell



Rachel Larson founded The Rochester People's Coalition (RPCC), a nonprofit dedicated to environmental and peace issues, in the weeks leading up to the People's Climate March in Fall 2014.

The New York City march drew an estimated 300,000 participants, the largest in history, to support global action against climate change. In Rochester some 30 organizations joined together to support the march and demand change.

Rachel Larson and Pattie Sunwoo sat down with *The Wedge* recently to talk about their work to expand RPCC's membership and broaden their collaborations and educate the public.

Larson formerly worked in nonprofit management in Portland, Oregon before moving to Rochester. After founding RPCC, Larson began inviting others to share in the fight.

By April 2015, RCPP was organizing events: Earth Day and bringing renowned climate scientist DR. James Hansen to speak in Rochester. Early RCPP's initiatives also included working with the City of Rochester in ways it buys energy.

"As a small business owner

(Sunwoo is co-owner of Bodymind Float Center on Park Avenue) and a musician, I was brought into RPCC through Mothers Out Front," said Sunwoo, who acts as RPCC's newsletter editor. (Mother out Front describe themselves as "women in Monroe County working to cut carbon and stop climate change.")

"We've outlined four concrete ways we can actively work on this issue," said Larson. "First, is renewable energy, looking at solar, wind, bio-mass and geo-thermal energy. Next is land use looking at farmlands and adding more trees to urban areas. And then we're looking at building efficiency, looking at ways ideally to retrofit buildings and lastly, transportation."

Both women know people who do a little for climate health--maybe they call a senator about an issue or promote solar energy--but RPCC's goal is to increase the number of advocates and actions. "Now we want to hook in and put everyone to use in finding solutions. It's giving people ways to help. We can do so many things," said Larson.

"Many people will not respond to scientific stats," Sunwoo added, "they will respond to social justice issues; food supply or water issues they can see. They can see land disappearing on the coasts.

We all experienced an incredibly dry summer. They can see leaves changing and falling early and insect infestation of trees. This is a battle we as a species need to address together."

Sunwoo pointed to a recent trip to Ocean City, NJ where the boardwalk was brilliant with lights and air-conditioning poured into the 100 degree weather outside.

"I was shocked how much energy was being used. And here I'm worried about turning off light bulbs. There has to be a large scale response," said Sunwoo.

Larson recognizes that often businesses think it will cost too much money to become energy efficient.

"We want to get as many people as possible educated [about climate issues]," said Larson. "We are giving presentations to like-minded groups like Color Brighton, the Unitarian Church and the Sierra Club.

Despite the conservative culture in this area of the country, Larson said they haven't faced any push back.

"Williamson, NY is doing remarkable stuff,"

continued on pg. 16

Just David Being David

Promise Bulow

Guess who's doing Stand Up? None other than David Reese, owner of 1048 Barber Lounge located at 1048 Clinton Avenue in the heart of Swillburg.

Reese has taken the plunge head-first into Rochester's comedy scene. This will not come as much of a surprise to clients because he's been entertaining them for years while he's cutting hair. His clients leave not only looking better but feeling better.

In 2015 Reese entered his first comedy competition, the March Laughness Comedy Competition, and won the first round

After that he was smitten by the comedy bug.

"I love making people laugh," said Reese. "I've gotten so much funny material and inspiration from my experience with people in the neighborhood. I look at comedy as another way to bring people together for fun."

You can enjoy the Reese's comedic talents along with other talented local comics twice a week. On Tuesday nights, he performs at the Firehouse Saloon on South Clinton Avenue at Backdraft 11: Laughdraft Open Mic hosted by Woodie Battaglia. Showtime is 8 p.m. He's also serving up the laughs on Wednesday when he



David Reese--comic and barber

performs—and sometimes co-hosts—the Gettin' Gettin' Ova Da Hump comedy night with James Weldon Johnson at Buta Pub on Gregory Street in the Historic German House in the South Wedge. Showtime starts at 10 p.m.

Reese is available for booking via TeamDavie@hotmail.com. You can follow him at [David Reese on Facebook](#).



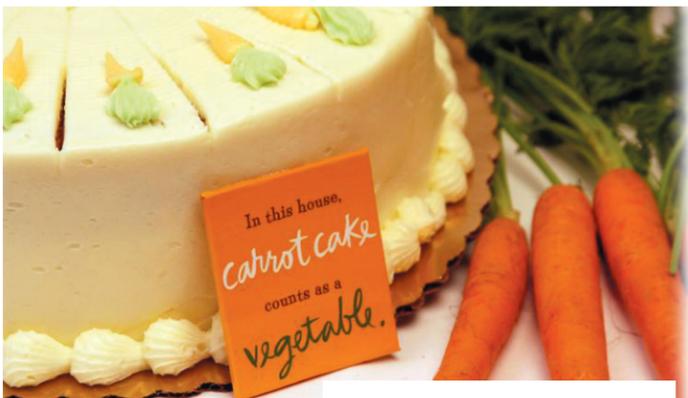
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STR8TS

SUDOKU

Easy

Tough

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

How to beat Str8ts –

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

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

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

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

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

South Wedge Sudoku Solution on pg. 8

New Leaf Tea Bar Adds Serenity to South Ave

Nancy O'Donnell

South Avenue just got a little more serene with the addition of New Leaf Tea Bar, an oasis of calm in the South Wedge business district.

Owner Niraj (pronounced KNEE-RUDGE) Lama has created a space filled with soft muted colors punctuated with the colors of golden amber teas and bright green matcha. His motto: "brewing happiness one cup at a time."

Lama has been the face of tea in the area since he brought his Happy Earth Tea Company to Rochester. A native of the Darjeeling region in India, Lama covered the tea industry as a journalist. He met and married his wife, Mary Boland, and the couple began exporting tea while still in India. Ten year ago he and his family moved to Rochester. Later he opened a tea studio in



**Leaf Tea Bar Grand Opening
October 15 - 29, 2016
650 South Avenue**

October 15th at 12 p.m. - Blessing of the Block - Local Buddhist monk, Kanyu will bless the entire block by inviting positive energy into the neighborhood and inviting negative energy to leave. All are welcome to add their positive intentions into the neighborhood and cosmos. The ritual will include a ceremonial lion dance to be performed outside the venue.

Happy Hour Specials Daily from 2-4 p.m.

October 19th, 12-1 p.m. - Himalayan Tea Tasting
Learn about and taste teas from Darjeeling and Nepal, regarded as some of the world's finest teas.

October 21st, 12-1 p.m. - Discover Matcha- Learn about ceremonial matcha and how to prepare it. Matcha is revered for its ability to induce mental clarity and calmness coupled with major health benefits.

October 27th, 12-1 pm - Gong-fu Cha (Traditional Chinese-style brewing) Enjoy oolongs and puerh teas steeped in the traditional Chinese style called Gong-fu cha. Learn this unique way of steeping, and get more out of your teas.



Tea pots and cups for sale fly off the shelves (Photos by Nancy O'Donnell)

Join us in celebrating Diwali, the Festival of Lights, on October 29, 5-6 p.m. Come sample classic Indian chai with traditional Indian snacks.



the Hungerford Building, held tea classes and tastings and sold his tea online.

While Lama describes what's happening as a soft opening, on several visits the tea bar was packed. On one visit, intern Ferishta Sahar was at the bar discussing marketing and planning strategies for New Leaf's website and blog with Lama. The Nazareth College senior has already spent four months in the rural Akita province in Japan learning about tea and she wants to learn more.

"I'm Afghan, and we drink a lot of tea," said Sahar. "I want to expand my knowledge."

On other days old friends from Hungerford days line the bar. Lama makes introductions and strangers

chat with each other.

Already planned are tea tastings every Wednesday evening from 6:30-8 p.m. and Friday nights tea adventures. The tea bar's menu includes black, green, oolong, herbal and matcha teas that come from around the world, as well as Bombay Masala chai and a daily special iced tea.

The chai is made from scratch and follows a recipe he discovered in Mumbai. "They add lemongrass to it and it gives [the chai] and unexpected twist. It makes a big difference." Along one wall bags of tea and small glass bottles allow for sniffing before buying. On the other side, tea pots, cups and other accoutrements of the tea trade are available for purchase.

Lama not only brews up the tea, but he regales drinkers with stories about history, preparation and ritual. He describes a matcha tea ceremony as one that requires "nothing worldly, no complaints, everything beautiful" during the two-hour ceremony. During Lama's tea adventures, participants learn about the different teas, how to make them, the seasons of tea or "flushes" from spring to fall.

The bar attracts not just confirmed tea drinkers but others ready to check out what Lama calls "a sober bar."

"I think generally that lots of coffee people are purists. They want to learn, and they bring the same passion to tea. Tea people are more into a reflective lifestyle, more gentle and more forgiving." Tea drinkers also seem more giving. Many of Lama's customers from the Hungerford helped him to set up shop.

Leaf Tea Bar plans to celebrate a weeklong grand opening that culminates on October 29. On Saturday, Oct. 15 at 12 p.m. Leaf Tea Bar will host a dancing lion and

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Talking with My Mouth Full - Swiftwater Brewery Co.

Mary Rice



Swiftwater's cheese plate (Photo by Mary Rice)

If you're headed to Swiftwater Brewing Company, chances are your mind is primarily on drinks. Indeed, with brewery equipment taking pride of place by the front door, and the 70-foot-long bar dominating the airy main room, it's clear that beer is king here. Some visitors might not flip past the first-page beer list on the menu clipboard, but it'd be a shame to miss out on Swiftwater's offerings for light snacks and dinner.

The food menu, though short, can easily furnish a full and filling meal. Cheese, pickle, and nut boards elevate the classic bar snack and are appealing for groups, while larger plates can satisfy hungrier diners.

When my dining companions and I arrived around 7:30, the bar and surrounding tables were packed. By 8:30, the crowd had thinned considerably – a little unusual for a summery Thursday night but certainly not unwelcome. All ordering of food and drink is done at the bar, so we did have to squeeze through the crowd to order an initial round of beers. By the time we were ready for food, however, the bar and surrounding tables were much quieter, making dinner conversation a good deal more comfortable.

Dining at the tail end of the dinner rush does have its drawbacks, though. When we ordered our food the kitchen was out of bread – a key component in the cheese plate, sandwiches, and other dishes. Happily, all was not lost. More bread was in the works (baked on-site), and it was well worth the wait. When the cheese plate appeared, piled high with Manchego, Brie, Butterkäse, seasonal fruit and vegetables, and savory candied almonds, a steaming seeded baguette

accompanied it.

I ordered the gazpacho, which was the ideal light meal for an 85-degree evening. The cooling tomato soup, studded with bits of cucumber and finished with a drizzle of olive oil, was balanced by a slice of jalapeno cheese bread. Though innocuous in appearance, the bread had my mouth on fire after one bite, so consider yourself warned.

As for my dining companions, they selected the BLT, Double Smash Burger, and pickle platter. The BLT was easily the tastiest thing on the table. Though not



Swiftwater's summer gazpacho came with a little bite (Photo by Mary Rice)

strictly traditional with its additions of avocado slices and chipotle aioli, the dish was an exemplary iteration of the classic sandwich. The crispy yet chewy Texas toast is the perfect platform for bacon fried to just this side of burnt, tender lettuce, and tomato slices so juicy we needed a few extra napkins.

The Double Smash Burger, though cooked a little too long for my dining companion's taste, was robust and smothered with white

cheddar. The burger gets its name from its two 3-oz. patties and house 'smash sauce', a pleasantly zingy mayonnaise-based spread.

The pickle plate turned out to be the most interesting dish of the evening. Consisting of sauerkraut, eggs, kimchee, and house pickles, the plate is a multicultural smorgasbord of fermented morsels. My dining companions and I enjoyed how the lightly pickled vegetables retained a hearty crunch, with the creamy hardboiled egg as a mild interlude to its more tart, acidic companions. If you're still – like this writer, admittedly – in the process of acquiring a taste for pickles, this balanced selection is an excellent introduction.

All in all, our meal's overarching theme was a celebration of end-of-summer produce. Seasonal bounty – home-grown tomatoes, refreshing cucumbers, crispy lettuce, syrupy-sweet watermelon – appear as main acts or supporting characters in just about every dish. Adding to this showcase of local abundance are menu items that include selections from some familiar faces; McCann's smoked ham and Soppressata are given the starring role in the Stromboli, while Clover Meadow Creamery's feta shines in

a tomato and herb salad.

Then, of course, there's the beer. Eating dinner next to the fermentation tanks is about as close as you can get to your local brew. The choices on tap vary pretty frequently, so you'll have no trouble choosing four to fill a tasting flight, well-priced at \$7.00. Just don't forget to look further than that first-page beer list – you'll be well-rewarded with a stellar supper.



(l-r) Jennifer Huffman and Jessica Winterhalter (Photo by Nancy O'Donnell)

Soul Coffee & Jazz Cafe Opens in Village Gate

Nancy O'Donnell

Amey Nolan's has loved Village Gate since she was a teenager. Now years later she's opened her first business there, Soul Coffee & Jazz Café, a cozy hideaway.

Nolan said she learned her entrepreneurial spirit from her mother who owns an antique shop in Hammondsport, NY. Nolan spent time there before living in Seattle and NYC. When she returned to western New York, she got a job at Hart's Local Grocery.

"I met a lot of different people there, and I started networking," said Nolan. She studied other coffee shops like Dalai Java in Canandaigua. "I love their Sumatra and Bali Blue Moon coffee, and I knew that would be the coffee I'd served [in my café]. At first she considered buying Press Coffee on East Main, but when that plan fell through she looked elsewhere. Later one of Hart's customers talked to her about Gary Stern, the owner at Village Gate.

"He's been extremely helpful," said Nolan, who was convinced Village Gate was the place to be.

In August she opened her doors, next to the former location of the Gate House and soon to be the home of an Italian restaurant. She's gradually adding seating outside the small cafe.

Her menu includes sandwiches, including a vegan option, wraps, and pastries from Leo's in East Rochester. Along with coffees and Numi Teas, the drink menu will respond to the seasons said Nolan who's planning praline lattes and butternut toffee chai.

"I'm also planning on having music on weekend nights," said Nolan. "I've invited high school kids to come play. I recently had one young 10th grader, Jashanti Henry, who plays jazz and classical music on the piccolo, flute and clarinet. I met him at the Jazz Festival playing on the street and I invited him to play."

To find Soul Coffee enter Village Gate via Entrance B (off the back main parking lot). Check out Soul Coffee on Facebook to learn about upcoming events.

Hours: Mon-Thursday, 7 a.m. – 7 p.m., Friday 7 a.m. – 9 p.m., Saturday 9 a.m. – 9 p.m.

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Autumn Preparation Using Ayurveda

Sonam Targee

Autumn is a time of fluctuations in temperature, humidity, and even our schedules! To nourish the nervous system during this time of change, Ayurveda has suggestion that will help.

Ayurveda is the ancient medical system of India. It's made up of two words: ayur which means life, and veda which means science, so together these words mean the same thing as bio and logy. Hence the study of ayurveda is the study of ancient Indian biology. It may also be called the healing system of yoga, because it is so closely allied with the yogic tradition. In autumn, Ayurveda medicine recommends oiling the body both inside and out.

Oiling gives stability to the joints, the mind and gives flexibility to the skin, and musculo-skeletal system. Internal oleation is easy. Try having a gel cap or two of fish oil or (for the vegetarians) evening primrose oil or black currant oil with each meal. These oils are not expensive, and easily obtainable at any health food store! External oleation is also easy, although we think about it mostly in the context of a professional massage. You can simply rub a few drops of sesame

oil into the feet before sleep, and/or rub a few drops of sesame oil into the low back before sleep and before each bath or shower. This practice gives deeper sleep, smooth skin, and deep relaxation. Just the simple act of massaging oneself before sleep is a gentle way of sending a loving message to your subconscious mind, thus creating a sense of healthy self-love! All of these practices are so simple, yet profound, especially when done with some regularity. Note: the internal oleation can help keep the body "regular" too!

While our schedules are in flux, ayurveda recommends going to bed at the same time of night, and arising at approximately the same time of day. Even taking one's meals at the same times of day allows for more complete digestion,



Sonam Targee

because the digestive secretions start to anticipate receiving food at those times.

As the weather cools off, we naturally gravitate towards warming foods: soups, stews, and "one-pot" meals. How about warming up our meals with warmer spices, too? Ginger is the classic warming spice, but let's not forget that thyme and oregano and most of the "savory" spices are warming, too. Put cinnamon in your oatmeal in the morning to promote digestion of that heavy grain. Use cardamom powder in coffee (just a pinch!) to warm it, and take the edge off the acidity. Nutmeg is a mild sedative, and needs to be used in small amount. Try an eighth of a teaspoon before sleep in honey, or along with a cup of chamomile tea. Turmeric is a mildly warming spice that has received a lot of press lately. It's a main ingredient in curry powder, and although it is warming to the body it is paradoxically an anti-inflammatory. Try putting curry powder or turmeric in soup and stew to make them more digestible, but also to give them a refreshing zing of good taste.

As we enter into the dark time of year, and remember our ancestors, and those family members who have lent us their DNA, Ayurveda recommends a little ritual work. There are many religious traditions around the world who use the dark time for this purpose. The new moon times in September and October are excellent times of year to be aware of spirit and subtle influences. Try it—just light a candle, burn some frankincense, or other fragrance of your choice, and sit quietly with gratefulness in your heart for your family members who have crossed over. This gives us a sense of place, and timing, and a moment to acknowledge any gifts that have been passed down to us.

As you can see, Ayurveda is a healing system that pays attention to the body in the context of the season, the time of life, and the qualities in nature that we can learn to move with. When we pay attention on this level of awareness, we are less prone to imbalances that the wintertime may bring, and we become more likely to flow with the seasons, and enjoy the change!

Sonam Targee teaches ayurveda and sings devotional music at yoga drishTi on Caroline Street in the South Wedge. He has been studying and practicing yoga and ayurveda for over thirty years. For further elaboration of these principles, you may want to take a class, or receive a private consultation. visit the website for further information! ancientuniversalmedicine.com.



Join Yoga DrishTi Wellness Challenge

Nicole deViere

Whether it's at your doctor's office or a new place opening down the street claiming to take you to a state of wellness—wellness has become like a super food in its rising popularity among Western culture. But, the word has endless definitions depending on what wellness means to you, making a blanket definition difficult to fit you. Ayurveda, the science of life with origins in ancient India, says, "It depends," confirming the many possibilities for each individual.

Wellness is a noun by origin, so it is a thing outside of yourself by nature. However, to practice wellness completely, you must hold two perspectives.

[One] The concept of wellness as defined by Merriam Webster dictionary is "a dynamic state of health in which an individual progresses toward a higher level of functioning, achieving an optimum balance between internal and external environment," or in simpler terms a state of health and wellbeing.

[Two] Yourself. You must include yourself in the concept.

Let's take the idea you have of wellness and interact it with your life, joining the two rather than viewing them as separate or choosing one over the other.

Here is your wellness challenge. The variables are the internal (you), and the equation itself is the external (concept of wellness).

Yoga DrishTi: Personal Wellness Challenge

Materials: Journal/Notebook, Pen/Pencil, You and Honesty

Week 1: Take a piece of paper out and write the question, "What is wellness to me?" Off the top of your head, write down your answer/s to that question, and be honest. Read through and absorb what you wrote down, then name one or two words that convey your theme. Next, take this piece of paper, fold it up, and hide it away in a place. Starting on a Monday, and for each day after, write down your activities under the categories lifestyle and food to keep it simple (i.e. meals, snacks, beverages go under food and exercise, social activity, etc. go

under lifestyle category).

Week 2: Take out your piece of folded paper that contains your ideas of wellness and read it back to yourself. Write your theme words down at the top of the week 2 start, making those words your heading or intention. Do exactly as you did the first week, except here you will have your idea of wellness above your entries as a visual guide. Remember to be honest in your entries.

Week 3: Same practice, but actively try and align your entries to your theme. This week, ask yourself, "Does this match my intention?" before engaging and then make your entries.

Week 4: On a blank piece of paper, write down what your ideas of wellness are just as you did at the start of the challenge. The answer may be the same, or it may be different now that you have been practicing. Remember to keep yourself in the equation (you already have that through your entries thus far). For this final week, write down your most recent intention of wellness and record activities just as you have been doing. At the end of the week, take a moment to reflect and contemplate how you're feeling and any adjustments that have happened as a result of this exercise. Did your definition of wellness change or adapt? And, how are you engaged in your idea of wellness?

This "challenge" is your practice of wellness through yoga: to actively engage in a dynamic (moving) process with awareness. By participating in the Yoga DrishTi Wellness Challenge you hold on to both perspectives needed to define your wellness—it depends for each person, and you can see that now.

I welcome you to bring this practice (your practice) into DrishTi, and celebrate it in each movement and breath, from the inside out.

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

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

Sudoku Solution

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

Pups Get Pumped Up for Pumpkin

Rachel Leavy and Mario Cerasulo



Autumn is upon us, and with it comes football, falling leaves and of course – pumpkin everything. As we sip away at our pumpkin lattes, indulge in pumpkin beer and light pumpkin scented candles we can also consider the benefits pumpkin has for dogs. Pumpkin is a tasty treat that has many health benefits - specifically, pureed pumpkin from a can or directly from the pumpkin itself. Pumpkin pie filling, however, is not good for dogs because it contains sugar and additives.

Pumpkin has many uses for dogs, the main one being to aid in digestion. If a dog's stool isn't just right, a bit of pumpkin will help. Whether your dog (or cat) is constipated, or has diarrhea, the fiber in the pumpkin will fix the issue. It also helps settle their stomach if it's upset, and can help prevent them from having stinky toots. Of course, if your dog isn't feeling well you need to contact

your veterinarian, but pumpkin is there to help. The dosage appropriate depends on the size of the dog. For the tiny dogs, use a teaspoon. For the larger ones, a couple of tablespoons.

Canned pumpkin can also help fix urinary problems and promote weight loss. The oils in the pumpkin will help straighten out urinary incontinence and keep the dog regular. If you're trying to get your dog to lose a little weight, you can cut back on their food and add pumpkin to keep their appetite satiated.

Pumpkin treats can be found at just about any pet store. Treats won't have the same potency as feeding it

directly from the can, but they still taste delicious to dogs. Fruitables, Blue Buffalo and Wellness food brands all make pumpkin treats that are healthy. Fruitables even has cans of pumpkin you can purchase at the pet store if you can't make it to the grocery store.

Cranberries are another fall favorite, and they are also beneficial for dogs. Cranberries are loaded with vitamins A, B and C, minerals and healthy antioxidants. Along with pumpkin, cranberries can aid in urinary health for your dog.

I love sharing the change in seasons with my dog. When it's summer, we go swimming together. In the winter we wear matching jackets. While I gorge myself on everything pumpkin – I will do the same with my dog. I will be sharing canned pumpkin with her, and even the stuff left over from my pumpkins (after it's pureed and refrigerated). And yes – I will dress her up for Halloween.

Lifestyle 101: All Creatures Great & Small

Michele Martell

Fall is here, and we are anticipating the typical autumn-themed holidays and events as we let go of summer. October 4th is not an ubiquitous date, as it is not accompanied by the frenzy and sparkle of a retail-themed holiday. October 4th is the Feast of St. Francis of Assisi, the patron saint of animals, and is recognized with a distinctive type of excitement: the procession of animals at various churches for the Blessing of Pets. This tradition is in remembrance of St. Francis, who loved and respected all creatures.

St. Francis was born in Assisi in 1181 and died on October 4th, 1226 at the age of 45. After many years of soul-searching, conflict, and even imprisonment, he determined to live a life of brotherhood. And that brotherhood included all creation. He preached to many people and had an astounding joyous influence on many lives. The uniqueness of St. Francis' life includes accounts of him preaching to hundreds of birds and to many animals. One story has it that after listening to St. Francis' words, a wolf stopped hunting people and eventually became the town pet. St. Francis believed that his brotherhood was as inclusive of sparrows and donkeys as it included humans. He also wrote a Canticle of the Creatures, an ode to all living things.

I love St. Francis. I've visited where he lived and died in beautiful Assisi, Italy. And my daughter's middle name is Francis, specifically named after St. Francis. Prior to her birth, I was fitting in as many hours as possible at Michigan Humane Society, while also readying my three rescue dogs for baby's arrival. It seemed only natural to me to name her after the patron saint of animals. And when she first found out that her middle name is spelled just

as St. Francis' ("the boy way"), she was very dismayed; now she thinks it is pretty cool as I've explained the meaning behind it. While composing this essay, I fortuitously stumbled upon some artwork that my son had created of St. Francis some time ago. As I do not believe in coincidences, I do believe that the spirit of St. Francis is very much part of our lives.

The attachment between humans and animals is a natural connection, a most primal relationship. Look into the eyes of an animal -- there is spirit inside of that animal, as there is inside each of us. We have an undeniable bond with animals. They look to us for protection and care. And as human beings, we have been entrusted for their guardianship.

If on or near October 4th you see parades of pets, especially close to churches, take a moment to remember the love and respect that St. Francis had for all living creatures, and bring your animals for a special blessing (provided the trip does not cause them stress). Perhaps take time to give some extra love to your own pets or to homeless, abused or shelter animals, or to wildlife. Wouldn't



Michelle Martell

it be wonderful to show the same honor and admiration for all of our animal friends as did St. Francis of Assisi, making the world a brighter place.

All things bright and beautiful,
All creatures great and small,
All things wise and wonderful:
The Lord God made them all.
- Cecil Frances Alexander -

399 Gregory Street Project May Relieve South Wedge Parking Problem

About 3-4 years ago, there was robust community discussion about the future of the parcel of land owned by the City at 399 Gregory St.. The City put out an RFP and developers responded with proposals for multi-use/housing projects. The City halted the process when there were objections to lack of community input and concern about the impact of a development on already congested parking in the South Wedge.

The City stopped and conducted a parking study that showed a parking shortage on Friday and Saturday nights only. They shared the results of the study at a community meeting at the German House. But the City apparently decided to shelve any plans for the parcel and years went by with no word.

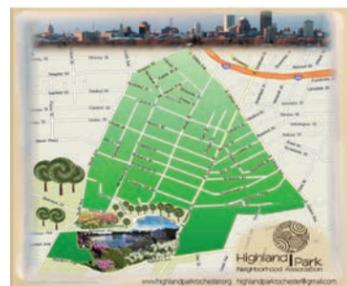
We have confirmed from reliable sources that the City is now planning a direct sale to John Trickey, who owns the adjacent parcel at 10 Cayuga St. and the Wilder building, and intends to make it a parking lot "with park like features." Apparently, Mr. Trickey gathered signatures from some neighbors and businesses, and the South Wedge Planning Committee was supportive of this plan.

According to the real estate office, the sale will likely be on the City Council agenda in October, so that would be the last chance for anyone to express any objection or voice any further community input.

Southeast Neighborhood Administrator Nancy John Prices gave additional comments: "Remember this was a brownfield cleanup, and the former Administration did not initially want a parking lot and was supportive of mixed use or housing. The new Administration obviously feels differently and has heard the voices of neighborhood calling loudly for more parking.

"The residents in the immediate area are very negatively affected by parking and are absolutely thrilled that it will be a nicely maintained parking lot," said Highland Park neighbor Carlene Woodward. "John Trickey couldn't do anything with the parcel he has owned because it wasn't contiguous to make it suitable for a parking lot for his building. This will allow him to design something that uses all that space together."

**-Mary Staropoli
Report from Neighbor
Building Neighbors Report**



Mike Thompson's Neighborhood News

Highland Park South - After demolishing the former Cornell Cooperative Extension, Monroe County is preparing a master plan for the development of the portions of the park south of Highland Avenue. The first meeting was held in the spring with additional meetings to come.

Karges St. Apartments - Located along Interstate 490 at the intersection of I-490 and S. Goodman Street, Mark IV Development is looking to build 70 or apartments on this former state land. The land transfer from the state is still in process and environmental assessments need to be done. **Betlem Parking Lot** - Similar to the Karges Street apartments, Betlem Heating purchased the parking lot along South Goodman Street. They intend to use this as a parking lot for the foreseeable future. Once the land transfer has been finalized, Highland Park Neighborhood Association (HPNA) and Swillburg intend to request the city formalize

the parking lot.

Colgate Divinity School - The buyer of the property is still unknown. Any development or subdivision will require zoning. HPNA is keeping a close eye on this property and will inform neighbors of any changes.

Terrance Building (former Rochester Psychiatric Center) - A development of 320 apartments 30,000 sq. of office/commercial space and hotel site is proposed

for this site located at Elmwood Ave. between Azalea St. and South Goodman St.. This project is still in the planning stages as the developer intends to submit an Incentive Zoning Application to the Town of Brighton and a Planned Development District to the City of Rochester.

These news updates were first published in The Buzz, the newsletter of the Highland Park Neighborhood Association.

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Dina Faticone, Healthi Kids Director, asks kids at School #33 what they like about lunch and what they don't.

Parents and Kids Upping the Ante on Healthy School Lunches

Jenn Beidmann

The ongoing debate over school lunch never seems to end. From national conversations that started with the creation of new nutrition standards in the Healthy Hunger Free Kids Act; to debates in local cafeterias over which menu items are good and which aren't. One thing is for certain, with kids back in school, parents will be hearing more about the state of local school lunches.

At Healthi Kids, a Rochester-based community coalition, we believe school meals can be tasty, nutritious, and delicious! We know that school meals are important. School meals improve health outcomes, promote a healthy weight and reduce food insecurity. We also know that districts across

the country are meeting healthier nutrition standards and offering amazing items to their students – from fresh farm to school fruits and vegetables, to salad bars, and flavor stations - there are a number of ways to up the ante on school meals' quality, appeal and flavor.

Over the last eight years, we have been making strides to improve school meals locally– to make lunch "less gross" and to ensure every child in the Rochester City School District has a healthy and appealing meal. We have worked alongside parents to conduct hundreds of lunch observations in over a dozen schools to dig deeper and gain a better understanding of school meals. We have asked the main consumers – kids – what they

like about their school meals, what they do not, and what they would do to make it better.

Surprisingly enough to adults everywhere - most kids share they want healthier options on their plate. Students tell us they want more selection of fresh fruits and vegetables, water with their meals, less processed food and more like the food "mom or grandma makes", and more flavor.

That is why last year we presented a series of recommendations to RCSD's Food and Nutrition Department to improve school meals. Armed with the data from our lunch observations, over 220 letters from parents, and student feedback, we advocated for salad bars, flavor stations, the creation of a youth school food advisory council, for access to free water during school meals, improved customer service, and simplified recipes.

Our partners at the district heard our combined voices loud and clear – and last spring they implemented some serious changes. Four schools are upping the spice with a pilot flavor shaker station to allow kids the opportunity to add low-sodium spices to their meals (like dried herbs, lemon wedges, balsamic vinegar or hot sauce). Nine elementary schools are preparing for or have received salad bars; and they also have kid friendly signage and marketing of healthier foods thanks to funding from the Greater Rochester Health Foundation. The district nutritionist created the "Foodtastic Nutrition Council" (name created by the kids) a Youth School Food Advisory Council for elementary school children to provide input and create recipes with food service staff. The district liked the idea so much, they now have plans to create a council for teens.

Now that school's back, Healthi Kids will continue to work with parents and kids to push forward their recommendations. And next time your kid tells you what they like and didn't like about school meals – you can share with them that their voice is important. After all, Healthi Kids' progress to improve school lunch started with kids telling us what they thought would make their meals better.

Jenn Beideman is a policy and research associate for the Healthi Kids Coalition at Finger Lakes Health Systems Agency. She can be reached at 585.224.3151 or via twitter @JennBeideman



Dr. Cheryl McKeiver spends some time with Nativity spirited fifth graders.

Dr. Cheryl McKeiver Named Head of Nativity Prep Academy

Nancy O'Donnell

Dr. Cheryl McKeiver, educator, administrator and resident financial expert on WDKX was recently named head of school of South Wedge's Nativity Preparatory Academy. As head of school, Dr. McKeiver manages operations and academics along with supporting teachers and students.

"The school is a snapshot of what our world should look like," said Dr. McKeiver. "Our mission is a Catholic one, but we have Muslims, Buddhists too. As a preparatory school we are working to give students a solid in academics and we're expecting success."

Nativity Preparatory Academy opened its doors in September 2009, after the McQuaid Jesuit High School Board of Directors and the leadership of Sisters of St. Joseph recognized the need for a quality school specifically designed for inner-city students in Rochester. Nativity had its first graduation in June 2012.

Dr. McKeiver herself is a product of parochial education. She graduated from Immaculate Conception Grammar School and St. Agnes High School before moving to Florida to attend college. She holds a Ph.D. at Nova Southeastern University and a MBA from Medaille College in Buffalo, NY and a BS in Human Resource Management from Roberts Wesleyan College. She's taught Business Administration and Economics at Monroe Community. She served as vice-president and director of training and development at Citibank/Citicorp, managing a global education department that covered Rochester, Buffalo, Syracuse, Albany, New York and Portland, Maine.

Already Dr. McKeiver has seen how important Nativity is to parents who see it as a safe haven of learning.

Dr. McKeiver remembers especially a mother who started crying as they discussed enrolling her child in the school.

"Her child was in public school and was being bullied on the bus. She said after her child

came home crying, she had sat up all night looking for a school. We talked for a while, and she said she wanted to bring her daughter to see the school --she was in an afterschool program--, so left and bought her child back to see the school." The girl is now enrolled in 6th grade.

Often students face a shaky start when they're faced with the "rigors of academics at Nativity," said Dr. McKeiver. "Oftentimes students come in two to three year behind. I'll be helping them with the transition."

To help them catch up, Nativity's academic program is much more extensive than other schools. The typical day runs from 7:30 a.m. to 6 p.m. and includes academic classes, afternoon sports, fine arts activities, study hall sessions with individual tutoring, and three meals. Instruction ends at 3 p.m. and homework hour follows. At the end of the school day students enjoy an enrichment hour.

"It's the softer side of education," said Dr. McKeiver. "We expose students to different part of learning. We have classes in sign language, soccer, public speaking."

In addition, student can go off campus to learn how to swim using the Harley School or Genesee Valley swimming pools or visit the Memorial Art Gallery.

Enrichment can also carry into the weekend with Saturday field trip. In summer students take part in a three-week program that combines academics with leadership exercises and camp activities.

"Our sixth week of summer instructions prevents summer slide. It keeps the continuity, and we don't spend the month of September playing catchup," Dr. McKeiver added.

Support doesn't end with graduation. Nativity offers guidance and help to former students in high school and beyond.

"The overall concept is 4

continued on pg. 14

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Hedonist Halloween Collection Returns with Artist Ian Eglind

Mary Rice

While you won't find the staff of Hedonist Artisan Chocolates dispensing free truffles on Halloween night, that doesn't mean the chocolatier skips out on the sweet-centric holiday. Every autumn for the past nine years, Hedonist commissions a local artist to create Halloween-inspired designs for a limited-edition seasonal collection. This year's collection, featuring the work of Rochester screenprinter Ian Eglind, is shaping up to be a deliciously whimsical celebration of the Halloween season.

Ian Eglind is the sole owner and operator of Kitty Box Press, an independent print shop specializing in hand-pulled, eco-friendly screen prints. Ian has extensive experience in the visual arts, including graphic design and photography, but this is his first time designing art for chocolate.

Ian based his designs for the collection on the theme of childhood indulgence – a theme familiar to many Halloween revelers and trick-or-treaters. However, Ian himself never got the chance to celebrate the holiday much as a child. But now, as a parent himself, he is at last getting the opportunity to catch up on a bit of what he missed.

A devoted cat lover, Ian features felines in each of his designs for the Hedonist collection. Each confection in the series depicts anthropomorphized cats celebrating Halloween the same way humans might do. As cats (particularly the black variety) are a common motif during the Halloween season, the felines fit right in. However, these cats are much more likely to give

customers a chuckle than a scare. Ian's style is heavily influenced by humorous artists such as Gary Larson, and Bill Waterson, the creative minds behind the Far Side and Calvin and Hobbes, respectively. Like those artists, Ian aims to amuse both himself and others with quirky, offbeat humor.

Ian's designs, which he created digitally using a tablet and stylus, will be applied to Hedonist's classic salted caramels using transfer sheets. These are thin sheets of acetate (a kind of plastic film) printed with colored cocoa butter. The transfer sheets are applied to the surface of the chocolate-dipped surface of the caramels, and then removed when the chocolate is set, leaving behind an elegant, completely edible design. If you've ever applied a temporary tattoo, the idea is much the same. For his designs, Ian was limited to just two colors. However, taking into account the background color of the chocolate (brown), Ian was able to make skillful use of his negative space.

As a screenprinter, Ian spends a lot of time helping to make others' visions come to life. With this project, he has a rare chance to give his own ideas some attention, while also benefitting others who can enjoy his art with both their eyes and taste buds. And with Halloween fast approaching, that turns out to be a pretty sweet deal.

The caramel collection featuring Ian's designs goes on sale at Hedonist Artisan Chocolates on October 3 and will be available through early November. The artist's screenprinting work will also be on display inside Hedonist Artisan Ice Cream during that time.

Posey Letter Press Opens on South Ave.

Posey Letter Press opened recently on South Avenue above Hedonist Artisan Chocolates. Owner Maddie Posey was the former owner of Little Button Craft & Press

"I'm going towards more

custom tags especially for Hedonist, said Posey, who's married to Jenny, owner and chocolatier. "I'll be doing more custom tags for weddings and corporations."

To learn more, call Posey at 585.355.9768.

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Little Button Craft & Press Shop Has New Owner

Nancy O'Donnell

When Little Button Craft & Press owner and ICU nurse Maddie Neva told co-worker Shelby Przybylek she wanted to sell her shop, Przybylek didn't hesitate.

"Yes! Yes! A thousand times yes," said Przybylek.

Przybylek has been knitting for 15-16 years. "I taught myself when I was in Highland Hospital being treated for Crohn's Disease. I was a teenager, bored with watching YouTube."

Now years, later she's getting to add two passions together.

"I enjoy nursing and [being a shop owner]. Two totally different worlds, but I feel I'm helping people in different ways.

Still an inveterate knitter/crocheter, Przybylek has plans to carry local artists or "as close to 100% within 100 miles of Rochester" in the coming months.

"It's taking a lot of leg work," Przybylek said, "I want to celebrate the Rochester art scene.

The cozy shop is packed with locally made items—yarn, soaps, gifts, papers and prints for all ages. Along with retail, she's planning to install a spinning wheel behind the scenes, and expand craft classes that can be found monthly

on the shop's Google calendar. Calligraphy classes are planned for October. Other classes include needle felting, macramé and gift tag making for the holiday season.

"I'm also planning to offer a free evening mix. It can be a music exchange where everyone comes with their music and makes a playlist on a CD, link to Spotify and Pandora, and put it on our site. Or we'll hold a table top game night,"

"I want this [the shop] to be an intimate space," said Przybylek. "I want people to come and craft and chat especially when they're holed in their homes in winter. Come in for a cup of tea. I'm in the store. I love company, and I've made lots of friends here. Of course if you find something to buy... You'll help feed me and my dog."

Along with pop up shops, Little Button Craft & Press will also provide a featured artist program,

opening its two storefront windows to local artists, every month of the year, except for December.

Anna Kirkwood is the featured artist for October said Przybylek. Kirkwood works out of Bubbalo Farm, where she creates home goods, clothing, handbags and stuffed animal. In November, Even Odd will showcase their upcycled handbags made from inner tubes.

"I want to support Rochester artists. A lot of people are doing [their art] as a side thing. I want to help them sell their art. I like to root for the underdog, people who have a silent talent," said Przybylek.

Meanwhile Maddie Nevis is busy with her Letterpress business now located above Hedonist Artisan Chocolates.

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In Memoriam - Richard Reagan (1941-2016)

Nancy O'Donnell

To his children and neighbors Richard Reagan was the Mayor of Cayuga Street. He was born on the street and returned to it after a stint in the service to marry and raise a family there. He was its guardian until his death on August 10.

"He made the City a lot of money," said his daughter Teresa, who also lives on the street.

"Every Friday night he'd call about the parking. He was worried that an emergency vehicle couldn't get through. He was a like a traffic monitor when it came to parking and speeding. He wanted to make sure everything was running smooth on Cayuga."

Richard was born on January 11, 1941, the only child of Richard and Helen Reagan. He graduated from Edison High School, he served in the Navy from 1961-1965 where he worked on ship engines while stationed in Rhode Island. While there he married a Rochester girl, Joan Tanner. The couple returned to Rochester and moved into his parent's house at number 65 Cayuga. Next, they rented an apartment at number 27. In 1967, he bought his own house at 17 Cayuga.

Together Richard and Joan raised their family on Cayuga Street, three daughters and a son.

Richard found a career at Eastman Kodak in August 1965 and worked there 49½ years, only missing work when he had his appendix out. During that time he bought a summer cottage in Wolcott where he took his family and invited friends on vacations.

"He enjoyed family time, and fishing, his cousins and all his grandchildren," said Teresa. "Sometimes there would be 50 people there in tenants and campers."

Richard Reagan was a devoted parishioner at St. Boniface Catholic Church, not only attending weekly church services, but he was an enthusiastic participant in its social activities including coffee and donut hour after Mass and the Twilighters, a senior group.

After the death of his beloved



The Mayor of Cayuga Street

wife of 48 years, Joan, he found solace in his traveling with the Twilighters to New Jersey, Maine, Georgia, on sightseeing trips. He loved to people watch while sitting on the porch of his home. He was a devoted fan of the Pittsburgh Steelers and Buffalo Sabres.

In August of this year, he took a stress test and learned that he needed surgery. He came through triple bypass surgery and was ready to be released from the hospital when he died suddenly.

His family said he will be remembered always as

"a hardworking man who did everything he could to help his family."

Richard Reagan is survived by his children: Christina (Trumpower), Wendy (Andy) Dawson, Teresa (Jimmy Bridges) Sutton, Ronald (Amanda) Reagan; 15 grandchildren and 9 great grandchildren and many special friends in the Twilighters and the South Wedge. He is buried in White Haven Memorial Park.

Poem Joe Blanda

Paris whisper:
From the Springtime of my youth,
be it the dew of today,
or The Night Before;
when a moment stops to matter,
A second continues.
And after leaves of forest green
change to earth brown,
life goes on, but living doesn't;
It's beyond tadpoles below the mistletoe,
From where we come to where we go.
I see from inside outside walls,
dancing shadows of Dancing Thea,
On and around a veranda floor
But, really, it is "saplings grow to timber,
remember, from what we did to
Where we go Fire Up the Mach
Make verdant and verdant does make matter
And often times it leaves
a smile in the Harvest Moon.
Or: Like frost on a fence,
I adore (a door) a wall,
But juxtapose, to a degree,
a stone oh high egressed
To "rock 'n roll,"
And then gaveled and graveled and graded
And later lexiconed
to the road less taken,
A B road. Side A. Side B.
The bride meets the groom
To the road less taken
Later down the road, seven docks pas the point
of entry, through an open window in
plain view are
dancing shadows: shadows poured
like a cake
mix into a prominent out of the way
corner.
This where me the grammar of past
tense meets
The grammar of the present tense
and leaves the syntax of
lexicon and goes retrograde. Like a
woman (omen) of
honey butter complexion and
minimal
expression; she introduces herself
to me
as anonymous. All around movers in
their moving,
Ifical in their decision to stay put,
like leaves from tree, turned upside
down, mopping
the floor. Saplings to timber, don't
forget.
Then she said,unexpectly and with
joyous intonation,
followed in a large to drawl, "and
The verdict is, 'we gather, they
centrifuge,
And the gatekeeper left and went
coriolis
In her statement, I gleaned a
punctuation smile
(', " smile)
Past the gander of glean, the dram,
increases, and I
saw while I was continuing my
gandering, her
demeanor changing from dur to
bathos. Fire up the Mach.,
Synergistically from assertion. I
rushed a wish,
"Snow seeds from ground to sky, do
melt
And make flowers tower with
delight. I
Returned her punctuation smile ("")
(smile)
Miss Anonymous thought or along
second, affillio-pa lio thought,
and said spiritually.
"in the event a Heavenly hour, when
surf bubbles
Divide into sand and sea, with
delight, rain
More lethe into due.
When sound engages, Good
vibration, (smile) doesn't get
parted out in a common sack.

Rochester Free Store Celebrates 3 Years



In collaboration with St. Joseph's House of Hospitality, the Rochester's first Free Store opened up in the basement of the South Wedge Mission on Caroline Street three years ago.

Jasmin Reggler stocked the shelves with donations and opened up to let shoppers come to meet their needs in clothing, household items, small appliances, electronics and more, all at no cost. No ID is required. According to its founder, the "free

concept" promotes an economy of abundance, and enabling folks of diverse economic and cultural backgrounds to come together around shared needs.

The store is open the third Saturday of each month from 3:30-5 p.m. For more information or to donate, call Jasmin Reggler at 585-353-9882 or jreggler@saintjoeshouse.org.

(l-r) Founder Jasmin Reggler speaks with neighbor at Free store

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Nextdoor Neighbors Enjoy & Offend Others Online

Nancy O'Donnell

Neighbors are signing on to Nextdoor, a free online private website for neighborhoods, where members can ask questions, get to know one another and exchange local advice. They can ask for recommendations for a variety or sell a dishwasher. Others use it as a Neighborhood Watch program, posting suspicious activity and sending warnings to their neighbors.

Writer Tom Grubisich in an online article in Street Fight describes NextDoor as a "hyperlocal site[that] wants to return people to the good old days: When everybody knew who lived next door and down the block, or in the same building — the yesteryear sitcom world of Ralph and Alice Kramden and their upstairs neighbors Ed and Trixie Norton in Brooklyn. And there is great belief in the revenue potential of this folksy bid: To date, Nextdoor has raised \$40.2 million, from backers such as Benchmark Capital, Google Ventures and Greylock Partners, on a valuation of at least \$100 million." According to Grubisich since its launching in October 2011, "Nextdoor has connected people living in 14,000 neighborhoods across the U.S., adding an additional 60 to 80 neighborhoods each day."

Locally, more than 300 neighborhoods in the greater Rochester area—and more than 110,000 neighborhoods in the United States, representing over 65% of the country—rely on Nextdoor.

"Next Door is a wonderful way to connect with your neighbors for so many reasons," said Judy Bennett. "Most

importantly it notifies members about any crime or safety issues. We also use it to let people know about lost and found pets, local events like yard sales, referrals requests for driveway plowing, roofing, landscaping, and so much more."

However to some, Nextdoor is not all warm fuzzy community building. Some former members have posted their criticisms on sitejabber.com. Some complain that their posts are censored by moderators.

Both the Next Door administration and local leads can erase or block messages that are "too commercial, belligerent, combative, or inappropriate."

"This site does not support free speech. If you disagree with a review, another member can flag your comment as inappropriate. As far as I can tell, there is no recourse other than to private message the leads," writes one disgruntled NextDoor neighbor.

Rich Lemmon, a lead in the Highland Park Avenue neighborhood, reached by email, offers some information on how people can respond to "offensive posts."

"If it's another person's post, you have two options: you can "mute" that discussion to hide it from your own view or if you feel it is offensive or inappropriate, you can flag the content. A moderator will be notified and delete the post and add comments onto why."

"When I started it, I had a local site called LindenStreet.com where neighbors could sign up and discuss issues that were affecting Linden and Cypress Street," writes Lemmon. "Soon after, more and more people wanted to join from outside of our street. I decided to do some research and found NextDoor. I joined as a new member and it said that the SouthWedge wasn't established yet. It

had to put me as the Lead because I was the only member. After I got it going, I sent an invitation to the 200 or so people from Linden Street to join. I also worked with leads from other neighborhoods to set some rules for how we all wanted to interact with each other. About 6 months in, a few people were really involved with posting positive comments that were geared towards fostering a sense of community in the neighborhood. Since I knew how difficult moderation could be from my past experience, I decided to ask if they would be willing to become leads as well. This was my safeguard to prevent me being annoyed with someone and muting their discussion (which I would never do). I figure if there was a handful of neighbors, that would make things easier for all.

Lemmon decided if that any one of them wanted to step down, he" would just comb through the discussions to find a neighbor who is able to stay neutral about "hot topics" and would find a way to keep the discussion moving with a constructive energy." Lemmon added.

"There are many, many times that someone flags content as "inappropriate" because the other person just gets under their skin. I read the item in question to see if it is breaking any of our rules of appropriate behavior listed on the site. If they do, I remove the post and contact the person who posted it with my reason. If it is not breaking

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Clerical Error Leads to Tree Removal

Nancy O'Donnell

The 35-foot Norway Maple, just ready to change into an autumnal deep gold, had stood next to Vail's Auto on a small city-owned "right-of-way" patch of land for about 40 years.

No one knows its age for sure since it wasn't in the city's tree survey. The city didn't know about it at all until Robert Lauterbach, a South Wedge notable, e-mailed City Forester Brian Liberti on September 8 to ask the city to "trim or cut the tree down." Lauterbach and others in the former Sanford Street Block Club had planted a flower garden below the maple tree, and he wanted the flowers to get more sun. He also suggested that a sign be erected on the spot that would note how historic Sanford Street is, with its unique tiny one-way streets scattered along its length.

On Sept. 23, this reporter was in Equal=Grounds Coffee House located across from Vail Auto, when a City crew began cutting the tall tree down.

When Carol Kodweis, a technician in the City Forestry office, was called for information. She sighed when heard the tree was coming down. She said that she had investigated the tree on behalf of her boss City Forester Brian Liberti, found it healthy, suggested shade tolerant plants be planted underneath the tree, and passed on the report.

Kodweis offered to double check with Liberti, and when she came back to the phone she said the tree was only supposed to be trimmed not removed. The crew, however, continued to cut away at the huge limbs. By the time the crew supervisor could be alerted

over the sounds of the chain saw to stop and take the call from Liberti, the tree was half gone. At that point the tree removal had to continue until it was a flat stump.

John White, co-owner of Equal=Grounds, was succinct in his disappointment as he watched the tree come down.

"I think it sucks. I've been looking at it for over 10 years," said White. "Why would you kill it? It was beautiful. It offered obstruction [of the cars parked in Vail's auto repair lot], a sound buffer. It never did anything but provide shade, beauty and oxygen, and now what's a tiny garden to do? Give me a break."

Passersby at the scene, all wondered out loud why a beautiful big tree was coming down during a time of increased concern for global warming.

Brian, sitting outside Equal=Grounds, said he used the tree during this summer's hot weather.

"That tree helped me out in summer. I would stand under its shade while I was playing Pokemon Go."

Danny Vail had another take on the tree. "I'm glad the tree is gone. The leaves were all over the cars."

Later that week a query posted on Nextdoor Neighbor for a before photo of the tree resulted in an arboreal firestorm by people appalled by the cutting of a healthy tree and others wondered why anyone could complain that a "trash tree" with "puke yellow" leaves had been cut down.

"The cutting compounds the heat island effect and the warming



City workers follow orders to cut the 35-ft. tree

of our cities," said Joel Helfrich, who stopped in Equal=Grounds after the tree had been removed. "Couple this with fact that street trees don't live very long. They're not given room to grow and they come in contact with salt and exhaust. I feel taking down a tree as long as it's healthy makes no sense."

Brian Liberti, City Forester in the Department of Environmental Services, described the destruction as "a stupid clerical error."

"We completely own it," Liberti said. "We take this seriously. We're dedicated to the urban forest." And he added, "it was a nicely shaped tree."

Somehow the nicely shaped tree got marked for removal. "We don't know who wrote it up as a removal," said Liberti. At the time of publication, there was no indication the error would be

investigated to prevent future clerical errors.

There was also a question of the "white dot" on the tree. The city marks a tree with paint, so that the crews going out will not make the mistake of cutting down a healthy tree to give, say for example, more sun to a neighborhood flower garden.

Lauterbach who brought the tree to the attention of the city defended the cutting in an e-mail to this reporter via email. He reiterated that he only wanted the tree trimmed when he contacted the City. "I can tell you nobody [was concerned] about that tree until our group worked under it, or until it was cut down," Lauterbach wrote. "We raked the leaves up and watered the garden." He added his concern for Vail's aborvitae that he believed was adversely impacted by the big tree.

The idea that a flower garden and tree can't co-exist was disputed by others who joined in the NextdoorNeighbors discussion.'

"Those arborvitae were not a good choice for such a small strip of ground with a salt-shedding parking lot and street so close to them, and they were doomed to a short lifespan, anyway. The city forester ought to have a salt-and-dust-tolerant species to plant there," wrote a Highland Park neighbor.

Finally, as the sawdust settled Lauterbach wrote again to emphasize that he only requested "the tree be trimmed," and he has a landscaper neighbor ready to "come up with something really nice, since there is now water and light."

The city, however, can decide to add another tree to the spot, but sources say it's likely to be a dwarf tree that will never reach the height of 30 feet.

Brian Liberti welcomes citizen comments on future plans for the city-owned property. Reach Liberti at 585.428.6971.



Less than a stump remains on the spot

The City of Rochester is responsible for planting and maintaining trees in the tree lawn. If your house does not have a tree, you can call 311 to request one and be added to a planting list.

-Jesse Knoth, SWPC Community Engagement Committee

Dr. McKeiver

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+4+4," said Dr. McKeiver. "We have a collaborate relationship. Our grads can come back as they move forward from four years of Nativity, four years of high school and four years of college."

"We look for collaborative partnerships to help a student to be successful. Say a student is in Aquinas and having a challenge in math. We let the school know that we offer supplementary tutoring."

Dr. McKeiver noted the "wondrous population" of tutors who come to help the children. "We have a judge, accountants, doctors, a former Georgetown University professor. They're all able to share an hour at a time with a student. We have a professional tennis player coming in and students are learning percussion from a member of the Mambo Kings. They have a cooking class taught by Foodlink."

Along with "overseeing the school and proving leadership to

further its academic success and operational stability," Dr. McKeiver can also be heard weekly discussing financial issues on the radio station 103.9 WDKX. She plans to take use her financial acumen to help the parents of Nativity students

"That's on our enrichment calendar," said Dr. McKeiver. "I want to help parents learn how to learn how to finance their children through high school and college. Sometimes there's a language barrier or a technology barrier. They may not know how to go online to get information about financial assistance or use the system to get federal financing for college. We'll have classes for parents as well to help them."

To learn more about Nativity Preparatory Academy call 585-271-1630 or email nativityrochester@frontiernet.net or visit nativityrochester.org online.



South Wedge Center Supports Female Vets

Laura Stradley

The Veterans Outreach Center announced recently they will be opening a supportive living home for female vets and their children on Cypress Street just in time for the holidays.

The new four bedroom will house up to four women and their children.

The Veterans Outreach Center

and supporters will provide resources to help the families.

Help is needed with outside exterior beautification, new hot water tanks, garage work, new fence and security lighting.

If anyone had any questions, you can email lstradley@monroecounty.gov or call 753-6861.



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South Wedge residents enjoy their front porch on a balmy autumn day

Savor the Flavor in the South Wedge

In 2005, The South Wedge Planning Committee formed a volunteer Cookbook Committee to plan a SWPC cookbook that could be sold to support its many community programs.

The team of volunteers (Nanett Cepero, Lauren Daley, Philip Duquette, Tracy Saville, John vanKerkhove and Tanya Zwahlen) collected recipes and designed the layout of the 118-page cookbook. It includes everything from appetizers to desserts, many of them coming from family recipes

To celebrate the hard work of these committed volunteers, *The Wedge* will be printing one of the recipes from the cookbook every issue.

Keeping it autumnal, here's a recipe for Sweet Potato Latkes, Adam Wilcox, food writer for City Newspaper, submitted in support of the project. Don't forget to pick up your spices from Stuart's Spices on South Clinton Avenue.



Sweet potato latkes make for delicious autumnal comfort food

Sweet Potato Latkes

- 1 lb. sweet potatoes, peeled
- ½ c. all-purpose flour
- 2 tsp. sugar
- 1 tsp. brown sugar
- 1 ½ tsp. cayenne power (from Stuart's Spices)
- ½ tsp. coriander
- ½ tsp. turmeric
- ¼ tsp. allspice (powder)
- 1 tsp. cumin
- 1 inch knob of fresh ginger, peeled,
- Salt and freshly ground pepper to taste
- 2 large eggs, beaten
- ½ c. milk (approximately)

Peanut oil for frying

Grate the sweet potatoes coarsely. In a separate bowl mix all the dry ingredients (flour, baking powder, sugar and spices). Add the eggs and just enough milk to make a stiff batter. Grate the ginger into the batter and stir to combine. Add the potatoes and mix. The batter should be moist and not runny; if it's too stiff, add more milk. Heat ¼ in. of peanut oil in a frying pan until it's barely smoking. Drop in the batter by tablespoons and flatten. Fry over medium-high heat several minutes on each side until golden. Drain on paper towels and serve.

Neighborhood Walkabout...

the world get bigger when you're not in a car

(photos by Nancy O'Donnell)



Miss Natalie Reagan enjoys her first day at James P.B. Duffy School #12



St. Joseph's House of Hospitality celebrated its 75th anniversary with an outdoor Mass and luncheon.



Weider Hall owner John Trickey and Mosaic Church are working together to get a stairway if not to heaven than to the historic building's 3rd floor



An old grand dame of the South Wedge gets a facelift, and neighbors rejoice.

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Kiva Rochester

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lives of those to whom they lend. The City of Rochester has formally partnered with Kiva to work together to ensure that all small businesses have the opportunity to secure funding.

When a person applies for a business loan from a bank or other lending institution, they quickly become a set of numbers in the eyes of the lender. Banks are profit-driven, and must manage their risk by looking at financial data, credit scores, and revenue streams. There is nothing wrong with this; however, it creates a major gap in the contemporary financial system for those who cannot approach these “traditional” lenders for funding due to any number of factors. To banks, the character and story of the individual person does not matter. To Kiva, these seemingly intangible factors are all that matter. 100 years ago, a person could walk down to their local bank and secure a loan based on a handshake. The handshake symbolized trust, and a belief that the character and reputation of the borrower was sufficient to prove creditworthiness. Kiva is working to bring this principle back into our modern system, one loan at a time. Borrowers are asked to first secure loans of \$25 or more through the Kiva platform from those who know them best— friends, family, neighbors, and clients, before they are exposed to the Kiva lending community. When the borrower can prove that their personal networks trust them enough to loan them

money, they become creditworthy in Kiva’s eyes.

Here in Rochester, the Kiva process is facilitated and supported by a full-time staff based in City Hall. Partnerships with local organizations such as SCORE, Brockport SBDC, The Urban League, and The Volunteer Legal Services Project help borrowers access services that can help them to further grow and succeed. Kiva Rochester staff hold workshops every 2 weeks that allow anyone who is interested in the Kiva loan program to come and hear a presentation, and ask any questions they might have.

Anyone who knows Rochester knows that it has many challenges that need to be overcome. However, they also know that there is limitless potential in this city stemming from the amazing people who live here. There is a long road ahead to creating safer and more vibrant neighborhoods, and revitalizing our city’s economy. Steps are already being taken, and positive progress is being made to improve the lives of all Rochesterians. Kiva Rochester is another tool for those who want to better their lives by growing or launching a business, and the lives of those around them by contributing to the growth of the local economy. Anyone who is interested in learning more about Kiva, applying for a loan, or getting involved can contact Kiva Rochester staff at Bradley. Willows@cityofrochester.gov or 428-6053. For more information, visit cityofrochester.gov/Kiva.

Bye Bye ‘burbs

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have certainly found it. We’ve lived here for less than a month, but the highlights are stacking up. Two days after moving in, we were in our backyard talking over the fence to our neighbors, their next neighbors, and the neighbors beyond them. Four families chatting over backyard fences! While out for a walk, we met another neighbor, Bob, who moved into his home in 1957. He charmed us with stories of ‘the old families’ of the neighborhood, families who’ve lived here for generations. On our walk home from Swiftwater Brewing one evening, where we’d gone to learn about Community Solar, we bumped into friends outside Lux who told us more neighbors were inside. Of course, we had to go in and chat with them too. That 15 minute walk took us over an hour. And we’ve joined the ranks of people walking to and from Tru Yoga with mats slung over our shoulders.

We’d hoped another benefit of city living would be the possibility of using our car less. So far, we’ve been able to ride our bikes or walk almost everywhere. We’ve biked to the hardware store and to the grocery store, but I admit a car is rather nice when the grocery list is



Marjorie Sangster Rolleston & Rob Rolleston

on the longer side. Rob is starting a new job in a different suburb which he can bike to thanks to our proximity to the Lehigh Valley Trail. And because we live so close to the Genesee River Trail, I’ve become a bicycle commuter too. Rain and colder weather have not been an issue yet, but I know those days are coming, so I took a ‘practice’ bus ride just to be prepared.

Both of our daughters have recently moved out of the area, one for a job, the other for graduate

school, but they are excited to come and visit us in our new neighborhood. (And it is my dream that they both move back and settle right here in this neighborhood so we can become one of those ‘old’ families. (But don’t tell them. They have to live their own lives.) During a recent Facetime chat with one of our 20-something daughters, I was going on and on about the people we’ve met and the fun we’ve had in our new neighborhood. Her response? “#LifeGoals.” Yes, I’d say that sums it up!



Nextdoor Neighbor

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any of our neighborhood rules, I contact the person who complained and explain my reasoning then tell them how they can “mute” the other person. If they still want something done, I have the ability to contact NextDoor where they can handle the issue and take me out of it.

Censorship issues aside, other NextDoor member have concerns about privacy. On NextDoor addresses (number and street) are posted on member profiles unless a member goes in and changes it.

Nextdoor touts its policy that all members must verify that they live within the neighborhood before they can gain access to the Nextdoor website. Information shared is password-protected and cannot be accessed by those outside the neighborhood or found on Google or other search engines. Nextdoors never share personal information with any third parties.

Like any community, neighbors can annoy as well as invigorate. Nextdoors main objective is to get neighborhoods talking and that’s what local ones are doing. Sometimes the voices get a little louder, but it’s much easier to mute online than in person.

To join or start a Nextdoor website, visit www.nextdoor.com and enter your email and home address. If a Nextdoor website has been started for your community, you’ll be invited to join it. If not, you can start one yourself and invite neighbors.

Farmers Market

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Wedge23, & Highland Hospital. Our Beet Buddy sponsors are Tru Yoga, and Genesee Co-op Credit Union. Our Pear Pal sponsors include South Clinton Merchants Association, Avardi, and PrintRoc. Thanks for a great season! Mark your calendar. Opening day for 2017 is June 8!

Climate Coalition

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said Larson. “They have a capped landfill. They’re using solar energy in an office buildings and library.”

Sunwoo noted the importance of “getting the little guys... to contribute their ideas and talent,” and tells the story of a small English town where the residents started a small collective composting that allowed for solar options on one block.

“One block turned to two blocks,” Sunwoo said. “It wasn’t political, it was a little block meeting. It was grassroots. It’s a picture to emulate. When I hear stories like that I feel energized. I feel hope.”

“Before Rosa Parks refused to give up her seat, she trained in a center in the South that promoted nonviolent resistance in the area of racial equality,” said Larson. “It helped her sit down on the bus that day. It’s a long process to bring about a cultural change. In the area of environmental activism, it can be asking questions like “should I walk more? Should I send my children to the neighborhood school?”

Today the Coalition has “a list of some 100 member organizations from business, civil, labor, faith communities and environmental

groups who have pledged to support climate initiatives to combat global warming and work for environmental justice. It acts as a network to bring diverse organizations together, to create strength in numbers, to find solutions to problems facing the planet—greenhouse gas emissions and global warming.”

Their focus, also outlined on their website, includes reaching legislators who make the laws, the general public who may know little about the issue, local leaders who make the decisions around transportation and utilities, and encouraging local media to improve coverage of climate-related issues.

Rep. Louise Slaughter is on board arguing that “climate change isn’t just a scientific issue. It’s a moral one, too. The Earth—humanity’s only home—is changing before our very eyes and its up to us to confront this great challenge head on.”

To learn more about the Rochester People’s Coalition, visit its website at www.rochesterclimateaction.org. RPCC membership is free, and each organization decides its level of engagement.

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