



Nothing so beautiful as autumn's "mellow fruitfulness" in the South Wedge Victory Garden (Photo by Glynis Valenti)

South Wedge Wraps Up 11th Season

Jesse Knoth, Market Manager

Each year as the market season ends we take some time to look back and remember all the wonderful things at the market. This year that task is more difficult. While there were many cherished moments and great produce, we had a hard season.

The weather this year was tough for some of our farmers, delaying spring plantings and causing crop loss late in the season. All summer we dealt with the effects of RG&E construction on Mt. Hope, which culminated with a complete closure of the avenue at the beginning of September. The barricades from Hickory to Hamilton made it very difficult to access the market.

Thursdays weren't the luckiest day for weather this summer, with

many days of rain or threatening rain and one scary windstorm. Despite these setbacks we continued to bring local producers to market for the residents of the Wedge to enjoy.

We want to thank all our great vendors who did their best to bring quality local products to the market each week, our sponsor who allowed us to operate the market and offer great promotions to our shoppers, our musicians who provided music while people shopped, our chefs who came in for cooking demos, all the community groups who tabled this summer, and of course, our wonderful customers who kept coming to support our local vendors.

Our 2017 Market Vendor included: Kick Start Mini Farms, South Wedge Soaps, Bannister

Beef, Workin' in the Dirt, Julep Bakeshop, Deep Roots Vineyard, Paw'la Pantry, Greener Grass Farms, Cooking & Eating Healthy with Phil, Jason Bliet Farms, Clover Meadow Creamery, Meraki Coffee Co, Pootie's Sweets, Potted Gold, RocBucha, Dolci Pastry & Confections, Firestone Farms, Doan's Honey Farm & the Frederick Douglass Library.

Sponsors for our market this year were Highland Hospital, South Wedge Planning Committee, South East Area Coalition, Genesee Co-op Credit Union, Tru Yoga, and the South Clinton Merchants Association.

Thank you for choosing the food less traveled, and we'll see you next season!

WHAT'S INSIDE...

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- ❖ A Spectacular Sunset to Remember
- ❖ Living Roots Wine & Company Opens
- ❖ Dystonia Disorder Remains a Mystery
- ❖ Talking with My Mouth full of appetizers-

Conifer Park Moves Counselling Center to South Clinton Ave.

Nancy O'Donnell

Representatives from Conifer Park, Inc, a statewide chemical dependency corporation, met recently with South Wedge neighbors, neighborhood associations, local religious leaders, business owners and city officials to discuss a planned move of their outpatient treatment facility to South Clinton Avenue at Alexander Street. Their current facility is located on University Avenue, and the move to the 2,500 square feet building is

expected to be completed the first week of December. According to city officials, the location meets all the city zoning requirements for a business of its kind, and Conifer Park was not required to notify the surrounding neighbors of their move.

Conifer Park staff presented their plans while neighbors from the surrounding streets and representatives from ABVI (Association for the Blind and Visually Impaired) and Bivona

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Calvary St. Andrews Supporters Work to Preserve its Mission

Tracy Walker

You may have read the recent articles about Calvary St. Andrews in recent South Wedge publications and wondered exactly what is going on. The answer is that Third Presbyterian Church has "adopted" Calvary St. Andrews (CSA) during a transition period.

In recent years, CSA experienced a decline in membership and attendance due to multiple factors. They finally reached the point where they were unable to support their ministry or their building, so they requested that Presbytery (the

ruling body for local Presbyterian churches) dissolve the congregation. An Administrative Commission was established by the Presbytery to discern how to proceed. After months of discussing options, the Administrative Commission recommended that the congregation be dissolved, Presbytery approved, and the last service was held on Easter Sunday 2017. Third Presbyterian Church agreed to assume oversight of the building and programs during a transition period.

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Calvary St. Andrews Parish in 1898

Join The Friends of Calvary St. Andrews in celebrating the church's designation as a City of Rochester landmark.

Sunday, Oct. 15, 2 p.m. - 4 p.m. 68 Ashland Street at Averill Avenue
Commemoration 2:30-3 p.m., Art & History Talk 3:15 p.m., self-guided art tours, slide

show & music, refreshments. For more information, contact Marjorie Searl, 585.260.2306 Additional parking available at Postler & Jaeckle on the corner of South and Averill Avenues.

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

the annual south wedge

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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



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The Wedge Newspaper

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last name@swpc.org

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

SWPC Mission Statement

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

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

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October and December), The Wedge has a
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Please send story suggestions or news to Wedge
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South Wedge Planning Committee, 224 Mt. Hope Avenue, Rochester, New York 14620, (585) 256-1740
Before recycling the Wedge, please share with others.

SOUTH EAST AREA COALITION



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.

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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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Newspaper

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South East Area Coalition South Wedge Planning Committee

October/November 2017 Calendar

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

SEAC, 10/21, 5:30 p.m. SWPC 6:30 p.m.

SEAC, 10/17, 11/21, 5:30 p.m. SWPC 6:30 p.m.

SEAC/SWPC Joint Board Meets Tues. 10/17, 6 p.m.

SEAC contact: coconnor@hselaw.com

SWPC contact: flogan@rochester.rr.com

Community Engagement
(Neighbors & Block Clubs)

jknoth@swpc.org

Wed. 10/25, 5:30 p.m.

Housing & Structures
Meets bimonthly

Wed. 11/1

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 Shout Out

Mike Henry

So soon and the summer sun draws down, time for harvest! Lot's of good memories here in Swillburg--group gardening, the annual picnic at Henderberg Square Park and Swillburg Neighborhood Association group lunches at local restaurants.

The Swillburg Neighborhood Association (SNA) has been busy organizing our annual fall event which this year is entitled Community Harvest 2017

Many seeds have been planted, and we are seeing the fruits of our labor.

The event will take place on November 2 at Artisan Church, 1235 South Clinton Avenue, 6:00-8:30 p.m.

The SNA steering committee invites neighbors to bring a dish to pass, we're offering child care in the church nursery to enable parents to hear the presentations by the Rochester Police Department and the Southeast Quadrant Neighborhood Service Center.

As we get near the date we'll distribute flyers, and we're looking for help getting these out! Also, these flyers will include membership forms for the Swillburg Neighborhood Association, we hope you'll attend this event and join!



Let's not forget the value of neighborhood collaboration, together we're strong to address concerns that invariably arise in any community. The SNA offers neighborhood gatherings to promote friendships among neighbors and make our little piece of the Rochester quilt a more peaceful and beautiful place.

Also, please join us on Nextdoor, the private social network for neighborhoods. Nextdoor Swillburg is our most expedient conduit for neighborhood announcements.

Besides the Community Harvest event, please watch for announcements on upcoming Night Out events (monthly SNA dinners patronizing Swillburg restaurants) and Lunch Bunch (mostly retirees lunching at local restaurants).

Hope to see you at Community Harvest!



Highland Park Autumn Tours

OCTOBER

Sat., October 14 – 9-10 a.m.
Photo Shoot with Image City

Join Image City partners for shooting wonderful photographs of Highland Park. It is a rare opportunity to work with some of our finest local nature photographers. Open to all skill levels with any kind of camera. Meet at the Lamberton Conservatory.

Sat., October 21 – 10:00 a.m.
– Tree Tour with Susan Maney

Join Susan Maney, Monroe County Parks Horticulturist, for a tour of the trees of Highland Park bedecked in their glorious fall colors. Susan knows and loves the Park's trees, and you will enjoy both the trees and her enthusiasm for them. All are welcome. Meet at the Lamberton Conservatory.

NOVEMBER

Sat., November 18 – 10:00 a.m.
– Vietnam Veterans Memorial Tour

Tour the Vietnam Veterans Memorial with members of local Chapter 20 of the Vietnam Veterans of America. This tour will be of particular interest to all who have been following the Ken Burns documentary on the War. Open to all. Meet in the parking lot for the Vietnam Vets Memorial off South Avenue.

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Work on the garden continues with volunteers Beth Struever, Nancy Watson, Judy Bennett and many others. Anyone interested in joining the efforts to maintain and upgrade the many flower and vegetable garden areas on the grounds is welcome. (Photo by Barbara Day)

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Administrator Nancy Johns Price

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Get Lit Pub Crawl Blends Literary & Liquid Refreshments



We All Write members (-r) Lu Highsmith, Reenah Golden, Serena Cochran, Kristen Gentry, Tokeya C. Graham performed at the Writers & Books annual Get Lit Pub Crawl (Photo by Nancy O'Donnell)

Nancy O'Donnell

We All Write writing collective launched the annual Writers & Books annual "Get Lit" Literary Pub Crawl at the Daily Refresher on August 17. After a rich brew of poetry and prose by members Lu Highsmith, Reenah Golden, Serena Cochran, Kristen Gentry, the pub crawl moved from Alexander to Roc Brewing Company on S. Union Street for fiction readings by Straw Mat Writes (Maria Brandt, Angelique Stevens and Pam Emigh Murphy). The evening ended at Skylark for Dead Metaphor Cabaret, which is described as a "stripped

down incantation of the long-running Dead Metaphor literary music project featuring Curt and Nani Nehring Bliss as instigators." We All Write founder, poet, blogster Tokeya Graham describes the group on their Facebook page as "a consortium of dope black woman thinkers, creators, healers and shapeshifters that have one significant thing in common - WE ALL WRITE! Our primary focus in coming together is to create a space for our own creative ebb and flow with the added interest in sharing with the world on a consistent basis."

"When I envisioned forming a powerful collective of Black women writers, I never fully understood the power we would harness," said Graham. "Our audiences are often overwhelmed by our physical presence as much as they are captivated by our words. We fulfill a need, not just in our community, but in the world. With all of the darkness we see every day, it's nice to be a bright spot. To be Black women writing, resisting, loving, creating... yes, we all write and we are all right!"

South Wedge Mission Holds 1st Annual Autumn Roots Festival

Nancy O'Donnell

Rev. Martin Matthew Nickoloff, pastor of the South Wedge Mission, inaugurated the First Annual South Wedge Autumn Roots Festival on a beautiful Sunday in September.

The biggest draw of the day was watching artist Shawn Dunwoody (also City Council candidate on the Working Families Party platform) painted smiles along the outside of the church. Since the festival, the word "smile" in several languages including American Sign was added to the mural.

The event included "spiritual practices" that included a Tai Chi Sampler, Theatre of the Oppressed with Henry Padron, Guided Breathing Mediations and Reiki practitioners. Musical performances

included *Her Dad's Banjo*, *Jon Lewis Band*, *Leah O*, *Cammy Enaharo* and *Ben Morey and the Eyes*.

Twenty-nine community groups and organizations set up tables around the church from Flower City Pickers to St. Joseph's House of Hospitality, WAYO 104.3 FM radio, Yoga DrishTi, each inviting the crowd to learn more about their work and get involved.

"We are a community of communities seeking to cultivate the life of the neighborhood, by helping people center, commune and commit," said Rev. Nickoloff.

To learn more about the South Wedge Mission visit them on Facebook.



South Wedge Mission's facade brightened with painted by Shawn Dunwoody, Smiles courtesy of South Wedge neighbors (Photos by Nancy O'Donnell)



Christopher Hennelly of the Christopher Group invites people to get their Waddle on Thanksgiving morning



Artist and City Council candidate Shawn Dunwoody





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South Wedge Sudoku

STR8TS

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

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

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

SUDOKU

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

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

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

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

Talking with my Mouth Full - Happy Hours at Dorado & Cure

Glynis Valenti

Long before the two-for-the-price-of-one drinks and appetizer specials, “happy hours” were a fixture in the U.S. Here’s a little history before we take a tour of two southeast restaurants who offer outstanding happy hours.

“Happy Hour” started almost 140 years ago with women’s social clubs. These church groups did charitable works in communities. Later they became venues for education and addressing issues like slavery, women’s suffrage, and, ironically, temperance. Many also focused on literature, culture or entertainment and called themselves “happy hour clubs.”

In 1913, a group of Navy wives began organizing regular parties on the USS Arkansas, calling them “Happy Hour Socials,” transforming them from the group to the events themselves. As Prohibition gained momentum, and restaurants stopped serving alcohol, “happy hour” became known as the period before dinner at the restaurant when diners stopped at speakeasies for cocktails.

While it isn’t the case in New York, many states and countries in Europe ban advertised drink specials to curtail binge drinking. However, even in those states, bars and restaurants can advertise food or appetizer discounts during the same time period and call it happy hour.

In Rochester there’s no shortage of happy hour options for the budget conscious to the upscale gourmet, and the southeast quadrant has a barstool for everyone.

First, if “happy hour” means “Margaritas,” say “hola” to Dorado at 690 Park Ave. It’s cozy with a few seats at the bar and 10 tables inside, but sidewalk seating is also an option weather permitting. The atmosphere is friendly and bustling, intimate without crowding personal space.

Dorado’s Happy Hour lasts

from 3 to 6 p.m. Monday through Thursday. Drink specials include a healthy selection of \$3 beers, including Dos Equis Amber, Corona, Corona Light, Uinta Hop Nosh IPA, Pacifico, Modelo Especial, and seasonal beers. The Classic and House Margaritas are the happy hour features for \$5 each. Both are smooth with delicate flavors; the Classic uses Sauza Silver Tequila, and the House uses gold. Both drinks have none of the harsh, sweet, alcohol flavors of many “well” drinks. In fact, bar manager Ryan explains that Dorado doesn’t serve well drinks and simply offers these menu drinks at a reduced price.

Dorado also serves a full menu of Latin and Latin fusion fare, but two appetizers were more than enough for a light dinner. The “Trio” of dips—guacamole, fresh salsa, and a pineapple pico de gallo—were freshly made and served with tortilla chips. The guacamole was relatively plain but freshly made with chunks of avocado. The salsa and pico de gallo both had bright flavors, and the pico was slightly sweet with a tang from the cucumber and lime. The “Chorizo Con Queso” is a soup bowl of melted spicy cheese, also served with chips. In this outing, two Margaritas and two appetizers came in at a reasonable \$23.

If Margaritas and cerveza are not your thing, bar manager Ryan has curated a collection of more than 225 tequilas and 50 brands of mescal ready for pouring. He describes Dorado and its happy hour as “a little vacation in Rochester.”

“On any day you see the regulars, and you see new faces,” he adds. “Pretty soon it all mixes together. It’s a good vibe.”

Cure Bar, #50 Public Market, offers an elegant and out-of-the-ordinary happy hour choice. The staff is friendly and knowledgeable.

Cure is not as casual as Dorado, but it’s definitely not pretentious. When we visited, the happy hour menu, titled “Six a Sept” (“Six ‘til Seven”), listed classic cocktails and light bites for \$6 each until 7 p.m., as well as Spanish and French rose wines. We ordered two drinks: the Sazerac (with nice florals, made with rye, absinthe, and Peychaud’s Bitters) and the Faux-Zay (with mainly grapefruit flavors and not as complex as the Sazerac.) The bar snacks were Foie Gras Toast & Mushroom Mousse; Toasted Almonds with Radishes; Mini Bahn Mi; Duck Caramel Corn.

We opted for two appetizers from the regular menu which were more than enough to share for another light dinner. The first was Camembert-Roti, a pot of melted cheese topped with Cure’s onion jam—caramelized and slightly sweet---served with roasted, herbed fingerling potatoes.

The second appetizer consisted of two hefty links of homemade pork sausage laced with chunks of pistachio nuts, a dish of ratatouille made with zucchini and tomatoes and a little spicy heat on the finish, and two slices of Flower City bread



Cure homemade pork sausages



Dorado friendly, intimate atmosphere packs the place



Dorado's Trio of Dips



Dorado's Chorizo Con Queso

topped with a baba ganoush spread. The food at Cure always tastes fresh, and my dinner companion described the sausage as “inspired.”

Along with the full bar, Cure offers an excellent wine list with some bottles not seen in other restaurants. We were treated to a glass of Maris 2016 Minervois from the Languedoc. The French winery is certified biodynamic, and this elegant wine, 90 percent Syrah

and 10 percent Grenache, paired nicely with and was dry enough to offset the fat in the sausage.

Cure opens at 4:30 p.m. for happy hour and 5:00 for dinner Wednesday through Sunday, serving until 11:00 p.m.

For a comprehensive list of happy hours around Rochester, check www.seizetheweekday.com. Listings include addresses, websites, and some happy hour highlights for favorites and hidden gems in the area.

Photos by Glynis Valenti

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Rochester's Spectacular Sunsets

Michele Martell

Who has experienced Rochester's most amazing sunsets? After seeing sunsets across the globe, I rank the sunsets in Rochester marvelously high. Truly, I have seen sunsets across the U.S. and Europe and although those sunsets had often garnered my attention, something about the sunsets in Rochester sets it all apart.



Lake Ontario sunset (Photo by Michele Martell)

Our summers are so short that our sunsets are nothing short of glorious and are something to celebrate! I recently experienced a sunset at Hedges Nine Mile Point Restaurant in Webster and it was nothing short of magnificent! It was actually pink. Then it turned orange, as all the onlookers admired the scenery. All of the oohs and aahhs. And all I kept thinking was, have I ever seen something so amazingly beautiful?

Perhaps it is because here in Rochester, we are so beholden to the fleeting summer months and beaches, that the summer sunsets are particularly stunning. We patrons at Hedges were besides ourselves at the beauty that evening, snapping pictures, posting in awe on Facebook and Instagram. And I thought to myself...this is only one night... how many other nights are there to have gratitude for this experience?!

Then I sat on a bench closer to the shore and became more introspective. Are there onlookers at Durand and Charlotte and Seabreeze patronizing the other many lovely establishments along our shoreline, taking a moment to experience this vivacious display of nature and life? If they are not, why not?

Perhaps they are busy with friends, family and responsibilities. Dear friends with me that night were all entranced by the same vision as I. Have we become so acclimated to the lovely perks of Rochester that we overlook the natural beauty here while in our human state of rushing, moving on from one thing to the next?

As I pondered these thoughts, I then became very aware of a universal connection that we all have the same sunset to look at, and we can experience that event as we please, regardless of our status, personal situations, hating or loving life. It may be just another sunset. Or, it may be a new beginning, with bright rays that display to us that there is a much bigger picture out there, if we only take a moment to see, really see.

I continued to be thankful for this amazing sign as I sat along the beach. Our sunsets are a sign of life. A life that we can wake up to and begin anew in a few short hours in the morning. Or a sign that life may be transitioning that day for some, but there is a brightness, a

gloriousness, an illumination that goes on for infinity as far as the eye can see that we can revel in.

I thought that maybe many of our departed loved ones would've given anything to experience that Rochester sunset; but something tells me they are still there with us, joyfully experiencing it right alongside us whispering to us to appreciate the splendor.

I point out to my young children the beauty of sunsets. Of course, kids may look and shrug. But one day hopefully not too far off, they will look in wonder and say, "Oh yeah, that is amazing," and go on to have their own sunset experiences.

Rochester sunsets are an experience to relish. We have a beautiful sparkling lake and bay to appreciate, and such a short time seasonally to be outside and truly enjoy them. Take a Google to see what setting is accessible to you and savor that experience with close ones or by yourself; whatever brings you joy.

Our Rochester sunsets are too spectacular to miss. Look on and delight in the experience.

Being Human

Nicole deViere

You and I are human beings and we have gotten really good at the mortal aspect, but what about the Being, your presence? You have a deep-seated nature or ingrained quality, it's transcendent, and it determines your character or essence.

A few weeks ago at the end of class at DrishTi, someone mentioned that a friend needed a bike and immediately after someone else offered not one, but two. That same day a student's phone rang in class, and she picked it up. After our session, the apologetic and noticeably caring woman turned around to everyone in the room verbally expressing her sincere feeling of appreciation for everyone.

Right then and there I had witnessed and felt kindness and sharing, two concepts we are taught as children. Yet, today we struggle with them both. Kindness is often replaced with opposition or resistance, and sharing is often replaced with attachment for the time we will need that object.

What would have most likely caused feelings of annoyance from the phone were immediately replaced with an overall sense of kindness and caring. And, as for the bike share, it just incorporated an impression of giving not to receive, but just because, an act reinforcing and nurturing our Being.

It is important that we not only teach our children these concepts, but that we practice them ourselves – walking the talk. Living or practicing a life that is kind and embodies sharing isn't always easy, but neither is one of anger, resistance or complaining. Being in that? space actually raises everything we are fighting against or resisting if we stay there long enough. Remember what you are resisting and move toward that, rather than getting stuck in the fight. Ask yourself, "Where am I going?" "What change do I wish to see?" and "How am I getting there?"

The body and mind are not open during times of opposition, rather they are closed down in an effort to protect. You are in fight or flight



mode and the ironic thing is that is what you have been resisting. Are we not striving to come together?

After I witnessed these two acts, there was palpable lightness in the room and in each person's essence. You didn't sense resistance or reservation, but rather love; you could feel love.

Again, we have gotten really good at being human, but what about our essential nature of Being?

It's no secret that we are in a time of resistance with many people refusing to accept or comply with what is going on around us. Not sure what you're referring to. But, what is that resistance being replaced with? Are we inserting the picture we want to see and do we have our focus on what that would be instead? Paint a full picture including where we came from and where we intend to go.

I feel honored to have been in the room where the shift we all desire to see and talk about actually happened. Remember that you must not stay stuck, but rather move to where you wish to see the change. It will look different and feel different for sure, but isn't that why we are resisting? We want to make a change? Spiritual practices, such as yoga are on the rise, and they do not create separateness between body and spirit. Instead they make a considerable difference to the collective energy field and reduce mindlessness while increasing Being or presence. I challenge you to place emphasis on your presence; that emphasis is the gateway to the consciousness we are all seeking.

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

SWPC Plans Rehab of CHODO House

Glynis Valenti

The South West Planning Committee (SWPC) is preparing for construction on a new CHDO (Community Housing Development Organization) house at 546 Westmount Street in northwest Rochester.



After photo of another SWPC rehab project (Photo by Glynis Valenti)

The Cape Cod style house, built in 1956, has four bedrooms, a full basement, an attached one car garage and nearly 1,300 square feet of living space. A sliding glass door opens off the dining room to a covered outdoor patio area.

Renovations will take three to four months, and the house will be sold through the HOME Rochester program (homerochester.org). First-time home buyers can apply to the program online to become pre-qualified for home purchases.

HOME Rochester offers down payment and closing cost assistance to participants and

exclusive access to city properties like this one. Program houses are upgraded and updated to City of Rochester code specifications and include energy efficient furnaces and water heaters, among other features on a case by case basis.

Recently SWPC completed construction on another CHDO HOME Rochester house at 15 Greeley Street. Properties are assigned to local agencies for rehab by the Rochester Housing Development Fund Corporation of the Greater Rochester Housing Partnership. The program has helped stabilize many streets by improving eyesore houses, salvaging architectural features in keeping with the surrounding neighborhood, and giving affordable purchase options to qualified buyers who remain in the homes long-term.

For more information on 546 Westmount Street, contact Glynis at SWPC, (585)256-1740, extension 2. To find out more about the HOME Rochester program, homerochester.org.



University of Rochester Students from all over the USA and as far away as Nigeria joined forces with the Swillburg Neighborhood Association on Wilson Day to tackle the overgrown garden on South Clinton at Fountain, the Charette Garden, to transform it into another relaxing and inviting space in our neighborhood.

South Wedge Sudoku Solution

Str8ts Solution

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

Sudoku Solution

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

Read
 The Wedge
 online
www.swpc.org

Pairing Fall Flavors with Wine

Glynis Valenti

Fall conjures up shorter days, cooler temps, and comfort food. Flavors transition from light and fresh salads, chicken, and berries to savory spices, baked pies, and buttery squashes. Remarkably, some of the summer's favorite wines transition well into this season. Here are some popular tastes of fall and the wines that will give them more dimension.

Apple are synonymous with autumn and range from crisp and tart to sweet and juicy. Enter Chardonnay, a wine that has been vilified because of its popularity two decades ago. It's incredibly versatile, though, and has its own range of flavors from tropical and citrus to buttery. Chardonnay is a French grape that produces white Burgundy and Champagne—two very different wines. People who don't like the traditional oak and butter style of Burgundy have choices in varying degrees.

Naked, or unoaked, Chardonnay can be as crisp as fresh apples and often have a hint of apple flavor. Try unoaked from California, Oregon, or Washington for more of the apple coming through. Those from Australia and Chile may have more of the pineapple, citrus, and peach flavors.

Serving baked apples with cinnamon? Butternut squash with apples and maple syrup? Or apple dumplings with vanilla ice cream? A buttery Chardonnay with oak would be an excellent match, for instance Bread and Butter, Kendall Jackson, and Franciscan from California. Lightly-oaked Chards are also available from Chateau Ste. Michelle, Sonoma-Cutrer, and Rutherford Ranch.

Chardonnay sparkling wines, i.e. Champagne and Blanc de Blancs, will be drier and pair well with many apple dishes, as well as cheeses.

When it comes to squash, there is a range of wine choices, depending on the squash and how it's served. A buttery Chardonnay



would work with butternut squash, but because of its ginger, floral, and herbal qualities, Gewurztraminer may be what you're seeking.

This white wine originated in Germany, but more is grown in France and the United States, including in New York state than in Germany now. The nose generally has a distinctive rose-but-sweeter aroma, or lychee fruit. They may have a sweeter taste, but are low in acid and sugar, with flavors or aromas of red grapefruit, honey, pineapple, apricot, and spices. A dry or off-dry Gewurztraminer can enhance zucchini with herbs or balance spaghetti squash with chunky marinara sauce.

Earthy mushrooms in soups and stews and Thanksgiving dressings are complemented by the slight earthiness and cherry or tobacco notes of a Pinot Noir. Generally medium-bodied, Pinot Noir is drinkable all year, but is a nice transition from light, summery wines to the heavier Cabernet Sauvignons and Zinfandels of winter. The wine also pairs well with foods like roast pork, wild rice with mushrooms, and dishes with truffles.

France is the leading producer of Pinot Noir, most notably in the Burgundy region, the home of some of the most expensive wines in the world. The French style has more of the earthy aromas, floral qualities, and cherries considered the classic

red Burgundy. In the United States, California and Oregon are the major Pinot Noir producers, though New York wineries are also working with this tricky varietal. Oregon Pinots are closer to the French style in part because of the cooler climate, typically with flavors of cherries, truffles, and tobacco, spice or leather. California Pinots are more fruit forward with flavors of cherries, raspberries, spice, and caramel.

One of fall's most popular flavors of late is pumpkin spice. This flavor is made up of several other flavors combined: usually pumpkin, cinnamon, ginger, and allspice. As it happens, all of the wines noted above would pair with pumpkin spice, depending on the dish. If the food is prevalent with pumpkin, a buttery Chardonnay would be a good option. If ginger is strong, an oaked Chardonnay or a Gewurztraminer may work well. Gewurztraminer, Champagne, or Pinot Noir will pair nicely with dishes where cinnamon or allspice come through.

If planning a special dinner, do a trial run with a couple bottles of wine to see which works better with the dish. If unsure, the wine shop should have some suggestions based on the types of wine that you normally drink.



Colleen & Seb Hurley met in Australia and now are sharing their love of NY State and Australian wines with Rochester (Photo courtesy of Living Roots)

Living Roots Wine & Company Opens on University Avenue

Nancy O'Donnell

A renovated factory on University Avenue will soon be the home of Living Roots Wine & Company sometime in October.

"I went to Australia for a [grape] harvest and stayed 2 1/2 years," said owner Colleen Hardy. She returned to Rochester with her fiancé Sebastian (Seb), now husband, who joins her at Living Roots.

"We'll be making and serving wine at our Urban Winery & Tasting Room on University Ave," Hardy added. "We'll bring in grapes from the Finger Lakes and crush, press, and ferment on site. We'll serve those New

York State wines in our tasting room, alongside the wines that we're making in South Australia."

Living Roots & Co. will offer NY State whites and Australian reds (now travelling to the US on a container ship) for sale along with a tasting room that will offer cheese platters. "We'll have a wide range of NY State whites: Riesling, unoaked and barrel fermented Chardonnay, Vignole and a dry Rose," said Hardy. "We'll have six reds from Australia including a Shiraz, Cabernet and Grenache-Graciano blend. 1255 University Avenue, 383.1112, Facebook

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You've heard people say... Remember that great little store [fill in the blank] that used to be here? Most likely, it was the one they passed on their way to the suburbs to shop at some big box store. Sure you can't find everything you need in your neighborhood, but you will find small owners committed to quality and community who keep the money where they work. So next time you check your shopping list, see what you can get here before you go there.

Put your values where your dollars are... Shop Local.



(l-r) Shawna Gibson, Shaquavia Williams, Jeiri Flores and Latoya Thomas

Flower City AmeriCorps Makes School Return Happier for Area Kids

Jeiri Flores

Do you believe in magic? When's the last time you saw it, felt it, lived it? We felt it all on Saturday, August 26 when a group of committed volunteers from Flower City AmeriCorps, Father's House, and their families and friends came together to hold a back-to-school celebration at Goodman Plaza.

The entire afternoon was magic. The Southeast Flower City AmeriCorps squad collected over 150 backpacks that were filled with paper, pencils, pens, color markers and notebooks to hold it all for children living around the area.

Donors made the giveaway

possible, donating as little as \$5 and as much as \$100. This year funds allowed us to give away more than twice as many backpacks. We even had school supplies to give away to late arrivals.

After the giveaway, children and volunteers enjoyed a meal of hot dogs, chips, fruit cups and drinks. For those couple of hours we were a community sharing with each other and getting neighborhood kids excited about beginning a new school year.

To learn more about Flower City AmeriCorps, call 428-7644.

City Re-launches Positive Ticket Program to Catch People Doing Good

Nancy O'Donnell



Alyce Sanders from Flower City AmeriCorps with Mayor Lovely Warren, members of the Rochester Police Department launch the positive tickets program (Photo courtesy of City of Rochester)

The City of Rochester Positive Ticket program was revitalized in late July in a ceremony attended by Mayor Lovely A. Warren, Chief Michael Ciminelli, Deputy Chief Wayne Harris, Southeast Neighborhood Service Center Administrator Nancy Johns-Price and Flower City AmeriCorps member Alyce Sanders and dozens of children.

The basic concept behind the program is that it asks city police to catch citizens doing good, "acts of positive behavior" and then issuing them "Positive Tickets." Helping a resident cross the street safely, doing the heavy lifting with yard work, carrying groceries for a neighbor or any other action that positively benefits a neighbor or neighborhood are an example of what city police will be looking for. A Positive Ticket comes with a coupon for food or entertainment by community sponsors.

"Positive Tickets presents a unique yet fun opportunity for police and citizens to come together on a different level that help lead to building trusting relationships," said Alyce Sanders, Americorp community liaison. "Where trusting

relationships abide, cooperation comes second nature and much good can be accomplished. The program has been successful in Canada, "We can have great expectations for its success here and of its ability to bolster our community's trademark phrase, 'I'd rather be in Rochester.'"

"Positive Tickets is about building relationships with the community and RPD," said Johns-Price. "Each will see the other [police and citizen] in a moment, not of crisis but of finding someone doing a small positive act. As the act is acknowledged, the citizen realizes he/she needs the police and the police need the citizen. It is a interdependent relationship."

Partners in the program include: YMCA of Greater Rochester, New Creations Unisex Shop, Domino's Pizza, McDonald's, 7/11, Salvatore's, the Rochester Museum and Science Center, Community Asset Partner Network, Flower City AmeriCorps, City R-Center leaders and Library staff; and Youth Voice One Vision.

South Wedge First Site Thai Fried Ice Cream

Nancy O'Donnell

Even before Roll'n Yen Cafe opened up on South Avenue in August, people were peering through the windows. Travelers to other parts of the world know about Thai Fried Ice Cream, but it's all new to Rochester. Now people are lining up inside for a heaping bowl of rolled ice cream and all the toppings.

"We wanted to bring something from our culture," said owner John Syouthoum, who was born in Laos. His wife, Tee, who was busy creating an order behind the counter comes from Thailand.

Chris Bierasinski was on his third visit during the first week when *The Wedge* stopped by.

"I love ice cream," said Bierasinski who had tried all three flavors, but not all of the toppings. "I was walking my dog and saw the signs, and came in."

The Asian street food is not actually fried, but instead created on a "anti-griddle plate," that freezes



Front row: Josiah (3), Jaxon (5)
Middle: John Syouthoum, Dakota (10), Savanna (9)
Back row: Julius (11).
Sons Anthony is in college and Noah is in high school

to 15 degrees Fahrenheit. First, a milk mixture is poured onto the surface. Once frozen, the mixture is scrapped across the flat surface into yummy tubes of ice cream.

Syouthoum credits one of his seven children (the couple have five boys and two girls, ages 3-18 years old) with giving him the idea to open a fried ice cream cafe.

Dystonia Disorder Remains a Mystery to Many

Carina Welch

Dystonia? If you have no idea what dystonia is, don't feel bad. Most people and many doctors also have never heard what it is. It took the doctors over five years to figure out that I in fact have dystonia.

The Dystonia Medical Research Foundation (DMRF) defines it as a disorder that causes muscles in the body to contract and spasm involuntarily, individuals who are affected by dystonia cannot control or predict the movement of their bodies. To complicate matters, symptoms of Dystonia do not appear the same in every patient. Dystonia may affect a specific part of the body or many parts simultaneously.

In my case I was your average 15-year-old girl. I had friends. I was very active and talked on the phone all the time.

Then one July day I went for a long walk. When I returned home, I could not talk at all. My mom thought at first that it could be because I was too hot. I took a cold shower but that didn't help. My mother than took me to the Hospital ER.

I still remember the nurse asking my mother if I was on drugs and if she could drug test me. Even through my mother knew I was not using drugs, she told the doctors, don't care what test you have to do. Just help my daughter." Every test came back negative. Still no noise came out. I had to write everything down. The hospital sent me home, and said I would be fine.

A few months later, I was now having trouble walking. Still no one was helping us. Doctor said I just had depression.

My mother never let me give up. I was in and out of the hospital during my 10th grade. I had physical and speech therapy twice a week and met with a therapist once a week. I also could not speak for a whole year.

I never gave up I still finished high school on time. Than at eighteen I moved an hour away from my family and went to college.

At the age of 20 I moved once again. I started looking for a job. Someone asked if I would try speech therapy again. When I went to my first appointment, the therapist started to try to figure out what exactly was wrong with me. A few months later I was diagnosed with dystonia.

There is no cure for dystonia. There are many ways that dystonia can appear. Sometimes it's genetics or a reaction to a medication. There is not one reason you get it, and once you have it, there is not one reason to treat it either which makes it that much harder.

I have tried medication that did nothing. I tried brain surgery (DBS) that did not work either. Currently, the only treatment I receive are monthly Botox shots in my right leg.

I am blessed that I can still do everything on my own. In March of 2016 I saw there

"My kids inspired me," said Syouthoum. "When I took them out for ice cream, it could cost \$20-\$30. I went to Thailand in 2000, but it took me a long time to bring it to Rochester. It was a matter of time and location."

Syouthoum began his career as a hibachi chef at Arigato restaurant right after high school. "It's kind of the same, stir fry and rolling ice cream," said Syouthoum.

He still works full time as a machinist at night and comes into the shop during the day.

To make the ice cream, Syouthoum starts with a base from three flavors: vanilla, chocolate or green tea (seasonal flavors include pumpkin spice). Next, you get to pick from 16 add-ins that includes fruit or sweets like crushed Oreos. Once mixed the rolls are popped into a bowl and covered with two of any seven toppings. Add a syrup drizzle from an assortment of six and finish it off with whipped cream.

Stop by and welcome him to the South Wedge *Roll'n Yen Cafe*, 656 South Avenue. Hours: Tues-Thurs. 12-10 p.m., Fri.-Sat. 12-11 p.m., Sun. 12-9 p.m.

was a need for a support leader in the area. I have met so many amazing, strong people that don't let Dystonia keep them down. Dystonia Moves Us.

We will soon be holding a fundraiser event to bring greater awareness about Dystonia.

My mission is to bring awareness to Dystonia and hopefully to help bring light to people with different abilities. I believe that if we take a few minutes to learn about Dystonia, it would make a great difference in the lives of those who live with it. Don't ever give up.

To learn more, visit drmf.org. Carina Welch interns at the Catholic Family Center and is an active DMRF support leader. In her free time she also volunteers at the Pillars church and thrift store and Compeer.

Game Night for Dystonia

Big Screen 🎮 Live Music 🎵 Games



Come watch the Bills face the Jets and enjoy games and live music to support dystonia awareness. The Pillar church is hosting a special event to bring the community together and bring visibility to a little-known brain disorder that affects no fewer than 250,000 Americans.

Suggested donation for admission is \$10 at the door. Includes pizza, pop, entertainment, chance at door prizes. Proceeds benefit the Dystonia Medical Research Foundation.

Date & Time
Thursday, November 2, 2017
7:30 PM

Location
The Pillar
46 Mt Hope Ave
Rochester, NY 14620

Doors open at 7:30pm. Game begins at 8:30pm.

Half-time performance by Nerds in Denial.

Venue offers ping pong, cards, and other games. There will be crafts for sale with a portion of proceeds to benefit event.

Questions? Contact Carina Welch at 585-363-5515 or carina.marie421@gmail.com.



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

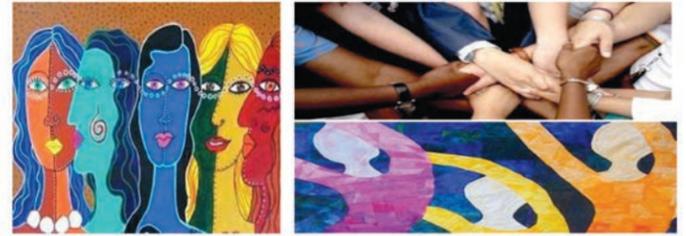
We welcome contributions.

Welcome to the World Charlie Parker Posey
 Born 7/13/17 at 11:25 a.m. at Highland Hospital to Jennifer & Madelyn Posey, 6 lbs 2 oz and 20.5 inches long (Photo by Mom365)



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Presented by St Joseph's Neighborhood Center 417 South Avenue, Rochester 14620



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- Must be struggling economically with transportation, housing, childcare, medical issues, etc.

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

- Must be employed at one or more jobs paying below the living wage
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Please contact Nikki Haynesworth, Program Coordinator, with questions; to set up an interview; to inquire about the program or to make a referral.

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Give Gift of Dignity & Hope to Neighbors

Maria Wehrle

Please join us in giving an extra special gift to those in need in the South Wedge community and others during the holiday season and donate a toy or gift item to our Furnished 4 Life Christmas Store in the Wedge Market.

This effort can only be made possible through the donations of our partnerships with churches, businesses, and individuals.

Get Involved:

Bring your toys and gift donations to Furnished 4 Life Thrift Store, 46 Mt. Hope Avenue (Mon. & Wed. 10 a.m.-5 p.m., Fri. 19 a.m. - 2 p.m., sat. 1- 5 p.m. Financial donations may be sent by check to Project URGE, Inc. (write Christmas Store in subject line), 46 Mt. Hope Avenue, 14620. Donation ideas - new & unwrapped - toys (infant and school age), baby care (diapers, formula, wipes, etc.), infant and toddler clothing (preemie-18 mos., books, DVD's, CD's, Gift cards, jewelry, perfume and cosmetics.

Volunteers Needed: Pick up donations, sort donations, price gifts, stock shelves, assist customers, wrap gifts or supervised children in Kids Corner while parents shop.



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Corn Hill Holiday Tour

Corn Hill Holiday Tour of Homes will be held on Saturday, December 2nd, 2017. Tickets for all three tours are \$25, light refreshments are included. Tour time: 10 a.m., 1 p.m., 4 p.m. Twilight Tour,

Walking tours are approximately 1.5 miles and many of the houses have porches without railings and steep stairs.

Buy tickets online at <http://cornhillholidaytourofhomes.com/>

Subject to credit approval. Property insurance required; flood insurance may be required. Consult your tax advisor about deductibility of interest.



RPD Night Watch Invites Neighborhood Participation

Garth Mitchell
RPD Crime Prevention Officer

Recently nearby neighborhoods have been notified of the increase in reported property crimes within The Goodman Section, specifically “thefts from vehicles”

With these increases, there has been a deployment of additional police resources and additional daily patrols both in the uniform and plainclothes capacity.

We are producing positive results in identifying suspicious persons and making arrests, but we need to do more. That is the basis of The Night Watch concept.

The Goodman Section has been successful in arresting thieves when the victim or witness calls to report suspicious activity.

We need more of this. We want to create a cadre of volunteers from your neighborhoods to watch over your streets at night and report any suspicious activity.

This does not involve foot patrols



Night Watch (Painting courtesy of Rembrandt Harmenszoon van Rijn)

or normal Pac Tac procedures. You can post at your residence and watch over your street or immediate neighborhood and phone in any suspicious activity to 911.

A few hours at night, on your porch, weather permitting, will suffice.

With work, this program can grow to include most if not all area neighborhoods.

We will do the groundwork to alert you to specific trends or times/days that most crimes are occurring. Communication is key to success.

We want to develop Street Captains who can recruit and establish interested participants who will be coordinated with adjoining streets & neighborhoods to ensure overlapping coverage. Other areas within the

city and Monroe County are experiencing car break-ins as well.

Suspects are traveling from outside of your neighborhoods onto your streets to commit these crimes.

We cannot be everywhere all the time. We need your help in combating this problem.

This program is in its infancy and will be developed with your specific needs in mind.

There will be flexibility built into this program to insure all concerns are met.

You are the deciding factor and the drive in the development and implementation of The Night Watch program.

Please contact your Goodman Section NSC Office at 428-7640 and ask to speak to your NSC officer for more information.

Garth Mitchell is a Crime Prevention Officer for the Rochester, NY Police Department Goodman Section NSC, 320 N. Goodman Street Suite 20, Rochester, NY 14607 garth.mitchell@cityofrochester.gov 585-428-6572 .

Conifer Park

continued from pg. 1

expressed their concerns about the facility’s impact on the neighborhood. People contacted for this story were unwilling to go on record, but several expressed concerns about the “vulnerable” populations that travel down that stretch of South Clinton Avenue.

Patrick H. McCarthy, managing director at Mercury Public Affairs in Albany, reached by phone said that the South Clinton Avenue clinic would provide substance use disorder evaluations, referrals to treatment, individual and group counseling and medication-supported recovery.

“There’s a lot of pre-conceived motions about the population,” said McCarthy. “The services are needed more than ever. The location is a critical component in ease of recovery.” A methadone maintenance office Conifer runs in Henrietta is expected to move to the new location at a later date.

“We’re committed to talk to the neighbors and address any concerns,” McCarthy said.

The nation’s opiate epidemic is causing great alarm as overdose deaths increase across the country. The Centers for Disease Control reported recently that nationwide 64,000 people died from drug overdoses between Feb. 2016 and Feb. 2017. Closer to home, the *Democrat and Chronicle* in September reported data released from the office of to data released Tuesday by the office of the Monroe County Medical Examiner showed that opioid-related overdoses in the 10-county region went from 11 in 2011 to 206 last year. This number included 169 in Monroe, plus 13 outlying counties.

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Ministry of Doology is There to Help

Lorretta A. Walker

Individuals interested in our Charles Riley Tutorial Program and/or case management services should come any Sunday, 4 p.m. to Student Doology Hour service.

We thank those who donate their NYS cans and bottles. The funds will be used to fund our Charles Riley Tutorial Program.

We do have positions for adult students in our Ministry School of Doology.

If you have any questions call Minister Lawrence Lee Evans directly at 585-461-0379 or email him at lawrance_e@hotmail.com. <http://fciirochester.org>



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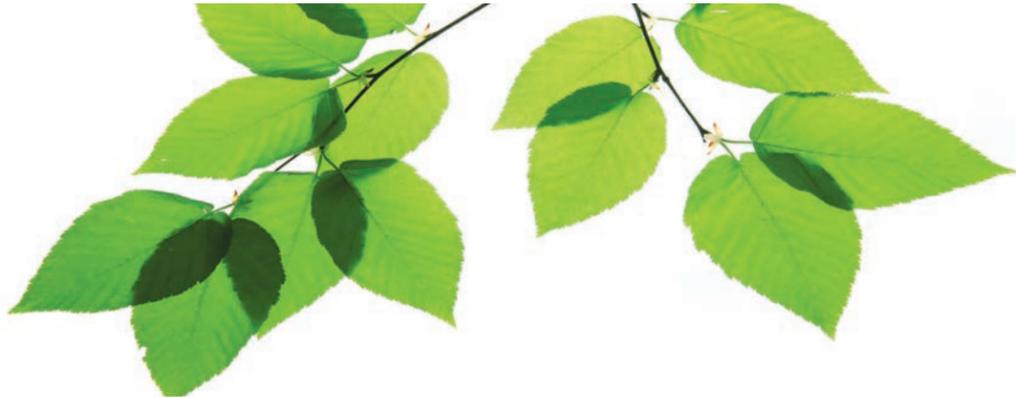
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South Wedge Neighborhood Pub Crawl Oct. 26, 2017, 6:30 p.m. -11:59 p.m.

The Night of the Living Wedge Halloween Pub Crawl is back this year! Dress up, bounce around the Wedge, meet fun people, and win cool stuff! There will be a \$100 cash prize for the best costume and raffles for gift certificates and stuff from various South Wedge businesses! Come celebrate this super fun neighborhood AND the best holiday of the year! Brought to you by BASWA (Business Association of the South Wedge) and the following neighborhood businesses: Swiftwater Brewing Solera Wine Bar The Toasted Bear Tavern & Grill, Caverly’s Irish Pub, ORBS Restaurant, ButaPub, Tap & Mallet and Lux Bar





Branching Out with...



School #12 Hosts Annual Open House

On September 28th, School 12 hosted families for a back-to-school orientation. Families met with teachers, visited classrooms, and visited a community resource fair in the school's Cafeteria. The school is focusing this year on the theme: ONE SCHOOL 12!

The goal is to grow and strengthen as a school community and to unite the diverse programs and opportunities that School 12 has to offer. New this year will be the addition of a string orchestra program. The school welcomes new music teacher Teresa Lopez, who is also an RCS D Graduate. Ms. Lopez is enthusiastic about the opportunity to grow the instrumental music program at the school. She joins Todd Dennis and Nick Vander Wyst, who are seasoned teachers who teach a variety of ensembles, including bell choir, drumming ensemble, concert band, chorus, and Orff. The arts program at the school will feature two evening concerns and the annual arts fest this year.

In addition, the school has fully expanded to realize the mission of becoming a K-8 School. There are two new assistant principals at the school, Sandra Galbato and Faith Hart who join Joyce Dunn and Principal Jennifer Gkourlias. The administrative team is working together to promote a focus on relationship building and restorative practices that can support non-violent approaches to problem solving and promoting peaceful conflict resolution. Ron Blaessig from the Center for Youth captains a student "Help Zone" that is open daily to support children who need a place to talk, solve problems and get help so they can focus in school. This crisis intervention and prevention counselor is trained in therapeutic crisis intervention and restorative practices to support the overall mission of a more peaceful school.

This summer the staff read "Reaching and Teaching Children Who Hurt" a text about supporting children who have been exposed to traumatic events. As the school grows and expands the number of children served to over 900 students, it will be imperative to continue to focus on how to engage the broader community to support our children, the majority of whom live in the 19th Ward of the city. Partnerships are a hallmark of our programs at School 12, and we are grateful to Costco, Advantage Federal Credit Union, the Rochester Midland Corporation, and St. John's Meadows, all of whom support with sponsorship and mentoring projects. This year the school is hoping to partner with the Holy Spirit Greek Orthodox Church philanthropic and service groups, including the Greek Orthodox Youth of America and Philoptochos societies.

FUNDRAISER FOR PUERTO RICO AND MEXICO

On November 11th, School 12 will be the site of a fundraiser to support our brothers and sisters impacted by the recent earthquake and hurricane in Mexico and Puerto Rico.

This event will feature local community artisans and youth focused organizations. The school-based organizers are hopeful that many will join us on 11/11 from 1 to 5 p.m. to support the fundraising efforts. Children will be collecting cans and bottles and the school will also be hosting "Jar Wars" in

a competition among the grade levels to raise as much money as possible for disaster relief. Artists that have signed on so far who will be participating in the event include The Floor Dance Studio, Dance Connection of Rochester, and Master Kims Tae Kwon Do Studio. Local artisans and businesses will be supporting the drive by placing jars and collection items in their businesses. Together as a community we hope to raise funds to support the efforts to provide support for the recovery



efforts in these neighboring communities. Many School 12 Community members have family and kin in the impacted areas, including children and staff. our goal to to unite with our families in other reaches of the Americas to stand together in support.

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South Wedge Savor the Flavor in Appetizers

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: Bo Clark's Mushroom Beignets and Terry Bauer's Artichoke Dip



Felicia "Bo" Clark's Mushroom Beignets

Puffs

- 2 eggs
- 1/2 c. water
- Dash salt
- 1/4 c. butter
- 1/2 c. sifted flour

Put water, butter and salt in a sauce pan and bring it to a boil. Add flour all at once. Stir hard, cooking until mixture leaves the side of the pan and forms a ball. Beat in eggs, one at a time. Shape little rounds of mixture (about 1 teaspoon) and place on baking sheet. Bake in 450 degree oven for 15 minutes; lower heat to 350 degrees and bake 20

minute longer. Cool. Slit puff shell on one side and fill with mushroom fillings. Makes 4 dozen.

Mushroom Filling

- 1/2 lb. mushrooms
- 1 T. butter
- 1 T. flour
- 1/4-1/2 c. heavy cream
- 1/4 t. curry power
- Salt and pepper

Remove stems from mushrooms. Chop mushroom caps. Saute in butter for five minutes. Sprinkle flour evenly over mushrooms and stir until smooth. Gradually stir in heavy cream. Stir over low heat until thickened. Add curry powder, salt and pepper to taste.

Terry Bauer's Beale

Street Artichoke Dip

- 1 (8-oz) can artichoke hearts
- 1/2 pt. heavy cream
- 2 tsp. basil, chopped
- 1 sm. onion, 1/2 inch diced
- Roux (flour and butter mixture used to thicken)
- 2 cloves garlic, chopped
- 1 (10-oz) pk. frozen spinach
- 1/2 c. White wine
- Black pepper

Cook artichokes and spinach in large pot. Add all other ingredients except roux and bring to a boil. Simmer 20 minutes. Add roux to thicken sauce. Chill for storage, serve with cheese melted on top.



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Getting By with A Little Help from Your Neighbors

Buy Nothing Facebook communities, hyper-local, gift-based economies, are popping up around Rochester

Amy Cavalier

These days, before I reach into my wallet to make a big purchase, I reach out to my neighbors. Thanks to my local Buy Nothing Facebook community, I've been able to save money by borrowing items such as a pop-up shade tent and a carpet shampooer instead of purchasing them myself. I've acquired rollerblades, earrings, ferns, flower pots and gifts for friends. All for free, right in my backyard. More importantly, I've made connections with neighbors and gained a sense of community!

Buy Nothing communities are Facebook pages linking neighbors in specific geographic boundaries for the purpose of reducing, reusing and recycling items. Rochester and its surrounding suburbs have recently seen an influx of these hyper-local, adult-only, gift-based economies, with seven and counting, including one in the South Wedge area.

Buy nothing, give freely, share creatively

Kristine Fredrick recently launched the South Wedge/Swillburg/Highland Park Buy Nothing Facebook community. Just one month in and the group already boasts over 200 members - 100 of which joined on the first day!

"There is an urgent need to reduce consumption, overconsumption, hoarding, wasting and tossing things into the landfill," she said.

That's where giving comes in. "Giving freely means no strings attached," she said. "That may be the biggest lesson of participating in this group. That is what will build community."

Alicia Oddo, a neighbor of Winchester's in the South Wedge, said she's been thrilled to secure a few items for her classroom and was delighted to see a chicken coop being given away. Her favorite score was a basil plant.

"We had to go grab them from our neighbor's porch," she said. "As the site gets bigger I

definitely see myself meeting more folks who I otherwise might not have. It makes me feel better to know that something I have could directly help someone in my immediate community."

Buy Nothing. Give Freely. Share Creatively

Buy Nothing groups can also be used to share and make a difference. The Beechwood/Homestead Heights/Culver-Winton Buy Nothing Community which I belong to has recently begun doing monthly community outreach projects such as filling a blessing box at a local church with nonperishable items or collecting hygiene items for the local homeless population.

Neighbors can also offer services. Examples of how neighbors are helping neighbors on the Buy Nothing Project's website include a nurse offering her time to care for an elderly person or give childcare, someone offering to pick up and deliver a neighbor's medications or a community can use the group to leverage resources to assist a family whose home was damaged in a fire or for a new family who might be in need of additional support.

It's a simple concept. You can post anything you'd like to give away, lend, or share among neighbors. Ask for anything you'd like to receive for free or borrow. Keep it legal, keep it civil. No buying or selling, no trades or bartering, no soliciting for cash. Join your local group today and begin harnessing the power of community!

See if your home is within the following existing groups:

- Corn Hill/Exchange Plymouth - <https://www.facebook.com/groups/1739741052720587/>
- Cobbs Hill/Twelve Corners/Home Acres - <https://www.facebook.com/groups/812496432257948/>
- Beechwood/Homestead Heights/Culver-Winton - <https://www.facebook.com/groups/568857226657980/>



Park Avenue - <https://www.facebook.com/groups/1130207657060374/>
 South Wedge/Swillburg/Highland Park - <https://www.facebook.com/groups/465885253768701/>
 Pittsford - <https://www.facebook.com/groups/308556549588462/>
 East Irondequoit - <https://www.facebook.com/groups/1864557967126527/>
 If you don't live in the areas described above, you can learn how to start your own group here - <https://buynothingproject.org/start-a-group/>
 Stay tuned to <https://buynothingproject.org> to find a group or to see if a group forms in your area.



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Amy Cavalier is the community leader of the Rochester Minimalists, a co-administrator of the Beechwood/Homestead Heights/Culver-Winton Buy Nothing Group, and a freelance writer in Rochester, New York.

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Jesse Tidquist has danced around the country and choreographer Robert Royce's work, *Cinderella*, was performed and won award at Edinburgh Fringe Festival. The married couple both teach children to romp and Rond de Jambe.

Dracula Brings Dancer & Choreographer to Rochester

Nancy O'Donnell

Traveling creatives—choreographer Rob Royce and dancer Jesse Tidquist—are settling down for awhile at the invitation of New York State Ballet who is producing the ballet *Dracula* on Oct. 13-15 at RIT.

Despite a hectic schedule, Royce who is choreographing the ballet and Tidquist who performs as Mina, *Dracula's* love/blood interest, sat down with *The Wedge* at Equal=Grounds to talk about their careers and new life in Rochester.

At 10, Royce was training as a classical dancer at the Greensboro Ballet in North Carolina. At 16, he

moved to New York City to study at The School of American Ballet at Lincoln Center. Still in his teens, Royce joined Cincinnati Ballet and danced in ballets by famed choreographers such as Agnes de Mille and George Balanchine. In the following years he performed for a variety of theaters: Dayton Ballet and Alabama Ballet and performed principal and soloist roles from *Nutcracker* to *Dracula* to *Coppelia*.

Along with dancing Royce began teaching and choreographing. For 16 summers he acted as ballet master for Burklyn Ballet in Vermont. His work has been performed at

the Edinburgh Fringe Festival in Scotland. A production of *Cinderella* received the 2001 Viewers Choice Award at the festival.

"I retired at 32," said Royce. "I'd been working with Ballet Fleming, a classical and contemporary company in Philadelphia. I performed with them in 2011. Then it was my knee, my back. Dancing is high impact."

His wife Jesse Tidquist began dancing at four while growing up in Charleston, West Virginia. She's performed in many ballets with The Charleston Ballet in Charleston, West Virginia and Ballet Theatre of Maryland.

In 2007 she met Royce in West Virginia where he was guest artist.

"It was a baseball ballet," said Royce. "It was about the female league playing ball during war time." The dancers began a couple after the ballgame.

Traveling again, Royce served as assistant director and ballet master for Burklyn Ballet while Tidquist performed and taught there.

The couple was invited to Rochester to work with New York State Ballet for its production of *Dracula* this year.

In the process of choreographing a ballet, Royce said he not only selects the music and strategizes over the set design, but he works with his wife who designs the costumes.

"I've always been drawing; I once thought I'd go into costume design," said Tidquist. "[In *Dracula*], it's the Victorian era, and the question is what's danceable. You don't want a long bustle, but you want to make the same kind of silhouette."

So while Tidquist sketches, Royce will step in with a nay or yea. "The humans [in *Dracula*] will be in light pink, blue and rose, off white. The vampires are in smoky darks and greys."

"It's a joy and a luxury to collaborate," Royce added.

In creating her role of Mina, Tidquist said it involved "a lot of character study" in relating [the movements] to the Victorian silhouette. "The movements are more subdued, proper."

All that changes when Tidquist/Mina meets the Count. "Then it's sensual. There's definitely a blood lust," Tidquist added.

Royce describes the whole production as "a big puzzle." Costume, set design, music, choreography all conceived or reviewed by Royce.

In the end, Royce describes the ballet as "a beautiful puzzle" and all it's interlocking pieces will ultimately move the audience.

"I want them to feel tension, the drama of the piece," he said. "My biggest goal is to have them talking as they leave. You want them to be intellectually stimulated. [As a ballet company] we want to make the audience forget themselves and remember themselves. You want them to feel a personal connection. She gets bit, and [the audience] takes a breath. In a North

Reiki Healing Center Celebrates 15 years



Barbara Carlton at South Wedge Mission Autumn Roots Festival

I had my first Reiki class in 1998 with my beloved and honored Master and Teacher Elspeth Walker in Scotland. The year after I felt called to take the Reiki practitioner level as Reiki had made such a difference to my life, I felt a strong pull to pursue this path. Then followed the urge to become Reiki Master and Teacher. I had met my now husband Kent, and after a few years agreed to marry him and moved to Spencerport, where I opened The Reiki Healing Center by the canal in August 2003.

I knew I was to teach and heal with Reiki, and Spencerport felt like a spiritual hub. As the center grew larger, we moved house to the to Victor and now this year we moved to the South Wedge.

The need to teach Reiki is still strong and to keep it honest as it was passed on to us by Mikao Usui. We honor his lineage, and I pass it on as a Master Reiki practitioner and teacher. Those in Reiki will understand the sacredness and the gift Reiki is that we give to others.

The Reiki Healing Center is planning extra Opening Hours and special offers and discounts. Classes booked in October and taught by Barbara herself will receive gift vouchers toward the next class, treatments or goods in Lemuria Gift Store. Any Earthlight Massage tables bought in September or October will also receive an extra discount of \$10. To learn more, take a class or shop in the Lemuria Gift Shop at 758 South Ave #8, call for an appt. (585) 349-3400.



continued on pg. 16

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Using the Xeriscape Gardening to Help Bees

Christy Erickson

People across the country are seeking ways to help bees in the midst of population declines that could soon negatively impact our food supply. No matter what area of the country you live in, how big a space you have to garden, or what your skill level is, you can choose plants for your garden that are geared toward providing nutrition, shelter, and ongoing support for the bee species in your region.

Individuals can help regional bees with their personal gardening.

Bees have been dying at alarming rates for several years now, notes CBS News, and this impact could be felt at the grocery store if the declines continue. Pesticides called neonicotinoids are said to be one factor in these declines, but other stressors are believed to play a role too. Bee pollination is critical in the growth of dozens of foods we consume, so it is imperative that people step up to help turn this population trend around.

Individual gardeners play an important role in helping bees local to their area. Even beginning gardeners can help, and a small space designed with bees in mind is still beneficial. In fact, you can gear your space toward xeriscaping, a style of gardening that is both low-maintenance and bee-friendly.

Use xeriscaping to conserve resources and provide support to the bees

The Spruce notes that xeriscape gardens are spaces created with water conservation in mind. Many gardeners who live in areas prone to drought turn to xeriscaping, and this style is popular with those looking to be environmentally conscious or who are dealing with hills or other areas that are difficult to irrigate properly.

Planting a xeriscape garden does take some planning initially so that you choose the right plants and group them properly. Once your garden is in place, however, these spaces typically take minimal effort to maintain. These areas can be less costly



than traditional gardening areas, and usually have fewer issues with insect control and disease as well.

The xeriscape philosophy has become popular across the country

Xeriscaping began in the Denver, Colorado area several decades ago and has been quite popular throughout the arid southwest. However, Gardening Know How points out that it has become popular across the country now with those who are looking to minimize waste and conserve natural resources.

Luckily, many of the plants that are well-suited for a xeriscape garden are also bee-friendly. Crabapple and apricot trees can do well in this setting, as can herbs like lavender, oregano, thyme, and rosemary. Purple coneflowers, which many people love and embrace as echinacea, is another good fit for this style of landscaping, and yarrow, cosmos, and goldenrod are frequent picks too.

Many bee-friendly plants work well in xeriscaping. Gardeners frequently find success using bee balm, catmint, salvia, nasturtiums, lupine, garden geraniums, and clematis in a xeriscaped space. In addition, hyssop, penstemon, blue mist spirea, and mahonia plants are common choices as well. Bees typically prefer purple, blue, yellow, and white blooms, and it's essential that you incorporate plants native to your area as you put together your plan.

A garden based on xeriscaping still allows plenty of creativity, but it typically requires lower ongoing maintenance than standard gardening spaces. If you are just getting your feet wet with gardening or you have a small space to work with, a xeriscape may be a great way to get started.

Many plants that attract bees are also the perfect fit for this style, so it is a win-win for gardeners looking to help bees as they battle against ongoing population declines.

Local Artist Shares her Froggy Love

Margot Fass

Typically, many people aren't that interested in other's travels or activities in general. In particular, I've found that it is an uncommon connoisseur who cares about the work of artists or writers. Therefore, the only way for me to work effectively is strictly for my own pleasure, not for shows or sales or satisfying anyone else's aesthetic taste; in other words, not for fame or fortune.

So, I happily work at my day job as a psychiatrist to support my creative habit, which seems to have a will of its own. Sometimes the impulse becomes a necessity, as in creating my first children's book, Froggy Family's First Frolic. Or it's been creating a collage/painting for Main Street Artists, (MSA) the group I've belonged to for several years.

Recently, I became gripped by the need to take an Eco tour with SAVE THE FROGS! (STF), an environmental group I have been contributing to for the last seven years. One of their trips was to Ecuador, and an extra carrot was held out: the possibility of an add-



on to the Ecuadorian Galapagos Islands. It later turned out that STF didn't offer a trip there, but I wasn't going to be so close and not fulfill a lifetime dream. It wasn't hard to recruit our son Matthew for that part of the trip.

My project for this year was to create a second children's book, Froggy Family's Fine Feelings. The plan was to work on the drawings at home when I returned from Ecuador, so I loaned out my studio space to two fellow MSA members through September.

Little did I know that I wouldn't be working on that book at all on my return, but I would feel absolutely compelled to write about and show photos of the delightful three-week experience--the people, places, flora and fauna-- in Ecuador. This adventure

continued from pg. 16



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Calvary St. Andrew

continued from pg. 1



Calvary St. Andrews Church on Ashland St and Averill Avenue
(Photo by Barbara Day)

But what to do with the building? There was still a robust Foodlink Food Cupboard and Mobile Food Pantry that provided food for many people each month, as well as a Foodlink garden that provided over 1,000 pounds of fresh produce for the Food Cupboard. Everyone agreed that the building, designed by noted architect Richard M. Upjohn, with its beautiful altar, stained glass windows, and art by local artist George M. Haushalter should be protected and preserved. The big question was --and still is--should the Presbytery retain ownership of the building, or should the building be sold to a developer and space leased back? Purchase bids were sought, received, and discussed, but no consensus could be reached regarding how to proceed.

Many felt that this was a unique building, in a strategic location, with a history of activism for social justice and ties to prominent local families (e.g. Sibley, and Ellwanger), that this was an opportunity to try something new in the Presbytery. To this end, three distinct, but overlapping, groups (one existing and two new) have been working to effectuate programs that will address community needs while generating enough income to maintain the building.

Current activities within CSA include:
1. Food Ministry – The Foodlink Food Cupboard, Mobile Food Pantry, and Community Garden have all been in existence for many years and serve an important role in meeting the food needs of the poor. This group is working to increase the neighborhood and community support, both financially, and with volunteers.

2. ROCSALT (Service

And Learning Together) is a new initiative to create a center that:

“Engages diverse groups in service and learning experiences through an innovative and immersive experience that combines mission partnerships, spiritual reflection, and education, while meeting critical and basic needs of our neighbors around issues of poverty and justice.”

3. Friends of Calvary St. Andrews (FoCSA) – a new group of volunteers founded to protect, preserve, and promote the history and legacy of the building and the congregations that worshipped there. They are working on a number of projects which include: working to find appropriate uses of the Chapel, Sanctuary, and property as a way of raising funds while promoting community (e.g. recitals, lectures, rehearsal space, special events, etc.); seeking donors, sponsors, and grants to help meet the expenses of maintaining, preserving, and enhancing the building and the art contained therein; and promoting the history of the congregation – the social activism and the prominent local families.

There is a lot happening at Calvary St. Andrews, and neighbors are playing an active role in this endeavor. It is an exciting time to be involved, and I hope that you will thoughtfully consider either getting involved personally, or through responding to specific requests. For more information, and to keep informed about what is happening at 68 Ashland St., go to the Facebook Page – “Friends of Calvary St. Andrews ROC.”

Take a ride on Zagster!

Have you taken a ride yet on with Zagster. Bike racks filled with perky bikes and baskets can be found in the South Wedge, Swillburg, Corn Hill and around town.

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Ecuadorian Frog

continued from pg. 15

has become a blog that in total would one day make a hefty book.

As a friend said I have plenty to inspire myself for many years from this trip. Funny, the number of trips and photos I have taken have never resulted in this irresistible impulse, and Froggy Family Fine Feelings book will just have to wait for the right moment.

Here’s my first Ecuadorian Adventure post.

Prologue Three Weeks of Heaven on Earth

Three face plants later on the Ecuadorian mainland, one stone jab on my right thumb, one right calf scrape and one left big toe flipper burn on the Galapagos Islands, my three weeks in Ecuador came to an end.

The minor incidents were well worth suffering when I remember the joy I felt in travelling with like-minded people, seeing so many forms of life—the frogs in the jungle and cloud forest of Ecuador proper and penguins on the annexed islands of Galapagos.

It was a bittersweet departure, as I was sad to leave the beautiful pristine wilderness,



South American frog (Photo by Margot Fass)

but I was happy to come back to beloved family and friends.

Back home I got to extend the adventure by sorting my pictures, writing about our travels, and finishing Galapagos, the Islands That Changed the World, the marvelous book by Paul Stewart. A 3-part BBC DVD, associated with the book, makes the story even more dramatic than hearing or reading about it could possibly be.

If you want to be on a mailing list to receive your personal notice of the blog posting, please contact me at mlfassmd@gmail.com. You can also find a new chapter every Tuesday by 2 p.m. on my website at www.frog-artist.com/frog-blog/

Royce & Tidquist

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Carolina, [production of *Dracula*] you could hear people gasp.”

The couple is happy to settle down for awhile in one place and were warmed by the welcome they got in the South Wedge.

“We found Equal=Grounds and John [White] and Cathy were so welcoming,” Royce said. “It was wonderful to find such an inclusive community.”

Tidquist echoes his enthusiasm. “We’ve really made us feel at home across Rochester. We’re like kids in a candy store.”

In December, The NYS Ballet will perform *Nutcracker* Dec. 8 and 9. In 2018, performances include: *Mozart’s Requiem* and *The Marriage of Figaro* Feb. 23 and 24, *Romeo and Juliet* on April 27 and 28.

The mission of New York State Ballet, founded in 2014, is to bring “a refreshed appreciation, awareness, and education of the art form of classical ballet...while making our productions affordable and accessible to community members from every background and socio-economic status.”

To buy tickets, visit www.newyorkstateballet.org

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