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## Be a Fool for Love



Blues band Coup De'Villes will perform at City Love

## Help Grow Community at City Love 2018 Tickets go on sale February 20!

Joan Brandenburg

"There's a Party go'in on right here..a celebration... to last throughout the year.....

Lyrics from the popular song by Grammy Award winners, *The Commodores*, help set the stage for the 7th Annual City Love. The event will be held on Friday, April 20, 6:30-9:00 p.m. at the Historic German House, 315 Gregory Street.

Over the years, City Love has become the South Wedge's premiere party to brush off any lingering signs of winter. Specifically designed to get neighbors together after a long hibernation, City Love features music, tastings from local restaurants and micro-brewers, silent and live auctions, and much more. It's all brought together for one night to celebrate the people and businesses who help make the

South East area of the city so unique.

DJ Dino Kay from Fickle 93.3 radio will MC the event and introduce the house band for the night. City Love organizers selected the classic blues band, *Coup De' Villes* to get the crowd moving. Guests can wander around the room for tastings and treats. New to nosh this year is a smashing mashed potato bar, featuring taters and toppings served in a goblet.

"This event really helps us reconnect and gives us a chance to show our appreciation for our community" said Frank Logan, board chair of the South Wedge Planning Committee. "Sometimes we take for granted all of the great things we have available to us in our city and the South Wedge. City Love is a time to

remind us all why we choose to live and raise our families here."

Proceeds from the City Love event help fund community projects throughout the area including garden projects, the Wedge Newspaper, the South Wedge Farmers Market as well as housing preservation and renovation projects. "City Love is a friend/fund raising event," Logan explains. "A great time for a great cause."

Tickets for City Love are \$25.00 each and go on sale February 20. Tickets may be purchased at the Buta Pub, 315 Gregory Street or online at [RocCityLove.com](http://RocCityLove.com) or mail check to 224 Mt. Hope Ave., 14620. For more information, visit [www.swpc.org](http://www.swpc.org) or call (585) 256-1740.

## Rochester's Original Blues Brother-- A Conversation with Coupe de Villes' founder Tommy Bianchi

Joan Brandenburg

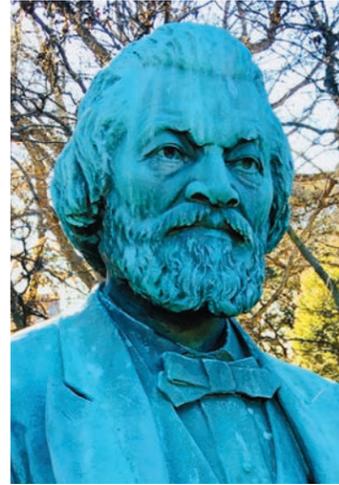
The *Coupe De' Villes* will celebrate 35 years of performing when they take the stage at City Love, Friday, April 20, 6:30-9:00 p.m. at the Historic German House.

The event is a friend/fundraiser to help support South Wedge community projects including the South Wedge Farm Market, Wedge Newspaper, community gardens and housing preservation and renovation projects. I recently sat down to talk with the band's founder. Q: Take us back to when you first started performing, What was your first gig?

A: We started rehearsing and putting the band together in 1983. We were all playing in commercial

top 40 cover bands, but we loved the blues and would get together on off nights to jam. Our very first gig was at Scoops on Lyell Avenue. People were expecting to hear some Top 40 tunes, so when we broke out with some blues people were like what are you guys doing? It was new music for people who were used to hearing us, and all of a sudden we are playing old school blues. I guess the top 40 people were in shock, but a bunch of people were like this is great! We got mixed emotions from our fan base, but folks came around. The

*continued on pg. 9*



Monument to famed statesman, abolitionist, newspaper publisher, speaker and former slave in Highland Park (Photo by Carvin Eisen)

## Historic Statue of Frederick Douglass Gets More Visible Profile (finally)

Nancy O'Donnell

Locals who live around Highland Park know where to find the statue of Frederick Douglass' statue, but thousands more pass by it every day without even noticing the 8-ft bronze statue of the 19th century historical giant on a hilly slope near the Highland Bowls.

The monument commemorating the acclaimed 19th century African-American abolitionist, statesman, writer and Rochester native will finally get the visibility it's long deserved some time this year when Monroe County moves his statue street level to the corner of South Avenue and Robinson Drive.

The motivation to give his Douglass a bigger profile in the neighborhood where he lived comes via a year-long celebration, Re-energizing the Legacy of Frederick Douglas. Re-energizing his legacy is a public art project and exhibition commemorating the 200th anniversary of his birth. Douglass was born into slavery in 1818 in Talbot County,

Maryland and while he never learned his birthdate, he later picked February 14 as his birthday.

City of Rochester historical researcher Emily Morry compiled the history of the statue, the first to memorialize an African-American in the U.S, and credits John W. Thompson, a waiter at a 19th century Powers Hotel (today the site of the Executive Office Building) for launching a campaign in 1894 to memorialize the accomplishments of African Americans during the Civil War.

Morry writes that Thompson "was dismayed that the Soldiers and Sailors Monument in Washington Square Park included no representations of African Americans." He received little support in Rochester to fund a statue recognizing black soldiers who died in the Civil War, so he wrote Frederick Douglass who by this time had moved to Washington,

*continued on pg. 16*



Star Alley in the South Wedge (Photo by Glynis Valenti)

## 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!

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**The Wedge Newspaper**  
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Rochester, NY 14620

585.256-1740, ext. 4 or 978.9638.

Fax 585.256.1497

E-mail staff, type first initial and last name@swpc.org

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](http://www.swpc.org) or call Nancy O'Donnell at 585.256.1740, ext. 4 or 585.978.9638.

**Before recycling the Wedge, please share with others.**

South Wedge Planning Committee, 224 Mt. Hope Avenue, Rochester, New York 14620, (585) 256-1740

## SOUTH EAST AREA COALITION



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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](mailto:jpage@swpc.org) or [gvalenti@swpc.org](mailto:gvalenti@swpc.org).

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The Wedge Newspaper

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## Join SWPC & Get the Wedge!

For 35 years, *The Wedge Newspaper* has chronicled the lives and times of our vibrant South Wedge neighborhood and beyond. Please consider subscribing. Just send a check or money order to the address below.

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## South Wedge Planning Committee

### South East Area Coalition

### February/March 2018 Calendar

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

2/20, SWPC 6 p.m. SEAC, 7 p.m.

3/20, SWPC 6 p.m SEAC, 7 p.m.

SEAC/SWPC Joint Board Meets Tues. 2/20 6 p.m.

SEAC/SWPC contact: [flogan@rochester.rr.com](mailto:flogan@rochester.rr.com)

**Community Engagement**  
(Neighbors & Block Clubs)

[gvalenti@swpc.org](mailto:gvalenti@swpc.org)

Wed. 2/21 & 3/21, 5:30 p.m.

**Housing & Structures**

Meets bimonthly

Wed. 3/7/2018

[gvalenti@swpc.org](mailto:gvalenti@swpc.org)

**SW Victory Garden**

E-mail for dates and times-

[felann@frontiernet.net](mailto:felann@frontiernet.net)

# Here Comes the Sun...and the South Wedge Victory Garden



South Wedge Victory Garden on Hamilton Street lush and green in the 2017 season (Photo by Jesse Knoth)

Cold and snow won't stop the South Wedge Planning Committee from making plans for gardening season 2018 in its two Victory Gardens. Victory Garden managers Ann and Felton Culbreth will begin accepting applications for garden plots on Feb. 1. The South Wedge Victory

Garden committee meets the 4th Monday of every month, 6-7 p.m. at the South Wedge Planning Committee office at 224 Mt. Hope Avenue (entrance on Hamilton Street). Next meeting is scheduled for Feb. 25. For more information, contact the Feltons at felann@frontiernet.net or call 256-1740, ext. 3.

# Somewhere in the Wedge

Photograph by Nancy O'Donnell



Constantine "Con" Rochester paid a visit to Thievin' Stephen's mural on the side of the Tap & Mallet on Gregory Street. His tiny little hands reached out to express his connection with urban art in front of a HUGE crowd of admirers.

# Nativity Preparatory Academy Reception Brings Students & Supporters Together

Ginny Lenyk

South Wedge Nativity Preparatory Academy, a private Catholic middle school for motivated, economically disadvantaged students in grades 5 to 8, welcomed local community leaders to help begin the school

year with a reception. Following by the Nativity tradition each student greeted their guests with a "Hello!" and a handshake. Nativity is in its ninth year and enrolled close to 60 students for this academic year.

# Nativity Preparatory Academy Welcomes NFL's Roland Williams



Nativity Academy students were thrilled to meet NFL star Roland Williams

Nativity Preparatory Academy enjoyed a visit from NFL star and Rochester native, Roland Williams. Williams spoke with the students about work ethic, academics, self-discipline, and positive choices.

Williams encouraged Nativity students to live his motto to "Be All In!" with their studies, their extra-curricular activities, and their personal enrichment. Roland Williams founded the Champion Academy Extreme Mentoring & Empowerment Initiative (Champion Academy)

to solve Rochester's teen crisis by providing participants with accountability, consistency and the support necessary to succeed as students and citizens.



L to R - Adam Baber, McQuaid Jesuit Principal, Senator Joseph Robach, Our Lady of Mercy President Suzanne Johnston and Nativity Academy supporters



Nativity Academy students greet visitors with a friendly handshake.

**Mr. Inside/Mr. Outside**  
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Starts March 3rd, 2018!

# Muller's Cider Adds Warmth to Winter

Glynis Valenti

How comforting is apple pie baking in the oven or hot cider and fried cakes on an early Spring afternoon?

There is another apple for winter's chill: hard cider. This ancient beverage is having a resurgence in popularity, and upstate New York, with its flourishing apple industry, is a prime location for sampling.

Apple cider has a long history. Research indicates that 3000 years ago, there were apple trees along the Nile River, and 2000 years ago the British were drinking cider when the Romans arrived. Its popularity spread throughout Europe from there. When colonists established themselves in America, they brought seeds with them since apple trees were less temperamental than wheat. The Founding Fathers—George Washington, Thomas Jefferson, and Benjamin Franklin—were great fans of hard cider. Jefferson even brought seeds back to Monticello on a mission to prove that he could make better cider than the Europeans.

During the nineteenth century, cider's popularity waned in the US as the push west opened up vast areas of grain-friendly land, and German immigrants began large-scale beer production. By the beginning of the twentieth century, the Temperance Movement and Prohibition all but closed the market for hard cider. By 2000 the wine industry was



Not all apple ciders are alike. Historically they contain alcohol and have varying degrees of sweetness, texture, and flavor, similar to wine. (Photo by Glynis Valenti)

booming, and the number of craft breweries was on a steady increase. Craft cideries have jumped on that wave, and Americans are rediscovering real apple juice.

As with wine, there are various types of hard cider ranging from dry to sweet. The end product and its classification are a combination of the types of apples used; brewing techniques; flavorings that may include honey, vanilla, hops, and/or spices; yeast strains; and cider makers' styles. The general formula for blending is 50 percent neutral apples, 30 percent aromatic apples, 15 percent tart apples, and 5 percent acidic apples.

And, yes, there are specific apples grown for cider although

more common "eating" apples can be used, too. Some of the most popular American cider apples include Gold Rush (a good standard neutral,) Golden Russett (aromatic,) Cox Orange Pippin (does well in New York and the northeast,) Northern Spy, and Baldwin (acidic.)

Muller's Cider House, 1344 University Ave., is an excellent place to try a variety of styles from New York, the United States, and all around the world. My friend Rich and I visited on a recent Saturday when they had 10 flight choices on draft.

Dry ciders are often lighter in body and texture. They are tannic, have mineral qualities, and may be more acidic than sweeter ciders.

At Muller's one of the dries on tap was Citizen WITS UP (VT). Its light-bodied, a little musty at the front, with a hit of lime before the apple finish. Rich chose the 1911 Brett (NY), a light-bodied with some citrus flavors cider with "almost wine-like" aspect reminiscent of German Riesling and on the verge of sparkling.

Off-dry ciders have between 1 and 2 percent residual sugar and a little more body than the dry ciders. They can still be slightly tannic and acidic but are softer in the mouth. There was a lot going on in the OSB (Original Stump Blower) Honey Chamomile (NY)-- a floral nose, honey, vanilla then a slight almond flavor, very soft in the mouth with a smokiness on the finish. Rich ordered the Blue Toad Amber (NY), a pale rose-colored cider which was also somewhat complex. This one had a "woody, herbal" quality that was like lavender, violets, and/or rosemary. I also noted honey flavors and a spiciness that turned toward cinnamon after a little time in the glass.

Semi-sweet ciders contain between 2 and 4 percent residual sugar. As expected, they are a little heavier in body with fewer tannins (if any) and stronger apple flavors. The Mac Jack Honey Ginger (VT) is an amber color and definitely gets the ginger across on the nose and in the mouth. This taste is followed by apple spice and a little muskiness.

It would be great with warm apple dumplings. To round out the four taste glasses, I ordered Harpoon Craft with flavors of honeysuckle florals and vanilla, a warm scent and creamy texture, slightly fizzy.

Rich tried the Magner's Original (Ireland), a popular brand in the UK since 1935 that uses 17 different kinds of apples. This glass had a musty quality like an old book, and Rich finally pinpointed the floral notes as "carnation." His final choice was Angry Orchard Easy Apple (NY) which was the most "apple-y" of the eight tasters, but also the most nondescript. I label wines like this "crowd-pleasers" because they are very middle-of-the-road.

Overall, our tasting favorites were the 1911 Brett, the OSB Honey Chamomile, and the Citizen WITS UP.

The sweetest cider is ice cider, that, like ice wine, is made from the juice left after freezing the fruit before pressing. This concentrates the flavors, sugar, and juice, so generally quantities are limited, and it is considered a specialty cider.

Along with ciders, Muller's Cider House offers sodas and sweet cider. It's food menu includes kettle corn, soup, salads and panini flights.

To learn more, visit Facebook or [www.mullersciderhouse.com](http://www.mullersciderhouse.com).

## Leaf Tea Bar Adds Second Victor Store

Leaf tea bar expanded its tea kingdom to Eastview Mall bringing a local tea shop to the space once held by corporate tea seller Tavana.

Owner Niraj Lama held a soft opening that included a blessing via Tibetan bowl. Owner Niraj Lama in an Instagram post writes that "we have put together a great collect of tea, tea ware and a team of tea gurus that I can't wait for you to meet."

He describes Leaf Tea Bar as "a brick and mortar avatar of Happy Earth Tea, a Rochester, NY based purveyor of fine organic teas. At Leaf you can enjoy tea expertly prepared, learn about tea, shop for tea and tea ware and tea gifts. We are a business committed to making a difference in the community. As



members of 1% for the Planet we support Finger Lakes Land Trust and 10% of our Nepal tea sales go to Ama Foundation that houses and schools underprivileged children in Nepal. Our motto: Brewing happiness, one cup at a time."

CNN discovered Leaf Tea bar last February and included it in its list of 11 best tea bars around the world.

## This is What Community Looks Like

The South Wedge Planning Committee sends a heartfelt thanks to City Mattress, 400 Jefferson Road, for a donation to a resident in need--a young man with kidney disease who did not have a real bed. Through their generosity the young man came home from the hospital to find a beautiful mattress and box springs.

Thank you to Elizabeth McDade for providing the vehicle to transport it



and for help with getting it set up at the apartment. Thank you to an anonymous friend who

donated funds for new linens. Truly helping neighbors.

## South Wedge Sudoku

### STR8TS

### SUDOKU

Medium

Medium

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

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

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		

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](http://www.sudokuwiki.org) for Sudoku and [www.str8ts.com](http://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.

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# How to Minimalize & Simplify Your Wardrobe

**Justine Smith**

Is your closet cluttered? Are you constantly purchasing new clothing and accessories to keep your wardrobe fresh and exciting? Do you have nothing to wear?

Over the past six years, I've transitioned from a sweatpants-and-hoodie-wearing student to a working professional with a small but versatile wardrobe I truly love.

Here are my best tips for creating a curated closet:



*Blogger and Minimalist Justine Smith*

## Go Through Everything

The most important and time-consuming step! Set aside time to try on everything you currently own. Keep only what you love.

Too big or too small? You don't need it taking up space. A special occasion dress for no particular occasion? Sell it on Poshmark or eBay. Thirty cardigans, when you only gravitate toward the same three? Why not donate to your local thrift store?

The general rule of thumb: if you haven't worn it in a year, you really don't need it.

## Examine What You Have Left

Now that your closet is full of items you love, examine what's left and make a list of what you need to buy.

If you kept only one blazer, perhaps you need one or two more. Did you keep clothing you adore, but that may need replacing? Keep that in mind as you begin shopping.

## Buy Only What You Love & Take Your Time

Commit to buying only what you LOVE. If you can't immediately picture how an item would fit

into your wardrobe, you probably shouldn't buy it.

Does that skirt have a cute pattern but you'd never actually wear it because it's too short? And sure, you may feel like a million bucks wearing those heels during the first thirty seconds you slip them on, but if after several minutes you can barely walk because they're so painful, they don't belong in your closet.

Try to avoid looking at the price of an item, initially. Since the majority of my shopping is second-hand, it's much easier to not pay attention to price at first. Also, don't solely shop the clearance racks. The probability is much higher that you'll select clothing because it's discounted, rather than because you are obsessed with it.

Take your time. Don't expect to rebuild your wardrobe overnight. Feel comfortable walking out of a store without buying anything. If you're shopping online, don't add random items to your cart just to get free shipping.

## Strive for Versatility

Versatility is everything. This is why I'm a big fan of neutrals (black

and gray) and small patterns that can be combined. Aim to create a wardrobe that can be mixed and matched as much as possible.

Don't buy the patterned pants that require purchasing a matching top. If you can only create one outfit from those items, what's the point? I'd rather own black pants that I can wear with literally any top or sweater in my closet.

This is not to say that you shouldn't have a few "fun" pieces in your wardrobe, but the more versatile every piece is, the more outfits you have and the more you resist buying new items!

## Appreciate What You Have

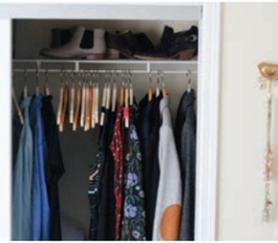
There will absolutely be a day when you become bored with your current wardrobe. My advice is to seek inspiration - find new ways to combine clothing you already own! I recommend Pinterest, where there are endless ideas for what to wear.

Try a sweater over a dress. Or a skirt over a dress. Add a belt over that cardigan.

Another classic case of wardrobe fatigue occurs when the seasons are changing, when you just want a few new pieces! I am all for that, as long as you stick to the tips above. Make sure your purchases are intentional and can be worn beyond the current season.

## Buy Only What You Know You'll Wear

I can't stand ironing. So, I don't purchase items that require ironing (though I do have a handheld steamer for emergencies). I've bought countless cotton and similar wrinkle-prone items that I ultimately donated or sold.



## What's the Buzz?

- Want to publicize an event, get the word out about your event, your club or organization?
- Contact Nancy O'Donnell at [nodonnell@swpc.org](mailto:nodonnell@swpc.org) or call 585.256.1740.

## Correction

The frightened sign posted by a group called "Anticom" was incorrectly attributed to Antifa in the December/January Wedge. In fact, the three signs posted around the South Wedge were anti-Antifa. The posters warned passersby



Be careful with trends. I used to buy puffer vests because they looked so wonderful on everyone else, but I've accepted that I am not a vest person. So, I don't spend my money on them, and my wallet and closet are happier for it.

Aim for quality over quantity. I used to have twelve pairs of booties, but now I own three pairs of comfortable, quality booties that go with my entire work wardrobe. Until they wear out, I don't need more. It's as easy as that.

The process of creating a minimal wardrobe can seem daunting. But, using these tips helped me create a beautiful, minimal, versatile wardrobe and with patience and commitment, they can help you too!

to avoid "Black Bloc, Antifa and Black Lives Matter." One was posted close to the South Wedge Mission which flies Black Lives Matter and Rainbow flags.

According to Anticom's website The group defines itself as an anti-communists dedicated to "oversee any leftist protests which occur in a division's areas." They also "intend to fight back against the violence against innocents and vandalism that occurs during these riots."

The signs were removed by the City of Rochester officials and neighbors who were concerned about the message.

The Wedge sends an apology to the Antifa movement for the error.

# SWPC Home Rochester House for Sale

**Glynis Valenti**

SWPC's latest CHDO (Community Housing Development Organization) house, located at 546 Westmount Street, should be completed by the end of February. Located in northwest Rochester, this 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. The dining room has a sliding glass door that opens to an outdoor patio area and fenced in back yard.

This house is available through the HOME Rochester program ([homerochester.org](http://homerochester.org)) for first-time home buyers. 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. Interested buyers can apply to the program online to become pre-qualified for home purchases.

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

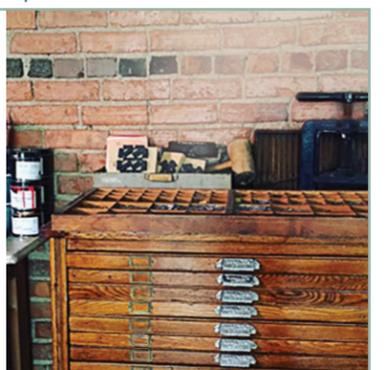
purchase options to qualified buyers who remain in the homes long-term.

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, visit [www.homerochester.org](http://www.homerochester.org).



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# Speak Your Truth

Michele H. Martell

*This above all: to thine ownself be true, And it must follow, as the night the day, Thou canst not then be false to any man./Farewell: my blessing season this in thee!*

-Shakespeare



Michele Martell

I was recently tearfully and blissfully happy to learn that my young daughter stepped in and bravely spoke up for an excluded friend in the face of possible rejection from new friends. My daughter thought nothing of being true to herself and speaking up. She is a true, authentic and humble leader, caring for another. That's what I'm talking about. Speak your sparkling truth, for yourself and others. Be strong.

That elder, struggling to cross the street, while others urge them to move along more quickly. That stray, abandoned, abused animal or child. You know it in your heart that these are precious souls. Use your voice to defend them. Look out for the helpless and be an advocate. Your voice show others that there is respect to be had in helping another living being.

And if you are being abused, speak your truth and don't make allowances for people who can't or will not treat you right, who won't see you as the beautiful blessing that you are. Refuse to be walked over. And through this upheaval of saying no, have faith that you will heal and become stronger in time. Get the support you need, and be true to yourself for yourself and for others.

I think about my Grandmother who came to our country on a frightening boat with virtually nothing but herself. She came here to find a new life, as many had with the faith that America would be a safe place to share their voice.

I drafted this article the day after my Father's funeral in June 2017. His passing, and the prior 18 months of illness, were excruciatingly difficult. But, what followed this chaos and pain was blessed, priceless clarity. The clarity showed me that our time here is limited. There never was nor will ever be anyone quite like you, and you are not here to placate the world. Allow your true sparkling self to improve it. Speak your truth.

We may roll our eyes at Shakespeare's quote, which we likely heard during high school and college. It may sound antiquated. Yet is it, really? For me, it is the essence of our souls.

Think about it. Does this advice ever run out of time? Seriously, it involves every element of our beings--our feelings, our thoughts, our experiences. We are spiritual beings inside a physical existence. To deny this truth is to deny our very souls.

How many times has someone said something that didn't feel right, but we didn't speak up because we didn't want to rock the boat, because we didn't want to go against the tide of acceptance? How many times did we not speak up for another or ourselves because we thought we may be rejected? The fallout of silence is a sad realization that we were not being true to ourselves. Our souls knew that truth.

My grandmother Leopoldina Kristina Sura (she took the American name Lillian Turek) who came over on a boat from Eastern Europe and spoke no English, spoke her truth. She told me a story about how schoolmates laughed at her for not understanding English, and she felt ashamed. "Lillian, come up here and speak Czech," her teacher instructed her to do one day, and she did. "How many others here understand her?" her teacher asked her students. No one raised their hand. And the teacher then asked how those kids would feel if they were laughed at for not understanding another language, and their eyes were downcast. My immigrant, hard-working grandmother stood tall. She spoke her truth in her

own language, and God bless that teacher who, now about a 100 years ago, voiced her truth. The bravery of that moment gave Lillian the courage to continue school, to raise a beloved son Robert, who was my father. I later went on to my own advanced college education and raised two beautiful children who excel in academics, sports, friendships and, most importantly, humility. So, in the end, it doesn't matter what the bullies say. Being true to yourself, speaking your truth and passing it on humbly makes a difference. Lillian spoke her truth in her own language, literally, and it changed the atmosphere of a classroom and some lives.

The world needs to hear your voice. Feel the need to speak up for animal welfare, children's and women's rights or other causes? Be true to yourself and speak your truth because if you don't, no one else may. Every voice counts. Without individuals speaking up, our blessed America wouldn't even exist. We speak up for not just our own rights, but for the rights of those less fortunate. And bullying, speak out against it, please. Lives are improved and may be even saved thanks to individuals and organizations speaking up for the truth of others.

Think about how many times you saw friends, acquaintances being scoffed at by others, and you wanted to speak up, but you didn't. We have all been there. We didn't want to be singled out. Do you know if you do speak up that may lead to a whole life difference for your friend, your relationship and for you, as a leader.



## Zak's Avenue Closes Shop

Nancy O'Donnell

Yet another store is closing in the heart of the South Wedge.

Zak's Avenue, a funky gift shop on South Avenue, joins Mise En Place restaurant and grocery store which shut its doors at the end of January.

Owner Deb Zakrzewski, an active member of the Business Association of the South Wedge, worked tirelessly in promoting small local businesses. She once remarked on the difficulty of a brick and mortar store in a world of online shopping. She said she even had "shoppers" come in to browse and then talk about going online to try to find some item at a cheaper price.

Her shop's closing creates a greater vacuum on the stretch of South Avenue that also saw Full Moon Vista bike shop relocate to another part of the City.

Zakrzewski recently wrote

an online farewell to all her customers and friends.

"With a very heavy heart, we are sad to inform you that we have no choice but to close Zaks Avenue. This is not something we want to do, but rather a difficult and devastating business decision that had to be made in light of the rapid transition of the retail industry to online shopping."

"We have loved having a funky gift shop/boutique in the awesome South Wedge," she added, "and would like to extend our most heartfelt thanks to our wonderful customers, many who have become friends, for their support during the last 8 years!"

Zak's Avenue's will be holding a "Show Your Love Farewell Sale-Abriation" February 8, 9, 10, noon to 6 p.m. just in time for Valentine's Day. Stop by and shop 'till you drop."

## Calvary St. Andrews Special Events



Historian Rose O'Keefe

On February 25 at 2 p.m., Rose O'Keefe, South Wedge author and historian, will discuss "Nineteenth Century Notables in Mt. Hope Cemetery." Learn about these famous and infamous people and their stories in a historic setting.

O'Keefe has written books on western New York history and on the Frederick Douglass family in Rochester, New York.

To learn more, visit her website at [www.roseokeefe.com/](http://www.roseokeefe.com/)

Calvary St. Andrews 68 Ashland at Averill in the South Wedge

Friends of historic Calvary St. Andrews are planning a series of Sunday afternoon events, focusing on local history, followed by tea and cookies. These events are free and open to the public. Donations appreciated. The church is located at 68 Ashland Street at Averill Avenue. Parking is on the street or on weekends at Postler & Jaekle at South Ave. and Averill.

## South Wedge Sudoku Solution

Str8ts Solution

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

Sudoku Solution

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

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# Bee My Honey Bee...Artist Brittany Statt joins Hedonist Artisan Chocolates for Annual Collection

Matt de Turck

A shared commitment to handcrafted quality is what led Hedonist Artisan Chocolates and local lettering artist Brittany Statt to partner for Hedonist's 2018 Valentine's Day chocolate collection, "Bee My Honey Bee."

Statt is a Rochester-based graphic designer, marketing director for the Rohrbach Brewing Company, and owner of Bee Paper House, a hand-lettering and illustration studio.

"I believe that all design should be grounded on craft and purpose," says Statt. "I love playful illustration

and vintage signage, and from those inspirations I really wanted to put my own spin on what Valentine's Day imagery could look like."

"We believe in the quality of handcrafted, artist-driven work" says Hedonist owner and chocolatier Jennifer Posey, "Working with Brittany really exemplified our shared vision for excellence. Valentine's Day is a wonderful time to show how much you care with something handmade, local, and unique."

Made fresh in Rochester's South



Hedonist Artisan Chocolates' Valentine Day Collection (Photo by Matt de Turck)

Wedge by Posey and her staff, "Bee My Honey Bee" is Hedonist's tenth annual Valentine's Day collection.

Inspired by the beehive-themed imagery, the collection features a brand new honey-infused caramel, enrobed in French dark (72%) chocolate and decorated with five designs created by Statt.

Statt also designed the collection's box hang tag and insert, and all three pieces were letterpress-printed in Rochester by Posey Letterpress.

"Hedonist exists to provide our customers with the best possible experience, and there's no better tactile feeling than the hand-

pressed, hand-printed sensation letterpress can provide," says Posey. "We hope our customers feel the same joy and quality from the materials that we do."

Hedonist Artisan Chocolates officially released the "Bee My Honey Bee" collection with a free tasting event on Friday, February 2 from at Hedonist's South Wedge shop, 674 South Avenue.

Artist Brittany Statt was in attendance and samples of her work are on display and available for purchase throughout the month of February.

The "Bee My Honey Bee" collection is available in 10-piece boxes and can be purchased at Hedonist's shop or online at [www.hedonistchocolates.com](http://www.hedonistchocolates.com).

## Help Grow Community at City Love. Tickets Go on Sale Feb. 20

Tickets for City Love are \$25 each and available beginning February 20. Tickets may be purchased at the Buta Pub, 315 Gregory Street or online at [RocCityLove.com](http://RocCityLove.com). For more information, visit [www.swpc.org](http://www.swpc.org) or call (585) 256-1740. Mail checks to 224 Mt. Hope Avenue, Rochester, NY 14620.

### Cinema Theater Has New Owners

Film fanatics Audrey Kramer and husband Alex Chernavsky were married in Swillburg's historic Cinema Theater nine years ago, and now they've taken it a step further and became its new owners and operators. A few changes are in the offing, but the long-standing resident cat positions not only will remain but double with the addition of two new rescue cats.

The concession stand will offer vegan treats. New Balance butter is used for the popcorn and delectable cookies come from Misfit Bakery.

Happiest news of all—the I-can't-believe-the-price Cinema



movie tickets remain only \$5 for two features. Students and people over 65 pay \$3. Tickets for weekend matinees are \$3. The space is available for rental. 957 South Clinton Avenue. [cinemarochester.com](http://cinemarochester.com).

### Use them or lose them

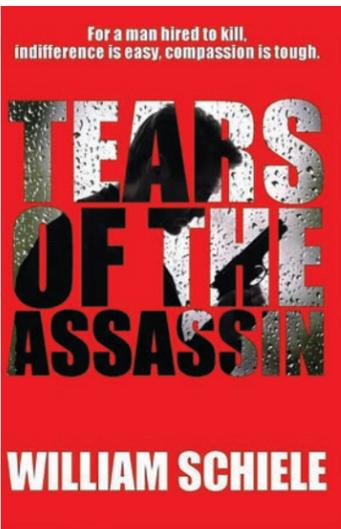
You've heard people say..."remember that great little store [fill in the blank] that used to be here?" Most likely, it was the one they passed on the way to the suburbs to shop at some big box store. Sure you can't find everything you need in your neighborhood, but you will find small owners committed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



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## South Wedge Author Gives Life to Working Man's Assassin

Nancy O'Donnell



Paid assassin David Diegert is good at killing, he just doesn't like it very much. He's a mixed race, former vet, now dishonorably discharged, who works at a mini mart. Suddenly, he's sucked into a life of calculated violence and a global financial conspiracy headed by an Austrian sociopath. South Wedge author William "Bill" Schiele Brewer met up with the Wedge at Equal=Grounds recently to talk about his novel, *Tears of the Assassin*, that's garnering rave reviews on Amazon.

Brewer said he completed the first rough draft of his novel over a period of four weeks while he was recuperating from cancer surgery.

"Schiele was my grandmother's maiden name," said Brewer, explaining his nom de plume. "It was distinctive from who I am at RIT and it sounded authorly."

Brewer's writing career began in high school creative writing class in Cherrill, NY, a small town near Oneida.

"My first story was about a barbarian, swords and sorcery, pretty teenage stuff,"

said Brewer. "Eventually, he did form a relationship with a woman, all in ten pages."

Brewer also learned that while other students bemoaned assignments, he was challenged by them. "[The class] was really helpful. I learned how to develop characters and describe a smorgasbord of emotions. It sparked in me an unknown capacity I didn't know I had."

He played sports, basketball, (he's 6 ft. 7" tall), rowing and volleyball and when he graduated from high school, he "put writing to the side and walked away."

Brewer earned a Bachelor's Degree in Health Education from SUNY Cortland and a Master's Degree in Exercise Physiology from SUNY Empire State College.

He and wife Leah, who he met while studying in Canada, moved to Brighton to start a family. He began teaching anatomy and physiology at Rochester Institute of Technology and later was named the Director of a new Exercise Science program in the Wegmans School of Health and Nutrition within the College of Health Sciences and Technology.

When he returned to storytelling, it was to his three young children.

"We'd read a story a dozen times, and I thought I'm going to remake them," Brewer said. "Then I started making up original stories about animals."

Soon Brewer travelled to local grammar schools to tell his stories about "Chippy The Chipmunk" and "Rotten Rat." His villainous Rat was the children's favorite.

"I would tell the stories from memory and not write them down," said Brewer.

The next time he wrote it was an action adventure screenplay about a Special Forces soldier who saw

atrocities in Bosnia and when he's discharged, he joins a SWAT Team.

"It was hard to sell; I got lots of rejections," said Brewer. "I saw it would be a long haul for an original screenplay from a nobody to be picked up. I wrote three more, but I didn't try to market them. I got them out of my system."

His day job, teaching at RIT, took all his time. Then In July 2013, Brewer was diagnosed with colon cancer after a routine colonoscopy. (Brewer interrupted his writing story to give this PSA: "Go get your colonoscopy at 50! Don't kid yourself that you're healthy.")

Within weeks he had surgery, and since the cancer was discovered early, he did not need chemotherapy. He began four-weeks of convalescence that included "doing nothing." With an empty schedule, Brewer turned to novel writing

"[The diagnosis] brought the sense that the plan that 'someday I'll start writing' ended. I was really lucky. I dodged a bullet. If I hadn't had cancer, I'd have put a 1/2 finished novel in a file and said, 'Someday. Someday. 'But, I thought, 'Dude you better do it now.' I looked at my life and my family was great. My career was great. I'd really like to write a novel."

His choice of protagonist—a lethal assassin—led his wife Leah to ask, "Am I safe in his house?"

In four weeks Brewer had written 140,000 words.

"I like how [the name] Diegert ends with a hard consonant, and it's easy to say," Brewer said. "I also like how it begins with 'Die.'"

Along with a character he came to love, Brewer researched the economy, military law, firearms and European travel while writing the novel.

When he returned back to



Author William Schiele aka Bill Brewer

work at RIT, he continued to write evenings and weekends. In 2015, he attended a writer's conference in NYC that included "a pitchfest," or what Brewer calls "speed dating with agents."

"There were 50 agents in three 'dates' and I got 21 requests for more information or they asked for my card. All 21 requests evaporated to nothing. I got three rejections with long explanations. One agent wanted me to change my antagonist to an Islamic terrorist. I said, 'No! and his answer was, 'Well, that's what I can sell.'"

Brewer kept his American working class protagonist instead. A couple years later, Brewer listened to a story on NPR about hybrid publishing and discovered Inkshare, a reader-selected, crowd-funded publisher. The plan is to get

250 readers who read the first few chapter and agree to purchase the book. Brewer attracted 800 readers.

Today he keeps a rigorous writing schedule. He's up at 5 a.m. and writing until 7:30 a.m. before he goes to work, and he's now tweaking a sequel in what he hopes will be a David Diegert series.

"As a writer you come to realize that the real reward is the excitement at 5 a.m. with a laptop and putting it out on the page. If you don't like that, you shouldn't be a writer."

*Tears of the Assassin* is available on Amazon and Inkshares. To learn more about the author, visit [williamschiele.com](http://williamschiele.com).

Brewer said he'll be reading from his book and signing copies at Equal=Grounds sometimes in Spring.

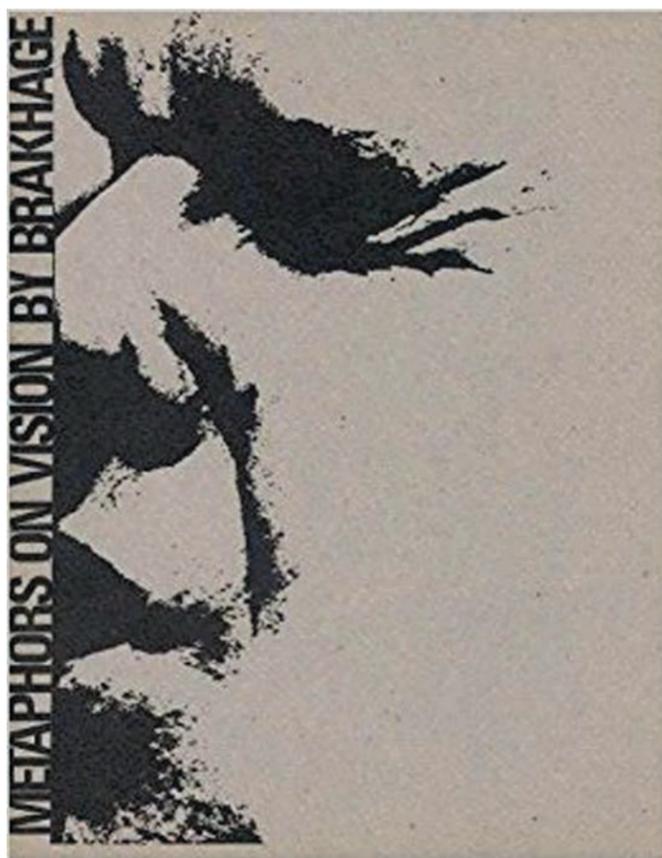
## Metaphors on Vision: 8mm Films by Stan Brakhage and Book Sale on Feb. 16

Out of print for over 40 years, Stan Brakhage's landmark *Metaphors on Vision* has been republished by Anthology Film Archives and Light Industry.

To celebrate the re-release of this critical text by one of avant-garde cinema's most influential figures, Visual Studies Workshop will be screening a selection of rare 8mm films from Brakhage's Song Series. Thomas Beard, a founder and director of Light Industry and a Programmer at Large for the Film Society of Lincoln Center, will talk about the effort to re-publish *Metaphors on Vision*, and a limited number of copies will be available for purchase through the VSW bookstore.

The screening and book sale will be held on Feb. 16, 6-9 pm. at VSW's Auditorium, 31 Prince Street. Admission is \$5 and free to VSW members. Parking in rear. Visual Studies Workshop's auditorium is handicap accessible

The Dryden Theater will be screening a selection of Brakhage films on Thursday, February 15 at 7:30 p.m.



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## Notes from the School of Doology

Lorretta Walker

Continuing through February's Black History Month, Minister Lawrance Lee Evans will teach on "Some Doubted" at Student Doology Hour at 4 p.m. every Sunday. You do not want to miss one installment of this month's lesson.

On February 17 which would have been Brother Charles Riley's 60th birthday, the adult students of Minister Lawrance Lee Evans, Sr will discuss one of Brother Charles' favorite books, *The Miseducation of the Negro*, by Dr. Carter G. Woodson, the founder of Black History Month.

"Supporters Day," our yearly tribute to Brother Charles, will be at 6 p.m. "Supporters Day" is the conclusion of our Kwanzaa Appeal fundraiser.

The Black History Month issue of our official newsletter, *The Black Koptic*, is now available. You can purchase a copy at the Institute for \$1.00. Alternatively, you can get a one year subscription by donating \$25.

The February/March issue is jam packed with articles by Minister Evans' family, Black History questions, an article about the latest tax "reform" and other interesting topics.



Rev. Lawrance Lee Evans

### Charles Riley Tutorial Program

Minister Lawrance Lee Evans Sr has three openings for the after school tutoring program. If you or a family member needs extra help, please attend Student Doology Hour any Sunday at 4 p.m. 219 Hamilton Street, Rochester, NY

## Nominate your Neighbor & Celebrate Rochester Neighbors

NeighborWorks® Rochester is organizing its 3rd Annual Celebration of Rochester Neighbors, to be held in June 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. City of Rochester residents who exemplify a vision for a better Rochester, who work to better their neighborhood or spark change by engaging others will be considered. Full nomination details are available on the webpage: <https://nwrochester.org/Celebration-of-rochester-neighbors/>.

The event will recognize four Community Champions - individuals from each of the four quadrants of the city for their contributions to their community.

The Community Leadership Award award, which recognizes volunteer leaders who work to improve the entire community of Rochester.

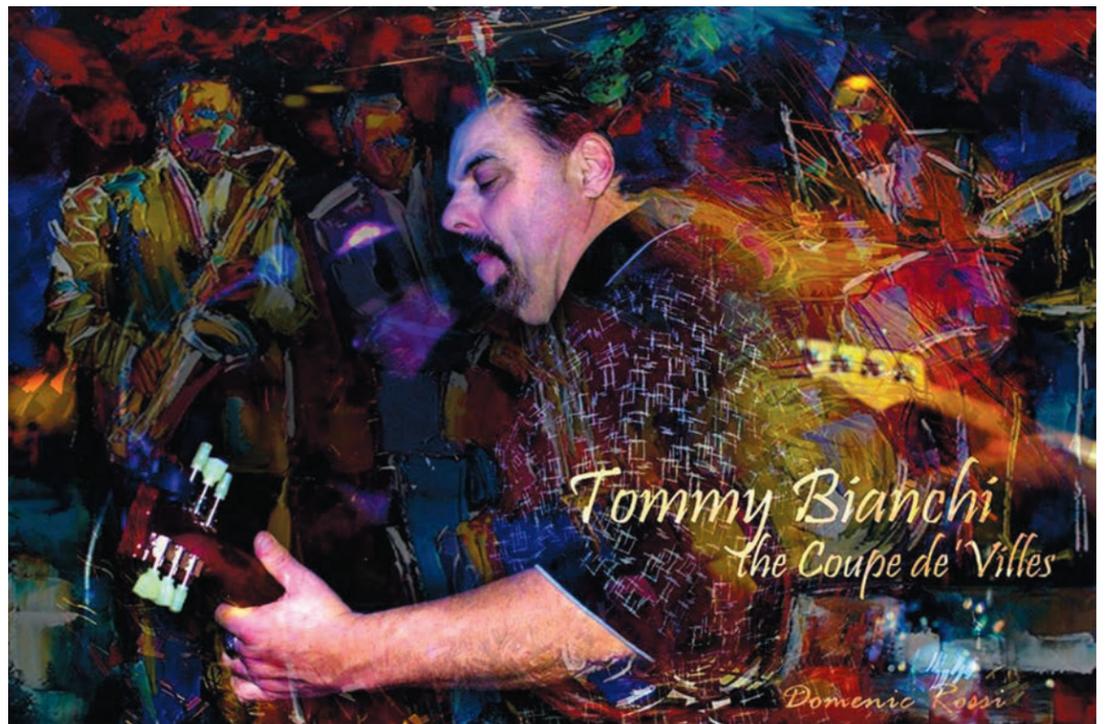
Celebration of Rochester Neighbors is much like a block party for the entire city. The event will also kick off NeighborWorks® Week in Rochester and will feature live music, food, and children's activities. Admission to the event is free. NeighborWorks® Rochester, a non-profit organization, builds strong 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](mailto:khallenbeck@nwrochester.org).

## HERE'S WHAT YOU DO WHEN YOU SHOP LOCAL..

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6. You conserve your tax dollars.
7. You create more choice.
8. You take advantage of the small business's expertise.
9. You invest in entrepreneurship.
10. You make the shop, the neighborhood a destination.

## Coupe de Villes' Tommy Bianchi

continued from pg. 1



band started getting popular. We all left our Top 40 gigs to do blues full time and here we are 35 years later.

**Q:** How did you pick the name?

**A:** It was back when MTV came out, and everything we were playing was getting overplayed on MTV. I had enough of that scene and didn't want to do it anymore. So we formed the Coupes and named it after the Cadillac. It was my dad's car, and it was a classic. We were looking for a cool name. The car was cool, so we picked that. It fits us, and it fits our style of music.

**Q:** Of all the music styles that you could have chosen, why the blues?

**A:** I always loved the Blues. Back in high school at Aquinas, all I listened to was BB King, Allman Brothers, Albert King. He really inspired me to want to play guitar. Rhythm playing is very important to me. I infuse that with a classic blues, rock style approach, and it works.

**Q:** You play covers, any originals?

**A:** As we played more and more, we started to write some of our own stuff. John Cianciola was with us then. He was an amazing keyboard player, vocalist and lyricist. John stayed with us for 30 years and helped us produce three albums. *Tuff Life*, *Burn'in Blues*, *Burn'in Live* at WITR.

The Song "Tuff Life" made it to Comic Relief on HBO three years in a row. I can't emphasize enough John's impact on the band. Personal health issues caused him to have to step away, but his presence is still missed today.

We have a loyal following that is aging along with the band. However, what is really fun is when we get to introduce some

classic blues to the millennial crowd. They really dig it! We have expanded our repertoire to include some classic funk, Tower of Power, Sly and the Family Stone, Chicago. No matter what generation you hail from, our music is going to get you up and dancing.

**Q:** What makes you most proud?

**A:** Through the years, we have kept true to our music and our range. It's about the quality of the music. We do not compromise, and we sure aren't in it for the money. Even after 35 years, we love to take the stage and share our music. We are so fortunate to work as much as we do. We work together as a family, not one member is more important than the other.

**Q:** What's in the future for the Coupe de Villes?

**A:** We are kicking it now. We have moved in a very good direction. We have survived losing members over the years, but we have never stopped. I am extremely happy with the current line-up of players. We are a strong dance band playing a wider range of music. We have expanded our repertoire to include classic funk. We have a loyal following that is aging along with the band.

**Q:** What advice would you give to young musicians?

**A:** Work at your craft, don't sell yourself short and love what you are doing.

**Q:** What does a classic Coupe de Villes do when he is not on stage?

**A:** I have a day job, but you can find me most Saturdays at The Guitar Shop on Buffalo Road. It's a co-op of four or five players from the Rochester music scene

who display their collections. I guess you could call it the ROC City Guitar Club. Anybody who stops by is invited to play some outstanding guitars and jam with the boys. There is a set of drums set up and amps and off we go. George DeMott and I are two of the original members of the Rochester Bastards motorcycle club and when weather is good, my brothers and I are out riding the roads.

### Bianchi's Bests:

Best guitar in personal collection - 1981 and 1987 Gibson Lucille models signed by BB King

Best venue to play - Small bars with the fans right up front. Love the personal connection

Best Motorcycle - Harley Davidson - I love my Harley Road Glide

Best Blues song - "The Thrill is Gone"

Best Guitar - Gibson ES 335

### Meet the Coupes -

•Tommy Bianchi, band leader and lead guitar-original member

•Lex Byers- Lead Vocal-original member

• George DeMott- Drummer-original member

• Jeff Morrison-Base

• Lou Spezio- Keyboard West Side Horns:

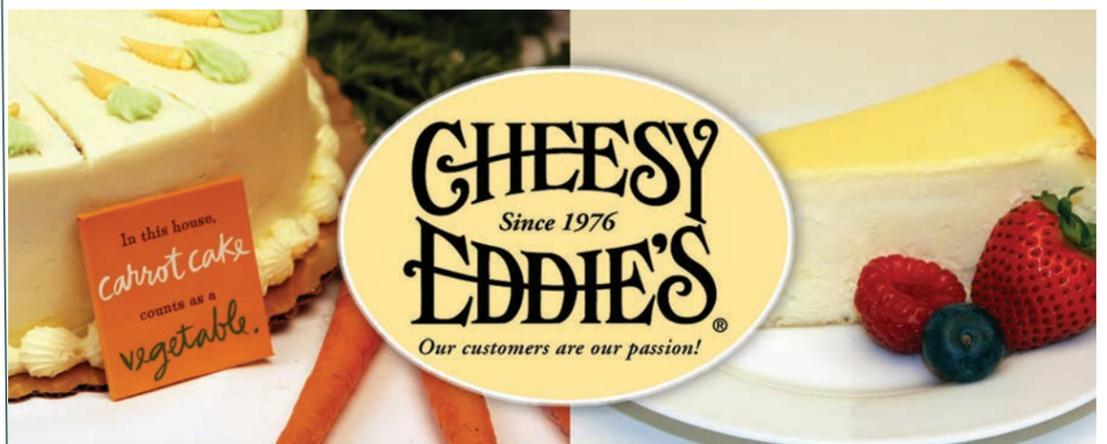
• Paul Spezio, Tenor Sax,

• Ken Foster, Baritone Sax

• Donny Allen, Trumpet

For more information, contact Tommy Bianchi through Facebook or the Coupe de Villes - [www.coupedevilles.com](http://www.coupedevilles.com)

Tickets to City Love are available at [www.RocCityLove.com](http://www.RocCityLove.com) or contact: [info@swpc.org](mailto:info@swpc.org)



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# Relish on South Avenue

Glynis Valenti

Walking through the door to Relish, 651 South Ave., there is an expectation of something special. Open for dinner Wednesday through Saturday, the décor is urban meets cozy elegance. The lighting is soft, and the place settings eclectic. The menus are folded into little squares.

What's ON the menu, though, is what Chef Stephen Rees really wants people to notice: a revival of French classics with his own twists. The individual special dishes change weekly, but Wednesday's feature is a "Shared Fish," Thursday's feature "Slow Braised," Friday's feature "Fresh Pasta," and Saturday's feature, "Whole Dover Sole." On a recent evening visit, the "slow braised" special was rabbit braised in wine, which is traditional French cuisine, with spaetzle.

Also traditional is local sourcing for ingredients. Many Europeans still stop daily at butcher shops, bakeries, and town farmers markets for the freshest foods. While Rochester winters are a



One of the locally-sourced menu items at Relish, this is duck breast with l'orange sauce, carrot and juniper puree, and sauteed winter greens.

challenge for finding fresh produce, Rees says all of the restaurant's proteins—beef, rabbit, lamb, and chicken—are local, and the current menu includes locally sourced mushrooms, potatoes, carrots, onions, eggs, apples, parsnips, and flour. The fish is flown in overnight from a sustainable fish monger.

"Our menu changes to reflect the seasons and food availability," Rees explains. "We have pierogies [made] with local potatoes and apples with 'bacon' powder, or the braised rabbit with spaetzle and winter kale."

One of the items we tried was the appetizer of warm goat cheese with single-origin olive oil and

apples, which also had a splash of lemony flavor that brightened it. It was served with a fresh baguette, more than enough for two people, and was very good. Other appetizers include organic greens, crispy cheese, and house-made guanciale and Champagne vinaigrette; a cheese of the day; mushrooms in wine with eggs, potato, and feuille de brick; and a vegan Caesar salad with warm potatoes.

Entrees on the current menu include steak vol-au-vent with potato, creamed greens, and brandy sauce; duck breast over juniper scented faro risotto, winter greens, and onion l'orange sauce; dark rye flour Parisian gnocchi with Mornay sauce, wine braised onion, greens, walnuts and mustard. I ordered the "fish of the day," arctic char served with onion tart and greens. The herbed fish had a delicate flavor with a hint of smoke. There are a few vegan choices, too, like the vegan vegetable pot pie with truffles and mushrooms.

Rees adds that he does make

seasonal desserts, which are not on the menu, but customers should check with the server to find out what is available.

In addition to the restaurant, Relish caters events and lunches and produces prepared meals for take home. Rees says the prepared meals segment of the business is becoming popular, and he has hired more staff to accommodate the growth.

Rees himself is enthusiastic about creating intriguing dishes and bringing joy to his guests. His interest in cooking was encouraged by his parents, and he grew up in Rochester watching Julia Child on PBS. He holds a bachelors degree from the Culinary Institute of America. Rees leased the space near the corner of Hickory St. when Open Face closed last year.

Sample Relish menus are online at [www.relishdelivers.com](http://www.relishdelivers.com). Phone (585) 454-2767 for more information or for reservations, which are encouraged. Relish opens for dinner at 5:30 p.m. Wednesday through Saturday.

## Root Vegetables Tres Jolie Laide (that's French for beautiful ugly)

Glynis Valenti

Root vegetables aren't pretty. They aren't like a baby pepper that transforms into a shiny, chiseled green block or like a plump, sun-kissed heirloom tomato. They are the workhorse veggies, staples that (no pun intended) ground the meal.

Before industrial agriculture and year-round availability of produce at the grocery store, root vegetables were harvested at the end of the season, stored in "root" cellars and eaten during the cold, lean months of winter. This makes sense given that root vegetables are just that: roots that store all of the nutrition for their plants above-ground. All of that energy, vitamins and minerals are beneficial to humans, too.

Carrots and potatoes are common root vegetables, but three others—parsnips, beets and sweet potatoes—are inexpensive and have some unique qualities that add nutrition and variety to favorite winter dishes.

Parsnips look like large, pale carrots but are used like potatoes. Researchers say the plant originated in Europe, and ancient Romans ate it, though they called carrots and parsnips by the same name. Before sugar cane, parsnips were used to sweeten foods. Farmers developed plumper, fleshier parsnips and harvested them late to increase the sugar. Vegetables in the same family include carrots, celery, parsley, fennel, celeriac and chervil.

Nutritionally, parsnips are high in fiber, low-calorie, low fat, cholesterol free, and harbor valuable omega-3 and omega-6 fatty acids.

Generally parsnips can replace potatoes in recipes because of their similar physical properties. Try dicing them for soups or mashing them with potatoes or cauliflower to add some nutritional and flavor zip.

Beets, related to turnips and spinach, have their own unusual properties and benefits, most obviously the betalain pigments that give beets rich colors. As with many phytonutrients, betalains provide antioxidant and anti-inflammatory support, but these combined with beet levels of Vitamin C and manganese appear to target eye health and nerve tissue.



Glamour shots of parsnips, beets and sweet potatoes by Glynis Valenti

The beet was cultivated along the Mediterranean as early as 2000 BC and in China during the first millennium AD. During this time, though, beets were grown mainly for their greens above ground, also nutritious. In the 19th century, sugar beets were developed in Germany and harvested as an alternative to sugar cane. Today one-third of the world's sugar supply comes from beets.

Preliminary research indicates that beet phytonutrients inhibit a type of enzyme producing cell messages that trigger inflammation. In cases of chronic inflammation like heart disease, atherosclerosis and resulting Type II diabetes, stopping these molecules reduces dangerous inflammation. Because of this, scientists have been doing tests on various tumor cells and beets with promising results. Another nutrient found in beets, betaine, is showing positive results in decreasing cardiovascular system inflammation.

Beets are best when small to

medium-large size. Watch for small bruises or holes because the pigments contained within the skin will leak from a punctured root. To conserve the pigment and nutrients, beets should be cooked with their skins intact and with about an inch of stem still on the root. The valuable betalains are susceptible to heat, so recommended steaming time should be kept to less than 15 minutes and roasting or baking time to less than one hour. When removing the outer skins wear rubber or disposable gloves to keep the pigment from coloring the hands. Root skins should peel off easily with a paper towel.

There are over 400 varieties of sweet potatoes throughout the world, but only two varieties are commonly grown in the United States: one with gold colored skin and white or yellow flesh, the other with tan or brown skin and orange flesh, commonly called a yam. However, it is not even in the same botanical family as a true yam, which is

grown only in tropical climates, nor is it related to the common potato. The yam misnomer began when African slaves coined the North American sweet potato "nyami," the Senegalese term for a similar-looking root grown in Africa.

Ten thousand years ago inhabitants of Peru were growing the sweet potato, which is actually part of the morning glory family. Columbus took them to Spain from the New World, and the Spanish and Portuguese grew and exported them around Europe, Africa, the Philippines, and Asia after that. Native Americans in the south were already growing them, called "batatas," and sweet potatoes are still a southern cooking staple.

The darker the flesh, the more beta-carotene inside, and this is the type of beta-carotene from which human bodies can directly produce Vitamin A. In Africa and India school children are fed sweet potatoes to support healthy eyes, bones, skin and

immune systems. It's said that the sweet potato sustained Civil War soldiers during the winter months.

Sweet potatoes produce their own healing nutrients, sporamins, when the root's flesh is damaged. These are stored in the vegetable flesh, so humans ingesting the vegetable may absorb these healing antioxidants, as well. Research indicates that sweet potatoes could help those with intestinal tract maladies or with high levels of mercury, cadmium or arsenic in their systems.

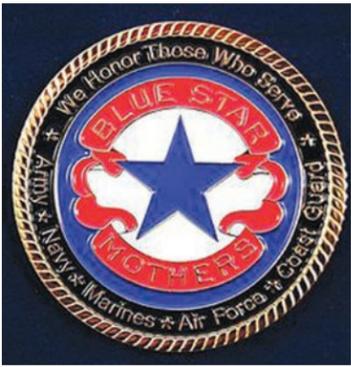
An unusual benefit to people with Type II diabetes has to do with the body's production of insulin regulator adiponectin, produced by the body's fat cells. Sweet potatoes increase the production of this hormone, and, contrary to the usual avoidance of starch for diabetics, one medium sweet potato boiled or steamed will provide about three grams of dietary fiber and only register around 50 on the glycemic index.

Boiling seems to be the best way to preserve the nutrients and keep the glycemic index low. Studies also show that the beta-carotene is best absorbed when eaten with a small amount of fat. Adding a tablespoon of extra virgin olive oil or some crushed walnuts to a medium steamed or boiled sweet potato will be enough to reap the benefits.

True, root vegetables look a little rough on the outside, but so do diamonds when they're first dug out of the ground. Using each of these in a winter dish every week could save a bit in the budget and add a boost to the immune system. It's what's inside that counts.



# Reflections of a Blue Star Mother



**Ann Bauer**

My son will be deployed to Afghanistan in a matter of days, part of the package of enlisting in the U.S. Army.

He will be away from his family, young wife, and four-year-old son and one-year-old daughter. He will communicate only by Skype or video cam when he is relieved of his duties sometime during the day or night. He will sleep in a tent or in a large bunker most of the time. He will be away for the better part of a year. The military does not disclose many details. The separation will be torture for his immediate family and close friends. It will be especially brutal for his twenty-year-old wife and middle-aged mother.

Afghanistan borders Iran, Pakistan, Turkmenistan, Uzbekistan, and Tajikistan, all made-up sounding names. It has mountain ranges, deserts, and plains; the climate is mostly dry and hot. The capital city is Kabul. It is war-torn at the moment and teeming with military fodder, guns, and tanks, danger coming from all directions.

\* \* \* \*

Adam leaves pre-dawn, to one city, from another, to another, from another again, then finally from another to the last one. I question, he replies, But, mom you're not supposed to know that, forgetting there are people in the world who would die for this information, so I say, "You're right, son. I won't ask anymore."

Knowing the details helps me visualize where he is, so I can pray for his safety and be comforted

knowing his buddies are beside him, the warmth of the sun, and maybe something faintly familiar, reminiscent of home that would give him a moment's peace. I see him carrying hotel-size packages of soap, toothpaste, foot powder, shaving cream, shampoo and tissue squeezed into a pocket size sack, wiping his nose on the sleeve of his army fatigues, marching in line, saluting, stopping about-face, with a half-smile on his lips. The other half in sorrow for a homesickness, so deep he can't quite wrap his head around this early in the game. Is there still a war? Wasn't it after 9/11? What kind of war is this now? Is it another Vietnam all over again?

There are two rivers there, the Helmand and the Hari Rud, one south and the other north respectively. Most of the deep wells, canals, and underground water channels were heavily damaged during the years of war. When did it start? Is it still going on? These questions everybody asks, nobody knows. You only know your son is in the thick of it. Thick like deep sand, so deep you get stuck in it, like the tires do in mud, or a snow bank, fresh heavy snow from a mid-February storm, maybe a blizzard. You see wind like one blank page of white, maybe the sand is white in Afghanistan too.

The plant life there is exotic and a culinary's delight! This will keep me going, waking up knowing he's got his feet warm and is ready to trample over the anise seed, the caraway, the coriander, the cumin, and garlic and licorice root. I am just a roomful of facts now: Pashtun 42%, Tajik 27%, Hazara 9%, Uzbek 9%, Aimak 4%, Turkmen 3%, Baluchi 2%, and lastly, other 4%. Who exactly is the other?

I get an email from my son. Just a short, clipped sentence, like a text. "Mom, 11 hours difference."

The next day another one, "We finally made it."

The miniature text letters comforts me. I can see him press the letters in the small black shiny device, the only connection to his family, these micro-size holders of



Adam Bauer Vickers, 21

all the giant thoughts, worries and feeling we claim. The i-phone. It is a word or a thing? Can you die by it, with it, speak the Holy Word from its sleek, cornered edges?

\* \* \* \*

Adam calls. Face time they call it. His face on a small rectangle device, the connection goes in and out and instead of sound being transmitted, sound waves replace image, like how a fax machine works I suppose. He looks like he's dodging shadows, light plays on his features, making shapes where there are none, shading parts of his face like an artist would do with a graphite pencil. It was night time in Afghanistan, and he was working the late shift. I didn't ask for what, but he sounded different; not scared, but not himself, or at least what I

think of when I think of him, as a father, a husband, a brother, a cousin, a friend, my son, a soldier, a young soldier in a dangerous war torn country, mountainous, hot, dry, and scary. Then the image started shaking, zigzagged, and we lose the connection.

I obsess over Afghanistan and watch movie after movie of war, soldiers fighting, soldiers killing and getting killed, getting hurt, falling off mountains and getting their bodies and souls ripped open. I sit, my eyes glued to the film, sit at the edge of my seat, my stomach in knots, anticipation of the next bullet or bloody wound to spill over the screen, visceral and graphic. It's entertaining in a sick way, feeding my frenzy of worry like a skein of yarn, winding and winding. This is the only way I can prepare for the worse in my head.

\* \* \* \*

He calls Sunday afternoon. He uses the Wi-Fi that is available, what he purchased to make these calls to his family—his wife and son, and his baby daughter who really can't talk yet, but he can hear her gurgle and make gentle coo noises, blow spit bubbles from her mouth, and that makes it worthwhile. He is talks like he is on one crisp long wire, clean of air, dust, wind, or smoke. He turns the small device to catch light, so I can witness something of his life in a container, a bug jar.

"Mom, you wanna see a swamp of toads....look...." he says as he carries me a thousand miles away from my cold drafty kitchen to gray gravely earth where horny

toads are investing in one small patch oblivious to human interest. "Wow!" I say. "It's amazing." Incredible, no? I can feel his excitement to share this new thing that is part of a higher meaning, a wonder of God's creation at the same time barbed-razor-sharp wire is swirled around a post, "to keep the bad guys out" to give some semblance of safety.

\* \* \* \*

Today is a bad day. I read on the internet the Taliban forces killed 58 Afghan security forces. I read it over and over to see anywhere does it say American forces. My stomach churns immediately. The blood immediately starts flowing, like hot lava, melting into my raging nerves, liquefying my thoughts, my words, and my actions into a numb shapeless blob. I adjust my glasses, move the hair off my face, and continue the day. I cannot go back to bed or close my eyes.

My son calls again. I am getting used to the tiny squares breaking up, fading images and voice like sand falling through an hour glass – how much time do I have left? He talks more like himself. Then I have a moment of realization that I can do nothing about my son thousands of miles away, and it makes the jumping in my stomach lessen. To the degree that I can pray, wish, think of safety is what I do instead. Each trembling bead of my rosary, as my fingers pulse, comforts my soul.

Ann Bauer is a local writer experiencing and chronicling her son's first deployment with the U.S. Army.

## Neighborhood Buzz

**Nancy O'Donnell**

While the South Wedge said goodbye to Mise En Place and Zak's Avenue, some new shops have opened that we encourage you to support. If you want to keep our community sustainable and local, you get chills at the thought of a big box anything then make it a point to patronize our small businesses and when you stop by buy.

### Welcome to Hippy Hip Community Play Space

Owner Jenna Chew invites kids and their adult companions to stop by her bright, open, safe and comfy new space at 151 Gregory Street. Inside kids can enjoy new-to-them well-crafted playthings, books and crafts to keep them busy. The space is shoe-free, so come in socks or bring slippers.

Drop-in Play Times are Tuesday-Friday / 9:30 am-1:30pm & Saturday / 9:00 am-noon. Chew reserves the right to close early "if no families are visiting for open play."

The space is also available for private party times. Weekdays/Pick

your own 2 hour block between 4:30 pm- 8:00 pm; Saturday / 1:30 pm-3:30 pm & 4:30 pm-6:30 pm and Sunday/ 10:00 am-12:00 pm, 1:30 pm- 3:30 pm & 4:30 pm-6:30 pm.

Email Jenna Chew at [HippyHip/Roc@gmail.com](mailto:HippyHip/Roc@gmail.com) and visit [hippityhiproc.com](http://hippityhiproc.com).

### Building Community

**ROC SALT Mission Center** (Rochester Learning and Serving Together) opened in the historic Calvary St. Andrews through a 3-year grant from the Presbyterian Diocese.

ROC SALT's mission is to respond to the needs of the community and region through the on-site South Wedge Food Program and other projects. They plan to collaborate with missions and service groups. Two consultants are working to develop programs and board is being formed. To learn more, contact Lynette Sparks at [lsparks@thirdpresbyterian.org](mailto:lsparks@thirdpresbyterian.org).



**Rochester Public Library**  
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**February**  
FREE programs and events for all ages.

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**Children's and Teens Programs**

**Movie Monday**  
Mondays: February 5, 12, 19 and 26 at 3 p.m.  
It's Movie Monday! Join us for a fun family movie, no registration required

**Crafternoon**  
Tuesdays: February 6, 13, 20 and 27 at 3 p.m.  
Join us for a make and take craft! All ages, no registration required

**Storytime with Miss Sarah**  
Thursdays: February 1, 8, 15 and 22  
10:30 a.m.  
Join Miss Sarah for stories and songs for all ages! No registration required

**Pajama Story Time**  
Monday, February 5  
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

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**Family Programs**

**Family Cookie Decorating**  
Saturday, February 10  
10:30 to 11:30 a.m.  
Decorate some delicious cookies to celebrate Valentine's Day! Maximum of 30 participants, please sign up in advance by calling 428-8206.

**Frederick Douglass 200th Birthday Celebration**  
Wednesday, February 14  
3:30 p.m.  
Please join us to celebrate Frederick Douglass's 200th birthday! Robert Djed Snead will be performing as Reverend Jermain Loguen, a Douglass contemporary, and will speak about abolitionism, the Underground Railroad, and the importance of education and community involvement. We will have light refreshments and birthday cards for patrons to sign. Event made possible by the generous support of the Friends & Foundation of the Rochester Public Library. Learn more about FFRPL at: [www.FFRPL.org](http://www.FFRPL.org)

**Frederick Douglass Re-enactment**  
Friday, February 16 at 3:30 p.m.  
Please join us for a Frederick Douglass re-enactment performed by Nathan Richardson. Mr. Richardson is a nationally recognized poet and performer who will recite one of Frederick Douglass's speeches and answer questions from the audience as Mr. Douglass. This event was made possible by the generous support of the Friends & Foundation of the Rochester Public Library.

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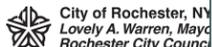
**Adult Program**

**Douglass Book Group**  
Monday, February 26, from 7 to 8 p.m.  
Join us to discuss *Night Watch* by Terry Pratchett. One moment Sir Sam Vimes is in his old patrolman uniform, chasing a sweet-talking psychopath across the rooftops. Next he's lying in the street, having been sent back thirty years courtesy of a group of time-manipulating monks who just won't leave well enough alone. This past city is a darker place that Vimes remembers all too well. Worse still, the murderer he's pursuing has been transported back in time with him. Worst of all, it's the night of an infamous street riot that needlessly destroyed more than a few good (and not so good) men. Sam Vimes knows his duty, and by changing history he might save some worthwhile necks, though it could cost him his own future.



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

FREDERICK DOUGLASS COMMUNITY LIBRARY • 971 South Avenue • 585-428-8206

## St. Joseph Neighborhood Center Celebrates Anniversary

Joel Elliott

A pleasant yellow building stands on South Avenue just north of Comfort Street. Almost to the edge of the Wedge, its sign announces St. Joseph's Neighborhood Center. For more than 24 years, its doors have welcomed neighbors around the corner and across the community seeking a full complement of health care services. The patients and clients of the Center are under-insured, uninsured or simply can't access needed health care. More than 2,500 patients and clients either receive care here or are connected to other health providers.

One such patient is Gabriel. He had surgery to treat an infection in the bone of his ankle just two days before Hurricane Maria devastated San Juan and all of Puerto Rico. Fortunately, he was evacuated to Rochester. Unfortunately, antibiotics and evidence of his health insurance didn't arrive with him. The ankle became re-infected by the time he sought medical care at the Neighborhood Center. Treatment provided, along with making certain he obtained the critical medicine, helped him to heal and to feel welcomed, a guest in Rochester after having to flee his home.

How did the Center, offering primary care, medical specialties, dental care, counseling, chiropractic medicine, eye care, and body works spring to life? For over 160 years in Greater Rochester, the Sisters of St. Joseph have worked to teach, heal, and effect change. Founders of St. Mary's Hospital, Nazareth College and Hope Hall, members of the Congregation recognized a need for a health care place. They found an old house in the neighborhood and did what so many of us do when moving into the South Wedge.

Rebuilding the interior and exterior, learning to hang dry wall, strip wall paper, prep and paint was an education in coming to life. One of the founders, Executive Director Christine Wagner, recalls that "the original building probably

would have been razed if we had not assumed ownership – not saying that assuming ownership was wise, but it is a reality. We have been part of the rebirth of the South Wedge in many ways."

She continues, "December 8, 1993 was opening day and we started with a celebratory open house. On October 19 of that year, we had a fire that did considerable damage. After the shock, we hunkered down, fixed the damage, repainted and made the opening deadline anyway." Sister Chris is grateful for her colleagues, the Center's Founding Mothers: Marilyn Pray, Donna DelSanto, Sharon Baily, Sheila Briody and Barbara Lum, all Sisters of St. Joseph.

The Neighborhood Center, with a full time and part time staff of just 20, brings together the work of more than 200 volunteers: licensed doctors, nurses, psychologists and counselors, dentists, hygienists and a talented crew of non-licensed and administrative volunteers. Students and professional learning are integral to the work of the Center. UR Well runs a clinic each Tuesday evening. Faculty physicians supervise the work of medical students – all volunteering their time and skills to make a difference. Students, at masters' level and above, learn in each department and office, central to the

work of the Center, and to a vision of comprehensive, integrated care.

David Pinto is a gregarious data scientist who directs health care technologies at St. Joe's. For the past 2 years, he's been working with staffers, volunteers and the greater health care world to build unique electronic tools, to help integrate care and focus information toward patient health. He also happens to lead frequent tours, from visiting dignitaries to community leaders. He talks about "our outlandish model, in which volunteers provide care and staff members support that work. Oh, and 90% of dollars necessary to operate comes from individual donations and grants."

Along with Wagner, Sheila Briody, co-director of Counseling and Community Works, has been at the Center throughout its growth and expansion. In May 2001 a second house opened and in 2008, a third house brought the Center to its current footprint. This allowed for program growth, added examining rooms, the addition of body works, including massage, Reiki, acupuncture, and physical therapy and expansion of the dental suite.

Looking forward to its 25th Anniversary and to the next 25 years serving the South Wedge and Greater Rochester, dynamic change is planned. Next month, Candice Lucas, Ed.D., MBA will come to



417 South Avenue, once three separate houses now one health care center.



Candice Lucas and Chris Wagner help distribute shoes, boots and socks on a cold November evening. (Photo by Joel Elliott)



Bread donated by Panera and Genesee Bakery is available for patients, clients and neighbors. (Photo by Joel Elliott)

the Neighborhood Center. Currently the Director of UR's Community Health Services & Director, Cancer Services Program of Monroe County, her leadership will allow Chris Wagner, SSJ, Ph.D. to focus on strategic development and community initiatives. Dr. Lucas brings great expertise in community health and patient centered care.

With our health care world in constant flux, and a national political landscape that often seems deadlocked, St. Joseph's Neighborhood Center remains flexible, able to change toward the needs of the community. Approximately 70% of its patients and clients work, but are unable to

access the health care they need. Many work in the health care world, as home health aides as one example.

The fastest area of growth has been its newest service, Health Access. Ready to admit patients and clients to the Center's care or guide them toward insurance, including private, state and national programs, Health Access treats to whole person, with dignity and respect. Come visit a quiet yellow building at the north end of the South Wedge, St. Joseph's Neighborhood Center at 417 South Avenue or call (585) 325-5260.

Joel Elliot is Director of Development at St. Joseph's Neighborhood Center,

## LawNY® Announces Platform to Support Work of Community Organizations

LawNY is developing a web platform to help nonprofits and community-based organizations throughout western New York. The platform is an innovative website with multiple tools to connect organizations to educational resources and other nonprofits.

When complete in the spring, the project will elevate the work of hundreds of community groups and provide the ability for them to collaborate with each other to improve the entire region. In addition, the platform will be a place where community groups can learn and access legal information about forming and managing nonprofits, as well as strategies and opportunities for using community group power and resources to achieve widespread results.

"Nonprofits often need more resources than they can afford as they work to help the people in their communities," says Eli Mattern, CEO and general counsel, SavvySuit, an Orlando-based firm who is building the platform with LawNY. "We're excited to help this great organization expand their reach, so they can serve more people."

LawNY is a nonprofit law firm

that provides free legal assistance to people in 14 counties in western New York. The firm focuses on housing, public benefits, family law, Social Security insurance denials, and a wide variety of other services.

The platform is an undertaking of LawNY's Community Development and Economic Justice Project (CDP). The CDP can provide free legal assistance to eligible not-for-profit organizations and community groups within our fourteen-county service area.

One feature for the new platform is an interactive map to help identify the locations and missions of local nonprofits, a quick resource for the community to make external referrals more effective and connect organizations working with similar missions and locations.

The platform will also have training and educational courses on topics important to community organizations, including the legal questions surrounding how to form and run a nonprofit.

For more information media should contact – Kari Talbott, LawNY - IOLA Project Supervising Attorney, 315-781-1465 ext. 1025, communitydevelopment@lawny.org



## Mt. Hope Cemetery Walking Tours

Enjoy a 60 to 90-minute (depending on weather) guided walking tour of the south end of the cemetery on flat, paved roads.

Each tour meets at the South Cemetery Entrance, 1133 Mount Hope Avenue, opposite the Distillery Restaurant. Park on cemetery roads, but please not in front of the cemetery office.

Admission: \$5 per person. Free for children under 16 with an adult. Free for Friends of Mt. Hope Cemetery Members.

NOTE: Nearly all Friends' tours and activities are free to members. Visit the Membership page and join today!

SAT., FEB. 24, MARCH 24, and APRIL 28, 11:00 AM

On these tours, visitors will learn about cemetery residents in the former prehistoric lake section -- people such as George Washington's drummer boy; the founder of Gannett News; the man who invented the 42-long suit (men's suits in pre-made sizes); two sisters who were in the first class of women in the University of Rochester; and Rufus Sibley, of Sibley, Lindsay and Curr Department Store. Guests will enjoy the "new" chapel, now 106 years old; the largest mausoleum in the cemetery; a huge grave marker by Tiffany Studios; and more. \_

## Need Health Care but have No Insurance? St. Joseph's Neighborhood Center can help you.

We offer medical care, dental care, personal and family counseling, specialties and many other services for the uninsured and under-insured.

Call 585-325-5260

for more information, or visit our website at

[www.sjncenter.org](http://www.sjncenter.org)



417 South Avenue, Rochester, NY 14620



**February**

Library patrons may now use Blessed Sacrament Church's parking lot (on the corner of Monroe Ave. & Rutgers St.), except for Saturdays.

**Youth Programs**

**Babies & Books**

**Tuesdays:**  
February 6, 13, 20 & 27  
2 – 2:30 p.m.  
Ages 0 – 18 months, with caregiver(s)



**LEGO Club**  
**Wednesdays:** February 7, 14, 21 & 28  
4:30 – 5:30 p.m.  
Ages 4-12

**Tail Waggin' Tutors**

**Thursday, February 8**  
4:30 – 5:15 p.m.

Jax is a young "Burnedoodle," a mix of Bernese Mountain Dog and Poodle. He and his handler, Larissa, will be at the library every second Thursday afternoon for you to hang out with, read to, and to answer your dog-related questions.



**SPECIAL YOUTH PROGRAMS:**

Drop in and unplug at the library during winter break...  
**Monday, February 19 – Thursday, February 22nd!**  
We'll have a sampling of make-and-take crafts, physical activities, raffles, guessing games and stories.



**Teen Book Club**



**Saturday, February 17**  
12:30 – 1:30 p.m.  
This month the group will be discussing the book *Red Queen*, by Victoria Aveyard.



**February**

Library patrons may now use Blessed Sacrament Church's parking lot (on the corner of Monroe Ave. & Rutgers St.), except for Saturdays.

**Youth Programs**

**Babies & Books**

**Tuesdays:**  
February 6, 13, 20 & 27  
2 – 2:30 p.m.  
Ages 0 – 18 months, with caregiver(s)



**LEGO Club**  
**Wednesdays:** February 7, 14, 21 & 28  
4:30 – 5:30 p.m.  
Ages 4-12

**Tail Waggin' Tutors**

**Thursday, February 8**  
4:30 – 5:15 p.m.

Jax is a young "Burnedoodle," a mix of Bernese Mountain Dog and Poodle. He and his handler, Larissa, will be at the library every second Thursday afternoon for you to hang out with, read to, and to answer your dog-related questions.



**SPECIAL YOUTH PROGRAMS:**

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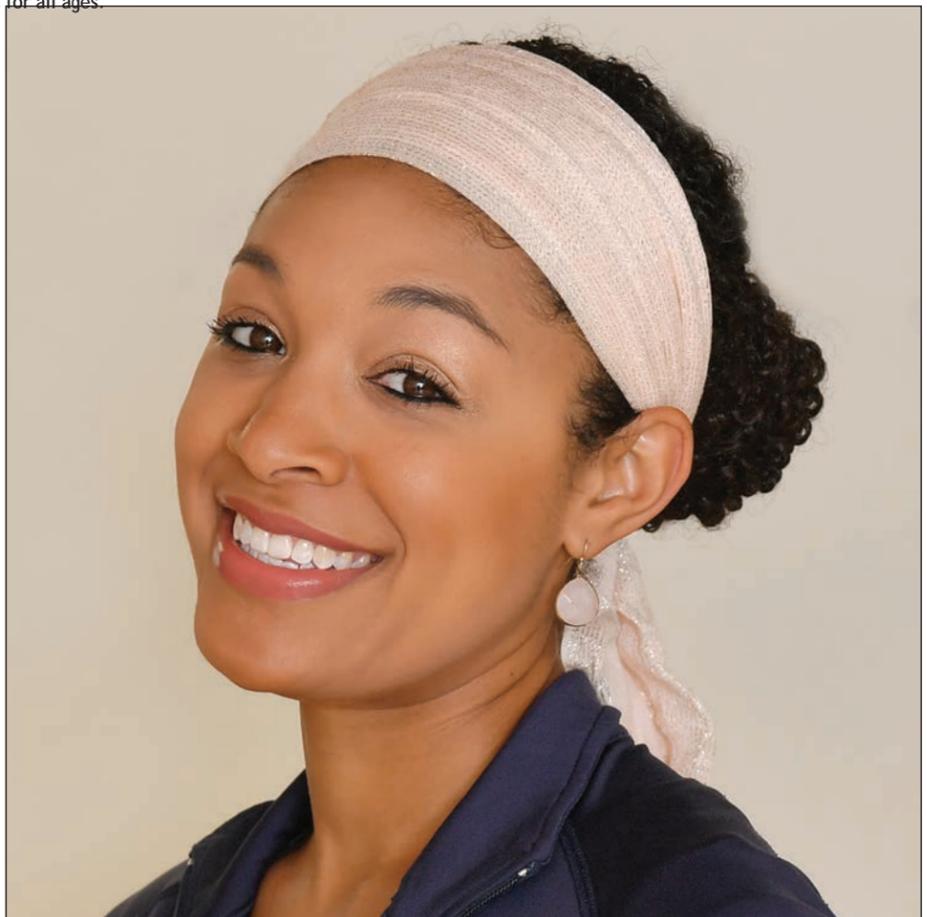
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- Sample Healthy Foods
- Raffle for Great Prizes!!

Add list of prizes here

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The Wedge Newspaper Gets Read!  
Call 256-1740, ext. 105 or 978.9638 to get your ad in the February/March



Needra is a Registered Nurse who works in Same Day Surgery. She's been part of the Highland Team for almost 3 years.

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# South Wedgers Represented at the 1st Annual Seneca Falls Women's March

Nancy O'Donnell

Some 15,000 women, men and children returned to Seneca Falls for the 1st Annual March for Women's Equality. Mayor Lovely Warren rocked the crowd along with Lieut. Governor Kathy Hochul and other dignitaries: Sally Roesch Wagner, executive director of the Matilda Joselyn Gage Center for Social Justice Dialogue, Haudenosaunee Bear Clan Mother Louise Herne and Brandi Taylor, a singer and student at Hobart and William Smith Colleges.

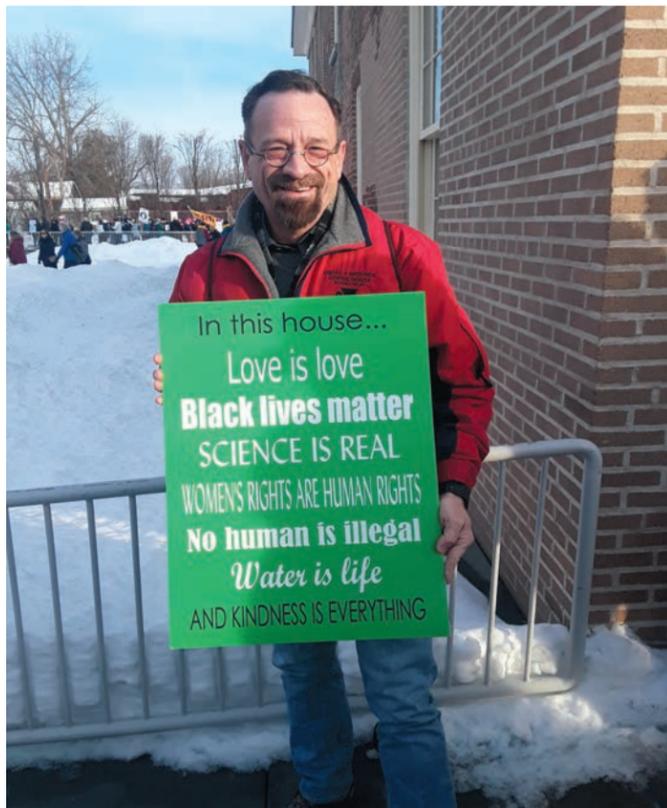
joined the marches including Assemblyman Harry Bronson.

The event took place a day after the most recent government shutdown. The gathered were not amused when they learned that the Women's Rights National Historic Park's Visitor Center and the Wesleyan Chapel were closed because of the a government shutdown while, as Lieut Gov. Hochell noted, Yellowstone Park was still opened.

Still the women persisted and the speeches and march went on as planned.



Rochester Mayor Lovely Warren roused a crowd of 15,000 with the chant "This is what democracy looks like." (Photos by Nancy O'Donnell)



NY State Assemblyman Harry Bronson joined the "per-sisters" in a march for Women's Equality held in the Women's Rights National Park



Same Story, different century..women dressed as suffragettes for the day



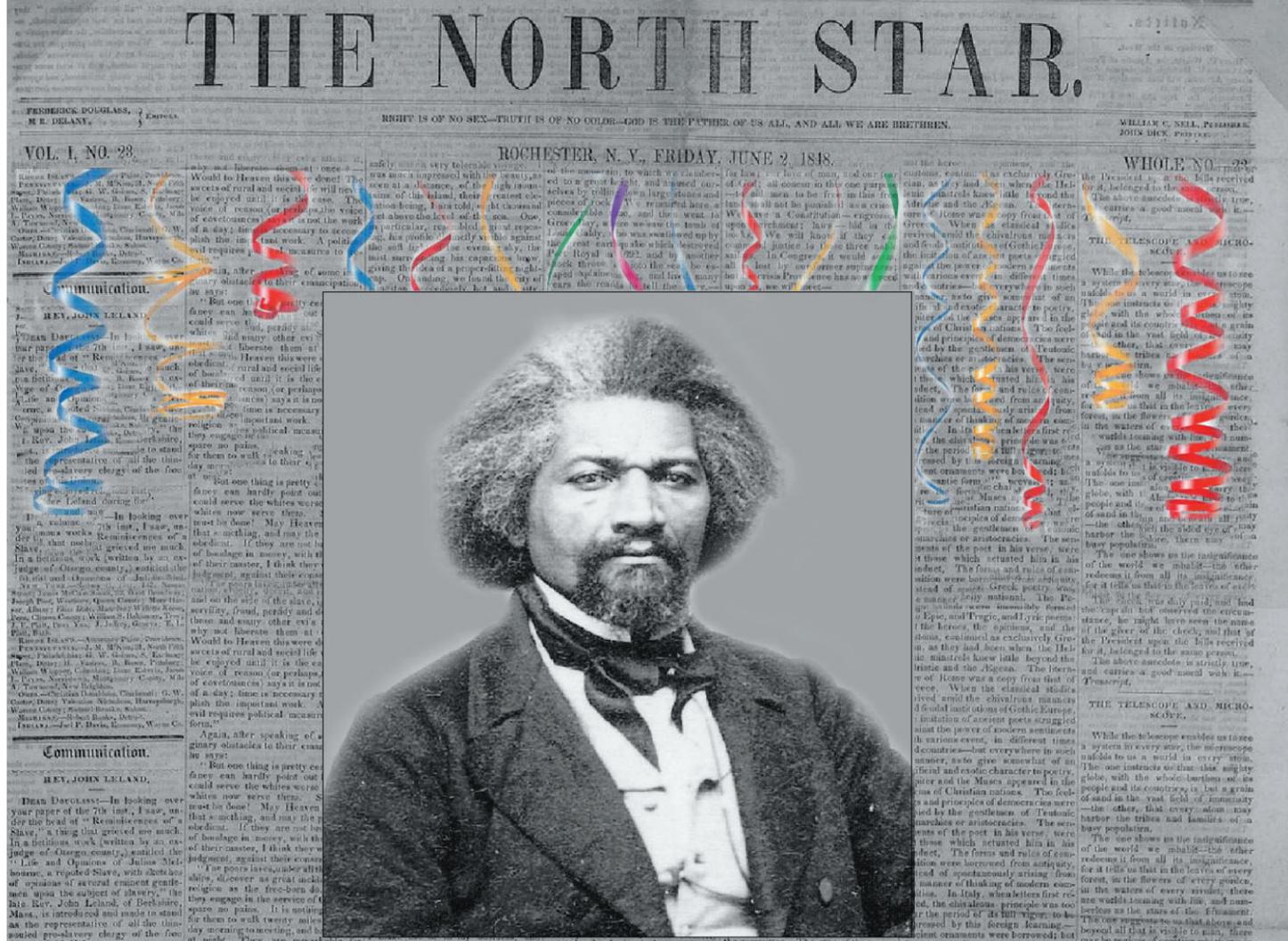
High spirits and hot coffee started the day in Seneca Falls



Marchers circled the main street after the rousing speeches



Street theater included a paper mache Donald J. tTrump



**No Struggle , No Progress**

**A Birthday Celebration for Frederick Douglass**

**An interactive afternoon of music, performance, reading, and the arts to celebrate the legacy of Frederick Douglass on the Bicentennial of his Birth**

**Rochester Academy of Medicine**  
1441 East Avenue Rochester, NY 14610

**February 10, 2018 2:00PM-5:00PM**

**The afternoon will include Gospel music by Akoma, Readings by the North Star Players, and special musical guests.**

*A grand cupcake buffet to celebrate Mr. Douglass will be enjoyed by all !*

This event is complimentary. Reservations are suggested. Please visit [www.esc.edu/alumni](http://www.esc.edu/alumni) events to register. For more information on this event, Please call Timothy Cosgriff, Regional Operations Coordinator, SUNY Empire State College, 585-224-3271 or [timothy.cosgriff@esc.edu](mailto:timothy.cosgriff@esc.edu).

**The Wedge Gets Read!**

an 1/8th pg. ad costs only \$88 a month. Prepay for six months and save 10%. Call 256.1740, ext. 105 or 978.9638

# Flower City Arts Center Brings Heat in February

Amanda Chestnut

Rochester can be thought of as having two seasons: Winter and Festivals.

Warm weather brings a wealth of fairs and fests with plenty to see and do. But the cold weather doesn't mean an end to fun events.

Take an inside look at the Chili Cook Off at Flower City Arts Center for a chili-fueled good time that supports a great cause.

On February 17, 2018, from 4:30-7:30, hungry Rochestarians will descend upon 713 Monroe Avenue to chow-down on the best chili offered by local restaurants. This annual tradition is a tasty treat that can be completed in the following three easy steps.

### 1: Choosing Your Bowl

In its 14th year, there are a few Rochestarians who have a stack of chili bowls in their home, each one with a story to tell. The bowls are handmade by volunteers in the Ceramics department at the Flower City Arts Center. Starting months in advance, these dedicated potters take the time to make bowls in all shapes and colors. The fun of Chili Cook Off begins with picking out your own bowl to keep.

### 2: Chowing on Chili

Located in an old firehouse on Monroe Ave., the Flower City Arts Center is perfectly positioned to bring together some of Rochester's finest eateries in a flaming-good competition. After selecting their bowls, guests enjoy tasting more than a dozen chilies. Craft beers (or soda, for those who don't imbibe or who are underage) help to wash down all the spicy goodness. Remember which chili is your favorite! They aren't labeled by restaurant, so your votes to determine who takes home the awards are blind.

### 3: Casting Your Vote

The guests get the final say as local



Photos courtesy of Flower city Art

restaurants compete for titles like "Best Veggie," "Best Meat," "Spiciest," and "Best Overall." Past best overall winners include Sapori (2017), Hart's Local Grocers (2015, 2014), and Abundance (2013). The friendly competition stirs conversation between guests and some social media banter between restaurants. The ballots are tallied, with the winners being announced at the end of the event.

The friendly competition costs \$30 for members and \$35 for

nonmembers, with family pricing available. Proceeds support the programming and facilities at the Flower City Arts Center. The annual Chili Cookoff is a great way to taste the best of many restaurants while supporting Art for All People. Hungry yet? Details for the event can be found at [www.rochesterarts.org/special-events/chili-cookoff-2018/](http://www.rochesterarts.org/special-events/chili-cookoff-2018/) 713 Monroe Ave, Rochester, NY 14607 Phone: (585) 244-1730



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## Frederick Douglass

*continued from pg. 1*

D.C. Douglas' encouragement sparked interest and after his death in 1895, supporters of the black soldier memorial decided to focus just on Douglass. So large was Douglass' reputation that President of Haiti Lysius Salomon donated to the fundraising campaign. A sculptor, Stanley Edwards, was commissioned and he used Douglass's son Charles as a model. Where to place the statue was also not without complications. The first choice was "Plymouth Park (now Lunsford Circle)" in the city's Third Ward. When neighbors vetoed the placement, the statue was erected on June 8, 1899 at the corner of St. Paul Street and Central Avenue in front of the former NY Central Train Station. Ten thousand people attended the monument's unveiling at was considered "a great portal of the city." It remained there for decades while the great portal deteriorated, and the train station

moved. In 1941, city officials decided to move the statue to Highland Park "less than 300 yards from of the site of the South Avenue home where the abolitionist offered safe passage to enslaved Americans on their road to freedom."

Now 77 years later the monument will be moved again in the Spring.

Re-energizing the Legacy of

### Frederick Douglass Celebrations in 2018

Frederick Douglas is a collaborative effort of the Rochester Community Media Center, Rochester Contemporary Art Center, the Frederick Douglass Family Initiatives and other community partners in the Frederick Douglass Bicentennial Commemoration Committee along with Project Manager Christine Christopher and Emeritus Committee Chair and National Frederick Douglass Bicentennial Commissioner Dr. David Anderson. Dr. Jose Torre, chair of the History Department at

SUNY Brockport, acts as history consultant for the collective.

According to the group, replicas of the Douglass statues will multiply over the landscape of his life in the coming year. A mobile-friendly web site will provide interpretive information including a self-guided walking/driving tour map, biographical information, timeline, and excerpts from his speeches; an educational curriculum will be prepared and shared with schools throughout the region; and the web site and social media will cross-promote other events sponsored by museums, arts organizations, schools, colleges and other partner organizations.

The community is invited to join RIT's Big Shot team who will be organizing a "Shine a Light on Douglass" event on the evening of February 14 to create both a memorable experience as well as an important archival photo of the monument. Big Shot is the nighttime community photography project produced



by RIT's School of Photographic Arts & Sciences. Shortly after the event, the photo will be hung in RoCo's "No Soil Better" exhibit.

### "No Soil Better"

Through March 18, Rochester Contemporary Art Center (RoCo) will present a curated exhibit, "No Soil Better: Art & the Living Legacy of Frederick Douglass,"

featuring new works by nine artists that reflect on the legacy of Douglass, how Douglass has been memorialized and how his legacy and image continues to live. Featuring wide-ranging media from experimental video art and abstract painting to historical murals and multi-media installations, these newly-commissioned art works will add a new level of texture by which to appreciate and understand Douglass' living legacy. A public Artist Talk is scheduled for February 3. In addition, RoCo will also host facilitated discussions on February 8 and 15 to bring Douglass' work and philosophy into the public sphere through a contemporary lens, posing the question "what would Douglass do?"

"The Sidney Edwards monument gives form to this incredible man and is a wonderful work of art," said Bleu Cease, ROCO's executive director. "In recognition of Douglass' bicentennial, we're commissioning works by nine contemporary artists from across the region and New York City to create works for the 21st century inspired by Douglass—inspired by his legacy—and really taking a critical look at how we as a city, and perhaps more broadly as a nation, look at and remember this remarkable man and his influence."

### The Frederick Douglass Bicentennial Commemoration Committee

The third component of the project is the convening of the Frederick Douglass Bicentennial Commemoration Committee. Under the leadership of Rochester Community Media Center and Rochester Contemporary Art Center, and in collaboration with the Frederick Douglass Family Initiatives, the Committee is dedicated to honoring the Douglass legacy throughout 2018.

Since July 2017, the group has been meeting regularly to share information and inspiration, and to find synergy with other community partners to celebrate the achievements of one of the nation's most distinguished civil rights leaders whose most important work was done in Rochester. A wide-array of events are scheduled and/or being planned. A calendar of events may be found at [cityofrochester.gov/FrederickDouglass200](http://cityofrochester.gov/FrederickDouglass200), with additional information available at committee members' respective websites.

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