

The WEDGE

The Official Newspaper of the South Wedge Since 1982

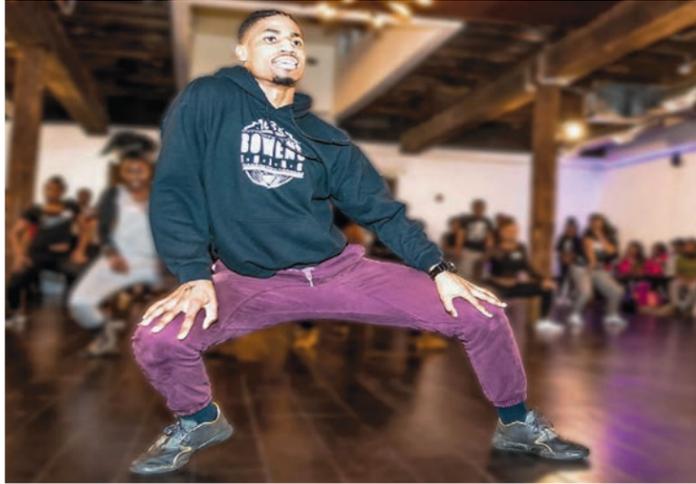
South Wedge Farmers Market Adds Free Hip Hop Cardio Classes For Afternoon Fun

Joan Brandenburg

With a focus on eating healthy and staying fit, the South Wedge Farmers Market has added a new element to the current menu for active shoppers. Hip Hop Cardio with Marcus Bowens is being offered each market day from 6:30-7 p.m. Classes are free; no pre-registration is required. Bring the kids and just show up in your casual clothes and get ready to have some fun.

By day, Bowens works as an intern in Mechanical Design for LaBella. For the last few years, he has spent his nights and weekends leading Hip Hop Cardio classes at places like 540 West Main, a community space used for community discussions, events and classes. It is located at 540 West Main Street in Rochester.

For those unfamiliar with Hip Hop Cardio, Bowens explains that



Hip Hop Cardio Coming to the Market (Photo courtesy of Marcus Bowens)

these are choreographed dance movement classes which can accommodate the beginner and move the more experienced to the

next level of their dance exercise routine. Bowens describes the classes as active movement to some great music. Class attendees have

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SWPC's South Wedge Farmer's Market Mixes Shopping & Community Building

Joan Brandenburg

Halfway through the season, the South Wedge Planning Committee's Farmer's Market continues to provide a unique mixture of vendors and activities for shoppers to enjoy.

Jason Blied Farms, returning from the 2017 season, continues to offer fresh and locally grown produce. Each week you will find something different. Whatever is ready to harvest is what can be found at Blied's farm table at the Market.

Stop by each week and pick up a prepared dinner from Cooking and Eating Healthy with Phyl. Her crock-pots are always simmering with both vegan and non-vegan choices along with honey, breads



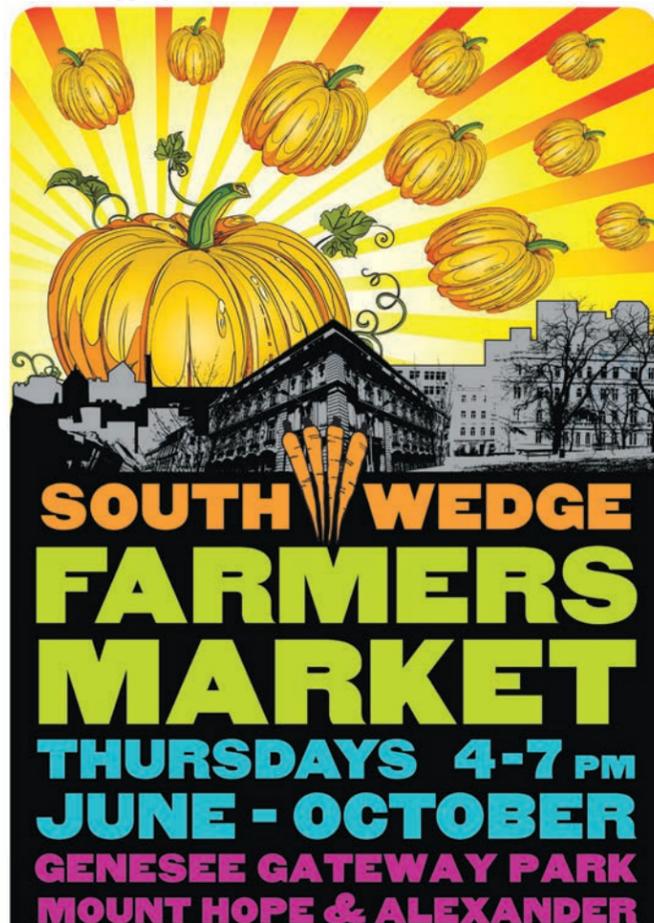
Delectable pastries from Zimmer's Bakes (Photo by Cate Concannon)

York State Market Federation is offering the \$2.00 Fresh Connect shopping bonus coupons for every \$5.00 EBT-qualified purchase.

This has been a year to re-build and expand the Market after Mt. Hope construction took a toll on participation by both vendors and shoppers. Market organizers looked at market trends around the area and

and more. EBT card shoppers are encouraged to use their card to purchase shopping tokens. New

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

WHAT'S INSIDE...

FREE

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- C'mon Over for a Cookout
- Promoting Peace in Colombia
- Cobbs Hill Village Faces Wrecking Ball
- Wine Review- Summer Reds
- Fear of Falling Not Just a Movie Title

RHA Launches Emergency House Initiative in South Wedge

On Thursday, August 16, Rochester Housing Authority (RHA) will cut the ribbon at 1-3 Whalin Street, in the South Wedge neighborhood. The property will serve as the city's first-ever emergency shelter home for families affected by fire damage. The Housing Authority plans to provide additional "emergency homes" over the coming years, with the goal of one property in each of the four quadrants of the city, so families have minimal disruption from their regular day-to-day routines.



South Wedge Emergency Home (Photo by Nancy O'Donnell)

This newly completed duplex property was once a former NYS HHAP program site but has been vacant for two years. RHA had plans to redevelop it into a public housing property until Rachel, a single mother and her young daughter Maddie attended the March 2018 RHA Public Board Meeting and shared her tragic story.

"When Rachel shared her story that day, I knew we had to do something," said RHA Board Vice Chair and SWPC Executive Director John Page. "It's heartbreaking to imagine a family on the street with no access to safe shelter, food, or clothing - and even more unbearable that, until we created this program, there was nothing like this in the entire region to help families longer-term on their road to recovery."

During the ribbon cutting ceremony, RHA will dedicate the Whalin Street duplex as "Maddie's House," in honor of the family who

brought this issue to their attention and who, through sharing their loss and struggle, will help many Rochester families for years to come.

The American Red Cross has been consulting RHA on this project and highlighted the dire need for this type of emergency housing in Rochester. Staggering statistics provided by the organization show that they provided immediate emergency assistance, including temporary housing, food and clothing, comfort and support, to 245 families after fires in the city of Rochester between July 1, 2017 and June 30, 2018.

"We're happy to support the Rochester Housing Authority as they launch this exciting new project," said James Love, Executive Director of the American Red Cross, Greater Rochester Chapter. "This

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Farm to Table Tradition Still Strong at Lento's Village Gate

Glynis Valenti

In 1986, McDonald's opened its largest restaurant to that date, in Rome on the popular *Piazza di Spagna*, one block from the historic Spanish Steps. Romans—and Italians—were outraged. To a culture so interwoven with a revered familial culinary heritage, the brash arrival of the world's epitome of cheap, fast, mass-produced meals was a stunning wake-up call.

Italian activist and journalist Carlo Petrini organized a movement to protest this trend and, in a nutshell, promote and preserve traditional farming, crops, livestock, preparation methods, and recipes. This was the Slow Food movement which made its way throughout the world.

Around this same time in the United States, a chef/restaurateur Alice Waters became one of the first American chefs to seek out, use and promote locally grown, organic produce and meats. Her restaurant, *Chez Panisse* in Berkeley, led this trend, which eventually morphed into what is now "farm to table" and "farm to fork." Google this in Rochester, NY, and several choices will pop up. One of

those is Lento at Village Gate.

Art Rogers, Lento chef/owner, says that 11 years ago when he opened the restaurant, he was all-in with the local food movement and applying it to his business. After studying Hospitality Management at the University of New Hampshire, he went to Maine to see a restaurant called *Primo*. This was a "full farm restaurant" where everything from herbs to livestock was grown on the premises and provided the restaurant fare, in effect, a restaurant on a farm. Anything the farm didn't produce was purchased from nearby farmers and purveyors. Rogers was enchanted, spent the next three years at *Primo*, then returned to Rochester to open Lento.

He began by connecting with farmers, but many didn't want to work with restaurants, finding them too demanding. Now, Rogers says farmers are calling him, which gives him a wider range of ingredients (meats and greens in particular,) gives the farmer a steady income stream, and gives the diners better quality and more choices on the menu.

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The Wedge Gets Read!

Flash your Wedge Card

Buy a Wedge Card to show your neighborhood pride and get discounts when you shop local businesses and get the *Wedge Newspaper* mailed to your home! Using the card is simple, so check the inside cover of each *Wedge Newspaper* for up-to-date listings of participating businesses.

To sign up, complete the card below, visit the weekly South Wedge Farmers Market, SWPC office at 224 Mt. Hope Avenue or



contact Glynis Valenti, gvalenti@swpc.com, 256-1740, ext. 2. Are you a business owner interested in participating in the Wedge Card discount program? Let us know!

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Peppapot, \$2 off 2nd entree
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Stuart's Spices, 10% off
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Swiftwater Brewing Company
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378 Mt. Hope Avenue

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For 36 years, *The Wedge Newspaper* has chronicled the lives and times of the vibrant South Wedge neighborhood and beyond. Please consider subscribing. You'll get the newspaper delivered to your home & a Wedge card, too. Fill out the form and send a check or money order to the address below.

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

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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.

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 us 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.

SWPC works in a myriad of ways to build community through the annual South Wedge Farmers Market (June-October), South Wedge Victory Gardens on Hamilton and Cypress Streets and The Wedge Newspaper that

publishes six issues each year.

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, gvalenti@swpc.org or board chair Frank Logan at flogan@rochester.rr.com



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The Wedge Newspaper

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South Wedge Planning Committee

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

SWPC Board Tues. 8/21, 9/18, 6 p.m.

contact: flogan@rochester.rr.com

Community Engagement
(Neighbors & Block Clubs)
gvalenti@swpc.org
Wed 8/22 & 9/26, 5:30 p.m.

Housing & Structures
Meets bimonthly
Wed. 9/5, 5:30 p.m.
gvalenti@swpc.org

SW Victory Garden
Mon. 8/27 & 9/24
felann@frontiernet.net



Roc Somba performs in Swillburg park (Photo by Judy Lee Hay)

Swillburg Shout Out

Mike Henry

How fortunate we are in Swillburg to have neighbors willing to collaborate and create fun events! On June 30, a beautiful sultry Saturday, some eighty plus neighbors gathered at Otto Henderberg Square Park for our annual summer potluck picnic. We managed to cover three or four folding tables with greatly appetizing food of all sorts!

Thanks to neighbors Bob Palmer and Sara Gaudio who were the organizers of this event and also to Judy Hay who was a great help in facilitating our efforts, hosting several meetings and keeping us on track.

Every aspect of our community contributed. We're especially grateful to our friend and neighbor Georgie Ruiz of Georgie's Bakery and Cafe, 857 South Clinton Avenue, who donated several dozens of delicious rolls. These went quite well with the pulled

pork and other dishes both carnivorous and vegetarian.

In addition, we were entertained by neighbor Bennie Johnston and Roc Somba, a Brazilian percussionist group. This truly added magic to our gathering! Thanks also goes out to the Rochester Police Department for sending over a representative of the Mounted Patrol. That too added cheer and is a positive gesture to community/police relations.

Finally, many thanks to everyone who pitched in bringing food, setting up and taking down tables. Many hands make light work and that was how it all went. The spirit of Swillburg lives on!

Now with our Annual Swillburg Picnic celebrated, we'll be working in our various neighborhood gardens. Coordinator Kelley Mariano is posting announcements on Nextdoor. It seems these gardens



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have been quite vibrant with color this year, we just need to keep pace with the never-ending weeds. Please watch for her posts and join in; it's a beautiful way to cultivate community!

Coming this fall we'll have our Annual Harvest Gathering, again at Artisan Church on November 8th. More details later. In the meantime, have a safe and fun summer!



South Wedge Victory Garden Report

Felton Culbreth

Welcome to another issue of the Victory Garden Report!

I can't say enough about the great looking plots at both Hamilton and Cypress St. This column will give a few tips on fall gardening. It's a great way to extend the season into the fall and early winter. Now is the time to start! First step is to enrich the soil with the organic supplement of your choice. Make sure the soil is well watered. From seed, go with greens and root vegetables. For Greens, choose spinach, lettuce, chard, collards, mustards, turnip, broccoli, kale and cabbage. Root crops include turnips, radishes, beets, carrots and rutabagas. Online sources and the Monroe County

Coop. Ext. can help with specifics.

Switching gears a bit, I'd like to remind you about the upcoming Victory Garden Garage Sale. It will be Sunday, August 19th, 11 a.m. to 3 p.m. at the South Wedge Planning Committee office, 224 Mt. Hope Avenue. It is a fundraiser to pay for rebuilding/maintaining our plots as well as taking care of our water bills. Costs for wood and hardware are up, unfortunately. We hope to have the gardens open to tour, a garden talk and music. More details will be posted on our Facebook page South Wedge Victory Garden, or call the SWPC office at 585-256-1740. Happy Gardening!

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Opinion--Cobbs Hill Village Faces Wrecking Ball After City Council Vote

Andrew Seager

On July 25th, Rochester City Council, with no public discussion, voted 5 to 4 to allow Rochester Management Inc. to demolish the current Cobbs Hill Village, erect five new multi-story buildings on the property, and extend the developer's 'ownership' of the lot from 2041 to 2061. The existing solidly built apartments have decades of use in them. City Council voted for the project despite the explicit and articulate opposition of 45 neighborhood and community organizations. This broad coalition included, among others, many neighborhood associations, Metro Justice, the Citywide Tenants Union, Cobbs Hill Village Tenants Association and the Sierra Club. It appears that the only thing potentially preventing the loss of sixty low-rent apartments is a Coalition for Cobbs Hill Park lawsuit against the City. This lawsuit has many elements to it, but they fall into two categories. The first is that the City privileged developer access and arbitrarily limited public comment. The second is that the City violated New York's State Environmental Quality Review Act and didn't adequately address environmental concerns. For example, part of the lot in question was once owned by the Rochester Rod & Gun Club, which had a shooting range there, yet Rochester Management wasn't required to examine the

soil for lead contamination. The primary issue, though, is that Rochester has one of the highest poverty rates of any city in the U.S., and this development will decrease the number of units available to seniors with extremely low and very low incomes. A March 2018 analysis by the National Low Income Housing Coalition determined that eight of ten households with incomes below 30% of the area median income in New York's 25th Congressional district, of which Rochester is the largest municipality, pay more than half their income on housing. The current Cobbs Hill Village units are rented at rates that Rochester seniors who fall in this category can afford. The units that will be erected in their place will primarily serve those with higher incomes. The same study found that only one in twenty renters, with incomes the new apartments will serve, spend more than half their income on rent. These more expensive units are largely unneeded. From a developer's perspective, of course, low rents bring less revenue and low profits! An underlying condition that the Coalition, and that other citizen groups with whom we collaborate, face is that despite espoused values of community collaboration, the City of Rochester has no established process for early citizen input and engagement. In this case City departments worked with Rochester

Management for two years before plans became public, and then initially sought to limit public comment to exterior design. In the absence of such requirements developers, those with more money, have unequal access and power, a local manifestation of a national problem. Unless there is an explicit process articulated and put in place, we can expect more of the same. Rochester's new planning unit, for example, put energy into seeking community input for a long-term development plan, Rochester 2034. Perhaps you participated in this. But what is the use of public involvement in a written plan if the processes and powers that make decisions remain the same? The Coalition for Cobbs Hill remains in business to address these issues, and to continue our legal case against the City. We intend to change the way this administration interacts with the community to better tap our citizen's commitment and skills, and bring new, more viable and ecologically friendly development proposals to the table. *Andrew Seager resides in the Cobbs Hill Neighborhood. He is president of The Friends of Washington Grove Inc., which works with the City to preserve this old growth jewel within the city. He has been a member of the Coalition for Cobbs Hill since its inception. When not active in the community he enjoys backpacking, writing and photography.*

Opinion-Why I Voted for Trump

Caroline Mulrooney

In fact, I voted for Donald J. Trump twice: once in the Republican primary, and again in the general election. So my vote was not simply anti-Hillary. I liked Trump from the first time I saw him interviewed in 2016, and I still like him. Of course, I am careful with this information. If someone I'm talking to criticizes Trump, I'll let it go. But if the criticism continues, I'll usually express a moderate defense of or sympathy with him, and then the cat's out of the bag. I'm glad to say that most of the time people are polite. But, I will also say that I find these mini-interchanges unsatisfying. Often, someone has to get somewhere, or do something, so the conversation ends; and just about always, no one wants the unpleasantness. So, I am using this article as a vehicle for my unrealized goal: to explain, to those who did not vote for Trump, why I did. Although I liked quite a few things about candidate Trump, he really got my ear and my vote on two issues: trade and immigration. Trade—In the United States, the practice commonly known as "free trade" has been a disaster for middle-class workers. The paradigm of free trade runs something like this: factories in China, operating with next-to-no environmental or safety regulations, pay their workers far below the equivalent of the U.S. minimum wage. As a result, the price for the Chinese-manufactured Product A is much lower than U.S.-manufactured Product A. For most of its history, the U.S. has put a "tariff," or a tax, on this kind of imported product for reasons of morality (we see the individual as more than a part in a factory) and simply to play fair. But sometime around 1990, Wall Street investors realized that if these Chinese products went untaxed, the Chinese products would far outsell the American products; in fact, the Chinese factories would make a killing, and thus, these factories would be a very fine investment indeed. So they lobbied the government to remove the tariffs, and, for some reason, --perhaps a transfer of money?-- the government said, "Okay."

The end of the story is familiar to all of us. The investors reaped wealth while factories shut down all across our country. Millions of workers lost their jobs. Those last two sentences are somewhat abstract, so I will give you an example of what happened, courtesy of 2016 "Wall Street Journal" article by reporters Bob Davis and Jon Hilsenrath. In Hickory, North Carolina, "the invasion of imported furniture drove factories out of business, erased thousands of jobs and helped drive unemployment above 15% in 2010." Many Hickory residents, in response, tried community college; but for most, it didn't work. "I made my money with my hands," said one 45-year-old man. "Back to school wasn't an option." Another resident was more specific--she tried to earn her high school diploma using the government's assistance, but the math got in the way. She was "scared about the numbers." Like many others in Hickory, she went on welfare. Where were the Democrats -- the party of the people -- on this issue? Where were the Republicans? They were bought. But Trump wasn't. In 2016, Trump talked about the disaster of trade at every debate. And that's why I liked him. Immigration—Monitoring who comes into the country is common sense. Unmonitored immigration creates two risks: 1) criminals entering the country; and 2) loss of control over both the labor market and the allocation of social welfare benefits. Unafraid of the cheap "racist" label, Trump was the only candidate who, frankly and in layman's terms, spoke about these issues. Trump stated the obvious: we have not been careful enough in our vetting of immigrants. As we all know now, members of MS-13 and ISIS are real; they are not Trump's rhetorical tools. Undocumented immigrant workers, as well as H1-B visas, are also real, and although not as dangerous as members of MS-13, do cause ever-lowering wages for the American worker. Confronted with an ocean's worth of demagoguery on this issue, Trump has stayed the course of common sense. And part of that

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City Roots Community Land Trust Offers Vision for the Future

Matthew Skinner

Rochester is currently in a housing crisis -- rents are rising, and more and more tenants are unable to afford housing. Fortunately, City Roots Community Land Trust (CLT) is one group working to establish permanently affordable housing in the city. Started in 2016, City Roots CLT was formed with a vision in mind. CLT staff aimed to grow the idea that land owned by community members can address Rochester's housing crisis. The group hopes to show everyone that housing is a human right and that affordable housing is available for all. The model of a community land trust -- a community elected and representative board owns and manages land, but sells the house on the land to a community member --



is designed to permanently preserve affordability in Rochester. This model is used all across the country, including incredibly successful land trusts in Boston, Massachusetts and Burlington, Vermont. If you are interested in learning more or participating in the City Roots Community Land Trust, e-mail info@cityrootsclt.org, or stop by New City Café on the third

Thursday of every month from 5:30 p.m. to 7 p.m. *Matthew Skinner is a Flower City AmeriCorps member who has a passion for affordable housing and accessible housing for all.*

South Wedge Sudoku

STR8TS

SUDOKU

Easy

Tough

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

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

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		

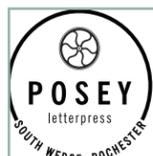
To complete Sudoku, fill the board by entering numbers 1 to 9 such that each row, column and 3x3 box contains every number uniquely.

For many strategies, hints and tips, visit www.sudokuwiki.org 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

A business card size (4"x2") ad costs only \$33 a month! Call 256-1740, ext. 4 for info.



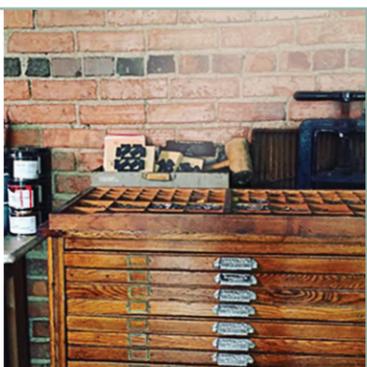
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Fear of Falling Not Just a Movie Title

David Day

Taken a spill lately? Did you say to yourself, “Hey, I’m way too young to fall!” Well, if you’ve experienced a fall and ended up with a face-plant in the dirt, were you coming down the stairs? Tripped on a rug? In the dark? If so, you need to do two things: you need to let your doctor know, and then you need to consider simple corrective measures like checking your eyesight, your hearing and your meds. All these factors, on occasion, may trigger instability, dizziness and weakness.

One excellent step you can take to prevent future falls is to take a class on fall-avoidance. Lifespan, located at Tops Plaza, 1900 South Clinton Avenue, runs year-round classes called “A Matter of Balance.” These classes have been recommended by doctors and hundreds of former participants.

Offered in either four or eight-week sessions, these low-or-no-fee classes enable you to devise an exercise plan that suits your lifestyle. They’re held all over the Rochester area. They incorporate some 30 low-impact movements designed for those over 65, an age-range that can be the most vulnerable when it comes to falls. The movements focus on all parts of the body from head to feet. Also addressed in the course is how to avoid home hazards that contribute to falls.

For nine years, I’ve enjoyed being one of the volunteer coaches teaching the workshops, “A Matter of Balance.” There’s usually a participant or two with a cane or walker, and personal experiences with taking a fall are shared. Some sound like horror-stories, but there’s always a sense of humor in the room, and with the chemistry emerging from the group, bonds form. Everyone leaves with a personal action plan and a determination to become a bit more flexible and stable on their feet. Is it time for you to take up the challenge?

To learn more visit, sotis@lifespan.Rochester.org or call 585.244.8400. *David H. Day, is a member of the Azalea Neighborhood Association.*

Marcus Owens Brings Hip Hop Cardio to the Farmers Market

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the benefit of getting in shape and learning a few new moves to show off at the next wedding reception.

Bowens has been dancing from six years old. The youngest kid in the family, he along with his crew of six siblings would be the hit of family reunions when they would present a dance show for the entire family.

His early experience planted the seed to eventually combine his love of dance and his desire to help people embrace healthy living.

Bowens honed his hip hop dance style at teen clubs and dance battles around Rochester in the ‘90’s, but it was the movie *You Got Served* which premiered in theaters in 2004 that really inspired him to step up his game and put together a series of classes, find a performance space and offer them to the public. Registrations for his classes at 540 West Main always sell out early.

The new Hip Hop Cardio classes at the Market are expected to be an excellent complement to the already established and free riverside Tru Yoga classes offered each market Thursday from 5:45 to 6:30 p.m. For more information on classes at 540 West Main, visit their website at 540westmain.org or email them



Marcus Bowens

at info540westmain@gmail.com.

The South Wedge Farmers’ Market is held each Thursday, 4-7 p.m., through October 4th, at the Genesee Gateway Park, Mt. Hope Avenue, next to Spectrum. For more information, visit swfm.org or email: info@swpc.org The South Wedge Farmers’ Market is a community

service project of the South Wedge Planning Committee, 224 Mt. Hope Avenue, (585) 256-1740.

Gov. Cuomo to Protect SNAP Access to Farmers Market

Governor Andrew M. Cuomo announced recently that New York State and the Farmers Market Federation of New York have reached an agreement with the mobile application vendor, Novo Dia Group, to enable Supplemental Nutrition Assistance Program recipients to continue to use their benefits at farmers’ markets across the state through the rest of the farmers’ market season. Recently, the U.S. Department of Agriculture

awarded the new contract that provides SNAP EBT equipment and services for farmers’ markets to a company that does not support mobile, cellular-based transactions, denying hundreds of thousands of needy families the opportunity to purchase fresh, nutritious, locally-grown fruits and vegetables. The Novo Dia Group, which worked with the USDA to develop the cellular mobile technology that enables farmers’ markets to

accept SNAP benefit cards for purchases, had indicated that they were no longer able to continue in business due to the lack of continued support from the USDA.

In addition, USDA failed to notify impacted states of this problem. Immediately after learning of this, New York State began to work with the Farmers Market Federation of NY and other impacted states to formulate a solution. New York State’s short-term

agreement with Novo Dia will provide uninterrupted access for SNAP recipients to continue to make purchases at farmers’ markets, while also benefiting our local farmers during their busiest season.

The State has supported the implementation and use of Electronic Benefits Transfer for SNAP recipients at farmers markets since 2002.



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Transforming through Trauma

Michele H. Martell



Michele Martell

At one time or another in our lives, we will experience some type of trauma, whether it's a trauma that was done to us by an aggressor, illness of our own or of a loved one, an accident, abuse, divorce or loss of someone dear to us. As life would have it, sometimes we experience more than one of these things concurrently, and we each have our own ways to deal with these events.

When the trauma has lasted for some time, many common behaviors exhibited during this grief may include: sadness, exhaustion, lashing out, hopelessness, acting uncharacteristically, numbness, hyper-vigilance, inability to focus, or difficulty in making decisions (brain fog). The five stages of grief — denial, anger, depression, bargaining, acceptance—are at play, and we can fluctuate among all five steps during the cycle. As time goes on, survival mode can begin to feel like normal, and we feel like this may be the way we will feel the rest of our lives. Have faith, this too, shall pass. Nothing is forever.

The good news is that there are some very basic things we can do to help keep it together. Self-care is the ultimate weapon! Even if we are not sleeping well, by eating healthy and engaging in some exercise we can help keep the body and mind running efficiently. Have some ready-made healthy food available, such as cut-up veggies and fruit, hummus, nuts, protein shakes and bars, herbal tea and dark chocolate. Drinking plenty of liquids and staying hydrated is key.

Exercise is an amazing inner and outer regenerator, even when you're tired. Resting whenever possible is very helpful. If your mind is preoccupied, have a standard routine that you can fall back on such as a walk (taking a canine friend along with you is amazing) Or try routine cardio and resistance training that is appropriate to your capabilities. Keep your body moving! A massage is another therapeutic practice to incorporate as it releases physical and emotional toxins. Volunteering, doing for others, can help in surviving trauma. Just knowing that you are doing a good thing for someone can make life better for them and you. Acknowledge and write down your feelings and thoughts in a journal, without self-judgment. Make

use of prayer, meditation, books, essential oils and good music. Take notice of anything that provides you with joy. Be mindful of unhealthy coping methods and what is in your best healthy interests.

Take care of your dependents — children and animals — as best you can. As long as you demonstrate to them that you love them and care for them, they will survive this with you. A routine with checklists can be helpful in staying on top of things.

Then, make this a time about yourself in whichever way possible. Get the support you need, whether via your church, therapist, support groups, spiritual coach, legal counsel, if necessary, and sincere friends. Do not attempt to survive and move on without support. Reach out. Oftentimes, the ones we look to for support have experienced something similar, and they are more than happy to help with the wisdom and guidance they have gained through their own trials. Many online resources can prove helpful also.

Sadly, it can happen that some unwell individuals will seem to enjoy that you are at your weakest, who will kick you where it hurts the hardest when you are down, intensifying your trauma exponentially. Sometimes you've spent a large portion of your life with these people. They are only concerned with how your

trauma is about them and not with authentically supporting you, making the burden more painful. Create as much distance as you can from these types for your own well-being and health. Additionally, stay away from people who play games or gossip. This is not a time to add any more imbalance to your life because you already have enough on your plate during a fragile time. Know that we receive clarity following trauma, clarity that moves us forward in the long run. You will instinctively know who has your back when they take the time to support you; stick close to them. Gratitude for those who are truly there for you is the best.

It takes awhile to come out of survival mode following trauma. Others may not understand this, and that is okay. Those who genuinely care for you will attempt to understand that you are undergoing a process. You need to take your time, day by day, to do what you can for you. You will come out of this. Although it may feel like it at times, but you are not crazy when you are surviving and recovering from trauma. You are human and doing your best. Forgive yourself for your weak moments. Grief healing is not linear as depicted in the diagram below. You need time to heal from trauma, and take all the time that you need. It is your own personal responsibility. This is your journey and no one else's. Take care of yourself and those who depend upon you, and let go of what is unnecessary. The day will eventually come that you will feel like yourself and be thriving again. When you do come out of this and emerge into the sparkling light, trust that you've transformed into a stronger and wiser you than you ever could have imagined. And it will be beautiful.



Sarah Kliman and Crackerjack Mansour (Photo by Nancy O'Donnell)

South Wedge Bathing Beauties

Nancy O'Donnell

It was near 90 degrees at 5 o'clock, and Friday drivers were cutting through Bond Street rushing to get home. Suddenly, the sound of laughter and splashing carried through the air. Could someone be swimming in the South Wedge?

Despite the steady traffic, Sarah Kliman and Crackerjack Mansour were cool and oblivious to the hot and bother, lolling in a 6 x 10" foot inflatable pool. The pool had been closer to the house, Sarah said, but for tonight's pool party she'd dragged it across the sidewalk closer to the street and under a tree.

Cradling a Gin cocktail,

Sarah said she'd jumped into the pool around 3 p.m. and welcomed her neighbor Crackerjack sometime later.

"My partner's not much of a water person," Crackerjack said who was keeping her a sweating Yuengling beer above the water. "We have a standing date night, but tonight I thought I'll toddle my butt over here and jump in."

While a deeper pool or a bigger beach (or any beach) may be attractive, Sarah Kliman took the South Wedge approach and made it happen where she was and invited someone over for the fun.

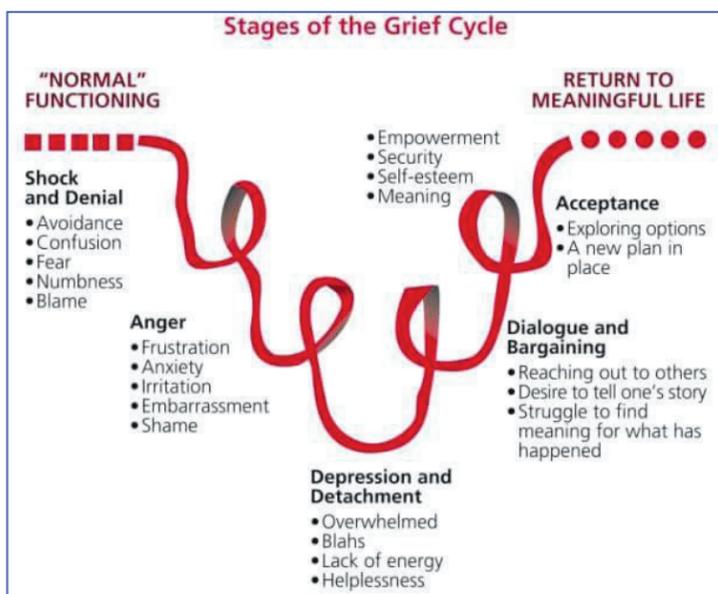
My Darndest Invites the South Wedge to Wear a Distinctive Badge of Honor

Nancy O'Donnell

Local artist Bill Klingensmith of MY DARNDEST design company captures the spirit of the South Wedge with a new button that flaunts the neighborhood's eccentric charm, where "Weird is Our Normal."

Klingensmith invites locals to wear a button "because good neighbors stick together & Celebrate Where They Live."

The original product for an original person" can be purchased at Little Button Craft Shop, 658 South Avenue.



Sudoku Solution

continued from pg. 4

Str8ts Solution

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

Sudoku Solution

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

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C'mon Over for a Cookout

Amy LaGambino

As you enter the backyard, the tendrils of smoke billow gently upwards. Then the aroma hits and suddenly you experience a grumbling tummy, weakness in the knees and unwelcome drooling. Welcome to the barbecue! But, is it really a barbecue?

Barbecue is a term tossed about loosely, especially here in western New York. Most likely, friends or family have invited you over for a “grilling,” but we don’t use that term because you’d expect an interrogation instead of a tasty meal. So, what’s the difference?

A true barbecue refers to cooking with indirect heat. Low temperatures are used, approximately 250-350°. There is a long cooking time, often 12 or more hours. If food has been cooked “low and slow,” it is truly barbecued. When cuts of meat are thick or lacking in tenderness, a barbecue will yield tender and flavorful results.

When food is grilled, it is cooked over the direct heat of the flame. The temperature is significantly higher than with barbecue and it is ideal for thinner cuts of meat such as burgers and hot dogs.

It is possible to barbecue food with a grill. If the charcoal or gas flame is only ignited on one



side of the grill, and the food is placed on the opposite side with no flame underneath, it is cooked indirectly, and hence, barbecued.

Barbecue rubs are designed to work well with indirect heat cooking. Typically, they are a finely ground product that can be evenly distributed across a large piece of meat. It is best to apply them anywhere from 6 to 24 hours in advance of cooking. This allows the salt to tenderize the meat, while the spices penetrate to add flavor. Serious barbecue aficionados prefer dry rubs because they enhance the quality and texture of the meat in the finished product, as opposed to “wet mopping” with liquid-based sauces, which has limited absorption. Sugar

in rubs creates a caramelized crust on the outer surface. It is important to read the label and see if indirect cooking is recommended as some rubs will burn if used for grilling.

There are delicious options for grilling too, without demanding the long prep and cook time. Grill seasonings, sometimes nicknamed “steak shakes,” stand up to the challenge of direct heat. Usually these are comprised of larger grain particles than barbecue rubs. If applied just ten minutes before cooking, the seasonings slightly soften and will release their flavor in response to the flame. Consider grill seasonings for grilling tofu and firm fleshed vegetables as well. If needed, you can apply a thin layer of oil to help the seasonings adhere.

Stuart’s Spices at 754 South Clinton Avenue has more than a dozen barbecue rubs and grill seasonings. Everything at Stuart’s is produced on site, in small, handcrafted batches. Each blend is an original recipe and the business is proud to use only premium quality spices. Stop by and you’ll discover about 200 spices and blends, with sample jars to open and smell. Stuart’s Spices staff are happy to help you find the perfect seasoning for your meal, no matter what cooking technique you choose.

Local Farm to Table Dining

continued from pg. 1

The influx of locally sourced food keeps Rogers and his staff inspired, too. With area farmers making use of greenhouses to extend the growing season, he can design the menu with what is available on any given week, but also plan ahead for fresh items coming. For instance, he likes working with root vegetables, potatoes, and onions, and those are available locally all year.

“We get to change it up all the time,” Rogers says. “Especially when you know the new stuff is coming, like corn about this time of year. That first hit is really special. Or the first batch of cherry tomatoes. I feel like I have to get my hands on them right away. It’s better when you’ve waited for it.”

Critics of the farm-to-table movement say that it is pretentious and caters to the wealthy class. From this perspective luxe farm dinners with high price tags have become trendy, rather than making “real food” more accessible to those in need. In fact, one downstate restaurant charges a non-refundable, advance payment of \$258 per person for a meal at their own farm, with wine pairing an additional \$168.

Rogers doesn’t agree with the criticism but says it is a “grey area.” Because he works with individual farmers and fresh, high quality foods, his costs are higher than if he were to order from a distributor



During the summer, Art Rogers, chef/owner of Lento Restaurant, makes sure nearly 100 percent of his ingredients are locally sourced.

buying large quantities from industrial agriculture companies.

Currently 100 percent of Lento’s meat is sourced locally all year, as are their salad greens. In July through October, at least 95 percent of the remaining menu ingredients are local, but in March and April the selections are understandably limited. Rogers lists Lento’s farmers and purveyors on the website, www.LentoRestaurant.com, so customers can see the local names and places behind their meals.

“Restaurants will post a sign that says, ‘We use local when available.’ That’s a clue that it’s not really local,” he explains. “If

people were really educated on the food system, they would want to eat like this [farm-to-table.] But now costs are costs, and people don’t always care where their food comes from. The food system is broken. We eat too much meat, but it’s cheaper than produce. It’s upside

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down. Farm-to-table and Slow Food shouldn’t be ‘a movement.’ It’s the way people should be eating.”

In 2015, Lento Restaurant was nominated for a James Beard

Award, the only restaurant in Rochester to achieve this. Lento is located at 274 N. Goodman St. For reservations or more information, call (585) 271-3470.

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Radishes: Locally grown produce gives diners fresher, healthier meals and supports a local economy. (Photos by Glynis Valenti)

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Renters Make South Wedge a Good Neighborhood

Stratis Chistakis

As a homeowner in the South Wedge I'd like to commend the efforts that renters make to keep our neighborhood looking good. All too often a renter can fall in the trap of, this isn't my place, the landlord is making money off me, I won't be living here forever mentality which can lead to carelessness not only in property appearance but community appearance as well. Kudos to those keeping their front steps clean and making an effort to interact with their neighbors. Even if it's just a wave.

Across communities all over the world, there is a stigma that homeowners place on renters because of the "trap" mentioned above. A homeowner might have an instant bias against someone renting just because their residence COULD be short term, but often times it's

not the case. I myself have owned in the Wedge for more than four years and have two renting neighbors that have more tenure than me!

When I first moved into my house, I was gung ho about saying hello, waving, introducing myself, doing anything I could to make sure I got to know my neighborhood. As time passed, and tenants changed over, I caught myself recently not making the same effort. Of course, motivation goes down for all of us after "the honeymoon period," but it's on us (as owners and renters) to rekindle the flame again, just like in any relationship. Ask yourself when's the last time you made an effort to interact with your neighbors. Not just the ones you have a good relationship with, but the ones you may have no relationship at all with.

Let's define interaction, a noun that means "reciprocal action or influence." Ah, I'd be rich if I had a dime for every time I waved to a neighbor and didn't get one back. Do I care though? Not at all. I'll throw waves out left and right just in case I do get a glance when they're driving off in their car, working on their garden or walking out their front door. Oh, and when I get one back. It's officially reciprocal--an interaction! It feels good, warm, welcoming. Better than any poke, prod, like, plus one from what I like to call "antisocial media."

What can this simple wave spearhead? A better mood, a sense of belonging, maybe another wave at some point, or what sometimes seems unthinkable--a conversation. If we reframe our outlook, we could technically say



Historic South Avenue
(Photo by Nancy O'Donnell)

that we spend more time with our neighbors than our family, friends, and even co-workers! (We all work too much.) Our neighbors, be they renters or owners, are an essential part of our lives. Take the time to get to know them.

My top 10 neighbor topics to help to start a conversation.

1. Pets
2. Kids
3. Bikes/Cars
4. Scooters/Skateboards
5. Weather
6. New restaurants/bars/businesses
7. Closed restaurant/bars/businesses
8. LOCAL politics (aka the most important politics)
9. Trees/Plants/Gardens
10. Anything that YOU are interested in.

Who knows!? Your neighbor could be all about it too! How awesome would that be?

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Jennifer Cherelin and South Wedge activists Paul Minor and Judy Bennett joined a 100 others in Washington Square Park to protest U.S. immigration policies that separates children and their parents at the Texas border.



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FORPP accompanier travels through the jungle with Peace Community members (Photos by Pendle Marshall-Hallmark)

Working Towards Peace Abroad

Pendle Marshall-Hallmark

One morning last summer, as my coworker Kati and I were sitting down to breakfast at the home of a Colombian farmer and his family, we heard a sudden urgent whispering coming from the other room. Alex, one of the farmhands, was frantically gesturing towards the field beside the house. We walked over to him to see why he was pointing out the window. A middle-aged man dressed head to toe in camouflage with several rounds of ammunition draped around his neck and an AK-47 dangling over his shoulder was walking towards us.

I grew up in Rochester, but I've spent the last two years as an international human rights accompanier with an organization called Fellowship of Reconciliation Peace Presence (FORPP) in Colombia. As part of my work, I accompanied threatened human rights activists in various parts of the country and reported back to an international audience about the kinds of challenges they face. The morning the man in camouflage came towards the house, Kati and I were accompanying a family of farmers who live and work in San José de Apartadó, an area of Colombia which is currently under the control of illegal armed groups known as paramilitaries.

The farmers belong to a network the farmers called the "Peace Community of San José de Apartadó."

In November of 2016, Colombian president Juan Manuel Santos signed a Peace Deal with the largest and oldest left-wing guerrilla group ever to operate in the Western Hemisphere, the Revolutionary Armed Forces of Colombia known by the Spanish acronym FARC.

Paramilitary groups aiming to replace former FARC control of the Urabá region have been gaining social, political and economic power ever since. These groups pressure local farmers to grow illegal crops like marijuana and coca, which are later processed into drugs sold largely in the United States and Europe. Paramilitaries in Urabá are also slowly clearing land to make way for what farmers fear will be environmentally devastating large-scale agribusiness, mining, and infrastructure projects. Several U.S. companies—including the Chiquita Banana brand and coal mining companies Drummond and Murray Energy—have committed deadly human rights violations in Colombia.

The Peace Community of San José de Apartadó farmers that FORPP accompanies in Urabá are pacifists and publicly refuse to allow paramilitaries onto their land or do business with them.

In response to these public denouncements, paramilitaries frequently attempt to intimidate Peace Community farmers by encroaching on their lands and

sending them death threats. The man walking towards the family's home that morning was a member of the largest, most powerful paramilitary group in Colombia today: the Gaitan Self Defenses of Colombia, known by their Spanish acronym AGC.

Still barefoot and wearing my pajamas, I stepped off the porch with Kati and headed towards the soldier. He was walking slowly and calmly. The letters "AGC" were scribbled in black sharpie along the side of his gun and on the arm of his uniform. Kati and I identified ourselves as U.S. citizens and as international accompaniers of the Peace Community of San José de Apartadó. We explained that our organization had regular contact with several embassies, as well as with Colombian government officials and military leaders. After sizing us up for what felt like minutes, the man politely

excused himself and allowed us to escort him off the premises.

Our strategy of non-violent resistance had worked. This wasn't a foolish leap of faith on our part; rather, it was a tried and true strategy. For well over a decade, FORPP and other organizations like it have been accompanying the Peace Community of San José de Apartadó. Illegal armed groups prefer to do their dirty work out of sight of the international community, and discovering two *gringas* (women from the United States) were in the vicinity, had dissuaded further paramilitary violence.

A large part of why international accompaniment works is due to unfair systems of privilege. In our experience, Colombian authorities are simply more disposed to listen to someone with a foreign (especially U.S. or European) passport, or someone who speaks English (in addition to Spanish), and often, someone who is white or has light skin. People with one or more of these traits are often given audience with authorities that people without them are not. In short, international human rights accompaniers try to harness their position as foreigners to hold authorities accountable for keeping communities and activists safe.

Unfortunately, international accompaniment isn't enough. The Colombian government would like the world to think that the country is finally at peace, having successfully disarmed the FARC. Instead, since the recent election of right-wing presidential candidate Ivan Duque, the number of human rights activists killed has sharply increased.

The US has an active role in this conflict. Since 2000, Congress has given Colombia more than ten billion dollars in aid, the vast majority of which has been spent on increased militarization and



Pendle Marshall-Hallmark, FORPP international human rights accompanier

defense spending, even though a number of Colombian military units have a history of collaborating with paramilitary groups to carry out human rights violations and protect the interest of the wealthy few rather than the many poor.

As President Trump emboldens hate groups and our foreign policy becomes further isolationist, it is important to act in solidarity with the communities directly affected by US interference.

Shifting the focus of US spending in Colombia from increased militarization to increased social and environmental aid, as well as calling for the protection of human rights defenders and, more than anything, stemming our demand for drugs, could significantly reduce the current violence.

Pendle Marshall-Hallmark is a human rights advocate and a proud graduate of Rochester's School of the Arts. Home briefly from Colombia, she was recently awarded a Fulbright to study socially responsible business development in Mexico City, where she will be in August.



Members of the Peace Community of San Jose de Apartado commemorate their dead.

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A farmer looks out over land in San Jose de Apartado, Colombia

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Out & About

Stephanie Del Monte: More Fire Glass Studio

Stephanie DelMonte's exhibit, *Transcendent*, will open on Thursday, September 6, with a public reception from 5-8 pm; the exhibition will remain on view through October 6, 2018.

Del Monte, born in Vienna, Austria, unites earthy materials of wood and fiber to create ethereal figures--carved wood forms suspending saori loomed hand-dyed wool, cotton, and botanically dyed rope. These figures guide internal explorations and are the physical manifestation of her meditations. Her process embraces the suspension of preconceived ideas, submission to the nature of the materials, and trust in the unknown. Balancing moments of structured design and spontaneous composition, she translates mindful experience into form. Welcoming the unexpected unearths new paths toward growth.



Stephanie Del Monte

More Fire Glass Studio, 56 Field Street. Gallery hours: Monday-Tuesday, by appointment or happenstance, Wednesday-Saturday,

10:00 am-4:00 pm. Closed Sunday. For more information, info@morefireglass.com and www.morefireglass.com.

UMHN National Night Out is August 7

Mark your calendar and save the date of Tuesday, August 7, 6-8 p.m., for Upper Mt. Hope Neighborhood's annual celebration of National Night Out. This is the evening they set aside each summer as a time to strengthen neighborhood spirit and police-community partnerships. Families and neighbors of all ages are invited to attend.

Free, delicious ice cream will be served by Bruster's Ice Cream, compliments of Glenn and Lynn Miller, Realtors. There will be lots of fun activities for the children courtesy of Rec on the Move. The Rochester Fire Department will be there with a truck. If the weather and timing are good, the truck may spray water for the kids to splash in; dress appropriately. Rochester Police Department, University of Rochester Public Safety and the American Red Cross have been invited. Bring your lawn chairs and/or blankets and stay awhile. The festivities will begin at 6:00 at Eastmoreland Park (playground). Rain date is Wed., August 8. Check the UMHN website and FB page for updated information.



Swillburg and the South Wedge History Lecture

Cynthia Houk, architectural research coordinator, at the Landmark Society, brings two historic neighborhoods alive in an afternoon lecture on September 23, 2 p.m. at Historic Calvary St. Andrew's, 95 Averill Avenue and Ashland Street.

Parking is available at Postler & Jaeckle lot at South Ave and Averill as well as on street parking. Visit www.facebook.com/FoCSA_roc/ for more information.

There's Hopscotch and Then There's Mulberry St. Hopscotch

Nancy O'Donnell

The e-mail from a Highland Park Neighborhood mom said that Mulberry Street kids had organized to draw hopscotch on the street. But, this was no ordinary hopscotch trail. This one stretched down the whole street.

The street was deserted at dinner time on a very hot July day. The Number One square was blazing white at the corner at Meigs Street and Mulberry. The end was somewhere in the deep shade far, far down at the corner of Mt. Vernon Avenue.

How many blocks could I jump? Without a stone toss to start me on my way, I began, and hopefully no one was looking out



Mulberry Street artists created a 1046 blocks of hopscotch on one long, hot summer day in 2018 (Photo by Jennifer Mann-Galley)

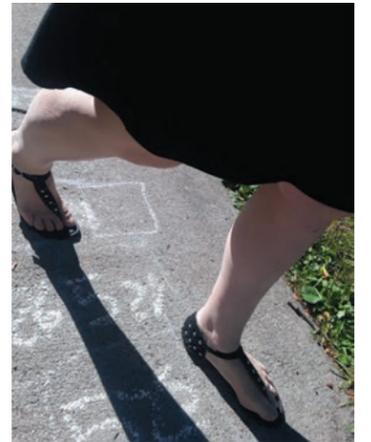
their windows to see a woman of a certain age hopping and wobbling on one foot down the street.

One, two, three, four, five, six, seven, eight, nine, ten, I made it through the typical length of a hopscotch court, and I was still breathing.

I pressed onward into the twenties, thirties, how far could I go? No resting spots in this Mulberry Street game. It stretched on relentlessly beneath the hot sun.

At block 65 or so, my hops had lost their energy, and I realized that I'd only travelled past a handful of houses. Time to start walking.

The map had different handwriting styles, a few mistakes where a child had written a number and then xx'd it out. Some numbers were fat and firm numbers written with authority.



(Photo by Nancy O'Donnell)

Others were shaky and wandered away. Chalk, ground down to a numb, was scattered along the path.

At the very end, at number 1046, the chalk colors were a bright celebration of hopscotch victory.



The Hopscotch adventure begins (Photo by Nancy O'Donnell)



A Mulberry Street cat supervised most of the Hopscotch construction. (Photo by Jennifer Mann-Galley)



The game ends at number 1046. (Photo by Nancy O'Donnell)

PlayRocs 2018



Elizabeth, 5 years old, learned some safe bike riding tips at the PlayROCs Your Neighborhood event on July 21st. The New York Bicycling Coalition set up the bike rodeo for the South Wedge Planning Committee at Genesee Gateway Park. PlayROCs was sponsored by Common Grounds Health and HealthiKids. (Photo by Glynis Valenti)



Over at Highland Park's newest playground, Natalie, 7, climbed down trees and enjoyed crafts and treats courtesy of the Highland Park Conservancy. (Photo by Nancy O'Donnell)



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Making Giving Your Strong Suit

Help low-income job seekers prepare for career success by donating to Robert Half's 16th annual Suit Drive! Robert Half is an international specialized staffing firm.

From August 6 through August 17, their office will be supporting "Dress for Success" and other nonprofit organizations that provide disadvantaged job seekers with interview-appropriate attire.

Since its inception in 2002, close to 320,000 items of business clothing have been collected through the Robert Half Suit Drive.



Donations should be new or nearly new women's suits (pants and skirts), blouses, shoes and accessories, including handbags and jewelry. We are also collecting men's clothing: new or nearly new, suits (jackets and pants), shoes,

belts and button-down shirts. All donations must be appropriate to wear to work, as well as clean, stylish and in good condition. Please provide all garments on hangers, as they will be made available immediately to job seekers.

Bring your clothing to the Robert Half Rochester office (255 East Ave, Suite 401). The final day to donate is Friday, August 17.

For more information on the drive, please contact Sarah Spain at sarah.spain@roberthalf.com.



Disney World Resorts Offer More Than Expected

Matt & Ellen Gerwitz

Upstate NY can be a very beautiful place at times. But every now and again, even the most staunch New Yorker wants to get away to a place where the temperatures are warm, and the sun just hates to go down at night. May we suggest a trip to Walt Disney World Resort in Florida?

Here are a few Disney facts that may help in planning a visit.

Disney Isn't Just for Kids

Walt Disney World (WDW) in Florida consists of four theme parks, 29 hotels, an outdoor shopping mall, hundreds of restaurants, and more.

Adults can enjoy four championship level golf courses, five-star dining experiences, live entertainment and nightlife. There is so much to do at the resort--or not to do--if you want to spend your day at the spa and pool.

Go Behind the Scene

Have you ever wondered what goes on 'backstage' at Disney? You can take an exclusive backstage tour at Magic Kingdom. You even get to visit the famous underground tunnels that act as the cast member highway throughout the park. Each of the theme parks offer behind the scenes tours. There are evening fireworks cruises and dessert parties, exclusive guided tours, chartered fishing trips, chef's table dining, and signature spa packages.

Disney Is a Foodie's Paradise

If you are a foodie, WDW is your vacation spot offering nearly every kind of cuisine. From genuine French and Moroccan to African and Caribbean, you will never want for something new to try. Of course, every restaurant offers meals your kids will love. Choose from the classiest of sit-down restaurants to countless fast casual and counter service joints as well. It's all good!

Disney Options Farther Afield

So what are your other choices if you don't want to do the parks? Try Adventures by Disney, an opportunity to experience exclusive travel to destinations like China, Ireland, Ecuador, and the Canadian Rockies. Adventures

by Disney offers more than 30 excursions on six continents.

Disney ships cruise to the Caribbean, the Bahamas, Alaska, Western Europe, Norway, the Pacific Coast, Canada, and more. Then there's Disney's Aulani Resort in Hawaii and Disneyland in Anaheim, California.

You Don't Have to Go it Alone

An independent travel agent specializing in Disney destinations will do all the heavy lifting. You just provide some basic information about what looks like an ideal vacation to you, and let your agent will handle everything. Better yet, it doesn't cost you a dime. Your travel agent's price will be the exact same price you would get if you attempted to book yourself. How can that be? Because Disney pays

travel agents so you don't have to.

We recommend using an agent who offers concierge service. That agent will book your trip, arrange airport transportation, book dining reservations, handle fast passes, and be available while you travel should anything go wrong.

So the next time Western NY has you down, consider visiting us in Central Florida. You'll love it. We promise. *Matt and Ellen Gerwitz are independent travel agents specializing in Disney destinations. Born and raised in Western NY, they moved to Central Florida in 2013. They provide concierge travel services through Dreamers Do Travels, based in Pittsburgh, PA. You can contact them at mattandellen@dreamersdotravels.com*

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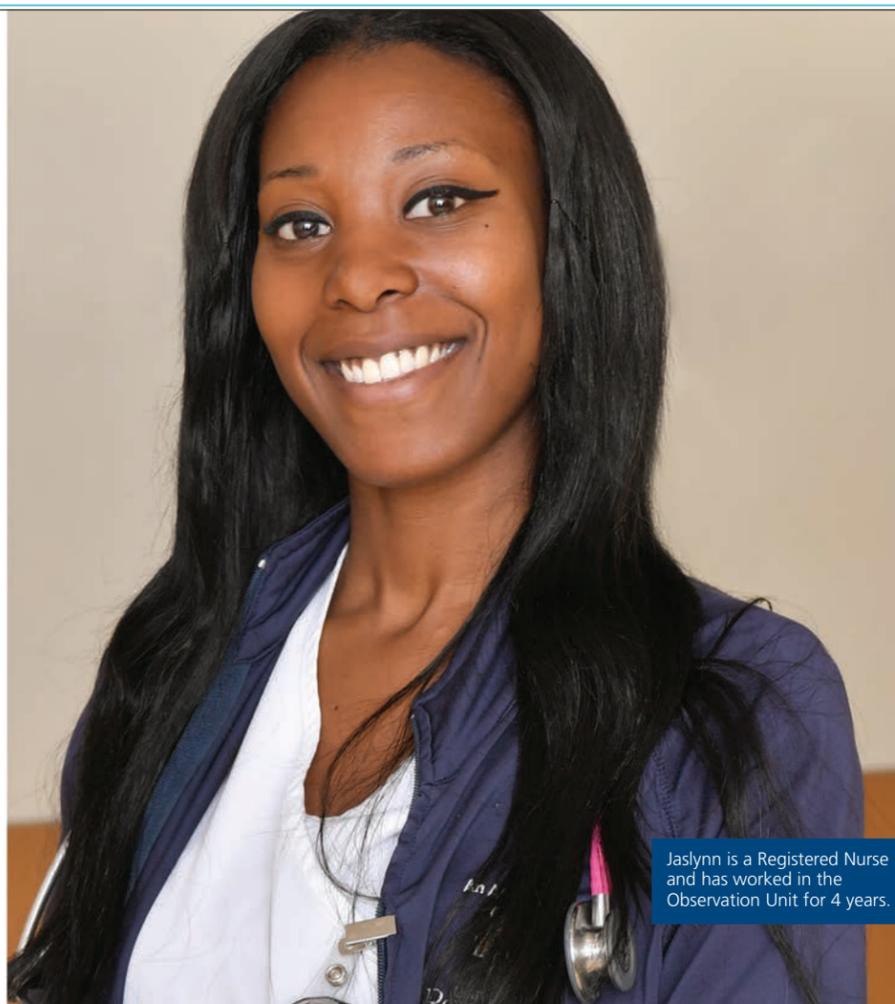
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Jaslynn is a Registered Nurse and has worked in the Observation Unit for 4 years.

RHA

continued from pg. 1

emergency housing project will give our volunteers another option to provide to families as they work to rebuild their lives after losing everything in the blink of an eye.”

An investment of \$150,000 in non-HUD RHA funding was required to renovate the interior and exterior of the property and fully furnish it. RHA is actively seeking sponsorships from local community organizations to help offset the expense and continue expansion of the program into additional neighborhoods.

The American Red Cross will engage with disaster victims immediately, as per standing protocol, and support them through the first 48-hours with a voucher to be used on food, shelter, clothing, etc. The typical support allotment for displaced family of four is \$700. Families who require additional services beyond that initial relief, and fit the criteria for the new emergency house, will be referred by the Red Cross to RHA.

If an RHA emergency unit is available, the family may move

in immediately and stay for a maximum of 90 days. During their stay, RHA will be working with the family to help them identify longer-term options, such as Public Housing and Section 8 (HCV) programs funded through HUD.

Established in 1955 as an independent public corporation by New York State Public Housing Law, the Rochester Housing Authority (RHA) serves more than 25,000 lower-income families, seniors and disabled residents and program participants in the five-county Greater Rochester area. Approximately 20% of those reside in the 2,400+ RHA public housing units, while others served receive assistance in the form of voucher or certificate programs that help them afford eligible, private housing.

Rochester Housing Authority does not discriminate based on race, color, national origin, sex, religion, family status or disability in leasing, rental, occupancy, use or other disposition of housing or related facilities.

South Wedge Farmers Market

continued from pg. 1

have worked diligently to make each visit to the Market an opportunity to not only shop, but to celebrate the unique qualities of the South Wedge community. Highland Hospital/U of R Medicine continues to sponsor the market as part of their commitment to building healthy communities.

Complimentary vendor space is offered to South Wedge artists, crafters and businesses. The mini flea market always has one or two vendors ready to “let it go” by offering their used treasures at really great prices.

From the back of his bicycle, artist Don Olney sells his hand carved toys--small tops, cars and more--reminiscent of days gone by. Watch your new wooden kitchen utensils created right in front of you by Twin Maple Woodworking. Saratoga Courage Distillery has become a Market staple with samples and sales of flavored moonshine.

Before or after shopping, guests are participating in free yoga classes from Tru Yoga (5:45- 6:30 p.m.) and the new-to-market Hip Hop Cardio classes (6:30-7:00 p.m.).

Community organizations continue to use the Market as an opportunity for outreach. Organizations have included, Lollypop Farm, United Health Care, Student American Dental Health, Compeer, Monroe County Department of Environmental Services and many others. A Red Cross Blood Drive was held and EatSmart NY via Foodlink presentations are scheduled.

The efforts to make the South Wedge Farmer’s Market an eclectic gathering spot for neighbors is paying off. Return visits are recommended because each week there is something new, a new experience to enjoy. Whether you are looking for a funky pair of leggings from LuLaRoe, Gourmet Pickles from Ludwigs, Skip’s Famous \$5.00 steaks for your grill or a “Big Ass Cookie” from Zimmer’s Bakes,



Brett Lighthouse performs at the Market (Photo by Cate Concannon)

there is something for everyone at the South Wedge Farmers’ Market.

Community volunteers have stepped forward to help make the market a success. Visit with Cate Concannon, Christina Felson, Theresa Hemann or SWPC Board Member John Frank to share

your thoughts on how the Market can continue to be a vital part of the South Wedge Community.

Visit the Market web site each week for a listing of vendors and activities, www.swfm.org Vendor inquiries and customer comments are welcomed at info@swpc.org.

Why I Voted for Trump

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common sense – you may quote me on this – is The Wall. Early on in the campaigns of 2016, I noticed that anti-Trumpers seemed to focus on the wall as a metaphor; it was a symbol of fear, hatred, racism; a giant construct in praise of exclusion. Very recently, I realized that a metaphoric view of the wall accommodates my understanding of it as well. But first, I have to go back to the literal. The wall at the border is not only a wall; it is a wall with doors, and when you approach one of those many doors, called “entry points,” you see there is a person on the other side. In that sense, the wall is a lot like your house. Your house or apartment is made up of four walls, designed to keep unknown or undesirables – snow, squirrels, strangers – out of your home. The door is the place

where you first see who wants to come in; if they are friendly, you let them in, and if they are not friendly, you don’t. So, if you are not ashamed of your house, there is no reason to be ashamed of the wall; and if you actually like your house, then you just might like the wall.

Wonderful inventions they are, those walls and doors. Let’s try them at the border. Maybe they’ll improve things.

I sincerely hope that these thoughts will help readers understand why someone might have voted for Trump. I do understand, to a certain extent, why people did not. Reciprocity of understanding – just a little bit – would be a great step forward.

Caroline Mulrooney studied in Canada and the U.S. and teaches English composition at a local college. She voted for Obama in 2008.



Philomena Emeka-Iheukwu with her delicious fare. (Photo by Cate Concannon)



Twin Maples Woodworking (Photo by Teresa Hemann)



Nonprofits and small businesses have a free table at every market day. (Photo by Cate Concannon)

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