

The Official Newspaper of the South Wedge Since 1982



In the waning days of summer, the view from a dock on a bay or river should be on everyone's to do list. Here clouds are reflected in the water of Irondequoit Bay. (Photo by Glynis Valenti)

Choose the Food Less Traveled Jesse Knoth, Market Manager

We love shopping local in the South Wedge, and it doesn't get more local than the South Wedge Farmers Market.

Each Thursday through October, all of our vendors are bringing products they grew raised or made to Genesee Gateway Park on Mount Hope Avenue.

Stop by and grab some veggies, baked goods, eggs, breads, cheeses, wines, and more.

The market is more than a place to buy your groceries for the week, it's a place to meet your friends and neighbors. Buying at the market is more than a transaction, it's a relationship with the person growing the food you eat. We wanted you to get to know them a little better so we have profiled them in the centerfold of this issue.

We have lots of other great reasons for you to shop each week. Our **BIG SPENDER!** program continues at the market. Spend \$30 or more in a visit and we'll give you a \$5 token as a thank you for supporting our vendors.

Tru Yoga offers a free session at 5:30 p.m., with the final session planned for August 31st. (We have extra yoga mats available for you to use.)

Yoga participants also receive a Yoga \$\$\$\$ Buck to use at any of our vendors.

Our vendors include Kick-Start Mini Farm, South Wedge Soaps, Workin' in the Dirt, Julep Bakeshop, Deep Root Vineyard, Greener Grass Farm, Cooking and Eating Healthy with Phil, Jason Blied Farms, Clover Meadow Creamery, Meraki

Coffee Co., Potted Gold Pootie's Sweets, & Doan's Honey Farm, Paw'la Pantry The market would not be possible without support from our community sponsors: Our Carrot Lover's Highland Hospital, South Wedge Planning Committee, & South East Area Coalition, Our Beet Buddy's Tru Yoga, Our Pear Pal's South Clinton Merchants Association, A-verdi Storage, Genesee Co-op Credit Union. We've also received support from the USDA and the Rochester Area Community Foundation

Your support is key to keeping and expanding this great community asset. So like us on Facebook, bring your friends and neighbors with you to the market, make your co-workers envious with your lunches and choose the food less traveled.

Meet our South Wedge Farm Market Vendors on pg. 8

Calvary St. Andrews to be Designated as City of Rochester Landmark Judy Bennett



One of CSA's stained glass windows. (Photo by Andy Olenick)

History abounds in and around the South Wedge, and it includes the historic church at the corner of Averill Avenue and Ashland Street that has recently been designated as a City of Rochester Landmark. The Preservation Board and Planning Commission has recognized the Calvary St. Andrews building as worthy of protection because of its special interest and aesthetic contribution to the City's cultural and architectural history.

A celebration of the designation will be held at Calvary St. Andrews on Sunday October 15 from 2 to 4 p.m. The event will feature tours, organ music, historical memorabilia and a talks on the

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WHAT'S INSIDE...

- Touring Lake Ontario Wineries
- The Difficulty of Saying Goodbye
- Meet the South Wedge Farmer Market Vendors
- Advantage Credit Union's Good Money Habits
- Corners to Careers - Collective Impact
- Remembering Patrick deKeyserling

City's Oldest Bar Reopens in Highland Park Neighborhood

Nancy O'Donnell



The spirits are talking among themselves. Dick O'Donnell, Hetsy Malinowski, The Culhane, Kayo, Big Tom and Little Jerry, all the regulars who lined Dicky's Corner Bar in the 40s and 50s are whispering in the way ghosts do—Dicky's corner bar is coming back.

Some of their kids still remember being propped up on a bar stool (no one complained back then), being served a bottle of Orange Crush or a Shirley Temple to keep them busy while their parents talked to friends. Even into the 1980s people paced the place for the fish fries or the roasted turkey sandwiches Judy Salvaggio sent out from her kitchen.

Judy's son Richie Salvaggio is back and ready to throw open the door again to Rochester's oldest bar in September. He's joined now with partner William Pieper, a local realtor, who also has a background in restaurants and bar management. The menu for Dicky's Corner Pub will be all Judy.

"My Mom had so many items on her menu it's hard to choose which one's were most popular," writes

Salvaggio in an email to the Wedge. "I remember her Fish Fry, either fried or broiled; cheeseburgers; deep fried veggie platter; garlic bread with fresh mozz cheese and homemade marinara sauce. She also made French bread pizza, fresh turkey clubs, homemade French onion soup, hand cut and breaded onion rings, cooked her own turkeys, hams and roasts to use for dinners and sandwiches and homemade pasta dinners. The list goes on. Everything she made in that kitchen was homemade down to the salad dressings."

Dicky's Corner Pub invites neighborhood families back said

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Judy Salvaggio dressed for St. Patrick's Day in Dickey's Kitchen circa 1990.

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

Flash your Wedge Card

Join SWPC today, and you get a Wedge Card to show your neighborhood pride and get discounts when you shop local. 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!

Enjoy Wedge Card discounts!

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Jane Vintage, 10% off
739 S. Clinton Avenue

Leaf Tea Bar, 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
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754 S. Clinton Avenue,

Swiftwater Brewing Company
\$1 off flight of beer
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thread, 10% off
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Zak's Avenue, 10% off
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E-mail staff, type first initial and
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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.

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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Felton Culbreth

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The Wedge
Newspaper

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South East Area Coalition
South Wedge Planning Committee
August/September 2017 Calendar
Meetings are held at 224 Mount Hope Avenue,
The community is invited to attend all meetings.

SEAC, 8/15 5:30 p.m. SWPC 6:30 p.m.
SEAC, 8/19, 5:30 p.m. SWPC 7 p.m.
SEAC/SWPC Joint Board Meets Tues. 9/19, 6 p.m.
SEAC contact: coconnor@hselaw.com
SWPC contact: flogan@rochester.rr.com

Community Engagement
(Neighbors & Block Clubs)
jknoth@swpc.org
Wed. 8/30 & 9/27, 5:30 p.m.

Housing & Structures
Meets bimonthly
Wed. 9/6
gvalenti@swpc.org

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

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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Swillburg Keeps on Rocking

Mike Henry

Ask not what your neighborhood can do for you, ask what you can do for your neighborhood.

No doubt you recognize this sentence, paraphrased from John F. Kennedy's inauguration address of 1961. It was a call for citizen participation to contribute to the common good. Hopefully we're living up to that in Swillburg.

Swillburg is full of notable examples of those who've answered the call to service

Of course, we'll recall activist, Otto Henderberg, without whose efforts Swillburg would unlikely exist today. Otto was a member of a committee highly critical to

the eventual cancellation of a planned expressway that would have leveled many homes, and incidentally, sitting among community giants (heads of the area's biggest corporations) his meeting attendance record far exceeded that of any other member. No doubt he had a lot more to lose—his home and community—than they!

Most recently, Swillburg has taken notice of the contributions made by Josh Massicot and Liz Ristow. For the past five years they've spearheaded the Swillburg Neighborhood Association (S.N.A.). Five years is a long time



to lead and oversee multiple events and activities sponsored by the S.N.A. as well as serve as liaisons between us the various government and civic agencies - not to mention fielding and responding to calls and messages from neighbors. I didn't really appreciate all they had done until at a recent steering committee meeting, we listed their various S.N.A. tasks.

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Swillburg was rocking on the Summer Solstice when Roc City Samba performed in Henderberg Park.



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Tale of Two Ice Creams- Eat Me & Ginger Lion

Glynis Valenti

What makes a great ice cream? Is it the creaminess? Is it fresh flavors? Traditional or gourmet? Whatever the perfect ice cream, it can be found in southeast Rochester.

Brad Ettinger, owner of The Ginger Lion, grew up listening to his parents talked about opening an ice cream parlor. Though his family enjoyed food and cooking, they never followed through with the ice cream business. A few years ago, Ettinger had the opportunity to try his hand at making this classic treat when a friend invited him to sell it through his pizza business in Seabreeze. In 2016 Ettinger set up on his own, full-time, leasing a storefront at 632 North Winton Rd. between East Main St. and Browncroft Blvd.

It was an instant hit with North Winton Village neighbors and families, serving scoops, sundaes and cones of creamy goodness. He now has four employees working with him and is planning to revamp the storefront during the slow season. Ettinger's philosophy is to use premium and fresh ingredients whenever possible.

"If you're making strawberry ice cream, you want to use real strawberries," he adds.

Customers can enjoy their desserts at a shop booth or table, or they can take them to go. The Ginger Lion is closed on Monday but open noon until 10 p.m. Tuesday through Sunday.

Favorite flavors, according to Ettinger, are Lemon Ginger, Orange Chocolate, and Cookies and Cream. The Lemon Ginger has a very light lemon flavor that finishes with a hint of ginger. Flavors of the Orange Chocolate are reminiscent of the candy ball with strong orange at the front, finishing with milk chocolate. Cookies and Cream includes the crunchiness and taste of chocolate sandwich cookies, without being overly sweet.

Ettinger's own favorite flavor is vanilla—with whatever he is in the mood to add to it. This may



Eat Me Ice Cream also produces non-dairy alternatives like this Lavender Coconut flavor.



EatMe Dark Cherry ice cream pops are dipped in chocolate and given final touches at Eat Me Ice Cream's East Main kitchen.



The Ginger Lion serves family favorite sundaes--Great Ape with Chocolate, Vanilla ice cream, chocolate sauce, fresh strawberries, bananas, and chopped peanuts.



A flavor of fresh and creamy ice cream for everyone at The Ginger Lion, including, clockwise from left, Maple Walnut, Cookies and Cream, Lemon Ginger, Chocolate Orange, and, center, Mint Chip.

be brownies or peanut butter or raspberries. He also likes coming up with more unusual ice creams, for instance his honey and oats flavor.

If organics and cutting edge flavors are your food routine, Eat Me Ice Cream is a perfect match. Five years ago, friends Amber Odhner and Catelyn Augustine began selling their all natural ice cream at Rochester farmers markets.

"We saw an opening in the local ice cream business, something that didn't exist," says Odhner. "So we decided to make our ice cream all natural, from scratch, with as many organic, local and non-GMO ingredients as possible."

In 2014 they opened a kitchen at the Hungerford Building, 1115 East Main St. and now sell special orders and to-go products from there on Friday afternoons. Customers can pick up Eat Me treats anytime in the southeast quadrant of the city at Abundance Co-op on South Ave., Furoshiki on Park Ave., Red Fern on Oxford St., Playhouse/

Swillburger on S. Clinton, and Joe Bean on University Ave.

From the beginning Eat Me Ice Cream was made using ingredients from local farms and farmers markets with minimal processing. Even the ice cream base is made from scratch. They added a line of non-dairy products made with coconut milk, which is increasingly popular. Now Eat Me dairy flavors are New York State Certified, which means that at least 60 percent of the ingredients are sourced from New York farms that practice sustainable and/or environmentally sound farming methods. Odhner and Augustine make conscious efforts to use organic and free trade ingredients if they can't be sourced in New York, for instance coconut milk.

A recent sampling of dairy flavors included Lilac, made seasonally, which begins with a light vanilla flavor and finishes with lilac blossoms; the Chocolate has a rich, deep flavor, made with

medium roast cocoa powder; the Asparagus Black Pepper Honey is exactly as it's named with the flavors complementing each other in a transition from one to the next.

The non-dairy flavors in the tasting included Lavender Coconut with English lavender up front and finishing with a hint of coconut and Curry Cashew with an initial taste of salty cashews and finishing with a hint of sweet ginger.

The Chocolate was the creamiest flavor in the tasting, but none have a dripping, creamy texture. They are deceptively decadent with the light sweetness and fresh flavors creating the richness, much like gelato. Flavors change with seasons and availability of ingredients.

Eat Me will be hosting pop-up events at businesses throughout the city including the South Wedge. Augustine says. A launch map will be posted soon on Facebook and Snapchat.

Ettinger and Odhner both say they've learned a few things since starting their ice cream businesses. Ettinger says preparing for the unexpected and realizing owning a business is "double the workload" have made it easier for him to "go with the flow" and enjoy what he does.

Odhner thinks the food industry needs "a re-vamp" from outdated processes and regulations and is pleased to see more craft producers focusing on local sources.

"It's a different food experience when you make it local," she says.

RACF Awards Grants in Southeast

Glynis Valenti

The Rochester Area Community Foundation (RACF) awarded six groups in the City's southeast quadrant NeighborGood Grants for 2017. RACF grants, are available every two years on Rochester's east side and promote grassroots projects that bring neighbors together.

The following groups and projects funded for 2017-18 include:

- *Hickory NUTS Neighborhood Association--block party and welcome baskets for new neighbors
- *Pocket Park Neighborhood--garden improvement
- *South Clinton Merchants Association--annual South Clinton Goes Batty event

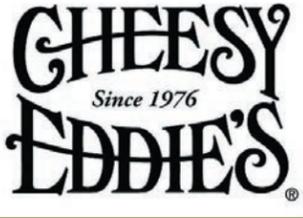
- *South East Area Coalition--pre-Jazz Festival event at the South Wedge Farmers Market
- *South Wedge Farmers Market --SNAP benefits bonus promotion
- *South Wedge Planning Committee--Wedge Talks community lecture series

RACF is a permanent community foundation that assists individuals, families, businesses, and organizations in establishing charitable funds for community needs and interests. Since its founding in 1972, the RACF has awarded more than 1000 funds that have been used for a broad range of regional projects and programs for youth, families, women, education, civic engagement, arts and culture, and the environment.

For more information on the Community Foundation, visit www.racf.org. For information on the above-mentioned NeighborGood grants, contact Glynis Valenti at swpc.org.

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South Wedge Sudoku

STR8TS

Medium

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

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

Very Hard

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

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.

Saying Goodbye

Michele H. Martell

Saying goodbye. That phrase can conjure up sadness, loss, heartbreak, and even anger, and understandably so. "Goodbye" sounds so final, so "the end" that it can be difficult to see beyond the goodbye.

In the words of musical artist Shinedown, sometimes goodbye is a "Second Chance." Perhaps there is more to saying goodbye than meets the eye, and it is a concept worth examining.

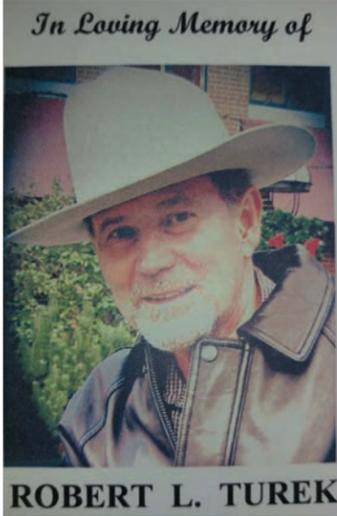
In the event of saying goodbye to a loved human or animal whose physical life is ending here on earth, it can be a heart-wrenching experience. We do not want to say goodbye, with the woeful realization that we will never see the loved one here again in our physical world, and it takes time to grieve that loss in our life. But what if saying goodbye is a source of salvation for them? That they are no longer in pain, in bondage to suffering, limited inside a physical shell? Then saying goodbye, as hard as it is for us, can actually be a liberation of a most precious soul to soar to greater and sparkling heights. Perhaps then saying goodbye could be a celebration...not for us, but for them and our love for them.

Saying goodbye to a relationship can be difficult even if the relationship does not bring us happiness, treats us wrongly, causes us stress and may even be abusive. As much as it may hurt during the process, that goodbye could bring us closer to personal blessings, freeing our spirit for more positive relationships and for a more authentic life experience. That un-encumbrance of unrealistic expectations, of settling for less than we deserve and of hiding our light to make another's ego feel better, that goodbye could become an emancipation for who we are meant to be, bringing us closer to our life's work and purpose.

How about saying goodbye to a job or a career? Maybe that goodbye was meant to happen so we could open ourselves up to another position that will further us in our life's goals. Worst case scenario, saying goodbye to that job could take us out there just to lead us back to where we came from, realizing that it is where we belong – we just had to check it out. There is nothing wrong with that, as there are no mistakes. Every decision brings us closer to where we need to be.

We also have goodbyes to bad habits whether they be physical or mental habits that do not serve us. At first we may resist. We may feel that something is amiss. But in time and with repetition saying those goodbyes to bad habits is the best thing that could happen for our well-being. For example, it may feel painful and uncomfortable at first to say goodbye to a sedentary lifestyle to exercise, but in time we feel the benefits of daily exercise and may actually experience a mental and physical reduction when it is missing.

Saying goodbye to the summer season can be tough, justifiably so, with an approaching long winter season ahead. Many folks even develop physical symptoms due to the lack of sunshine that accompanies this seasonal change. It is okay to grieve that loss of our fleeting warmer months. Refocusing on the beautiful autumn and the sparkling holiday season that prepare our earth



ROBERT L. TUREK

March 4, 1939 - June 15, 2017

In June, Michele said goodbye to Robert L. Turek-- musician, songwriter, guitarist, vocalist and father

for the next summer season can help us get through that goodbye.

Even saying goodbye to a home might be a difficult goodbye. As many times in my life that I have moved across the country and around the world--loving my home in each place --I would despise saying that goodbye every time. But I would find myself moving onto a place that became even more of a home to me than my last.

Saying goodbye can be a stepping stone. It is rarely an easy process. Grieving a goodbye is an experience of all sentient beings. Those feelings of sadness are valid and should be honored. Allowing ourselves the time to deal and accept is paramount. Take the time to rest, process, journal, reaching out to genuine, supportive friends. Thinking about how those goodbyes can also be a blessing in the bigger picture can give us comfort. We can realize that goodbyes are not always infinite tragedies, and they can propel us forward through healing and growth. Maybe in time we can even help others through their own challenging goodbye experiences.

One World Goods How-to-Buy Oriental Rugs

Elaine Johnson

From intricate florals to hand-spun natural dye wool tribals, every Bunyaad rug at One World Goods has been designed and hand-knotted by highly skilled and fairly paid adults.

"When artisans know they are paid for every knot they tie, they are empowered to focus on the fine details of intricate rugs that will last for generations," says Yousaf Chaman, Bunyaad Director.

Bunyaad works with over 850 families throughout 100 villages in Pakistan. Over 50% of the artisans are women.

"This is much more than just a rug event. It's empowering women in Pakistan," said Chaman.

An Introduction to Oriental Rugs will be held at the Pittsford store on Thursday, October 5 at 6:30 p.m. The one-hour evening program is



ideal for anyone considering an Oriental rug purchase or who would like to learn more about the art of Oriental rug making, rug care and even room design. Refreshments will be served and admission is free.

"Fair trade sets a person's life on the course for success and stability," says Rob Hazen, manager of One

World Goods. "By supporting fair trade, you are voting for the world in which you wish to live."

Over 300 fairly traded Bunyaad rugs will be available in the Annual Oriental Rug Event at One World Goods in Pittsford Plaza on October 5-9.

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Fair Trade Oriental Rug Event
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Event hours:

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Intro to Oriental Rug Seminar

Thu, October 10 @ 6 pm

www.owgoods.org

rugs.tenthousandvillages.com



Corners to Careers Offers Brighter Future for Many

Tim Weider



will never see. They aren't hired to build community centers or to rebuild neighborhood schools.

The Anti-Poverty Initiative? It won't serve them because they are not the working poor. This is the Rochester that doesn't work.

These young men standing on the street corner in the neighborhood where they grew not up, but down, will be by the age of 15 exposed to 500 homicides and 3,000 violent crimes within a two-mile radius of their homes according to a study by the U.S. Justice Department.

"Nothing stops a bullet like a job," opines a Rochester gang intervention specialist.

The police patrolmen calls, "Look, I've watched these two guys on the corner for a month. They're basically not bad. I know their families. If I bring them in, I know it will not help. Can you get them a job?"

Their talent, intelligence, skills, promise are clouded by a ream of stereotypes, criminal and diagnostic labels that keep them out of the circle of opportunity. We can more easily dispossess them.

What we need to do? We need a rational, organized, integrated pathway of existing services from that corner to a career. We need a trusted, culturally aware trauma-informed mentor from the streets to believe in them as individuals, and guide them along the pathway. Most important, we need the political will and resources to reclaim them as ours.

They have no champions; their voice is not heard; there are no movements, demonstrations or rallies to support them. These are a Rochester's dispossessed.

It doesn't have to be this way. To learn more about Corners to Careers, email tweider@monroecc.edu.

Tim Weider teaches sociology at Monroe Community College and graduate education, sociology and social work at Nazareth College.

"They hang on the corner," is a phrase fraught with stereotypes. In some ways it's a metaphor for 21st century societal lynching. There are hundreds, possibly thousands of young men of color on a hundred city street corners. We don't know how many: the school system doesn't follow them; the Labor Department doesn't count them; law enforcement simply moves them on to another corner. These young men stand on the corner abandoned at the busy intersection of several social systems--education, workforce training, economic, employment, law enforcement, systems that pass them by, as the busy systems pass each other by.

Collective Impact, a new approach to a very old problem, improves on ineffective methods. These methods were used for decades by multiple agencies who tried to reach people on the street without any enduring success and only isolated impact. Corners to Careers pulls agencies together for a common mission and common goals. It brings together a variety of support: the City of Rochester, Monroe County, Rochester Police Department, Pathways to Peace, StarBridge, an advocacy agency serving the cognitively unique and behavioral health agencies.

When society dismisses young black men it is the reverse of Social Darwinism, not the inheritance of dependency, but the generational trajectory of oppression. These are

the children, grandchildren, great-grandchildren of the slaves, of those who picked the apples, the cherries, the potatoes, those riding the beaten up used school buses of the migrant stream. Now, their children stop getting on the bus to hopelessness.

If an institution wants to paint the grand picture of success it chooses cream. These are the colors -black and brown- that don't matter, whose hue of socially constructed complexity is avoided. They've been pushed out of the educational system that is overwhelmed by their poverty, trauma and lead-damaged cognition. These are the other numbers in the dismal counting of graduation rates. In doing the math, written off at the margins, these young men don't count.

More than half of children attending US schools live in poverty.

Monroe Community College and OACES (Office of Adult & Career Education, Rochester City School District) and those providing workforce development struggle to reach the corners without sufficient cultural or economic capital. Trainees lose their housing. They can't depend on child care. They often have erratic transportation.

These young men are lost in the chaotic service labyrinth of fragmented opportunities.

Every morning paper tells the stories of the shootings on the streets, and newspaper columns away, the advent of new industries, promising jobs those on the corner



Yoga DrishTi Community Wellness offer classes and workshops.

We are One

Nicole deViere

In a room full of 100 people or at a shoulder to shoulder packed event where all you can see, hear, and feel is another person, it had to start with one. We are always one. One person can change the world, and your part does count.

In a day where we are bombarded with social media that lacks face to face communication, getting lost in the whole can be extremely easy. When there is sea of real and touchable people that are clearly existent, it's simple to just blend in or even sit out. But, when the sea contains nonphysical or virtual people, the notion of blending in or sitting out is magnified. A holistic perspective honors each piece of the whole.

Social media is a place where the landscape is wide open with countless amounts of personalities, seeming like everyone is there, making it easy to "sit out," or just be there in a "kind of sort of" type of way. But, are you really there participating and engaging? Is your individual personality contributing? Owning my own business, I have been creating awareness for events through social media for some years now, and the lack of commitment can be frustrating. Social media is meant to help us engage and bring us closer together, to connect us, while celebrating and embracing our individuality at the same time. However, more frequently the opposite happens, and we become hard to distinguish individually.

Recently, I reached out to the

social media world and asked, "what spurs them to hit "interested" vs. "going" on Facebook events? Most of the response was that "interested" means that it sounds engaging and like something they would want to do, but probably can't go or won't know until the day of. Clicking on "going" means that there are a limited amount of tickets or spots and people [besides themselves] have already signed up, creating ripples or definition in the sea of seemingly endless virtual people.

Can you remember a time when you received all invitations in the mail and would have to RSVP by a certain date? Were you able to just sit out without any communication? And if you did RSVP, it didn't go unnoticed if you bailed. There were consequences--like your friend not talking to you again, or someone calling to ask, "Hey, did you get that invitation?"

This brings me back to the idea of the sea containing ripples and waves. We are one whether you feel it or not. A holistic perspective honors each part that makes the whole into one; each piece has an essential role or function to contribute. You are not lost in it all, we need and want you. We are one. Value and acknowledge your participation.

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



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South Wedge Sudoku Solution

Str8ts Solution

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

Sudoku Solution

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

Following the Lake Ontario Wine Trail

Glynis Valenti



Joan Allen, owner of JD Wine Cellars, welcomes visitors to their tasting room at Long Acre Farm in Macedon. (Photo by Glynis Valenti)

Feel like getting out of the city for a day? The Lake Ontario Wine Trail has wineries, cideries, a distillery, shopping, and dining without the traffic in the Finger Lakes. Stops span three counties, but the trail is a close and easy drive through orchard country.

Joined by friends Diane and Bill from Walworth, we headed for a couple of new stops and revisited others along the trail.

Since they live off of Route 441, our first stop was JD Wine Cellars at Long Acre Farm in Macedon. Owner Joan Allen told us that the farm began with her husband Doug's grandfather, a traditional farmer in the 1920s, with dairy cows and standard produce. His son moved away from the dairy farming to focus on cash crops like corn.

Today Long Acre Farm is a popular family-friendly destination with the farm market, ice cream stand, children's educational and play activities, and a new food menu. They also host weddings and live music events. According to Joan, a fourth generation is coming on deck with new wine and food experiences.

In 2010, Joan and Doug opted to add grape vines to their fruits and vegetables repertoire. The results have been tasty and award-winning.

We began our tasting with the Dry-Riesling with flavors of citrus, light apple, and lime. Next we tried Traminette with crisp, lime flavors and floral qualities

which would be good with herbed chicken. The Trilogy is a blend of Cabernet Sauvignon, Cabernet Franc and Merlot that is smooth, slightly tart with a hint of black pepper. Cranberry Riff is a 100 percent cranberry wine that tastes like cranberry juice with a kick and would be an excellent holiday wine for sipping or punches. JD Wine Cellars expects to release three new wines in the coming weeks.

Our second stop was the Old Goat Cidery, which opened in June, at the Apple Shed Farm Market in Newark. Since 1907 Maple Ridge Farm has produced fruits and vegetables. Three generations later, in 1973, Gary Wells and wife Barb put up the landmark Apple Shed and cider mill. Now their son Matt and his wife Jessica are at the helm of the new cidery, and Gary is master cider maker. With 30 varieties of apples grown on the farm, flavor and combination prospects are exciting.

The day we visited, five ciders were on the tasting menu. Old Goat's Heritage is a dry cider made from heirloom apples with just a hint of sweet flavor that would be good with a fish fry, a pasta salad, or a Waldorf salad. Bearded Old Goat, a gluten-free cider made with New York cascade hops, is off-dry with floral qualities. Macintosh apples blended with New England cranberries give Berry Old Goat its combination of sweet and tart flavors and pink color. Gary blends cider with New York apple blossom

honey to make Sweet Mama Goat, his personal favorite. The last offering, Old Goat's In-Law is a very limited batch cider in which Golden Delicious sweet cider from the Apple Shed ferments in oak bourbon barrels, semi-sweet, a nice sipper with flavors of apple, wood, caramel, and fall swirling in the glass.

Jessica noted that the cider bar itself is a piece of farm history, made from barn planks and old apple cider presses. The stain on the wood is, of course, apple cider.

Colloco Estate Winery in Fair Haven was the relative newcomer on the trail. Dr. Christopher Colloco began purchasing parcels of Lake Ontario acreage in 2008 where he has planted Chardonnay, Pinot Noir, and Riesling. His Sicilian great-grandfather and grandfather made wine in their basements. Driving back and forth to college in the Finger Lakes and discussions with his older brother sparked Dr. Colloco's interest in the wine industry. He began pulling pieces together for his own family winery as he traveled throughout the world for his chiropractic business.

Eventually connections in Australia enabled him to source and bottle bolder, warm-weather reds there under the Colloco Estate label and ship them to his New York tasting room. Today his initial 12-acre plot has grown to more than 100 acres, and he is continually expanding the services and attractions. There is a large tasting room, store and an outdoor barbeque area. The winery also hosts estate tours, several festivals, live music, weddings and corporate

events.

Tastings on this day included a Dry Riesling with hints of lemon followed by the medium-bodied Riesling, a 2015 Double-Gold winner in a Finger Lakes competition. We tasted an estate Chardonnay that starts with crisp apple flavors and softens on the finish. For reds, we tried a classic Pinot Noir, with light spice and flavors of cherries and the Australian Old Vine Grenache that was smooth with lots of red berries, light spice, and slightly sweeter than expected.

All three stops on the Lake Ontario Wine Trail offered some sort of food menu whether for lunches, dinners, or special events. We opted for the newly-renovated Mill Street Tavern in Sodus for lunch, and since we were making

a day of it, Dockers in North Rose on Sodus Bay for dinner. Mill Street Tavern serves up tasty burgers and sandwiches and had a full house for lunch. Dockers' menu was Italian-American with generous portions and a choice of indoor or outdoor seating with views of the marina and bay.

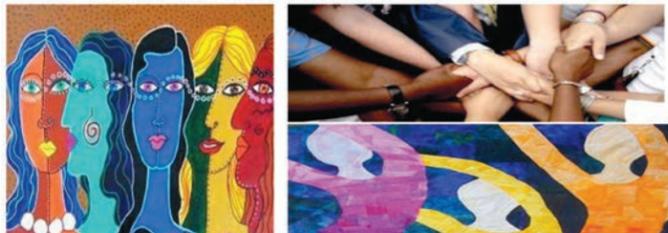
There are other wineries to try, as well as antique shops and farm markets along the trail, so leaving in the morning and returning after dinner offers a lot of options for pacing and spending the day. The Lake Ontario Wine Trail and many of the wineries host special events throughout the year, which are posted on individual websites and Facebook pages. For more info, visit lakeontariowinetrail.com.



The tasting lineup at Old Goat Cidery includes, (l-r) Old Goat's Heritage, Bearded Old Goat, Berry Old Goat, Sweet Mama Goat, and Old Goat's In-Law. (Photo by Glynis Valenti)

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- In addition, applicant must meet AT LEAST ONE of the following criteria:
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ATM AVAILABLE

Meet the South Wedge Farm



Robert Hegelberg, Workin in the Dirt



Louis Kinsale, South Wedge Botanical Soaps



Jason Blik, Blik Farms

Blik's Farms

Blik's Farms is a fourth generation family-owned and operated farm in Sodus, New York. Growing fruits and vegetables of all sorts, owner Jason Blik's stand is a colorful sight at the South Wedge and Webster farmers markets. Growing practices include minimal spray to ensure crop quality and safety. While Blik's Farms only participate in summer markets, they utilize greenhouses to extend their harvest. With some of the freshest produce at the market, the Blik's Farms stand is worth a visit. Their homegrown, handpicked mulberries are to die for!

Clover Meadow Creamery

Clover Meadow Creamery is a family owned and operated goat farm located in Lyons, New York. Milk, cheese, and yogurt all derived from goat's milk makes this farm a popular stand at the market. Being family run, Clover Meadow Creamery goats are all named and treated with the utmost care and respect. All goats are placed on rotational pastures and fed non-GMO grain seasonally. During the winter months, goats are fed hay that is grown organically by the farm owners. Partnering with Laurie's Natural Foods and Abundance Food Co-op, all yogurt and milk products are sold in environmentally friendly glass containers. A favorite at the market, the Clover Meadow Creamery stand is a must visit!

Kick-Start Mini Farm

If you're looking for nutrient rich produce not sold in commercial grocery stores, Keith Cona's micro green stand is the place to go. Kick-Start Mini Farm offers sunflower shoots, purple radish sprouts, broccoli sprouts, cabbage sprouts and more. All of Cona's greens are grown hydroponically using growlights starting from a seed. Micro greens can be used as a garnish or eaten on their own as a salad dish with five times the nutrients of their adult counterparts. Cona hopes to collaborate with local restaurants in the future to supply them with fresh produce and spread knowledge about these interesting baby salad greens!

Potted Gold

With a wide array of vegetables and flowers, Shane Cease and Rebecca Burrow's stand catches the eye while walking through the Thursday market. There is plenty to explore including heirloom vegetables and perennial flowers. Potted Gold produce is grown using locally bought soil and organic fertilizers to ensure quality food that is both delicious and environmentally friendly. Cease and Burrow's unique approach to farming focuses on the growth of heirloom produce. This means all the fruits and veggies available at this stand can be grown and regrown forever! Low market rates are a cheap price to pay for quality produce that lasts a lifetime.



Zahar Hazday, Greener Grass Fields

Workin in the Dirt

Workin in the Dirt offers a peculiar spread of vegetables alongside their duck and chicken eggs. Choosing the funkier vegetables available, Robert Hagelberg is excited to share his harvest with South Wedge locals and visitors. He aims to display vegetables that are unique in appearance so he can offer new foods to marketgoers. All ducks and chickens that produce eggs for Workin in the Dirt are pasture raised

and organically fed to warrant environmentally safe farming practices. This farm works with Small World Food as a vendor for their interesting spread of vegetables and eggs. With informative workers and local prices, stopping by this stand is a must.

Julep Bake shop
Julie Wheeler's stand at our South Wedge market can draw in any passerby with her beautifully prepared baked goods. She uses locally sourced fruits and vegetables during the summer season and even grows some of her own for desserts like zucchini bread. All of Wheeler's baked goods are made from scratch using eggs from local farms with environmentally friendly practices. Julep Bakeshop runs from Wheeler's in-home commercial kitchen and supplies baked goods to Brue Coffee in Rochester. This bakeshop's small size allows customers to order specific desserts with personal recipes. So if you have a family recipe but don't have the knack for baking, Julep Bakeshop is the place to go!

Meriaki Coffee Company

If you're looking for a refreshing drink browsing the market, don't miss Meriaki Coffee Company. Ryan Baker showcases coffee beans from Brooklyn, New York and Dallas, Texas alongside organic juices. All cold brew coffees are sold in glass bottles and some are conveniently prepared with creamer mixed in. Baker collaborates with Cheesy Eddie's in the South Wedge to distribute his coffees, so it is available outside of the market season as well. This business uniquely thrives on building relationships through travel, while discovering new specialty coffees. The coffee brands Baker uses are all sustainably sourced for guilt-free enjoyment. The Meriaki Coffee Company stand at our Thursday market is the perfect opportunity to enjoy a cold drink and knowledgeable conversation.

Deep Root Vineyard

Ben Hartman runs Deep Root Vineyard with his wife on a 100 year old winery in Keuka Lake. The entire winemaking process is performed by the two of them from start to finish including the harvesting of grapes. Different wine samples are available at the Thursday market, including white, red and blush varieties. At Deep Root 75% of the produce used to create Hartman's wines are from



Keith Cona, Kick Start Mini



Rebecca Burrow, Potted Gold



Paula Furmusa, Paw-la's Pantry

ers Market Vendors

Profiles by Macy Chirido
Photos by Glynis Valenti
& Macy Chirido



Julie Wheeler, Julep Bake Shop



Ben Hartman, Deep Root Vineyards



Ryan Baker, Meraki Coffee Company

his own vineyard, while the rest of the grapes come from neighboring farms. All grapes used are grown in an environmentally friendly environment. Hartman's stand also displays various crystals and blown glass alongside wine, so it has a variety of services to offer!

Greener Grass Farms

Zahar Hazday mans the Greener Grass Farms stand at the South Wedge Farmers Market each week selling organic teas, grains, and breads. He is extremely informative and eager to teach marketgoers about sustainable growing practices and ways of life. Everything at this stand goes from soil to mouth, which means all the produces are grown, harvested, and sold by Greener Grass Farms. This business partners with small organic farmers in America and other countries as well, using their natural way of life to create lasting relationships with one another. All produce is planted and harvested by hand to ensure quality, while their bread is baked in the same manner. There are gluten free options available at this stand as well, so there is something for everyone!

Paw-la's Pantry

Everything at Paula Frumusa's stand looks delicious to the furry friends that stop by. Running her business from her home, Paula sources everything from local organic growers and never uses produce from big corporations. All of her treats are wheat/gluten free and must be refrigerated, which means all products are fresh and packed with nutrients for your fur babies. Naming each treat after one of her own animals is not the only unique aspect of her business. She started making treats during a fundraiser for local animal rescues! With the creation of her pet treats, Paula hopes to share pet health and nutrition knowledge with others.

Pootie's Sweets

Lisa Wall started her business, which is named after her grandson, 5 years ago when she began baking for family friends. She sources her ingredients from local growers seasonally using markets in the area. All of her baked goods look and smell spectacular as they are made with the utmost care. In the future, Lisa hopes to open her own bed and breakfast in the Rochester area where she can



Philomena Emeka-ihuekwu, Cooking & Eating Healthy with Phil

serve these delicious baked goods to her visitors. Hospitality is her strong suit and she is so excited to share what she has to offer with visitors of the South Wedge Farmers Market. Whether you are looking for a treat to share or something small for yourself, there is plenty to choose from at the Pootie's Sweets stand.

Cooking and Eating Healthy with Phil

If you're looking for something that is healthy, organic, and delicious, this is absolutely the stand to look for at the Thursday market. Business owner Philomena "Phil" Emeka-ihuekwu runs this stand each week offering vegan and meat options of Nigerian style food. There are never preservatives in these meals, and they are all served from crockpots straight from the kitchen! Philomena buys all her ingredients from local farmers and hopes to promote healthy eating among Rochesterians. All her food at the market is freshly prepared and ready to eat. Every customer walks away from Philomena's stand feeling welcomed and cared for.



"The" Pootie and Lisa Wall, Pootie's Sweets

South Wedge Botanical Soap

The aroma coming from Louis Kinsella's stand at the market is simply alluring and with free samples of soaps, it is a must visit! He offers body soaps, shampoos, shaving soaps and more, which can be bought here at the market or at one of his many local distributors. Louis is a University of Rochester chemistry graduate who uses his knowledge to create soaps that are botanical based and vegan. Each of his soaps has an herb or flower grown in his very own yard here in the South Wedge! Keeping in mind that skin is the body's largest organ, Louis believes organic and chemical free products are the safest and most nutritious choice for one's skin. South Wedge Botanical Soaps are made using a cold process, which means it uses less energy than soap brands



Kim Henretty, daughter and goat from Clover Meadow Creamer

that utilize heat driven processes. So, these soaps are both wholesome and sustainable!



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Sept 25 at 6:45 pm: The Occupation of the American Mind

Film plus Q&A at St. John Fisher College, Basil 135
Oct 9 at 6:30 pm: Disturbing the Peace

Drama with Script in Hand at MuCCC
Sept 14 & 28: "There Is A Field" (Fringe Festival)

More info at WitnessPalestineRochester.org and on Facebook



Branching Out with...



Fix Your Bad Money Habits

Jennifer Clark and Diane Miller

They say it takes about 21 days to create a habit, whether good or bad. Once you start feeding into bad money habits, it can be harder to be financially responsible and become increasingly easier to continue splurging. If you feel your bad money habits are getting you down, don't worry; there is hope for you.

The first step to changing your ways is to acknowledge that there is a problem. If you ignore the issues your money habits are causing you, it will take you much longer to get out of your situation. By facing them head on, you will be able to turn your bank account around.

Here are some common bad money habits and ways to fix them:

•Eating out multiple times a week, DON'T DO IT.

By making simple homemade foods at home, you can save quite a few dollars each month. If you figure that the average meal when dining out is roughly \$12 compared to about \$4 to \$6 when cooking at home, you'll save roughly \$6 per person per meal each month. Even by reducing

the amount of times you go out for coffee every month, and making it more at home, you will be able to cut back on frivolous spending.

•Having no financial plans. Not having a plan to save any money is a terrible habit you should break away from immediately. Create a simple budget for yourself, what comes in and what goes out.

•Impulse buying. It's hard to not want to dish out money on an item we see and feel we must have right away. Ask yourself: is this something I really need or just want right now? If I walk away, will I be ok?

One way to short circuit this process is to only carry cash. People tend to be more careful when paying with cash, so you can help yourself by paying in cash only.

•Carrying a credit card balance. People use credit cards to create a tremendous amount of debt each year. If you have a balance pay it down to get rid of any looming interest. Train yourself to skip using a credit card for unnecessary purchases or any items you haven't budgeted for. If

you do use your card, make sure to pay off the balance each month.

•Ignoring your savings. Some studies suggest that roughly a third of Americans don't have any money saved for emergencies. Consider cutting the fat out of your budget and automating contributions to your savings and 401k accounts. Contributing to your 401k will improve your tax situation and building your savings will reduce any financial stress you might be having.

•Neglecting to get the best rate. People often overpay for services they don't use. A great example of this is huge cable bills for hundreds of channels that never get watched. The average monthly American cable bill was about \$128 in 2001. Consider using a comparison website like lowermybills.com to get a sense of how much you should be paying. Once you have this information you can call your provider to see if they can lower your rate. Or better yet, cancel your cable all together.



Students from Ann Bounds' math class at ROC Summer Arts Academy put their heads together to chart stats!



(l-r) Nagely Perez (East High School), Jonathan Quinones (East High School), Nakiya Franklin (SOTA) and friend. The three interns along with Senyah Haynes (Integrated Arts and Technology High School) supported Roc Summer Arts Academy.



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South Wedge Savor the Flavor of Apples!

The South Wedge Planning Committee's (SWPC) compiled Savor the Flavor community cookbook for a fund raiser to support its community programs.

A team of volunteers--Nannett Cepero, Lauren Daley, Philip Duquette, Tracy Saville, John vanKerkhove and Tanya Zwahlen--collected recipes from families

all over the neighborhood for the cookbook. Many of recipes came from old family recipes, some with not exact measurements.

For this issue, just in time for the apple season, we're sharing recipes: Nannett Cepero's Apple Crisp, Paula Stadtmiller's Apple Crunch and Mary Ellen Dennis' Apple Crumb Pie.



Apple Crumb Pie

Crust
 2/3 cup shortening
 1 tsp. salt
 1/2 c. boiling water
 1-1/2 cup flour

Cream shortening with salt. Add boiling water and mix. Add flour. Press crust into a 9 or 10 inch pie plate

Filling
 6 apples
 1/2 cup sugar
 3/4 cup flour

Fill crust with apples, sprinkle sugar, cinnamon and salt with apples.

Crumb topping
 1/2 cup butter
 1/2 cup sugar
 3/4 cup flour

Cream butter with sugar and flour. Spoon mixture on pie, bake in 450 degree oven. After 10 mins. reduce temperature to 350 degrees until golden brown.



quart dish. In a medium bowl, combine dry ingredients. Cut in butter until mixture is crumbly. Sprinkle mixture over apples. Bake in a preheated 375 degrees oven until apples are tender and top is browned, about 30 minutes. Put whipped topping on top and serve.

Sprinkle with lemon juice. Combine flour, honey or brown sugar, spices and lemon peel and sprinkle over fruit. In separate bowl make crumb topping: 1/2 c combine butter, 1.2 c, brown sugar or 1 T. honey until fluffy. Sift together 1.3 c, sifted flour, 1.4 t, baking soda, 1/2 t. salt, 3/4 c. rolled oats. Press oat mixture over fruit. Bake 25 minutes.

Apple Crisp

4 tart apples, pared, cored and cut in wedges
 6 T. flour
 6 T. rolled oats
 1/2 cup light brown sugar, firmly packed
 1/2 tsp. ground cinnamon
 1/2 tsp. ground mace
 6 T. butter
 1 cup whipped topping
 Place apple in a shallow 1

Apple Crunch

3 apple or pears
 1 T. lemon juice
 1 T flour
 1/2 tsp. cloves
 1/2 tsp. cinnamon
 1/2 tsp. lemon peel
 2 T. honey or brown sugar
 Preheat oven to 350 degrees.

Peel, core, slice fruit. Arrange in a 8x8 inch sq. or round pie plate.

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WESTSIDE FARMERS MARKET
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Cheesecake Lovers Flood Cheesy Eddie's for Cheesecake Day Celebration

Nancy O'Donnell

The line was very long outside Cheesy Eddie's Cheesecake on South Avenue for National Cheesecake Day as people waited for a sample of plain, chocolate or key lime cheesecake.

The annual day of all things cheesecake was July 30, but lines were still long on the 31st at the local bakery favorite.

According to the National

Cheesecake website, ancient Greece may have had a form of cheesecake that was very popular there: "It has been found that the earliest attested mention of a cheesecake is by Greek physician Aegimus, who wrote a book on the art of making cheesecakes.

Next up was James Kraft who developed a form of pasteurized cream cheese in 1912. In 1928,

Kraft acquired the Philadelphia trademark and marketed pasteurized Philadelphia Cream Cheese which is now the most commonly used cheese for cheesecake.

Cheesy Eddie's offers more than cheesecake these days. Carrot cake, Chocolate Peanut Butter Mousse Cake and much more.

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Brothers Bring Fitness Challenge to the South Wedge Neighborhood

Nancy O'Donnell



Julius Davis and Hassan Robinson, co-owners of Fountain of Youth Fitness are the first business at Wedgepoint on South Avenue

Hassan Robinson and Julius Davis, co-owners of Fountain of Youth (FOY) Fitness Center at the new Wedgepoint apartments, are throwing down a fitness challenge to the South Wedge and beyond. Their spacious 2,700 square foot gym in the Wedgepoint complex is the first business to open in its first floor retail space. It's filled with exercise equipment and on some days their classes are already packed.

On a first visit, Robinson was at the helm.

"I love the area. It's very peaceful," said Robinson pointing to the wall of windows that look out onto Byron Street.

"We were looking to grow from our previous space, and we liked how the space faced the street," Robinson said.

"We've filled the space with functional equipment, and we can offer more personal training to the residents and beyond whether it's a totally body workout, core strength work or mobility. We've got it all."

The two brother grew up in the 19th Ward. While Robinson attended Wilson High School, Davis went to Edison.

Robinson graduated from its International Baccalaureate program and went to RIT as a Rochester City Scholar with Honors in Information Technology. At RIT, he played football, ran track and found that athletics benefited him in a big way.

"It was great for stress relief," he said. After graduation, he worked full-time at Xerox for six years as an IT engineer. He went on to train in Kinesiology and began leading clients through "squat racks, leg press, dumbbells" and all the rest while still keeping his day job.

"Like his brother, Davis played football and ran track. While studying occupational studies at

Alfred State, he also played football. After he received his degree, he worked in a group home in North Carolina and as a professional bricklayer. Still the love of the gym sent him to the YMCA where he trained with Roger Gilchrist before becoming certified as a fitness coach.

During a recent visit, Davis described the center's classes "We have LAB—legs, ab and butt—and Flex, which is like yoga," while at the same time keeping an eye on Pam Jacque who was working out on a mat.

Jacque has been working with at the center since February, and she's already lost 20 lbs.

"I've been to gyms. Machines you can cheat. You can't cheat him," she said pointing to Davis.

The center's classes attract all ages and aptitudes.

During a recent group class, a mother went through a couple of the seated poses with a small child on her lap.

Outside of group classes, the FOY is open by appointment for several reasons. Foremost is that both owners have kept their day jobs. But more important private sessions make working out and personal training more "exclusive and custom made" for each client."

Fountain of Youth Fitness uses MYZONE to measure a client's progress and effort during each workout, both inside and outside the training facility.

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Artist Collective Opens StudioRAD on Mt. Hope Avenue

Nancy O'Donnell

Lisa Nudo thought she'd never create art again. A self-taught artist, she began drawing as a child but by time she was adult she'd put down her pencils and paper. She's took a full-time job as an electrical assembly tech at Quality Vision International.

But Nudo's passion for the creative life didn't die. Now the founder of an artist collective StudioRAD (Studio Rochester Artist Destination), Nudo is surrounded by working artists, showing her paintings, opening her doors for lessons, paint parties, and free "chill and draw" evenings and readying the studio for a grand opening celebration on August 4.

It all came together when Nudo connected with The Pillar, an interdenominational Christian church on Mt. Hope Avenue and began volunteering for their performing arts events. With extra room in the Pillar's, Nudo felt in her bones "art needs to be here."

"A friend leased the space, and my idea was that it should be a small club for artists or spoken word," said Nudo. She signed on the lease when her friend went in another direction.

Just being around other creatives triggered something in Nudo, and she began painting in 2016. Soon she was surrounded by working artists: Richmond Futch and Chloe Smith, Nicole Zobel and Giovanni Filippo.

"I thought I'd be managing.

I didn't know I'd be one of the residents," said Nudo. She was encouraged when other artists asked her, "why aren't you in here?"

The studio's website describes the work of its five resident artists "who create diverse range of form and technique: oil and acrylic painting, chalk and charcoal drawing, mixed media and sculpting, digital photography and graphic design."

Now Nudo's paintings, primarily black and white, are front and center in a studio filled with couches, bookcases and large tables with still life props, water jars, paints and brushes.

"I'm scared to death of color," said Nudo. "I'm drawn to Dali and surrealism and dark."

She points to a painting, entitled "Unfulfilled Potential" that features a weeping willow tree, a mysterious door and stairs unconnected to a house or ruin. Other paintings feature landscape and wildlife primarily wolves.

Her favorite for now depicts the façade of an old vacant factory she's seen on Hudson Avenue that's juxtaposed with a flowering cherry blossom tree. "I used spackle and fabric for the flowers," said Nudo.

The painting has gotten a lot of attention and while she won't sell it for now, she said she will consider renting it out.

Nudo is hoping that StudioRAD will become a destination on Rochester's First Fridays. Already the studio offers We offer



StudioRAD offers a place for established and aspiring artists (Photob by Nancy O'Donnell)

"workshops, drawing sessions, private instruction and mentoring, The Artist Corner, art appreciation events, art exhibit hosting, consignment space, paint parties, and commissioned works of art."

In the end Nudo can now name the catalyst that brought her back to the artist's life.

"I don't come from an easy path, and life, through bad choices, beaten and broke me to a point I almost gave up," Nudo said. "But I rose from the ashes and had the epiphany three years ago that life is something I would miss severely, and that it's beautiful, even in its trying and darkest moments. I chose to live, and I chose my path to be greatly different than its ever been and that it be enriching not just for me but for others as well... That choice naturally brought me

back to my art! And my vision for StudioRAD has always been to bring the healing magic of art to others in any way tangible."

To learn more about StudioRAD visit www.studiorad.org. Facebook.

Studio RAD endorses the community initiatives of The Pillar, The Venue at The Pillar, Furnished 4 Life Thrift Store, and The Wedge Market, all located at 46 Mt. Hope Ave, 14620.



Lisa Nudo's mixed media Hudson Avenue factory and cherry blossoms

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Lisa Nudo
 Let's Chill 'n Draw
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The Artist Corner
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River Edge Neighborhood Program for Seniors

River Edge offers a variety of health and wellness classes for seniors age 60+ who live in the South Wedge, PLEX, Swillburg and Highland Park.

Balance Class: Mondays at 9:45 a.m. NO CLASS 8/14, 8/28, 9/4
 Low impact exercise, sit/stand program designed to increase balance, strength, endurance and flexibility to decrease falling incidents.

Colored Pencil Art Class: Mondays, 8/7, 8/21 & 9/18, and Tuesday, 9/5 from 10:30 a.m. - 12:00 p.m.

ZUMBA GOLD® Chair Class: Tuesdays at 11:30 a.m. NO CLASS 8/15, 8/29, 9/26 All exercises are done sitting down, and the high tempo Latin music makes this a fun class.

Blood Pressure Screening: Wednesdays, 8/9, 8/23, 9/13, 9/27 from 11:00 - 11:30 a.m.

Healthy Eating: Wednesdays, 8/2, 9/6 at 12:30 p.m.
 ESLC's Executive Chefs will demo healthier variations of food preparation and meals. Sampling available. movement and activities

for daily living. elastic tubing with **Nutritious Lunch and Health Education:** Fridays, 9/29 from 12:00 - 1:00 p.m. \$5.00 meal
 Enjoy a nutritious meal prepared by our chefs. Reservation required.

• September: Roasted Corn Chowder, Marinated Cucumber and Tomato Salad, Chicken salad and Cranberry wrap
 Lunch and Social: Friday, 8/25 at 12:00 p.m. \$5.00 meal

ESLC Dining & Hospitality staff will provide a delicious meal; No formal speaker — enjoy social time with friends! Registration required. Menu: Beetroot Soup, BLT Pasta Salad, Hummus and Vegetable Sandwich

These programs are for Neighborhood Program Members and there is no fee to join.

Episcopal SeniorLife Communities 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 x 3718



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In Memoriam - Patrick deKeyserling

Eric Jones

Patrick "Pat" deKeyserling was an artist who happened to do stone masonry. He had a deep intellect and aesthetic eye which allowed him to thrive as a stonemason. He played a vital in the revitalization of the South Wedge where he owned and operated Stone Love Masonry for 40 years.

On June 6, 2017 deKeyserling, 64, died of colorectal cancer. He is survived by a wife Jeanne deKeyserling, son Alexander Gerard, and a huge number of friends, neighbors and associates who all grieve his passing and who shared stories about his life at a backyard memorial in the South Wedge.

Pat was born on Dec. 21, 1952 in Port-au-Prince, Haiti after his family escaped World War II Europe.

His family spent five years in Haiti before moving to the U.S. Pat grew up in Sunnyside, Queens and graduated from Bronx High School of Science in 1969. His parents encouraged Pat to pursue a lucrative career like mechanical engineering or business. However, from a young age, Pat was an intellectual. Despite his parents' requests, Pat followed his heart and pursued a major in Philosophy and Oriental religions at the prestigious Columbia University. He served as a coxswain for Columbia's men's rowing team.

However, one art class at Columbia had the power to change his perspective forever. It taught him an appreciation for the arts and gave him the desire to pursue it as a career.

After graduating in 1973, Pat had the typical "What should I do with my life moment?" With a friend, he began driving around the United States in his white Volvo, ever exploring and looking for answers.

The two friends applied for jobs in a number of states and eventually found themselves in Maine where Pat got an apprenticeship as a stonemason.

Pat spent a couple years in Maine before moving to Rochester N.Y. drawn to the Rochester Zen, one of the oldest centers in the country.

Patrick and his wife Jeanne first met in Buffalo, where he was

the general contractor on a major rehabilitation of an old mansion. They met while she was writing a report on historic preservation, and he was recommended as a possible resource. They had the history and fondness of old houses, buildings and ruins as a common interest, became friends and then married a year later in October 1988. Their son, Alexander Gerard, was born in September 1998

He opened StoneLove Masonry in the South Wedge. The business thrived on "the principles of honesty and an apperception for detail." Forty years later he handed the business over to Justin Schmidt after he was diagnosed with cancer. He promised Justin that it would last anther forty years.

Many remember Pat's vital role in the revitalizing of the South Wedge.

He was an integral part of the South Wedge Planning Committee in its early days. He would donate his time and energy to helping others in the neighborhood. He mentored and inspired others



Portrait of Patrick by Vinny Massaro

through his work as a stonemason and his revitalization of historic homes. His work can still be found among various buildings on Alexander street and at Calvary St. Andrews on Ashland Street.

Patrick often enjoyed the finer things in life. He was very much an artist who enjoyed Chardonnay, being with his family and, of course, fine museums of art. Pat was well known for his philosophical discussions and discussions of the fine arts.

Pat may be gone, yet if you walk through the South Wedge neighborhood where his hands laid stone you can still sense his presence



Patrick deKeyserling

through his work as a mason. There is a sculpture at the entrance of RIT that bears Pat's touch.

At the memorial Jeanne held for Pat at their home on June 3, she shared with those gathered some words she'd written about her husband.

"Pat loved traveling, playing tennis, visiting fine art museums, playing Scrabble, sitting in the sun reading the New York Times, Chardonnay wine, fast cars, Jimmy Hendricks music,

and was a frequenter of the bar/restaurant Silk O'Loughlin's down at the lake. Not necessarily in that order. He hated cigarette smoke, asparagus, yappy dogs, clutter and politics. Pat was a homebody; preferring to relax at home most nights with a glass of wine."

In lieu of flowers, the family suggested donations may be made to the Landmark Society of Western NY or the South Wedge Planning Committee.



In June family and friends gathered to celebrate Patrick's life and work

Celebrate Al Sigl at Wine Tasting on September 13

Join the festivities with Fine Tastings for Al Sigl Community on Sept. 13, 5:30-8:30 p.m. at Locust Hill Country Club. Enjoy signature dishes by the region's top chefs while savoring plentiful pours, confections, and more from over two dozen tasting partners. The evening also includes an incredible wine & liquor pull and silent auction with an eclectic mix of one-of-a-kind finds, including original works by local artists. The event, which highlights regional flavors, serves as an appetizing introduction for new volunteers and donors. Over the years, the event has grown from a small gathering of friends inviting friends to a premiere tasting event and fundraiser for Al Sigl. One of the sponsors of Fine Tastings, Sandy Wehner of Sage Ruddy, has a very close connection to the event.



Her father was a client of Rochester Rehabilitation's DriveOn program. Seeing how DriveOn helped her father rediscover his freedom was what prompted her to get involved.

Funds raised at both events benefit Al Sigl Member Agencies serving 55,000 children and adults with special needs in our community each year. Al Sigl Member Agencies include CP Rochester, Epilepsy-Pralid, Medical Motors, the National MS Society, Rochester Hearing and Speech, and Rochester Rehabilitation.

For more information, please visit alsigl.org.

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Tree Love

Takoma Park, MD
Photo by Nancy O'Donnell



Calvary St. Andrews remains beauty in black and white in this photo by Judy Bennett

Calvary St. Andrews

continued from pg. 1

stained glass windows that fill the church.

This designation, as defined by the City's Planning Commission, meets several goals of the City's Comprehensive Plan including the transformation of "historic resources into...a destination ...that enhances the quality of life for city residents."

In addition to the eight Historic Preservations Districts such as Corn Hill and Susan B. Anthony, approximately 75 additional properties have been designated as individually important. While some are within the preservation districts, others stand alone. These include the Broad Street Aqueduct over the river, the Powers Building and City Hall downtown, and the carousel at Ontario Beach. Two interiors are also designated: the former Hallman's Chevrolet Showroom (now Spot Coffee) and the Masonic Temple (the Auditorium Center).

History abounds in and around the South Wedge. It has two Preservation Districts: the Mt. Hope/ Highland Park area and the smallest the South Avenue/ Gregory Street commercial hub. Calvary St. Andrews joins the Douglas-Sprague House at 271 Hamilton, the Abeles Building at 681 South Avenue and several Mt. Hope buildings as City Landmarks.

Inside Calvary St. Andrews, its

stained glass windows were thought for many years to have been made by Tiffany, but recently the church discovered information that indicate that the main window above the altar was designed by Rochester artist George Haushalter and fabricated by a New York City stained glass firm called Calvert & Kimberly. Haushalter was responsible for supervising the entire altar design and fabrication, the two paintings in the sanctuary, and the windows and the altarpiece in the chapel.

The large Resurrection window above the altar was installed in 1903, on the occasion of Rev. Algernon Crapsey's 24th year of service to the church. It was donated by Marie Louise Atkinson Perkins Willard, probably in memory of her first husband who died quite young, Henry Hubbell Perkins; the window completed the altar installation that was entirely the gift of Marie Willard, who was the granddaughter of Hiram and Elisabeth Sibley. (Hiram Sibley was one of the founders of Western Union).

Marie Willard was also a close friend of the Crapsey family; she lived at Woodside on East Avenue at the corner of Sibley Place.

For more information, go to "Calvary St Andrews Presbyterian Parish" on Facebook.

Swillburg News

continued from pg. 1

On behalf of the S.N.A. and all Swillburg neighbors, a big "Thanks" to Liz and Josh!

The S.N.A. is always looking to enlist more neighbors' involvement. While we have social media, especially widespread communication via Nextdoor, we still need person to person activities to discuss community projects and implement them. Please watch for event announcements and join in!

For example, this summer on Tuesday evenings we'll be working at one of the three main Swillburg gardens. These will be announced by Kelley Mariano on Nextdoor. Besides beautifying Swillburg we have lots of fun visiting and exchanging neighborhood updates. These gardening events begin at 6:30 and last no more than an hour. We're especially anxious to support Marsden Fox who helps to cultivate and tirelessly maintains the Labyrinth Garden across from Rooney's. We're so appreciative of his beautiful creation and daily attention to this!

Other upcoming events:
S.N.A. Annual Pot Luck Picnic at

Henderberg Park, Saturday, August 5th, starting at 2:00 p.m. (rain date, Sunday after). Thanks to Sarah Gaudioso for putting this together!

Please bring a platter of food to add to the buffet table. Anything from rolls to salads, beverages, bags of fruits, pasta dishes, including vegetarian or vegan. It's always fun to sample the many offerings! Anyone wishing to suggest or add activities can contact Sarah on Nextdoor.

Also, we'll be having our annual "Taste of Swillburg," potluck supper and forum, scheduled for November 2nd. We expect representatives from various community agencies to present to us. The past two years we've held this event and had great and delicious turnouts. Judy Hay will be spearheading S.N.A.'s Steering Committee as we organize this. Thanks Judy!

Watch for further information in the next edition of the *Wedge Newspaper* and on Nextdoor.

In addition, we continue to have our monthly Lunch Bunch at local restaurants (otherwise known as "Curmudgeon Luncheons"). These

are particularly popular with retired folks though everyone is invited. These too will be announced on Nextdoor, another thanks to Judy Hay!

Our Night Out events - dinner gatherings patronizing Swillburg restaurants, will resume in October. These serve to provide neighbors venues to get acquainted while providing further support to neighborhood restaurants.

Now for what I believe requires a drum roll (no pun intended)! Neighbor Bennie Johnston put together a music event for us at Henderberg Park on June 21st. Bennie is a member of Roc City Samba, a Brazilian percussion ensemble, and she and her friends feted us with a deeply moving program of drum and percussion rhythms. The little kids were doing cartwheels; we big kids were dancing and grooving as well on the beautiful summer solstice evening. What a fantastic way to celebrate our longest day! Thanks Bennie and all the ensemble's members, fantastic!

Keep on rocking Swillburg!

Dicky's Corner Pub

continued from pg. 1

Salvaggio. "I've been stopped on the street by neighbors asking me if it's true [that he's reopening the family business]. They're all excited about it."

Dicky's had a long history even before the Salvaggio took it over in 1983. Located in the Highland Park neighborhood at the corner of Meigs and Caroline Street, the building first opened as a bar in the late 1800's. It still retains a trough at the bar that served as a spittoon for the men bellying up to the bar.

In February, writer Elaine Morry wrote about Dicky's history in a *Democrat & Chronicle* article: "The saloon appears to have actually opened in 1892 when German immigrant William Flugler first applied for a license to "sell and dispose of strong and spirituous liquors, ale, beer

and wine" at the Meigs Street location." Morry recounts one colorful story that shows the importance of saloons to not only neighbors but to local politicians. On Election Night [in 1897], [new owner] Rehberg's saloon was the site of a politically inspired brawl when two neighborhood foes came to blows over their preferred candidate for 13th Ward alderman."

During Prohibition, it stayed opened as a cigar shop although a raid in 1927, and subsequent ones, unearthed liquor in a secret compartment. It reopened as a local watering hole after Prohibition ended. In 1951, Dicky's got its name when Richard "Dick" Salvaggio took over. The family ran it until 2006, and then rented it out to others until this year.

"I started working in the kitchen with my Mom when I was 12 years old," said Salvaggio. "I'm 40 years old now. [After the last renters left],

I had a long talk with my father and I thought, 'why not?' let's open it again. The neighborhood is really what it's all about."

Salvaggio's main focus is to bring Dicky's back from dive bar status to family corner pub. They've painted and renovated to get it ready for a grand opening.

"We want a neighborhood oriented pub where families can bring kids," said Salvaggio, noting its new hours. "Monday-Thursday it will say open until 11. p.m. Only on the weekend, Friday and Saturday, will it stay open until 2 a.m."

So, with his mother Judy's "huge binder" of recipes and a chef who once worked with his mother, Salvaggio is getting ready to reopen a neighborhood pub where at one time everyone knew your name. He's betting that will happen again. *Dicky's Corner Pub, 791 Meigs Street.*



Take a ride on Zagster!

No doubt you've noticed the bike racks with new bikes in the South Wedge, Swillburg, Corn Hill and around town. Over 340 bikes are available at 46 stations throughout the city.

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