

- Advantage Credit Union Hosts School #12 Writers
- The Minimalist Life
- Profile - Maria Wehrle
- Little Shop of Hoarders
- Leaf Tea Bar Tea Ceremony
- South Wedgers March in Three Cities



Image © 2016 Michael Tomb. "I Found Spring". More images available at Lamberton Conservatory and at Studio Michaelino 137 East Avenue, Suite 203. See studiomichaelino.com for more information

"The Wall Will Fall" Abundance Food Co-op Opens Soon

Chris Whitbell

Nobody who is familiar with the wide array of architecture in Rochester would ever include the large, grey monolith that sits at 571 South Avenue to be among the more thoughtfully designed or inviting buildings we have. Ugly and grumpy, it's become a sort of Berlin Wall of the South Wedge, dividing the neighborhood with its



A "grumpy" fortress on South Avenue already transforms

drab cinder blocks into two social-economic zones.

Letting the sunlight in

The cold and inhuman feel of the building wasn't designed, it seems, with the community around it in mind. It was built in the Seventies to house a photo development lab company that worked (in some capacity) within the once-booming photographic industry Kodak headed in this city. Film development requires (among much else, I'm sure) that all natural light be kept out. It needs absolute darkness, and so the building has the feeling of a fortress. Maybe somewhere in that is the larger story of Kodak, its demise, and its lasting impact on Rochester.

But, depressing as all this might sound, it's exactly why it was so uplifting when the holes were cut for the windows on the South Avenue-facing wall. Now, finally, the block between Averill and Hamilton will be more than a gap, a pause, between places where people live and gather. It will be a space where the community can come together through food, commerce, education, events, and even a beautiful corner garden (forthcoming).

continued on pg. 15

City Love Annual Gala to Feature Fan Favorite Danielle Ponder & the Tomorrow People

Jesse Knoth

Get ready to fall in love with City Love 2017 in the heart of the South Wedge. It all takes place at the Historic German House, 315 Gregory St., on Friday, March 24, 6:30-9:30 p.m.

The South East Area Coalition and the South Wedge Planning Committee host this gala, an annual fund-raising event to help support their programs and projects. The two nonprofit agencies work year round to revitalize city neighborhoods through a variety of ways: home repair work, small business assistance, community engagement, neighborhood farmers markets and community gardens. Over the last 10 years, SEAC

and SWPC have made significant impacts which include: 30 vacant Houses saved, 532 owner-occupied homes preserved, 271 small business assisted, \$15,000,000 Reinvested in our City and 1000+ families eating healthier

This year, the two groups are excited to bring Danielle Ponder & the Tomorrow People to the stage for an evening of "Soul music that will make you think, make you feel and make you dance!"

Along with an evening of music, guests will enjoy hors d'oeuvres and desserts from local businesses, wine and beverage tastings, as well as live, silent auctions and gift card raffle.

Thanks goes to the agencies' many community partners who have already pledged their support for the event. These include: Highland Hospital, Conifer Realty LLC, Holy Sepulchre Cemetery, Cornerstone Wealth Management, MM Development Advisors, Wedge23, SCMA, Catenary Construction, and Harter Secrest & Emery. Tickets are \$25 and available through three sites: RocCityLove.com, Buta Pub (315 Gregory St) or at the SWPC's office (224 Mt. Hope).

Join us for a wonderful evening as we celebrate our ROC home at City Love.

**Mark your
calendars!
Earth Day
Grand
Opening
April 22**

Over 10 Years:

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

citylove



South Wedgers represent at area post election marches. Story on pg. 12



Little Shop of Hoarders opens on Gregory St. Story on pg. 7



City councilmember Loretta Scott stops by Wedge Me In. Photos on back page.

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 who participate.

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!

Cheesy Eddies, 5% off
602 South Avenue

Equal=Grounds, 10% off
750 South Avenue

HeadzUp Hats, 15% off
524 Mt. Hope Avenue

Hedonist Artisan Chocolates & Ice Cream
10% off
674 South Avenue

Janes Vintage, 10% off
389 Gregory Street

Leaf Tea Bar, 10% off
686 South Avenue

Liberty Tax, 10% off
686 South Avenue

Little Button Craft, 10% off
658 South Avenue

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

Peppapot. \$2 off 2nd entree
133 Gregory Street

South Wedge Farmers Market
Genesee Gateway Park
Free bag on your first visit

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

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

thread, 10% off
654 South Avenue

Zak's Avenue, 10% off
661 South Avenue

Join SWPC & Get the Wedge!

For 35 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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The Wedge Newspaper
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E-mail staff, type first initial and
last name@swpc.org

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 Wedge Newspaper

Like Us On facebook

South East Area Coalition South Wedge Planning Committee February/March 2017 Calendar

Meetings are held at 224 Mount Hope Avenue, The community is invited to attend all meetings.

SEAC/SWPC Board Meets Tues. 2/21 & 3/21, 5:30 pm.
SEAC, 6 p.m SEAC/SWPC, 7 p.m. SWPC
SEAC contact: cconnor@hselaw.com
SWPC contact: flogan@rochester.rr.com

Community Engagement (Neighbors & Block Clubs)

jknoth@swpc.org
Wed. 2/22 & 3/22, 5:30 p.m.

Fundraising Committee (SEAC/SWPC)
Tues. 2/7 & 3/7, 6 p.m.

Housing & Structures Meets bimonthly

Wed. 3/1, 5:30 p.m.
gvalenti@swpc.org

SW Victory Garden

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

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

Swillburg Shout Out

Mike Henry



Happy New Year neighbors! Swillburg has started 2017 with reception of new mixed recycling bins, tall and blue, greatly exceeding the capacity of the little blue boxes. Compliments to the city's residential recycling program! Pick-up begins in the week of January 16th.

Whenever I learn about an effort to protect the planet, I recall Rachel Carson's writing of Silent Spring and the first Earth Day in 1970, my first ache of environmental appreciation. In my youth her book gave me pause; I recall fearing that we as a race would be extinct before I got to reach adulthood. How fortunate for us that we have science-guided programs (and willing municipalities) affording us potential healing of nature, if it be our will. Gratefully the city accompanied the new containers with a calendar of scheduled pick-up dates, magnetized for conspicuous placement on the fridge. Let's hope this makes our part of Earth a little less encumbered with strewn litter and enables us to make good re-use of our daily discards. (see table below) Well, the Swillburg Neighborhood Association (SNA) had its quarterly meeting recently, over at Georgie's Bakery. As usual, it was a warm and neighborly reunion of the SNA streeting committee. Among a number of discussions was that of our customized street-name signs (you know, the ones with the little pig logo). Back in 2014 the County DOT notified us that our customized signs lack compliance with federal guidelines (I'll spare you the specifics) and would need replacement. Since then we'd discussed how to

proceed, initially we chose to appeal to the county to apply our logo to new signs. However, apparently people have mused on the subject and consensus seems to be on the side of altering our request, hence, Swillburg's days of universal customized street signs are numbered, soon we'll be just another standard-signage community. Well, the customized signs aided greatly in the recovery of the neighborhood and while maintenance of that will always be the SNA's focus, perhaps it's not so inappropriate to let some of the signage retire and use our scarce funds on other projects beneficial to the "Berg." This week our chairman, Josh Massicot sent out a Nextdoor note eliciting ideas on how to proceed. Whatever is settled upon, I hope we continue to compliment Swillburg with a continued flow of cooperative new neighbors looking for a quiet human scale place to live.

Now that winter is here I have to say (at the risk of offending non-winter enthusiasts) I forgot how beautiful the season can be. Riding my trusty (rusty) tricycle about the southeast (my locale of life as a car-free person) I am often left breathless at the beauty, especially in Highland Park as I intentionally cycle up the hill from Goodman, leaving the sounds of the traffic silenced behind me. I hope you all enjoy the winter beauty, and drive carefully (watch out for cyclists, too)!

Well, as I referenced Rachel Carson and winter, I think I'll couple the notions with a fine quote from her beloved appeal that we be fine custodians of our tender, part and parcel home, Earth.

"Those who contemplate the beauty of the earth find reserves of strength that will endure as long as life lasts. There is something infinitely healing in the repeated refrains of nature -- the assurance that dawn comes after night, and spring after winter."

—Rachel Carson, *Silent Spring*



Rochester's Mixed Recycling Program

The City of Rochester is celebrating a quarter of a century old of residential recycling with the addition of new 96-gallon blue recycling bin that allows for mixed recycling.

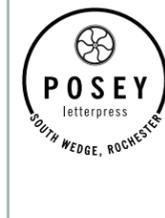
According to a city website "mixed recycling means paper can be mixed with metal, glass and plastic so all recyclable materials can conveniently be placed together in one large container." No more bending, lifting or lugging small bins, and the larger size means flattened cardboard boxes can be stored inside as well under a weatherproof lid. That means no papers blowing in the wind and littering your street.

Another change will be the pickup schedule—every other week--since the new 96 gallon blue container holds eight times the volume of the old 12 gallon box.

To find out when your street's new recycling collections schedule begins visit cityofrochester.gov/residentialrecycling/.

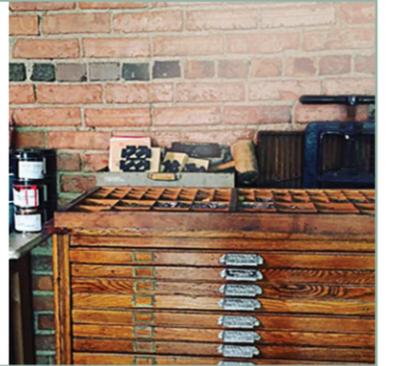
Refuse collection will remain unchanged and continue on a weekly basis on your scheduled collection day. Remember: Refuse collection every week, recycling every other week. Your collection day stays the same.

Recyclables should be at the curb by 6:30 a.m. on collection day,



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go to www.cityofrochester.gov and put "residential refuse and recycling collection schedule" in the search box and just enter your street name.

Scheduled holidays, refuse and recycling collection will be delayed one day for the remainder of the week. Monday routes will be picked up on Tuesday, etc.

There will be no refuse or recycling collection on the following holidays: New Year's Day, Dr. Martin Luther King, Jr. Day., Memorial Day, Independence Day, Labor Day, Thanksgiving Day and Christmas Day.

The City also touts the environment-friendly features: the new container will be serviced by an automated truck that compacts the load for more efficient service, improved convenience is intended to increase participation, keeping recyclable material out of the refuse stream, and reduced greenhouse gas (GHG) emissions from less vehicle miles traveled by the fleet.

A pilot program provided the new recycling container to determine if using the container would benefit residents and the environment. Ten routes were chosen. A report of the program can also be found on the website.

Much of the South Wedge

will receive the new container in November. Other areas will be containers in phases through Spring 2017. Once participants receive a container, they will be converted to every other week recycling collection. If everyone on your street gets one, and you don't, call 311 (outside city limits call (585) 428-5990).

If residents forget and add a forbidden item, the city reports it will send an "oops" letter to alert residents there's a problem and remind them which recyclable materials can be placed in the container. Another oops, City staff visit customers and neighborhoods to provide education and support. After 3 contamination notifications, the container may be removed for non-compliance.

Old recyclables boxes can remain at your house or garage to be used to transfer the items to your container later. If you don't want the recycling box, call 311 to get it picked up. All recyclable material is taken to the Monroe County Recycling Center, which is equipped to accept and sort mixed recycling.

SWPC Aids Project Share Heating Fund

Have you received a shut off notice from RG&E this winter? SWPC is here to help as an intake site for the Project Share heating assistance fund. For resident who meet HEAP income guidelines or are active or well discharged military members, assistance is available for a heating crisis. Call Jesse at 256-1740, ext. 104 to find out more and set up an

appointment. The application only takes a few minutes but needs to be done in person. Last year SWPC assisted more than 100 families receive over \$30,000 in much needed heating assistance. Project Share is a program of Heart Share and is funded through RG&E and NYSGE as well as donation from the public.

Recycle smart Mixed Recycling

NO sorting required!

Paper/Papel

Boxes/Cajas

Cardboard/Carton

Plastic/Plásticos

Glass/Vidrio

Metal/Metal

NO

- GARBAGE • styrofoam • electronics
- ceramics, dishes or glassware
- food waste • plastic bags
- hazardous waste containers
- light bulbs, window glass or mirrors
- electrical cords, hoses or ropes
- syringes/sharps • yard waste

NO

- BASURA • espuma de poliestireno
- electrónicos • cerámicas o cristalería
- desperdicios de comida • bolsas de plástico
- envases de químicos o contaminantes
- focos, ventanas de vidrio o espejos
- cables eléctricos, mangueras o cuerdas
- jeringas/objetos afilados
- desperdicios de jardín

- Containers must be placed 3 feet apart
- Arrow on container lid must point to street side

- Do not block containers

Los carritos deben colocarse a 3 pies de distancia.
• La flecha en la tapa del bote de basura debe apuntar hacia la calle • No bloquee los carritos

Questions? Call 311 or visit www.cityofrochester.gov/residentialrecycling

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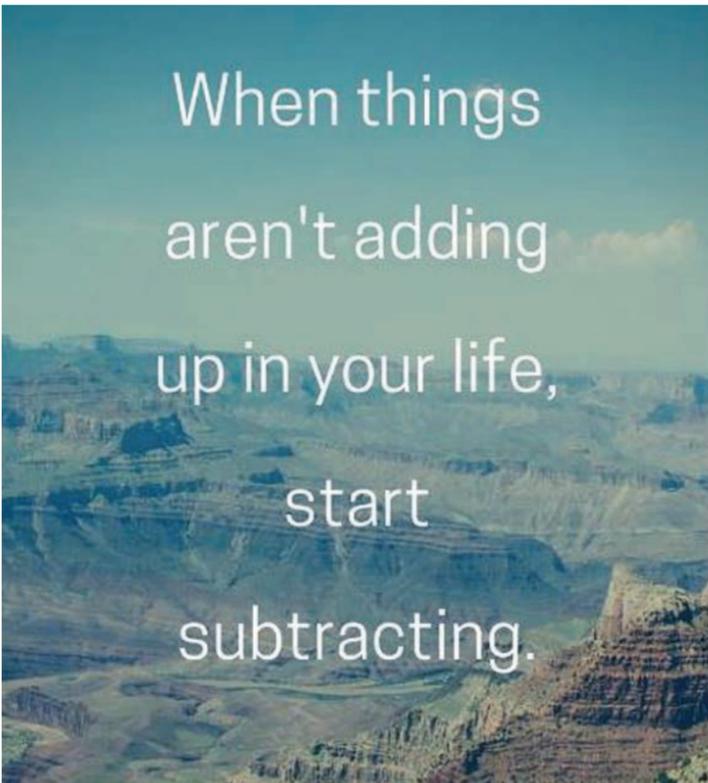
South Wedge Planning Committee Office
224 Mt. Hope Ave. Rochester, NY 14604

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

The Wedge Gets Read!

The April/May issue advertising deadline is March 13ish. Please call for info about our very reasonable rates -256-1740, ext. 105 or 978-9638.

Redefine Your Life with Minimalism



Amy Cavalier

Let me guess--one of your New Year's Resolution involves decluttering your closet, your basement, garage or all three? I would wager money that you started off the previous year with a similar commitment to get more organized. There is a solution--Minimalism.

You can adopt a style of living that can stop the vicious cycle of rearranging or getting rid of the things you spent time, money and effort shopping for and acquiring.

There's been a surge of interest in the topic in the past few years, and most recently with the release of *Minimalism: A Documentary about the Important Things*, produced by Ryan Nicodemus and Joshua Fields Millburn. The two have also written several books and produced a blog and podcasts under the alias "The Minimalists."

According to Nicodemus and Fields Millburn, "minimalism is a tool that can assist you in finding freedom. Freedom from fear. Freedom from worry. Freedom from overwhelm. Freedom from guilt. Freedom from depression. Freedom from the trappings of the consumer culture we've built our lives around. Real freedom."

Did you know, the average American wastes 55 minutes a day (roughly 12 days a year) looking for things they own but can't find according to *Newsweek Magazine*. The *L.A. Times* reported that on average, the American household

contains over 300,000 items. Yet still, one out of every 10 Americans rents offsite storage according to *New York Times Magazine*. In extreme cases, the inability to let go or the hunt for a bargain can turn into hoarding. Americans have become obsessed with stuff.

The good news is there is no magic number of belongings or books on your shelf that make you a minimalist. It's not a one-size-fits-all kind of lifestyle. It's about living more simply, being a more intentional consumer and reevaluating your relationship with your things. Lightening your load might free up time, money and energy for other priorities - time with family and friends, fitness, travel or giving back to your community.

So where do you begin? Maybe try The Minimalists 30-Day Minimalism Challenge to flex your purging muscle. It entails getting rid of one thing on the first day, two things on the second day, three on the third, onwards to the end of the month where you wind up shedding over 450 items. The game rules also involve getting rid of the items by the end of each day at midnight.

I've attempted the game twice, though I've never made it through the full month and I slightly altered the rules to fit my lifestyle. Instead of getting rid of things that same day, I sorted them into three piles - free, sell and recycle. I took my electronics, old Christmas lights, household hazardous waste and any unusual recyclables to Monroe County's Ecopark. I sold any metal waste at Metalico and made over nearly \$300 selling things on Craig's List, Monroe County Virtual Yardsale on Facebook and my own Facebook Page.

The lessons I learned in the process were priceless. Now that I've seen how much money I wasted on items that I don't miss one bit, the value I place on things is shifting. I'm much more critical of what I do buy and am able to more clearly decipher wants from needs. Instead of trying to keep up with the latest fashion trends which are designed to go out of style within a month, I acquire new things through clothing exchange with friends. For Christmas this year, I bought more experience-



Amy Cavalier

based gifts or made consumables rather than physical objects.

The best part of it all, besides a clean house, is the difference in my wallet, my peace of mind and my ability to be more mindful and focused. I'm more aware of the impact that my need to consume has on the environment and I'm more motivated than ever to get involved in making my community a better place. For support, encouragement and inspiration on your journey to do more with less, please join the Rochester Minimalists community on Facebook or come to one our monthly meet-ups. *Amy Cavalier is a Minimalism Meet-Up Community Leader in Rochester.*

Neighborhood Hero

- Maria Wehrle

Maria Wehrle's ministries touch a multitude of lives. The three are housed inside The Pillar, an interdenominational community on Mt. Hope Avenue

Here are just some of the many works of love and compassion Wehrle does everyday in her own words.

Mothers In Need of Others (MINO) is the longest running [of my programs]. I started that in March of 2004 out of Browncroft Community Church to meet the needs of single moms who were struggling in their congregation. One day I was approached by a single mom in the city who



Maria Wehrle

asked if I had ever thought about helping city moms and that was the start. It just expanded from there.

I joined Project URGE, the non-profit that supports my ministries, under the direction of Garry Manuel, in 2006. I've found a real home there in that their focus is bringing organizations and churches together to serve the poor in the city of Rochester.

F4L ministry lottery was started in 2012, because I recognized that there was a need for gently used furniture, appliances, and housewares for individuals other than just single moms.

The ministry quickly grew. We have moved four times to larger and larger storage facilities, but the cost of doing furniture ministry became prohibitive. So at the suggestion of my husband, I started a lottery system to distribute the donated furniture and THAT'S when things REALLY took off! We went from helping just a handful of caseworkers from a few agencies to serving over 300

continued on next page

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Meetup.com (www.meetup.com/de-DE/Minimalism-org-Rochester/)

Check out

The Minimalists

Watch podcasts and blogs at <http://www.theminimalists.com/>

Watch *Minimalism*:

A Documentary About the Important Things now on Netflix. Visit www.theminimalists.com/netflix for more information.



South Wedge Sudoku

STR8TS

SUDOKU

Tough

Easy

								6
	5	4						9
9								1
	8					3		
	1			8				
			7					

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

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

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

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

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

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

South Wedge Sudoku Solution on pg. 6

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SWPC Conducts Neighborhood Needs Survey

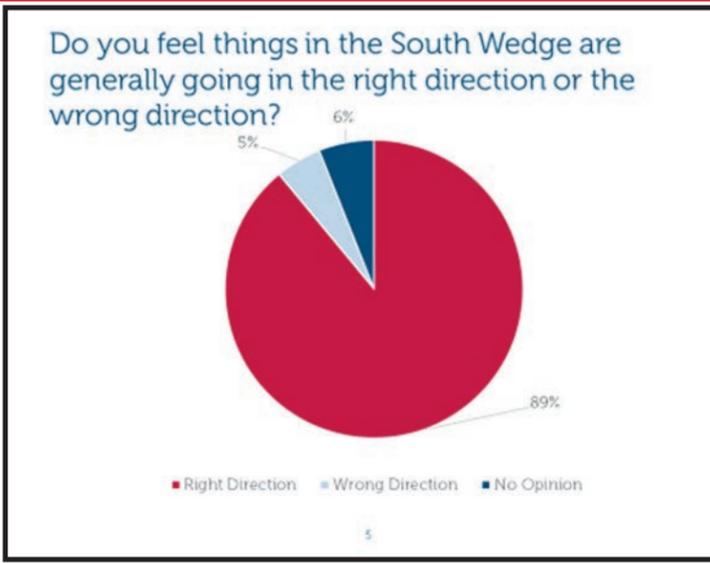
Peter Nabozny

The South Wedge Planning Committee administered an online community needs assessment survey this fall. Over 150 individuals responded, mostly through Facebook and NextDoor. SWPC staff also administered surveys at the Wedge Waddle on Thanksgiving morning.

Nearly 70% of survey respondents owned their home, and almost half were between 26 years and 45 years old. Almost 95% of respondents identified as white, and 64% of respondent households make less than \$64k per year. Only 17% of respondents have children under 18 living in their household.

Overall, respondents indicated a great deal of optimism about the overall trajectory of the neighborhood. Overall, 89% of respondents stated that in general, things in the South Wedge are moving in the right direction, while 5% believe things are going in the wrong direction, and 6% had no opinion.

When asked what they like best about the South Wedge, respondents chose (in descending order) the neighborhood's walkability, the community feel, and the South Wedge's location in the City.



When asked about the single greatest issue facing the South Wedge today, 21% of respondents chose the "quality of schools," 19% selected the "perception of the neighborhood and city," and 16% selected "gentrification/housing affordability."

While about a third of respondents (36%) believe that crime is a serious problem in the neighborhood, nearly half (47%) of respondent selected reducing crime as one of the three most significant changes they would make to the South Wedge. The desire to reduce crime was closely followed by a desire to reduce speeding (46%) and a request to recruit a greater variety of businesses in the neighborhood (45%).

Nearly 95% of survey

respondents were familiar with the Wedge newspaper, and almost 100% of respondents knew about the South Wedge Farmers Market or had visited it themselves. Survey respondents wanted to see more coverage of local news stories in the Wedge newspaper, and many respondents advocated for more vendors at the Farmers Market. A majority of survey respondents were familiar with the neighborhood's Victory Gardens, but only 10% had taken part in the garden programming.

Full survey results are available on SWPC's website at www.swpc.org. Anyone wishing to be notified of future community surveys should contact Jesse Knoth at jknoth@swpc.org to be added to the online distribution list.

Thanks to BASWA for New Streetlights

Nancy O'Donnell

If you're seeing South Avenue streetlights in a new light you can thank the Business Association of the South Wedge Area (BASWA). You probably already thanked them for the benches and planters they've been adding to the South Wedge business corridor over the years.

BASWA petitioned the City of Rochester to get new streetlights on South Avenue from Byron Street to Linden Street for many years.

BASWA donated proceeds from annual fundraisers like the Rochester Real Beer Expo along with getting private donations from area business and residents to pay for part of the costs. The City of Rochester installed them in early January. The graceful historic style is especially appropriate in the South Wedge's National Historic District. The new street poles include banner brackets and arms that will hold flower baskets in warmer weather.

Beyond aesthetics, the streetlights' LED lights will cut the electricity usage in half compared to the previous lights.

According to a report in the *South Wedge Quarterly*, businesses that contributed to



BASWA worked to get stylish streetlights (Photo by Nancy O'Donnell)

streetlight fund include: The Maier Family / Kenron & Property Owners; Lyjha Wilton / La Casa & Boulder Coffee & Wilton Enterprises. Karrie Laughton / Lux Lounge; Jennifer & Madelyn Posey/ Hedonist Chocolates & Posey Letter Press; and Jim Wolff & Chris Jones / Historic Houseparts & Period Bath Supply Co./ Apothicaire.

Thanks to all those who help to make the South Wedge beautiful.

No Fake news printed here ever. Period.

Wehrle continued from pg.4

caseworkers and church outreach workers from over 70 agencies and churches. All furniture is distributed FREE of CHARGE to the client representatives. The only stipulation is that the case manager or their agency or church must have a vehicle to transport the furniture to their clients. The first responder to a lottery posting who has a client in need and transportation to pick up the donations for their client is the winner of those items. Beds in particular, go in minutes! This eliminated the need for storage and transportation and enabled us to keep the ministry going. The hours of F4L lottery are 9 am-5 pm Monday-Friday. All transactions are arranged for online and by phone. In Summer 2016, Project URGE and my ministries moved into The Pillar Church at 46 Mount Hope Avenue. I run The MINO Resource Room out of the Wedge Market in The Pillar church (Hours: MWF 10 am-2 pm). Case managers are welcome to contact me at any time to request donated baby and maternity items (new and used). If

Call 348.8596 or email mothersin-needofothers@gmail.com.

I have them in stock, we schedule a pick up time for them to come and get them for their clients. All items in the resource room are free of charge to assist case managers in meeting the needs of their clients.

I also run the Furnished 4 Life Thrift Store out of The Wedge Market which opened on September 19. Although the store is open to the general public, our main focus is meeting the needs of the working poor, those who have some source of income, but who are struggling to make ends meet in today's economy. The store gives financially challenged individuals more options, independence, and a sense of pride in ownership at prices they can afford and reduces the dependency on traditional programs. Our hours are: MW from 10 am-5 pm and Fri. from 10 am- 2 pm. In the works! We will be creating an area in the store where customers can come and shop for and purchase gently used furniture and appliances from our online catalog and arrange

for delivery, if they so choose. My dream is to start Furnished 4 Life Furniture Bank where we would employ individuals to repair donated furniture to be sold

in the store. The benefits of this venture would be threefold: 1) We would provide much-needed jobs and job skills in the community, 2) offer refinished furniture and

restored appliances at drastically reduced prices to those who need them most, and 3) recycle furniture and appliances that would otherwise end up in the landfill.

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Winter tips for dogs

Rachel Leavy & Mario Cerasulo

With winter in full swing, it can be hard to get our dogs the exercise they need. We don't want to freeze, we don't want them to freeze, and we certainly do not want them getting golf ball sized snowballs stuck to their paws. Without proper exercise, our dogs get stir-crazy, much like we do. You may notice destructive behaviors, such as shoe chewing, to pop up on those extra cold days. Here are some tips to keep them (and us) happy during the cold winter months.

•Shorter, more frequent walks

While we don't want to freeze our pooches, we can still walk them a little bit. The amount of time appropriate to walk during the winter depends on temperature, breed, size and fur. If you are unsure how long of a walk to take, ask your vet. Some dogs hate the cold, others prefer it. My dog is an American Eskimo Dog mix, so I basically have to drag her inside when I can no longer feel my fingers.

While long walks may be out of the question, there's no reason one cannot do multiple walks throughout the day. Instead of one long walk, a few short walks can help burn off extra steam. Walking throughout the day is beneficial year-round. One long walk will keep your dog happy and calm for a few hours, but four short walks will keep them calm all day. This is a great trick for any high-energy dog, particularly one with terrier in it.

•Appropriate gear - Salt can be a big problem in the city when it comes to walking your dog. Between the salt and the ice, it doesn't take much to tear up paws.

For this, there are two solutions – wax or boots. Musher's paw wax is easy to apply and creates a protective barrier on the pads of the dog's paw. Boots are more protective because they keep the whole paw protected. You don't have to worry about cold paws or ice balls. The only difficulty with the boots is training the dog to accept them. Although, it's quite comical to watch a dog try to walk the first time you put them on.

Jackets are a must for certain breeds of dog, and definitely for any



(Photo by Rachel Leavy)

small dog. One of my walk clients, Henry, is a dachshund mix, and it doesn't take much for the snow to be taller than him. While he's not exactly fond of his jacket, it makes it possible to walk him during the winter. Keep in mind, winter coats are about functionality, not fashion – but you can have both.

•Interactive toys - Puzzle toys, Kong toys or anything that dispenses treats, are a great way to keep dogs occupied during the winter. You can get creative with your Kong, using kibble, treats, pumpkin, yogurt, carrots, the list goes on and on. Freezing the Kong toy makes for an even bigger

challenge.

Bones, hooves, antlers and other natural chews also can keep your dog happy for hours. Just be sure to supervise at first to make sure it's safe for the dog. Anything that they can get big hunks off, most commonly rawhide, be sure to throw out before it becomes a choking hazard.

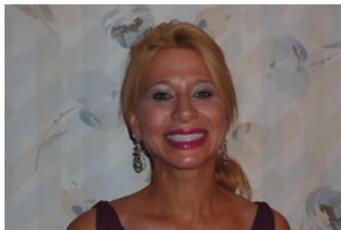
•Obedience lessons- Classes can be a great way to keep your dog busy during the winter, and to strengthen your bond with them. Even if they've had classes before, it doesn't hurt. Try switching venues and levels. I teach all the way through Advanced obedience at the Natural Pet Food Store if you're looking for something local. Classes get you and your dog out of the house once a week to learn new things.

•Daycamp/playgroups-If your dog is social, bringing them to daycamp a few times a week, or doing a playgroup on the weekends can have immense benefits. Usually after daycamp, an adult dog will be tired through the next day. Playgroups are a great thing to do on weekends if you're busy and will be away. These options allow for a healthy, monitored outlet for your dog to run off that extra energy when it's too cold to play in the yard.

These tips will help you make it through winter in the Wedge. Just a few more cold months and then spring will be here (hopefully). Just remember to stay patient if your dog seems to go stir crazy – it's not their fault.

Living Life - Ships that Pass

Michele H. Martell



Michele H. Martell

Do you ever wonder why we meet certain people, why they cross our paths, and sometimes at the most uncanny times?

There is a saying that we meet people "for a season, for a reason, or for lifetime." Sometimes we have an instant heartfelt lifetime connection with the people we meet. Some folks we meet we have so much fun together that we love them totally. Then life and seasons change. We lose touch. It's nothing personal. We have wonderful memories with them, and we never forget them for the rest of our lives, and we are grateful to have known them and for our interaction.

There are those we've known for a long time. We feel that our lives would sync forever and then for whatever reason, that time ends. How sad we may feel. But their time in our lives is over, and hopefully we've learned from our season with them, becoming better persons through the experience.

And then there are the chance meetings with people I consider angels. Sometimes they may come to us in the form of a person with whom we deeply connect, mysteriously never to see again. Other angels may serendipitously appear to us via another. They tell us something or show us something that we needed to hear or to see. Sometimes we may even have prayed for that message to appear, and bam!, there it was. The people who randomly show up, friends who offer encouragement and belief and ask us how we are, those too are angels. And we can serve as angels to others, when we sincerely seek and ask what we can do for them, and then act on positive and intuitive nudgings.

What about those ships who

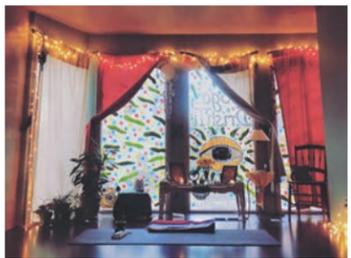
pass through our lives that bring us sadness, disappointment, heartbreak? They are also a gift. Our passing ships may show up to reveal the beauty in ourselves. And that beauty includes those parts of us that need healing, and everyone has those parts. We are all imperfect humans, and sometimes those interactions evince to us what we need to heal to grow into more enlightened persons. We may not see it at the time if we are ensconced in our own emotional reactions. Step back to see what the lesson is. Journal. Listen to the message. Sometimes it takes a while. The lesson will reappear, again and again, until we realize that it's something to grow from. And sometimes the lesson is to let go of those who don't see our worth. What others think of us doesn't matter, and it's none of our business anyway; they are on their own path. Then we can set sail for new voyages.

Through a challenging time dealing with my father's health issues, I've found my perspective changed immensely regarding how others touch our lives. Some beautiful people have appeared who have provided support nothing short of angels. I've been deeply touched by their love and concern and time, and I am forever thankful for them. There are others who have made this journey more difficult. I have decided to be thankful for them too because I can learn from them as well, gaining further clarity and introspection. In the end I feel gratitude for all of these ships that show up in my life.

Ships that pass can help us all discover what types of ships that we want to be too, and what we do not want to be. From each passing ship there is the opportunity to develop and improve; so ultimately we can better love ourselves and those who need us. And in the end, that process is one of the best gifts that life has to offer. Michele H. Martell has a M.A. in Business Administration, loves being a mom and independent consultant for Mary Kay Cosmetics.

Mantra in Your Life

Nicole deViere



Setting an Intention - At this time of year, when New Year's resolutions or intentions are being challenged, an effective strategy to follow through and stay on track is repetition. To be mindful of your actions is the goal for progress, and a mantra can take you there. With yoga practices becoming more popular, mantra has begun to emerge as a more familiar word. But what exactly is it and what value does it bring to us?

Mantra: The Sacred Language of Sanskrit

Mantra is a statement or slogan repeated frequently. In yoga philosophy, it is not so much a noun, but rather a verb or an action. The word comes from the Sanskrit language and translates to mean "counsel" and "a sacred message or text." The word itself can be broken down into two parts: "man," which means mind, and "tra," which means transport or vehicle. A mantra is therefore an instrument of the mind and a way to stay focused; it is literally a powerful sound or vibration that you can use to enter a deep state of concentration. Mantra puts intention into action, and it is the vehicle.

Mantra: Make it Personal

You already practice the principle of mantra. Phrases you are already familiar with like, "I think I can, I think I can." or "You can do it!" provide guidance and encouragement through repetition and focus and act as mantra's.

The steady repetition of your intention wraps all your actions around a center of focused energy. Make your mantra work for you

and ask yourself "what is your intention and how will you get there?" The answer to that question is your mantra. Put it into a phrase and repeat it frequently. When your mind wanders, go back to it. Allow your mantra to transport you through you into intention.

Mantra: Does it Work?

In traditional practice, mantra is done regularly and for several months before one can take positive note of its effects. In modern day this means that consistency equals progress. You must approach mantra as you would physical exercise or any other lifestyle change and practice it daily. Remember a mantra is our vehicle and can meticulously drive through the many details that parade around us. Once brought into awareness and practice, one will start to notice its effects for certain. But to retain and cultivate, one must continue with consistency. And in this sense, repeating mantras is a lifelong practice.

Enjoy any of the community classes at DrishTi and put your mantra into focus.

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

Want to see your photos in the Wedge? Have a story idea? Give us a call at the Wedge Newspaper 585.256.1740, ext. 105. We welcome contributions!

South Wedge Sudoku Solution

Str8ts Solution

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

Sudoku Solution

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

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Rachel Oatridge (Photo by Matt DeTurck)

Send All My Loving to You-- Rachel Oatridge Teams With Hedonist Artisan Chocolates for Valentine's Day

Mary Rice

In this era of “ily” and emojis with hearts for eyes, it can sometimes seem that romantic sentiment has been diluted by the convenience of constant digital contact. Paradoxically, it's getting harder and harder to express ourselves sincerely even as we discover ever-more ways to stay in touch. Valentine's Day, with its emphasis on old-fashioned gestures like floral bouquets, candlelit dinners, and chocolate assortments, makes this incongruity all too clear.

That's not to say that old-style communication has gone completely out of style. One local artist championing the traditions of yesteryear is Rachel Oatridge, graphic designer, letterpress printer, and self-described vintage enthusiast. Inspired by her growing personal interest in postal paraphernalia – as well as her New Year's resolution to send more snail mail – Rachel is bringing her passion for old-fashioned correspondence to the 2017 Valentine's Day truffle collection with Hedonist Chocolates.

In keeping with its tradition of teaming up with local artists, Hedonist Chocolates selected Rachel to design a series of Valentine-related images, which will adorn the five-piece raspberry truffle collection released every February. Entitled “Send Your

Love,” Rachel's designs were inspired by the personalized care and thought involved in sending a handwritten letter. The process of choosing a card, writing a note in your best handwriting (maybe even cursive), selecting a stamp, and visiting the mailbox may seem like too much work to some, but it is exactly this ritual that Rachel enjoys. As a letterpress printer, Rachel is drawn to tangible objects she can physically hold and appreciate. As she says of her work, “It's more than a printed piece of paper, it's a printed piece of paper that someone put a lot of care into.”

In keeping with her postal motif, Rachel's designs have an unpolished, hand-drawn feel to them, echoing the look of many handwritten letters. These images, which Rachel created digitally using her tablet and Adobe Illustrator, will eventually be printed in colored cocoa butter and applied directly to melted chocolate. In other words, Rachel's designs, which celebrate a return to the tangible, will themselves transition from the digital world to the physical. Fitting, indeed.

If you're looking to send a little love to someone close to you this Valentine's Day season, stop into Hedonist Chocolates in February to see (and taste) Rachel's work.



Hedonist Artisan Chocolates Valentine collection (Photo by Matt DeTurck)

Romance blooms between Leaf Tea Bar & Hedonist Artisan Chocolates

Nancy O'Donnell

Leaf Tea Bar owner Niraj Lama collaborated with Jennifer Posey at Hedonist Artisan Chocolates just in time for Valentine's Day.

Lama shared nine teas with her and the result is delicious.

“She used chai, Earl Grey, Rochachai, Lapsang Souchong, matcha and ginger lime Roobos. for the chocolates,” Lama said.

His contribution to the relationship was creating “Himalayan Rose” tea. “I mixed



Darjeeling first flush and blended it with organic rose petals.”
“For me tea is a perfect

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Business Buzz

Little Shop of Hoarders Opens on Gregory St.

The Little Shop of Hoarders, an independent art shop and juice bar, will have its soft opening in February and a grand opening later in Spring.

Owner Monica Ludwinek was driving around the South Wedge when she saw a “for rent” sign on the small Gregory Street house behind Beale Street Cafe.

“I knew it was meant for me,” said Ludwinek. “It's in the commercial part of the [South Wedge] but still it's a blank



Prints by Tony LaMothe

canvas. The area doesn't have a niche. There are all the little shops for a specific kind of person. I think my shop and Lux go hand in hand. I'd like to make the area more of a unique art destination. Basically anyone who's creative will want to come here.”

Ludwinek plans to include a “lounge space” in her shop that will attract other like-minded people to “do crafts or take drawing classes.”

Beale Street had been using the home for their catering business and so Ludwinek has been putting in a lot of time in refinishing the floors, painting the walls so that “everything will look

accompaniment to romance, and chocolate only makes it better,” said Lama. “It could be the romance of the imagination, of the exotic. It's a romance that inspires poetry.”

“I'm really excited to collaborate with a reputed local business and to bring our synergies together to offer something unique to the community.” Leaf Tea Bar chocolate and tea collection can be found at 650 South Avenue.



Khoas By Design necklace



Bracelets by Sandra Ruller
(Photos by Monica Ludwinek)

good for the art pieces,” she said.

Ludwinek grew up in West Irondequoit and learned photography from her father.

Little Shop of Hoarders will carry independent artists in a variety of mediums: paintings, jewelry (including ear weights), glass works, home decor and T-shirts. 269 Gregory Street. Facebook.



Image © 2016 Michael Tomb. More images available at Lambertton Conservatory and at Studio Michaelino 137 East Avenue, Suite 203. See studiomichaelino.com for more information

Lamberton Conservatory

Take a break from the winter cold. Join the Highland Park Conservancy in a tour of the Lambertton Conservatory, 180 Reservoir Avenue, on Saturday, February 18th, at 9:00 am. Learn about the Conservatory's flora and fauna with Monroe County Horticultural Interpreter, Noelle Nagel.

6th Annual Used Book Sale

Rochester Civic Garden Center Library, 5 Castle Park off Reservoir Ave., Saturday, February 18 and Tuesday to Saturday February 21-25, 10 am - 4 pm. Organizers say that in the past the library book sale has been a super predictor for the worst Saturday weather of the

season, so this year they're making sure that there will be six days to get great prices on gently used and vintage gardening book, free seed catalogs and back issues of magazines to get you through the winter.

Bye Bye

Living Stress Free

Living Stress Free Inc., owners Lou and Marilyn Guadagnino recently announced a move from Gregory Street to 277 Alexander Street, Suite 303.

Living Stress Free is a secular spiritual community who share the ancient practices of mindfulness meditation, music & sound therapies such as kirtan, psychotherapy, yoga, massage therapy, reiki and wellness educational groups.

Full Moon Vista Bike Shop

The popular bike shop moved from South Avenue to a much larger space at 1239 University Avenue.

Welcome

Time for Wine and Spirits

A new liquor store will be filling the space left empty when South Wedge Spirits closed.

Stop in and say hello to new owner Thomas Williams 661 South Avenue.

The Reiki Healing Center & Lemuria Gift Store

The Center now open by appt. in the Marine Midlands Building.

Owner Barbara Carleton's new store will carry crystals, books, cards and gift certificates for Reiki treatments. 758 South Avenue, 349.3400, www.thereikihealingcenter.com.



Ayurvedic Lectures at Ancient Universal Medicine

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at [www.
swpc.org](http://www.swpc.org)

Welcome to our first “Branching Out” Collaboration with James P. Duffy School #12!



Branching Out with...



School #12 Principal Jennifer Ghkourlias and Advantage CU President/CEO Jeff Boacach (Photo by Nancy O'Donnell)

We at Advantage Federal Credit Union are excited to bring to you stories, articles, and information all written by the children of School #12. This page came about through the inspiration of its students.

Some may not know that Advantage Federal Credit Union was started in 1931 by Rochester City School teachers. Now 86 years later we are still working with teachers and their students. We'll be sharing the spotlight and highlighting key financial literacy information that is so important for “kids” of all ages from 1 to 100! We hope you enjoy reading our page as much as we have enjoyed creating it.

One of Advantage's core values over the years has been to make sure we do the right thing for our members and our employees. Supporting education in Rochester is a reflection of that core value.”

--Jeff Bocach, President/CEO, Advantage Federal Credit Union

Meet the amazing, wonderful School #12 Principal Dr. G.

Nancy O'Donnell

That flashing movement seen in the corner of the eye inside the renovated James P.B. Duffy School #12 is probably Principal Jennifer Ghkourlias, Ph.D. (call her Dr. G.) moving through the halls. She's here. She's there. She's everywhere. Even when she's giving a tour she multi-tasks, talking about what new program is upstairs while she stoops to pick up a gum wrapper. “Gum isn't allowed in school,” she says dryly before thanking a volunteer who's come to read with students waiting on the landing.

Dr. G. is enthusiastic about her new school. “I was thrilled to come to School #12,” Dr. G. said. “It's a dream, a gift. I don't have words.”

Not only did she become principal, but principal in a completely rehabbed school. She points to the light-filled atriums, the bright colored carpet and green plants just a few steps from the main office.

Dr. G. grew up in a Rochester suburb, but now as School #12's principal is seriously looking for a house in the South Wedge. She currently lives in Brighton with her husband, Thanasis, and their children, ages 8, 10 and 12 years old.

Dr. G. started her love affair with the Rochester City School District at the age of 16 years old when she created an after-school program for children at School #6.

After attending SUNY Geneseo and student teaching at Jefferson Middle School and Benjamin Franklin High School, Dr. G. taught secondary social studies for 11 years in the West Irondequoit and Greece Central School Districts including the position of Assistant Principal at Acadia Middle School and High School. From 2005-2008 she worked as director of Social Studies and World Languages in Greece Central School. In 2008 she became executive director of Social Studies at RCSD. Three years later she became the

founding principal of the Young Women's College Preparatory school on Lake Avenue. Her final position before becoming principal at School #12 was Chief of Curriculum and School Programs at Rochester City School District

A *Democrat & Chronicle* article about her move to the RSCD main office said that her goal was to transplant “successful strategies from Young Women's College Prep to the district: accelerated work rather than remediation, work experience programs and more robust social-emotional support.”

Dr. G. has spoken out about the many areas of education. On her website she emphasized her desire to make a difference in every child's life.

On her blog, Dr. G. expresses her theories on education: “I've been passionate about school reform, progressive educational paradigms, and restoring hope in public education. As a public school teacher I'm passionate about school reform. I believe that pedagogy can and must be emancipatory. Every child has a birthright to a limitless opportunity for growth and a meaningful life. Schools and teachers have a responsibility to unlock that opportunity and to ensure we create pathways that lead to success for every child.”

Over the last 20 years she's taught and trained other teachers to teach. She's given lectures, been interviewed by newspapers and in 2013 was named a “woman to watch” by the *Democrat Chronicle*.

She moves around the school throughout the day. On some days she holds “ladies lunch, where she dines with 4th and 6 grade. “The food is really important to them,” she said. “On others she meet with parents. “I get to know families intimately.” She joins a “First Friday Coffee” run by the PTA to meet with parents in an informal way. She may also spend the day helping teachers, teach a class. She takes part in “peace circles” to help

continued on pg. 14

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School #12 Principal Jennifer Ghkourlias Ph.D (Photo by Nancy O'Donnell)

James P.B Duffy School #12 Journalism Club, Vol. 1. No. 1

Introducing... our students at James P. Duffy School #12!

Karen Ferrara

We are proud to share with you examples of student work from various grade levels at School #12.

School 12 is a bilingual school serving grades K-7 (adding 8th next year). We have over 700 students and over 100 staff members.

Some of the writing was completed at school, in response to class explorations. For example: fifth grade students analyzed the Universal Declaration of Human Rights and read the *Esperanza Rising*, sixth grade students studied Greek mythology and read *The Lightning Thief*, while seventh grade students read *A*

Long Walk to Water, written about Salva Dut by Linda Sue Park, both Rochester residents.

Other written pieces were crafted around the school, created by the "Walking Poets" group. With the help of two School #12 teachers, students adventured through the South Wedge seeking inspiration for poetry.

Our students have been working hard, and we hope you enjoy reading as much as they have enjoyed writing!

Karen Ferrara acts as Mentor for the School #12 Journalism Club.



(l-r) Prudence Lehner/Beatrix Almer-Martin, Xzaveon Alfonso (Photo by Henry Padron)

Student Poets Find inspiration from Art

Henry Padron

The Walking Poets is a School #12 Club supported by the Greater Rochester Health Foundation. I and Mrs. Teresa Hamm, who teaches 4th grade, decided to combine physical exercise and poetry by walking the South Wedge to be inspired by the many murals and sculptures that adorn the neighborhood.

Henry Padron is a teacher in School #12's Kindergarten HOLA.

Giant snakes
Jellyfish
taking off into
the sky

Me standing down below
this guy is not my foe,
he is so much greater,
gotta go
later!

Prudence Lehner, Grade 5 HOLA

And the man
floating
Over it all
Strange
creatures
Giant eye
Looking at the
man

**Capoeira
Haven M.G., Grade 5**



Capoeira is a Brazilian martial arts originating in the 1500's. Capoeira music is sung in Portuguese. In addition, Capoeira is performed in a "Roda," which is a circle surrounded by people singing, clapping, and playing instruments. They play instruments like the *pandeiro*, a drum held in your hand, and the *Berimbau*, an instrument that resembles a large bow and is played with a flat rock

and a stick. Capoeira is played with two opponents attacking, defending, and using many different moves as well. Some attacks, defenses and moves are called *Negachiva, Role, Jinga, Au, Meia Lua Compasso, Armada and Bensao*. In conclusion, Capoeira is a popular form of martial arts that is very dramatic and beautiful.

Floating over
it all
Big river
Little boat
Crystall
Mountain
And the man
Floating
Over it all

**Salva's Changes
"Long Walk to Water"**

Jeniell R, Grade 7

Long Walk to Water was written by Linda Sue Park. The story takes place in South Sudan between 1985 and 2009. The main characters are a young boy name Salva Dut and a young girl named Nya. She is a fictional characters while Salva is non fictional. He goes through many changes during the novel.

has no one to take care of him. He makes a friend, Mariel, which makes Salva feel better but then Mariel is killed by a lion. Salva finds his uncle who leads the group and helps them survive. His uncle teaches him to be strong and to take things one step at a time.

At the beginning of the story, Salva lives with his family in a small village named after his grandfather. He happily goes to school and takes care of the family's cattle, which are their source of wealth. His father teaches him to be brave and strong, though he is only eleven years old. Salva's life is content until his country's war reaches his villages. He is forced to run away to escape becoming a child soldier.

As he grows older in refugee camps in Ethiopia and Kenya, Salva becomes a leader to other orphan boys. He takes the time every morning to meet with each boy to help them take one step at a time. After moving to the United States, learning English, and attending business school, Salva started a charity organization to help poor people in South Sudan. He found his father and showed him what a brave, strong man he had become. Salva went through many changes throughout the story, *A Long Walk to Water*.

Salva finds a group of people to walk with, even though he doesn't know where they are going. He misses his family and

**Beatrix
Almer-Martin,
Grade 6 HOLA**



Farm Animals

By Jariana J. , Grade 1

I see a cow.
I see a horse.
I see a tractor.
I see a pig.
I see a chicken.
They live on a farm.

Culture in Salva Dut's book "Long Walk to Water"

By Nazareth M, Grade 7

Culture is an important part of any individual. Without the traditions, foods, celebrations, and religion, people wouldn't be definable. *A Long Walk to Water* is a perfect book that shows how important culture is. One of the main characters, Salva, is heavily affected by his culture. His home country is in ruins and he has to survive.

food without hesitation. They had just made it into the Akobo desert, halfway to Kenya (they were trying to reach Kenya to get to a refugee camp). Then, three rebels came and ransacked the group. They captured his uncle because he had a gun, and they obviously assumed he was in the military and they shot him right then and there. Everyone took time to mourn his death, but Salva suffered the most. Uncle was his only source of protection. He didn't have time to dwell in his sadness because unlike when Mariel his friend died he didn't have someone to lean or depend on. He actually benefited from his death and became stronger, and he was determined to not fall behind. They reached the camp and Salva found some kind of safety. He learned one thing from uncle, take things one step at a time.

In war torn Southern Sudan, Salva is a kid who was raised in a wealthy village and home. He never had any big chores so he could attend school (which is a privilege) in the rainy season. He was a smart kid, always ahead of his teacher's lessons. He was sitting in his classroom, just like any other day and gunshots rang off outside. Then all of the screaming and panicking followed. His teacher told him and the other boys to run into the bushes and get as far away from the village as possible. He ordered them to never return home. This of course troubled Salva because he would never see his family again. His contradicting thoughts left him confused but he had to keep walking to safety.

I believe no matter what you do you can never break away from your culture. Everything that Salva saw and heard are things that he could never forget. All of the trauma changed him as a person and made him a more independent being. Leaving home and never seeing his family, finding out his only friend died, listening to his uncle die are all traumatic experiences that you can probably never forget. Salva did do one thing that broke away from his tribe's culture and that was giving the rivaling Nuer tribe water, which was the reason why his tribe and the Nuer were fighting.

Salva walked a lot, trying to find some sort of haven. He met a friend (who got eaten by a lion) and eventually found his uncle, who just came out of the military. He acted as the leader, partially because he had a gun, but also because he had a strong personality. Salva clung to him a lot and because of this the rest of the group gave him extra

City Paves the Way for Play on Neighborhood Sidewalks

Jenn Beidemann

It's seems obvious, but play is good for kids need. According to Office of Disease Prevention and Health Promotion national guidelines, children require 60 minutes of daily physical activity to be healthy. Kids who play daily for an hour have stronger muscles, improved cognitive functions, do better at school, have reduced feelings of anxiety and develop important social skills such as problem solving and teamwork.

Despite all of these benefits, many children across the City of Rochester and Monroe County do not reach this goal. Reports from the Healthi Kids Coalition, an initiative of Finger Lakes Health Systems Agency, show that kids receive on average of only 7 – 12 minutes of active recess at school; and parents have shared that unsafe neighborhoods keep children from play.

The City of Rochester is addressing this issue by creating a playful sidewalk program

to promote healthier, vibrant neighborhoods. On November 14, Commissioner Norm Jones from the Department of Environmental Services signed into action a citywide playful sidewalk policy. Playful sidewalks increase opportunities for daily play and physical activity for children, youth and families, promote healthy active spaces throughout the city, and support public beautification efforts. Above all, playful sidewalks are just plain fun, adding new ways to jump, hop or skip on typically underused space.

An extension of the city's Boulevard program, the Playful Sidewalk program allows residents to create interactive designs in their neighborhoods to promote playful opportunities. All proposed designs must incorporate elements of play such as hopscotch, tic tac toe, connect the dots or follow the maze. The program is free to eligible groups submitting a design. For ideas on what could

be part of your playful sidewalk design, visit www.playrocs.org.

The playful sidewalk program emerged from Healthi Kids ongoing advocacy through their Play ROCs campaign. Play ROCs advocates for the creation of a more playable City of Rochester by bringing play into every day spaces such as the walk to school, or outside of a bus stop.

To learn more about the playful sidewalk program contact your local Neighborhood Service Center: Northeast: Pamela Reese-Smith, 500 Norton Street, 428-7660; Northwest: Ronald Penders, 41 Parkway – First Floor, 428-7620; Southeast: Nancy Johns-Price, 320 N Goodman St - Suite 209, 428-7640; Southwest: David Hawkes, 923 Genesee Street, 428-7630.

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



Oatka Creek, a tributary of the Genesee River

Rediscovering the Genesee River

Joel Helrich

The Genesee River is my watermark. The Genesee River is the reason I am here, in Rochester. As a University of Rochester undergraduate living on its "River Campus" many years ago, I often sat or ran along the river. The University of Rochester's alma mater is appropriately, "The Genesee."

My home today is roughly three meandering blocks away from this river. I regularly travel along its banks, take out-of-towners to see the High Falls, a location literally in the center of Rochester where the city originated 200 years ago, and often venture to see the Lower Falls, an area that some people have compared to remote areas of British Columbia -- yet, it is in the city!

The Genesee River is also the reason why Rochester exists. Without this river, Rochester would not have become the first boomtown in the United States, "The Young Lion of the West" in the nineteenth century, the world's largest producer of flour for a time, with the world's largest nursery, and would likely not have been home to Susan B. Anthony and Frederick Douglass, nor the birthplace of companies such as Eastman Kodak, Bausch & Lomb, and Xerox.

Emanating in Gold, Pennsylvania, and travelling 160 miles north to Lake Ontario, this river travels through many rural and suburban areas, through a concrete dam, then the city of Rochester, before terminating in Lake Ontario. As it makes its way through Rochester, it drops nearly 200 feet by passing over the High Falls (97 feet), Middle Falls, and Lower Falls.

In 2012, industrial pollution caused the Genesee River to be ranked the 32nd worst toxic river in the United States and the second most toxic river in New York State. After years of turning its back to the Genesee River, the city has been shamed to take action to protect, showcase, and

promote this dynamic waterway.

Organizations like the Rochester River Foundation and its proposed K-12 public school called the Rochester River School anticipate a reorientation and reconnection toward the Genesee River, a currently underused, underappreciated, and underutilized waterway. We imagine a future in which Rochester's young citizens support the waterways of Western New York. The Genesee River, Lake Ontario, Erie Canal, and the Finger Lakes, and the thousands of species that make these waterways their homes, are invaluable natural resources. Even young children can understand the injustice of pollution, possible extinction, and the importance of conservation.

The Genesee
T.T. Swinburne

Full many fair and famous streams
Beneath the sun there be,
Yet more to us than any seems
Our own dear Genesee.
We love her banks and stately falls,
For to our minds they bring
Our dear old alma mater's halls
Where sweetest mem'ries cling.
No castled crags along her way
Romantic splendors cast;
No fabled or historic lay
Recalls the golden past.
But more than battlemented walls,
Or legends they may bear,
Are alma mater's vine-clad halls
And mem'riesling' ring there.
As flows the river gath'ring force,
Along her steadfast way,
May we along life's devious course
Grow stronger day by day.
And may our hearts,
where'er we roam,
Forever loyal be
To our beloved college home
Beside the Genesee.

*Joel Helrich, PhD
cofounder, Rochester River School
cofounder, Rochester
River Foundation*

The Story Walk at Phillis Wheatley Community Library



Phillis Wheatley Library Story Book Walk

1 Story Book Walk
The story book walk will mount pages of a story on wooden posts, inviting children to move as they travel from page to page. The story will be switched out regularly to keep kids and their families coming back to see what's next.

2 Thermoplastic Graphic
A central sidewalk graphic will welcome children and families to the story book walk. This will help promote the story book walk and strengthen the identity of the site.

3 Edible Gardens
A plan has recently been created to create a series of edible gardens around the library. These will encourage physical play - writing, harvesting, etc.

4 Pavement Paint
Children will be invited to help create the pavement play elements along the story walk. The pavement paint and thermoplastic graphic complement each other. The thermoplastic is longer lasting, while the paint will be replaced regularly - an opportunity to involve more kids!

Phillis Wheatley Library will also create a program for children called "Our Story" - a series of workshops at which children will work with a writing instructor to collaboratively write a story. Once completed, the story will be mounted in the library's story walk for the whole community to enjoy!

play everywhere challenge

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Beaujolais and chicken pot pie equals comfort food (Photo by Glynis Valenti)

Comfort Food & Wine for Winter Months

Glynis Valenti

First, there are no hard and fast requirements for drinking wines with foods. People have their favorites, and there are no culinary police ticketing for having white wine with spaghetti and meatballs. But thoughtful wine and food combinations can complement favorable flavors and elevate the dining experience even if it's served on TV trays after work.

Rochester winters mean comfort food—usually “stick-to-your-ribs” dishes, served hot, with an element of nostalgia that brings back fond memories or makes one feel better. Perennial favorites include chicken soup, pot pies, meatloaf and mashed potatoes, stews, macaroni and cheese, corned beef with cabbage, and grilled cheese sandwiches. One red wine pairs well with several of these dishes and is inexpensive enough to drink with everyday fare: Beaujolais-Villages.

Many people, thanks to good marketing in the 1980s, associate Beaujolais with Beaujolais Nouveau, a light-bodied, fruity wine drunk within a few weeks of harvest that kicks off the holiday season. However, Beaujolais, a region in eastern France south of Burgundy, west of the Cotes du Rhone, and north of the city of Lyon has been producing a wider

range of better quality wines for centuries.

Around 98 percent of grapes planted in Beaujolais are Gamay noir. Research indicates that this Gamay—because there are many different varieties planted throughout the world—is probably a cross between Pinot Noir and Gouais, an ancient grape the Romans brought to the area 2000 years ago. The Romans were the first to cultivate vineyards here, and during the Middle Ages Benedictine monks tended the vines.

Wines created with this dark red grape are fruit forward with low to moderate acidity and moderate tannins. Red berries are present on the nose, and flavors include tart cherry, raspberry, and cranberry, but also, depending on what area of the Beaujolais region the grapes are grown, there may be flavors of violet, earth, or smoke. It should be served slightly chilled, around 57 degrees, and drunk within two to three years of bottling.

There are Cru Beaujolais wines that are fuller-bodied and have individual characteristics stemming from terroir. These can be difficult to find and more expensive, upwards of \$20 per bottle. Beaujolais Nouveau is young and unpredictable and not usually a food wine. Beaujolais-

Villages, however, is wine that is fairly consistent, comfortable with food and priced under \$15.

Regional cuisine includes Coq au Vin, “chicken with wine,” cooked with mushrooms, bacon and herbs and an excellent choice for Beaujolais-Villages. Other regional dishes that would pair well with this wine include rabbit dishes and locally made sausages and charcuterie.

Closer to home, the medium-bodied Beaujolais-Villages is a good match for pot pies, grilled cheese sandwiches, and bacon. The wine’s acid and tannins balance the fat in these foods, for instance the pie crust and gravy and the gooey cheese. Chicken and bacon are not heavy meats like steak and venison, so they will not overpower the wine. Even macaroni and cheese, with or without ham or hot dogs, is a good match for this wine. In addition, Beaujolais-Village is also appropriate to serve with the upcoming St. Patrick’s Day favorite, corned beef and cabbage.

This wine could be paired with chicken, beef, or vegetable stews and soups. Spicier stews like chili need a fuller-bodied red to stand up to the flavors and textures. Comfort foods like meatloaf and mashed potatoes, pot roast, and cassoulet would also overpower Beaujolais-Villages. Better choices for pairing might include Zinfandel, Syrah or red Bordeaux.

While eating a regular diet of comfort foods with or without wine could not be considered healthy, more studies have shown that sipping a glass of red wine with heavy foods actually aids digestion, helps protect the body from arterial damage, and lowers bad cholesterol.

There is more winter weather coming, so when macaroni and cheese sounds like the perfect dinner while listening to the wind and snow plows, open a bottle of Beaujolais-Villages to make it even better.

Leaf Tea Bar Hosts Rare Chanoyu Ceremony

Niraj Lama



Rie Maywar displays the steps to a Japanese Tea Ceremony (Photo by Niraj Lama)

A rare presentation on Japanese Tea Ceremony or chanoyu was held recently at Leaf Tea Bar, a newly opened tea house in South Wedge. A booked out audience of tea enthusiasts participated in the ceremony that was led by Rie Maywar, a local certified Chanoyu instructor.

Recognized for its highly-choreographed tea preparation ritual, chanoyu as an art form dates back to 16th century Japan. Besides tea the art form includes pottery, calligraphy and ikebana. The philosophical moorings of chanoyu lie in Zen Buddhist ideals of harmony, purity, respect and tranquility. It takes years to master the skills required to perform the tea ceremony.

“Japanese tea ceremony are rare occurrences and tend to be pretty private affairs. Therefore, to get an invitation to one is a pretty high privilege. We were delighted when Rie agreed to make a presentation on the ceremony,” said Niraj Lama, owner, Leaf Tea Bar.

Born in Japan, Maywar started to learn Chanoyu when she was 15 years old. She came to Rochester, NY 20 years ago following marriage. Maywar continued her practice of Chanoyu and is today a 3rd degree instructor in the Urusanke school of Chanoyu. “The way of tea (as Chanoyu is often described in Japan) gives me a deeper appreciation of

nature and art,” notes Maywar.

Leading the participants through the ceremony, Maywar asked them to pay attention to every detail around them including the scroll that had been hung for the ceremony. The scroll - which sets the theme for the ceremony - included the text “sun, moon and flower” rendered in calligraphy. “With these poetic words we dedicate this ceremony to all beautiful things,” Maywar explained.

Participants were also shown the right way to hold a tea bowl, to sip out of it and to inspect it for its beauty. They were also shown proper etiquette towards their fellow participants where they bowed to each other, besides the host, before drinking the tea. The tea itself is prepared using matcha, or powdered green tea. Ceremonial matcha is full-bodied tea with a slightly vegetal and nutty taste. The texture is creamy and has a mildly sweet finish.

For the occasion, Maywar had also personally prepared Japanese sweets made out of adzuki beans. It was laid out on special Japanese paper for the guests, and it had to be eaten with the help of a special bamboo pick.

The presentation required certain modifications. Normally, tea ceremonies are conducted on the floor where tatami mats (cushioned bamboo mats) of prescribed sizes are laid in a space exclusively created for tea ceremony. There is a hearth and a low entrance. But at the tea bar the presentation took place on low tables, with the guests and the host seated on chairs.

“The participants did not mind. They enjoyed the ritual of the tea ceremony and had many questions for Rie,” said Lama, who noted that he hopes to organize more such special tea events in future at Leaf.

Keeping with the etiquette, no photographs were allowed during the ceremony itself.

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OPINION - South Wedgers Spread Out to March for Justice, Inclusion & Love

More than 2.6 million men, women and children marched around the globe on January 21, 2017 in response to the election of Donald J. Trump. In Washington, D.C., 500,000 marched (or tried to march) in a huge crowd. In Seneca Falls, NY, 2,000 marchers were expected, and 10,000 showed up, more than the entire population of the historic town which is the birthplace of the Women's Rights Movement. Some 1,000 gathered around Washington Square in Rochester, NY. In all three marches, South Wedgers turned out with others to show their commitment to protect and defend a vast range of progressive movements and core American values: environmental protection, LGBT and racial rights, free speech and freedom of the press, anti-war and voters rights.

Women's March On Washington, D.C.

Jennifer Baldwin, Washington, DC



Jennifer Boyce, Jennifer Baldwin, Jennifer Wellock, Paul Fitzpatrick, Christopher Hennelly, Dena VanCuren (Photo taken by one marcher in a peaceful crowd of 500,000 marching in defense of core American values. No arrests were made that day)

Like many people, the recent election and change in U.S. leadership has awakened an unknown desire to participate – vocally participate- in the American democratic process.

Through Facebook, I connected with one friend (long lost), one friend (ride- deprived) and Christopher Hennelly, a South Wedge friend (committed above all else to community), and made my way to the Women's March in Washington. A friend of mine, who works for the National Park Service and lives about an hour's commute from the March, invited this motley gang to descend on her place for the weekend.

Once in the D.C. area our plan was to stuff all six marchers into one car and leave it at the closest train station, then ride the Metro into the city. On the morning of the March, mapping apps let us know the some of the closest train stations park and ride facilities were already full, so we got creative and found a parking garage at a more out-of-the-way train station.

We avoided long lines at the station by my friends' wonderful forethought to purchase Metro Cards for us. Soon we were surrounded by a sea of pink hats, and our excitement began to grow. Any fear we had about being unsafe began to dissipate as we enjoyed the atmosphere of going to a concert without a headlining act.

Off the Metro, we discovered the side streets leading onto the March route were extremely clogged. It took about three hours before we could shuffle our way onto the main course itself. At times, the particle physics of crowds threatened to separate our group, but we managed to quell the claustrophobia and only bump into a few good natured people.

The vibe was great, with the police attentive, but benignly watching over the proceedings. Even an idling ambulance joined in the act, by timing their siren blasts to the rhythm of the marchers' catcalls.

Our group of six stayed together. We told jokes, chanted, and enjoy reading the poignant/funny signs in solidarity with the crowds. While our path never took us to the front of the main stage, for about 10 minutes we did find ourselves behind it, where we could see the jumbotrons and hear speeches including Madonna's now infamous speech which the crowd loved.

We made it to the Mall after being on our feet for about five hours and stopped for a well-deserved burger in a restaurant thronged with 'hangry' marchers. Perhaps not coincidentally, we began to understand the depth of our accomplishment only after our second round of beers. The harried waiters tried unsuccessfully to quiet the crowd as we watched Sean Spicer's first press conference like sports fans watching a game in double overtime, shouting at the screens at every perceived slight.

One of our group had never been to DC, and she wanted desperately to see the Lincoln Memorial. Reluctantly, we roused our weary bodies off of our barstools and made our way to the site. I'm so glad she pushed us for this last leg of the journey: besides being an absolutely breathtaking

architectural monument especially at night- it was absolutely fitting at this time of division and strife to read President Lincoln's prescient Gettysburg Address and his first Inaugural Address.

Later, we all slept like babies, and after a variety of ways to caffeinate, we headed back home early Sunday evening. We'd left Friday afternoon as practical strangers and returned on Sunday early evening knowing details of each others' lives that only the intimacy of strangers can provide.

If I can be so bold as to speak for our group, I think we all found the experience to be healing, putting at least a temporary salve on the wounds that have afflicted our psyche after the election that we never thought would have come to pass. It was nice to be surrounded by like-minded and energized citizens who have also heard the call as we had. I left the March having reinforced my friendships, my beliefs, and I daresay my humanity. Simply put, we all felt proud to have stood up for what we believe in. For this group, for this moment, there was only one sentiment--empowerment.



Mini marcher in D.C. (Photo by Patrick Fitzpatrick)



Brooklyn, NY dramatist Rachel Mary Cox joined in support of progressive politics in Washington, D.C.



Angela Locke and Lorrie Sprecher (Photo by Nancy O'Donnell)



Shelby Przybylek (Photo by Rachel Leavy)

Solidarity Rally in Rochester

Rachel Leavy, Rochester, NY

In the wake of the presidential election, many people in our small corner of the woods have felt alone, depressed and lost. The fear of losing human rights as legislation has already begun to change our government.

Rochester joined the rest of the world on Saturday, the 21st, by having a peaceful gathering. Washington Square Park and the surrounding streets were full of people, many from the South Wedge, showing solidarity for the community. The diverse crowd carried signs, wore pink hats and proudly swung their rainbow flags.

Organized by Action Together Rochester – Stronger Together WNY, the rally included organizations such as Planned Parenthood of Central and Western

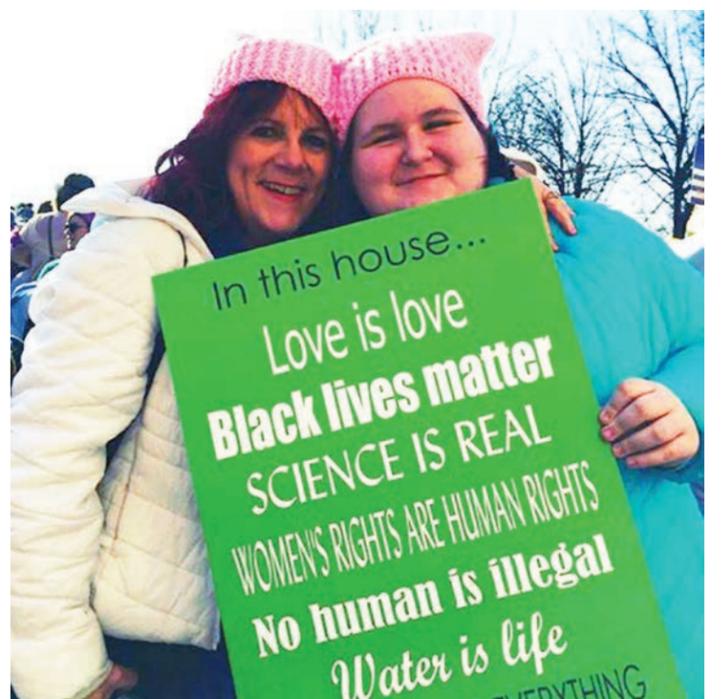
New York Action fund, the Gay Alliance of Rochester, Metro Justice, and NOW (National Organization of Women).

Shelby Przybylek, owner of Little Button Craft on South Ave., was prepared for the rally. She showed her support by carrying hats, pins and other swag supporting the movement in her shop.

"It's a little bit nerve wracking because I don't know necessarily how much is going to change. But I'm really hoping that we can carry the community and the collective energy," Shelby said.

The rally had many speakers, including Mayor Warren, Nicole Black – Co-organizer of the rally, Jeff Myers - director of the Gay Alliance of Genesee Valley, and

continued from pg. 13



Nancy O'Donnell and Maya Reagan (Photo by Lorrie Sprecher)

Women March in Seneca Falls

Nancy O'Donnell, Seneca Falls

I and my niece, Maya, drove into Seneca Falls a couple hours before the march which turned out to be a good idea because later we learned cars were backed up a mile and half on the Thruway with people wanting to get into Seneca Falls.

Lorrie Sprecher, a friend from grad school, and her comrade-in-arms Angela Locke who now live in Syracuse, met up with us. We joked about the 65 degree weather on January 21, proof of global warming, and the urgency of

making sure the U.S. will have more climate advocates than adversaries.

The speakers platform was set up just outside the building where the first Women's Convention was held in 1848. We heard from officials from the Women's Rights National Historical Park, tribal leaders and others before we started off--people of all ages, sexes, races, sexual preferences and politics --marching together with one voice chanting, "This is what democracy looks like."

South Wedge Savor the Flavor

Over a decade ago, The South Wedge Planning Committee volunteers compiled "Savor the Flavor," a community cookbook for a fundraiser to support SWPC's programs.

A team of volunteers--Nanett Cepero, Lauren Daley, Philip Duquette, Tracy Saville, John vanKerkhove and Tanya Zwahlen-

-collected recipes all over the neighborhood, from appetizers to desserts. Many of recipes come without exact measurements or from family recipes, some that spanned several generations.

For this issue, take a trip to Germany courtesy of Ed Meyers, a former SWPC staff member.

German Tilsiter Soup

- 2 oz. bacon
- 1 T. butter
- 1 lb. mixed fresh vegetables: (potatoes, celery, carrots, onions) peeled and chopped
- 1 pint chicken stock
- Dash pepper
- 2 T. parsley, freshly chopped
- 4 slices white bread
- 6-oz. Tilsiter cheese
- Cut the bacon into cubes and fry until lightly browned. Add

the butter to the pan and when melted stir in the vegetables and cook until heated through. Add the stock and bring to a boil. Cover and simmer 15-20 minutes until the vegetables are tender. Next, season with pepper to taste, add the parsley and pour into four soup bowls. Place one slice of bread in each bowl and cover with grated cheese. Place under a preheated grill or in oven until cheese has melted.



German Cherry Trollinger

- 12-oz. cherries
- 15-oz. Trollinger or other light red wine
- 15-oz water
- 8- oz sugar
- 1 pared rind and juice of lemon
- Pinch ground cinnamon
- 3 T. milk
- Corn flour to make mixture into a pudding like consistency
- Wash and stone the cherries Heat the wine with 1 1/2 pint of water and the sugar, lemon rind and cinnamon. When the sugar has dissolved, add the cherries and cook for five minutes. Mix the corn flour with the remaining water, stir into the pan and cook for three minutes until thickened. Stir in the lemon juice. Allow to cool. Stir before serving.

Solidarity March

continued on pg. 12

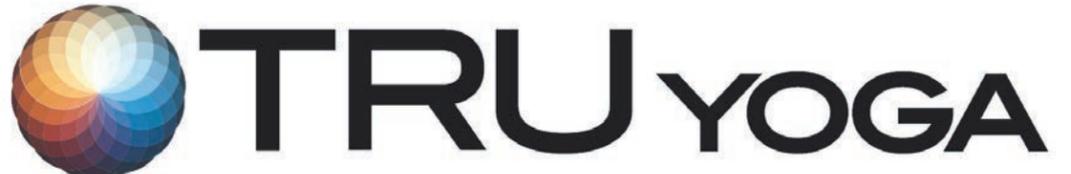
Chris Hilderbrant, a disability advocate. The message was clear - we will stick together in our community and not tolerate hate--whether it be in the form of words or legislation.

Monroe County Legislator James Sheppard, who recently announced his decision to run for mayor in Rochester, was in attendance and gave his glowing opinion on the rally.

"This is phenomenal, I obviously paid attention to the fact that all over the United States there are rallies relative to these issues. In terms of women, women's health, and their rights; I embrace

it," Legislator Sheppard said. "Based on the fact that I know the next four years are going to be very hard for this nation in terms of where the president and where the Republican Congress would like to go, and so I think it's important for them to hear the message loud and clear that enough is enough. Things are not going to go the way they think they're going to go."

His message was apparent on the faces of those in the crowd. The weather was great; there were even signs asking how it could be almost 60 degrees in January if climate change wasn't real, so the rally went on for hours. It was the first step in the direction of change we are looking to see.



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RG&E South Wedge Substation Construction Ending

South Wedge residents have been wondering what exactly was being built on the corner of Hamilton Street and Mt. Hope Avenue by LaBella Associates as the grey nondescript stone building took form. Recently, Hamilton Street residents were leafletted with a notice from the RG&E about possible street impacts during the final construction of its new Substation 262.

In a press release RG&E emphasized that they would "continue to invest in its electricity and natural gas delivery systems company ...as part of our commitment to provide the level of service you expect and deserve and because of growth in the Rochester region to help ensure safe, reliable service."

The Bella Associates website describes the construction as a "new indoor distribution substation" It goes on to note that "Station 262 will consist of two 30/40/50 MVA transformers and multiple sections of GIS switchgear. Because of residential neighborhood considerations, the equipment will all be housed in the interior of the building, meaning designers will work within strict noise, fire protection and architectural character requirements.

Recently residents on Hamilton Street received notice that underground transmission line work was expected to begin in January 2017, with most of the work completed by October 2017. RG&E assured affected residents that they will be

notified via door hangers as work approaches their neighborhood.

Rochester Gas & Electric began building the substation earlier this year. Officials recently reported that work is on schedule, and it is slated to be completed by June 2017 with some exterior work to be done throughout the summer.

"We will then move to the substation construction phase - most of that work will be done in the interior of the building We anticipate that work continuing through 2017 and completed by mid to late 2018," officials said.

If you have questions about any of these projects, please contact us at 1-877-387-9808 and leave a detailed message. Someone from the project team will return your call as soon as possible.

SWPC Salutes Our Neighbors Who Made Holidays 2016 Bright

Judy Bennett

The annual South Wedge Holiday Decoration winners were selected during the week of December 18 by a group of area residents, including members of the SWPC Community Engagement Committee. Judges included Maria and William Brandt, Mike Henry, Lindsay Wech Nabozny, Susan Mars, Emery Rizzo and Paul Minor.

The overall best decorated house was 593 Mt Hope, with 84 Poplar Street and 780 South Avenue acknowledged as having the most lights and decorations.

Additional winning houses were 191 Sanford, 42 Gregory, 780 South Avenue, 593 Mt Hope, 102 Cypress, 84 Poplar, 203 Linden, 14 Menlo Place, 84 Hickory, 133 Averill, 112 Comfort Street and 6 - 8 Van Street.

Gift certificates from local South Wedge businesses were awarded at "Wedge Me In" event on January 27 or delivered to the resident's homes. See other winning houses on the Wedge Facebook page and online.



Holiday Decorating award was given to 133 Averill Avenue

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417 South Avenue, Rochester, NY 14620

School #12's Dr. G.

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"repair harm when it happens."

"We meet in a circle and have a conversation with a student. It helps every child have a voice."

"I love being a principal," said Dr. G. "It gets you to the root of our work. I also work on community-based curriculum, development and design."

Dr. G. is especially proud of a number of School #12 programs including the Hola Program where students learn to read, write and speak in both languages.

"I'm very proud of HOLA," she said. "We have two bi-lingual classrooms. It's unique enrichment. We also

have an integrative classroom for our students on the autism spectrum. Rather than isolating the students, they can learn social skills in this kind of classroom."

She is also excited by a partnerships area nonprofits and businesses like the Greater Rochester Health Foundation, Advantage Credit Union and Foodlink. These partnerships help in a variety of way from promoting healthy play and eating to supporting the school's new Journalism Club.

School #12 bustles not only with new technology but also with an emphasis on making the school day fun. Students can pick from a variety of activities during recess: yoga, hockey or snow shoeing.

Dr. G. is also deeply engaged in utilizing the many volunteers who work with students.

"We've had a long standing partnership with Xerox," she said. "Volunteers agree on a topic with the teacher and conduct experiments. They can take science to a level we couldn't provide naturally."

"I want to unify and see rich programs for everyone," said Dr G. "Including Mindfulness lessons and restorative practices. I want to build relationships with the community.

Soon it's time for Dr. G. to move on to another task. "I smile all my way to work and smile on my way home." "



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Abundance Co-op Opens Soon

continued from pg. 1



Paula Hansen, co-president of the Abundance Food Co-op Board of Directors

Becoming a community space

We're looking forward to supporting the great things already going on in the South Wedge through the transformation of a not-so-nice empty building into a breathing, living hub of activity.

One way we hope to do this is through a brand new community space that will be available for classes, meet-ups and other community events. We are currently building out the initial schedule for the space. We plan to have a mix of free and paid programming for classes. **Classes, how-to's & skill-sharing:** We conducted a survey in our store in November to see what classes customers, owners, and staff would find valuable. A quick snapshot of some of the suggestions shows just how many possibilities there are: fermenting, how to make

kombucha, vegetarian cooking classes, how to prepare different veggies, small space planning, intro to gardening, sewing, how to compost, nutritional literacy, and many, many more.

Meet-ups & gatherings: Our community is teeming with organizations doing good things. The community space will available to those that need somewhere to meet (or do) on a regular basis. Rochester nonprofits and community groups are encouraged to use this space.

While we hope to book a variety of activities in the space, it will not be available for outside commercial purposes.

Have an idea? Want to teach? Want to learn more? Please get in touch with me at 454-COOP or by emailing chris@abundance.coop.

There are a limited number of time slots available for our initial schedule, so be sure to get in touch as quickly as possible if you are interested.

After a few unexpected delays, we are (finally) moving ahead with our opening. Early in December, we announced the date for Grand Opening: Earth Day (April 22). The Earth Day Grand Opening is going to be a day to celebrate all that makes Rochester's cooperatively owned grocery store what it is: people, cooperation, good food, and community.

ROC Earth Day Parade: The day will begin with the launch of what we hope will become Rochester's Earth Day Parade. It will start at our current location, 62 Marshall Street, and make its way to the new store on 571 South Avenue. The route and details are still being determined, so stay tuned.

ROCworthy Earth Festival: We're very happy to announce that we are teaming up with SunCommon to present the ROCworthy Earth Festival after the parade. SunCommon is a local Certified BCorp bringing solar energy—including a community solar option—to Rochester. This will be a sustainability-focused event right in the South Wedge.

Grand Opening Activities: The Earth Day Grand Opening will also be an excellent opportunity for everyone to come and explore the new store and all that it has to offer. We'll have vendors with delicious samples, plus live music and more activities.

It's such an exciting time for our co-op. We're deeply grateful for the support of our owners, South Wedge businesses, the City of Rochester, and the State of New York, all of which has helped the Abundance cooperative project to grow so that, together, we can do more.

Chris Whitbell is the Marketing & Outreach Manager at Abundance Food Co-op

Police Officer Down Rockingham St. Ambush

Michael Thompson

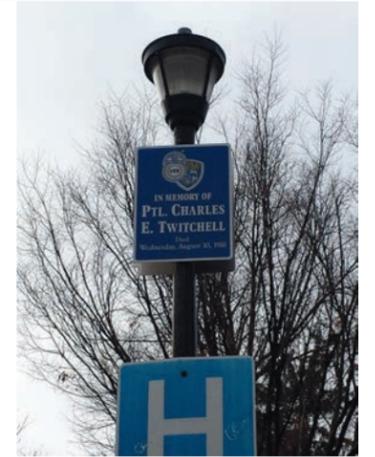
Walking by the corner of Rockingham and Meigs Street, it's hard to miss the large blue memorial sign on the lamppost "in memory of PTL. Charles E. Twitchell.

A little research brought me to the "Officer Down Memorial Page" (ODMP), a national online website which memorializes police officers killed in the line of duty since 1996.

Information about Patrolman Twitchell contained on the site was a bit disturbing. It stated that Officer Twitchell, an officer with the Rochester Police Department, died on August 10, 1910 "shot and killed from ambush." So much for the "good old days!"

However, a short search at Rundel Memorial Library turned up a somewhat different story.

According to an account in



the August 8, 1910 Democrat and Chronicle, Officer Twitchell's end was the result of slippery pavement and the officer's horse slipping and falling on him. He died of his injuries that evening at Hahnemann (Highland) Hospital. Nonetheless, thank you for your service, Officer Twitchell.

Another reminder to check your sources!



South Wedge Victory Garden Report

Felton Culbreth, Garden Manager

A spring garden can provide an abundance of fresh delicious produce.

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

Many vegetables have short growing times, and can be planted and harvested in a few short weeks. Lettuce, radish, peas & spinach sprout pretty quickly in early spring.

Here are some ideas to get started. When growing vegetables like lettuce, radishes & kale, we like to start most of plants from seed. We have control over organic

growing and it cost less than what it cost at the market. You should begin growing the plants inside early in the season. You need space to start them.

You will also need a light system and seed starter/germination kit. For those who have gardened with us at the South Wedge Victory Gardens before or would like to start gardening, you must complete an application each season. Applications will be available online at swpc.org or stop by the SWPC office at 224 Mt. Hope Av. The deadline to apply is March 1st.



Building continues inside of Abundance Food Co-op new South Avenue site..



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Wedge Me In



Commissioner Baye Muhammed, City Department of Neighborhood & Business Development, and City Council member Loretta Scott express their appreciation of strong community activists.

Photos by Glynis Valenti



(l-r) South Wedge Victory Garden Manager Felton Culbreth, Marta Rudeman, Ann Culbreth and Jo Cummings (in front)

The South Wedge Planning Committee (SWPC) held its annual membership meeting/fundraiser in late January. Neighbors, newcomers to the South Wedge

listened to a report on recent survey, outlined new projects and highlighted completed ones, shared stories of community building, ate, drank and vied for great raffle gifts!



Carlene Woodward, Highland Park Neighborhood, and Elaine Spaul, City Council member, join in celebrating Wedge Me In



South Wedge Planning Committee (SWPC) Board 2017

(l-r) Barrington Nelson, Karen Blagrove, Board Chair Frank Logan, Lindsay Nabozny, SWPC Executive Director John Page and Tony Sciarabba (other boardmembers include: Dave Halter, Emery Rizzo, Mark Griesberger and Sarah Farmer)



State Senator Joe Robach, South Wedge Victory Garden Manager Felton and gardener Marta Rudeman



SWPC Executive Director John Page



State Senator Joe Robach (R) and SWPC board member Dave Halter



Jill Duff and Tony Sciarabba

SEAC Open House

The South East Area Coalition invited southeast neighbors to meet the new board and invite suggestions for a community

project. Ideas shared among others included a Rochester Highland Trail, Gazebo at Lake Riley, Wadsworth Square Boulev' Art, a

South Wedge Jazz pre-festival, street banners in the ABC Street neighborhoods.

Photos by Nancy O'Donnell



Dorothy Parham, EMMA, and Mary Coffey, North Winton Village Neighborhoods



Jim LeDuca, Joanne Lembach, Park Meigs Neighborhood and SEAC Board member Mike Tomeno



Chris Stevens, Upper Monroe and Jim and Mary Oplinger, Cobbs Hill



South East Area Coalition (SEAC) Board 2017 (l-r) Cory Tinsley, Rachel Snyder, Sue Polsky, Mike Henry, Tony Sciarabba, Board Chair Christine O'Connor and Mike Tomeno



Karl Waelder, Highland Park and Judy Lee Hays, Swillburg neighborhoods



John Frank, North Winton Village neighborhood, checks out the SEAC map



Lee Sengbush, Cobbs Hill and Christine O'Connor SEAC board chair



Residents from many southeast neighborhoods stopped by the SEAC Open House

The Wedge Gets Read!