

WEDGE

The Official Newspaper of the South Wedge Since 1982



Even in the cold of winter, garden vegetables can be re-imagined as a Christmas tree ("Pepper Tree with Holiday Star" © 2016 Studio Michaelino)

The Flower City's History Helps in Creation of "Celestial Vegetables"

Michael Tomb

The art of my series "Celestial Vegetables" is a descendant of Rochester's underappreciated past as a 19th century center of New World Botanical Art. This theme was touched upon briefly in my short film *City Of Gardens* which won several awards at the local Fast Forward Film Festival earlier this year. But, my film only hints at the decade of progression which lead to creation of imagery such as "Sol Hot Gogh" recently featured in a cooking segment of *CBS Sunday Morning*.

I first connected to my inspiration about ten years ago when researching exhibits created to promote the Highland Park Neighborhood. I was astonished to find that within the archives of the University of Rochester's

Ellwanger & Barry papers as well as our other libraries and museums is a story of a symbiotic relationship between Rochester's lost world-famous nurseries and seed companies and an entire printing industry dedicated to commercial imagery. Thousands of examples still exist of one-off masterpieces, published chromolithographs, theorem paintings, woodcuts and other lithography with hand painted details. All this art was used to illustrate sample books for nursery salesmen as well as within several renowned Horticultural Journals printed in Rochester. Few Rochesterians realize, for example, that Village Gate was built as an expansion for one of the more successful publishers of botanical chromolithography and that its upper floors were filled with commercial art studios until the beginning of the 1970s. And Rochester, as evidenced in a collection at the Smithsonian Institute, was ground zero for what is now known as the "Golden Age of Seed Catalogs." Our City, because of its printed horticulture art, was an "Image City" long before Kodak was incorporated.

My first artistic response to Rochester's art of the late 1800s, which included illustration from an 1872 James Vick "Floral Guide,"

was to create still life images using vegetables and flowers grown in my backyard and community plots. An example is "Still Life for Salsa," which has trompe l'oeil details and is a digital photographic image that creates a recipe and a work of art at the same time.

Over time, I've expanded the use of my own garden into a "Grow Your Own Palette" concept. This is shown in two more digital images, the first illustrates the palette and the second shows the art created from it within "Lemon Napa Red Star." During the creation cycle for all of my "Celestial Vegetables," I realized that what I am doing is detailing a fantasy world: a vision of a bizarre ecotopia that includes a place known as the "Edible Universe." And in that sense, my works here are not strictly just about "vegetables" in the same way that a work that uses pastels is not about chalk. But my work can trace itself back to the days when Rochester was a Flower City for art as well as for plants.

You can see more *Celestial Vegetable imagery* at Studio Michaelino, 137 East Avenue, Suite 203. The studio is open on First Fridays or by appointment. *City of Gardens* is available for viewing at (www.studiomichaelino.com). For more information, contact Michael@michaelino.com

Enjoy more of Tomb's
Celestial Vegetables
on page 16

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

WHAT'S INSIDE.

- *Mise En Place Closing*
- *Pure Sole Nails*
- *Port Wine for Winter*
- *Go Bad Ass in 2018*
- *Share the Love Holiday Gift Guide*
- *Squash--the Hero Vegetable*

FREE

Talking with My Mouth Full-- Holiday Dining In & Out Options Around the South Wedge

Glynis Valenti

From breakfast to ringing in the new year, southeast Rochester has options for holiday diners. *The Wedge* touched base with seven popular restaurants about their Christmas and New Year's plans, and, while all are closed on Christmas Day, which falls on a Monday this year, several have Christmas Eve and New Year's Day hours and special menus. Reservations are encouraged or required for these busy days.

•The Cub Room, 739 S. Clinton Ave., will be closed on Christmas Eve, Christmas Day, and New Year's Day. On New Year's Eve, however, they will serve from the regular dinner menu from 4 to 7 p.m. and re-open at 9 p.m. for their 3rd Annual Gatsby Party. Reservations are required, and Gatsby dress is optional for partying with a 10-piece band, drink specials, six-course pre-fixe dinner, and champagne at midnight. Contact the Cub Room at 363-5694 for more information.

•Dickey's Corner Pub, 791 Meigs St., will be open on Christmas Eve and closed on Christmas Day and New Year's Day. For New Year's Eve, they'll be serving their usual dinner menu along with hosting a Champagne toast at midnight. Owner Richie Salvaggio says their Facebook page will be updated with

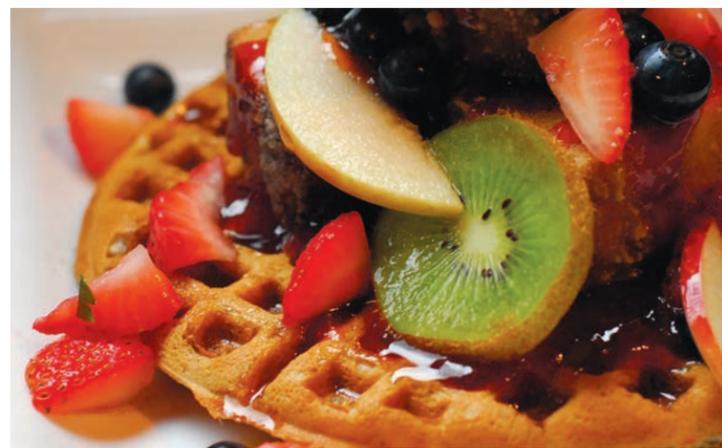
any holiday promotions or changes in hours.

•The Highland Park Diner, 960 S. Clinton Ave., will be closed Christmas Day, but on Christmas Eve, New Year's Eve, and New Year's Day, this Rochester classic will be open from 7 a.m. to 3 p.m. serving their regular menu. In fact, the owner says New Year's Day is one of their busiest, so getting there early is advised.

•McCann's Local Meats, 739 S. Clinton Ave., will be open regular hours on Saturday, Dec. 23, but will be closed on Christmas Eve, Christmas Day, and New Year's Eve. On New Year's Day McCann's will be open at 8 a.m. for breakfast as usual. Owner Kevin McCann says that the majority of holiday business comes from people hosting their own parties and dinners. Ribs and roasts are already dry-aging in the meat locker, and McCann recommends pre-ordering meat at this time of year. Also popular are McCann's charcuterie platters and pork roasts. All meats and sausages are processed and produced on-site from farm-raised, grass-fed cows and pigs at farms within a 50 mile radius of Rochester. To place an order or get more information, call McCann's at 328-6328.

•ORBS Restaurant, 758 South Ave., will also be closed on

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The Owl House will be serving their seasonal Sunday brunch on Christmas Eve and New Year's Eve, which includes vegan and vegetarian dishes like this waffle with deep fried tofu, fresh fruit, and syrup with sriracha.

SWPC Donates Goods from Good360 to Community

Glynis Valenti

Since January 2017, South Wedge Planning Committee has donated almost \$26,000 (fair market value) in goods from the Good360 program back into the Rochester and South Wedge community.

As a nonprofit 501(c) 3, South Wedge Planning Committee is eligible to participate in the Good360 program (formerly Gifts In Kind International). Retail chains like Bed, Bath and Beyond

donate display items, random out of season pieces, and overstock to Good360, which distributes boxes to groups like SWPC.

This year bedding, kitchen items, curtains, bath accessories and more were donated to homeless shelters, a women's shelter, and a tenants organization serving low-income residents, among other organizations.

The Wedge Gets Read!

Flash your Wedge Card

Subscribe to the Wedge Newspaper and get a Wedge Card to show your neighborhood pride and discounts when you shop local. 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.

To sign up, simply complete the card below, visit SWPC at 224 Mt. Hope Avenue or contact Glynis



Valenti, gvalenti@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!

Cheesy Eddies, 5% off
602 South Avenue

Equal=Grounds, 10% off
750 South Avenue

HeadzUp Hats, 15% off
524 Mt. Hope Avenue

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

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
Free bag on your first visit

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

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

Zak's Avenue, 10% off
661 South Avenue

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Articles in this paper do not 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.

SOUTH EAST AREA COALITION



Seeking the best in city living

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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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Deadline
Jan. 12

South East Area Coalition
South Wedge Planning Committee
December 2017/January 2018 Calendar
Meetings are held at 224 Mount Hope Avenue,
The community is invited to attend all meetings.

SEAC, 12/19, 5:30 p.m. SWPC 6:30 p.m.
SEAC, 1/16, 5:30 p.m. SWPC 7 p.m.
SEAC/SWPC Joint Board Meets Tues. 1/16, 6 p.m.
SEAC/SWPC contact: flogan@rochester.rr.com

Community Engagement
(Neighbors & Block Clubs)
gvalenti@swpc.org
Wed. 12/20 & 1/24, 5:30 p.m.

Housing & Structures
Meets bimonthly
Wed. 1/3/2018.
gvalenti@swpc.org

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

Swillburg Shout Out

Mike Henry



Swillburg Harvest held at the Artisan Church in November exceeded our expectations, largely to our dear neighbor Judy Hay and all the neighbors who ventured out with a potluck dish in hand! Thanks too to RPD Chief Ciminelli as well as Lieutenant Frank Alberti for their presentations and participation in a question and answer forum. Big thanks to Nancy Johns-Price, Southeast

Quadrant Administrator, she too provided invaluable information to the Swillburg Community. Other outstanding features came from neighbor Joyce Nakada for her montage of slides depicting Swillburg residents engaged in community service. Also, "way cool!" to neighbor Sarah Guadosa who did a marvelous job creating and conducting an exciting raffle. Wow, can't forget neighbor Jack Mars and his interesting display of art. Of course, we must offer much gratitude to Scott Austin, pastor of the Artisan Church, and his congregation. For three years now they've graciously let us use this precious space. The night's gathering was wonderfully attended, perhaps 80 neighbors



RPD Chief Michael Ciminelli addresses Swillburgians

and it seems they all contributed lots of good food to the potluck buffet. You see, we live in the city as people in a tight knit community and it seems



Swillburg Neighbors listen attentively to RPD Chief Michael Ciminelli. (Photo by Judy Hay)

each year we are woven more closely together! This is what neighborhood associations have the potential to do and it makes urban life so much more joyful! I hope I haven't overlooked anyone to thank! Undoubtedly I did, that's how good it was.

Happy Holidays everyone!



SE Neighborhood Administrator Nancy Johns Price

VOLUNTEER TO ADOPT A HYDRANT KEEP IT CLEAR!

Fire hydrant near your home?

Help the Rochester Fire Department by keeping your hydrant clear of ice and snow.

Adopt a hydrant--you can even give it a name!--if you promise to be a good hydrant parent...You must agree to do the following:

Clear a path from the hydrant to

the street;

Clear a 3 ft. perimeter around the hydrant

Remove ice and snow...

For more information visit www.cityofrochester.gov/AdoptaHydrant.



Keep Bandits Out of your Car & Off Your Porch this Holiday Season

Officer Garth Mitchell, a crime prevention officer at the Southeast Neighborhood Service Center, is reminding residents to prevent theft from cars by using locks provided on all cars.

He recently spoke at a Neighbor Building Neighborhoods (NBN6) meeting about an uptick in car riffling.

"Thefts from vehicles have been reported in your neighborhood recently," said Mitchell. "I can't call them car break-ins because in each of the seven reported incidents last week, the perpetrator entered a vehicle that was unlocked and parked in a driveway."

"This type of crime is very difficult to combat through traditional Police efforts. The best defense against car larcenists is proactive," Mitchell added.

So listen to Officer Mitchell this holiday season and do the following to prevent crime:

- Do not leave any items of value in your vehicles.
- Lock all doors.
- Report any suspicious activity such as persons loitering in parking lots, going door to door, or the sound of glass breaking.
- Watch for slow moving cars

with multiple occupants "cruising" areas where cars are parked. Write down the license plate number and call 911 if you observe them exiting their vehicle to approach other cars.

- Keep your car doors locked and windows rolled up. Never leave your keys in your vehicle. If you have a garage, keep the door closed and locked.

- Install and use a car alarm.
- Use anti theft devices such as "The Club" or other steering wheel locking devices.

- Do not assume your locked glove box is secure from theft. Never leave guns, wallets, electronics etc. in your locked glove box. It will be the first place the criminal will look.

- Make arrangements to safeguard all delivered packages and do not leave them unattended on your porch or stoop.

"There are those who will take advantage of your belongings when left out in the open," Mitchell said.

To learn more, you can reach Officer Mitchell at 320 N. Goodman Street Suite 209, email: garth.mitchell@cityofrochester.gov or call 428-6572.

SOUTH WEDGE call for PUBLIC ART

BASWA is calling all artists...

The Business Association of the South Wedge Area is seeking proposals for public art to be installed throughout the South Wedge: murals,

sculptures and traffic box art.

Guidelines and application can be found at www.southwedge.com/publicart.

Project deadline is Feb. 1, 2018.

Yelp Names "14620" Fifth Hottest Hipster Zipcode in the Nation

Nancy O'Donnell

Raise your Man buns high! Yelp has named the 14620 zipcode one the fifth Hottest Hipster zip in the country. That's right. The South Wedge is right behind Portland, Seattle and Brooklyn.

We've known the South Wedge was all that and more already. The street art. The shops. Needle Drop Records and Little Button Craft. From Lux to New Leaf Tea, our bars

are the best, yes? Add the annual events- the Best Busker contest, Night of the Living Wedge, It's a Wonderful Life in the South Wedge in December. All within biking and walking distance.

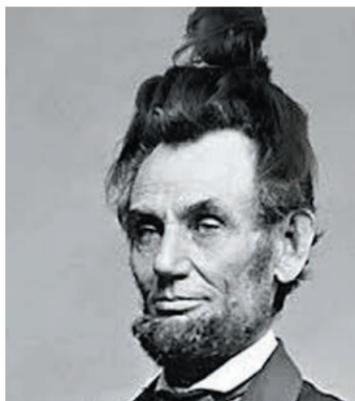
I can't count the number of Brooklyn visitors who said to me, "Hey, this feels like Brooklyn."

The local zip code also includes areas near Highland Park, which makes even more sense. The Park. Mt. Hope Cemetery.

According to a report on WXXI written by Tianna Manon, "Yelp scoured the reviews on its site, counting how many labeled a place "hipster" and compared that to the establishments' total reviews."

Apparently 14620 had a high ratio of reviewers ranking it "hipster." Realtor.com info about the local housing market showed what bothers people who want to move here--houses sell fast.

So raise high an IPA and bask in the glow of a zipcode that others want to Share.



Chad Post and Wojciech Nowicki

Open Letter Books Hosts Reading by Wojciech Nowicki

Open Letter Books recently hosted a "Reading the World Conversation" featuring author Wojciech Nowicki, winner of the prestigious Gdynia Literary Award.

The Polish author spoke about his novel *Salki* via translator Jan Pytalski at Sloan Auditorium at the University of Rochester and answered questions from the audience. The event was co-sponsored by the Skalny Center.

"Salki is Nowicki's first work of fiction in translation to be published," said Chad Post, Open Letter publisher, noting that reviewers have described the work as "Polish reportage [that creates] a landscape of memory that is moving and historically powerful."

In his novel, Nowicki investigates various "salkis"—attic rooms where memories and memorabilia are stored—real and metaphorical, investigating old documents to better understand the violence of recent times."

Open Letter is a nonprofit literary translation press at the University of Rochester.

To learn more about Open Letter Books, visit <https://www.openletterbooks.org>.

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Averill Avenue Landmark Opens Doors to the Arts

Judy Bennett & Tracy Walker

The historic brick building at the corner of Averill Avenue and Ashland Street, formerly the Calvary St. Andrew's Parish, is reinventing itself. A wide variety of rooms ranging from small offices to the stunning sanctuary are available for meetings, rehearsals, concerts, co-work spaces, art exhibits, weddings and more. A group of neighbors and history lovers have formed "Friends of Calvary St. Andrews" to promote this unique space to the community. At their November 18th meeting, the Presbytery of the Genesee Valley approved retaining ownership of the building and committed money for repairs, renovations, and staffing.

Upcoming events include Carol Singing on Sunday, December 17, starting at 5:30 with music and light refreshments, then strolling down South Avenue to the Buta Pub to join the 5th annual Beer and Carols with the South Wedge Mission. A Sunday afternoon in January will feature a discussion of the local history of stained glass windows by Valarie O'Hara from Pike Stained Glass Studio (Date TBA). More historical presentations and music are being planned - check the Friends of Calvary St. Andrew's on Facebook at FoCSARoc for future events.

In November, CSA hosted "Music for Two Harpsichords" as part of the Rochester Early Music Festival, featuring Baroque music played by Malcolm Matthews and Bonnie Choi. A presentation on the art and history of the building by Margie Searl was also held in November, along with a community pot luck dinner.

On Sunday, October 15, an Open House was held to celebrate the designation as a Rochester Landmark, ensuring the integrity of



Wayne Goodman, executive director of the Landmark Society of Western New York and Margie Searl at the October Open House (Photos by Walter Ketcham)

the sanctuary, chapel, and exterior. Friends and neighbors were invited and over 120 people stopped in to enjoy the beauty of the stained glass windows, wall murals, marble altar, and so much more. An illustrated talk by Margie Searl highlighted the artwork in the church and the Sibley, Watson, Ellwanger and Andrews families, whose connections with the church contributed to its beauty. The classic organ was played by John Nothaft, accompanied by violin and Rochester favorite Hannah PK provided piano music.

Guests also learned about the future plans for the facility: the

South Wedge Food Program will be continuing to serve the hungry three days per week. A new program called ROCSALT plans to use the education wing as a "mission center" that would house educational and service opportunities for youth from around the country interested in poverty and urban justice.

Follow this emerging asset in the South Wedge on Facebook. There is much more to come and we hope that you will be a part of the changes. Ideas and inquiries can be addressed to FOCSAROC@gmail.com.

12/18 at 10:30 a.m. Enjoy creating artwork with colored pencils. Supplies provided.

ZUMBA GOLD® Chair Class: Tuesdays at 11:30 a.m. NO CLASS 12/26. For the older adult who may not be able to stand for long periods

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Squash the Hero Vegetable for the Season

Joan Brandenburg

As holiday meals are served up with children at the table, there is one universal parental mantra that can be heard around the world: "Eat your vegetables!" Say those words aloud, and you can just see them spewing out of the mouth of your mother, grandmother or auntie. It was by far the worst command given when you were looking at a heaping pile of green beans or peas. So, instead of eating you played with your food. You made log cabins out of the beans and used your fork as a bulldozer. You piled them high into the shape of a Christmas Tree with peppers for branches and tomatoes for ornaments. Your French cut beans turned into a sad looking happy face and the peas...well some of them (most of them) just happened to roll off your plate onto the floor.

Now that we are older and wiser, we understand why we were commanded to eat our vegetables if we wanted our dessert. They are just plain good for us.

Today more people are adopting a plant-based diet and at the center of that commitment is one vegetable which can be categorized as the super hero of all veggies.

Butternut Squash was once called "the apple of God." Native Americans believed the squash seeds increased fertility.

Although the pear-shaped

vegetable also known as "winter squash" didn't debut on the consumer market until 1944, it's made its way into soups, casseroles and salads for decades after.

This amazingly versatile veggie is packed with more than just taste possibilities; it's also loaded with vitamin A. For example, one cup of cooked squash has 457% of the recommended daily allowance and it's a good source of fiber, potassium, and magnesium. Like most vegetables, squash is fat, cholesterol, and sodium free.

As the super hero of vegetables, there is nothing like a good helping of squash to treat what ails you. Just take a look at some of the health benefits from squash in the photo below.

All of this is great information if you are an adult, but the question still remains--how do you get your kids to eat their vegetables? In the case of squash, you might consider playing up the super hero angle. Just like you used to get your pancakes with Mickey Mouse ears, serve up some squash in the shape of a "S" and then swear on your honor that anyone who eats all their squash is guaranteed to grow up able to leap tall buildings in a single bound. That may keep your boys and girls eating until they know vegetables are good for them.

Experience Food Less Traveled
Opening Day for the South Wedge Farmers Market
will be Thursday, June 7, 2018, 4- 7 p.m. at Genesee Gateway Park (Mt. Hope Avenue, next to Spectrum)

Organic Facts

BENEFITS OF SQUASH

Boosts immune system	Improves bone & eye health
Helps reduce gastric & duodenal ulcer	Effective in managing diabetes
Gives relief from asthmatic conditions	Helps to improve blood circulation
Effective in preventing heart diseases	Reduces risk of lung cancer & emphysema

Caution: Avoid consumption if suffering from hypotension
www.organicfacts.net

River Edge Programs for Seniors

Episcopal SeniorLife Communities (ESLC) offers programs for seniors in the South Wedge and surrounding area. The program brings a variety of health

and wellness classes for seniors age 60+ who live in the following areas: South Wedge, PLEX, Swillburg and Highland Park. Colored Pencil Art Class: Monday,

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South Wedge Sudoku

STR8TS

Medium

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

SUDOKU

Very Hard

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

To complete Sudoku, fill the board by entering numbers 1 to 9 such that each row, column and 3x3 box contains every number uniquely. For many strategies, hints and tips, visit www.sudokuwiki.org for Sudoku and www.str8ts.com for Str8ts. If you like Str8ts and other puzzles, check out our books, iPhone/iPad Apps and much more on our store.

South Wedge Sudoku Solution on pg. 6



Malcolm Matthews and Bonnie Choi on two harpsichords at Calvary St. Andrews (Photo by Tracy Walker)

CSA Welcomes Russian Chorus in 2018

Judy Bennett

The Yale Russian Chorus

The Yale Russian Chorus rings in the New Year with two concerts on January 4 and 5. They'll be displaying a varied repertoire evoking Orthodox cathedrals, the clamor of cities, remote village life, and the broad steppes. On Thurs., Jan. 4, 7:30 p.m., enjoy the annual "Russian Friendship Concert" at Kilbourne Hall, hosted by Linkages Rochester and the Eastman School of Music Community Education Division. Reception follows the concert. Admission is free to concert and reception.

On Friday, January 5, 7:30 p.m., the Chorus appear in concert at Calvary St. Andrew's Church, 95 Averill Avenue. (corner of Averill & Ashland St.). Street and additional parking is available in the Postler & Jaecle lot on South Ave). An

Orthodox Christmas celebration (and more) with special guests! Admission: free will offering to defray costs gladly accepted. **Music from the Republic of Georgia**

The Caucasus region on Russia's southern border, near the Black Sea, has its own unique musical tradition. The Yale Russian Chorus welcomes interested singers and their friends to participate in a workshop on Georgian Music to be held at the Eastman School of Music the afternoon of January 4. Special guest Ray Kinoshita, Yale '76 joins the group from Toronto to lead the workshop. Music reading skills NOT required, but a willingness to sing along will greatly enhance the experience. For more information and to sign up, please contact Joe Finetti (jcfnetti13@gmail.com).

Talking with my Mouth Full

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Most of McCann's Local Meats charcuterie platters are produced at McCann's, They will be open at 8 a.m. on New Year's Day for breakfast.

Christmas Eve, Christmas Day, and New Year's Day. They will be hosting a special brunch on Sunday, New Year's Eve from 11 a.m. to 4 p.m.

The Owl House, 75 Marshall St., known for its vegetarian and vegan fare, will be serving their seasonal Sunday brunch on both Christmas Eve, from 11 a.m. to 5 p.m., and New Year's Eve, from 11 a.m. to 3 p.m. They will re-open on New Year's Eve, though, at 5 p.m. and serve a special pre-fixe dinner until 9. The restaurant will be closed on Christmas Day and New Year's Day.

Early reservations are recommended by contacting 360-2920.

Rooney's, 90 Henrietta St., will be serving from their seasonal menu on Christmas Eve and will be offering a pre-fixe four-course dinner on New Year's Eve. They will be closed on Christmas day and New Year's Day, but for the holidays, Rooney's will offer a lunch menu Monday through Friday from Dec. 11 to Dec. 22. This might be of interest to clubs, friends, or offices celebrating the holidays. Contact Rooney's at 442-0444 for details.

Programs for Seniors

continued from pg 4

of time while exercising but still wants to stay active and healthy. All exercises are done sitting down, and the high tempo Latin music makes this a fun class.

Senior Yoga: Wednesdays at 11:00 a.m. NO CLASS 12/27. This class

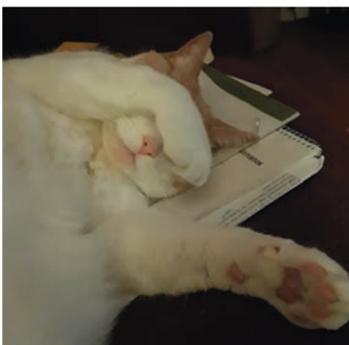
adapted for any experience level. Yoga mats, blocks and straps provided or bring your own.

Blood Pressure Screening: Wednesdays, 12/20 at 11:00 a.m. Know your numbers with a free blood pressure screening.

SilverSneakers® Classic: Thursdays at 11:30 a.m. NO CLASS 12/28. A variety of exercises designed to

increase muscular strength, range of movement and activities for daily living. No fee to join.

ESLC Transportation Service available to and from all programs, as well as to medical appointments, the grocery store, errands, etc. To request a ride, or if you have any questions, call 585.546.8439 x3718.

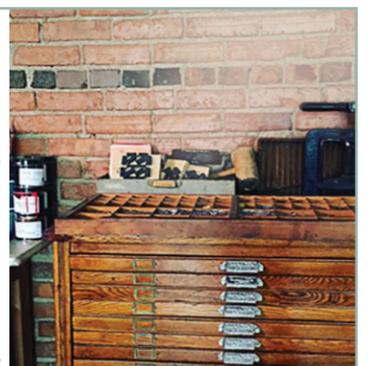


Kitzou in slumber (Photo by Nancy O'Donnell)



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Saturday, Dec. 9 at 2PM & 7PM
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Tickets:
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Feed your Inner Bad Ass in the New Year

Michele Martell

Yes, you are! You get up every day, and make each day count. You take care of yourself, others, your home, kids and animals, your business, financial and professional responsibilities. Even when you are so tired that you don't know how you will do it all, you still do it. That makes you a Bad Ass.

The words Bad Ass no longer refer to street-fighters or kids beating up others on the playground. Bad Ass refers to all of us who get up and bravely face another day. And we all have an inner Bad Ass. Recognize it and engage it; it can be energizing.

My children and I were shopping at Target, and they got a major kick out of a Bad Ass button (similar to the "Easy" button). I became intrigued, and kept playing the button over and over, appreciating the additional positive messages it provided, along with the motivational mini book by Jen Sincero. I finally decided to buy it because not only was it entertaining, but it was encouraging positive thinking and motivation. And my kids cracked up at my purchase.

In our daily lives, how many times do we not want to get up and do the "adult" thing. But we do it, for others and ourselves. And we don't always give ourselves credit for it. We all have something else whether it be ill health, sick family members, challenging children and animals, difficult bosses, financial issues, recent deaths of loved ones, relationship complications and on it goes. And sometimes we are knocked down with these issues. And maybe we even stay down for a little while, and we wonder

when will that end. But we decide to take action and make an effort to come back; we give that downtime a deadline and get back up and show up even better than before, even if we feel like we can't do it. We just do it. And when you do that, you are a Bad Ass. Give yourself credit.

Even children and animals can be considered as a Bad Ass. Kids don't always want to go to school, to do that homework or sports practice but doing them makes their growth possible in the long run. And they have their own genuine issues to deal with while in physically- and physiologically- changing bodies. Remember how tough it was during those years? Peer pressure, worrying about others' perceptions and the ability to make friends. That is tough stuff at any age. But we learned, and so will our kids with our support, that you take it one day at a time to do your best, and you just keep showing up. That is Bad Ass that will serve you the rest of your life. And what about those kids who have childhood illnesses, who have been dealt the unfairest cards, not to mention the heartache of their parents? Kids in these scenarios often have the biggest sparkling smiles plastered on their faces, full of energy and personality, just thankful for another day along with their parents...that is inarguably tenacious Bad Ass.

And how many times have we seen a child or animal who was abused, abandoned, and rescued become the most loving being on earth. They not only held onto hope, survival, recovery, but turned their experience around into love. And they are now living to make our world a better place. Now that is flabbergasting Bad Ass.



The remarkable, dedicated volunteers I've met at Verona Street Animal Society and other shelters and sanctuaries never cease to amaze me with their Bad-Ass-ness. They make a determined difference daily that extends to our communities and world as a whole. And when you put your efforts and life into helping others and into making them feel loved and worthwhile in whatever capacity that you are able, then you are an Ultimate Bad Ass. Because you are kicking ass in making the world a better place during your limited time here.

I keep that Bad Ass button in my car. It serves me not only for humor but as a motivator. And sometimes when someone cuts me off or is otherwise rude on the road, I just play that button. Sure beats an alternative response.

Do what you do, and believe in the right reasons that you are doing it. Be a Bad Ass all day and lifelong. It will serve others and make a difference in ways that you can't even comprehend today. It will come back to reward you a hundred-fold at some point; but of course, that is not why you do it. You just do it because that is the Bad Ass spirit that you are.

What do you want Erie Harbor to be?



"A place for food and community."

Tell us what you want to see in a redesigned riverfront park by taking our online survey at ErieHarbor.metroquest.com



Lamberton Conservatory holiday lights (Photo by Dan Dangler)

Don't miss Lambertton Conservatory's Holiday Display

Lamberton Conservatory is dolled up for the holidays with winter foliage and bright lights. Stop by and get in the spirit. Holiday hours until Jan. 7: open Monday, Tuesday, Wednesday, Thursday 10-4 p.m. and Friday and Sunday 10-9 p.m. Closed on Christmas Day.

Mary Kay with Michele Martell... 585.857.1297
 Holiday Makeovers and Satin Hands & Lips Treatments. Gifts Services include gift certificates and customized gifts for all price points. Complimentary delivery. www.marykay.com/michelemartell

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Working with you to make ours the best community possible!

South Wedge Sudoku Solution

Str8ts Solution

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

Sudoku Solution

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



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Read
 The Wedge
 online
www.swpc.org

Furnished 4 Life Christmas Shop

Give the gifts of dignity and hope to our neighbors in need! Furnished 4 Life Thrift Store at 46 Mount Hope Avenue will be holding their second annual Christmas Store event on Friday, 12/8 from 3 p.m. – 7 p.m. and Saturday, 12/9 from 10 a.m. – 3 p.m. This sale provides a personal approach to Christmas shopping and offers an alternative to traditional holiday give away programs that limit options and

independence! We hope to ease the burden of those who are struggling to make ends meet this holiday season by selling donations of brand new toys and gifts WAY BELOW retail value to our guests. Please consider donating a NEW toy or gift! Proceeds from the sale will go to support community service projects in the South Wedge quadrant of the city.

Reimagine RTS Study Wants Your Ideas

RTS recently started a project called Reimagine RTS to study and explore changes to the public transit system in Monroe County to better meet the changing needs of the region.

They are trying to gather as much input as possible from as many people as possible so that the changes they make reflect the needs of the community.

Whether you are a current RTS customer and ride the bus every day or someone who has never been on an RTS bus, please take the Reimagine RTS survey and be a part of this important process.

Here is the link to the survey: myRTS.com/reimagine-survey.

For more information: visit myRTS.com/reimagine.

Over 10 Years:
 \$15,000,000 Reinvested in Our City
 53 Owner Occupied Homes Preserved
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citylove

Get ready to fall in love with City Love 2018 in the heart of the South Wedge. Great food tastings, silent and live auction, music from The Classic Coupe Devilles. Dino Kay from Fickle 93.3 FM will MC. The annual South Wedge Planning Committee gala event will be held at the Historic German House, 315 Gregory Street. on Friday, April 20, 6:30- 9 p.m. Volunteers needed. For more info and sponsorship opportunities, please call 585.256.1740 or e-mail citylove@swpc.org.

December
FREE programs and events for all ages.

Children's and Teens Programs

- Storytime with Miss Sarah**
Thursdays: December 7, 14, 21, and 28 10:30 a.m.
Join Miss Sarah for stories and songs for all ages! No registration required.
- Science Fridays with WXXI**
Fridays: December 1 and 15 3 to 4 p.m.
Join us for mini science experiments and challenges with Miss Cara from WXXI! All ages, no registration required.
- Tail Waggin' Tutors**
Thursday, December 7 2:30 to 3:30 p.m.
Stop by to read a book to a calm, trained dog who loves to listen. All ages, no registration required.
- Movie Monday**
Mondays: December 4, 11, and 18 3 p.m.
It's Movie Monday! Join us for a fun family movie, no registration required.
- Pajama Story Time**
Mondays: December 11 and 18 6 to 6:30 p.m.
Join us for an evening of fun with stories and songs in your pajamas and your favorite stuffed animal. All ages, no registration required.
- Crafternoon**
Tuesdays: December 5, 12, and 19 3 p.m.
Join us for a make and take craft! All ages, no registration required.

Family Program

- Gingerbread Houses with the Story Book Cook**
Saturday, December 9 10:30 to 11:30 a.m.
Work as a family to create your own delicious gingerbread house! Join the Story Book Cook to make a gingerbread house to display at home – or eat before you get there. There is a limit of 30 participants for this program and we will not be able to take drop-ins. Please call 428-8206 to register.

This library is accessible to people with disabilities. To request specific accommodations call 585-428-8304 ten days prior to the program.

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 696 South Ave near Gregory Street <http://truyogarocheater.com>



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The Wedge Gets Read!
 The advertising deadline for the Feb/ March issue is January 12ish. Please call us at 256-1740, ext.4 or 978-9638

Use them or lose them

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.



ANGRY GOAT PUB

Have someone else cook for you during the holidays. Full kitchen open until 1 a.m. Happy Hour specials, 938 South Clinton Avenue, 413.1125.

ARTFUL GARDENER

Jewelry, handbags, hand-blown glass, pottery, soap, candles, hammered copper and more. 727 Mt. Hope Avenue, 454.2874.



BAUMAN'S BARBER

A free haircut can be the best kind of gift for a man who has everything. 732 South Avenue, 473.6061.

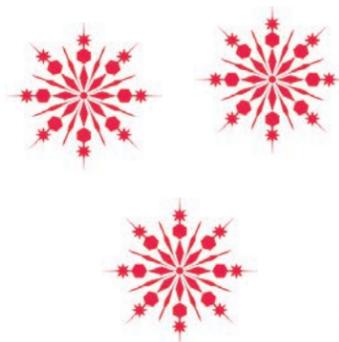


SUJANA BEAUTY & BROWS

Look your best during the holiday season or give as a gift. 697 South Avenue 732.4432.

HIGHLAND MARKET

Breakfast sandwiches. Hot & cold subs. Burgers, hot, fish fry & so much more. 830 South Ave. 271.8555.



Stop killing yourself over taxes and bookkeeping. Let the Christopher Group suffer for you and do the work. 473 South Ave., 325.7351.



TOASTED BEAR

Smoked wings & gourmet burgers. 689 South Ave. 434-3784.



CAVERLY'S IRISH PUB

Invite friends and family to enjoy a pint of happiness. 741 South Ave. 278.1289.

CHESHIRE

Explore classic cocktails in a snug old-style bar above Solera Wine Bar. 647 South Ave. 232.4909.

BOULDER COFFEE CO.

Spread the happiness into 2018 with a gift card for spiked coffee cocktails, wine, beer and yummy sandwiches, ground coffee beans. 100 Alexander St., 454.7140.

LITTLE VENICE

Pizza pies and chicken wings all make great dinners when you're too busy wrapping. 742 South Ave. 473.6710.



HEDONIST CHOCOLATES & ICE CREAM

Bags of chocolate bark or tins of drinking chocolate make delicious stocking stuffers. Take home some artisan ice cream, too 674 South Avenue, 461.2815. www.hedonistchocolates.com.

Share the Love in the

APOTHECAIRE BATH & BODY & HOME

Stop by for great holiday gift ideas from such names as Achipelago, Beekman 1802, Caswell-Massey and Badger Balm. 528 South Avenue, 325.2329.

ABUNDANCE ABODE

New | Vintage | Handmade. Offering unique and affordable holiday gifts this season! 289 Gregory St., 471.8357



CHEESY EDDIE'S

Cheesy Eddie's "Over-the-Top" line of cheesecakes is exactly that in every way! 602 South Ave. 473.1300, www.cheesyeddies.com.

LITTLE BUTTON CRAFT

Rochester-made crafts and gifts make it especially special. Greeting cards, jewelry, clothing, soaps, candles, pop-up shops, 658 South Avenue, 445.8224. littlebuttoncraft.com.



BUY A BOOK FROM A LOCAL SOUTH WEDGE AUTHOR

A captivating thriller written by a South Wedge resident author. Available for purchase from Amazon and Barnes & Noble.

JUST BROWSING

Brow sculpting and microblading, boutique Fashions. 389 Gregory Street. 420.8433.



Not just a food market, it's a way of life. Healthy groceries and grooming aids for everyone. Give the gift of a membership or gift yourself. 571 South Avenue www.abundancecoop.com. 454.2667.

CALVARY ST. ANDREW PARISH FOOD BANK

Give the gift of food this holiday season. Donate to the parish food cupboard in a family or friend's name. 95 Averill Ave., 325.4950.

FLOWER POWER DECOR

Custom floral weddings and event designs, 201-1866, lisameyer@flowerpowerdecor..

JOHN'S TEX MEX EATERY

Buy a gift certificate for your favorite Tex Mex chow-hounds. 489 South Ave. 232.5830, www.JohnsTexMex.com.

LA CASA RESTAURANTE

Mexican Cantina, craft cocktails, live music Fridays and Saturday. 93 Alexander ST. 730.5025.

KIM'S SHAGGY TO CHIC

Is your best friend looking a little Shaggy? Why not treat them to a spa day for this Holiday season. Gift Certificates available, 1010 S. Clinton Avenue, 355.4761.



PURE SOLE NAILS

Non-toxic manicures and pedicures. Gift yourself or give the give of beauty without harm--organic, vegan and eco-friendly. Many shades. 684 South Ave, 364.2099. puresolenails.

ZAK'S AVENUE

The "go to" gift store offers jewelry, home decor, soaps, candles, art and much more. 661 South Avenue., 360.2095. zaksavenue.com

ST. JOSEPH'S HOUSE OF HOSPITALITY

Donate in a friend's name and buy a meal for the hungry. 402 South Ave. 232-3262.

TIME FOR WINE & SPIRITS

Fine wine and liquors for every occasion. Stop by and see the wide selections. 661 South Ave., 413.3828.

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ST. JOSEPH'S NEIGHBORHOOD CENTER

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Nosh some great big subs, sandwiches or something hot off the grill. Also pick up gift certificates for giving. 678 South Ave., 256.1324.



South Wedge!

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Stuart's Spices has been providing premium spices, seasonings and sausage mixes to the cooking enthusiast, professional chefs and local food service businesses since 1992. We mix our custom seasonings on-site in our shop. Explore our 200+ herbs and seasonings. 754 S. Clinton Ave., 436.9329.



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Not your typical barber shop. Tues-Fri 12-6 ish Sat. 10-3 ish, Closed Sun & Mon. Haircuts: Men & Women \$18, kids \$14, seniors \$14. Pets welcome. 720 South Ave, 473.5570.

PREMIER PASTRIES

Beautiful to look at, delightful to eat. Pastries made for all occasions. 433 South Ave. 546.1420, www.premier-pastry.com.

PEPPA POT CAFE

Stop by for a dinner of delicious Jamaican cuisine from oxtail soup to calaloo. 133 Gregory St., 473.3663.



COFFEE CONNECTION

Organic, fair trade coffee (both regular and flavored), Peruvian merchandise (sweaters, jewelry, hats), gift certificates. 681 South Avenue. 442-2180 Sister locations at Cannonball Café, 4437 Lake Avenue and Green House Café at 2271 East Main Street.

SWIFTWATER BREWING

Gift certificates or growlers of craft beer make great gifts. 378 Mt. Hope Ave. 530.3471.

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LEAF TEA BAR

An unique destination in Rochester for fine organic teas sourced directly from around the world. Visit us for traditionally steeped teas, to buy teas and tea ware for home or as gifts, or and to learn more about tea. 650 South Ave. 245-0242 leaf.happyearthtea.com.



RENEWING MASSAGE

Holiday gift certificates for a Renewing-Massage are a great way to take the stress out of the holidays - for you and for the person you give to! Simple, easy and greatly appreciated at only \$50 for an hour or \$30 for 30 minutes. 709.6725, www.renewing-massage.com.

EQUAL=GROUNDS

All people are created equal, all coffee is not! Equal=Grounds Coffee House offers fair trade and organic coffees and teas for sale by the pound and half pound. Open 7 days a week until midnight! 750 South Ave. 256.2362, www.equalgrounds.com.

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Buy a gift certificate for mighty meatballs for your carnivore and vegetarian friends, delicious sides, desserts, craft cocktails. Sunday Brunch features chicken and waffles and French brioche. South Avenue, 758 South Ave., 471.8569.

TAP & MALLETT

Rochester's destination for fine beers and freshly cooked pub food. 381 Gregory Street, 473.0503, www.tapandmallet.com



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Salvaging nostalgia since 1980. Architectural salvage, restoration supplies and decorative accessories, antique and new. Gift certificates available. 540 South Ave. 325.2329, www.historichouseparts.com

LUX LOUNGE

A laid back little neighborhood bar with a funky flair. Gift a friend with a visit. 666 South Ave. 232.9030, Lux666.com.

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Delight a friend with a few evenings of takeout Chinese and Thai cuisine. Gifts cards and catering



DRISH TI YOGA

Adult and family yoga, wellness consultations, Reiki, 159 Caroline Street, 270-5927, www.yogadrishti.com.

GLOVERS BARBER SHOP

Haircuts for seniors (\$6) and college students (\$8). 700 South Avenue, 244.8928.



CINEMA THEATER

Bring a friend to watch a double feature at Rochester's Oldest Neighborhood Theater. Buy a book of tickets for 2018. 957 South Clinton Ave., 271.1785. www.cinemarochester.com

Why the annual Free Gift Guide?

The Wedge Newspaper started the tradition of giving free space to local shops and services several years ago to say **Thank You!** to our loyal advertisers --we mean you Cheesy Eddie's, Abundance Co-op, Bauman's Barber, Renewing Massage, The Petix Group, St. Boniface, Southview Towers, Schrader's Garage, Highland Manor and Highland Market and so many others who keep this newspaper going. The Wedge is also all about supporting local businesses who haven't and maybe will never buy an ad with us. As a small nonprofit newspaper, we will always stand behind small local businesses that make the **South Wedge** the warmest, most wonderful, embracing, coolest, diverse neighborhood in the ROC, not to mention the hippest.

The Wedge wishes you a Happy, the Happiest of New Years in 2018!

MISE EN PLACE

Gourmet takeaway prepared meals and lots more consumable groceries and gifts for the holidays. 683 South Ave. 325.4160.



THE CUB ROOM

Treat your friends and family to fine dining in the Edge of the Wedge. 739 S. Clinton Avenue, 363.5694.

NATHANIEL SQUARE CORNER STORE

Enjoy a wide variety of craft beer and four draft lines for growler fills. 495 South Ave., 325-1150

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Fresh, original artisan pizzas. Gift certificates available. 573 South Clinton Ave., 232.8558

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MEAT! MEAT! MEAT! There's prepared foods, but start with the meats. 739 S. Clinton Ave., Call 328.6328.

RELISH

Serving beautiful, delicious, inventive food for vegans, vegetarians and carnivores. www.relishdelivers.com 651 South Avenue, 454-2767 www.relishdelivers.com. Facebook.



GOODWIN'S ACADEMY OF IRISH DANCE

Irish, ballet, tap, jazz and classes for children with special needs. 700 S. Clinton Avenue, 489-1682.

St. Anne's Christmas Concerts

- Sunday, Dec 3: 3 p.m. Christmas Concert (music over the centuries)
- Sunday, Dec 10: 4 p.m. Nine Lessons and Carol
- Sunday, Dec 17: 3 p.m. International Carol Sing.
- All welcome to sing or play a piece, then each country sings
- Silent Night in their own language. Refreshments following
- 1600 Mt. Hope Avenue.

Saint Boniface Church

330 Gregory Street

585.271.7240

www.southeastrochestercatholics.org

Come Celebrate Christmas With Us

Christmas Eve Mass 5:00 P.M.
(Christmas Pageant to begin at 4:45pm)

Christmas Day Mass 9:00 A.M.



Please join us for Weekend & Daily Masses

Saturday 5:00 p.m.

Sunday 9:00 a.m.

Tues & Fri 7:30 a.m.

Sacrament of Penance

Saturday 4:00 p.m.



Business Buzz Nancy O'Donnell

South Clinton Liquor Opens in Swillburg



South Clinton owner Shappelle Thompson

Nancy O'Donnell

ShappelleThompson immediately liked his southeast neighborhood years ago when he moved into an apartment on Pearl Street across from School Without Walls. He liked how he could park his car and walk pretty much anywhere. He moved away, got married and started a career in marketing, worked at the University of Rochester, and most recently WBLK Radio in Buffalo. Now he's back in Swillburg to open South Clinton Liquor, his first brick and mortar store.

"I wanted a business that was recession proof," said Thompson. "I woke up on a Sunday in February 2017 and googled businesses for

sale in Rochester. This location was for sale and a gas station on Dewey Avenue. Since I knew the neighborhood so well, I sent an email on Monday, and by Tuesday or Wednesday, I'd met the broker and signed an application and sent them the offer."

Over the summer he worked on "everything" in getting the store ready.

"I pulled up carpets, pulled down a pegboard and shelves that blocked the windows, replaced the ceiling tiles and added lighting said Thompson. Now the space is a brighter, the walls are painted in rich earth tones

and the shelves are filling up. As for what brands to stock, Thompson said he's "taking the cue from the neighborhood." "I have a sheet of paper on the counter that says, 'please tell me what you'd like to see in the store.' I've decided to go with the basics first. I want to be part of the neighborhood."

Other businesses on the avenue have been welcoming especially Top Notch Barbershop and Stallion's clothing store. "People in the neighborhood have stopped by to wish me well," Thompson said. "It's an eclectic mix, young, old, man buns and beards. I was really encouraged as I worked over the summer. People would poke their heads in and say, 'this is nice.'"

By day fourteen of the store's opening, he already had regulars. Thompson said someone stopped in to get a certain label of liquor, but when he didn't see it, he said 'I'll take that' and bought another brand. I'm very appreciative."

While Thompson now works every day of the week, his wife Jill is supportive.

"She does mind [the hours], but she come down to the store," he said.

Thompson is planning for future events to bring more of his neighbors inside including liquor and wine tastings. He's also exploring ideas that would let him partner with the Cinema and Highland Diner in some way.

982 South Clinton Avenue, www.southclintonliquor.com, Mon.-Sat. noon-9 p.m. Sun. noon- 6 p.m.

Pure Sole Nails Makes Beauty Organic & Safe

In the spirit of peace and love and "do no harm," Jessica Lynn opened Pure Sole Nails on South Avenue on Nov. 14.

"I use only organic, nontoxic, vegan and eco friendly polishes and gels, from base to top coat," said Lynn. That means that the formulas contain no formaldehyde, toluene or dibutyl phthalate.

Jessica's lifestyle reflects the ethos of keeping life clean.

"I love organic foods and chocolates," Lynn said. "I use nontoxic cleaning products. I want to limit the amount of toxins going into my body, and I want that for my clients too."

Right now Lynn stocks four brands from California and Toronto, and she plans to add more.

"One brand has 75 shades, another 54," said Lynn.

Lynn opened her first business after working for ten years in a salon in Webster. At the same time she's been pursuing a degree in accounting at Monroe



Pure Soul Nails

Community College. (Full disclosure - Jessica was a student of mine in a MCC English composition class a few semesters ago.)

Lynn loves that she can walk to her salon from her South Wedge home. She was heartened by the other business owners who have stopped by to welcome her to the avenue.

Hours: Tues.-Thurs. 10 a.m - 7 p.m., Friday 10 a.m- 5 p.m., Sat. 10 a.m- 3 p.m. and Sunday by appointment 684 South Avenue. To book an appointment call 364.2099. Visit Pure Sole on Instagram and Facebook.



Just Browsing Adds Beauty and Fashion to Gregory Street

Stephanie Christensen worked for seven years at Rochester's premier Brow Diva before deciding to open Just Browsing last May. She shares her new beauty and fashion business with girlfriend photographer Jacquelyn Daley Parnell.

"I wanted to do more," said Christensen. "I love fashion. I was doing my blog, and I wanted to do it under one roof." The space she picked was under roof of the historic brick Weider building on Gregory Street. "Oh, my gosh, the first most important reason was the building space was aesthetically what I wanted," she added.

Christensen also knew she would be filling a fashion vacuum in the South Wedge.

"I knew a lot of boutique shoppers who were sad when thread closed," she added. "It's easy for me to shop wholesale online." Currently, Just Browsing carries some of her favorites: Endless Rose, English Factory and Just Black Denim.

"I want the shop curated. I'm picky," said Christensen. "I don't fill my shelves quickly because I like to be really selective."

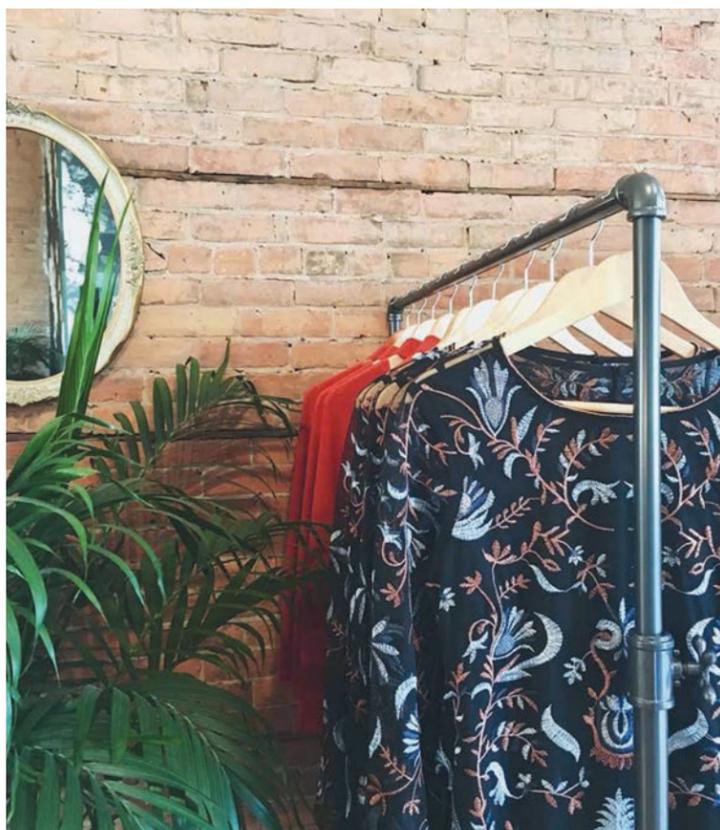
Behind the scenes, Christensen also offers brow sculpting and microblading, a semi-permanent eyebrow makeup technique.

Boutique side Christensen plans to add gifts and home items in the next few months.

389 Gregory Street, 420.8433. To book an appointment call 364.2099. Visit Just Browsing on Instagram (justbrowsingroc) Facebook or blog irocpolkadots.com.



Gold jewelry from Israeli artists and soft winter scarves at Just Browsing (Photo by Nancy O'Donnell)



Dresses perfect for holiday parties (Photo courtesy of Just Browsing)

Mise En Place Closing Dec. 31

Only two months shy of its 10th anniversary in the South Wedge, Mise En Place is closing its doors the end of December.

Sources say the closing is a result of a couple factors. When the restaurant and grocery opened in 2008, it was one of only three restaurants on South Avenue. Now there are about 10 or more in the area, all competing for diners and dollars.

Another factor reported is that owner Konar Properties dramatically raised the rent on the space which changed the equation of staying open in a competitive market.

The worst rumor on the street is that Konar Properties is considering leasing to a Tim Horton's or Walgreen, which seems unlikely given that the development firm

was integral in revitalizing South Avenue when it built South and Hickory Place apartments and the shops below that now house small independent businesses like Time for Wine & Spirit, Zak's Avenue and Coffee Connection among others.

We also know that a neighborhood that has worked so hard to keep its shops small and local will have a lot to say about a chain store moving in.

Messages left for Konar to confirm information about the closure were not returned at the time of publication.

So, let's give owner Casey Holenbeck a proper South Wedge Farewell. Do your holiday eating and shopping at Mise En Place while its doors are still open.

Help Mothers in Need

Maria Wehrle

Mothers In Need of Others. assist case managers and church outreach workers in meeting the needs of their clients by providing them with maternity and baby items free of charge.

Our list of case managers is growing by the day and we are experiencing a critical shortage of diapers, wipes, and personal hygiene products.

Mothers in Need exists as a stopgap in emergency situations.

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To help, call Furnished 4 Life/ MINO ministries 585 348-8596 or email Mothersinneedofothers@gmail.com.

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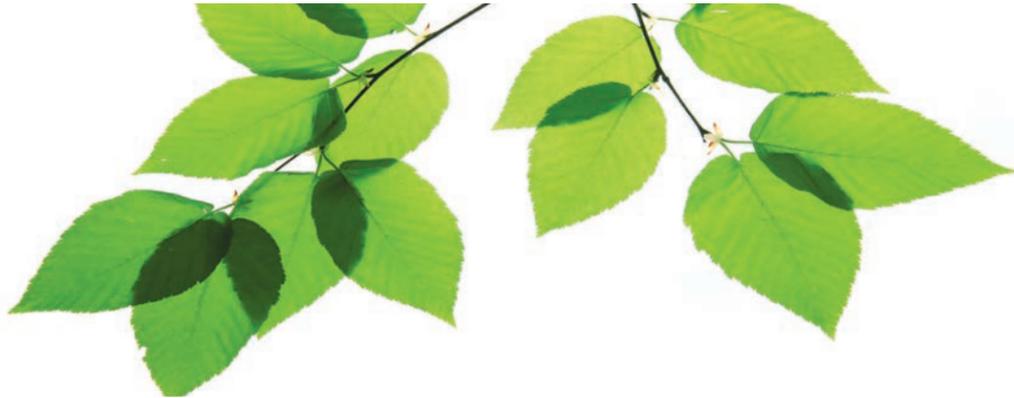
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Branching Out with...



School #12 HydroBotics Team Compete in Lego League Competition



Jennifer Gkourlias

James P.B Duffy School #12 students competed in the First Lego League Robotics Competition. Team School #12 HydroBotics competed with schools from across Monroe County in the first round competition on Sunday, November 19. Students had to program their robot to complete obstacle course objectives in this lively competition. The students had been leaning coding and programming language and also environmental science concepts. Coaches Mike Thompson and Jacqueline Lindauer, both from the South Wedge, worked as volunteer coaches for the team after school since September.

Students were assisted by Tony Scott and Julie Micali as well. This program brought great opportunities for students to enjoy science and learn engineering concepts.

The team was awarded the Award Core Values award. The group showed excellent partnership and team support throughout the competition.



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Savor Some Wonderful Wintery Ports

Glynis Valenti

Picture a wintery evening, damp and windy. Inside is a favorite chair, a lamp, a thriller book, and a small glass of wine sitting next to a decanter. That wine would be Port, cozier, sweeter, and heavier than everyday wines, with a little kick of spirits to ward off the cold. This fortification is the difference between Port-style wines and “normal” wines and also boosts the alcohol content to around 18%.

As with Champagne and the region of Champagne, authentic Port can only be produced in the Douro region of Portugal, which was officially designated as a wine region in 1756, making it the third oldest protected area of designation in the world. Wineries throughout the modern world, however, call their fortified wines port because of the process rather than because of the grapes or region.

While the wine had been produced since Biblical times, the British made it popular 1700 years later. At war with the French, Brits explored other sources for trade, including wines. They found Portuguese wines to their liking and were able to ship it down the Douro River to the seaport of Porto and load it onto waiting vessels. They recognized that wine didn't travel well under rough conditions, though, so some enterprising purveyors found a vintner who added grape spirits to the wine to stabilize it and stop fermentation. The thicker, sweeter wine became a major hit, and more

British rushed to Portugal seeking out partner vineyards. Many port wines still bear the English names of these early merchants, such as Taylor Fladgate, Graham's, Cockburn, and Sandeman.

Generally, but not always, port is made with red grapes—in Portugal, designated varieties—and there are four popular categories of the wine, and within those styles there are some “sub-styles.” Ruby Port is red and young, aged for two to three years in oak or stainless steel. They are fruity and popular because of their drinkability and versatility, as well as their less expensive price tags.

Vintage Port is a blend of the best grapes of a particularly good growing year. It is aged in oak for six months and bottled, unfiltered, to continue aging for as long as 30 years. The bright, red berry flavors of Ruby Port are concentrated into more intense black cherry, fig, chocolate, and blackberry. Vintage Port prices reflect its quality and its premium care.

Tawny Port is aged for at least eleven years in oak and gets its name from the brownish, golden, mellow color. Its flavors are more caramelized, more vanilla, more toffee and nuts. This port is a blend of several aged ports, so the label is interesting. The number on the label represents an average age of the blended ports in the bottle, not a grape harvest vintage as nearly all other wines.

White Port is simply made from



white grapes. It has more citrus flavors with honey and sometimes spice, and may be drier than its red counterparts. It's also versatile and mixed with tonic in place of gin and pairs well with a wide range of foods.

The classic Port pairing is bleu cheese like Stilton or Roquefort. The wine's sweetness and alcohol are balanced by the tangy creaminess of the cheese. Walnuts, almonds, dark chocolate, figs, cranberries, and raspberries also pair nicely. Charcuterie meats such as sopressata, prosciutto, and salami and Parmesan cheese can also be nice complements on a plate. Tawny Ports go nicely with almonds, pecans, apples, cheesecake, and smoked Cheddar cheese.

White Port, because of its drier notes and lighter flavors, can be paired with almonds, anti-pasta, and even shellfish and salmon. Our Wedge wine group met

recently to taste four New York state ports, three Ruby Ports and one White Port. Here are our thoughts and a little information about each winery.

•Deep Root Vineyard, Hammondsport: “Ruby” Port made with Chambourcin grapes and a small percentage of Marechal Foch; fortified with local, custom Chambourcin brandy from Crooked Tusker Distillery; Tasting Notes: rich, dark color, definitely drier than the other three; tart cranberry, cherry, raisin, a little tobacco; slight bitterness noted by two tasters but disappeared when accompanied by dark chocolate. (Added to crock pot cranberries for Thanksgiving, and it was very good.)

•Goose Watch Winery, Romulus; 2015 “Finale” White Port made with 72 % Vidal Blanc and 28% Valvin Muscat grapes, estate grown; fortified with grape brandy

from sister winery Swedish Hill; produce approximately 250 cases of 375 ml bottles every other year.

Winemaker Derek Wilber says Goose Watch wines are purposefully unusual in varietal choices, hence the decision to make a white port; Tasting Notes: not cloyingly sweet, fresh, tropical notes, peach, hint of coriander; serve with apple desserts, pecan pie, pears.

•Hunt Country Vineyards, Branchport; 2015 “Ruby Port” made with 60% Corot Noir and 40% Chambourcin, estate grown using sustainable practices on a seventh generation family farm; produced 342 cases of 375 ml bottles in 2015.

According to owner Art Hunt, they began making port because the “fruitiness of Finger Lakes grapes lends itself to the port style;” Tasting Notes: cherries, black pepper, most like “classic” Port (heavier texture, sweet but not too sweet.)

•Lakewood Vineyards, Watkins Glen; 2015 Port made from approximately 66 % Frontenac and 34% Baco Noir, estate grown on a multi-generation farm using sustainable practices; production ranges from 3,000 gallons to 300 gallons, depending on the available harvest; Assistant Winemaker Abby Stamp says creating a port was the result of a late harvest of Baco Noir in the late 1990s, which gave it too much sugar; the result was a hit, and they've produced it since; TASTING NOTES: lighter in texture than the others; smooth flavors of black raspberries, cherries, a little spice.

South Wedge Savor the Flavor Desserts

Sure you can cut up some rolls of Christmas cookies from the grocery store, but this year why not be a little more adventurous and try old recipes from SWPC's *Savor the Flavor* cookbook. The directions may not be exact, but that's part of the adventure.

The South Wedge Planning Committee's (SWPC) compiled the community cookbook for a fundraiser to support its programs and projects. 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. Many of recipes came from old family recipes, some with not exact measurements.

So let's all celebrate and eat! Merry Christmas and Chag Urim Sameach!

Km's Famous Peanut Butter Fudge

2 c. Sugar
1/2 c. Milk
4 T. Peanut butter

Cook all ingredients into a small ball (to check for a softball, drop teaspoon full of liquid into a freezing cold water. Mix around with your finger. If it all clumps together, so you can pick it up in one lump, it's a soft ball! Also a great way of testing the product before it's finished!) Once the soft ball stage has been reached, remove from heat and beat with an electric mixer until firm. Then quickly pour into your already buttered pan. Let set until firm then cut into squares. Then share, otherwise “hello, sugar rush!” --Kimi Robinson



Golden Barley Sugar

Barley Sugar

1 lb. loaf sugar
Teacup and half of water
Pinch cream of tartar
Juice from a quarter lemon
Saffron coloring

Boil one pound oaf sugar, a small teacupful and a half of water and tiny pinch of cream of tartar. Test whether is ready by dropping a wooden skewer into the hot mixture, then plunging this in-to cold water. If the sugar is brittle, ti's red for the addition of the juice of a quarter of a lemon and a little saffron cooking. Let it boil to 300 degrees by terhmometer, pour it on a sweet-oils marble slab and scut Ito strips with scissors. Twist these and store in glass bottoles.

--Nannett Cepero

Danish Puff

2 c. Flour
1 1/2 lb. butter
2 T. Water
1 c. Water
2 tsp. Almond flavoring
2 c. Confectioners sugar
3 eggs.

Roll 1 cup of flour, 1/2 lb. butter and 1 T. Water into a ball. Divide in half and spread in two rectangle lengths on an ungreased cookie sheet. Sprinkle with cinnamon, nutmeg, sugar or almond paste mixture. Melt 1/2 lb. butter Add 1 cup of water. Boil and add 1 tsp. Almond flavoring. Turn off. Stir in 1 cup of flour. Add 3 eggs, one at time. It will be sticky. Spread this on each of the rectangles. Bake at 350 degrees for 5 minutes. You will hear it bubble For frosting , mix 22 c confectioner's sugar, 1/2 stick of butter and 1 tsp. Almond flavoring together. Garnish with nuts, cherries or colored sugar sprinkles.

--Bob Boyd



Danish Puffs



Peanut Butter Fudge



Penuche

Penuche

2 c. Brown sugar
1/2 c. Milk
1 T. Butter
1/2 c. Pecan meats
1 t. Vanilla

Put the sugar and milk into a saucepan and stir until the sugar dissolves. After it has boiled for 10 minutes, test it. If it forms into a soft ball in the cold water of if the candy thermometer reads 240 degrees, remove from the heat. Stir in the butter, the chopped nuts and vanilla. When it is cool, cut into squares. If you want to vary the penuche , use one tablespoon of peanut butter instead of the nut meats.

--Nannett Cepero

Rochester Civic Garden Closing

After more than 60 years of high quality horticultural education, garden tours and special events at the historic Warner Castle, the Rochester Civic Garden Center (RCGC) Board of Trustee began the process of dissolving the nonprofit organization.

In a letter to its members, RCGC writes that it has “survived on a shoestring for many years, but we can no longer meet the financial and regulatory responsibilities required to operated as a nonprofit in New York State with declining membership and program enrollments.” Adding to the difficulties was the Nonprofit Revitalization Act (NPRO) passed in 2014 by NY state that required RCGC complete significant additional administrative efforts to meet the regulations. RCGC's data revealed that the organization was unable to meet the “economic and governing obligations required to support its mission, programs and the Warner Castle.”

Work in the rehabilitation of the Castle's gardens will continue through volunteer efforts. However, when the process of dissolution is completed, the group will leave the Warner Castle.

The Board expressed appreciation for members, donors, volunteers, supporters and stakeholders” and hoped that RCGC's ending will lead to “a beginning of a new collective for people passionate about horticulture, sustainability and caring for our environment.”





NeighborWorks Makes Party Plans to Celebrate Neighbors

NeighborWorks® Rochester is organizing its 3rd Annual Celebration of Rochester Neighbors, to be held in June of 2018. The free event, held for the previous two years at the City of Rochester Public Market, celebrates the great people that make our neighborhoods strong. Volunteers who are making a difference in each of the city's four quadrants at neighborhood level, as well as one leader in the overall Rochester community will be recognized. Neighborhood Associations, block clubs, and local merchants are invited to create a true block party atmosphere.

Geri and Joe Machado of the Highland Park community

were the winners of last year's Community Leadership Award award, which recognizes volunteer leaders who spark change by engaging others in improving their community. Additionally, four Community Champion Awards were given to individuals from each of the four quadrants of the city for their contributions to their community. More information on all five winners is available on the NeighborWorks Rochester website: <https://nwrochester.org/2017-celebration-of-rochester-neighbors-awards-announced/>

The event will also kick off NeighborWorks® Week in Rochester and will feature live

music, food, and children's activities. Admission to the event is free. NeighborWorks® Rochester, a non-profit organization, builds strong neighborhoods by educating and counseling new homeowners, providing loan services and energy-savings programs to homeowners and targeted neighborhood revitalization through the Healthy Blocks Neighborhood Initiative. Volunteers who wish to help with the event, or local business interested in sponsorship can contact Kelly Hallenbeck, Resource Development Manager at 327-4170, or khallenbeck@nwrochester.org.

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The Power of a Penny: Penny Sterling's Spy in the House of Men

Ian Patterson

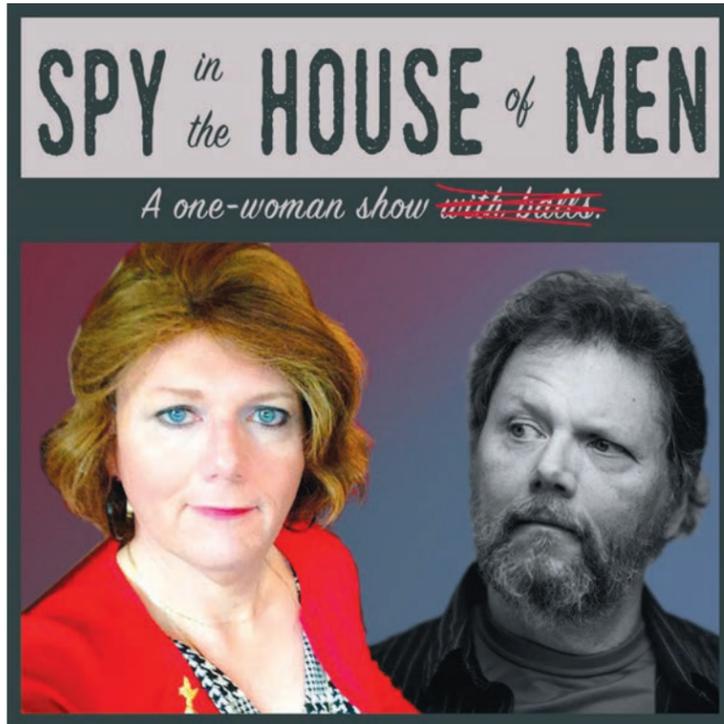
Emmy-nominated television producer/director, parent, comedienne, and more Penny Sterling has taken her award winning one-woman show on the road, bringing *Spy in the House of Men* to audiences all over the nation.

The show, a transgender gallivant through a life of trial, growth, fear, and love is an elaboration on an emotional journey that many of us share. This heart-to-heart conversation between Sterling and the audience brings a room of people together every minute she's on the stage. Its message of hope, love, and perseverance through trial and error are especially relevant in today's social climate.

The main highlight of *Spy* for the reviewer was the superb writing. The section of the performance entitled "The Bette Midler Incident" is a stand-out piece of theatre. The transition into it immediately grabs the audience and pulls you in wanting to know more. What you get is a funny, meaty story of young Sterling making meatloaf in her mother's sundress and pearls while listening to her favorite Bette Midler album. But the shock ending, which plays on information already given to the audience in previous scenes, catapults the audience from moment to moment until the incident is revisited in an emotionally stirring final moment that encapsulates Sterling's entire story and brings the audience to their feet.

It was most likely very enlightening and therapeutic for Sterling when she finally got her story down on paper and again when she first got to perform it.

This reviewer would have liked to see the production in its earlier stages. Despite a general enthusiasm for the overall piece, I arrived at the end of this performance with some reservations. At certain points, the performer's delivery seemed lacking in emotional drive. The passion, the urgency, the need to get her story out may have

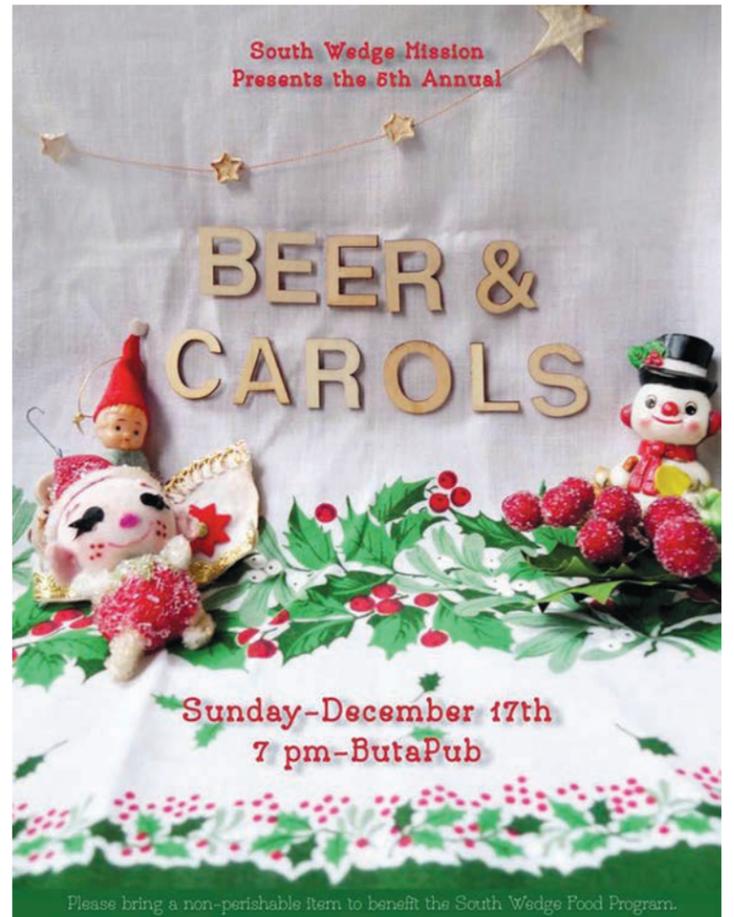


dissipated at GEVA during the Fringe Festival. Sterling has lived with the show over the year, and in parts the mood generated from her speech came across as more pacified than the writing intends it to be.

As the year continues to bring new societal and political developments, Sterling's performance of *Spy* is more than a lesson in a new culture for someone ignorant of what life as a trans woman entails. It is a resource. It is a haven of knowledge and experience rolled into 50 minutes of straight to the point humor. If you're gay, trans, sad, afraid, confused, 20 years old or 60 years old, coming to see this show will give you the two greatest things any human needs to always cultivate: clarity and curiosity. Sterling's stories about finding herself back when she was a he spouts lessons of growth and family relationships. When she expounds on her experience with sexual assault – at a point where every news day brings revelations and even more incidents of this sexual harassment that continue to go unreported and unresolved – Sterling is unabashed and unashamed. The trauma and fear she had to quell and learn to conquer

was and is very real, but she never lets anything keep her down and finds a way to use the negative experiences in her life to pull herself up even higher and keep going.

You can see Penny Sterling in concert at the Lovin' Cup during Two Tanks Tonight on December 9, 2017 in Rochester, NY. *Spy in the House of Men* will continue its tour in May/June 2018 at the Cincy Fringe Festival. For more information, go to cincyfringe.com and like Penny Sterling on Facebook. More information is available at pennysterling.com.



It's here, and it's in its fifth year!

Join South Wedge Mission for carols, holiday music, beverages, food and friends at ButaPub, 315 Gregory Street in the Historic German House on December 17.

This year, the Mission is collecting items for the South Wedge Food Program. We especially need razors and tampons.

Get there early (we suggest 6 p.m.) if you're planning to buy dinner. Caroling starts at 7 p.m!

All are welcome. SWM is an LGBTQ+ inclusive, religiously inter-practice community, so basically, if you're human you're invited!

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(l-r, back row) Rahul Ravi, Alex Heining, Isaac Gray, Janaa Smith (l-r front row: Sam Gray, Abigail Bowen, Jacyn Burch (Photo by Kelvin Knight)

Student Scientists Defend Title in Science Bowl
Kelvin Knight

The STEM Science Team successfully defended their NOBCCHE National Science Bowl Juniors title in Minneapolis, MN in November. The teams, a mix of students attending Brighton and Irondequoit middle schools, are only a contingent of a larger STEM group of 12 students of middle school students from all over Monroe County who practice with me every Saturday at the University of Rochester.

and Second Places in the STEM sciences and Black Science History trivia competition.

Congratulations to the participating students! Thank you to all the parents, local corporate and private team sponsors for supporting the team and making this trip possible. Onward and Upward! TV Channel 8 coverage: <http://www.clipsyndicate.com/video/play/7153190>.

The Stem Science Team participated in seven rounds of competition and won both First

Along with coaching young scientists, Kelvin Knight is assistant administrator at the City of Rochester Southeast Neighborhood Service Center.



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A Year in the South Wedge!



The year began with marches around the region in response to the inauguration. South Wedgians represented from Washington, D.C. to Seneca Falls to downtown Rochester. Above Rachel Leavy at Washington Square.

Below is a City site map for the last empty space along the Genesee River



Pathstones opens Wedgepoint on South Avenue



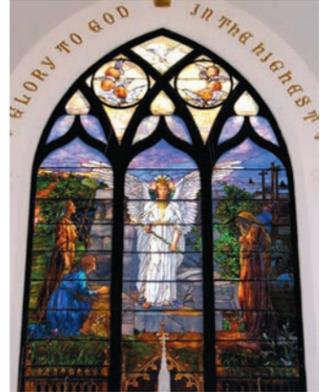
Zagster comes to the South Wedge



Christopher Hennelly preps for Wedge Waddle (Photo by Nancy O'Donnell)



A wild wind brought down trees throughout the Wedge, several on Meigs Street (Photo by Nancy O'Donnell)



Calvary St. Andrews named a historic landmark (Photo by Andy Olenik)



Mature 40 feet trees were part of RG&E's site plan below. Both were cut down during construction.



South Wedge Farmers Market brought out humans and animals for the food less travelled



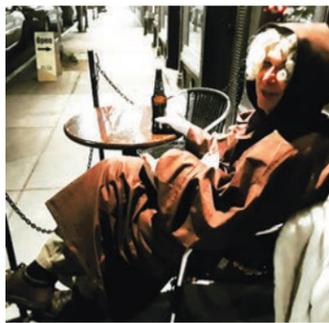
No Missing Cat sign here. South Wedge, a hotbed of progressive values, drew the attention of a frightened group who glued anti "anti-fa" signs on telephone poles in front of the South Wedge Mission and Equal=Grounds Coffee Shop. Another one was posted in front of Flavors of Asia on South Clinton Avenue. (Photo by Don Olney)



Neighbors flood meetings to listen to City officials and share their thoughts about site plan above.



Abundance Co-op moved to South Avenue and all their followers showed up to celebrate. (Photo by Kate Sweeney)



Night of the Living Wedge brought out Marilyn Monroe & the Mexican dead



The RG&E substation site plan (above) showed verdant mature trees that were quickly removed during construction. RG&E's complete closure of Mt. Hope Avenue created a pall over the final weeks of the South Wedge Farmers Market and severely impacted attendance.



Artist Shawn Dunwoody transforms the South Wedge Mission at the first annual Autumn Roots Festival



It's a Wonderful Life and a Homemade Holiday brought hundreds out to celebrate the South Wedge (Photo by Niraj Lama)

"Celestial Vegetables" by Michael Tomb



Michael Tomb's very original and inventive art uses vegetables from his own garden. (upper left) "Sideways Top" and Still Life for Salsa (bottom left). "Sol Hot Gogh" re-visions Starry Nights (above). Upper left is "Star Palette" and Vick's 1873 illustration on the bottom.



The Wedge Gets Read!