

The WEDGE

April/May 2018 Vol. 40, No. 2

The Official Newspaper of the South Wedge Since 1982



Photo from the short film "The Arboretum Up the Street" by Michael Tomb © 2018 Studio Michaelino

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- Blue Star Mother, Part 2
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- Maria Brandt's Swans at GEVA
- Savor the Flavor of Polish Paczk
- Two Voices from March for Our Lives

South Wedge Farmers Market Opens New Season on June 7

Joan Brandenburg

Opening day for the South Wedge Farmers Market is scheduled for Thurs. June 7, 4-7 pm at the Genesee Gateway Park on Mt. Hope Avenue and will continue each Thursday through October 4.

The core focus will continue to be on bringing fresh food options to shoppers, and several favorite farmers have already signed on for a return engagement. Along with that, there are wrap around activities on tap to make the visit to the market a more full neighborhood experience.

New for 2018 will be a Busker performance enhancing the market experience. The plan is to have at least two Buskers at the market each week, sharing their acoustic music. The market will also feature local artisans and crafters, giving them an outlet to sell their work. As part of the "let it go" movement, South Wedge residents will want to book a booth to sell their gently used treasures at the Mini-Super Flea Market. Yoga in the park *continued on pg. 11*

SWPC Remembers Dave Halter

Joan Brandenburg

Community is born through public practices of people caring for one another. A strong neighborhood requires people of passion, who love their neighbor and have a vision, who dedicate their lives to making the community a better place for all of its residents. When David Halter died in February, the South Wedge Community lost one of its most ardent advocates.

David was a community activist, a doer, a man of compassion and integrity who exemplified the best of what it means to be a good neighbor and a South Wedge resident. He believed in the restoration of the city and the acts people of passion can take to rebuild houses, neighborhoods and schools.

David grew up in the South Wedge on Mt. Vernon Ave., and with his parents and brother, Jack, attended Calvary Presbyterian Church located on Hamilton Street where some of his early ethical values and understanding of community were shaped. Anyone knowing his mother Peg, would be able to see

where David got his stubborn independent streak and creativity.

David defined the term Renaissance Man. He played volleyball for over 25 years; he built hydrofoil boats to sail on Lake Ontario; he was a silversmith who created jewelry, dabbled in ceramic art and restored stained glass windows. As a carpenter, he took great joy in restoring artifacts to their former glory.

Early signs of the man he was to become can be found in a newspaper headline from 1950-- "David Halter, 15, wins local soap box derby."

"It was the climax of a hard struggle for David, who had competed in three previous derbies before yesterday's victory," the reporter writes. That was typical David. Never give up, keep chipping away at the goal and then once achieved, in true David spirit, take over and start running things. David became a member of the 1965 Soap Box Derby Organizing Committee.

As a young man David worked for his father at P.J. Halter. He graduated from Monroe High School, SUNY Buffalo and was a Naval Air Force Aviator. Halter started his own construction company Epsilon Construction where his creativity and construction

skills in rehab and restoration mushroomed. The family home on Westminster Street bore the sweat of his labor and artistry as did numerous homes and additions throughout the city, as well as several properties that he bought.

Halter was a marathon runner, which began at Monroe High School where he placed 3rd in the city quarter mile. Later in life he sponsored marathons through spaghetti dinners. Running was his passion, and he would often share his motivation with others: "What can running do for a person socially? Runners seem to be comfortable with themselves, at peace. When things get bad you put the running shoes on, go out and get into rhythm. You cannot, after a time, maintain your physical or emotional anger. You haven't changed the cause, but you can deal with the problems more clearly." That love of marathon running led him later in life to California to be a cheerleader for his daughter Kira as she ran her first marathon race.

Both of David's daughters, Lisa and Kira, inherited his business sense, creativity, love of running marathons, his generous heart, and a little of the stubborn Halter DNA. Lisa is now the principal broker

and owner of Halter Associates Realty in the Hudson Valley, and Kira is an interior designer residing in Altadena, California.

Through the years, David continued to seek out ways to serve. He ran for political office on the Conservative Party Line for 132 State Assembly District against Tom Frey, at age 37. David ran a campaign for the City of Rochester School Board and ran for the 53rd District State Assembly against John Perry and Stephen May.

Halter served as treasurer for Canterbury-Harvard Neighborhood Association, for seven years, served as Treasurer for the Ellwanger Berry Neighborhood Association, was a board member of the South East Area Coalition and served on the South Wedge Planning committee for 30 years.

In the 1990s, he was a member of the Southeast Landlords Council that brought together landlords, owners, the neighborhood conservation office, Rochester Police Department, mediation and environmental services. Through their work, the group was instrumental in shutting down drug houses around Meigs and Pearl Streets.

David was a collector of what may generously be called



(l-r) SWPC Board member Dave Halter is immortalized in bronze in Nathaniel Square Park on South Avenue. He served as model for a statue of city founder Nathaniel Rochester by sculptor Pepsy Kettavong. The statue was unveiled in a community ceremony in November 2008. More photos on pg. 11

"precious treasures," which he kept everywhere just in case someone needed something. He was able to help in small ways with great impact through his response to any expressed community need. Any time there was a church or community project Halter would stop in to find out what was needed—more Medina stone, extra rakes—a piece of equipment. Dave always was there to lend support.

A turning point in his life came when complications from diabetes required his leg be amputated. David learned new skills. During his most difficult days, his belief

continued on pg. 10

SWPC's Community Champion Award Remembers Dave Halter

Joan Brandenburg

Reverend Judy Lee Hay will receive the first annual David Halter Community Champion Award at the 7th Annual City Love



Judy Lee Hay

gala on Fri., April 20, 6:30-9:00 p.m. at the Historic German House.

The award will be presented to Reverend Hay by South Wedge Planning Committee (SWPC) Board Chair Frank Logan. "Dave Halter served his entire adult life. We will honor his memory each year by recognizing people in our community who are equally dedicated to the preservation of our neighborhoods."

Reverend Hay served as SWPC's Executive Director for 16 years. She continues to offer her time and talent in support of community projects and initiatives. "We could not think of a better person to receive this recognition," said Logan.

Tickets to City Love may be purchased at ButaPub, 315 Gregory Street or online at www.swpc.org. For more info, call (585) 256-1740.

South Wedge Wedding Faire May 2



Alicia



Grace

Wedding gowns from the personal collection of Mary Therese Friel and Treasure Trove Vintage will be modeled at the South Wedge Wedding Faire on Wed. May 2, 6-8 p.m. Historic Calvary St. Andrews, 68 Ashland Street at Averill Avenue. Models provided by the Mary Therese Friel Modeling Agency, LLC (DeLapa Photography)

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

The Wedge Gets Read!

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SWPC Mission Statement

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

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

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

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

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

Before recycling the Wedge, please share with others.

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

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

Join SWPC in Community Building

The South Wedge Planning Committee (SWPC) invites you to join with our dynamic non-profit organization in making a difference in southeast Rochester. Join our board of directors or serve on a committee. . . Founded in 1978, SWPC acts

as a conduit for federal or state repair grants that help keep people in their aging homes. It aided in the development of the very vibrant South Avenue business corridor. SWPC works in myriad ways to build community through its South Wedge Farmers Market, Victory

Gardens and *The Wedge Newspaper*.

Your time, talent and passion can help us in continuing SWPC's work. If interested, please call 256-1740 or e-mail jpage@swpc.org or gvalenti@swpc.org.

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The Wedge Newspaper

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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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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

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

4/18, SWPC 6 p.m., 5/16, SWPC 6 p.m
SWPC contact: flogan@rochester.rr.com

Community Engagement
(Neighbors & Block Clubs)
gvalenti@swpc.org
Wed. 4/19 & 5/17, 5:30 p.m.

Housing & Structures
Meets bimonthly
Wed. 5/2, 5:30 p.m.
gvalenti@swpc.org

SW Victory Garden
Mon. 4/23 & 5/28
felann@frontiernet.net

Swillburg Shout Out



Swillburg Lunch Bunch visit the Cub Room (Photo by Mike Henry)

Mike Henry

"The renaissance of spring has come, through winter's surly pass..." I forget where I got that snippet of verse. As March ends, I can attest that winter is indeed "surlly." Cycling from Swillburg to the South Wedge was a challenge many mornings, with strong head winds and pelting snow.

The Swillburg Neighborhood Association is nonetheless looking beyond the current weather and optimistically planning for spring. Recently nine of us met at Judy Hay's and put together a calendar of events that will surely keep us busy and civically engaged.

As with other neighborhoods we're looking forward to Clean Sweep 2018, sponsored by the city. That's happening on May 5th this year, and as in years past, we plan to meet at the Bloom Garden where Field Street joins Monroe Avenue. This annual event is always a fun endeavor, especially when lots of people participate. The Bloom Garden and area around it always looks more inviting once all the debris of winter has been removed, and the flowers have been planted. Neighbor Sara Gaudio is coordinating this event for us. If you're able to join in, please let Sara know on Nextdoor Social Network. We also plan to clean along the Swillburg art panels on Pembroke Street. Typically, we convene at 9:00 am and finish by 12:00 pm.

On May 10, we'll participate in the United Way Day of Caring, graciously being coordinated by neighbors JoAnn O'Neill and Anna Page. We anticipate volunteers from the University of Rochester

joining us as they've done in years past, and we'll focus on the Otto Henderberg Park, raking and tidying up there. The park really is a neighborhood jewel, especially that its history so celebrates Swillburg's survival from the (defeated) expressway.

On June 30 we'll be using the park for our annual summer picnic. Plans aren't finalized, but we hope to host music, games for the kids and, of course, lots of food. Our potluck buffets have always been abundant with vegetarian, vegan and carnivorous repasts. We're looking for musicians to entertain us, if anyone is interested, please contact Dave Fergusson on Nextdoor, or Sara Gaudio.

Swillburg is also putting together an online newsletter, neighbor Josh Jacobs is helping to create that, hopefully to be sent out via e-mail.

There are many other things being planned which I hope to write about in later editions.

While our neighborhood association is quite informal it manages to connect residents very well. I'll attribute this to Judy Hay whose organizational skills are top notch as well as to the many other "committee" members who make many events happen. My favorite get-togethers always include food, and we continue to support area restaurants while building on neighborhood social connections. See our lunch and dinner announcements on Nextdoor.

Everyone in Swillburg is warmly invited to join in on any and all of the events! The more the merrier!

Wishing you a Happy Spring Renaissance!



Over 10 Years:
 \$15,000,000 Reinvested in Our City
 53 Owner Occupied Homes Preserved
 1000+ Families Eating Healthier
 271 Small Business Assisted
 30 Vacant Houses Saved

Join in Community Building at City Love April 20, 6:30- 9 p.m. at the Historic German House. Tickets available online at RocCityLove.com, ButaPub or at the door. For more info, call 256.1740, ext. 5.

The South Wedge Planning Committee extends its gratitude to the following sponsors of the 7th Annual City Love Gala: Rochester Housing Authority, Highland Hospital, Canandaigua National Bank, Catholic Charities Community Services, Child First Network, Conifer Park Counseling, Conifer Realty, LLC, Erie Harbor, ESL Federal Credit Union, Goodwill of the Fingerlakes, Pathstone, RG&E, Rochester Area Community Foundation, Rochester Environmental and Construction Group, South Wedge Properties, LLC, GreenSpark Solar, Trillium Health and the Updegraff Group. **City Love is excited to feature silent/live auctions and raffle items from the following businesses:** Black & Blue Steak & Crabs, Blackfriars Theatre, Black Button Distilling, ButaPub, Century Liquor, Champion Hills Country Club, Craft Company No. 6, Downstairs Cabaret, East Ave. Inn & Suites, Gore Designs, HOSE 22, Homewood Suites, Iron Smoke Distillery, Lasertronic, Michele H. Martell, Memorial Art Gallery, Merchants Grill, Mansawear, Record Archive, Rochester Museum & Science Center, Rochester Philharmonic Orchestra, Seabreeze, Space Scapes by Kiley, Swiftwater Brewing Co., The Angry Goat Pub, Total Massage Therapy, Woodcliff Hotel & Spa, WXXI, Kamikaze and George Eastman Museum.

Somewhere in the Wedge



Summer tomatoes (Photo by Jim Papapanu)

South Wedge Victory Garden Readies for Season 2018

South Wedge Victory Garden readies for Season 2018.

South Wedge Victory Garden Applications are still being taken.

To learn more, email felann@frontiernet.net or come to the

Victory Garden Committee meeting the fourth Monday

of each month at the South Wedge Planning Committee,

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Drinking Wine Everyday is Possible with Good Buys

Glynis Valenti



Health experts agree that five ounces of wine, shown here in different glasses, is the maximum daily amount for women to reap health rewards. Men can drink up to two five-ounce glasses because their metabolic process is different.

Now that the first quarter of 2018 is out of the way, how are those New Year's Resolutions doing? Have they been incorporated into daily habits, or are they distant memories? No need to hope for better luck next year. If getting healthy and economizing the budget were two goals that have fallen by the wayside, wine can help put them back on track.

For decades research and studies all over the world have indicated health benefits associated with drinking wine, including claims by wine-drinking Medieval monks comparing their health to locals' health outside the monasteries. The French Paradox, brought to light nearly 30 years ago, theorized that, since the French had an unusually low incidence of cardiovascular disease and related deaths in comparison to their diet of high saturated fat cheeses, meats, and butter, it must be the wine they regularly consumed with those foods. Millions jumped on that bandwagon.

Subsequently, wine has been credited with reducing risk of heart disease by 25 to 40 percent; keeping blood vessels healthy and lowering blood pressure; moderating blood sugar in patients with type-2 diabetes; raising HDL cholesterol levels (the "good" kind) preventing vision loss; boosting Omega-3 fatty acids in the blood; easing joint pain and arthritis; and reducing the risk of dementia, depression and Alzheimer's.

In addition, studies on various forms of cancer say that wine reduces risk of prostate, lung, liver, and colon cancers. Some research also indicates that women who drink red wine may have a reduced risk of breast cancer, mainly because the aromatase inhibitors (AIs) in both red and white wine reduce estrogen levels and increase testosterone. However, drinking alcohol has been shown to increase estrogen and cancer cell production, so eating fresh grapes is probably a better route for women who are at high risk.

When it comes to deciding between red or white wine, both have beneficial properties. However, red wine has far more anti-inflammatory and anti-oxidant properties because of a compound called resveratrol.

Resveratrol is found in grape skins, which are included in the red wine fermentation process. In processing white wine, skins are removed early so there is far less resveratrol in the wine.

To reap the afore-mentioned benefits, health experts agree that one glass means five (5) ounces,

just over half a cup, and maximums are one glass per day for women and one to two glasses for men. Research is clear that drinking more than this on a regular basis negates any benefits. One 750 ml bottle, however, contains five glasses or servings—about a week's worth.

Regarding the budget, drinking wine every day doesn't have to lead to a financial burden or mean that the only option is "Two-Buck Chuck" or worse. In fact, wine shops in the southeast quadrant have excellent selections for a variety of tastes right around the \$10 mark, which translates to about \$2.00 per glass. Our wine group blind-tasted some of these "bargain" wine suggestions, and we were pleasantly surprised at the variety and quality.

Greg Schuber, owner of Schuber Liquor Store (373 Park Ave.) recommended our first white, Bernier Chardonnay 2016 Recolte. Les Freres Couillard produces this Loire Valley un-oaked Chardonnay. Tasting descriptions included crisp, fresh grapes off the vine, tart, and having mineral qualities. We thought this would make a good sipper for summer on the patio.

Tom Williams, owner of Time

for Wine & Spirits (661 South Ave.) suggested a white Bordeaux: Augey 2016 Bordeaux. Pronounced "o-jay," this blend of 75 percent Sauvignon Blanc and 25 percent Semillon was described by the tasters as smooth with butter and oak. It was fruity with apple and citrus flavors. While we didn't taste Williams's red recommendation, he noted that the rustic Juan Gil 2014 Albacea Monastrell has been very popular at the same price point. The Monastrell grape (also known as Mourvedre) is a little spicy with raspberry and plum flavors, on the dry side.

For the red wine tasting, we started with Schuber's choice, Sterling Vintner's Collection 2014 Meritage from Napa. Smooth cherry flavors turn just a little tart (not in a bad way) and end with an off-dry finish. It was a classic Meritage blend of Cabernet Sauvignon, Merlot, Malbec, and Petit Verdot that one taster said she "could drink all day."

Nelson Habecker, owner of East Avenue Liquor (1667 East Ave.) chose our second "good value" red: Dark Horse 2015 Pinot Noir. This California wine from the Central

Coast was lighter in color and body, fruity with berries and some herbal qualities. His recommendation for a dependable, inexpensive white was Chateau St. Michelle Riesling from Washington state. It's a "crowd pleasing," food-friendly Riesling that's refreshing and crisp with apple flavors and subtle mineral notes to make it interesting.

The third red was brought into the mix by one of the tasters. Washington's 14 Hands Columbia Valley 2014 Merlot had lots of cherry and strawberry flavors with a little black pepper and a little oak. This medium-bodied wine is readily available at many wine stores for around the \$10 mark.

Nancy Anderson, owner of Fort Hill Liquor (1520 Mount Hope Ave.) recommended Bodegas Borsao Garnacha as a quality value red. This Spanish Grenache had definite raspberry and black pepper flavors with a hint of tart cherry. The finish was smooth with notes of cherry and tobacco.

Her white suggestion was Bogle Chardonnay from California, another classic, consistent, popular easy-drinker with apple and pear flavors, some vanilla, toast, and a lingering finish hitting the everyday price point.

While adding a glass of wine with dinner or as an evening relaxer can be a pleasant way to improve your health without breaking the budget, there are qualifiers on which health professionals agree. First, wine, or any alcoholic beverage, should only be drunk in moderation. As noted above, the "optimum" average seems to be one five-ounce glass per day for women, and no more than two glasses per day for men. Anyone with low tolerance for alcohol or who is at a high risk for addiction or depression (alcohol is a depressant) should avoid wine and reap the health benefits from resveratrol in fresh grapes.

Second, the sweeter the wine, the fewer benefits. Wine has between 120 and 130 calories per serving with sweet and dessert wines higher still. This also means some

continued on pg. 5



Wine can be incorporated into a daily routine—like dinner—and has been shown to reduce risk of heart disease, improve blood pressure, and improve cognitive function to slow down or avert dementia.

South Wedge Sudoku

STR8TS

SUDOKU

Medium

Very Hard

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

		7		1		3		
	8		7			5	2	
			2				4	
		9		1	6			
8							7	
		6	3	4				
6			9					
4	9			6		8		
	5	8		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
4	5		2
4	3	6	2
3	5	2	1
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 for Sudoku and www.str8ts.com for Str8ts.

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

South Wedge Sudoku Solution on pg. 6

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Savor for the Flavor

Tom Williams, owner of Time for Wine & Spirits, 661 South Avenue, recently used a handy dandy hot air fryer to make a Pączki, a Polish Lenten treat, Pączki (POHNCH-kee) are traditionally eaten on Fat Tuesday in the US. Usually the yeasty dough is deep fried and then filled with jams and creams and dusted with sugar.



Pączki or Polish donuts

If you don't have a hot air fryer, and you want a healthier recipe, bake the plump little Polish pastries.

Ingredients

- 1-1/2 cups warm milk (no warmer than 110 F)
- 2 packages active dry yeast (remember to proof yeast before you begin)
- 1/2 cup sugar
- 4 ounces butter, room temperature
- 1 large room-temperature egg
- 3 large room-temperature egg yolks
- 1 tablespoon brandy or rum
- 1 teaspoon salt
- 4-1/2 to 5 cups all-purpose flour
- Granulated sugar (optional)
- Confectioners' sugar (optional)
- Fruit paste or jam for filling (optional)

Directions

1. Add yeast to warm milk, stir to dissolve and set aside.
2. In a large bowl or stand mixer fitted with the paddle attachment, cream together sugar and butter until fluffy. Beat in egg, egg yolks, brandy or rum, and salt until well-incorporated.
3. Still using the paddle attachment, add 4 1/2 cups flour alternately with the milk-yeast mixture and beat for 5 or more minutes by machine and longer by hand until smooth. Old-fashioned

directions call for beating the dough with a wooden spoon until it blisters. The dough will be very slack. If too soft, add remaining 1/2 cup flour, but no more.

4. Place dough in a greased bowl. Turn to grease the other side. Cover and let rise until doubled in bulk, anywhere from 1 to 2 1/2 hours or follow this quick tip to cut the rise time. Punch down and let rise again.

5. Turn dough out onto a lightly floured surface. Pat or roll to 1/2-inch thickness. Cut rounds with a 3-inch biscuit cutter close together so you will have fewer scraps. Remove scraps, and re-roll and re-cut. Cover and let rounds rise until doubled in bulk, 30 minutes or longer.

Transfer rounds to parchment-lined baking sheets, cover and let rounds rise until doubled in bulk, 30 minutes or longer. Heat oven to 375 degrees. Place Pączki in the oven and bake 8 to 10 minutes or until toothpick tests clean.

If you want to fill them, poke a hole in the side of the Pączki and, using a pastry bag, squeeze in a generous dollop of the filling of choice. Then dust filled Pączki with granulated sugar, confectioners' sugar or flat icing. If you have great restraint, you can freeze Pączki for another day.



(l-r) Coach Kelvin Knight, Jacyn Burch, Rahul Ravi, Sam Gray, Isaac Gray, Jack Hannagan, Assistant Coach Bakari Smith

Each weekend, Kelvin Knight coaches and mentors local middle school students from all over Monroe County in STEM sciences. In March one of the teams he coaches, the Twelfth Corners Middle School Science Team (TCMS), won the Department of Energy's (DOE) Western New York National Science Bowl Regional in Buffalo, NY. This is the third major STEM competition won by Kelvin's STEM students in the last two years.

The TCMS team competed

in a round robin STEM trivia competition against ten other middle schools from across Western New York. The team went undefeated through all rounds of competition and the TCMS team was awarded: a trophy, Blue Ribbons, and an all-expense-paid trip including flights, lodging, scenic tours, and meals to Washington, D.C. The team will represent all of Western NY in D.C at the DOE National Science Bowl. The students will compete against all the other regional winners from

131 other regions in the US and its territories. The top 16 teams will win \$1,000 for their school's STEM programs. The National Science Bowl winners will win a week's long trip to Alaska to learn about glaciers, plate tech-tonics, fossil fuels, and oceanography. The team will fly out to compete April 26-30.

Kelvin Knight is also the assistant administrator at the City of Rochester's South East Neighborhood Service Center.

\$10 Wines

continued from pg. 4

wines have higher residual sugar from the fermentation process, and adding sugar to an American diet is rarely a good thing. Look for dry reds like Cabernet Sauvignon, Merlot, or Chianti as opposed to Zinfandel, Barbera, or Port (which is fortified with, usually, brandy.)

Third, while there are observational and documented studies where wine lowers the risks of several conditions, there is also some indication of late that wine can increase the risk by 2 to 6 percent of some cancers, and up to 13 percent in some women for breast cancer.

Finally, no one should start drinking simply because of perceived health benefits. If wine

is already part of your routine, this article is providing some additional information on how to make the most of its benefits.

In 2018, there are many, everyday wines available. The best way to find your favorites is to ask the wine shop staff for recommendations at your price point and have fun trying a variety of them.

Rochester Minimalists Free Meetups April - July 2018

Amy Cavalier

The Rochester Minimalists, a local group of like-minded individuals looking to share ideas, practice minimalism, and have a positive impact on each other as well as the environment, invite you to join us for one of our upcoming meetings! All meetings are free and open to the public.

"Estate Sales 101"

Enjoy a short presentation about estate sales and household dispersal with Jim Heeks of Keepers of the Past followed by a question and answer session.

Monday, April 23, 6:30-8:30 p.m. Penfield Public Library, 1985 Baird

Road, Penfield, NY 14526 (Ruth Braman Room)

Fairport Tool Thrift Store

Tour and question-answer session at the Tool Thrift Shop in Fairport, a not-for-profit, volunteer-run retail shop collects donated tools and resells them for affordable prices.

Thursday, May 10, 6:00-7:30 p.m. Fairport Tool Thrift Store, 126 Fairport Village Landing, Fairport, NY 14450

Honey Bees 101/ Sweet Beez, Inc.

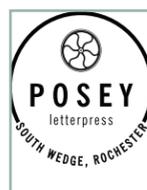
Tour several Sweet Beez locations to view bees at work in their hives and ask questions! Sweet Beez, Inc. is a non-profit organization

dedicated to fostering a stronger honey bee population in the city of Rochester and El Sauce, Guatemala Thursday, July 19 from 6:00-8:00 p.m. Tour starts at 78 Woodbine Ave., Rochester, NY 14619 (we will be traveling to two other locations)

Join us on Facebook (www.facebook.com/groups/rochesterminimalists/) or Meetup.com (www.meetup.com/Minimalism-org-Rochester/) for more information about these events and inspirational and engaging discussions about minimalism!

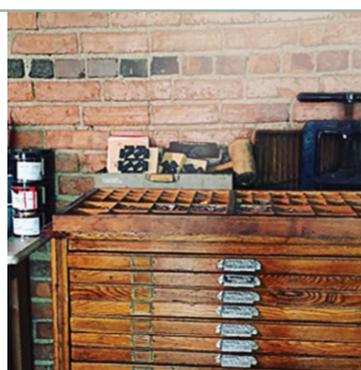
What's the Buzz?

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



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Recognizing a Blessed Life

Michele H. Martell

Take a look around and see how much we are blessed. Waking up, sunshine, the ability to experience life. Yet some life experiences do not feel like blessings. We see mistakes we've made, maybe yesterday, last week or month, or maybe years ago. Sometimes those mistakes may include allowing toxic people to infiltrate our lives like a cancer. But those mistakes can still be a blessing. If we are open, they can help us to grow. Others' and our own transgressions can help us to see what we do not want to be, and that is a blessing. If someone is rude or even cruel, we have the right to be angry; but in the long run, we can decide if we will turn that into a blessing. We can choose to learn about ourselves, take care of ourselves, even find some humor in the situation and move on.



Michele Martell

How about a death, a senseless accident, illness, a painful loss? Yes, there can be a blessing there, even though it can take a while to find. Dig deep. What have we learned? What can we share with others from that experience? Through challenging times that we feel may never end, when we wonder if we really will survive, we discover the survival is not only about ourselves personally. Someone, somewhere in our lives will be able to benefit from our experiences if we choose to share what we've learned. We may not see it right away, but that sharing

may crop up one day in another's life and help them improve their lives going forward. That learning can even be passed on to children.

Even though it is important to stay in the moment, the understanding that it is much bigger than the current moment can affect our whole perspective. And in those moments that we feel we are just hanging on by a thread, that bigger faith can be what we can hang on to.

There are blessings in everything in life. For example, when I feel so terribly sad and helpless about animal and child abuse, I can turn that desperation around and do something about it. I can volunteer, make a donation, spread the word, be an advocate. I can turn that pain into a blessing. It's all about leaving the world a better place after we're gone. If we do that, we can humbly consider our time here on earth a success. If we were abused as children or even as adults, we can make a conscious choice to turn that around and give our children and others the opposite of what we received,

breaking a cycle. And this can benefit generations going forward and all of the lives that they touch.

Watching a loved one decline can be very painful, not to mention the cumbersome, incessant responsibilities around their care. And the outcome? What if there is no getting better, not an end to the suffering, until the ultimate earthly end? The blessing, I've decided, is to learn. Recognizing that we do the best we can in any given moment, as we learn to do better. Life is short, and you never know just how short because age is not a definitive. There's a bigger picture. And that picture includes appreciating every moment. That thought may have sounded very cliché to me not that long ago. Now, the blessing of today takes on a real, authentic meaning.

What doesn't kill you makes you stronger thanks singer Kelly Clarkson. But it's true. We can choose growth, and to become stronger. And during the low-drama times of life, we can shine on and be a positive impact for those who are really struggling to

identify the blessings in life. We can be a door to open the blessings that they need to see. And when we ourselves are hurting, floundering, we can choose to acknowledge and graciously accept the loving support offered to us by others (and forget about those who don't) so we can move on and eventually feel healed and able to bless others again.

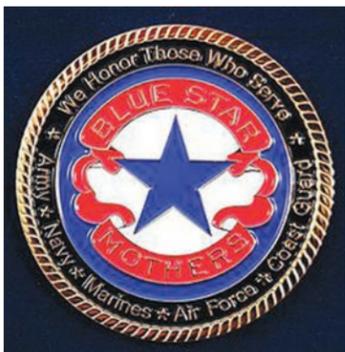
So maybe finding those blessings in places that we never thought we'd see them brings healing for our own inner wounds and for others. By reminding ourselves to look for the blessings may even inspire others to heal. Blessings. Universe-style.

Blessed to see a new day, to feel grass beneath our feet, to love our children and animals, to strive for business and personal goals, to enjoy and play music and appreciate art and the history of those before us. To grow each day, knowing that it is a blessed opportunity to become a better and more sparkling person than we were the day before. Those are blessings. Be blessed!

Reflections of a Blue Star Mother

Part Two

Ann Bauer



Brooklyn; saving every letter I've ever received, even asking for letters back when I wrote faithfully to a friend who had moved to Macau. The letters were so interesting, after all, full of the office drama she was missing, and I wanted to save them in case I used them someday in a novel. (Hoarder tendencies I don't deny, dear readers.)

I've sent five packages and about eight letters to my son; the Auxiliary committee sent a care package for Christmas and the CESA union sent one as well. A union member asked if he received it, and if he could send a photo with him holding the various baked goods and candy they'd sent, so they could use it in their next newsletter. The appreciation from strangers that Adam is doing something to be proud of, noble, brave, selfless for his country, makes me both proud and anxious, knowing that the worst case scenario will not be on their shoulders, they aren't burdened with the potential of grief, a haunting feeling that I cannot ever escape.

Visiting his family in Arizona where they live during the winter months was a great distraction. Realizing my daughter-in-law, their two children, are all living quite the normal everyday life of nursery school, chicken fingers at

McDonalds, trips to the library for Story Hour, and the ritual of bed time starting with a bath, brushing teeth, a quiet movie or lullaby was a definite comfort. There was no missing Daddy or worrying, or anything remotely scary for them, living in a state where the abundance of land and sun is remarkably not taken for granted.

We went to a make-believe Jurassic Park at the Phoenix Zoo, the touristy Cave Creek, where it felt like we were back with cowboys and Indians in the Wild West, and then several trips to the grocery store, one including the familiar Traders Joe's of Surprise, AZ, which was the same but a bit different - more tanned and lined faces then home - and of course, the CVS, my favorite store, which shocked me with aisles and aisles of wine, beer, and liquor of every brand possible.

And now it is my turn to be full-time grandmother.

My daughter-in-law and my two grandchildren will live with me for three months while we await her husband, their father, and my son to come home. I will pick up dirty clothes and toys left all around the house. I will change diapers, and I will put little bodies in and out of car seats, and then on occasion, I will arrange play dates with other children. I will re-discover what it's like to notice the hidden treasures of nature for the first time. Jumping in puddles, picking up tiny bugs

and playing in the dirt, chasing butterflies and marveling at how the lake ripples when you skip stones.

My four-year-old grandson will be my constant companion as I bask in his utter devotion that I am, perhaps, the best thing since Legos because I give him whatever he wants. And the baby, whom my daughter-in-law says is a tiny version of me, complete with Olympian thighs, will be as content as if she were in outer space. As long as she has her mama's soft skin near to smell and taste, she will not know the slightest difference that things are topsy-turvy again. This will be the ritual for a while, part of the chaos of packing and unpacking,

sorting and resorting, evaluating the stuff collected from one state to another, the shuffle between Georgia, Arizona, and New York.

We will get used to each other's habits, watch the dishes in the sink pile up like a pyramid (we have no dishwasher), the bath towels slowly accumulate on the floor (no washer and dryer at home either), and huddle together on the couch or around the kitchen table whenever Adam Skypes as he does on a weekly basis to connect with his family. The quivering little device, a tiny movie screen, will light up the whole house, as we all count down the months before he will return home.

My son is almost half way through his deployment. He is getting used to being away. He is getting used to thinking and re-thinking his career, his future, his life. He changes his mind about what he is going to do once he gets out of the military; one day he's going to be a marine biologist; another a scuba diver and take tourists out on deep sea diving expeditions on a charter boat in the middle of the Caribbean. Still another day he is going to open a coffee and sandwich bar with a woodworking workshop in the back; and finally, he just might settle on taking business classes at the local community college and then see where that takes him. He adapts well.

I keep track of our correspondence, like I used to do when I lived in Boston and



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South Wedge Sudoku Solution

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

Sudoku Solution

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

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Spring Clean in Time for 3rd Annual South Wedge & Highland Park Donation Drive

Andrea Borrelli

This spring the 3rd Annual South Wedge & Highland Park Donation Drive is being held throughout the month of May. Last year the neighborhood collected 10 car loads of donations, and not 10 “few bags in the trunk” car load, more like 10 “hatchback, seats folded down, piled to the roof” car loads.

I am happy to announce that this year’s drive is expanding! In addition to taking all your gently used coats, clothing, and shoes, we will be accepting small household items as well, such as bedding, towels, dishes, cookware, and

small furniture pieces. Also this year, in addition to the refugee organization Saint’s Place, which has been the sole recipient of our donations for the past two years, we will also be providing clothing donations to a number of other fantastic local organizations, serving a wide variety of people in need.

This year, collected household items will be donated to Saint’s Place, which is celebrating their 20th Anniversary! Saint’s Place’s primary mission has been to help resettle refugees by furnishing their first apartments and providing

clothing via a shopping trip to their clothing closet. However, over the past year all resettlement and refugee organizations have been challenged by a declining number of incoming refugees as a result of the Executive Travel Ban. Saint’s Place, therefore, has adapted their mission for the time being and are now also helping refugees already living in Rochester and living in poverty, as well as helping Puerto Rican evacuees, the homeless, veterans, and victims of abuse.

All clothing donations received will be distributed among a number of local organizations providing free clothing to those in need. We are collecting gently used, clean summer and winter clothing for babies, kids, and adults, in all sizes.

Since clothing donations will need to be sorted prior to being delivered to organizations, we are looking for volunteers in May to help with that process. If you have a few hours to assist, or if you know of an organization in need of a clothing donation please e-mail me at amc0815@gmail.com

Make use of our community donation drive as an opportunity to clean and purge your house of unwanted items, and also help people in need throughout the city.

Donations can be dropped off at 60 Mt. Vernon Ave, May 1 – May 30.

Ministry Offers Help to Mothers in Need

Maria Wehrle

Mothers In Need of Others ministry (pronounced: “minnow”) celebrated its 14th year anniversary in March. MINO provides donations of new and used maternity and baby items free of charge to case managers and church outreach workers to assist them in meeting the needs of their clients. The ministry is located at 46 Mount Hope Avenue. The hours are Monday, Wednesday, and Friday from 10am- 3 pm. Service providers can call to request items and schedule a pick up time. Donations are gratefully accepted during those hours, by appointment only.

But the ministry has even more cause for celebration these days! Mothers in Need have recently partnered with Mary Jo

Colligan, President of Angels of Mercy, and Michele Rosenbaum, Program Facilitator of Beauty for Ashes, a ministry under Angels of Mercy which offers retreats for women who have endured or are going through a life crisis.

Beauty for Ashes will be holding monthly meetings in MINO’s Mount Hope facility as an extension and follow up to their retreats.

This is a way to reach out to moms on a whole new level, building relationships and giving them a safe and confidential space to share with others in a loving environment. MOMS is hoping to launch this program sometime in June.

“The MINO Meet & Greet” will be held on Saturday, April 14 from 10 am-12 pm at the Mount Hope

location. This event will be for case managers and church outreach workers to inform them of the new and exciting programs we’ll be adding to our ministry and offer them a forum for speaking about their programs and networking with others to help the community!”

To learn more, contact call 585.348.8596 or email mothersinneedofothers@gmail.com or visit www.projecturge.org/mino or MINO on Facebook. If you are an individual in need of assistance, but you are not currently working with a church ministry or agency, we would be happy to suggest some programs we work with to help meet your needs.

The Wedge Gets Read!

Advertising deadline for the June/ July issue is May 11ish. Please call us at 256-1740, ext.4 or 978-9638.

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April
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Children's and Teens Programs



Movie Monday
Mondays: April 2, 9, 16, 23 and 30 at 3 p.m.
It's Movie Monday! Join us for a fun family movie, no registration required.



Storytime with Miss Sarah
Thursdays: April 12, 19 and 26
10:30 a.m.
Join Miss Sarah for stories and songs for all ages! No registration required.

Crafternoon
Tuesdays: April 10, 17 and 24 at 3 p.m.
Join us for a make and take craft! All ages, no registration required.



Adult Programs



Marimo Moss Ball Workshop
Saturday, April 28
11 a.m. to noon

Sigriet Ferrer from Prismatic Gardens will help you create your very own Marimo moss ball terrarium! You've probably heard of making terrarium with moss, ferns, and other easy-to-maintain plants, but have you heard of Marimo moss ball terrariums? Marimo (also known as "Japanese moss balls"), are a rare and unique species of algae native to Lake Akan in Hokkaido, Japan. The Marimo species is found only in a small number of lakes in the northern hemisphere. They are a source of fascination in Japan, where they are popularly kept as home or office "pets" and for good luck. Make one for yourself or make one as a gift for a friend! All materials are included, and you will create and take home your very own terrarium. This program is designed for participants ages 18 and up, and each person will be limited to one moss ball terrarium. Maximum of 12 participants, please register at the circulation desk or by calling 428-8206.



Douglass Book Group
Monday, April 30
7 to 8 p.m.

Join us to discuss *Mr. Penumbra's 24-Hour Bookstore* by Robin Sloan. The Great Recession has shuffled Clay Jannon away from life as a San Francisco web-design drone and into the aisles of Mr. Penumbra's 24-Hour Bookstore. After a few days on the job, Clay discovers that the store is more curious than either its name or its gnome-like owner might suggest. The customers are few, and they never seem to buy anything instead, they "check out" large, obscure volumes from strange corners of the store. Suspicious, Clay engineers an analysis of the clientele's behavior, seeking help from his variously talented friends. When they show their findings to Mr. Penumbra, they discover the bookstore's secrets extend far beyond its walls. Robin Sloan's *Mr. Penumbra's 24-Hour Bookstore* is exactly what it sounds like: an establishment you have to enter and will never want to leave.

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

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: April 3, 10, 17 & 24
2 – 2:30 p.m.

Ages 0 – 18 months, with caregiver(s)



LEGO Club

Wednesdays: April 4, 11, 18 & 25
4:30 – 5:30 p.m.

Ages 4-12

Tail Waggin' Tutors

Thursday, April 12, from 4:30 – 5:15 p.m.

Read to Jax, a young "Burnedoodle", a mix of Bernese Mountain Dog and Poodle.



Saturdays in April

10 a.m. – noon

Learn to make a cute spring rabbit out of folded paper!

The Storybook Cook: Spring Treats

Wednesday, April 4, from 1 – 2 p.m.

For ages 4 & up

Join us for a spring-inspired, edible program with "The Storybook Cook"! Kids prepare recipes while two stories that fit the theme are read to them; one before cooking and one while enjoying what they've made. The Storybook Cook teaches tactile skills, following directions, teamwork, food safety and kitchen safety. Kids are more likely to try new foods if they take part in the preparation.



Preschool Story Time

Tuesdays: April 17 & 24 @ 10:45 a.m.

We will be offering two special story times that will feature guest readers from the Warner School of Education at the U. of R. These students are in the Master's Program for Education. For ages 3 – 4. Registration is not required.



Teen Book Club



Please call the library for the date and time of our April meeting.
They will be discussing the book *Sisters Red* by Jackson Pearce.

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PUSH Physical Theatre Debuts Powerful Collaboration with RPO

Sally Cohen

The Rochester Philharmonic Orchestra (RPO) Principal Pops Conductor Jeff Tyzik debuts with the award-winning PUSH Physical Theatre on Friday and Saturday, April 13 and 14 at 8 pm in Kodak Hall at Eastman Theatre.

PUSH will perform interpretations of Tyzik compositions including his New York Cityscapes and "Blue Funk," as well as works by other composers. PUSH is well known locally, nationally, and internationally for its physical illusions, acrobatic storytelling, and gravity-defying motion theatre.

Founded in Rochester in 2000 by husband-and-wife team Darren and Heather Stevenson, PUSH has received the Performing Artist of the Year Award from the Arts & Cultural Council for Greater Rochester, the Community of Color/Anton Germano Dance Award, and the University of Rochester's Lillian Fairchild Award. They were finalists on truTV's Fake Off, during which judge/Glee star Harry Shum, Jr. said: "You guys are superhuman!" Full-length works include Jekyll & Hyde, Dracula, Arc of Ages, as well as 2013's choreography for composer Ricardo Zohn-Muldoon's Pulitzer Prize-nominated opera, Comala. In 2016, Zohn-Muldoon, fellow Eastman School of Music faculty and composer Carlos Sanchez-Gutierrez, PUSH, and many other Mexican and U.S. artists collaborated on the award-winning, multi-media opera called Don't Blame Anyone (No Se Culpe). Many shorter works include "Red Ball," a study of interplay between the real and virtual worlds using iPad technology, created in collaboration with RIT's National

Technical Institute for the Deaf.

"PUSH is absolutely honored to work with Jeff and the RPO," adds PUSH Co-Artistic Director/Founder Darren Stevenson. "This whole process feels new and original, even though its actually very primal. We humans have been gathering together to tell stories through movement and sound even before we figured out how to use language. This project is just a continuation of that legacy."

In addition to the Stevensons, the current company also features veteran PUSHer Jonathan Lowery, former Cirque du Soleil performer Avi Pryntz-Nadworny, and Fulbright scholar and dancer Katherine Marino. Although a busy touring schedule takes them all over the U.S. and the world, PUSH is very involved with arts-in-education programs and runs its own PUSH Pins Summer Camp, Teen Training, and Summer Intensive for adult students from all over the world in Rochester.

Tickets for Breaking Boundaries with PUSH Physical Theatre start at \$24 and are available online at rpo.org, by phone at (585) 454-2100, or in person at the RPO's Patron Services Center (108 East Ave., Rochester) and at all Wegmans That's T.H.E. Ticket! locations.

Principal Pops Conductor Jeff Tyzik has earned a national reputation for excellence in pops programming during his 24-year tenure with the RPO.

With Michael Buttermann as Principal Conductor for Education and Community Engagement, the RPO reaches almost 17,000 children through its specific programs for school-aged children.

Nominate a Rochester Neighbor who Deserves to be Celebrated

NeighborWorks® Rochester is organizing its 3rd Annual Celebration of Rochester Neighbors, to be held in June. The free event, held at the City of Rochester Public Market, celebrates the great people who 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 NeighborWorks webpage: <https://nwrochester.org/Celebration-of-rochester-neighbors/>.

Mini Clean Sweeps Can be held Year Round

While a citywide Clean Sweep is scheduled May 5, neighborhoods can organize their own mini clean sweeps anytime throughout the year with a week's notice. For more information, contact Southeast Neighborhood Administrator Nancy Johns Price at nancy.johns-price@cityofrochester.gov

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 or local business interested in sponsorship, contact Kelly Hallenbeck, Resource Development Manager at 327-4170, or khallenbeck@nwrochester.org.



Reiki Healing Center Closes on May 1

Reiki Healing Center & Lemuria Gift Shop is closing at the end of April. Don't miss the many events coming up.

After 16 years in the Rochester area, Barbara Carlton is moving to Massachusetts to be with her family. She's not retiring though and we'll continue to see her as she will visit Rochester four or more times a year to teach classes. Since The Reiki Healing Center will be closing, many items will be auctioned during her going away party on April 21. Please stop by to wish her well and give her a big hug. She has done so much for so many.

Classes will continue until May. Visit the Center's website "calendar" main menu option. www.thereikihealingcenter.com/wp/events.

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LOCAL

We support local farms and businesses! When you walk through our store you'll see featured local items such as salsa's, produce, coffee, and much more.

COMMUNITY

Through all our many perks we are able to build a sense of community. You are able to have a say in what you are spending your money on, shop locally and give back, as well as dine with your fellow neighbors.

Understanding Ayurveda: The Yoga of Herbs

Sonam Targee will be holding a seven-week class "Ayurveda, the Medicine of beginning April 9. The course will give a broad overview of the science of life according to the wisdom of the ancient rishis (seers) of vedic India.

Targee has run a clinical practice of Pan-Asian herbal medicine for 33 years. Through these many years of teaching and borrowing liberally from the Ayurvedic, Chinese, Native American, Tibetan, and Wiccan traditions, Targee has created an eclectic complimentary medicine practice.

Listed are the topics: Week one: The constitutional types and their significance for health, the qualities in nature that are also in the body, and the usefulness of tongue diagnosis.(4/9) Week two: The lungs and colon: how the

mucous membranes are interrelated, how changes in lifestyle, diet and breathing patterns can make all this flow smoothly! (4/16) Week three: The Ayurvedic understanding of the kidneys, bladder, and their correspondence to the principles of water element, storage, memory and bones. (4/23) Week four: Why the liver and gall bladder are related to the eyes, the skin and the mind. This class will discuss breast health, and various methods of purification according to Ayurveda and Tibetan medicine. (4/30) Week five: The heart. The three main patterns of cardiac disharmony and how to construct an herbal formula to antidote the pattern once it is recognized. (5/2) Week six: Nurturing and maintaining the digestive fire. It is of supreme importance in

Ayurveda to maximize absorption of nutrients and minimize holding onto waste products. There are so many wonderful and pleasant ways to accomplish this! The use of kitchen herbs and spices will be thoroughly discussed! (5/1) and Week seven: To sum up, this class outlines how Ayurveda supports spiritual practice. It's time for questions and answers! (5/21).

Remember that healing is a serious fun: Serious because relieving suffering and helping others is part of the work of being fully human, and fun because being with others in a healing community is downright enjoyable.

Classes are held at Ancient Universal Medicine, 288 Monroe Avenue. Register at 6-1841Ancientuniversalmedicine.

Want to see your photos or writing in the Wedge? Have a story idea? Give us a call at the Wedge Newspaper 585.256.1740, ext. 105 or email us at thewedge@swpc.org. We welcome contributions.

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March for Our Lives 2018

Once When We Stood (Together)

Miya Libman

Once upon a time there was a broken country, full of people devastated by the senseless murders that plagued their nation.

The teenagers of the country, tired of the adults not doing anything to stop the killings, rose up, mobilized, and took action.

I never intended to get as involved with the Never Again and March for Our Lives movements as I did. I simply meant to ask around to see what was going on in Rochester and what I could join. Instead, I got swept along with the current, setting up Facebook and Instagram pages, meeting local activists (some my age and new, some older and more experienced), and doing TV interviews.

On March 14, I stood outside with snow dripping down my forehead, dampening the script in my hand, and watched the first wave of students stop at the bank of unplowed snow behind Brighton High School. Then, slowly they began to make their way through the snow, the next wave following along in their footprints in a single file line until over 600 of my peers stood silently at the center of the football field. For 30 minutes (longer than the initially intended 17 minutes) we stood together in solidarity with the students at Marjory Stoneman Douglas High School, reading the names and biographies of the victims, pausing for a moment of silence, and reading student written speeches on gun control legislation, student empowerment, and on other mass shootings.

The hallways that day were flooded with orange, the color of the

walkout and the anti-gun violence movement. One girl made orange ribbons to pin to our jackets during the walkout. In the main atrium of our school, student and parent volunteers registered 108 new voters. The day was bright with civil protest, juxtaposing the gloominess of Mother Nature herself.

Only ten days later, 6,000 of us crammed into Washington Square Park to rally for gun control and our right to a safe education. Rochesterians came out with colorful posters and chants of "Enough is Enough," "No More Silence," and "Black Lives Matter." The parade of protesters was so long that in one instant it spanned the entire length of the route, beginning to end.

Speaking in front of 6,000 people felt more like speaking to a group of friends, friends who I knew would lift me up and cheer me on, friends who I knew would fight with me until the very end.

Once upon a time there was a group of teenagers who spoke their mind. They banded together to make change by uniting their country and drawing attention to its disease.

Once upon a time these teenagers knew it wasn't enough to start a conversation, and that the movement wouldn't end with just one demonstration.

So they went on a quest for justice, knowing they would be pushed every step along the way, but that nothing would get done without a struggle.

Once upon a time, the teenagers rose up, fought back, and kept fighting until real change was made.



Some 6,000 gathered at Washington Square Park for a Gun Reform rally and the March for Our Lives on March 24. (Photo by Christina Lee)

Enough is Enough

Maya Reagan

On February 14, 2018, seventeen people--students and teachers at Marjory Stoneman Douglas High School--were killed when a former student walked in and fired his legally acquired AR-15 rifle. Events like this are nothing new to the United States. Columbine, Virginia Tech, Sandy Hook, and now Parkland. Just hours after the Parkland shooting, instead of grieving, the survivors started a movement that spread throughout the United States.

Six minutes and twenty seconds was all it took for Nikolas Cruz to kill those seventeen. Cruz used an AR-15 style rifle, which he bought legally. The AR-15, also known as "America's Rifle" was specifically designed for the military to use. This gun is an assault rifle, which means that it is meant to kill people. This rifle and all the other semi-automatic and automatic guns should not be allowed in the hands



Maya Reagan, 15 (Photo by Nancy O'Donnell)

of the public. No matter how many background checks, or training classes a person takes, those types of guns are only meant for killing people and should have never been allowed for sale to the public.

As children, our duties are simple; go to school and get an education. As for the adults in power, their duties are to make sure that we're safe, and that we can get an education without worrying about our safety. The adults are not doing their duty. How can we go to school every day knowing that there are weapons in the hands of unsafe people? We constantly have to practice lock down drills in case there is ever an active shooter. We constantly worry about if we are the next school to be attacked by these weapons of mass destruction. One of the adults in power suggests arming teacher with even more weapons. This is not the right answer. Bringing more guns into the picture would not only scare us even more, but it would take funds



(1-r) Oscar, 10, and Asher, 9 (Photo by Christina Lee)

away from the school programs that are teaching us valuable lessons.

On March 24, over one million students flooded Washington, DC at the March for Our Lives. Thousands of other cities also took part in this historic March including Rochester, New York, where over 6,000 students, teachers, and allies marched in solidarity with Washington DC. In Rochester, Mayor Lovely Warren, and students from Rochester gave powerful speeches. One of the speakers who really stood out was Lentory Johnson, mother of Johnny Ray Johnson who was fatally shot at the Boys and Girls Club in 2015. She said: "You decide whether you are in a moment, or in a movement." For me and I hope everyone else in the crowd decided that this is a movement. This is a movement that will not be stopped until something is changed.

I have a little message for all the members of Congress who get donations from the NRA: How much? How much are we worth to you? Open your ears to us. We have something to say. We want to work together to solve this problem. Do not turn your backs on us. This is just the beginning of this movement. If you just sit back and do nothing, we will not hesitate to vote you out. The hundreds of lives lost to guns every day has got to stop. ENOUGH IS ENOUGH.

Maya Reagan, 15, is a sophomore in high school. She can be found on Instagram and Twitter @mayarose_irl

Miya Libman is 16 years old and a sophomore in high school. She can be found on the Instagram account @sorryimallbooked.



(1-r) Elizabeth Winterberger, 16, and Miya Libman, 16. Photo by Christina Lee



At one point marchers covered both bridges in downtown Rochester (Photo by Christina Lee)

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GreenSpark Solar to Hold 2nd Annual RocWorthy Earth Fest on South Avenue

GreenSpark Solar invites the community to join them on April 28 in the South Wedge for a Day of Celebrating Sustainability

Meghann Schulte

After a successful inaugural year celebrating sustainability, hopefulness and daily actions to protect our Earth, GreenSpark Solar (formerly SunCommon) is excited to bring the RocWorthy Earth Fest back to Rochester's South Wedge for its second year.

The RocWorthy Earth Fest focuses on local organizations promoting sustainability right in our community. The goal of the day is to leave festivalgoers with actionable takeaways that they can use in their daily lives to 'Go Green.'

South Avenue, between Abundance and NeighborWorks, will be closed to allow festivalgoers to walk from booth to booth, listen to great music, and spend encouraging time with our neighbors.

GreenSpark Solar believes that everyone has the right to a healthier environment and a brighter future, and we want to tear down the barriers to clean energy.

We utilize the RocWorthy Earth Fest to showcase other local organizations with similar missions.

There is a stigma around going green, that it's hard, time consuming and expensive, and we're poised to remove that myth by giving these local groups an arena to promote their initiatives, while also giving our community members that same arena to find solutions for their sustainability goals.

The RocWorthy Earth Festival, a zero waste event thanks to our partners at Impact Earth, attracted

well over 1,000 people in 2017, and we anticipate doubling the attendance in 2018 with activities for friends of all ages.

These efforts include popular participants from last year like Rec on the Move, providing a look at the recreation activities offered by the City of Rochester for underserved neighborhoods. And new participants such as The Seneca Park Zoo Society will be bringing their Zoomobile highlighting some of the current conservation projects which inspire our community to connect with, care for and conserve wildlife and wild places.

Another great new participant will be The Rochester Electric Vehicle Accelerator group who will have a Ride and Drive, providing the opportunity to experience driving or riding along in an electric vehicle.

GreenSpark Solar works closely with Abundance Food Coop, the Business Association of the South Wedge Area (BASWA) and the South Wedge Planning Committee to promote the event using South Wedge businesses.

Over 30 vendors have already signed on to further their initiatives and educate the community. So whether you're interested in music and mindfulness (*Alice's Encore* will be performing), finding your community shared agriculture farm (Wild Hill Farm), getting involved in local climate advocacy (Rochester People's Climate Coalition), learning about local parenting resources (Parenting Village), and



The RocWorthy Earth Fest saw over 1000 community members pack South Ave and the South Wedge for its Inaugural year and expects to double the attendance for 2018. Come learn what our community has to offer and walk away with actionable items to green up your everyday life.

of course, understanding your solar energy options (GreenSpark Solar), or if you're simply interested in listening to great live music and enjoying food from some of our talented food truck chefs --RocWorthy has you covered.

We encourage all South Wedge businesses to get involved, we're hoping to bring thousands of people to your neighborhood, so reach out for information on how you can participate (contact Mary Nicholas at GreenSparkSolar.mary.nicholas@GreenSparkSolar.com). More information can be found at RocWorthyEarthFest.com.

The overwhelmingly positive response from the 2017 RocWorthy Earth Fest inspired GreenSpark

Solar to launch the **RocWorthy Earth Series**, which hosted its first event on March 15 with a focus on sustainability and transportation. The RocWorthy Earth Series will host events four times a year near the solstices and equinoxes, with the next event coming in June. The goal of the series is to engage, empower, and inspire the community regarding topics of an environmental focus and to provide an opportunity to share best practices and education to increase sustainability in our community; including at home, in our local organizations, and in our businesses.

Meghann Schulte is Director of Marketing and PR at GreenSpark Solar.

RocWorthy Earth Fest
Saturday, April 28th
11 am - 3 pm
South Avenue
between Averill & Hamilton Streets
Live Music
Food Trucks
Kid Friendly
activities include
Rec on the Move
and the Zoomobile

Seton Collects 1,000 Cans of Food

Patty Selig

"Not all of us can do great things, but we can do small things with great love."--Mother Teresa

To commemorate Catholic Schools Week, Seton Catholic School did what it does best and gave back to the community through various service projects. A week-long can drive collected over 1,000 cans of food that were donated to Foodlink.

In January, a dozen Seton families gathered at the Foodlink facility at 1999 Mt. Read Blvd. to sort and prepare boxes of food to be distributed to those in need. The children are always hard workers at Foodlink because they truly grasp the goodness of the task and how they are directly impacting the life of a child or a family who is hungry or does not have access to meals. Each time we visit, a Foodlink representative explains to the children what our task is and how it will help our community and right away, our children and their families get to work!

In two hours of time we usually create 1,200 Backpack Food bags to the "backpack program" which provides food to children who are identified through the schools as needing meals/snacks for the weekend when school meals are not available.

Seton engages in this type of activity several times a year, thanks to organizer and parent Michela Peters.

In addition to the Foodlink service project, Crazy Hat and



Parents and Seton students gather to do small things with great love

Sock Day was celebrated with the collection of new socks to be donated to Rochester City School #34. Students also made Valentines for homebound parishioners of Our Lady of Lourdes and St. Anne. To close out the week, Seton families prepared and served a hot meal at the REACH Shelter located at 102 N. Union Street, which serves as an emergency shelter for the homeless.

At REACH, free dinners are provided by community members each weekday for approximately 30 people, many of whom are chronically homeless and struggling with mental illness, substance abuse, and physical disabilities.

While providing many fun activities during the week, Seton's devotion to service and giving back to the community is one of the aspects of the school that make it so special. It is imperative and important to us as parents of strong Catholic faith that we model for our children and provide opportunities for demonstrating the acts of mercy such as comforting or helping those that are less fortunate than us and feeding the hungry.

Remembering Dave Halter

continued from pg. 1

in community never wavered and his voice on numerous community issues was never silenced. David continued to attend NBN6 meetings and showed up at places for coffee and conversation in his motorized wheelchair.

"Dave Halter was the longest servicing member of the South



(l-r) State Senator Joe Robach and Dave Halter

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For more information call 428-6342

Wedge Planning Committee said SWPC Board Chair Frank Logan, "His intelligence, historical knowledge and contributions added value to the South Wedge and to our organization. His presence in our community will be greatly missed."

Thanks to those who took part in a life celebration held in honor of Dave's life and legacy on March 4 at Calvary St. Andrews Church and allowed me to use some of their remarks in this story.

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South Wedge Playwright's Swans Explores the Impact of Violence in the Family

Nancy O'Donnell

South Wedge playwright Maria Brandt has long held a spotlight to the issues of sexual and domestic violence. With her three younger sisters, Brandt organized "Take Back the News" events to address the misrepresentation and underrepresentation of sexual assault stories in the mainstream media while survivors told their stories on the group's website.

As an educator—Brandt teaches Creative Writing at Monroe Community College (MCC)—and playwright, she's examined these issues in class and manuscript.

Her play *Swans*, which explores a family destroyed by violence will have its world premiere at GEVA Theatre's Fielding Stage June 21-23. Directed by Method Machine's David Henderson, the play features actors Spencer Christiano, Judy McCaffrey, Marcy Savastano, and Kevin Sean Sweeney in the roles. The event is produced by Straw Mat Writers and Method Machine.

Brandt began writing the

script in 2014 after a "writing prompt" given by playwright Lisa D'Amour in an MCC workshop.

"The other catalyst was being the mother of a 12-year-old boy," said Brandt. "As a feminist it became increasingly important that men be in the discussion of sexual assault."

In *Swans*, Paul, played by Spencer Christiano, must respond to his mother's return after a 10 year absence. Now in his twenties, he must face conflicting emotions of joy and anger. Complicating the reunion is his loyalty to the father who has raised him.

Brandt describes these dynamics of the mother's return: "Paul [is forced] to confront the circumstances of her leaving and his own complicity in shaping a world where women are not always safe."

"He's modeling his father, who is not a good man," Brandt added. "Paul has to decide what kind of man he wants to be."

The play ran at MUCC last year, received a lot of buzz. "The

house was packed, and afterwards people were milling around talking about the issues in the play."

Other plays by Brandt have been finalists for various competitions around the country and have been performed in Boston, New York and Rochester. Her collection "New York Plays" was produced by Out of Pocket Productions and published by Heartland Plays and her novella *All the Words* won the 2014 Grassic Short Novel Prize.

Along with teaching at MCC, Brandt is a founding member of Rochester Playwrights Group as well as an Artist in Residence at MuCCC. With Straw Mat Writers, Brandt co-authored "Four Play" and "Shitty Lives" which were performed at the First Niagara Rochester Fringe Festival.

An Opening Night Reception and Talkback Brandt said. Stand Up Guys Resolve, Inc. will share the stage for the talk back after the play. Resolve of Greater Rochester, Inc. combines two organizations



Maria Brandt and the Cliff of Moher, Ireland (Photo by William Brandt)

Safe Journey and Stand Up Guys. Its website defines Safe Journey as an organization "focused on intervention with female survivors and prevention education with youth and the general community" while Stand Up Guys focuses on "prevention by engaging men in conversations about the violence done to women, by men." Brandt said 5% of all proceeds on opening night will be donated to Resolve. "I'm really excited and terrified at the same time. Having Resolve



[sharing the stage] on opening night falls in line with what the play is doing. The whole goal is to get people talking," said Brandt. "This is an opportunity to get all of us, whatever our sex, gender, orientation, age, to get us talking."

**Swans, a play by Maria Brandt will be performed at
GEVA Theatre Center's Fielding Stage**
Thursday, June 21 at 7:00 pm, Friday, June 22 at 7:30 pm, Saturday, June 23 at 2:00 pm and 7:30 PM. Tickets are available online or call Box office at (585) 232-4382.

South Wedge Farmers Market

continued from pg. 1

will be back. Local community groups and businesses will take up market places to promote services and goods unique to the South Wedge community and of course we're looking to add food carts.

The South Wedge Market is operated as part of the South Wedge Planning Committee's Community Engagement services. The 2017 Market, like so many other Mt. Hope businesses, struggled through the extensive Mt. Hope Avenue construction and renovation project, but a new year brings renewed excitement and anticipation.

"We are excited to have contracted with Joan Brandenburg to manage this year's market," said

Frank Logan, SWPC Board Chair.

"Many people may remember Joan as the Voice of the Rochester Public Market where she worked for over ten years helping to build the RPM Brand. We are looking to make our market the place to be on a Thursday night. Stop, shop, stay awhile and visit with neighbors and friends."

For more information on joining the 2018 Market as a market vendor, artisan, busker or to book a booth for the super-mini flea market, contact the South Wedge Farmers Market at info@swpc.org or call (585) 256-1740 ext. 3.

Dave Halter became Nathaniel Rochester in the hands of Pepsy Kettavong



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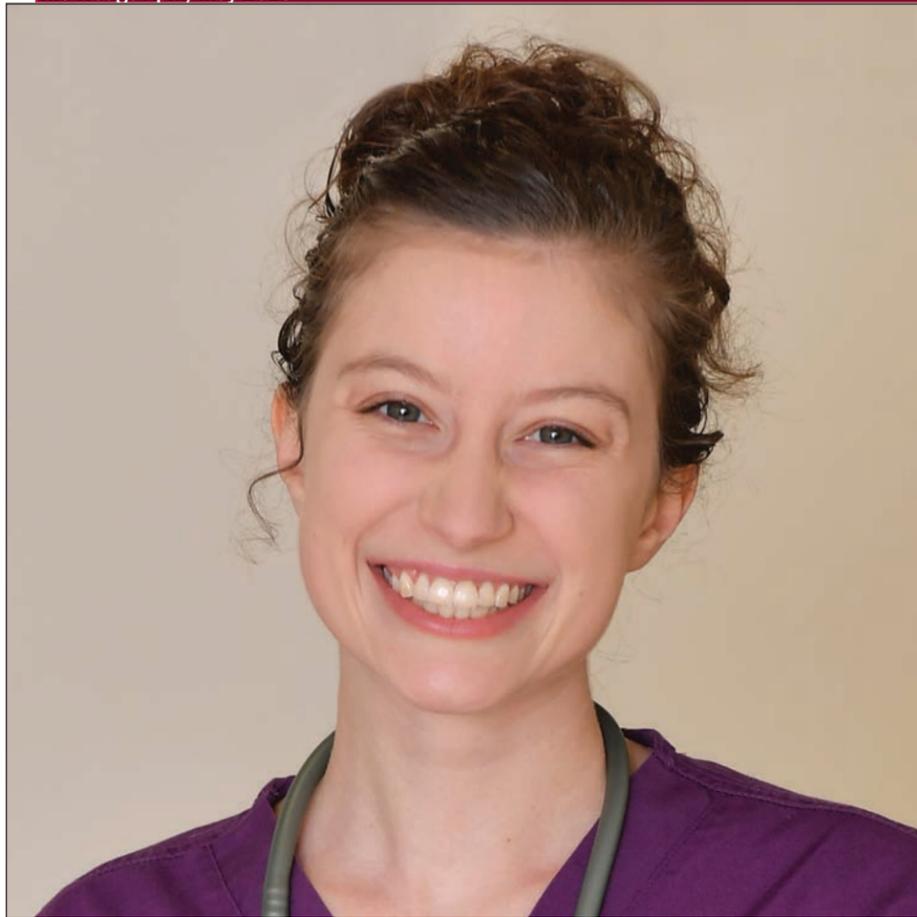
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