

The Official Newspaper of the South Wedge Since 1982

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FREE

- School #12 Journalism Club
- Sassy in the South Wedge
- Something Delicious Bake Shop
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Paint blistered on nearby houses



Crowds gathered at the site



City firefighters feared the Sherwood Shoe Factory would go up in flames. (Photos courtesy of John Schneider and Debi Corey)



People ran from their homes



Firefighters battled flames for hours

Swillburg Shoe Factory Fire Remembered

Three decades later Mark IV apartments planned for site

Nancy O'Donnell

The Sherwood Shoe Factory Inferno is well remembered in Swillburg history. Local firefighters worried about the building when its last business shut down. Newspaper accounts after the 1971 fire quoted one firefighter who said that the crew used to joke who would be the unlucky one to be on duty the day it finally caught fire.

The five-story factory on the corner of South Goodman and Karges Place was built in the early 1900. First used to produce shoes for export, it later housed a variety of businesses. It had been empty for only nine months before the fire.

On July 2, 1971 flames burst out throughout the building. Some 90 firefighters and 15 pieces of equipment rushed to the scene.

During the height of the fire, Rt-490E, then called the Eastern Expressway, was closed because the billowing smoke clouded the lanes.

Residents of houses along South Goodman were quickly evacuated, a few clutching their family pets in their arms. Heat generated from the fire blistered paint on homes blocks away from the blaze. A *Democrat & Chronicle* article the next day reported that a thermometer attached to a house blocks away measured 130 degrees. Firefighters later discovered that many of the bricks on the building melted during the height of the fire. Although Rochester Police Department officers questioned some residents after reports that teens had been seen smoking in the building, no one was ever charged with the fire.

Now three decades later, Mark IV plans to bring 114 market rate apartments to the 2.2 acre tract along Karges Place.

In recent months, residents have held community meetings to discuss the development with some neighbors voicing concerns about traffic congestion near the entrance of the development and its proximity to the 490 exit ramp.

Representatives from Mark IV gave a presentation at a recent NBN6 (Neighbors Building Neighborhoods) meeting. They touted their reputation, noting that the company has built 3,000 apartment units across the county in recent years including historic projects and the 10 Legacy Senior Living Communities, a project at Clover-Blossom Road (behind Mercy High School) that helps people to stay in their neighborhood. Closer to Swillburg, Mark IV built

town homes in Corn Hill Landing.

The Mark IV design at the Swillburg site includes flat roofs and variations in colors and design such as masonry with contrasting cladding materials on the façade. The site plan locates the main entrance of the four-story contemporary design buildings on the curve of Karges Place. Of the approximately 100 units planned, 50% are one-bedroom, 20% are studios, and 30% include two bedrooms.

One sample apartment layout displayed at a recent neighborhood meeting showed a two-bedroom, two-bath design with shared kitchen and living room described as "useful for students and young professionals sharing an apartment." A common space for residents, some rooftop patios and enclosed rooms on top floor corners are also planned. Windows will overlook the expressway, giving residents views of the city.

Access to parking lots will open along on the north side of building with at grade parking under one building. Some open space will run along the back of the building, next to 490.

Mark IV representatives say they expect to begin excavation in Fall 2017 with a completion date sometime in 2018.

See Mark IV plan for Karges Place Development on page 15

South Wedge Farmers Market Opens its 11th Season

Jesse Knoth

This year marks the South Wedge Planning Committee's 11th season of bringing sustainably grown and locally produced food into the heart of the South Wedge. We are so excited to kick off this year and introduce you to new vendors, as well as welcome back previous ones. So join us each Thursday 4-7 p.m. at Genesee Gateway Park, Mt. Hope Avenue & Alexander Street. **New Big Spender Special-** This year, spend big at the market and get rewarded. Stop at the info tent when you arrive, and receive a card that will track your market purchases. Stock up on fruits, veggies and more, and if you spend \$30 or more, you'll receive a bonus \$5 token as a thank you for supporting local agriculture. Get to know all of our vendors and see everything that the market has to offer! **Free Yoga Lessons** - Do you like yoga? For the second year in a row, we have partnered with Tru Yoga to offer free lessons each week at the market. The 45-minute beginner level sessions will begin at 5:30 p.m., giving you time to shop with all our vendors before or after. Plus, receive a Yoga Buck to spend at the Market! We hope you will grab your yoga mat and join us on Thursdays.

Composting - Turn your food scraps into our treasure and help us to grow local! In addition to running the market, the South Wedge Planning Committee also oversees the Victory Gardens. Starting this season, we will be collecting your compost at the market and bring it to our gardens where it will be into nutrient rich soil for our gardeners to use! **Farmers Markets Roc** - Eat local, it's a SNAP. We continue to take pride in the SNAP program for low-income neighbors and are excited to continue offering our incentive programs. Again, we are participating in the Fresh Connect program, giving our SNAP shoppers an extra \$2 for every \$5 spent. We will also offer a \$5 bonus if you spend \$10 or more through a grant from the Rochester Area Community Foundation. That's \$19 to spend at the market when you get \$10 in SNAP tokens! **New & Long-time Vendors** - This year we welcome back some familiar faces and introduce you to some new ones. Of course, we'll have great produce, but we'll also carry soap, prepared foods, meats,

continued from pg. 16

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 business 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 3 with any questions. Are you a business owner interested in participating in the Wedge Card discount program? Let us know!

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Articles in this paper do not necessarily reflect the view and/or opinions of the South Wedge Planning Committee.

SWPC Mission Statement

SWPC builds community in the South Wedge, encourages a full range of housing opportunities and promotes a diverse, historically significant, commercially sustainable urban village.

The Wedge Newspaper, a not-for-profit newspaper, is published by the South Wedge Planning Committee, a community development organization. Its mission is to provide accurate coverage of community news as well as local, state and national news that affect the area.

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

Please send story suggestions or news to Wedge Newspaper Editor Nancy O'Donnell, 224 Mt. Hope Avenue, Rochester, New York 14620 or e-mail nodonnell@swpc.org.

Advertising deadlines and rates are available online at www.swpc.org or call Nancy O'Donnell at 585.256.1740, ext. 4 or 585.978.9638.

Enjoy Wedge Card discounts here!

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686 South Avenue

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658 South Avenue

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766 S. Clinton Avenue

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133 Gregory Street

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

Swiftwater Brewing Company
\$1 off flight of beer
378 Mt. Hope Avenue
thread, 10% off
654 South Avenue

Zak's Avenue, 10% off
661 South Avenue

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



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Mike Tomeno
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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.

Mr. Inside/Mr. Outside
Felton Culbreth
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South East Area Coalition South Wedge Planning Committee June/July 2017 Calendar

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

SEAC, 6/20, 5:30 p.m. SWPC 6:30 p.m.
SEAC, 7/18, 5:30 p.m. SWPC 7 p.m.
SEAC/SWPC Joint Board Meets Tues. 7/18, 6 p.m.
SEAC contact: coconnor@hselaw.com
SWPC contact: flogan@rochester.rr.com

Community Engagement
(Neighbors & Block Clubs)
jknoth@swpc.org
Wed. 6/28 & 7/25, 5:30 p.m.

Housing & Structures
Meets bimonthly
Wed. 7/5, 5:30 p.m.
gvalenti@swpc.org

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

Call for ad rates
256-1740, ext. 4
or 978-9638.

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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Please mail this form along with your donation to:
224 Mount Hope Avenue, Rochester, NY 14620.

Swillburg Shout Out to Day of Caring Volunteers

Mike Henry



*Spring is here said the bumblebee,
how do you know said the old oak tree?*

*I just saw a daffodil dancin' with the
fairies on the windy hill.*

Did you recite that poem in childhood? It was my favorite early childhood poem, written by Tim Cain. We children sang it in kindergarten, up on the Tug Hill, and I've always joyfully recalled it.

This poem might be an apt recital for us here in Swillburg, lying at the foot of Pinnacle Hill. Could that have been the windy hill where

daffodils and fairies danced? It would be obvious to anyone passing through that Swillburg appreciates spring and its flowers.

When the United Way of Greater Rochester calls for a Day of Caring and enlists volunteers, Swillburg responds, requesting assistance to prepare our gardens for summer.

On Thursday, May 11th, eight librarians from the University of Rochester River Campus volunteered and helped a few of us Swillburg neighbors. Together we prepared raised garden beds at School #35 on Field Street. There, on a calm sunny and mild day, as we delightfully visited, we accomplished a great deal in preparation for the growing season. Later, we proceeded to our Charette Garden at the corner of South Clinton and Fountain Streets where layers of leaves and

weeds were removed and invasive plants replaced with fresh new ones.

Swillburg's Day of Caring volunteers was coordinated by our neighbor JoAnn Oneill. JoAnn tells me that this was the third year the U of R volunteers helped. How can we say thanks enough to the United Way and the university?

The Day of Caring was made even more festive by a donation of lunch from Salvatore's Pizza while Wegmans sent snacks for the day. Soil, compost and perennials for our Charette Garden was donated by Home Depot and. A heartfelt thanks to all!

And, again, this was all made possible by JoAnn who coordinated all these resources into a day of community and great improvements! A big thanks to you JoAnn!



Swillburg residents join with U of R volunteers at School #35 on the Day of Caring (Photo by Mike Henry)

A Proposal for our Next City Leaders

Joel Helfrich

I am not running for any elected office, but if I was I would make the following platform and initiatives the focus of my campaign:

A. Improve Education Education is the foundation for every single activity, advancement, and employment during a person's life. We can and must do better.

B. Anti-Poverty Efforts. Prosperity is key. If I was running and elected and I already had a full-time job I would donate all of my income to the three key areas listed here. I would donate to local organizations making headway on improving education, economic equity, and sustainability. We cannot address any of the other key platform ideas without addressing poverty.

C. Sustainable Community Development. Thrivability should be our goal. Given Rochester's size, legacy, and assets, we should be able to lead the nation as a green city, that fosters the triple bottom line of social equity, environmental stewardship, and economic.

To implement the three key platform goals above, Rochester needs to establish the following policies:

1. Ensure that anyone who works for the city lives in the City. No longer can City of Rochester employees work for the city, yet return home to the suburbs at the end of the day. Police officers, firefighters, and RCSD teachers, among others, should be encouraged to follow the city's Residency Requirement Policy.

2. Solar should be subsidized. Rochester should also lead the nation and the world in implementing community-based solar (and geothermal, where possible). We should have several Microgrids in each neighborhood.

3. If you are a developer and want money from the City of Rochester for development, you must commit to 1% for art and 1% for creating at least one full-time job for a person living in extreme poverty (to be identified through local nonprofit organizations and/or the Anti-Poverty Initiative). Any development of \$1 million or more must conform to LEED [Leadership in Energy and Environmental Design] voluntary design standards and must include solar to cover the costs to run the building, project, etc.

4. If you truly want Rochester to be a "Sanctuary City," abolish "Columbus Day" and replace it immediately with Indigenous Peoples' Day.

5. Provide financial incentives and support for Community Gardens. Offer free vacant lots, water, and other support to groups that have proven themselves and are willing to donate 15% (or some other percentage) of food to the Rochester City School District and/or other local nonprofits.

6. Low-hanging fruit: Enact legislation today that makes Rochester an amazing and supportive place for animals. For starters:

-No travelling wild or exotic animals; no animals as entertainment (exploitation).

-Ban junkyard dogs so that no dogs must live their lives outside. Instead give businesses grants for security cameras and other measures.

-No tethering, restraining, caging, or penning dogs, especially outside.

-Local Animal Abuser Registry.- Open up millions to horrible shelters throughout New York State. Look at the thousands of animals killed

each year in Rochester or New York City (ACC), for example. We should have the goal of creating a no-kill community/state.

-End corvine expulsions

7. Give the Genesee River human status. Work with the Seneca Nation and the staff at Ganondagan to make this happen. (See a successful effort in New Zealand to give the Whanganui River the same legal rights as a human being.) In fact, we need a citywide effort to reorient and reconnect the City of Rochester to the Genesee River.

8. Selling Rochester's water: A very bad idea. Watch Blue Gold. In the future, the Water Authority might wish to sell the assets, in spite of any covenants against such action. Selling Rochester's water is a non-starter—short term gain for long-term pain. Sustainability, not simply economic factors, should be the bottom line for any decisions.

9. Parcel 5: Turn it into a park, already, or some kind of flexible outdoor space for concerts, farmers' markets, etc. Rochester officials need to get into the habit of looking

at projects, policies, and examples elsewhere that work. In this regard, there are many.

10. RBTL and the proposed new auditorium. No. RBTL President Arnie Rothschild has always publicly stated that his organization never wanted to be a property holder. RBTL will likely sell and/or abandon the Auditorium Theatre if given the chance. The bottom line is that the Auditorium Theatre is great, is always full when my veteran season ticket holder brother-in-law of mine attends shows. It is not in need of a renovation or more seats or anything else. Nobody is asking what will happen to the Auditorium Theatre with the construction of a new performing arts center, why the stage and theater cannot be enlarged along College Ave behind the theater (like Shea's Performing Arts Center in Buffalo, and why anyone would want to move the theater out of the "arts district" and somewhere else.



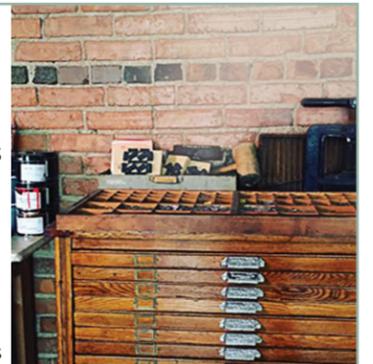
Friday, June 9
Saturday, June 10
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South Wedge Welcomes Time for Wine



Tom Williams welcomes wine tasters at his shop (Photo by Glynis Valenti)

Glynis Valenti

How did Tom Williams find the South Wedge location for his new wine store?

"I saw it on Craigslist," he answers.

Williams, a native of Buffalo, has been living in Rochester with his wife and children, but was commuting daily to his wine store in Buffalo.

"It got to be too much, so I started looking around. I saw the ad and drove by," he explains. "I wasn't too familiar with the South Wedge, but my friends told me it was a great area of the city. Since there was a wine store here before, I decided to go ahead and lease the space."

During his first few weeks, Williams has been acclimating to Rochester palates and interests in wines, which he says differ slightly from Buffalo's. He would like to bring people popular and familiar labels, many for that "every day glass of wine." He is listening to customers' suggestions and plans

to keep developing the inventory.

After eight years experience in retail wines and spirits, Williams knows that wine has become less pretentious, and he tries to make customers feel more comfortable about trying new types of wine, wines from new producers, or wines from new regions. He offers tastes of wines at the counter, and customers can stop in to see what is featured on any given day.

He mentions that in Buffalo his store was close to an established Polish neighborhood, so he carried some Polish fruit wines and marketed them as "like Grandma used to make." These traditional honey and cherry wines were very popular but unusual, and Williams is considering getting a few bottles in for Rochester customers to try. He will also be adding a few more organic wines. In spirits, Williams carries Rochester's Black Button brand.

For people who are interested in wine but are not sure where to

begin, Williams often recommends trying a Pinot Noir. The medium-bodied red isn't as bold or heavy as Cabernet Sauvignon or Syrah or even many red blends. Pinot Noir is a French grape primarily associated with Burgundy. California, Oregon, and New York all grow and produce Pinot Noir.

For customers who would rather drink white wine, he says un-oaked Chardonnay is a good choice. The wine isn't too dry or too sweet and has flavors that range from green apples to tropical fruit. It is readily available from producers in California and Australia at reasonable prices.

Williams also has some summer wine suggestions whether for parties or sipping on the porch. A classic refresher is New Zealand Sauvignon Blanc. This is a crisp and refreshing white with flavors of tropical fruit and notes of fresh cut grass. For something a little different, he tells people about Orvieto Classico.

"This Italian blend pleases everyone," he notes. "It's not too sweet or too dry."

Like the white, Orvieto Vipra Rossa is a popular blend, this one of Merlot, Sangiovese, and Montepulciano from the Orvieto region of Italy. Williams adds that the Popes used to live in that region, so Orvieto is sometimes called "the wine of the Popes."

Williams has found the South Wedge "very welcoming" so far. He says he appreciates that other South Avenue business owners have stopped in to introduce themselves and wish him well. Customers, too, have been encouraging and friendly, and he is happy to have made the move.

Time for Wine and Spirits is located at 661 South Avenue and is open Monday, Tuesday, and Wednesday from noon until 8 p.m. and Thursday, Friday, and Saturday from noon until 9 p.m. The store is closed on Sunday. For more information on wines and spirits, customers can reach Williams at (585) 413-3826 or timeforwinespirits@gmail.com



Blissful Image Opens on South Avenue

Welcome to Blissful Image, a new South Wedge Business on South Avenue. It offers services in permanent cosmetics, Dream Lash Lift and removal of permanent makeup.

Owner Sharlyn Marquez, a certified Dream Lash artist, describes

"Dream Lashes" as a technique that makes natural lashes "look dramatic and bold or subtle but chic."

"I can give my clients an instant lift, taking at least 5 years off their look. This is one of the most innovative and natural treatment to enhance your eyes and beauty," said Marquez. "I am aiming to be double board certified through American Association of Micropigmentation and SPCP. Currently I am not board certified. NY state does not require it, however, I will still take them."

Blissful Image will hold an Open House on Saturday, June 10, 2-4 p.m.

The first 25 guests will get a Glam Bag along with learning about beauty services offered. Services are appointments only. 758 South Ave, 496.6542.

Heritage Taco Co. on the Road

Orbs owner Bob Caranddo has this to say about his new

venture: "Heritage Taco Co. wants to spill the beans, folks. The people behind Orbs restaurant and bar will hit the road mid June with Mexican street food. Think tacos, totopos and street corn and much more."

"We're grinding our own corn to make the tortillas," Caranddo said.

You can find Heritage Taco's trailer parked outside Orbs at 758 South Avenue on Monday nights. It will also be outside Abilene's during the Rochester Jazz Fest. Stop by!



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South Wedge Sudoku

STR8TS

Medium

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

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

SUDOKU

Medium

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3	8							
				2				
	6	4	5					1

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

Volunteer Drivers are Key



Give A Lift!

Sr. Anne Guerin

"Marge, like some people her age, can't drive anymore. She gave up the keys. But she could use a lift." This is the tagline for the "Give-a-Lift" program.

"Give-a-Lift" is a consortium of volunteer providers of transportation, sponsored by Lifespan, with the goal of enabling elders to remain safely and independently in their homes, to "age in place." Their primary mission is to take older neighbors to their medical appointments, and then on other "necessary errands" such as shopping, the bank, etc.

Many communities in the county offer this gift of transportation to those who no longer drive, yet they need more volunteers to continue the service. Do you have a couple of hours a week, or even a month

to drive someone? Are you a veteran? A new group dedicated to transporting vets is eager to expand.

Wherever you live, whatever time you would like to donate, we could use you! We have an application process, run your license, check your insurance and references. We offer you supplemental insurance at no cost as well as a training program and a photo ID.

Drivers find this to be a win-win situation! They love to drive, they want to contribute to their community, and the folks they transport generally have no other option.

If you would like to make a difference, to get a lift by giving a lift, call Sr. Anne Guerin at 244-8400, ext.. 142 or email her at aguerin@lifespan-roch.org

Keep it Down this Summer

Ah, Summer! Picnics. Parties. Windows are open. Lawns are being mowed. Being a good neighbor means being mindful of neighbors. Blaring music or mowing your lawn when the sun rises does not a good neighbor make.

The City of Rochester brochure's "How to be a good neighbor" offers help to keep our neighborhoods harmonious with info about noise ordinances.

"Noise should not be audible beyond 50 feet from your property line between 10 p.m. and 8 a.m." That means lower the volume after 10 p.m.

"Noise should not be audible beyond 50 feet of your



property line between 8 a.m. and 10 p.m." That means no mowing your lawn at 6 a.m.

Breaking the noise ordinance makes a lot of your neighbors very unhappy and being cited may result in fines.



Wee Garden Workshop held at RCGC

Nancy O'Donnell

Floral Designer Alana Miller offered tips on creating wee gardens at the Rochester Civic Garden Center (RCGC) Brown Bag Lunch-time talks on June 1.

Miller explained to a packed room how she built several assembled baskets and then moved on to demonstrate a step-by-step way to make your own.

With a cluster of seven potted plants (succulents, New Guinea impatiens, hens and chicks), moss, stones, and sand from a Florida beach, Miller built a wee garden (house included) in a hypertufa pot.

RCGC free events and classes include a Warner Castle Garden Tour with Mili Piccione on Tuesday, June 29, 6 p.m.; Tour of the RMSC's Regional Green Infrastructure Showcase on Tuesday, July 11, 6 p.m.; Backyard Beekeeping on Saturday, July 22, 10 a.m. or 2 p.m. with Marianne Simmons; Tour Penfield's Community Victory Garden, Tuesday, August 1, 6:30 p.m. - 8 p.m. with Nancy Marrer and Tour Harris Seed's Flower trial Gardens on Tuesday, August 15, 6-7:30 p.m. For more information, call 585.473.2130.

Call us for more info about our ad rates at 256-1740, ext. 4 or 978-9638. Visit us online at www.swpc.org.

South Wedge Victory Garden News

Felton Culbreth, Victory Garden Manager



South Wedge Victory Garden on Hamilton Street (Photo by Jesse Knoth)

It may not seem that we'll ever have summer weather, but it's still not too early to plan. A summer garden can provide an abundance of fresh delicious produce that you can bring to your table throughout the season.

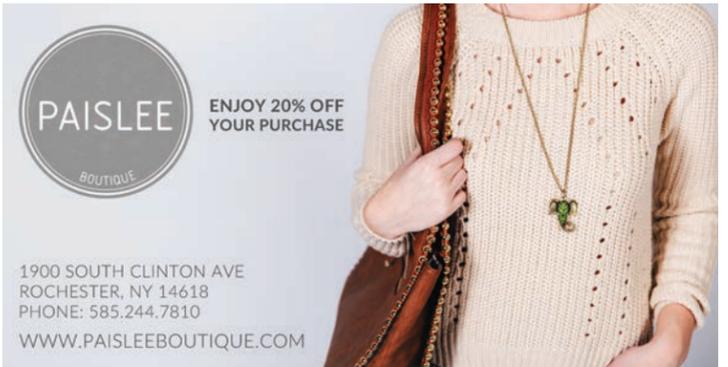
If you missed the spring planting time, it's not too late to get started with your vegetable garden plan.

Many vegetables have short growing times, and so they can be planted and harvested in a few short weeks. Growing lettuce, radish, green onions, green beans, and many heat loving herbs are easy to do, even starting in midsummer.

Here are some ideas to get started.

Summertime is a good time to plant warm weather vegetables such as cherry tomatoes, sweet potatoes, okra, and peas. Summer container gardens may be the easiest of all vegetable gardens to design and implement. Simply assemble a group of large containers and begin. Be sure they have good drainage hole in the bottom and they are placed in a sunny location. Fill with good potting soil, and plant your vegetable seeds or small plants in hot weather. Give your lettuce plants shade for best results. Lettuce is one of the few plants that will be happiest when not in full sun.

If you have any questions, email me at felann@frontiernet.net.



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Sassy in the South Wedge

Healthy Hedonists invites you to celebrate Rochester Pride at "Sassy in the South Wedge" on Thursday, July 13! The event will take place throughout the South Wedge neighborhood as part of Roc Pride Week — now celebrating its 28th year as a fixture in Rochester's summer festival scene.

"Sassy in the South Wedge" will feature a series of events: from live music to dance parties, storytelling to networking, and more.

Sassy is an evening to celebrate the diversity, history, issues, and goals of the LGBTQ and Allied communities. Most of the events are free, but donations are strongly encouraged as a fundraiser for the Gay Alliance of The Genesee Valley.

Kicking off the Sassy will be the Second Thursday networking event by the Human Rights Campaign (HRC) at Lux Lounge from 5:30-7:30 p.m. Grab a drink and meet someone new!

A series of live musical performances begin at 6 p.m. in Star Alley park, next door to Lux Lounge. Kickin-it-country artist Claudia Hoyser opens the performances "full of swagger," which then continue with Rochester native Cammy Enaharo, a soulful singer-songwriter whose baritone ukulele and vocals "envelop the soul with a warmth, crispness and intentionality that's not to be missed." The announcement of a third musical act to close out the free concert is still to come.

From 6:00-9:00 p.m., a free Pride Youth Dance takes over The Historic German House, including free pizza, non-alcoholic beverages, and a live DJ.

Down the block at Equal Grounds coffee house at 7:00 p.m., "The Good, The Bad, and The Funny!" features comedic stories from gender expansive and trans-community storytellers, sharing their life experiences.

After the Pride Youth Dance, the German House will convert to an adult dance party — with Roc Pride 2017's "Summer of Love" theme — from 10:30 p.m.-1:30 a.m. The adult dance party will feature upbeat grooves by DJ Lkat & Gretchen, followed by the magical sounds of the boys from Sole Rehab. A monthly event unlike any other in Rochester, Sole Rehab brings together a diverse crowd of music and dance lovers from all genres, allowing party-goers to truly express themselves outside of normal club culture. This one is for the booty shakers, two-steppers, and head-nodder. Tickets to the dance party are \$5, available in advance at gayalliance.org, or at the door (if available).

No matter who you are, there's something for everyone at "Sassy in the South Wedge!" Your presence affirms your support for the LGBTQ people in Rochester and beyond, and we hope to see you there at your sassiest.

TRU YOGA

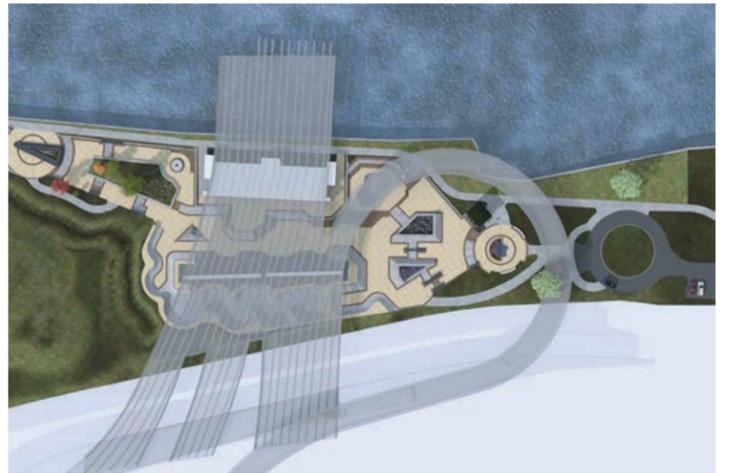
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Skate Park Plans Resurrect with City Grant

Supporters of a Rochester skate park are encouraged that one day they will have a park in downtown Rochester when they learned Mayor Lovely Warren's proposed budget includes \$100,000 for the project. The proposed site of the skate park is underneath the Frederick Douglas and Susan B. Anthony bridges in downtown Rochester.

A skate park was proposed a decade ago, but it never materialized. In the meantime, skate dreams are kept alive on Monday nights inside Breaking Free Skate Park.



On one Monday night each month, host, Scarlett Markham, created this event to give women hosts skaters. She wants to provide "a safe place" to enjoy skating until there is an functional urban skate park

In a News 8 interview, Alan Presutti, the president of the Friends of ROC City Skate Park, said that the proposal could cost between \$1 and 4 million to build, but he argued that a skate park will bring culture and a space for all families to enjoy.

Presutti said news of the Mayor's budget now gives ROC

City Skate Park supporters the opportunity to fundraise and perhaps hire a grant writer.

"What it gives the group is some stability, and credibility that they have the municipal government and support of the project of what they are doing," said Marisol Lopez, Commissioner for Recreation and Youth Services.

The City of Rochester plans to break ground in two to three years. City Council still needs to approve Mayor Warren's budget plan.

SHOWING PRIDE IN OUR COMMUNITY!

Sassy in the South Wedge

Thursday, July 13

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South Wedge Sudoku Solution

Str8ts Solution

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

Sudoku Solution

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

Let Freedom Ring..

Michele H. Martell



Cicero the Roman statesman, lawyer, scholar, and writer, wrote "What then is freedom? The power to live as one wishes."

Sweet Freedom. Let those words sink in. What a pleasurable resonance they can have. Depending upon our own circumstances, the concept of freedom may conjure up various internal responses. What does Freedom mean to you?

The notion of freedom can apply both collectively and individually. Communally, in our United States of America, we have many liberties for which to be thankful. Among countless blessed freedoms, we have our freedom of speech, freedom to pursue happiness, freedom to worship, freedom to pursue careers and education regardless of gender, race, and religion. And much of this sovereignty we may effortlessly take for granted, because we've had that for as long as we can remember. Women and men have fought across the globe to maintain our freedoms, and many have valiantly given their precious lives. It may seem unreal that throughout history and in some locations around the world today, the "basic" freedoms to express one's opinion, to worship, to obtain an education, have been deemed not only unlawful but are met with severe punishment and even death.

The idea of freedom can vary depending upon age bracket. For example, for many children and teenagers, being "free" could be defined by doing whatever one wants, whenever one wants; without the life experience to understand that this type of abandon can lead to lifelong negative consequences.

Adults often seek freedom from the drudgery of 9-5 (or longer) schedules and freedom from debt. We desire the freedom for our children to ride bikes, play in the neighborhood, walk to school without a fear of harm.

Mothers deserve the freedom to care for their babies without threat, and all sentient beings are deserving of that freedom.

For the debilitated or elderly, the concept of freedom can relate to the ability to live independently and without encumbrance. The freedom to even take a walk and feed and dress oneself without assistance, which may have been easily enjoyed in earlier years, can sorrowfully be an unattainable autonomy in later years. Sometimes we do not appreciate those liberties until they are gone. Interestingly, I have observed people in such circumstances still exercising some sense of freedom...if only in their minds.

Freedom can be considered a personal state of mind. There is the capacity to experience spiritual growth and personal growth, if one chooses. What about the freedom to openly love, to authentically express ourselves, without a need for recompense; the freedom to be the best you possible? The freedom to just be and live without others' judgment when you are doing the best that you can. To enjoy culture, music, the arts...if that feeds your soul. And we all have the personal freedom to overcome negative thinking and people... to focus more on what makes us happy to facilitate a happier and more fulfilling life. There is always the freedom, although it may be challenging to embrace, to decide to go on living and loving with the knowledge that haters are going to hate no matter what we do, and that we are moving forward on our own authentic path anyway. That is freedom.

A sense of freedom is an inborn yearning of everyone. There is an undeniable plea for all souls universally – people, animals, the helpless, all living beings – for the freedom from fear, abuse, exploitation, and oppression. We may yearn for freedom from addictions, bad relationships, anything that binds us to that which is harmful to our spirit or to just have the freedom to live and flourish.

This Fourth of July...and really, every day...let's take a moment to give thanks to those brave ones who have helped to ensure our freedoms. And through gratitude for each sweet freedom that we have, we can further honor them and ourselves. God Bless the U.S.A. and the precious souls within each of us. Let Freedom Ring.

Dear GQ

Why can't men that look like my friend grace the pages of your magazine? Is it because his skeletal frame is different than most of the men you've ever seen? Do you not appreciate the curve of his spine? The height in which he sits? Does his scars not amaze you? Are the muscles he's worked so hard to gain not worth seeing? Do you believe it is impossible to find him attractive?

Dear GQ

How do you measure someone's maleness? Is he not man enough because he doesn't walk? Do you find it impossible to photoshop his wheelchair? Would the image of his chair for ever taint the pages of your magazine?

Dear GQ

Is he not a man? Does his difference scare you? Are you afraid of his excellence because his determination has the potential to put all the men who you've put on the covers of your magazine to shame.

Jeiri Flores is a disability rights advocate from Rochester, NY. She earned her Bachelors in Sociology and African American Studies at SUNY Brockport in 2014. She's currently working as team leader for Flower City Americorp. As a disability advocate working against ableism, Jeiri protested at the White House, has spoken at various colleges and is currently consulting with Cornell University. To learn more, contact Flores at jeiri.i.flores@gmail.com.



Jensen Caraballo (Photo by Jeiri Flores)

Dear GQ

I'm just looking for clarification Because I'm confused by your lack of representation You see he's a man that deserves a celebration Some sort of compensation because you've ignored the existence of men like him for two or three generations

Sooo, GQ

I ask again, why can't men that look like my friend grace the pages of your magazine?

--Jeiri Flores

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Roc Renaissance Man Ajani Jeffries Has Roots in the Wedge

Macy Chirido

Ajani Jeffries has been busy. Co-founder of creative agency Goldn Rd, runway model, Youtube restaurant reviewer (“Thank you, Rochester”), aspiring musician and avid skateboarder. Somehow Ajani Jeffries finds the time to sit down for an interview at Brue coffee to talk about all of his exciting adventures over the past few years and his plans for the future.

Jeffries grew up in the South Wedge and attended the School of the Arts. After he graduated he partnered with a fellow student Josiah Montalvo and formed Goldn Rd clothing shop. Their designs mixed original graphics with traditional skateboarding fashion. At first they placed their fashion at Krudco Skate Shop, but later rented space on Caroline Street where they hosted pop-up shops.

Jeffries still loves the South Wedge. In fact, he’s exploring new modes of creativity in the realms of fashion, music, and most recently, beer, in hopes of bringing attention to local businesses.

“I would love to make shopping local trendy,” he said. “It’s a beautiful thing, having local businesses become popular. Pop up shops especially are a great way to encourage locals to support small businesses.”

This has been an aspiration of Jeffries for some time. He took his first steps toward success when he opened a Goldn Rd retail store in the South Wedge in 2011. Since then, he has collaborated with local businesses through video promotion



Ajani Jeffries and Sage Cruz Field of Goldn Rd creative agency and fashion line hit the runway at Rochester Fashion Week 2016 (Photo by Brandon Vick)

and broadened his horizons to other exciting forms of media.

In September 2016, Jeffries got the chance to hit the runway himself during Rochester Fashion Week.

“[Fashion] is a different world,” said Jeffries. “I wanted to get into modeling when I was younger, but I wasn’t comfortable in my own skin, and I’ve really grown.”

It’s not just age that aided his character growth but rather his commitment to success and willingness to experiment in new fields of creativity.

“Fail, Fail, Fail, Fail, succeed.

That’s the process of getting to where I want to be,” said Jeffries of his ventures. A career in modeling is an undoubtedly exciting new adventure, yet creating music and sharing it with others is “most important” to him.

In the midst of more modeling opportunities locally and using Goldn Rd to promote local shopping, he’s been working on an album. When he talks about mainstream music being released today, Jeffries described it as “a wall of negative energy.”

“There isn’t anyone uplifting

me on the radio,” he said. “I don’t like the messages of violence and disrespect reaching young African Americans through rap and hip hop genres of music. It’s important for African Americans to stop and think about the music they’re putting into their ears.”

It is clear that the upcoming release of his album is a significant step in furthering the reach of his public voice, which he plans to use more constructively.

So, what does he find so appealing about fame and people who are considered famous?

“They don’t realize how much influence they have over everyone. Today’s media driven world idolizes famous people and a majority of the younger generation looks up to them for examples of behavior and values. Many who are lucky enough to have fame as a vocal platform are not using it productively.”

He is hoping his album will preach central life principles and the importance of acceptance

With social media platforms on Facebook and Instagram under the name Goldn Rd, his ventures can easily be followed and supported. He’s been collaborating with Three Heads Brewery of Honeoye Falls and is excited about the release of a porter with a colorful, Goldn Rd label on June 10th

“Porters are always labeled darkly, so not many people are attracted to them. I want to bring vibrancy to the porter world,” Jeffries explained.

Porter, music, and fashion alike, Jeffries is sure to bring vibrancy to all three.

“I believe that everything around you is a result of your own thinking,” said Jeffries. “Even when Rochester didn’t seem as if it was poppin’. I always believed, and I always knew it would be. I am very grateful to be here now, as it is.” He lets out a genuine laugh at his choice of words.

A man of many talents with exciting roads ahead, Ajani Jeffries is absolutely an up-and-comer to follow. He’s bound to have a lot more successful projects ahead.

Go team!
Go Cubs.

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SOMEWHERE IN THE SOUTH WEDGE

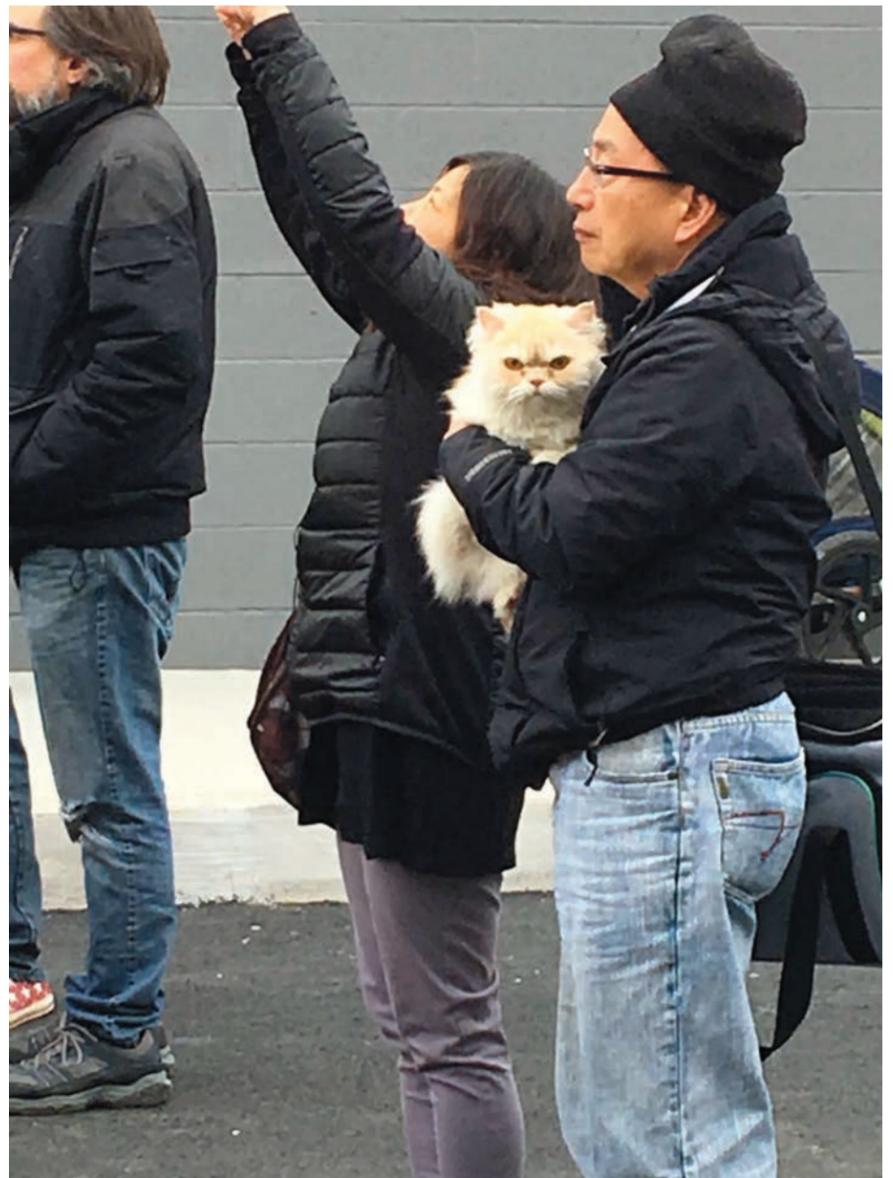


Photo by Kate Sweeney

Talking with My Mouth Full - Something Delicious Bake Shop

Molly Perrin



French macarons are front & center. (Photo courtesy Simply Delicious Bake Shop)

Something Delicious Bake Shop lives up to its name offering something delicious for everyone. The shop is filled with everything from maple bacon taco whoopie pies to authentic French macarons.

Opened in 2015, Something Delicious specializes in French macarons and artisan cupcakes, as well as some sweet surprises. In addition to retail business, the bake shop focuses on creating beautiful

custom cakes for any occasion. The quaint shop on South Avenue adjacent to Highland Park provides a homey atmosphere inside with exposed brick walls and wooden floors. It may seem small, but it is packed with goodies for everyone.

Mina Rivasfar-Hoyt has been baking up sweet treats for over 10 years. When she decided to open up a storefront location near the South Wedge, Rivasfar-Hoyt knew that community involvement would be vital to her business model. Something Delicious has worked alongside many local non-profits including the Just Breathe Foundation and Al Sigl. Additionally, the business participated in the Epilepsy-Pralid, Inc.' annual Chocolate Ball fundraiser, baking gorgeous cakes for a cause.



(left) a Brookie, a Brownie Bite Truffle and Lemon Blueberry Cupcake (right) S'Mores Cookie, a chocolate chip cookie with graham cracker crumbs, chocolate ganache and toasted marshmallows. (Photos by Glynis Valenti)

The bakery case inside the door is packed with desserts for anyone with a sweet tooth. Authentic French macarons, in an assortment of flavors, provide tasty bursts of color. Next to the macarons, visitors will find a large variety of artisan cupcakes in tantalizing flavors ranging from fruity to chocolatey. The bakery also offers cookies, brownies, and other treats on a rotating basis.

On my visit, I picked up a little bit of everything. Mina recommended that I try one of her specialties, French Macarons (\$2). The flavors offered on the day I stopped by were lemon and chocolate raspberry, and neither disappointed. The meringue-like treats were perfectly balanced-not too sweet, but definitely not lacking in flavor. Their irrefutable texture and taste made it hard to just eat one. As a self-proclaimed chocoholic, I was partial to the chocolate-filled raspberry macaron, but my taste-testing companion loved the lemon.

I also tried an array of the



cupcakes (\$2.50-\$3) that Something Delicious had on display. Boston cream, chocolate raspberry, Snickers, and strawberries and cream were among my choices. Each one had a unique flavor and filling and lived up to all of my expectations. While my favorite was the Snickers-filled with nuts and caramel-, my tasting buddy loved the strawberries and cream- which had a real fruit filling and whipped topping. The Boston cream truly lived up to its name, as a small but mighty homage to the cake that it is modeled after. The shop's rotating cupcake variety means that there is sure to be something for everyone.

A visit to this bake shop would not be complete without trying the other enticing sweets that lined the bakery case. Coconut lovers will be sure to love the giant coconut macaroon (\$2.50), while those who prefer a mix of savory and sweet will appreciate the maple bacon taco-style whoopie pie (\$4). The large variety of rotating treats ensure that visitors will fall in love all over again each time they visit the bakery.

Looking for a sweet group bonding experience? Check out the shop's baking classes which include cake and cookie decorating. Classes are offered on a rotating basis, so check back if what you are looking for is not on the schedule.

Whether you love cake, cookies, or cupcakes, Something Delicious has 'something' for you. It is an outstanding addition to the neighborhood and is definitely worth a stop. 1141 South Avenue across from Highland Park. Hours are 12-6 Tues. and 10-6 Wed.- Sat., 585-730-7876, deliciousbakeshop.com.

Reiki Healing Center

continued from pg. 14

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Shedding Light on Mindfulness



Nicole deViere

Yoga has become a familiar word with most relating it to an exercise in extreme flexibility. But, in actuality that is only part of it. I have always called the physical practice of poses *yogasana* and use the word *yoga* to refer to the whole practice, which is much more than just on the mat. The word is Sanskrit and comes from the root “yuj” meaning to yoke or to join. Yoga in essence is to be mindful in what you are doing, whatever that may be requiring strength in addition to flexibility. A little over two years ago my practice led me to stop drinking

alcohol and also to be mindful of all of my behaviors that I had noticed but really never acknowledged fully to lead into expansion. This was my practice and yours could be completely different because your life is different, your actions are different, you are different, but we are all the same too!

At *DrishTi* and in many spiritual practices, an altar--a sacred space of reflection and honor--is created. An altar is where a contribution is made, so you ask yourself, “What am I contributing?” It is also a place where sacrifices or the act of giving something up to help someone occurs and in this case

that person is you. One of the most frequent questions I get asked when a student gets into the practice is how to make an altar at home? It was in fact a question I had posed to my teacher at one point as well, and her response was, “Don’t worry about the altar, it will come, just do your practice.” At the time, this was somewhat frustrating to me and my fellow inquiring yogi friend. How could we be a yogi if we didn’t have an altar? We were in the mindset of the thing rather than how to get there. My teacher also went on to assure us that if we kept with the practice, altars or places of being mindful, would pop up everywhere! Of course, she was right; do the practice and all else will come. Be mindful and changes happen. It’s what I often refer to as living in the verb rather than the noun because your life really is something in action rather than a set thing that you can see beforehand.

If I haven’t lost you yet in something you feel doesn’t relate to you, then remember the word I brought up earlier: mindful. When you practice being mindful results come from the process, and you really don’t know what they will exactly be. They will also be different for everyone. Makes sense, right? Just from reading this right now mindful thoughts may be coming to you. Ponder these thoughts; they are coming

for a reason so acknowledge them.

When I see any behavior that doesn’t include being mindful or joined to the action, I know there is a disconnect and mindfulness or the yoga is not being engaged. Some of what I am referring to can be socially accepted even, but as we know that doesn’t make it right. In classes I teach to a tendency. For example, because we are a technology age, we are on our phones or the computer for large amounts of time. Many of us have rounded shoulders and compromised posture, so we implement the opposite. If we had our hands interlaced with extended arms behind us all day, every day, the tendency would be much different. What I am getting at is “it depends.”

When I see yoga being paired with drinking beer, it makes me cringe, not just because of my personal practice of mindfulness, but because of the general tendency to normalize or equate drinking with having fun. I’m also not saying that drinking is something you shouldn’t or can’t engage in at all, but it’s how you do it. It’s also a perfect example of your practice shedding light on some things that

don’t always feel or seem terrible to you and society at large. I had a lot of fun when I drank, but I personally I did it in excess. And what is excess? Again, you must go to practice of being mindful rather than directly to the answer.

Being mindful, brings about questions and ideas to ponder as you join to your activities. You begin to pay attention, to notice, acknowledge and hopefully expand. Parts of your lifestyle will most definitely shed without you even trying to get rid of a particular behavior; it comes with being attached to your action. What you will gain among the shedding is holistic wellness. You are doing the yoga, you are practicing being mindful. Remember, it’s not always easy, but it’s not just about being flexible, it’s about being strong.

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

The Wedge Gets Read!
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Susan B. immortalized in a crocheted quilt measuring 54 feet wide by 27 feet tall above the corner of West Main and Canal Streets (Photo by Nancy O'Donnell)

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Some 178 participants in Rochester and Auburn crocheted squares totaling over 1.5 million collective stitches. Some had been crocheting for 50+ years, while others learned for the first time all for Susan B. Anthony.s

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James P.B Duffy School #12 Journalism Club, Vol. 1. No.3

Students Proudly Wave their Flags at Cultural Showcase



James P.B.. Duffy School #12's English as a New Language (ENL) department held a Cultural Showcase on April 12, 2017.

The purpose of the event was to highlight the diversity of the English language learners at School #12. We had over 16 countries represented in our ENL department alone: Somalia, Sudan, Nepal, Iraq, India, Egypt, Ghana, Dominican Republic, Yemen, Kenya, Congo, Thailand, Russia, Colombia, Cuba and Puerto Rico. Students participated in a flag ceremony, welcoming flags that will be permanently displayed in the school's atrium. Families met with local agencies to learn about services within the community and interpreters were on hand to help translate for parents.

The multitude of languages and cultures of our elementary and middle school population contributes to a rich environment that celebrates the uniqueness of each student. We are very proud of our English language learners and are proud to be a haven of inclusion for the all those who live within the South Wedge community, and within the Greater Rochester area.



(l-r) Brittany Sun, Sandy Perez, Principal Jennifer Gkourlias,



7th graders and Ms. Jones-Effah, the Family Home and Consumer Science teacher.



Seventh graders surround Ms. Jennifer Jones-Effah during Family Home and Consumer Science class.

Busy Bodies for Kids at Blackfriars



Compound words in motion! Busy Bodies is a physical comedy for young people based on the inevitable confusion of connecting two words together to create another word. Some compound words are easy to understand: a firefly, for example, looks like a tiny flying fire! Some compound words – like birdbrain, hotdog, or rat race – take a greater stretch of the imagination. Very few words are actually used in this production. Instead, movement and expression are the primary communicators. Silly, energetic, and yet somehow profound, Busy Bodies features characters created by five performers from Rochester's PUSH Physical Theatre. Learning the rules of language is not an easy journey, but it can be a fun one! Busy Bodies encourages joy in learning and

humor in our misunderstandings. Appropriate for ages 3 and above, no children under 3 please.

Four Shows Only!
 Friday, June 9 at 7 p.m.
 Sat, June 10 at 12 p.m.
 Sat., June 10 at 6 p.m.
 Sun., June 11 at 2 p.m.

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South Wedge Savor the Flavor

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

A team of volunteers--Nanett Cepero, Lauren Daley, Philip Duquette, Tracy Saville, John vanKerkhove and Tanya Zwahlen--collected recipes all over the neighborhood from appetizers to desserts. Many of recipes came

from family recipes, some with not exact measurements.

For this issue, Barb van Kerkhove is creator of the kale basil pesto she used with Fusilli pasta. Here we're going to join the pesto with Joe Varga's vegetable stuffed chicken. His original recipe called for spinach stuffing, but we've switched to keep the kale theme. Our apologies to Joe if he hates kale.



Add healthy kale into your pesto

Kale Stuffed Chicken

Kale-Basil Pesto

3 cloves garlic
1 c. extra virgin olive oil
1 bunch kale (lacinta is best)
1 cup packed fresh basil leaves [original recipe called for dried basil]
1/2 - 1 t. salt
1/4 t. black pepper
1/2 c. toasted sunflower seeds
1/2 c. freshly grated Parmesan cheese
Put garlic in the food processor, with chopping blade attachment, with a little bit of olive oil. Make sure it is pretty well chopped before adding the kale and chopping. Then add the basil, salt and pepper and continue to blend.

Follow with the sunflower seeds and chop until the desired texture. Then add the Parmesan. Leftover pesto sauce can be frozen indefinitely.

Kale Stuffed Chicken

4 4-6 oz. chicken breasts
Fresh kale
1/2 lb. thick sliced bacon (the leaner the better)
2 oz. honey or 4 oz. Parmesan cheese
Kale-Basil pesto
Preheat oven to 350 degrees. Pound or filet the chicken breasts to make large thick pieces of chicken. Remove stems from kale and blanch leaves until softened. Cook bacon soft, but do not crisp it. Lay

out the chicken breast flat and cover with kale-basil pesto, blanched kale leaves, and then lay 2-3 slices of cooked bacon over the kale. Set 2-3 toothpicks to hold the chicken in a rolled shape. Cut off or tuck in any protruding bacon or kale so it doesn't burn during cooking. Place the rolled chicken breasts into a casserole dish ensuring they are not touching. Bake for 30-45 minutes or until chicken is done. Depending on whether you prefer sweet or salty; as soon as the chicken is removed from oven, drizzle 1 T. honey or sprinkle 1-2 T. Parmesan cheese over each chicken roll. Remove toothpicks before serving

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l-r) Zora Gussow from the South Wedge and Greg Munro, Jeannett Owejan, Jim Kanaley, John Haffey, Phil Hosimer, Kelly Vore, Shawn Rollins, Brett Hirsch, An Pham from Ortho Diagnostics in Greece join SWPC Farm Market Manager Jessie Knoth

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Wedge Wine Review - A Rosé by Any Other Name...

Glynis Valenti

With due respect to Shakespeare, one rosé (wine) is not the same as all rosés. Lately more people are discovering the versatile pink or salmon colored wines from across the globe, but research shows that cultures from Ancient Greece to the Middle Ages drank—and probably preferred—these light reds before the process of wine making really developed.

Out-selling whites in France, they are not the syrup-sweet White Zinfandels of the 1980s, though White Zins are rosés that were first produced in California. In fact, rosés are made throughout the world's wine producing countries from many grape varieties. They can be sophisticated, elegant, delicate, floral, fruity, or acidic, and they have varying degrees of dryness and sweetness.

Rosés begin as red grapes—Merlot, Pinot Noir, Tempranillo, Grenache, Cabernet Sauvignon, and Syrah for example. The grapes are crushed as in the red wine-making process. The difference lies in the next step: removal of the grape skins after only one to three days, rather than leaving them in the fermenting juice to the winemaker's discretion while creating a red. Much of the tannin, color and "heaviness" of a red wine comes from the skins and, hence, doesn't develop without them.

What remains is a lighter version of the varietal with as much range



Roses are produced around the world in varying styles from different red grapes. It may, according to researchers, predate red wine. (Photos by Glynis Valenti)

as winemakers' styles. Dry, sweet, strawberries, spice, pale pink and ruby are descriptions that all apply to rosés. Recently this writer held a tasting with friends to compare roses from different regions. Here are those results.

- Los Vascos Estate Grown (Chile)—90 percent Cabernet Sauvignon, 10 percent Syrah; ruby color; nose: watermelon; taste: herbal to a hint of strawberry, off-dry finish.

- Aime Roquesant Cotes de Provence (France)—blend of Cinsault, Grenache, and Syrah; salmon color: nose: floral and peach; taste: tart with strawberry and floral notes, some peach; classic French rose.

- Menage a Trois Rosé (California)—38 percent Merlot,

36 percent Syrah, and 26 percent Gewurztraminer; darker pink color; nose: sweet, like candy, berries; taste: slightly sweet, then drier, some berries, spice, then a slight buttery taste at the finish.

- Casa Larga Dry Rosé (New York)—100 percent DeChaunac; light peach color: nose: apple and a little perfume, wood; taste: light, apple, some cherry.

- Mia Dolcea Rosé (Italy)—100 percent Moscato; dark pink color, frizzante; nose: peaches; taste: peach and berries, sweeter, but not overly sweet; good after dinner with berries and brie cheese.

Having a light chicken salad with cranberries over greens? Try a light, dry rosé. A bigger, medium-bodied rosé is perfect with grilled salmon or salmon sushi. Heavier,

slightly sweeter rosés will hold up to hamburgers and to spicy barbeque sauces. Rosés are usually served chilled, making them refreshing and drinkable—with a meal or as an aperitif with light cheeses and fruit. There is something for everyone, and it's easily paired with food. As with other wines, when pairing, choose common characteristics of the food and wine that will complement each other.

Tom Williams, owner of Time for Wine and Spirits, says people who are interested in but have never tried roses should read the labels to see what grapes have been used. Drier varieties like Grenache, Cabernet Sauvignon, and Mourvedre will produce drier rosés. Zinfandel, Moscato and Tempranillo generally produce sweeter wines. In addition, Williams notes that place may also be an indicator of a wine's style. Those produced in France and Spain may have a more "classic" style, while New World wines may have different flavor notes and use sweeter blends.



Roses are known to be versatile and pair well with cheeses, charcuterie, berries, and even barbeque

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Annual Coat & Clothing Drive is Big Success

Andrea Borrelli

I would like to send my heartfelt appreciation to everyone who contributed to the 2nd Annual Spring Cleaning Coat & Clothing Drive to benefit Saint's Place! This year's drive was an amazing success! We more than doubled the clothing donations we received last year. Last year we delivered 4 1/2 car loads to Saint's Place, and this year we delivered 10! Additionally, we received over \$100 to purchase new socks and underwear for the drive, as well as received sponsorship from many local businesses to help fund the drive and some of the activities held to support the drive. Though I am not surprised, the generosity of this community has nonetheless overwhelmed me and made me all the more proud to be a part of this vibrant community.

I would like to acknowledge our community partners and sponsors:

- Print Roc
- Yoga Drishti
- John's Tex Mex
- Leaf Tea Bar
- Hedonist
- Tru Yoga
- Measures for Justice
- Artisan Church
- Mosaic Church
- Grace Road Church
- City Life Church



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And, of course, a very special thank you to everyone in Highland Park, South Wedge, and beyond, who took the time and energy to gather and drop off their donations!

By simply donating your surplus clothing and goods to the refugee community (or to any person or group in need) we are saying: "You are welcome here," "You are safe," and "We care." And to a persecuted people, forced from their homes, fleeing for their lives

and the lives of their children, what more can you say? Such a simple act spreads goodwill and positively impacts so many people who are in such great need. So thank you again for doing so! And if you or a group you are involved in would like to be involved in the drive next year please email me at amc0815@gmail.com.

Saint's Place Super Sale

Do you want another super easy way to help refugees in our community? Come shopping! Do you need stuff? Furniture, books, sporting goods, electronics, kids toys, home goods? Have a child getting ready to go away to college in the fall or moving out on their own? Come to the Saint's Place Annual Super Sale!

Don't miss your chance to support the refugee community in



Rochester. All proceeds from the sale go to purchase mattresses, box springs, bed frames, pillows and other necessities for the refugees.

Saint's Place Annual Super Sale

July 11-15
Preview Evening
Tues. July 11th
4-8 PM

\$25 per person admission

Bag Sale - Sat. July 15

9 a.m.- Noon
1 Bag \$8 2 Bags \$12
3 Bags \$15
Sales Dates and Hours
Wed. July 12th 9AM- 6:30PM
Thur. July 13th 9am-5pm
Fri. July 14th 9am-5pm
St Louis Church
64 South Main Street
Pittsford, NY

For more information, please go to www.saintsplace.org



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Episcopal Senior Life Offers River Edge Neighborhood Program for Seniors

Seniors can fill their calendars with things to do thanks to Episcopal SeniorLife Communities (ESLC) River Edge Neighborhood Program for seniors in the South Wedge and surrounding area. The program is one of six of its kind for the organization and offers a variety of health and wellness classes for seniors age 60+ who live in the following areas: South Wedge, PLEX, Swillburg and Highland Park. The June schedule is as follows:
Balance Class: Mondays at 9:45 a.m. NO CLASS 6/19

Low impact, sit/stand program designed to increase balance, strength, endurance and flexibility in order to decrease falling incidents. Colored Pencil Art Class: Mondays, 6/5, 6/19 from 10:30 a.m. - 12:00 p.m. Supplies provided.
ZUMBA GOLD® Chair Class: Tuesdays at 11:30 a.m. NO CLASS 6/27. All exercises are done sitting down, and the high tempo Latin music makes this a fun class.
Senior Yoga: Wednesdays at 11:00 a.m. NO CLASS 6/21, 6/28

This class adapted for any experience level. Yoga mats, blocks and straps

provided or bring your own. SilverSneakers® Classic:Thurs. at 11:30 a.m.

A variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers® ball are offered for resistance. A chair is available if needed for seated or standing support.
Blood Pressure Screening: Wednesdays 6/14, 6/28, 11:00 - 11:30 a.m.

Special Events:

Paper Crafting with Pat Miller: Friday, 6/9 at 11:00 a.m.
Create handmade cards that will impress your family and friends. Registration required by calling Bonnie Gregoire at 585.546.8439 x3703.

These programs are for Neighborhood Program Members and there is no fee to join. ESLC Transportation Service available to and from all programs, as well as to medical appointments, the grocery store, errands, etc. To request a ride, register for lunch, or if you have any questions, please call 585.546.8439 x3718.



Reiki Healing Center & Lemuria Gift Shop Offer Workshops

The Reiki Healing Center & Lemuria Gift Store celebrates its 14 Year Anniversary in their new South Wedge location. Founder Barbara Carlton is a Reverend of Usui Reiki, Holy Fire Reiki and appointments. All workshops and classes are held at the Center, 758 South Avenue (ORBS Restaurant in front, enter on right via stairs or ramp, ring bell #8)
The Center has a full schedule of events throughout the summer.

Yoga for Kids with Asthma

(8 years and above)
Mondays and Thursdays, 2-3 p.m.
July 3, 6, 10, 13, 17,, 20, 24, 27, 31.
August 7, 10, 14, 17, 21, 24, 28, 31
\$15 per session or 4 sessions \$55 (must be paid in advance)
Preregistration is required as places are limited. Bring a blanket and pillow for yourself.
Kids who suffer from Asthma can benefit greatly by learning Yoga, Meditation and Breathing Techniques. They learn about controlling their breathing

which helps strengthen their lungs through exercise.
Contact: Sat Dharm S. Khalsa, 585.309.2135 or Barbara Carlton (585.439.3400).

NEW: Women Unlimited

A daytime meet up for women of all ages intended to be fun, educational and social
Wednesday (first and third of each month), 10:30 a.m.-2 p.m.
Contact: Sat Dharm S. Khalsa, 585.309.2135 or Barbara Carlton 585.439.3400.
10:30 Mini topics (mind, body, spirit, general wellness)
11:30 Lunch and discussions
12:30 Meditation (Power of Blessings)
1:00 Games, Music, Traditions
Bring your own lunch, we have coffee, tea and water.
PS: You may choose to have a reading or a treatment, price will be agreed between you and the Therapist or Reader. Shop will be open.
Meetup \$10. Donation as you attend \$5-\$10 (\$5 half is for coffee, tea, \$2.50 towards Center expenses) Volunteers do not pay to attend. Volunteer duties include: refreshments, set up/ close down, account monies You can bring a guest twice, than the guest needs to sign on to Meetup group \$10. We will have a hardship fund, you need to speak to Management to be approved.

Integrated Energy Therapy

Teacher Deborah is a Master Instructor of Integrated Energy Therapy, a traditional Usui Reiki Master Teacher, a Psychic/Medium and an Artist of Healing Mandalas.

IET Training classes are powerful days of healing and energy therapy certification training.
Basic level – July 2, 9 a.m.- 6 p.m., \$175
Immediate Level IET, August 12, 9 a.m. – 6 p.m., \$200
Advanced Level IET, - Sept. 23, 9 a.m. – 6 p.m., \$225
To register, call 585.472.4661 or 585.617.3284 or email kallstara11@yahoo.com

Dowsing with Alicija for Sacred Geometry of the Human Body

June 10 & 11, 10 a.m. - 6 p.m. \$160-\$180
Exploration of dowsing tools, dowsing for a better future, advanced dowsing techniques.

Homeopathy Basic Aid for Family and Pets

Sat. June 17, 11- 4 p.m., \$65
A first aid course for yourself and family and pets.

The Importance of Past Lives & Their Influence

June 22, 6:30-8:30 p.m, \$25
This class counts toward Certified Advanced Healer in Energy Therapies.

Open Message Circle with Psychic/Medium

Deborah Blish,
Friday, June 23, 6:30-8:30 p.m. \$20 per person/2 for \$35
Receive messages from Angels, Spirit, Guides and Teachers.

Kundalini Yoga/ Gong Meditation

Sun. June 25, 5:30-7:30 p.m. \$25

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Mark IV Enterprises plan for a 101-unit, four-story apartment complex at 601 South Goodman, next to 490 at the Goodman exit, once held the early 20th century Sherwood Shoe Factory.



Wedgepoint Adds 60 Apartments & 3 Businesses to the South Wedge

Wedgepoint Apartments are a resounding success according to Pathstone representatives.

PathStone is a Rochester, NY based not-for-profit community development and human services organization, that provides services to low-income families and economically distressed communities throughout New York, Pennsylvania, New Jersey, Ohio, Indiana, Virginia, Vermont, and Puerto Rico.

Only four of the 60 available apartments are vacant, and there's a waiting list of 200. Already a new business, Fountain of Youth Fitness, has joined the complex.

Wedgepoint is located at the entrance to the South Wedge neighborhood at 390 South Avenue. The building totals 68,000 square feet and is a mix of one, two and three bedroom units. In addition to the residential space, the property

also includes 4,900 square feet of commercial space on the first floor. Visitors to Wedgepoint raved about the rooftop which provides great views of the South Wedge (and great seating for tenants during fireworks on the 4th of July.

The building was financed through the City of Rochester, NYS Home, NYS Community Investment Fund, NYS Housing Trust Fund, NeighborWorks America and the Low Income Housing Tax Credit Program (Federal & NYS). Also contributing was the Community Preservation Corporation's permanent loan funded through the NYS Common Retirement Fund.

Nathaniel General Contractors, SWBR Architects and Passero Associates worked with Pathstone in its construction.



Wedgepoint Apartment rooftops provide a good vantage point to see the South Wedge and fireworks on the 4th of July

NeighborWorks Event



NeighborWorks Rochester presented the 2017 Celebration of Rochester Neighbors awards on June 5 at their second annual "Celebration of Rochester Neighbors" event at the Rochester Public Market. Each quadrant nominates a Community Champion, a resident or business person who is making a positive impact. Nominations for Community Leaders come from all quadrants and recognize those who go above and beyond in engagement and advocacy. This year's winners are from left to right, Andre Morrison, Northeast Community Champion; Piper Daily-Seman, Northwest Community Champion; Geri Machado, Community Leader with Joanne Panarisi-Bottone, Executive Director of NeighborWorks Rochester; Joe Machado, Community Leader; Susan Mack accepting for her sister Kelly Bush, Southeast Community Champion; Nolia Brooks, Southwest Community Champion.

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Walnut Hill Farm Carriage Competition

If you haven't been yet, it's time to enjoy the Walnut Hill Farm Driving Competition. It recaptures the essence and spirits of the 1890s era of horse & carriage.

From August 9-13, Walnut Hill celebrates its 46th anniversary by hosting hundreds of competitors of all ages from North America and Europe to compete in 100+ wide-ranging divisions and classes. The event also attracts many local and regional spectators to get an up-close view of the Victorian era's particular sporting tradition in a country fair atmosphere.

Each competitor is judged in four different divisions:

- Turnout - how the horse/pony performs with various gaits,

plus suitability and quality of carriage, driver, and passengers

- Reinsmanship - driver's ability and skill to drive a predetermined "test" in the ring

- Cross-Country - driver's ability to negotiate an obstacle course through open space, woods, and water, simulating conditions of the time

- Obstacle Driving - driver's ability to negotiate various obstacles courses in the ring for time and accuracy.

Spectators can also meet the horses and drivers and see the antique carriages up close.

Provided seating allows for viewing in the ring plus some of the exciting cross-country events. Walnut Hill also provides a unique opportunity to visit the on-ground stables and watch horses being bathed and groomed, and carriages and harnesses cleaned and polished.

Special daily demonstrations and presentations include: The Rochester Scottish Pipes and Drums, children's activities, a carriage museum, food and boutiques, gardens, Friday evening's Ascot Picnic Night (during Carriage Dog and Costume Classes), Sunday morning's popular five-mile

Walnut Hill Farm Driving Competition is located at 397 West Bloomfield Road, Pittsford, NY. Tickets are available at the event for \$12; parking is free.

Events run from 8 am - 5 pm. On Friday evening beginning at 5:30, spectators are invited to bring a picnic and dress up for Wegmans Ascot Picnic Night. Visitors are encouraged to visit www.walnuthillfarm.org for the complete schedule, call (585) 746-1080, or email walnuthillfarmdc@gmail.com.

SW Farmers Market

continued on pg. 1

cheeses, baked goods and more. Vendors include: Pooties Sweets, Firestone Farms, Jason Blied., Julep Bakeshop, Tucker's Diner/Bakery, Frederick Douglass Community Library, Meraki Coffee Co., Kick-Start Mini Farm, Paw-la's Pantry, Happy Pickle, Workin' in the Dirt, Potted Gold, Deep Roots Vinyard, Cooking and Eating Healthy with Phil, Mate Factor, South Wedge Soaps and more to come.

Biking to the Market!- We have joined forces with the Rochester Public Market's biking program to offer incentives for biking to the market. It's simple. Bike to the market, visit the info tent and sign in. Each month we will pick a shopper at random to win \$25 in market tokens, plus you don't need to worry about parking!

Rochester Pedal Tours Market Stop - Many of our customers use pedal power to get to the market.

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

Parking Info - Of course, the best place to park is at your home and walk or bike to the market. If you do drive, there is parking available on the lawn next to the Genesee Gateway Park. There is also on-street parking available on Mount Hope, Alexander, Hamilton, and Comfort Streets. Please follow all city parking signs. There is additional parking available across the street from the market at DePaul (150 Mount Hope) after 5 p.m.

In addition to our wonderful vendor and shoppers, our sponsors and funders help us make the market possible.

This year's sponsors are **Carrot lover:** Highland Hospital, the South East Area Coalition, the South Wedge Planning Committee; **Beet Buddy:** Tru Yoga; and **Pear Pal:** South Clinton Merchants Association, Genesee Co-op Federal Credit Union, A-Verdi Storage Containers, Print ROC. Join the club! You too can become a vegetable sponsor.

See you at the Market!

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ROCHESTER REAL BEER EXPO 2017

June 10, 2017 5:00 PM to 10:00 PM
 Gregory Street in the South Wedge
 From Whalin Street to Bond Street

The 7th annual Rochester Real Beer Expo event is being organized and undertaken by the Business Association of the South Wedge Area (BASWA) in conjunction with member business owners who specialize in craft beer. Proceeds from the event will help BASWA continue our mission to enhance economic development in our area through promotion, public art and music, and beautification projects. Proceeds from past Expos have helped BASWA to collaborate with the City of Rochester in purchasing new, historical styled street lighting for our commercial district.

Bauman's
BARBER SHOP

Tuesday 9-6
 Wednesday 9-5
 Thursday 9-5
 Friday 9-5
 Saturday 8-2

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 Owner/Barber

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The Wedge Gets Read!