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- Meet Toni Weasner & Toni Events



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



Highland Market ribbon cutting (l-r) Kelvin Knight, City of Rochester S.E. Neighborhood Center assistant administrator; neighbor Jerdine Johnson; Matt McCarthy, City senior economic development specialist; Highland Market owner Danny Stefanou, Pat Stefanou and Christine Jones, Business Association of the South Wedge co-president (Photo by Nancy O'Donnell)

Highland Market Bakery & Deli Opens a Bigger & Better Store on South Avenue

Nancy O'Donnell

Highland Market Bakery & Deli owners Danny and Pat Stefanou were already behind the counter whipping up a cappuccino and taking an order for an egg and sausage breakfast sandwich. The couple and daughters, Lisa and Nicki, were

waiting for city officials to arrive for the grand opening ribbon cutting at their very new and improved market on South Ave. on April 5.

Soon Nicki was taking visitors around the store while customers oohed and ahed about the sunshine lit space or read the board behind prepared food counter. Jerdine Johnson said she was thrilled she can walk to the market from her home on Linden Street. Connie Potter of Brighton came

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Discover eco-friendly wines story on pg. 13



Frey Vineyards have been producing organic and biodynamic wines since 1980.

SW Farmers Market Plans Season 2017

Jesse Knoth

It's been a long winter here but now that spring is the South Wedge Farmers Market (SWFM) is just around the corner. We are excited to be back at Genesee Gateway Park, at Mt. Hope Avenue and Alexander Street for our third season (and 11th anniversary as a market) and look forward to seeing you every Thursday 4-7 p.m. from June 8 to October 13. Many of our vendors are returning, and we'll be adding new ones as well this year.

Can't wait for the market to start, join us on Tuesday, May 2 from 5-8 p.m. at Swiftwater Brewing as market managers and volunteers from the Westside Farmers Market and South Wedge Farmers Market take over behind the bar. A portion from beer sales and tips will go to support two great neighborhood markets. Volunteers and Market Managers behind the bar in veggie costumes.

Plus how often do you get

continued on pg. 6

Last Minute News...

Welcome Toasted Bear Tavern & Grill. They'll be moving into the site of Beale Street at 689 South Avenue. Look for American fare (burgers, wraps, Fish Fries) when they open sometime in June.

Stuart Spices Celebrates 25th Anniversary on May 6, 11 a.m. - 4 p.m., 754 S. Clinton Avenue, 25% off retail spice purchases. Sample foods.

Dicky's Corner Pub on Meigs St. reopens as a "family friendly tavern" erving pub grub and good times. under owners Mike and Richie Salvaggio.

South Wedge Saddened at Closing of Historic Calvary St. Andrews Church

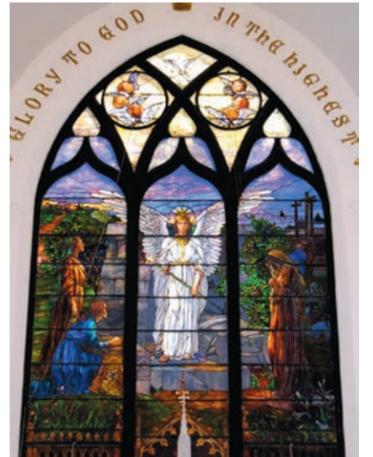
John Wilkinson

On March 12, the Calvary St. Andrew's congregation voted to dissolve the congregation, "church-speak" for close. The final Sunday service will be Easter Sunday, April 16. A community-wide service of thanksgiving will be held on Saturday, April 22 at 1:00 p.m., and all are welcome.

At the congregational meeting, there was discussion about the future of the building. Several alternatives are being considered, including sale to a new owner or the retention of the building by the presbytery for mission purposes. Members of the administrative commission and others are working on a proposal to present to the presbytery at a later date.

The CSA Emergency Food Cupboard will continue meeting the needs of neighbors. A team is working on a transition in leadership to be able to better recruit volunteers and raise funds. Regardless of who owns the building, the food program will press on.

It seems appropriate that the final worship service will be held on Easter Sunday. Though the formal ministry of CSA



Calvary St. Andrew's Tiffany stained-glass window dims when the 19th century church closes after its last Easter service.

will end, its fruitfulness will not. Lives were impacted as the message of justice and hope was shared with so many for so long.

For further information, contact John Wilkinson at 271-6513 or jwilkinson@thirdpresbyterian.org

John Wilkinson is the pastor of Third Presbyterian Church and is also serving as the moderator of the administrative commission for Calvary St. Andrews Presbyterian Parish.

South Wedge Community & City Discuss Future of Riverside Parcel on Mt. Hope Ave.

Judy Bennett

The "Overall Genesee Gateway Master Plan" has targeted a 1.86-acre vacant lot owned by the City of Rochester at 151 Mt. Hope for possible multi-story retail / commercial and residential development. The

acre is located between Genesee Gateway Park (adjacent to Hamilton Tower) which is the site of the South Wedge Farmers Market (June-October) and the

continued on pg. 3

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! 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 busi-

ness who participate.

In addition, Wedge Card members receive the *Wedge Newspaper* delivered to their door. It 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!

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750 South Avenue

HeadzUp Hats, 15% off
524 Mt. Hope Avenue

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

Jane Vintage, 10% off
739 S. Clinton Avenue

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

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The Wedge Newspaper
585.256-1740, ext. 105 or 978.9638.
Fax 585.256.1497
E-mail staff, type first initial 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 SWPC 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. . . . 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.

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South East Area Coalition South Wedge Planning Committee April/May 2017 Calendar

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

SEAC/SWPC Board Meets Tues. 4/18 & 5/16
SEAC, 5:30 p.m SEAC/SWPC, 6 p.m. SWPC 7 p.m.
SEAC contact: coconnor@hselaw.com
SWPC contact: flogan@rochester.rr.com

Community Engagement (Neighbors & Block Clubs)
jknoth@swpc.org
Wed. 4/26 & 5/24, 5:30 p.m.
Fundraising Committee (SEAC/SWPC)
Tues. 4/12 & 5/10, 6 p.m.

Housing & Structures Meets bimonthly
Wed. 5/3, 5:30 p.m.
gvalenti@swpc.org
SW Victory Garden
felann@frontiernet.net
E-mail for dates and times.

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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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224 Mount Hope Avenue, Rochester, NY 14620.

Swillburg Shout Out

Mike Henry



Well, Swillburg residents continue to lunch together monthly using local dining venues. On February 24 ten of us gathered at the Flavors of Asia Restaurant on South Clinton. As usual we had lots of good conversation and food. These gatherings are always fun because invariably one makes a new acquaintance and interesting stories are always shared. I find it especially captivating when these are native Rochesterians who are kind enough to reminisce and share Rochester stories. All the better if the stories are about Swillburg proper.

I've gotten to speak with a couple of "natives" who recall using the pedestrian bridge that crossed over the canal and later the subway bed. Swillburg's history is especially linked with the canal, so one neighbor shared at a recent gathering. He imparted that in the canal days Swillburg had its share of pugilists, explaining that there was vying at the local canal docks and having someone who could protect each dock's territory was an asset. Hence, locals found work protecting access to the docks along Lock.

This pedestrian bridge connected Swillburg with Monroe Avenue, specifically, Pembroke Street with Adwin Place today



Swillburg residents hold monthly community lunches (Photo by Judy Lee Hay)

an extension of Rutgers Street (alongside today's Button Factory Lofts). It had been erected at the behest of Father Connors of Blessed Sacrament, have yet to narrow down a date of construction, but believe it was between 1920 and 1940 (if you have any idea, please let me know on Nextdoor). This bridge was removed during the construction of the 490/Eastern Expressway in the late 1950s.

In 1960 a group of local residents collected a couple hundred signatures and petitioned the city to have it replaced. I wonder could this have been the beginning of the Swillburg Neighborhood Association? This petition was taken to the council by City Councilman William Legg. Sadly, two weeks later Public Safety Commissioner, Kenneth Townson, announced that studies indicated its usage (mostly of school children) didn't warrant replacement costs. I found no information of further neighborhood appeals. Incidentally, all the bridges spanning the old canal/subway

bed had to be replaced by longer bridges given the much wider swath the expressway required.

So, our neighborhood luncheons are a great way to meet more neighbors, share local information and soak up personal accounts of historical people, places and things. Anyone is welcome to join. Our dear neighbor Judy Hay organizes them and posts announcements on Nextdoor.

Besides the March luncheon another upcoming event includes the United Way Day of Caring on May 11. I don't have specifics regarding Swillburg's project but will report back in the next Wedge issue. Last year a group of us worked with University of Rochester Librarians to spruce up Henderberg Park and our community garden at School 35, it was fun and Salvatores treated us to free pizza! A cool convergence of community elements, keeping the weave of our Urban Cottage District strongly knit! Definitely one of the coolest things about Swillburg, neighbors are willing to work together. That's all for now. I wish you all a Happy Spring.

City Asks for Feedback on 151 Mt. Hope Ave.

continued from pg. 1



The City of Rochester asked for feedback at a community meeting held in late March. The parcel of land at 151 Mt. Hope Avenue is the current home of the South Wedge Farmers Market June through October. The Market sits between the Hamilton high-rise and Spectrum (formerly Time Warner) alongside the Genesee River

Spectrum (formerly Time Warner) Building on Mt. Hope Avenue.

During local Waterfront Revitalization Program (LWRP) public informational meetings two years ago, the future land use categories identified as high priority were primarily recreation and/or water-oriented, including "water-enhanced restaurants." At that time, area residents voiced the position that housing was not a high priority recommendation for land use on the site.

A City-sponsored Community Forum regarding opportunities for this site was held most recently on March 29 in the Hamilton Tower Community Room. Some 75 local residents attended the meeting to hear a presentation by City officials.

Commissioner of the City's Neighborhood and Business Development Baye' Muhammad assured the audience that nothing has been decided and that "we have nothing yet" in terms of plans for the location.

City Senior Landscape Architect Jeff Mroczek described the plans

for the Genesee Greenway Park improvements that would be coordinated with the development of 151 Mt. Hope. Mike Kelly, senior planner, envisioned that this project would offer a return to an urban corridor along Mt. Hope Avenue. The final presentation detailed the multiple environmental investigations of the site which has been the location of industry, gas stations, a railroad yard and much more. Extensive site cleanup and venting would be a major component of any development.

After the presentation, interested attendees moved among various stations on topics relating to the project, spoke with staff and provided written input. Additional public meetings will be held in the near future before the Request for Proposals (RFP) is issued.

For more information: Rick Rynski, AICP Senior Economic Development Specialist, City of Rochester at rynskir@cityofrochester.gov.

SWPC Market Manager Joins Farmers Market Federation

Jesse Knoth, manager of the South Wedge Farmers Market, joined the board of the Farmers Market Federation of NY representing the western region. He takes over the seat previously held by Jim Farr of the City of Rochester Public Market.

The Market Federation is a grassroots organization of market managers, farmers and community organizations who work together



to improve the effectiveness and quality of farmers markets across New York State.

Founded in 1999, the Federation is currently made up of 235 member markets. They provide resources and education to market managers and farmers, facilitate the

wireless SNAP program and NY State Freshconnect bonuses.

The SNAP program offers nutrition assistance to millions of eligible, low-income individuals and families and provides economic benefits to communities. The USDA web site describes SNAP as "the largest program in the domestic hunger safety net." In 2015, they partnered with SUNY Cobleskill to create the Farmer Market Manager Professional Certification.

Knoth plans to join the Advocacy Committee in the Federation to advance SNAP support and usage at markets.

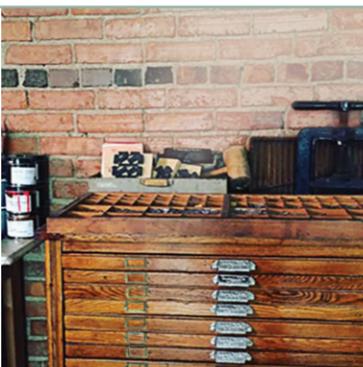
Vegetable Gardeners Needed for Foodlink Plot

Attention Gardeners! Here's a chance to help with a Foodlink garden project behind Calvary St. Andrews Church on Ashland Street in the South Wedge. No experience necessary, Volunteers are needed for planting and harvesting. Flexible days and hours, excellent exercise. Produce is used for the South Wedge Food Program. For information: judybennett@frontier.com.



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The Hamilton's community room was standing room only as the community comes out to voice their opinion of plans for riverside lot

Proposal Sought for Design Enhancements at Genesee Gateway Park

Judy Bennett

The City of Rochester sought proposals for additional enhancement of Genesee Gateway Park and the Genesee Riverway Trail at Erie Harbor along the Genesee River. Phase II is a coordinated city/state/private initiative to revitalize the east side of the river between I-490 and Ford St. Previous efforts resulted in redevelopment of Erie Harbor Apartments and Phase I of the Erie Harbor Enhancements Project (2014).

The area serves one of the busiest sections of the Genesee Riverway Trail, connecting Downtown Rochester and the University of Rochester. It is highly visible from major arterials. The eventual outcome will be construction of park improvements to enhance the

scenic quality of the waterfront and better serve the increasing demand for access and use. The project will include design of park landscape improvements, including walkways, walls, plantings, furnishings, signage, recreational amenities, and trail and river railing rehabilitation.

The project deadline was March 24. A City team will now evaluate all proposals and make a recommendation to the Mayor and City Council. With Council approval the City will enter into a contract with the consultant. Design is anticipated to begin in June 2017. For more information: Jeff Mroczek, R.L.A., Senior Landscape Architect, Bureau of Architecture & Engineering AT mroczekj@cityofrochester.gov

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The June/July issue ad deadline is May 9ish. Please call for info about our very reasonable rates -256-1740, ext. 105 or 978-9638

Business Buzz

Nancy O'Donnell

FashionFitted® Creates a T-Shirt for our Times

FashionFitted® recently introduced their Everybody Counts t-shirt for anyone who wants to make a statement.

“We came up with the concept about a year ago,” said Greg Shainman, co-founder of FashionFitted with Robert “B” Miller. “The idea that Everybody Counts is something that represents who B and I are as people and what FashionFitted stands for as a brand. With all of the chaos, uncertainty, disharmony, etc. going on right now, we felt like it was the perfect time to share this message of equality, love, and togetherness.”

The tee scrolls the numbers one through five in the English, Spanish, Arabic, Japanese, Chinese, Vietnamese, Hindi, Polish, Cheyenne, Swahili and Hebrew. The high-quality fashion tee is available in black and white and retails for \$50. The shirt can also be purchased wholesale



Everybody Counts T-shirt

(minimum order of 200) at a discounted rate, with other color choices available. A portion of the sales of shirts sold at the store and online will go to the House of Mercy. “When it comes to the idea of Everybody Counts, few walk that walk like the HOM and Sister Grace,” said Shainman.

Everybody Counts tee will be available at the FashionFitted store. 642 South Avenue in Rochester and online at www.FashionFitted.com.

Top Notch Barbering Salutes Pablo Figueroa

Pablo “Junior” Figueroa has been cutting hair since he was in East High School. He knew he wanted to be a barber, so he began studying with his a cousin, a Master Barber.

“I wanted to learn, so I started practicing on my family,” said Figueroa. “Then I would cut my friends’ hair for \$5. I kept getting better.”

This year Figueroa is celebrating a decade of barbering, and he now has his own Master License. He specializes in all kinds of cuts and fades for men and women.

He credits his longevity at Top Notch to the “community” he finds there.



Pablo Figueroa

“It’s a good community. I like the customers,” said Figueroa. Top Notch Barbering, 970 S Clinton Ave, 473-1640, Facebook.



Jane Vintage Partners with Second Chic Consignment in Edge of the Wedge on South Clinton Avenue

Jane Vintage fans will be happy to hear that the beloved shop has only moved around the corner to Second Chic Edge of the Wedge Consignment shop on South Clinton Avenue. It still carries its fabulous vintage clothing and accessories from the 50s, 60s, 70s and 80s for men and women.

Jane Vintage owner Beth Roberts was on a month to month lease in the Historic Weider Hall on Gregory Street and when the two other businesses she shared the space with moved their businesses outside the city, it didn’t make sense to have such a large space.

Second Chic Owner Annie Adams opened her third shop

when the Edge of the Wedge was rehabbed. Adams has two other consignment shops in Buffalo.

“I’m really excited [about the move],” said owner Beth Roberts. “I get to focus on my web business and pop ups while bringing a vintage presence to Second Chic.”

Roberts still participates in the South Wedge Planning Committee Wedge Card program that gives a 10% discount on purchases. To learn more about the card, email Jesse Knoth at jknoth@swpc.org. Visit Jane Vintage at 739 South Clinton Avenue. 298-6461 Facebook. Janevintage.com

Start Seeds on Your Kitchen Table

Felton Culbreth

Victory Garden Manager

Information for this article courtesy of Rodale’s Organic Life 2017 online

When you start your own seeds, you can be sure that your plants have been raised organically from first to last. And by sprouting and nursing your own seedlings, you don’t have to wait for warm weather to get your hands dirty. Best of all, it’s easy and fun. Here’s how--

Some plants lend themselves to home germination better than others. Surefire vegetables include: brussels sprouts and cauliflower. Some reliable annual flowers are alyssum and cosmos. Perennials include Shasta daisies, columbines, and holle

To calculate when to sow your seeds, find your zone then fill in the blanks. Then you will have a planting plan you can follow through the season.

You can also reuse last year’s nursery flats if you have some around. Otherwise, any container 2 or 3 inches deep will do. Punch holes for drainage into the bottom of containers and set them into trays. Protect against plant disease by thoroughly cleaning all used containers. Wash them in hot, soapy water, and rinse with a diluted solution of household bleach and water. If you want a less-irritating substitute for the bleach, use distilled white vinegar.

You can buy bags of seed-starter mix or you can make your own by blending equal parts of perlite, vermiculite and peat. Add 1/4 teaspoon of lime to each gallon of mix to neutralize the acidity of the peat. You’ll eventually want to repot most of your seedlings into larger containers before setting them into the garden. But lettuce, melons, and cucumbers are finicky about being transplanted and should go directly from the original containers into the garden. When starting these fussier plants, always add two parts well-aged, screened compost to your mix to give them a healthy beginning.

Moisten your medium in the containers before sowing the seeds. Next, drop seeds onto the surface of the mix, spacing them as evenly as

continued on pg. 10

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South Wedge Sudoku

STR8TS

Medium

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SUDOKU

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| | 8 | | | | | | | |
| | 1 | | 8 | 3 | 9 | | | |
| 4 | | 5 | | | | | | 1 |

How to beat Str8ts –

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

| | | | | | |
|---|---|---|---|---|---|
| 2 | 1 | 4 | 5 | | |
| 6 | 4 | 5 | 3 | 2 | |
| 4 | 5 | | 2 | 1 | |
| 4 | 3 | 6 | 2 | 1 | 5 |
| 3 | 5 | 2 | 1 | 4 | |
| 2 | 1 | 3 | | | |

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

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

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

South Wedge Sudoku Solution on pg. 6



Farm Eggs are glossy beauties in an Easter basket. (Photo by Matt DeTurck)

Easter Chocolates are All Grown Up

Mary Rice

If you've ever been declared "too old" to participate in the annual egg hunt, Easter might seem like the kind of holiday that's best left up to the kids. But that doesn't mean you have to watch from the sidelines while the younger set indulges in their sweet reward. There are plenty of Easter chocolates that can satisfy the more mature sweet tooth, so you're not reduced to snacking on leftover jelly beans—or worse, stealing them from the basket of your offspring.

The seasonal offerings at Hedonist Artisan Chocolates are a true Easter upgrade: rich, decadent treats for the serious chocolate connoisseur. So don't despair about sitting out the egg hunt: your grown-up Easter chocolate fix is right under your nose.

Naturally, it wouldn't be Easter without bunnies and eggs, and the Hedonist kitchen is busy churning out chocolate versions of both at this time of year. Bunnies and larger rabbits are hand-poured one at a time in plastic molds, then given a quick shake on an electric vibrating table, which ensures that no air bubbles get trapped in the chocolate. Both the bunnies and rabbits are available in bittersweet chocolate, milk chocolate, and in semisweet chocolate with almonds. As a finishing touch, each chocolate creature is nestled in green Easter grass, bagged, and tied with a ribbon.

If eggs are more your style, Hedonist has a diverse array this spring. Solid chocolate eggs are available in bittersweet, milk, and semisweet and are individually wrapped in cobalt, light blue, and turquoise foil and bedecked with patterned ribbon. These life-size

eggs, weighing in at about 1.3 ounces, are available to purchase singly or as a set of six (two of each flavor), whimsically packaged in a cardboard egg carton.

For a truly decadent Easter experience, however, the set of three farm eggs can't be beat. These glossy beauties are available in bittersweet, milk, and white chocolate, filled with salted caramel, peanut butter ganache, and coconut-lime ganache, respectively. If you're wondering about those life-like speckles on the surface of the eggs, they were achieved by coating an ordinary toothbrush in colored cocoa butter, then flicking it against the inside of the plastic egg molds. These molds are then coated in chocolate, filled with the appropriate caramel or ganache, then sealed off with more chocolate. The eggs are left to set overnight before being popped out and packaged in clear plastic containers. It's a lot of work for a little egg, but one taste proves it's worth it.

Warmer weather also sees the return of the annual spring truffle collection at Hedonist. This year's collection, called 'Afternoon Tea', features five tea-infused chocolate truffles: chai, Earl Grey, lapsang souchong, ginger lime rooibos, and matcha. These delicate, aromatic chocolates were made with organic teas from Leaf Tea Bar, just a few doors down from Hedonist at 650 South Ave.

For more information about the ever-changing season selection at Hedonist Artisan Chocolates, visit hedonistchocolates.com or call 585-461-2815.

Toni Weasner Adds Inclusivity to Elegant Events

Nancy O'Donnell

Toni Weasner has been orchestrating slam, bam, knock-you-off-your-feet-ma'am events as long as she can remember, and often before she opened Toni Events, she did them as a volunteer.

"I was organizing a BOCES day camp when I was 13 years old," said Weasner. "I was a non-stop social butterfly. My mother would joke about clipping my wings, but I was out in the community all my life. Not-for-profit businesses are part of my roots."

When Weasner lived in the South Wedge, she served as a Girl Scout leader at School #12 until the family (husband Matt and daughters Heather and Erin) moved to the suburbs when her girls were in middle school. The South Wedge Planning Committee enjoyed some of her organizing talents when she planned community events for the organization.

"I still have posters and photos from the Marie Daley Park Celebration that I used to coordinate when Marie was still alive," said Weasner, who says she keeps her friends for decades. Most recently she planned a wedding for the daughter of a long-time friend and local historian Rose O'Keefe.

Along with parties, Weasner has always loved fashion, so when an opportunity arose to help out Panache Vintage and Consignment with a one-day boutique, she jumped at the chance. Helping out turned into a part-time job. She also became a stalwart volunteer at Fashion Week of Rochester.

The road to her own event planning business began when she planned the wedding of one of her daughter's friends at a "cute tree farm outside Seattle."

"She took a gamble on me," said Weasner. "It was real scary, but you just have to take that leap of faith. I had to do it remotely. I called all the vendors, food and catering. I was in Seattle for one week to look at the venue. I introduced myself and said, 'this is how we roll.'"

Weasner opened her event planning company, Toni Events in 2014. Soon Weasner was planning shows and parties and business functions and fundraisers for organizations like the Judicial Process Commission.

"I've got great people who want to work with me, helping me put the business together, pushing it forward," Weasner said.

Some of those people willing to



Kentucky Derby event planned by Toni's Events (Photo by Toni Weasner)

help have come from her own family.

Most recently, her daughter Erin took to the runway in a Lord & Taylor fashion show.

Most recently Toni Event put on a prom fashion show.

"It was a huge show," said Weasner. "I had 60 teenagers, some came from as far as Buffalo, Glen Falls and Syracuse. Many local modeling agencies sent kids too. I was only supposed to take 15 kids, and I took 60. I didn't want to turn anyone away. I had to finally say no to some a week before the show because I couldn't manage anymore."

"I style all the shows myself, so imagine what it's like to choose 60 outfits at once, that will fit the participant (two spreadsheets worth of data I compile from 60 different registration forms) and look cohesive on the runway."



Toni Weasner (Photo by Rebecca Reyes Studios)

Coordinating fashion shows is three parts organization and one part fashion sense. But I love it."

Since one of Weasner's motto is "inclusivity" that means her shows look like the real world only better dressed.

"Lord & Taylor has an awesome Women's Dept. sizes 14-24. They hired me to coordinate a show last November, 'Curvy Couture,' and I got to turn models away because they were too skinny," said Weasner. "That show was one of my favorites, the women who participated were glowing. It felt fabulous to dress those women and make them feel confident about their size."

"[For the most recent one] I advertised for sizes 0-22 and didn't get any plus size gals, so the managers at Lord & Taylor told me to throw my daughter, Erin, in the show. She loves to walk the runway! A little nepotism never hurts now and then," Weasner said, laughing.

This year is proving to be very busy for Weasner.

continued on pg. 12



Erin Weasner hits the runway for the Lord & Taylor Fashion show choreographed by mama Toni (Photo by J. Gattelaro Photography)



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It's Just Stuff!

Michele H. Martell



Michele H. Martell

Spring has sprung and what better time is there to do our spring cleaning. Whether you are caught up in spring fever or dreading performing springtime tasks, the result is always the same when the job is done – an awesome sense of accomplishment and feeling untethered from “stuff.”

Some of us are more practiced than others at hanging on to our stuff. Some are experts, even! Most people love to collect whether it's clothing, toys, knick-knacks, papers or mementoes. I for one love to hold onto anything that sparkles. This includes, but is not limited to, outfits, shoes, décor, shimmery makeup, accessories, as well as items that make me sparkle on the inside such as pretty cards, happy notes, kids' art, books and crafts.

Not that there's anything wrong with having stuff that makes us feel good on the inside and out. It's just a matter of keeping our stuff

organized that makes sense to keep. For example, if there are clothes that bring back happy memories, but they no longer serve you, then they need to go. Just think about how much happiness that outfit could bring another when donated. And lovely letters and cards and artwork--we only have so much space and having too much stuff can not only clutter our outer sanctuary but also our inner mental space.

During a spring cleaning, it's not necessary to throw everything out. You may choose a few pieces to keep and place into a labeled bin. Pictures can be taken digitally of the other items that you choose to recycle. After all, personal memories exist in our minds and hearts.

The process does not have to be completed in one day. One section, one shelf, a couple minutes at a time is progress. And as the progress continues, how exciting it is to go on to the next step. Life is busy and stuff accumulates. Papers especially seem to explode daily. I love to think about the trees and more I can save with the recycling I can do, and it is wonderful that today we have the option to recycle all types of materials. Don't forget that the cents can add up when we

recycle bottles and cans while we're bettering our environment. When it comes to consumable items that have expired – that is a no-brainer. Mr. Trashcan is the answer.

Re-usable household items and furniture that no longer serve us can be a gift to someone in need. When these pieces are only taking up space in our lives and homes and do not add joy or utility, it is time to let go of them. And when they are a historical hand-down

from generations, loaded with memories--if we don't enjoy them--think about the joy they may bring to another when donated. There is a plethora of organizations that help with giving these pieces a new home, and they'll provide you with a receipt for tax write-off purposes. And if the guilt sets in that you are letting go of Grandma's furniture from long ago, take a picture, give thanks for the years and the persons served, and send off positive thoughts to those who will be thankful for the blessings to have those things. I bet Grandma would have been honored to have a part in that.

The important thing to remember is that what we do can make our lives feel more alive today, unencumbered instead of just trying to keep up with what life throws at us. It is an ongoing process. Spring is a great time to move forward with a new attitude. It's just stuff. You can't take it with you. Happy Spring!

Michele Martell has a Master's Degree in Business Administration and resides in Irondequoit. Michele loves being a mom, an independent consultant with Mary Kay Cosmetics, and a volunteer with Rochester Animal Services.

earth day grand opening
april 22nd

Earth Day Parade
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starts at Wadsworth Square

RocWorthy Earth Fest
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South Wedge Famers Market Season 2017

continued from pg. 1

to be served by a 6' carrot?"

Last year we added some special events that people loved like free yoga lessons. Is there a better place to center your chi than on the grassy banks of the Genesee River? Tru Yoga is returning to the market. So bring your yoga mat, along with your tote bag, to the market for their free session at 5:45 p.m. every Thursday.

We know that many of our shoppers choose to bike to the market, so we are making the choice more rewarding. We now are partnering with the Public Market to extend their Best Parking at the Market program. Sign up to get a helmet tag and take a selfie each time you visit for a chance to win monthly drawings for market tokens.

Want to make sure you're ready to start shopping? You can now

get SWFM's sweet reusable tote bags at Little Button Craft at 658 South Ave. Call them and they'll hold you a tote (585) 371-7891.

Our regular SNAP shoppers can continue to enjoy FreshConnect bonus checks thanks to NYS Department of Agriculture and Markets, and we are currently seeking out funds for addition bonus programs.

Check out the next issue of the Wedge for a "Meet your Vendors" spread, and make sure to like us on Facebook and sign up for our weekly newsletter so you can stay up to date on all the great news and weekly giveaways.

See you at the market!
SWFM is open every Thursday 4-7 from June 8 to October 13 at Genesee Gateway Park, Mt. Hope & Alexander Street.

South Wedge Sudoku Solution

| Difficulty: Medium | Difficulty: Medium |
|--------------------|--------------------|
| 5 0 2 3 1 0 0 7 | 8 6 9 2 5 1 4 3 7 |
| 7 0 3 2 4 6 0 | 7 5 4 3 9 6 1 2 8 |
| 0 7 0 6 0 4 3 | 3 2 1 4 7 8 9 5 6 |
| 0 2 0 0 4 6 3 7 | 5 9 6 1 8 3 2 7 4 |
| 9 6 7 0 3 1 4 2 | 1 7 3 9 4 2 6 8 5 |
| 0 0 7 0 2 1 9 | 2 4 8 7 6 5 3 1 9 |
| 3 4 5 0 0 7 2 1 | 9 8 2 5 1 4 7 6 3 |
| 2 1 3 4 0 7 0 | 6 1 7 8 3 9 5 4 2 |
| 3 4 6 0 0 0 | 4 3 5 6 2 7 8 9 1 |

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!

Relish Delivers Locavore Movement at Home & Soon on South Avenue

Mary Rice

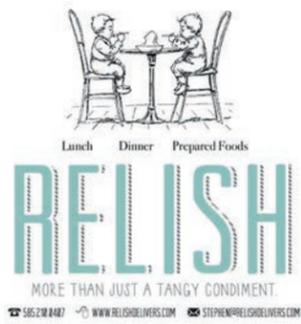
At a time when it's possible to have the blueberries on your breakfast cereal flown in from Chile, the movement towards buying and eating local is bucking the trend. In the midst of the global food economy, "locavores" are quietly – and deliciously – utilizing the native and seasonal ingredients right under their noses. And there's hardly a better place to do so than in upstate New York – just ask Stephen Rees, founder of the forthcoming eatery and storefront, Relish. Centered around the concept of fresh, wholesome food produced from local ingredients, Relish will soon be opening on South Avenue in the former Open Face eatery.

But if, like me, you can't wait until the restaurant's opening (the date of which is yet to be determined), you can content yourself with Relish's delivery service. With just a few clicks, you can have home-cooked meals delivered right to your door – a welcome preview of what's to come when Relish opens its doors.

A Rochester native, Stephen has long been familiar with the bounty available in upstate New York. After finishing his education at the Culinary Institute of America, located in the Hudson Valley, Stephen worked in a number of French restaurants in the surrounding area – in both front-of-house and back-of-house positions – before founding Relish's prepared foods business in the summer of 2016.

Though Relish's menu clearly displays an inclination towards classic French cuisine, the harvest of upstate New York is front and center. A proud part of the locavore movement, Relish sources nearly all of its ingredients from nearby organic farms. This commitment to sourcing local is one that Stephen attributes to having grown up with large gardens always in reach. In fact, the concept of Relish sprang from Stephen's own custom of creating prepared meals for his parents for Christmas. Now, with Relish, Stephen is bringing his passion and talent to a wider audience.

Like many people, I enjoy



eating out – most of the time. My restaurant reviews normally require me to physically go to a brick-and-mortar establishment and order a meal, something I am only too happy to do. But on this occasion, with the weather a chilly 18 degrees and my motivation to leave the house at approximately zero, the idea of having food delivered right to my door was one that was immensely appealing.

Ordering from Relish is simple: visit relishdelivers.com, choose your items from "Chef Meals" and "Sides", select your delivery day, pay, and then wait. I selected the Boeuf Bourguignon Meatballs (\$11.75), the Braised Winter Pork (\$9.50), and a pack of two squash soufflés (\$8.00). I arranged with Stephen to have my meals delivered at 4 pm on Saturday afternoon. At precisely three minutes past four that day, my doorbell rang. Stephen delivers his meals personally, which means you an opportunity a lot of diners don't: the chance to meet the chef. That fact, along with Stephen's receptiveness to comments and questions via phone, email, and text, gives Relish a cozy, local feel. I immediately knew my dinner was in good hands.

I opened the box to discover several tidy packages wrapped in blue paper with instructions attached. Everything arrives frozen, meaning most of the preparation you'll have to do is reheating the meals on the stovetop, in the oven, or in the microwave. I put the beef meatballs in a pot with a bit of water, defrosted the soufflé slightly before warming it in the oven, and heated the braised pork in another pot while I warmed up the accompany spätzle noodles

in a frying pan with butter.

The soufflé was done first, making for a light appetizer for my dining companion and me. The yellowy-orange soufflé, about the size of my palm, was tender and slightly sweet with a hint of garlic and pepper. Though I was at first dubious about how a soufflé would cope with being frozen and unfrozen, the dish held together for the most part, except when it got stuck on my foil-lined baking tray (oops).

The generously-sized meatballs came in a pack of three with a separate package of sautéed mushrooms, carrots, baby onions, pepper, parsnips and thyme sprigs. In hindsight, I probably should have defrosted the meatballs at least partially. The red wine sauce began to simmer while the meatballs were still partly frozen, so I turned down the heat to a simmer to avoid singeing the sauce. Luckily, Stephen provides a few suggestions to pass the time while you're waiting for your meal: "water your plants," "make a light salad," "put on some music," and my favorite, "stop thinking of work."

When the meatballs and accompanying vegetables were heated through, I dished my dining companion and myself a judicious one-and-half meatballs each. Though I didn't have any potatoes on hand to make a mash to go with the beef, as the directions suggest, the dish was lovely on its own. The red wine added a complex tang, while the bacon imparted that salty richness which



Relish's winter braised pork (Photo by Mary Rice)

is perhaps the best thing about a classic boeuf bourguignon. I appreciated the hearty serving of vegetables included with the meal, too: a well-balanced dinner in less than 15 minutes!

My favorite Relish meal, however, had to be the winter braised pork. As soon as the dish began to thaw in the pot and the spices began to perfume my kitchen, I thought, This is going to be good. Braised in a light German pilsner and finished with warming spices like ginger and allspice, the pork is fantastically tender, a juicy and flavorful antidote to below-freezing temperatures. The pork comes with tiny spätzle dumplings, completing the German theme. If you're not familiar with spätzle,

they're soft egg noodles popular in Germany, Austria, and Switzerland. When browned slightly with butter, they are ideal for soaking up the meaty juices in a dish like this one.

The next time I find myself in a dinner dilemma – nothing to cook, and too tired to go out to eat – Relish will definitely be an appealing third option. Relish's brick-and-mortar location will expand the offerings to lunch and dinner services as well as fresh prepared foods available for pickup. But if you just can't wait until then, visit relishdelivers.com and get the locavore movement delivered right to your door. Relish, 651 South Avenue, (585) 210.0407, Stephen@relishdelivers.com



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Walkabout the Wedge



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Danielle Ponder & the Tomorrow People (Photo by Aaron Winters)

City

If you weren't at the German House on March 24, you missed a great night of fun. For the fourth year in a row, City Love showcased the best our neighborhoods have to offer while raising needed funds for the Southeast Area Coalition (SEAC) and South Wedge Planning Committee (SWPC). All proceeds will be reinvested in Rochester by preserving owner-occupied homes, helping families eat healthier, assisting small businesses, and saving vacant houses. Danielle Ponder & the Tomorrow People moved the crowd with their soulful and rocking grooves; hilarious photos were taken thanks to Hype Booth; delicious food and drink were enjoyed from local business such as Julep Bakeshop, Leaf Tea Bar,

Thank you...Bodymind Float Center, Midtown Athletic Club, Henna Rising, Natural Pet Rock Ventures, NVP Paintball, Tango Cafe, Sobriety on Design, Three Heads Brewing Swing, Metal Some Art, Creative Framing, PS Enjoy Your Life, Creative Framing, Gene Bed, Bath & Beyond, Abode, Abundance Coop, Coffee Connection, John's Tex Mex, Little Rock Ventures, South Wedge Farmers Market, South Wedge Planning Committee The G Brainary, Rochester Parkour, Memorial Art Gallery, Mark & M.E. Salon, Sweet Jude's

Coffee Co, Sea Restaurant, Headz Up Hatz, Rose O'Keefe, Pizza Stop/585 Pizza Design Studio, Eilleen Thomas, Ro Collective CSA, Metal Some Art, Leaf Tea Bar, Hedonist At the Art, Black Button Distilling, Rochester Philharmonic O Goodman-- we couldn't do it without you.



Danielle Ponder & the Tomorrow People got lots of dancers on the floor (Photo by Glynis Valenti)



City Love loves Hype Booth (www.thehypebooth.com)



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Love

Three Heads Brewery, Swiftwater Brewery, Peppa Pot, and soon-to-be opened Bitter Honey; plus, awesome auction and raffle items were bought by fabulous guests.

Longtime volunteer and board member Tony Sciarabba was presented with the inaugural City Love Outstanding Community Service Award. He has graciously served the board for over 20 years. SWPC offers a special thanks

to all of our sponsors, donors, tasters, and of course, all those who came out to support the event and make it such a success. We look forward to seeing you again next year!

Enjoy the photos below and you can also see more SWPC and SEAC's Facebook pages as well as going to Hype Booth's website.

Thanks again!

Foods, More Fire Glass Studio, The Great Escape Room, The Little Theater, Tru Yoga, Free Wheelers, Three Heads Brewing, Delta Sonic, Cheesy Eddie's, Groove Juice, Chase Brewery, Aaron's Alley, Second Chic, Rochester Redwings, Angry Goat, Chai Guy,

The Button Craft, Marshall Street Bar & Grill NVP Paintball, Peppa Pot, The Great Escape Room, Magnolias, Tony Sciarabba, Good Luck, Rochester Redwings, Rochester Rhinos, Creators Hands, Monte Alban, Rooney's, Meraki, Zak's Avenue, F. Oliver's Gourmet Olive Oils, Genesee Brewery, Rochester Pedal Tours, Northfield Designer Goldsmiths, Good Food Artisan Chocolates, Swiftwater Brewing, Niagara Wine Trail, Chase Orchestra, Stuart's Spices, Normandy Corp., Second Chic and Bay &



City Love food & drink tastings included Bay & Goodman, Hedonist Artisan Chocolate, Peppa Pot, Leaf Tea Bar, Julep, Alladin's, Bitter Honey, Swiftwater Brewing, Three Heads, Sinful Sweets, Leo's Bakery, Monte Alba and Cheesy Eddie's,



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Thank you to all the vendors and businesses who donate their goods & services to City Love!



City Love Brings Out the Love



Photo by Aaron Winters



Here's to a Healthier, Brighter Smile

Nicole deViere

Every other week [or so] we get together at DrishTi for a wellness event that is off the mat and directed towards awareness and health in all facets of your life. Many of these events are do-it-yourself get togethers where you learn how to take your health into your own hands.

A couple of weeks ago, we gathered to whip up some toothpaste and tooth whitener. Toothpaste is one of the simplest things to make yourself, saving you a little dough for special splurges like tea or coffee treats.

On an environmental note, by mixing up your own paste in a reusable container you save a tremendous amount of plastic waste and benefit the environment. Even if you were to recycle the packaging, there are negative consequences on the environment in the process of breaking down or recycling the plastic packaging. On a health note, toothpaste often has ingredients you don't need and wouldn't want to ingest like sodium lauryl sulfate or SLS.

A common ingredient in personal care products, sodium lauryl sulfate, creates the foam in a product that we have come

to expect. However, according to the Environmental Working Group's Skin Deep Cosmetic Safety Database, SLS is a "moderate hazard" that has been linked to cancer, neurotoxicity, organ toxicity, skin irritation and endocrine disruptions. Go ahead, take your current toothpaste tube out and read the ingredients, get to know them and ask questions.

Toothpaste doesn't have to be complex to work. Our toothpaste recipe is simple, and uses ingredients that are staples in most all do-it-yourself toothpastes. You will fill a 4 oz. glass mason jar, the perfect size until you make your next batch with this recipe. The best part of this do-it-yourself is you may have all the ingredients on hand. Look around for baking soda, organic coconut oil, and bentonite clay. Coconut oil is the perfect base for your paste as it has antibacterial properties and is often used in oil pulling [removing toxins from the mouth]. Baking soda combines with the coconut oil to give the abrasive or cleaning effect all in a safe concentration. Commercial toothpastes that are sold in the stores are tested for their levels of abrasion by the FDA with

ORGANIC TOOTH PASTE

Do-It-Yourself

YOU WILL NEED

- 5 Tablespoons Organic Coconut Oil
- 4-5 Tablespoons Baking Soda
- 1/2 Tablespoon Bentonite Clay
- 10-12 Drops Organic Essential Oil

PROCEDURE

In a 4 ounce glass jar [we love mason jars] combine all ingredients. Use more or less baking soda based on desired consistency.

Mash together with a fork until well combined.

Label and place on your shelf. No refrigeration required [coconut oil has a melting point of 76 degrees F]

www.YogaDrishTi.com



TOP TIP

Boil your glass jar after your paste is gone and before you make your new, to keep bacteria at bay and limit waste.

an assigned RDA level (radioactive dentin abrasion or relative dentin abrasion). If you are worried about the abrasive quality of the baking soda on your teeth and dentin consider this: straight baking soda has an RDA level of 7 while some toothpastes on the market have an RDA level of over 200. Chances are the toothpaste you are using now is much more abrasive than baking soda could ever be. Finally, bentonite clay is used to draw out toxins from your gums and tongue.

Start making your own toothpaste at home and include the whole family. Kids love to get involved and this is a great empowerment and learning opportunity with a simple recipe that they will use!

You can buy bentonite clay at any natural health store [often in bulk], or online. Visit us at www.facebook.com/YogaDrishTi and subscribe to our events or check the website out at www.YogaDrishTi.com to join us for a Wellness Wednesday.

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

Plant a Seed Garden

continued from pg. 4

possible. Cover the seeds to a depth about three times the thickness of the seeds. Some seeds, such as ageratum, alyssum, impatiens, petunias, and snapdragons, should not be covered at all because they need light in order to germinate.

Lightly sprinkle milled sphagnum moss, a natural

fungicide, over everything to protect against damping-off, a fungal disease that rots seeds and seedlings. In the case of seeds that need light to germinate, sprinkle the moss first and then drop the seeds onto the moss.

Cover the flats with plastic wrap or glass to keep the environment humid and place them near a heat vent or on a heat mat made especially for seed starting. Most

seeds germinate well at about 70 degrees.

Mist with a spray bottle or set the trays into water so the mix wicks up the moisture from below.

At the first signs of sprouting, uncover and move the containers to a bright spot—a sunny window, or beneath a couple of ordinary fluorescent shop lights (4-footers with two 40-watt bulbs). The lights are worthwhile, especially if you live in the north. They provide a steady source of high-intensity light. Short days restrict window light, and your seedlings need 12 to 16 hours of light a day. Suspend the lights just 2 inches above the plants and gradually raise them as the seedlings mature. If plants have to stretch or lean toward the light, they can become weak and spindly. To turn the lights on and off at the same time each day, hook them up to an electric timer.

Seedlings don't have to stay as warm as germinating seeds. Move them away from radiators and air vents, or off the heating mat, as soon they have germinated.

If you're using a soil mix without compost, begin to fertilize your seedlings as soon as they get their first true leaves. (These leaves emerge after the little, round cotyledon leaves.) Water with a

half-strength solution of liquid fish/seaweed fertilizer every week or two. Use either a spray bottle or add the fertilizer to the water you set the trays in if you're using the wick-up method described above.

If the seedlings outgrow their containers or crowd one another, repot them into larger containers filled with a mix that includes compost. Extract the seedlings with a narrow fork or flat stick, and handle by their leaves and roots to avoid damaging the fragile stems. Tuck the seedlings gently into the new pots, and water them to settle the roots.

Lightly ruffling seedlings once or twice a day with your hand or a piece of cardboard helps them to grow stocky and strong. Or, set up a small fan to gently, continuously blow on your seedlings.

About 1 week before the plants are to go outside, start acclimating them to the harsh conditions of the big world. Gardeners call this hardening off. On a warm spring day move the containers to a shaded, protected place, such as a porch, for a few hours. Each day—unless the weather is horrible—gradually increase the plants exposure to sun and breeze. At the end of the week leave them out overnight; then transplant them into the garden. .

Need Help? Call 211

Glynis Valenti

Dialing three numbers—211—can link someone facing health or housing issues to assistance in a matter of minutes.

The 2-1-1/Life Line service operated by Goodwill of the Finger Lakes is a comprehensive data base of agencies and organizations that provide help with any number of human services: food, shelter, assistance with utilities, and free or low cost health and mental health services. The call center fields more than 120,000 requests annually, and all calls are confidential. Those seeking help can contact 2-1-1/Life Line 24 hours per day, 365 days a year.

Research indicates that people looking for assistance make an average of eight phone calls to various agencies looking for the right match. Dialing 2-1-1/Life Line can direct them to the resources best suited to their issues right away. It is free and available to anyone in the Greater Rochester area, including the counties of Monroe, Livingston, Wayne, Ontario, Cayuga and Seneca.

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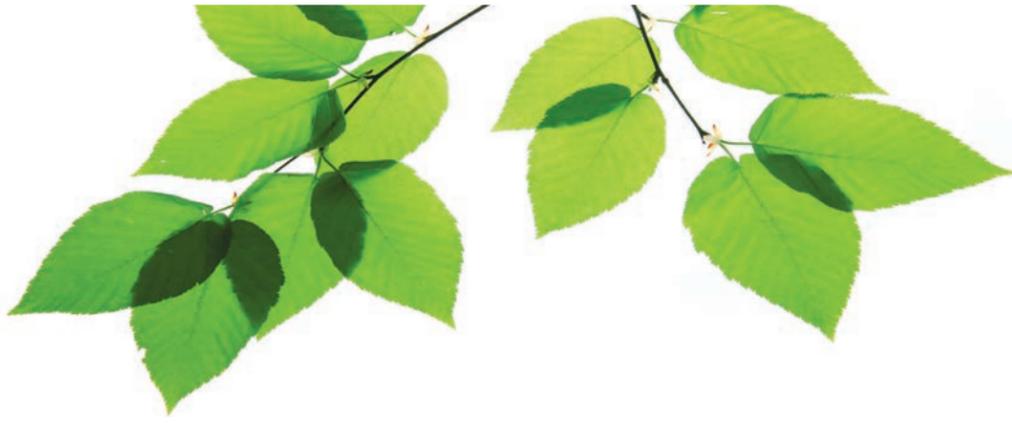
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James P.B Duffy School #12 Journalism Club, Vol. 1. No.2



The Starry Night by Vincent Van Gogh

Students Study the The Art of Persuasive Letter Writer

Dear Principal,

I think that students should have art all year round. I think this because most people like art more than computers, art teaches students important life skills, and computers are bad for children's minds. I feel many people will agree with what I have to say.

First of all, most people LOVE art and want more of it. Art is one of the best subjects in school, and 7 out of 10 people in my class agree. Some of the reasons are the following: "Because we do fun things." "Art inspires us

to try harder." "It gives me an excuse to show off my talent." All of these people want more art, so please consider the idea.

Second of all, Art teaches children important life skills. It teaches cooperation, perseverance, patience, and planning skills. This is important because each of these values make a person more pleasant to be around. Also, if a student learns these qualities they will do better in class. Please consider this aspect of art.

Lastly, computers (the alternative for art) is bad for a

child's mind. While they could be having fun and being educated, they are looking at screens and doing online word searches. Research has shown that electronics are bad for children. In fact, one of the Apple managers refused to let his kids use electronics. Please consider having full year art for this reason.

Please consider my request. We love art, and want more of it. I say this most sincerely. Thank you in advance,

Lillian C. B.
Grade 4

Dear Ms. Francisco,

I was wondering could we start going outside after lunch. It will be good for students to have more fun and to get more exercise.

Kids should go outside after lunch because kids need a lot of exercise to get their wiggles out, so they are focused and ready to learn. Students also need to go outside to be kids. Even though kids go outside in the morning, I think this is not enough for them, and that

causes them to run in the halls and talk because they do not get enough time to do these things outside.

Ms. Francisco, this is my letter to you, and I hope that you will take it in and start taking us outside. Kids will appreciate you taking them outside, especially me.

Sincerely,

Alexander
Grade 4, HOLA

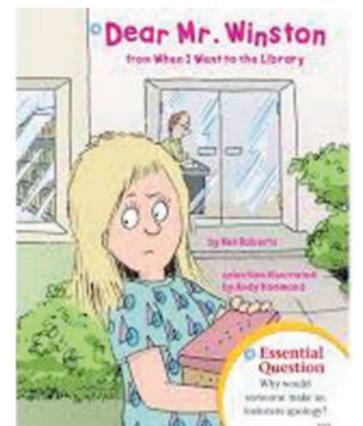
Dear Mr. Winston Summary

The main idea in the story *Dear Mr. Winston* is that Cara was writing an apology letter to Mr. Winston.

Cara has to write an apology letter to Mr. Winston for bringing a snake into the library. Mr. Winston opened the box and the snake came out, Mr. Winston fainted because he hated snakes. Then, she wrote sorry

like 5 times in the letter her parents were going to read. At the end, Cara asked if they found the snake and if they now which snake it was. This is the summary of Dear Mr. Winston.

Dianeleez F.
Grade 4



Things I am Proud of

Ladyria S, Grade 7

These are the things I am proud of. I am proud of my family because they teach me how to be a nice person. One of the reasons is because they teach me how be respectful and a good helper. I am proud of my grades in each class. One of the reasons is because I can be what I want to be when I grow up. I want to be a police officer. I am proud of volleyball because I know how to play and I can teach people how to play and if I can't be a police officer then I can be a volleyball teacher. I am proud of everything I do because my family helps me to be a good person. and to get a good education.



Bessie Coleman



Garrett Morgan



George Washington Carver



Harriet Tubman



Rosa Parks



Lewis Howard Latimer

Famous African Americans from Susan Young's 4th Grade

George Washington Carver was born in January 1864. He died on January 5, 1943. His mother Mary was a slave. The Carvers taught him how to read and write. George Washington Carver is a famous Black American because he created cool inventions. George Washington Carver was a scientist and educator. He earned his master's degree at Iowa State University. He was the first African American

professor at the college. George Washington Carver is most famous for inventing hundreds of uses for peanuts. George Washington Carver was famous for his inventions.

Symere S.

Bessie Coleman is a famous Black American because she was the first African American girl pilot. Bessie Coleman was born in January 26, 1892. She was born in Atlanta,

Texas. Her parents were George and Susan Coleman she went to Langston University [1910- 1911].

She was the first African American pilot, and she had to fight discrimination because she was the first black to be a pilot. Bessie Coleman made it so anyone could become a pilot if they tried.

Ameira S.

Lewis Howard Latimer is famous because he made the telephone and helped make the light bulb with Thomas Edison. Lewis Howard Latimer was born September 4, 1848 Chelsea Ma. His family was George Latimer was Dad, Rebecca Latimer was Mom and he had other family members. He went to Chelsea, Massachusetts. He was good at math and drafting. Lewis was an inventor and an engineer. His hobby was his work. He helped make the light bulb with Thomas Edison. Lewis made the telephone. That is Lewis Howard's life.

Aiden L.

Rosa Parks is a famous Black American because she made it so that black people can sit in the front of the bus. She was born on Friday, February 4, 1937 in Montgomery, Alabama. She was home-schooled by her mother until

she was twelve, she then went to Montgomery Industrial School for Girls. She fought for the rights of African Americans. Rosa married Raymond Parks in 1932. She had to give up her seat to a white person. Her followers boycotted the buses protesting segregation. Rosa Parks fought for African Americans to have the same rights as white people.

Devon A.

Garrett Morgan was a famous black American and he was famous because he was an inventor. Garrett Morgan invented traffic lights, the gas mask and the perm. Garrett Morgan was born March 4, 1877. He was born in Paris, KY. Garrett Morgan parents were born in the same place as him. Garrett Morgan was a famous Black American because he was an inventor.

Harriet Tubman was born in 1820. Her mom was called Old Rit. Harriet Tubman only had a little education and she was born in a tobacco plantation in Maryland. She helped people get to Canada, she cut weeds, and she helped people escape slavery. Her accomplishments were helping people escape slavery. Harriet Tubman helped a lot of people escape slavery.

Anastajia C.

Why Lyddie Should Sign the Petition

Douglas B.F. Grade 7

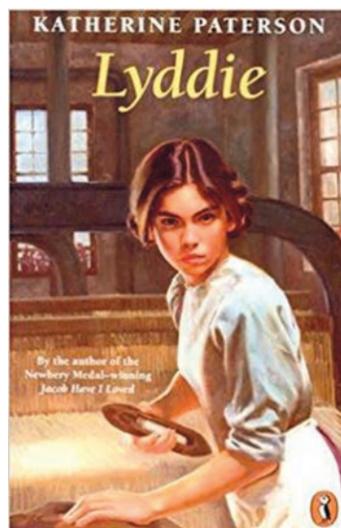
Lyddie is a character from the book *Lyddie* by Katherine Paterson. She is a thirteen-year-old girl who works as a weaver in a textile mill.

My essay is about why Lyddie should sign a union petition for better working conditions at the mill. A petition is a formal written request signed by many people.

There are many reasons why Lyddie should sign the petition. One reason is for the health and safety of the workers. The air quality in the mills is terrible. On page 62 Paterson writes, "Lyddie could see through the murky air row upon row of machines." Also, the noise of the machines were almost deafening. "No one

seemed to mind the deafening din," (62) Another reason for Lyddie to sign the petition is to report the mistreatment of the workers by the bosses at the mill. One of the bosses mistreated Lyddie by trying to force himself on her. On page 129, Paterson describes what Lyddie says, "Let me go! She wanted to cry. She tried to pull back from him, but he clutched tighter." The bosses push the workers too hard so that they can make money. The text on page 99 states, "It's like being a racehorse. The harder we work the bigger the prize they get."

The mistreatment by the bosses and bad health and safety standards at the textile mill are



just a few reasons why Lyddie should sign the petition. I know I wouldn't want to work in a place with horrible bosses and that is unsafe and unhealthy for workers.

RHA is Changing the Face of Public Housing

“Who says public housing needs to look like public housing to be public housing?” Rochester Housing Authority (RHA) Executive Director John Hill asks.

RHA is committed to providing quality and affordable housing for the community. The “Changing the Face of Public Housing” initiative was started earlier this year as a launching pad for structural and functional changes across the City over the next several years.

RHA wants to literally change the face of public housing by providing residents with quality, desirable and safe places to live, but also theoretically by positioning the agency as a developer of affordable housing. They’re doing this through modernization and community development that will stabilize neighborhoods and increase investments.

“People who live in a place they are proud to call home are

in a better position to help us create more jobs, safer more vibrant neighborhoods and better educational opportunities for all of our citizens,” says Mayor Lovely Warren.

On January 17, 2017, RHA cut the ribbon on the initiative’s first project, 54-66 Garson Avenue, in the Marketview Heights neighborhood. The project included updates to both the interior and exterior of the 4-unit site using RHA’s 2016 HUD Capital Fund Grant. City representation included Mayor Lovely Warren and City Council Members Elaine Spaul and Michael Patterson.

RHA plans to continue feeding the pipeline for change with four additional comprehensive modernization projects slated to begin this year. Interested in learning more? Visit RHA online at www.rochesterhousing.org.



Before RHA rehab



After RHA rehab

Toni Weasner

continued from pg. 5



Lord & Taylor Curvy Couture Fashion Show (Photo by Toni Weasner)

In May Weasner will be coordinating the annual fundraising fashion show for the Young Women’s College Prep Charter School tentatively scheduled to take place on the third of May at the Burgundy Basin Inn.

“They’d love to put some of their students on the runway in prom gowns. It will be the school’s first prom. These girls started with YWCP, and they’ve reached this milestone! So, it’s very cool! There will also be local boutiques and designers involved,” added Weasner.

She also has events to plan for the Rochester Association of Black Journalists and then in June, a fundraising luncheon for the Judicial Process Commission.

“In June, I’ll be coordinating a wedding at the historic Lyric Theatre at the corner of East Ave and Prince Street. It may be the first wedding and reception being held in the building,” said Weasner.

“I’ve challenged myself in the last three to four years more than I ever have,” Weasner said. “I’m technologically challenged, and I’m very proud of how I keep up on social media.

To learn more about what Toni can do for you, visit tonievents.com

New Owner, New Plans for Nathaniel Square Corner Store

Nancy O’Donnell



Brittany Washington, new owner of Nathaniel Square Corner Market

Brittany Washington was looking to buy a business, and she came upon Nathaniel Square Corner Store. The northwest Rochester native and John Marshall High School graduate wasn’t even familiar with the South Wedge.

“It came out of the blue,” said Washington. “I had the money, and I wanted to invest it in a way that would benefit me in the long run. I thought, hey, you can actually buy a business.

“I’ve never owned a business,” said Washington who has been working as a home health aide while finishing her last semester at Bryant & Stratton. She hopes to find a full-time job in a doctor’s office or Urgent Care after graduation.

“I found different business brokers, and they showed me Nathaniel Square. I thought this a great area, a popular area. I closed on the deal in December 2016.”

The store was formerly owned by John Roth, of Taco John’s fame, and

popular for selection of over 200 beers along with four draft-beer lines and prepared food including vegan selection. The current store still contains the bottle beer but the draft beer lines are empty.

For Washington, the market may not only be an investment for her and her six-year-old son, De’Von, but a whole lotta fun too on the weekends she works at the store.

“We want to get to know our customers, see what they want,” Washington said, before she brings back prepared food to the market. 495 South Avenue, 325-1150.

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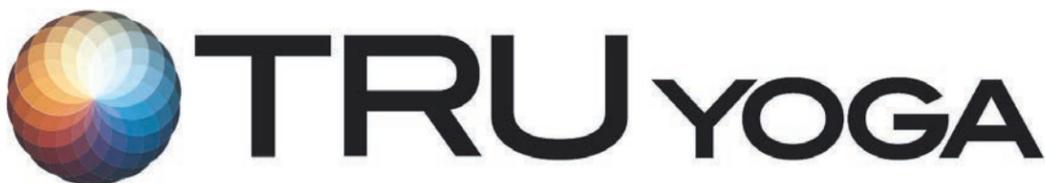
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Discover Eco-Friendly Wine

Glynis Valenti

Many consumers are settling into healthier everyday food choices. Grocery stores and farmers markets have obliged this trend by carrying organic products. Likewise, more wine shops are offering organic options. Knowing the terminology and some background is helpful when reading the labels.

Organic is actually a stringent farming system that reduces or eliminates chemicals and man-made additives. The certification process is time consuming and expensive for farmers, so it takes real dedication and commitment to ecology and health.

While many European producers have been farming organically for centuries, wineries in the United States have taken greater interest in these traditional methods during the last three decades. To be labeled organic, the grapes must be organically grown and processed at a certified organic winery, and no sulfites may be added as preservatives. Wine may still contain naturally produced sulfites as a by-product of fermentation. Because of reduced sulfites, however, these wines do not store as well and should be drunk



This Frey Vineyards certified organic Sauvignon Blanc from California has flavors of pineapple and notes of citrus.

within a couple of days of opening. Phrases and term on labels include:

- 100% Organic: Everything touching the wine from the seeds to the final bottling must be organic.

- Made with Organic Grapes: A limited amount of sulfur dioxide (sulfites) may be added to certified organic grapes processed at a certified organic winery.

- EU Organic: Similar to the USDA Certified Organic designation, but for European organically grown grapes, only organic additives allowed, non-GMO, and a slightly higher sulfite allowance than the US.

- Sulfites: Occur naturally during fermentation and act as a preservative in the bottle. A

small percentage of people are allergic, but a greater number are "sensitive" and experience headaches or stuffiness while breathing when exposed to them.

Though many wineries today use organic farming practices and processes, most opt not to go through the certification process. Finger Lakes winery Four Chimney Winery was the first certified organic winery in North America, established in 1980. Here are a few other eco-conscious wine producers to try from the Finger Lakes and Niagara regions: Silver Thread (organic;) Red Tail Ridge Winery (sustainable, first certified LEED gold winery;) Hermann J. Wiemer Vineyard (sustainable, no herbicides or chemical fertilizers;) Arrowhead Springs Vineyards (sustainable.)

Nelson Habecker, of East Avenue Liquor, has a selection predominantly from a California distributor that sells exclusively organics. What should customers know about organic wines organic wines contain no detectable sulfites," says Habecker. "Some people are sensitive to sulfites, so an organic wine is usually a more pleasant selection for them."

These terms may also appear on wine labels, and various regions throughout the world have their own "stamps" verifying sustainability and practices.

- Salmon Safe: A certification indicating a vineyard or winery that plants trees along streams,

plants cover crops to control runoff and uses natural pest and weed control in order to protect or restore salmon habitats. This designation is found particularly on wine labels from Pacific Northwest wineries.

- Biodynamic: Based on the work of Austrian scientist, philosopher and mystic Rudolf Steiner, this is an entirely holistic approach to agriculture. The farm is treated as its own eco-system where everything is internal and nurtures the whole, striving for balance. For example, compost is mixed in the soil, enhancing the crops, which feed the animals that create more manure, etc. In addition, crops are planted and fertilized in accordance with seasons and moon phases, working with the earth's natural rhythms. Look for the "Demeter" insignia on biodynamic products.

- Sustainable: Eco-conscious farming where the intent and practice moves toward the organic, but with the freedom to use chemicals or conventional procedures if needed. It is generally unregulated, but there are certification programs that may appear on labels. These include SIP (Sustainable in Practice;) Certified California Sustainable; Environmental Management System; LIVE (Low Input Viticulture and Enology.)

A closer look at wine labels can enhance a healthy lifestyle. Check with local wine merchants for their selections and recommendations.

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Highland Market Bakery & Deli

continued from pg.1



Highland Market owners Danny and Pat Stefanou (Photo by Nancy O'Donnell)

at the invitation of her friend South Wedge historian Rose O'Keefe and was already eating a sandwich she pronounced "good."

Neighbors in the Highland Park have been waiting a long time to see a new market at the corner of Linden Street and South Avenue. It took several years as Stefanou worked with neighbors, the Business Association of the South Wedge (BASWA) and the City to replace a rundown 1950's one-storey building he'd been renting out. The dilapidated convenience store had drawn the ire of the neighborhood, and they were excited to see it torn down and replaced with a 2-storey brick 3500+ square foot mini-market fronted with large glass windows. They were especially happy to learn that the new market would not be selling cigarettes or lotto tickets.

Daughter Nicki Stefamou Pinopoulous explained that the inside of the market was not yet complete. Still planned is a painting of a "big American flag" on a wall beneath the high ceiling and banners to give directions to shoppers.

"I've been looking for a distributor for gluten free products, said Nicki. "We'll also be expanding with more organic products." The family already discovered that some Greek items couldn't be found through a Rochester distributor, and instead they drove

to New York City to get them.

A tall shelf overlooking South Avenue holds cans of Greek Dolmas, rich dark coffees and cookies. Greek "Mountain tea" still retains its small yellow flowers and long sage green leaves and stems inside the packaging. Unlike other teas that lose their flavor if re-brewed, this tea can last up to three days. "It's somewhat like chamomile, more intense, but more soothing too," said Pinopoulous.

Farther down on the shelves is *Loukoumi*, a jelly candy cut in squares and covered with powdered sugar. In the freezer section, Greek pies from Philosophy are neatly stacked.

Soon City officials arrived on the scene armed with golden scissors for the ribbon cutting: S.E. Neighborhood Service Center Administrator Nancy Johns Price and Assistant Administrator Kelvin Knight along with Matt McCarthy, senior economic development from the City's Neighborhood & Business Development office. They were joined in the celebration by BASWA leaders Christine Jones and Karrie Leighton and South Wedge Quarterly contributors Jim Wolff and Rose O'Keefe.

The most excited among all those gathered was Highland Market owner Danny Stefanou who said the day "completed his dream" of constructing a market of bricks and bright lights that will last forever.

"The market is good for the



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neighborhood. It's something they really needed and deserved to get. Now people don't have to go to the suburbs for milk for their

families. Whatever you can get at Wegmans I'm going to give to you and a lot cheaper," Stefanou said.
830 South Avenue, 271-8555.

Hours: M-F 7 a.m. - 8 p.m.; Sat. 8 a.m.- 8 p.m. and Sunday 8 a.m. - 3 p.m.

Reiki Healing Center & Lemuria Gift Shop Opens on South Avenue

Nancy O'Donnell

The nondescript box building at South Ave and Caroline Street, first brightened by the appearance Orbs Restaurant, now has another bright attraction in the Reiki Healing Center and Lemuria Gift Store. Walk around to the side, go up the stairs or roll up the ramp, ring the bell and owner Barbara Carlton will let you inside to a place filled with warmth and healing.

For the uninitiated, Reiki is a healing technique based on the belief that a Reiki practitioner can channel energy into the patient by means of touch which activates the natural healing processes and restore physical and emotional well-being.

Visitors have a variety of alternative options for exploration at the Center. It holds classes in a variety of alternative health and spiritual practices: "Reiki, meditation, crystals, angels, chakras, light/color, sound healing, pendulums, dowsing/, Kundalini Reiki, Seichim, Johrei from a certified Advanced Healer in Energy Therapies and that would be Barbara Carlton herself.

Carlton was born in Heidelberg, Germany and moved



to Edinburgh, Scotland where she got married. In Edinburg, she had two children (Erika and Paul) there and worked as an administrator, training others for work in community mental health. She did such a good job that she got to meet the Queen of England.

"In 2001, I was invited to the Queen's Garden Party at Holyrood Palace in Edinburgh," said Carlton. "I had been given the honor for my services to the project I worked for over 8 years."

While working for the Scottish Sky TV on a Women Unlimited program, Carlton had an out-of-body experience that opened a door to another world.

One night she was driving in a torrential rainstorm when she missed the roundabout in the road. As the car was spinning and before it crashed, she experienced something unexplainable.

"I saw two white doors, and I knew I could choose to live or not. I saw my children in front of me, and then I saw a trainer I had when I played basketball in my youth. I

heard him tell me to remember evasive action. "Just like when you played, if you fall curl up."

And so Carlton curled up as the car hit the concrete. When she woke up she found miraculously that no bones were broken, but she had pulled all of her muscles in her back. "I was in mighty pain, and it took me a year to recover," she said.

While recuperating, she discovered a new "clarity" that propelled her to change her life.

"When my husband visited me in the hospital, he looked at me as if it was an inconvenience," said Carlton. When she got out of the hospital she decided to end her marriage.

"I came into understanding mind/soul/connection after that," said Carlton.

Afterwards the metaphysical world opened to her. "I met this man who was teaching crystals, and I asked him to teach me about them. I discovered that when I held one I felt energy. I remembered back to when I was a little girl when I would always want to pick up stones, and my parents would tell me to stop doing it. This time the crystals felt like a battery charging me."

More and more people and places and events opened the door to metaphysics in the late 1990s.

continued from pg. 8



Reiki Master Barbara Carlton

She was invited to a Karuna Reiki class and began training, saw Avaloketish, the Buddha of Compassion, and she began her study of Reiki in 1998.

Around that time she began messaging an American man, Kent Carlton, on a dating site. "I fell in love online," said Carlton. "I could see the beauty and goodness in him through the speed and hesitation in his responses [while they messaged each other]

She moved to the U.S. and married Kent in 2002. She opened stores first in Spencerport, then Pittsford and then the South Wedge. And her reputation has as a Reiki healer has grown.

In an interview on Empire Radio, Carlton answered the question of what Reiki is to her. "It is a healing modality accessible to all. It's a gift to all we have.

Thousands and thousands of people are doing it in the America. It can benefit yourself, your family and when you become a practitioner you can help others. Your life changes for the better."

[After the accident] I felt I had almost known about it [all my life], but it was if it had been temporarily erased. "

Carlton's schedule is so busy she now says she plans her schedule months in advance. Her next Reiki I training begins in June. She doesn't advertise. Instead people ready for a spiritual journey stop by the office.

Within the largest room of three rooms that compose the center is Lemuria Gift shop

to remember the "time before Atlantis." The shop carries crystals stones, candles and jewelry.

Right now the Center is open by appointment, but during the Wedge interview two Reiki practitioners were working on another student reclining on one of the tables in one room. Carlton also offers treatments at the Center, in your own home or hospital or hospice. In another more private room, another person was getting a treatment. Later two visitors walked about the room with divining rods and talked about how the Center will be hosting Alija from Canada for a dowsing class in June.

Now almost two decades after beginning her journey, Carlton is a member of the International Center for Reiki Training. She teaches to the standards of the International Center for Reiki Training which is run by William Rand who is also the founder of Karuna Reiki®. She has over 16 years of experience teaching Usui Reiki and 14 years of experience as a Karuna Reiki® Master.

She also offers sponsorship opportunities for Usui Reiki and Karuna Reiki® and other classes in the United States (mainly Rochester, NY and area and Eastern Massachusetts, Warwick, Orange, Athol, Northfield and Greenfield.

After the training, Carleton offers support groups for practitioners where they practice on each other.

When she isn't in the center, Carlton is at home in a cabin in the woods gathering more beautiful energy form "the hills around it."

The Dowsing for Sacred Geometry of the Human Body will be held June 10-11, 10:00 AM - 06:00 PM (both days) at the Center (www.intuitivedowsing.com) 758 South Ave., 349.3400 or (607).522.4568, email barbara.carlton111@gmail.com www.TheReikiHealingCenter.com www.ReikiForChildren.com

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NAMI Celebrates 5th Anniversary

Kristina Mossgraber



NAMI Supporters meet at Village Gate in 2016 Photo by Aaron Raymond

Celebrating its fifth anniversary this year, the NAMIWalks Rochester is the largest fundraiser for the local chapter of the National Alliance on Mental Illness. Through the overwhelming generosity of our community, nearly \$500,000 has been raised over the past four years that directly supports the efforts of NAMI Rochester, including programs for those living with mental illness and their families, support groups, and presentations in schools and the community at large.

This family (and dog!) friendly event is held at Village Gate Square, and travels 1.5 miles around the Neighborhood of the Arts before returning to the starting point for a post-walk celebration. Featuring music, entertainment, food, community vendors, a kid's area and raffles there is something for everyone to enjoy for this very worthy cause.

NAMI Rochester is joined by hundreds of affiliates around the United States, and renowned as one of the most active and robust chapters in New York State. Support groups both for peers and family members are offered in Monroe, Wayne, and Ontario counties. Additionally, signature

programs such as Peer to Peer, a 10-week course for individuals living in recovery and Family to Family, a 12-week course for family members are offered at the Rochester location at no charge to participants.

Out in the community, individuals from NAMI Rochester present In Our Own Voice, an opportunity for any group or organization to hear first-hand accounts of experiences in the mental health system and life in recovery from persons living with a mental illness. In the schools, Ending the Silence is offered to middle and high schools to start the conversation about mental health and suicide prevention in the setting of a health class. Parents and Teachers as Allies provides teachers, administrators and support staff to hear from a teacher, parent and an individual living with a mental illness that became ill in high school as an education tool for working with their students. The need and demand for these programs is growing exponentially, with the funding for them being reduced. In order to continue offering these programs to the community at no charge, support for the NAMIWalks is needed more than ever to ensure the successful continuation of these offerings.

NAMI Rochester family success stories have touched many.

"The education we received at NAMI Rochester saved our lives and our son's life because we have not given up on him," says one family member. An individual living with a mental illness shared these thoughts with us: "NAMI has been the main force in my getting to the place I am now in life. I am not only grateful for NAMI, but I simply do not know where my family or I would be today without them."

These inspiring stories and countless others have been heard since NAMI Rochester was founded in 1982 by a group of "NAMI mommies" seeking help for their family members. The theme of "by families for families" still rings true almost 35 years later as the facilitators, instructors, and volunteers are all either someone living with a mental illness, or a family member.

You can help support the efforts of NAMI Rochester by joining the NAMIWalks movement. This year's event is May 6, 2017 with registration starting at 9:00 am and the walk at 10:00. Forming a team is easy with the online system found at www.namiwalks.org/rochester, and registration is free. Sponsorships are still available beginning at \$250. To learn more about the NAMIWalks Rochester, contact Walk Manager Kristina Mossgraber at 585.520.8380 or kristina.mossgraber@namirochester.org. For additional information on the programs mentioned in this article, or other NAMI Rochester offerings please visit www.namiroc.org or call 585.423.1593.

Use Spring Cleaning for a Great Cause

Andrea Borrelli

Spring is my favorite time of the year, well besides summer of course, but that goes without saying. 50 degrees? Time to swap out those winter boots for the flip-flops! Adios fleece lined pants, welcome back capris and shorts! I couldn't be happier to be done with bulky winter coats.

The changing of the seasons is a great time to go through your clothing and purge. It's liberating! Your drawers are probably over filled as it is (I know mine are). One more t-shirt in my shirt drawer, and I'm pretty sure that puppy would blow! I haven't seen what's in the back of my closet since who knows when, but whatever's back there I know doesn't fit anymore, and I have come to terms with the fact that it probably never will again.

When I clean out my drawers and closets this spring, I will be killing 2 birds with 1 stone (no birds will be hurt in the course of this process). I will be making my life simpler, and donating the items I no longer need to a great cause.

The 2nd Annual Spring Cleaning Coat and Clothing Drive to Benefit Saint's Place is being held April 1st through May 31st. The donation drive's home base is again right here in the Highland Park & South Wedge neighborhoods!

We are collecting coats, clothing, and footwear for adults and kids, all seasons, all sizes. In particular we are seeking warm, winter clothing, coats, hats, gloves and boots. Donations are going to Saint's Place, a non-profit that serves newly



arrived refugees in Rochester.

Refugees are forced to flee their homes and countries due to war or persecution. When returning home is not an option, or a family is deemed to be particularly vulnerable, some are permitted to settle in the US. These individuals and families arrive with little more than the shirts on their backs.

Saint's Place partners with Catholic Family Center to provide services to refugees who have recently arrived in Rochester. Saint's Place runs the largest Clothing Closet in Rochester which solely serves refugees. They dressed over 950 refugees last year against the harsh winters of Rochester, and they could not do it without the support the community. There isn't an easier way to help, than getting rid of items in your closet you no longer want or need.

To learn more about our donation drive please visit our event website at www.ClothingDriveSaintsPlace.com. There you can learn about donation drop off locations, community events happening to support the drive, and how you or your church, business, school or organization can get involved by hosting a donation bin or becoming a drive sponsor (plus more!)

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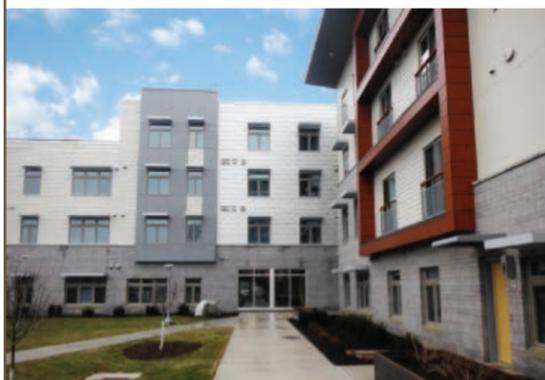
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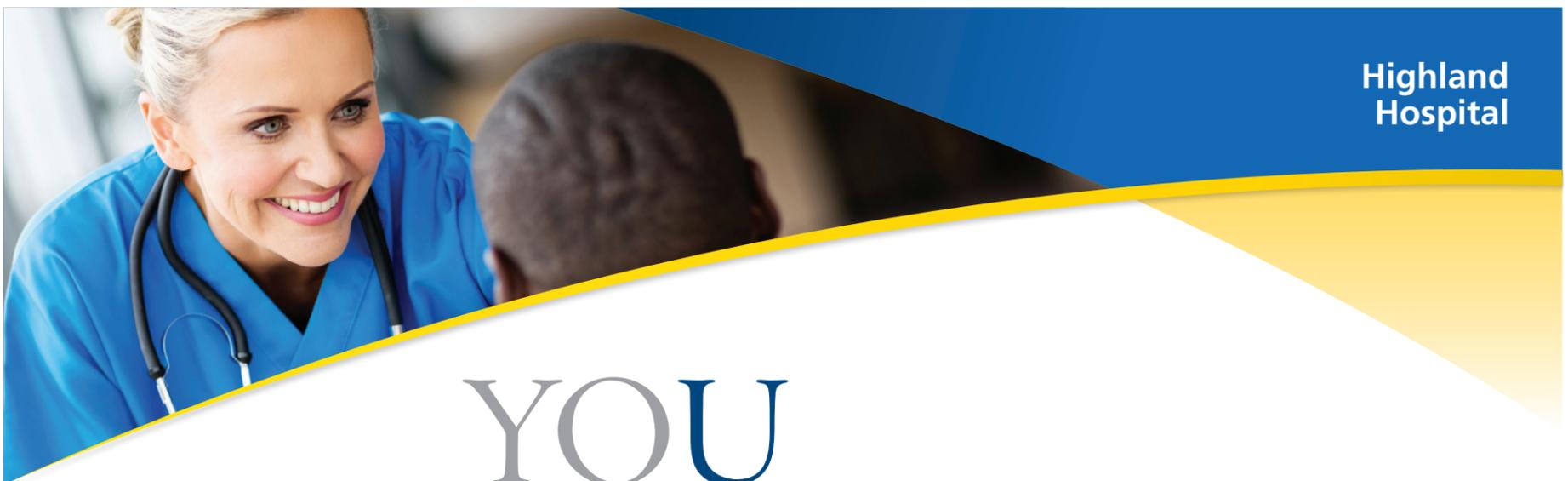
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