

# The WEDGE

The Official Newspaper of the South Wedge Since 1982

## South Wedge Farmers Market Closes Season with Karaoke & Plans for Season 2019

Joan Brandenburg

The 2018 South Wedge Farmers Market accomplished everything it set out to do this year. Coming off a very slow 2017 season, organizers set out to re-build and re-brand the Market as a Thursday evening destination place for South Wedge families and shoppers.

The menu of Market vendors was small but diverse, and they still offered something for everyone. Visitors shopped for fresh, locally grown and less-traveled fruits and vegetables and vegan prepared foods. They tasted a little flavored moonshine, visited with local artists and learned about the many community services available to all South Wedge residents.

Market attendance was slow at first, but the word spread, and vendor sales increased each week. Over 30 community organizations set up tables sharing information about everything from pet adoption to climate control issues. Potters,



woodworkers and jewelers were on hand to demonstrate and sell their creations. Instructors from TRU Yoga held class each week, and Markus Bowns got the crowd moving with his Hip Hop Cardio classes.

To celebrate the close of the Market season, shoppers and guests

enjoyed “Karaoke at the Market” hosted by Brett Lighthouse. Everyone was invited to come up to the microphone and share their vocal talents. Jeweler Fatmia Razic was the star of the show with a stellar rendition of a Whitney Houston classic while other song choices included selections from popular country, blues and hip-hop music.

The South Wedge Farmers Market is part of the community outreach programs offered by the South Wedge Planning Committee and is sponsored by Highland Hospital/UofR Medicine along with support from A-Verdi Storage Containers.

We’re already planning for the South Wedge Farmers Market 2019. For vendor information, please call (585) 256-1740. Visit the SWFM photo library on the South Wedge Planning Committee web site [www.swpc.org](http://www.swpc.org).



Patti Unvericht

## Market Creatives in Season 2018- Jeweler Fatima Razic and Author Patti Unvericht

**Patti Unvericht**, author and Gates native, who describes herself as “a self-proclaimed nerd,” brought her books to the South Wedge Farmers Market in September.

“I love to read anything and everything that I can get my hands on,” said Unvericht. “However, my passion is history. It always has been since I was in my high school history club. Later, I decided to channel that passion into words so that I could

share it with everyone. When I look at a cemetery or an old building, I see stories. Each person’s life was a book, it had a purpose. And a building is never just a building.”

When Unvericht started her own business, she chose the name “These Old Bones.” “I wanted my business to reflect that. The bones of an old house have stories to tell and cemeteries hide secrets. Through my writing, I give them a voice.”

Unvericht lives in Gates with husband Steve, daughter Liesl, who is a senior at Spencerport H.S. and 8th grader Karl along with Ginger, their dog.

“Karl is usually my co-pilot on my photo and research excursions,” said Unvericht. “Steve, my better half, helps a lot with the business end of things and is very supportive.”

She turned her attention to the paranormal for her book *Ghosts and Hauntings of the Finger Lakes*, published in 2012 by The History Press. The book explores a number of regional spots believed to be haunted: the Elmira Civil War POW Camp, the State Theatre in Ithaca and the historic hotel Geneva on the Lake.

“I was part of a team that gave paranormal tours,” she said. “I was (and still am) a believer of the paranormal and I wanted to

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**Fatima Razic’s** EVOLMI jewelry business started by coincidence but is now a full-time responsibility with hundreds of sales. She is convinced that it’s popular because people are drawn to spirituality and are looking for something deeper to enhance their lives. Her jewelry seems to fit that need.

Everything Razic creates has to have deeper meaning just like the name of her business. It stands for “Evolve Me” but there’s also a much deeper meaning. Read EVOLMI backwards and you’ll get a message just for you and a boost of energy from the artist.

As with many small business ventures, this one started with a simple idea. Razic promised a friend that she would make her a diffuser bracelet to commemorate their trip to Letchworth State Park for the first NYS Yoga Festival in June 2018. One week later she had two bracelets in her hand when she knocked on her friend’s door.

After testing them for a few days she decided to make more and lined her wrist with lots of different bracelets defused with different oils. She loved how they looked and liked smelling different fragrances during her yoga practice.

She sold five bracelets in one

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WHAT’S INSIDE...

**FREE**

- Cold Brew Coffee
- Roc City SkatePark – Finally!
- Survival Tips for Winter Worriers
- Rochester Early Music Festival
- Michael Tomb’s Art Makes Cover of Harris Seed Co. Catalog



Baby Kadinskys have fun learning the ins and outs of art (Photo by Nancy O’Donnell)

## Small Fry Artist Studio Brings World of Art to Rochester Kids

Nancy O’Donnell

“I believe that we are all born creative,” said Courtney Barbe, founder of Small Fry Art Studio in the South Wedge. “It’s as we grow older that we lose confidence in our ability to think creatively. But when you think about it, it’s the creative thinkers who are the innovators, the visionaries, the world-changers. That’s why it’s so important to support and encourage kids’ imaginations and to give them the space to create freely from the very beginning.”

Barbe’s philosophy took form when she opened a popular drop-in kid’s art classes in a space in the Rochester Public Market and now it has even a larger space at her Small Fry Art Studio at 289 Gregory Street at South Avenue.

“I loved South Wedge before we moved here. It has a cool vibe. I’ve enjoyed the evolution of the Wedge, and it was fun to watch businesses pop up. The diversity

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## RHA Cuts Ribbon on Emergency Housing in the South Wedge

Glynis Valenti

On August 16, Rochester Housing Authority and the Conrad family cut the ribbon on Rochester’s first house dedicated as temporary living space for families displaced by fire. Located in the South Wedge at 1-3 Whalin St., each of the two apartments can sleep up to six and will be offered through American Red Cross referrals.

On hand at the ribbon cutting to show their support and speak about the project were Rochester Mayor Lovely Warren, Senator Rich Funke, New York Assemblyman Harry Bronson, and James Love, executive director of the American Red Cross/Greater Rochester Chapter. This is one of four RHA properties to be used exclusively for temporary emergency fire housing, one in each quadrant, and will host families from their home quadrant.



Mayor Lovely Warren, the family who inspired RHA to created emergency lodging for victims of house fire, RHA Director Shawn Burr and State Assemblyman Harry Bronson

The Conrad family lost their home and all their possessions in a fire in early 2018. Rachel Conrad approached RHA about alternatives to hotel rooms for families trying to piece their lives back together.

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## Executive Director John Page Retires

John Page, executive director of South Wedge Planning Committee, has retired. He will be officially leaving the agency as of October 1, 2018.

Board President Frank Logan praises Page’s creativity and hard work in keeping SWPC strong and growth-oriented. “John took the helm during a transitional time for many neighborhood preservation organizations,” says Logan. “When I think of John, the words ‘focused,’ ‘committed,’ and



John Page retires on Oct. 1

‘successful’ come to mind. He’s helped build relationships with other organizations that will be beneficial well beyond his tenure here.”

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

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.



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!

**Enjoy Wedge Card discounts!**

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- Hedonist Artisan Chocolates & Ice Cream**  
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487 Monroe Avenue
- Natural Pet Foods, 5% off**  
10% off new customers  
766 S. Clinton Avenue
- Peppapot, \$2 off 2nd entree**  
133 Gregory Street
- South Wedge Farmers Market**  
Genesee Gateway Park  
Free bag on your first visit
- Stuart's Spices, 10% off**  
\$10 or more  
754 S. Clinton Avenue,
- Swiftwater Brewing Company**  
\$1 off flight of beer  
378 Mt. Hope Avenue

**Get the Wedge!**

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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**SOUTH WEDGE PLANNING COMMITTEE**

**SWPC Board Notepad**

I recall when my wife Anne and I were looking for our forever home, and it was suggested that we consider buying in the South Wedge community. That was in 1979. At that time, we considered the neighborhood a bit sketchy. However, we took a leap of faith and bought our first home on Comfort Street, and I am glad we did. Through the years, my wife and I raised two children and four dogs and are so grateful that we saw the potential of a community that with time, talent, and investment could become something very special.

The South Wedge Planning Committee (SWPC) has been around for over 40 years, actively working toward creating a vibrant community where people can feel safe to work, live, and play. In the past two years, SWPC has helped to secure home repair grants totaling more than \$450,000. The South Wedge Farmers Market has finished its 12th season, SWPC's Victory Garden program celebrated its 11th year, and the Wedge Newspaper, now 36 years old tells the story of our community to more than 10,000 readers.

We are part of two new housing initiatives, the Small House Project and the Emergency House Project. SWPC continues to seek out new

partnerships, funding sources, and programs which will benefit the entire South Wedge community.

At the outset, SWPC joined with other like-minded individuals and organizations to help develop and make the South Wedge what it is today. Through the years, there have been many successes making the South Wedge one of the most desirable areas in which to live.

We still have some challenges that need to be addressed as a community, and the SWPC Board of Directors and staff are highly engaged and committed to assist in any way possible to find appropriate solutions. Some of those concerns include the availability of affordable housing, maintaining a vibrant and local business community, and supporting local businesses. Safety is a critical concern for all of us; we want walkable streets in our neighborhoods.

With a look toward the future, we invite all residents to become part of the solution and consider joining us in our quest to improve the quality of life in the South Wedge. There are many opportunities to become engaged and impactful. Consider volunteering, forming a committee,



SWPC Board Chair Frank Logan (Photo by Christopher Costigan)

or serving on the SWPC Board of Directors. For more information, please contact us at info@swpc.org or call our office, located at 224 Mt. Hope Avenue, (585) 256-1740. Please consider this my personal invitation to get involved with your neighbors, friends, and businesses as we continue to build a thriving community in which we can all share great pride.

Sincerely,  
 Frank Logan  
 SWPC Board Chair

*Look for more contributions from SWPC Board Members as they share their thoughts about our community in future issues.*

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

**South Wedge Planning Committee**  
 Meetings are held at 224 Mount Hope Avenue,  
 The community is invited to attend all meetings.  
**SWPC Board Tues. 10/16, 11/21, 6 p.m.**  
 contact: flogan@rochester.rr.com

<b>Community Engagement</b> (Neighbors & Block Clubs) gvalenti@swpc.org Wed 10/24 & 11/28, 5:30 p.m.	<b>Housing &amp; Structures</b> Meets bimonthly Wed. 11/7, 5:30 p.m. gvalenti@swpc.org	<b>SW Victory Garden</b> Mon. 10/30 & 11/27 felann@frontiernet.net
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# October/November Swillburg Shout Out

Mike Henry

On this first Friday of September, scents of autumn are evident and in planning this article I realize I'm looking back on lots of fun summer events that Swillburg neighbors created.

Thanks to neighbor, Kelley Mariano, we had multiple "weed-outs," and helped keep the weeds at bay. Seems like yesterday I spotted Marsden Fox doing spring cleaning at the Labyrinth Garden across from Rooney's Restaurant. That was back in April. The Labyrinth Garden has been especially beautiful this summer, great thanks to Marsden!

We celebrated late August with the annual University of Rochester Wilson Day. Three Swillburg neighbors, with Sharon Price at the lead, participated with twenty freshman women from the university and undertook a tidying of Otto Henderberg Square Park. It didn't take long with so many hands to see a welcome improvement, especially along the wall on Avon Place. Weeds and detritus removed, several giant lawn bags filled, and it was an afternoon well spent. Visiting with young university women from all over the country and world was quite interesting as we introduced them to Swillburg and Rochester. What a productive coordination of young people and neighborhood groups, much thanks to the U of R!

During the summer, neighbors have held several lunches at local restaurants. The photo featured here was our August luncheon at South Wedge Diner. We hope you'll watch for future monthly announcements and join us.

Also, we're planning a sidewalk painting project called "Swillburg Playful Sidewalks, wayfinders to local parks," funded by a

grant from the Ralph Wilson Foundation. We'll be posting more information on Nextdoor and hope neighbors will participate.

The big event in the works is our Swillburg Fall Harvest Fest to be held on Nov. 8 at the Artisan Church, 1235 South Clinton Avenue.

The S.N.A Steering Committee has met numerous times this summer to plan this. Thanks goes out to Judy Hay for her great facilitating as well as hospitality in hosting us, always with a nice assortment of snacks. We hope you'll attend this



Neighbors and community activists enjoy Swillburg socializing

harvest celebration and bring a dish to pass. We'll be sure to post notices in Nextdoor social network as the date approaches, and we plan to distribute door announcements on various streets.

Well, a big thanks goes out to Josh Jacobs who recently updated the Swillburg website and has created our new newsletter, formatting it for distribution on e-mail and Nextdoor.

Lastly, we'll resume our "Nights-Out" dinners beginning at Addis Ababa on Thursday, October 25th. Please watch for announcements on Nextdoor!

So, we're keeping quite busy as we try to keep our community woven as a bright patch in the Rochester quilt. Here's wishing you all a pleasant autumn!



South Wedge Victory Gardens steward Felton Culbreth

## South Wedge Victory Garden Report Felton Culbreth

This issue consists mainly of pictures from this year's season. In spite of a cold, wet, late start, the season went VERY well! Thank you to all of our gardeners for their work in the gardens and at the fundraising garage sale.

Our next meetings will be on Monday, Oct. 22, 6 to 7 p.m., at the SWPC office. We do not meet during Nov. or Dec. Keep up with us and other garden related events on our Facebook page, South Wedge Victory Gardens.



South Wedge Victory gardeners enjoy a well earned end of season party



A standing herb garden makes the garden more accessible



Ann Culbreth, Garden steward

The Wedge Newspaper

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Buy an ad for the Dec/Jan. issue. Call 256-1740, ext. 4 or 978-9638. Deadline Nov. 15ish

HUNGRY HEDONISTS PRESENTS  
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### Get Ready to Waddle!

The Healthy Hedonists are gearing up for the 6th annual Wedge Waddle with efforts to give back to an ever-growing community, promote fitness and continue a local tradition.

Thanksgiving is a time to give thanks and celebrate the friendships we have surrounding us. And because of this, the Healthy Hedonists wanted to get people out of their homes, away from the cooking and televised parades, to meet their neighbors and feel a sense of community.

The Waddle is a three-mile walk, run or waddle along a marked route in the South Wedge on Thanksgiving morning. It begins 10 a.m. at Abundance Co-op and ends at the Historic German House. It's a free event and takes the most slowly waddling participants roughly 45 minutes to complete. Along the way there are the sock drop at Abundance sponsored stops of hot cider and donuts, with more yummy treats waiting at the end. All are welcome. Families with children of all ages can bring strollers, wagons and dogs to run, walk, jog or, that's right, waddle. The marked course goes along city sidewalks, the Genesee River Path, through a section of Highland Park and back down South Avenue.

A sock drive is also a big part of the Waddle. Participants are encouraged to bring a new pair of socks for St. Joseph's House of Hospitality. St. Joe's serves food for over 100 individuals daily and provides other important services to people in need. One of the most difficult items for them to secure and distribute is clean, dry winter socks. Last year, the Waddle was able to provide over 300 pairs. Throughout the month of November, Hedonist Artisan Ice Cream, Abundance Coop and Genesee Community Bank

will have drop boxes for anyone who would like to donate socks.

"St. Joe's may be out of view from the greater city of Rochester for most of the year" said Fig Ruiz, a Catholic Worker at St. Joe's, "but during the holiday season it comes out of the shadows and benefits from the overwhelming community participation, such as the Waddle."

"It's a place where spontaneous community is happening," Ruiz said. "We couldn't do what we do without the help and love of the guests who come in."

Christopher Hennelly, owner of the Christopher Group, has been in the Healthy Hedonists Social Club since its inception. "We started the Waddle to build community, do something fun and we wanted to do more things to bring us together in a healthy way," said Hennelly. "We needed and still need to do more things to bring us together."

Waddle sponsors include: Hedonist Artisan Chocolates, Abundance Co-op, Jerry Christopher Insurance, Highland Hospital, Highland Contractors, Trillium Health, South Wedge Mission, Businesses of the South Wedge, South Wedge Planning Committee, The Christopher Group, Historic German House, and Lux. We are always looking for more sponsors, if you would like to participate or contribute please contact us.

To register for the event or to find more information, visit wedgewaddle.com, and like us on Facebook. If you have questions, would like to sponsor or volunteer, please contact Jennifer Posey at 585-461-2815.

PLEASE COME AND JOIN OUR 4TH ANNUAL  
**Swillburg Fall Harvest Fest**  
 POTLUCK DINNER, BASKET RAFFLE, COMMUNITY SPEAKERS  
**November 8th | 6-8:30PM**  
 Artisan Church | 1235 S Clinton Ave.  
**SPEAKERS**  
 Captain Cuyler - Goodman Section  
 Nancy Johns Price - South East Neighborhood Center  
 Steve DiMarzo - Mark IV  
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 224 Mt. Hope Ave. Rochester, NY 14604  
 For an appointment:  
 Call 585-245-5429  
 or email Norm Karsten at karsten@genesee.edu

# Historic Calvary St. Andrews Hosts Rochester Early Music Festival

Tyler Cassidy-Heacock

What did the world sound like to people living in the 17th century? We know that life was incredibly different, but just like us, people living in the Middle Ages and Renaissance wrote, played and enjoyed a vast variety of music. Thanks to numerous talented musicians from our area, we'll have the opportunity to hear that music performed live during the annual Rochester Early Music Festival. This event celebrates the rich musical culture of the time between 1400 and 1750, and the performers bringing the music to life today.

This year, the Friends of Calvary St. Andrews Church are partnering with the Early Music Festival to bring five different concerts to the South Wedge. Every program features unique period instruments--from harpsichords (an early kind of piano) to sackbuts (an early form of trombone) to lutes (a complicated kind of early guitar) as well as beautiful vocal music from long ago.

The gorgeous sanctuary will echo with sounds from the distant past between November 8-18. As the musicians perform both sacred and popular music by composers who were known and celebrated during their lifetimes, the vibrant acoustic and intimate, ornate



Singers rehearse medieval and Renaissance melodies (Photo by Sean McMahon)

interior of Calvary St. Andrews will help to transport listeners away from their 21st century lives and into an imagined past.

Just like the music we hear today, Early Music expresses the full range of human emotions, from festive and lively to stately and serious to mournful and despairing. Concerts include an offering from Ogni Sorti, a chamber group of period instruments many of which predate our modern versions. A recital featuring tenor and harpsichord explores the unique sounds that come from this pairing, similar and yet completely different from the piano and vocal music most of us recognize. And a concert featuring J.S. Bach's comical "Coffee Cantata" will double as a benefit for---who else?---The Coffee Connection, just around the corner on South Avenue.

The South Wedge is a diverse and vibrant community, and the Rochester Early Music Festival

at Historic Calvary St. Andrews Church brings a diverse, vibrant, and unique festival for all to enjoy. To join in on this musical time travel, visit [www.musicaspei.org/festival-information](http://www.musicaspei.org/festival-information) for concert details or follow the festival on Facebook at [www.facebook.com/RocEarlyMusicFestival](http://www.facebook.com/RocEarlyMusicFestival). Find our partners, the Friends of Calvary St. Andrews Church, at [www.facebook.com/FoCSAroc](http://www.facebook.com/FoCSAroc). St. Andrews Church, 95 Averill Ave. On street parking is available. Postler & Jaeckle lot at the Averill Avenue and South Avenue is also open for parking.

*Tyler Cassidy-Heacock is the co-chair of the annual Rochester Early Music Festival. She is a vocalist, music scholar, and arts administrator who lived in the Wedge from 2009-2017. She gardens at the Hamilton Street Victory Garden and loves "weird music" of all kinds.*

# Survival Tips for Winter Worriers

Stratis Christakis

As autumn is in full swing you may start to feel down about the coming winter months. Like squirrels burying nuts we must also prep. But with an abundance of food right around the corner for most, we don't have to prep to stave off starvation, but depression.

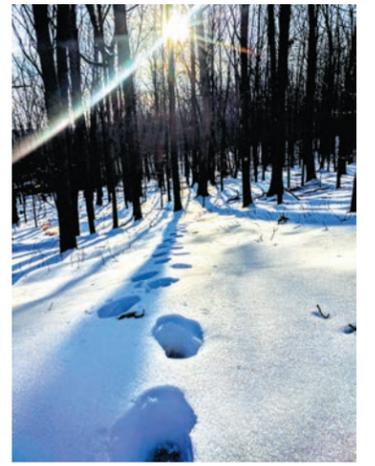
We've all been there, especially in January, February and March, where we've been locked in all winter, have passed the stir-crazy stage, and have gone into full blown, "I can't live here anymore." This increases especially with our exposure to the social media of our friends, family and random people we follow on Instagram that live in more temperate climates.

The key is to prep, and prep now during these beautiful fall months in Rochester.

What does prep consist of? If we're looking to fight depression, more specifically, Seasonal Affective Disorder, there are multiple ways to get ready in the Fall season. Do NOT wait till winter.

1. **Get Outside.** You can start doing outdoor activities in the fall and be competent when winter arrives. Walking around your neighborhood, hiking local trails, or riding your bike in less than favorable conditions will get you ready for more time outside in colder months.

2. **Dress for the Season-** Invest in yourself. You can't go walking, hiking or biking in a tee and shorts in the winter, although we've all seen it when the temp breaks into the 50s and the sun is shining. Look into fall/winter gear at second hand



stores, online, or buy something fancy and new at a local retailer.

3. **Make Connections** - Get your crew involved, and if you don't have a crew, find one! Find people that you can relate to who hate winter. Team up! On the other hand, maybe you know people who love winter. Befriend them! All it takes is a first step. "Hey Jaime. I'm making a hearty chili and drinking some Stouts. Come over so we can game plan for the winter!"

4. **Discover Your Cold Weather Self** - If you like food, bundle up and walk to your fave restaurant. If you like being a loner, hike alone (it's awesome by the way). If you like biking, don't stop because it's cold. Get some winter tires. And if you want to change your mind, go for it. Autonomy is so important to motivation, and motivation gets us out of the house. You can do it. We can do it. And we'll have a good time doing it, even in the winter! But, it starts now. See you out and about this winter.

## Autumn Events from Friends of Historic Calvary St. Andrews

**Lecture- Jill Gussow and Richard Margolis: A Presentation on Public Art**  
Sun. October 28, 2-4 p.m.

**Early Music Festival – Baroque Instruments**  
Friday, November 9, 7:30-9:30 pm

**Early Music Festival –Tenor Soloist with Harpsichord-** Saturday, November 10, 7:30-9:30 p.m.

**Early Music Festival --Soprano and Lute**  
Sunday, November 11, 4-7 pm.

**Early Music Festival – Coffee Cantata and Brandenburg Concerto #2**  
Saturday, November 17, 4-7 p.m.

**Early Music Festival – Harpsichord** - Sat. 4:00-7:00 pm

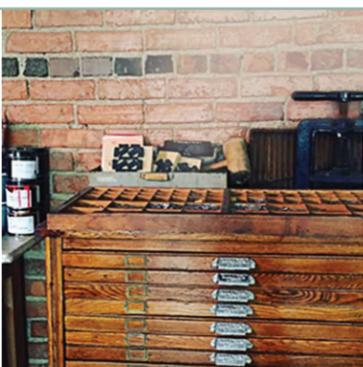
**Lecture -Maya Rook, "Native American and Puritan Foodways"** Come and enjoy a taste of the 17th century Massachusetts Bay Colony. Bring a dish to pass Food Cupboard donation. Sunday, November 18, 4-7 p.m.

**Bell Choir Concert-Seasonal Songs by the Third Presbyterian Church bell choirs,** Sunday, December 9, 4-5:30 p.m.

Free, \$10 donations are appreciated. Every donation helps preserve this historic building.

Historic Calvary St. Andrews, 95 Averill Avenue. Parking on street and at Postler & Jackle lot at South and Averill Avenue. [www.calvarystandrews.org](http://www.calvarystandrews.org)

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## Highland Park Conservancy Tours



Highland Park in autumn (Photo by Jim Barclay)

**Tours of Highland Park: the Pinetum.** Sat., October 20, 10-11:30 a.m.

**Photo Shoot with Image City Photographers,** Sat. October 27, 9-10:30 a.m. The Image City Partners, local outdoor nature photographers, lead a photo shoot for experts to assist you in photographing Highland Park. Camera, I Phone, all skill levels welcome. Meet at the Conservatory. **Trees of Highland Park – Fall Foliage Walking Tour,** Fri., Nov. 2, 10 a.m.-12 p.m. Meeting place TBA. All tours and events are free of charge, and open to the public. Just wear your walking shoes.

## South Wedge Sudoku

### STR8TS

### SUDOKU

Medium

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

Medium

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

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

2	1	4	5
6	4	5	3
4	5	2	1
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](http://www.sudokuwiki.org) for Sudoku and [www.str8ts.com](http://www.str8ts.com) for Str8ts.

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

South Wedge Sudoku Solution on pg. 6



## Wassail, to your health!

Vicki Finnefrock

Mulled wines and ciders have been a staple at holiday get-togethers for generations. Heating wine with floral spices from the Spice Islands of Indonesia, which were traded on the spice routes of Arabia, is not new to the modern era. How far back does this tradition go? The ancient Greeks, surprisingly!

The Greeks in the 8th century BC used flavorful, aromatic spices to make the less successful portion of their grape harvest taste better and avoid waste. They mulled, or heated the spices, into the wine. Even at that time, aromatics such as cinnamon, ginger and a touch of citrus were used. This mixture was referred to as Hippocras. When the Romans conquered the Greek, they took the idea of this mulled wine mixture and made it their own, referring to it as Conditum Paradoxum. This delicious beverage continued to be popular in the Middle Ages. In the 1840's, Charles Dickens, reportedly a fan of mulled wine, wrote of it in A Christmas Carol.

Some say that A Christmas Carol forever tied mulling spices to the holiday season. Another explanation comes from the custom of farmers in Britain, even prior to the 1st century A.D., who would gather in the winter and offer their apple crops "Waes Hael," or wassail as it became known, which was offering "Good health" to the following year's apple crop by pouring cider over the trees. Fast forward several hundred years, and people in Britain and Germany would get together to go wassailing, joining together, eventually with singing,

going from neighbor to neighbor, wishing them well. Mulled cider and wine were an integral part of this custom. Wassailing came to mean caroling, and even today, neighbors and friends join together around Christmas time, knocking on other neighbors' doors, singing and spreading joy. Whether wassailers brought around vats of warm mulled cider or wine door to door, or whether the carolers shared the mulled drink before or after their caroling, the custom continues, and evokes friendship and joy with the sharing of such a delicious cup of good cheer.

Share a bit of history and savor the friendships you've made while warming your hearts and your hands with spices that have been mixed and mulled for centuries by people just like you who want nothing more than the company of good friends and a prosperous year.

To your good health!

Stuart's Spices carries a delicious version of mulling spices, along with other fall favorites such as apple pie and pumpkin pie spice. 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 autumn harvest and meals with your family and friends.  
754 South Clinton Avenue.  
Facebook and stuartsspices.com.

## Cold Brew Coffee- The New Flavor Frontier

Glynis Valenti

Flavor is one of the top priorities for coffee drinkers today. From bean to brewing, natural variables and personal preferences all determine what one tastes in the cup. Flavor influences begin with where the beans are cultivated.

The plant Coffea is grown mainly in tropical areas at high altitudes. The original Carabica bush is native to Ethiopia, but is grown throughout the world and produces the desirable "Arabica" beans. "Robusta," C.canaphora, is a hardier species grown for the large, commercial coffee industry. As in wine production, qualities in the soil—minerals, other vegetation, sand, clay, run-off—will reflect in the fruit receiving its nourishment from the roots of the plant. Therefore, coffee from South America will not taste the same as coffee from Vietnam or Africa or Hawaii. Experts have identified 800 flavor characteristics in coffee, twice those of red wine.

Second, harvesting also affects the end result. Traditionally, ripe berries are picked by hand, which is labor intensive but insures quality. Most large commercial producers strip pick, using machines or laborers, stripping all of the berries from all of the bushes. The seeds—called beans—are extracted from the fruit, washed, then dried.

Roasting is the next step and probably is most influential in establishing a coffee's flavor. The lighter the roast, the more actual bean flavor develops in the brewing. Light roast coffee is higher in acid and medium-bodied. A medium roast coffee is most popular: well-balanced, retaining some of the bean flavor and dryness. Full, or dark, roasted beans begin losing complex flavors, picking up smokier, more concentrated flavors, and original bean flavors can become indistinguishable.

This is also where the difference between hand-picked and strip-picked coffees may come into play. Because hand-picked berries are ripe and consistent in size, the roasting process will also yield consistent results. Strip-picked berries could be unripe, over-ripe or just right. The beans will all be roasted together, meaning that the smaller beans will most likely be burnt, and the over-ripe beans will be bitter.

Over the past few years coffee brewing techniques have become the final flavor influence frontier. For nearly all of its 600 (documented) years, making a cup of coffee has meant pouring hot water over beans. One could add milk, sugar,



Moonshot drinkers will also notice its silky, creamy texture, but there is no dairy at all (Photo by Glynis Valenti)

ice, flavors, or foam, but hot water or steam was a key ingredient.

Enter cold brew. Reminiscent of "sun tea" in the 1970s, this is basically coffee beans steeping in unheated water. In fact, a Bloomberg article reported a sales increase of 80 percent between February 2017 and February 2018. For James Sinka, graduate in Chemistry and Materials Science at Rochester Institute of Technology, his first taste was a game changer. Here was a coffee with flavor nuances that he'd not experienced, spurring Sinka to research the chemistry and history of coffee.

What he found was that coffee technology has remained relatively stagnant since advancements in the espresso machine during the 20th century and that there has been very little scientific effort involved in making and improving the coffee experience. Over the next several months Sinka and fellow students conducted lab experiments in "hundreds of mason jars," tweaking variables, looking for dynamic flavors, ever narrowing the guidelines. Eventually they formed a coffee club called Café RIT that gives away cups of the brew on campus, surveying drinkers about what they think coffee should be and how their cups compare.

"It was obvious that our coffee was different," Sinka says. "We've tasted everything we could find, and there is nothing like it. We've given away hundreds of gallons of coffee to a wide range of the population, including international students here for RIT hackathons. We've gotten continuous praise."

Having tasted this craft brew product, now called Moonshot Brewing, this writer can attest to that difference and praise. It is bottled coffee, ordered online, freshly brewed, and delivered within a day of brewing. The coffee is cloudy, which Sinka says is because their process, using only beans and water, extracts more nutrients, antioxidants, essential oils, and caffeine from the beans. Using this technique the coffee is also more sustainable in production than other cold brews—about half the waste. Speaking of sustainable, Moonshot researches suppliers to insure the best quality beans and fairness practices for the growers.

Moonshot drinkers will also notice its silky, creamy texture, but there is no dairy at all. In fact, the product is vegan, and the creamy quality comes from the bean through their process. There is virtually no acidity, so it is easier on the stomach without the acid reflux, cramping, or heartburn associated with regular coffee. Sinka notes that there is also no afternoon "crash" from Moonshot that many coffee drinkers experience.

This group's goal is to produce a pure, better tasting, healthier coffee without the sugar, dairy, and additives found in the other bottled coffees and make it accessible to everyone. They are actively seeking input about what is most important to coffee drinkers, and Sinka emphasizes that they welcome coffee conversation. To try this new take on coffee and provide your opinions, visit [www.MoonshotBrew.com](http://www.MoonshotBrew.com).

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



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# In Memoriam

## Minister Lawrance L. Evans, Sr.



Minister Lawrance L. Evans, Sr.—educator, scholar, community activist, spiritual director, husband and father—died on September 9. Minister Lawrance, as spiritual director for the First Community Interfaith Institution on Hamilton Street, was a huge presence in the South Wedge.

He developed the philosophy of “Doology” as a teenager. In Doology, he taught that “positive action in a community or organization is valued more than just complaining.”

Minister Evans went on to establish the Institute in 1970 and described it as a teaching church and cultural organization.

He created the Charles Riley Tutorial Program that aided students in a variety of skills. Throughout his life as a community activist he stressed “the importance of building unity and encouraged people to communicate with their civic leaders.”

Mayor Lovely Warren expressed her admiration for Minister Evans on

her Facebook page when she learned of his death: “Heaven received a community giant today. Rest in Peace Minister Lawrence Evans. He was a man of great faith and perseverance. Dr. Doology! I will miss your words of encouragement, smiling face and great big hugs. You can learn to know the character of person by the love their children bestow upon them, and this man’s children loved him with every breath in their bodies.”

Lawrence Evans was born in 1945 in Braceville, Ohio. He graduated from Warren Harding High School and earned a scholarship to attend Howard University, where he studied engineering. He went on to earn a bachelor’s degree in business administration from Youngstown State University. In 1970, he enrolled in the Colgate Rochester Crozer Divinity School, earning his master’s degree in Rochester studies, religious studies, and economic development. Evans’ first job in Rochester was as a consultant developing workshops for community agencies and training volunteers.

His mother and father, along with his wife Gwendolyn Evans predeceased him. He is survived by six children: Stacy Evans, Lawrance (Vanessa) Evans Jr., Lokia (Michael) Robinson, Malik (Shawanda) Evans, LaShara (Sasha) Evans, Akilah Evans; 8 grandchildren, Jalil, Nala, Maya, Cameron, Ian, Olivia, Carter and Cai; special grandchildren, Corey Tanksley, Dawnielle Ingram, Jazzmin Kamau.

Individuals interested in the Charles Riley Tutorial Program he established and/or case management services can attend any Sunday (4 PM) for the Student Doology Hour service.

Donations can be made to the Charles Riley Tutorial Program, First Community Interfaith Institute, Inc., 219 Hamilton Street, Rochester NY 14620.



## Fall Brings Hope for a New Year

Michele H. Martell

During these last few weeks of summer, how many of us exclaim, “Where did summer go?!” Summer goes so quickly in Rochester, as we are well-aware of the long-lasting winter that swiftly approaches.

As I write this, I feel a sadness while preparing my kids for a new school year. I really enjoy having them at home during summertime. We have so much fun and silliness and outings. Outside of intermittent summer camps, it is so pleasant to experience with them a more relaxed schedule.

The flip side is that we are heading into the promise of a new year. New Year’s aspirations do not have to wait until January; they can happen now. There is the newness of a new school year, full of so much potential. In the business world, many fiscal years are starting about now, full of new beginnings. And in nature, while it may appear that things are dying for the fall season; it is really in essence a preparation for a new spring and new growth.

This is the time to make new year goals, resolutions, aspirations. At a time that it may feel like death, this is a period that can be a time of renewal. To determine what we may want in the future year and future life for ourselves, our kids, and for our business and personal goals as well.

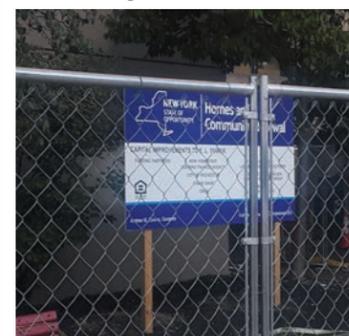
During a season of letting go... and the trees are about to show us just how beautiful that letting go can be...we are making space for new things to come into our lives. Out with the old, in with the new. If we are receptive to it, we are always shedding what no longer works for us and opening up to new blessings and opportunities.

Just look at how the kids handle this season. In their open and innocent state of being, are they ruminating over the old school year, about how things used to be? No. They are all in to experience a new year, excited for the prospects of what they can experience and accomplish this year. I look to my kids and think, “Wow – what a great example from those who are uninhibited, who are too young to get stuck in what could have been... they are just thrilled to begin anew! So maybe we can catch on to that excited spirit as adults and join in the excitement of a new year – why wait until January? And is nature behaving sadly about a new season following summer? Heck no. Soon it will be bursting with so much luxurious color and activity that will fill our senses with amazement. This is truly a time of excitement for our earth. After all, as poet Albert Camus said, “Autumn is a second spring when every leaf is a flower.”

This is a brilliant season for new schedules, new mindsets, new attitudes, new beginnings. It is a superb time for personal goals, whatever they may be. For example, this is an optimal period for fitness and health goal-setting. The summer parties and picnics are over, and it’s no longer “too hot” to exercise. The air is becoming crisp and so is the autumn produce. This is a great time to re-set our bodies and minds.

The time is now to become excited for a new year and life. Let’s not wait ‘til Auld Lang Syne plays! Goal-setting, forward-looking, let’s do it! Happy New Year!!

## Hello, E.L. Towers Goodbye Southview



Fencing at the front entrance of the former Southview Towers where a major rehab is taking place (Photo by Nancy O’Donnell)

Nancy O’Donnell

Southview Towers, a low income 193-unit high-rise on South Avenue, was in a sorry state last winter. Angry and dispirited tenants faced TV cameras and talked about cold apartments with iced-rimmed windows and black mold.

Tenants turned to City-Wide Tenant Union organizer Ryan Acuff. A meeting was held at Southview where City Councilmember Adam McFadden, activists and other officials came to listen to tenants’ stories.

Now tenants have reason to celebrate as the Tower (renamed E.L. for owner Elliot Landsman) is being rehabilitated to the tune of \$25 million. The project, which is receiving funding from New York State, the City of Rochester among others, will include many repairs including installing a new roof and windows. Tenants’ kitchens, bathrooms, flooring and lighting will be updated. Drab and deteriorated common areas will be renovated, energy efficiency upgrades and a security system will be installed. Most applauded by community activists, who have been monitoring the condition of the high rise, is the addition of on-site offices for service agencies for the tenants.



## Greater Rochester Health Foundation Grant Proves Cooking Matters

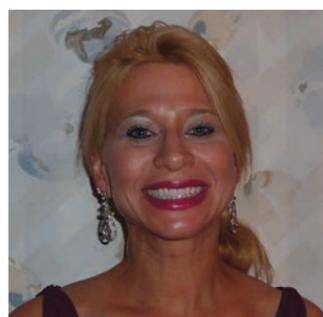
Glynis Valenti

Thanks to a Community Health Grant from the Greater Rochester Health Foundation, tenants in the Hamilton Tower on Mount Hope Avenue were able to participate in a series of six cooking and nutrition classes. Foodlink provided the curriculum, “Cooking Matters,” which gave students the basics in kitchen safety, handling kitchen equipment, reading food labels, and optimal nutrition choices. All



The Hamilton tenants bonded over good food (Photos by Glynis Valenti)

received recipes for the weekly hands-on cooking demonstrations led by Foodlink Community Nutrition Educator Jason Stewart, a grocery bag of ingredients for cooking the dishes at home, and coupons to use toward purchases at the South Wedge Farmers Market and the Foodlink Curbside Market. SWPC thanks GRHF and Foodlink for their support on this project.



Michele Martell

What’s The Buzz?  
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## Sudoku Solution

continued from pg. 4

Str8ts Solution

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

Sudoku Solution

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

# Roc City SkatePark Plans Finalizing

Nancy O'Donnell



Connor Moore air borne (Photo by Alan Presutti)

Skateboarders dreaming about a Rochester skatepark for over a decade may see a light literally at the end of a tunnel as the City moves ahead to build one under the Frederick Douglass/Susan B. Anthony bridge on South Avenue.

Alan Presutti, a very delighted president of Friends of the Roc City Park, explained how the park will be funded.

"The State gave the City \$50 million toward the Roc the River Way Project of which the skatepark project was allotted \$1 million. An additional \$250,000 was received via a Ralph Wilson Jr Foundation/Tony Hawk Foundation grant. The rest of that money so far is from the city. The City and The Friends are working together to research more grant opportunities and to solicit large donations from local businesses and foundations."

James Farr, the city's assistant director of recreation, discussed the project at an NBN6 meeting in early September describing it as a link between the South Wedge and downtown.

"We're the only major city without a skatepark, and at 38,000 square feet, this will become one of the largest skateparks in the Northeast," Farr said. "It'll be used by skateboarders, BMX bikers and scooters. There'll also be a place for people who just want to watch."

Neighbors at the meeting raised some concerns about noise and parking.

"We're assuming that the skaters may use the trail to get there and there will be a lot of people coming using alternative modes of transportation, but we will plan a drop off area, and Washington Square Park garage is a block away." As for noise—skateboarders will

hardly make more noise than the cars passing above on the bridge."

Later reached by phone, Farr said construction is scheduled to begin in Spring 2019.

"We're moving forward very aggressively and hope to have it ready for Riverway Romance weekend in 2019. We're going to council next week to enter into agreement with Stantec to do the final design. They are also the contractor on Erie Harbor Phase II so that will help us connect and coordinate those two projects."

"In the end The Friends of the Roc City Skatepark are hoping that the \$2 million-dollar, 38,000 square foot skatepark is only Phase one," Presutti explained. "We hope to eventually build the full \$4 million-dollar park we had initially planned for and maybe work on a system of small, safe and sanctioned skate spots throughout the city neighborhoods. [They'd be] similar to how basketball and tennis courts are all around town."

He outlined what the nonprofit plans to do over the coming months to contribute to the skatepark. "The Friends are also doing a variety of fundraising events such as skate jams, BMX contests, art shows and small concerts

"At one point our dream of getting a skatepark was thought of as an impossible goal," said Presutti. "Now we are almost to the point of riding in one. Who knows what more hard work and dedication could make happen in the future?"

For more information, visit Roc City Park website at [www.Roccitypark.org](http://www.Roccitypark.org). Interested in donating, contact Alan Presutti at [RocCityPark@gmail.com](mailto:RocCityPark@gmail.com).

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## Business Buzz

Nancy O'Donnell

### South Wedge Welcomes Rochester ChiroTherapy

Rochester ChiroTherapy is up and running inside the friendly Renewing Massage building on South Avenue and owner Dr. Stephen Boronczyk promises treatments that relax tension and relieve pain caused by injury, bad posture, and overuse of muscles.

The Syracuse, NY native studied at SUNY Brockport before attending Palmer College of Chiropractic in Port Orange, Florida. He recently moved his practice from Victor to the friendly blue South Avenue building that also houses Renewing Massage.

"Victor was a more established family community," said Dr. Boronczyk, who once lived on South Goodman. "South Wedge is a community within a community. It's more attuned to holistic treatments. It has a good urban feel to it." He also appreciates how businesses support each other noting Colin Coffey, Renewing Massage's owner, who publicized Rochester ChiroTherapy in the community. "That's more likely in the city than in the suburbs."

Part of the "new guard" in chiropractic, Dr. Boronczyk works with muscles, posture, spinal adjustment with a little nutritional wisdom thrown in too.

"I help to stretch out muscles, do deep tissue massage mixed with active release techniques," Dr. Boronczyk said. "Nothing I do will hurt a patient. I am conscientious as possible in listening to patients. I'll always explain what I'm going to do. If they're o.k., then I adjust. I want them to be as relaxed as possible. I want them to have a comfortable experience."

Dr. Boronczyk will also point to the importance of nutrition in muscle health when treating a patient.

"I don't consider myself an expert," he said, "I will defer to a nutritionist, but patients do want to talk about it. They'll say 'I'm on a new keto diet or is it good to cut out carbs?' I try to guide them to good educated information. Water is huge. You'd be surprised how many people say they don't really drink



Dr. Stephen Boronczyk (Photo provided)

water. They'll say, 'I have coffee and couple of sodas a day.' I tell them to increase their water, maybe take magnesium supplements. Vitamin D is also important in New York state because we don't get enough sun. And I tell them to cut our sugar. It's really, really bad for you."

He treats patients for a host of issues: low-back pain, sciatica, headaches, stress, shoulder and hip issues and general muscular health.

Rochester ChiroTherapy's mission is to tailor each treatment to specific needs and provides expert level pain relief for neck, low back, and full body pain—"our goal is to get you out of pain as quickly and cost effectively as possible" for ages 18-70. A first exam is 45 minutes while follow ups are 15-20 minutes.

Rochester ChiroTherapy, 728 South Avenue, 678.1153, rochesterchirotherapy@gmail.com. Hours 8-6 p.m. Saturday by appointment.



Rochester ChiroTherapy shares the space with Renewing Massage



### Allstate Opens in S. Wedge

Stop by and welcome Jon Yaeger, exclusive agent of Allstate, who opened on October 1 at 661 South Avenue.

Last summer's Rochester Real Beer Expo convinced Yaeger that the South Wedge was the place to be. "It was a fantastic event," said Yaeger. "I met so many wonderful people. I was wearing a German National team jersey, and it was during the World Cup, and lots of people came up to talk to me.

It's a young, vibrant neighborhood, and I said 'this is where I want to put my business.'"

Five employees join Yaeger in the newly renovated space, the former home of Zak's Avenue.

"We provide historical property and casualty insurances," said Yaeger. "We also provide additional services: employee benefits, life insurance, investments, retirement solutions and commercial insurance for businesses."

Allstate will be open 8-5 on Monday, Wednesday and Friday; 9-7 p.m. Tuesday and Thursday and 10-1 p.m. on Saturdays.



### Open Arms Metropolitan Community Church Opens in Calvary St. Andrews

Open Arms Metropolitan Community Church has moved to the South Wedge! Meeting in the former Calvary St. Andrews sanctuary at 68 Ashland Ave, Open Arms is a Social Justice minded church. We welcome regardless everyone of race, age, socioeconomic status, sexuality, gender or gender expression every Sunday at 10:30. Come and hear the good news that you are loved by your creator, just as you are.



An arrangement by Bradley James Design (Photo courtesy of Bradley James Design)

### Flowers Bloom in the South Wedge in Bradley James Design

South Wedgers are aglow knowing that fresh flowers are finally available for purchase at Bradley James Designs at 653 South Avenue. The shop opened in July in the former Flower Power space.

Walk-in hours are Wednesday, Friday, 10 a.m. – 5 p.m. and Saturdays by appointment.

The *South Wedge Quarterly* recently profiled Bradley James and partner/designer Jeffrey Hopeman. The couple have worked nationally and internationally

and are well-known for their "custom floral design, event planning, corporate wedding and interior designs service."

Bradley, who has a MFA from Oxford, worked for celebrity clients long enough to want to move back to western New York (he's originally from Livingston County) with Hopeman.

Stop by, say hello and pick up a bunch of flowers.



### Flower City Solutions Focuses on Emerging Hemp Industry

Flower City Solutions, LLC, is seeking to provide innovative solutions at what they describe is "the convergence of agriculture, technology and industry" in the emerging hemp industry.

Flower City Solutions wants to leverage a new market and "deploy best practices from the onset, enable participation through technology, and create a platform through which research and innovation can flourish.

The company believes Rochester could be at the center of innovation when it comes to hemp "considering the extensive academic community, the emerging cultural revival, and the existing assets of surrounding fertile land and technology and manufacturing infrastructure.

Solutions team believes this region to be the perfect birthplace of

an innovation incubator/accelerator hub for what they see as a movement that will change the way we eat, shelter and clothe ourselves.

Flower City Solutions will be hosting NYHempLab, a one-day launch event on November 17, 2018, to bring industry experts and stakeholders to the table for an in-depth discussion about the emerging hemp industry (nyhemplab.com).

The goals of this event are to educate existing stakeholders, expand the regional academic community participating in this emerging field and establish a network that will support research initiatives driving the development of the regional hemp industry.

A wide-range of speakers and forum presentations will be held including keynote speaker internationally acclaimed Industrial Hemp Scientist Dr. Jan Slaski.

Over the last 17 years, Dr. Slaski has been leading research aimed at the breeding of hemp varieties that suit the needs of the fiber and food industries in Canada, while also advancing whole-crop utilization practices and product development.

For more information contact the Flower City Solutions team at info@flowercitysolutions.com

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417 South Avenue, Rochester, NY 14620

### 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 get there.



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Are you bothered by someone else's drinking? Call 585.288.0540 or visit [www.aisrochester.org](http://www.aisrochester.org) for a list of meetings.



Halloween is in the air (Photo by Nancy O'Donnell)

## Halloween Safety Tips

Never, ever go into a strangers house or even ring their door for treats unless your parents are with you and say that it's okay. There are some people in life that aren't very nice to kids, and you have to be careful. Always make sure that your mom or dad is within sight when you go out trick-or-treating.

Be careful when you cross a street. Make sure to look in both directions, and make sure that there are no cars coming. If you have a little brother or sister with you, take their hand and help them get across the street, too. If the street has a stop light, wait until the cross walk light tells you that it's okay to cross, but still check before you cross, look both ways.

If you are an older kid or young teen, and going out with friends, make sure that your parents know where you are going and who you are going with. This may seem like a pain but they are your parents and they love you. They just want you to be safe.

If you can drive and are taking a bunch of friends to a party, make sure that you have enough gas to get there. You don't want to run out on a dark street, all alone, like a bad horror movie!

If you parents give you a curfew, be home when they say. It builds trust between you and them and they are doing it for your own safety. If you are going to be late, call them and let them know.

Vandalism is never cool! Throwing eggs at cars and houses is not cool. Someone has to clean it up and it could be you, if you get caught. You can also be arrested and punished as a juvenile. So, don't think that it's fun only if you can get away with it. It's never the right thing to do! Think about how you would feel if someone did that to your house and how bad it would make you feel.

Hurting animals is never acceptable behavior! Some people use Halloween as an excuse to



South Wedge neighbors (Photo by Nancy O'Donnell)

hurt cats and that is just wrong! Not only is it illegal in most places to hurt or torture animals and punishable by law, you should never hurt a helpless living thing. Learn more at [halloween-safety.com](http://halloween-safety.com)

## Halloween Just Means Pumpkin

Nancy O'Donnell

Google "Halloween recipes" and you can find hundreds. Some are clever and look easy to make. I can cut strips of a crescent roll, wrap it around a hot dog, add some eyes, bake it and voila serve up some yummy mummy dogs. Or there's the recipe where you take a banana and stick eyes and a mouth and you have yellow ghosts. A wedge of apple, some peanut butter, and peanuts and ghoulish mouths yawn on your table. Lastly, some chicken fingers or fish sticks, half a cherry tomato and stubby, crunchy fingers can be popped in your mouth. I

draw the line at "cat poop fudge" that adds chocolate mounds on what looks like Rice Krispies litter. Terrors is o.k. Nausea is not.

Give me something simple and pumpkin, and I'm happy as a vampire at sundown. While Trader Joe's is the place to be for the true pumpkinaholic, here's a recipe from the South Wedge *Savor the Flavor Cookbook* that uses Rice Krispies for an ahhh not ewwww experiences. The recipe is brought to you by Brenda Myrhill, a Field Street resident in 2005.

### Pumpkin, Chocolate, Oatmeal Rice Krispie Cookies

4 cups flour	1 1/2 cup butter
2 cups oatmeal	1 egg
2 tsp. baking soda	1 tsp. vanilla
2 tsp. cinnamon	1 (16-oz) can pumpkin
1 tsp. slat	1 cup chocolate chips/chunks
2 cups brown sugar	1 cup Rice Krispies
1 cup sugar	

Preheat oven to 350 degrees. Combine dry ingredients. Cream butter, egg and vanilla. Add pumpkin, then dry ingredients. Add chocolate, then Rice Krispies. Bake 20 minutes until lightly browned.



## Sign Up for Stuarts Spices Fall Classes

Fall Flavors: Saturday, October 6, 11:00 a.m. - 12:00 p.m.

Learn how to use traditional fall spices and spice blends to maximize the flavors of your favorite fall dishes. Apple pie and pumpkin pie spices are for much more than just pies. Great ideas for weekday meals and holiday get-togethers. \$10.00. Pre-registration is required. Click here to join us. **Halloween Treats! Sat. October 27, 11 a.m. and 3 p.m.** Stop by the shop anytime between 11 a.m. and 3 p.m. and taste some Halloween treats. Perfect for the young and the young-at-heart. Simple and fun ideas for you to re-make at either a weekend Halloween party or on Halloween itself.

Free, no registration required. Just stop in! **Crockpot Cooking; Thursday, September 27; 1:30 P.M. - 3:00 P.M.** Busy? Need to get dinner on the table and avoid unhealthy take-out food? Have a crockpot but no idea what to do with it? Come on over! More cooks are looking to one-pot meals for easy assembly and clean-up. Sample one-pot main dishes that rely on quality spice blends for satisfying flavor. MVP Program Code: 5027

Healthy Holiday Cooking; Wednesday, October 24, 1:30-3:00 p.m. Trying to avoid high calorie, high salt, sugar-laden dishes for the holidays? Explore spice blends that can boost flavor while allowing you to cut back on diet-challenging ingredients while still having a delicious holiday. MVP Program Code: 5028. Registration is required. If you are interested,

please register through MVP by calling Cheryl Minchella (at MVP) at 585-327-5752.

Private eclasses are also available. Contact Vicki for more info in the nutmeg is ready to harvest. 754 S Clinton Ave, 585.436.9329.

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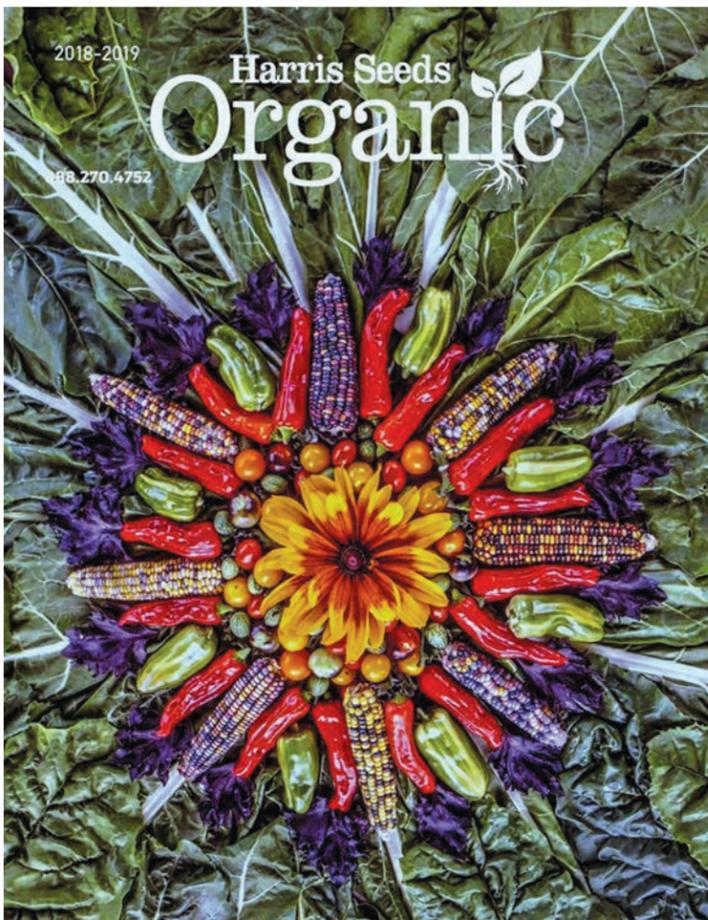
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## Local Artist Michael Tom Vegetable Arrangement Snags Cover of Harris Seed Company Organic Catalog



Highland Park artist Michael Tomb couldn't be happier when the historic Harris Seed Company invited him to create its 2019 cover. Tomb has been using garden vegetables and flowers in his art for some time and selling the photographs in his Studio Michaelino. He keeps it completely sustainable by eating his creations afterwards. He describes his excitement in a recent Facebook post. "For at least 50 of the 140 years since the Harris Seeds company was founded here in

Rochester, I have been purchasing seeds from the company. I first planted Harris seeds and plants for tomatoes, peppers, eggplant, lettuce, peas, fava beans, bush and pole beans, squash etc. alongside my grandfather while I was teenager. And there is much more personal history within my life as a gardener related to Harris that I will relate. Which is why I am honored and excited to share the news that Studio Michaelino was commissioned to create the cover of the 2019 Harris Seeds Organic catalog. This image

is entitled "The Glass Gem Star." More about it soon including news on how you can purchase this and additional art that was created during recent visits to Harris Seeds. beautiful catalog in your mailbox. I am obviously excited (!!.) In fact, I've been telling people this truth: I would rather have my art on the cover of the Harris Seeds Organic catalog than the cover of TIME or Art in America. (Although I would be willing to discuss doing covers for all three ;)"

Harris Seed Company touted the cover of its Organic Catalog on its Facebook page- "Thank you Studio Michaelino for this amazing look, we could not be more excited"-- and invited the public to contact them on their website ([www.harrisseed.com](http://www.harrisseed.com)) to get a free copy.



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## Golisano Autism Center Slated for South Avenue Construction



A representative from Al Sigl and recently addressed a recent Neighbors Building Neighborhoods 6 meeting to discuss plans for the Tom Golisano ADD NAME, a new autism center on their campus underwritten for the most part by Golisano. The center was described "an innovative model for services that doesn't exist anywhere in this area." Within the new center 12 different service providers will be on site to provide a comprehensive approach. It will contain six classrooms that will hold 20 children. Services will be available for

persons from pre-school age to 21 years old, along with "lifelong services that are critical and urgently needed for people living with autism in our community." The new building will be located on the 7.58 acre of land at 1850-1900 South Ave. The design will incorporate elements appropriate for persons with autism, for example, "sensory appropriate and quiet." The plan goes to City Council in November. If approved, construction will begin immediately. The project completion date is set for January 2020.

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 for a list of meetings.

## Small Fry Art Studio

*continued from pg. 1*

of neighbors lends itself to families and to creative businesses,” she said.

Before Barbe, an RIT graduate, started her own small business, she worked as a graphic designer at local companies creating brochures and marketing.

“I never had a job I loved,” Barbe said. “I struggled working for someone else in a series of jobs.”

She became a stay-at-home mom after the birth of her daughter Emmi in 2012.

She took her daughter to a variety of classes-- Baby Yoga, music, story time hours. “Emmi loved to be creative. She loves to do art, and where could I take her to do it?”

Barbe began planning. Her husband, Chad, a software engineer was a bit skeptical.

“He told me that I was out of my mind,” she said, laughing. “He’s not a risktaker. He’s a problem solver and analytical. He wanted a plan to go from point A to point B.”

She plunged ahead and rented a space at the Public Market.

“We would go every Saturday to Java’s and [owner] Mike Calabrese told us he had great space for them.”

Barbe started small, launching an Open Art Studio on Saturday afternoons where for \$10, children could be creative from 10 a.m. to 1 p.m. “It was a drop-in for coloring, drawing, glue and paste and lots of glitter.”

She was excited that the first week 15 children with parents came, and they returned and brought their friends,



purely through word of mouth.

“A lot of people came regularly, and I loved that. We built a community of families, and a few of them have become lifelong friends I would never have met,” she said.

Soon Small Fry Art Studio needed more room, and she decided to open in the South Wedge.

Now she has two art teachers to run guided art lessons and classes like Art Play and Discover Art and Mini Makers along with Saturday drop ins. Baby artists who come to the studio range in age from 18 months to 5 years old.

“[Children’s] little minds are overflowing with ideas, and making art gives kids the opportunity to explore those ideas, think critically, take risks, find creative solutions to problems, value different points of view, and perhaps most importantly, to express themselves,” Barbe said.

After three years, the Small Fry owner is “amazed at what you can achieve in three years.”

Her website offers a perfect description of its own South Wedge Small Fry vibe inside:

“Our happy little studio is located in the heart of the vibrant South Wedge neighborhood, and from the thoughtful layout of the space to our curated— and extensive!— collection of art supplies, we’re smitten with everything about it.”

To learn more, visit Barbe’s website at [www.smallryart.studio](http://www.smallryart.studio) . 289 Gregory Street (at South Avenue), 585.371.8063.



Courtney Barbe with Emmi and Everett (Photo provided)

## Coalition Launches Campaign to Make Roads Safer for Bikes, Cars & Pedestrians

Sixteen local groups, ranging from health organizations to cyclist groups to government, have banded together to launch a new community campaign aimed at reducing the number of crashes among motor vehicles and pedestrians and bicyclists. The effort features a new media campaign that asks drivers to remember the three S’s of safe driving:

- slowing down
- scanning for pedestrians
- spacing vehicle at least three feet away from bicyclists

The campaign’s website – [drive2Bbetter.com](http://drive2Bbetter.com) – features important safety tips for drivers.

Nearly 4,000 injuries and deaths involving motor vehicles and bicyclists/pedestrians occurred in Rochester from 2010-2017. Data shows that a pedestrian or cyclist is involved in a crash 1.3 times per day in Rochester, and driver error is the cause of 94 % of crashes. Injuries and fatalities caused by traffic crashes are not random, and because they are preventable, are not accidents. That’s why the campaign specifically uses the term “crash” vs. “accident” to make that point.

Drivers have the most power on the road. A driver crashing into a pedestrian or bicyclist has a high probability of injuring or killing them. If struck by a vehicle traveling 40 mph, only one in 10 pedestrians will survive a crash. But if struck by a vehicle traveling 20 mph, nine out of 10 pedestrians will survive. In a recent survey, more than half of Monroe County drivers admitted that they frequently exceed the speed limit. Enforcement of speed limits, traffic engineering and education campaigns are ways communities improve traffic safety. The campaign also comes at a time when cities and towns in Monroe County are using traffic engineering to create more walkable and bikeable communities. Traffic slowing features, such as curb bump outs, raised crosswalks, and buffered bike lanes, continue to be installed in Rochester and surrounding communities.

Yet residents are still concerned for their safety. A 2018 survey showed that only two out of five

residents feel very safe while walking and only one out of five feel very safe while bicycling locally. That is why key local organizations began working together to develop a strategy that educates people on how to keep our family, friends and neighbors safe. Although there have been traffic safety messages from local and statewide groups, these efforts had not yet been coordinated in Rochester to have a greater community-wide impact.

To address this challenge, Causewave Community Partners and Common Ground Health have spent the last two years teaming up with several local organizations, including AARP, Center for Disability Rights, City of Rochester, City of Rochester Police Department, Genesee Transportation Council, Injury Free Coalition for Kids of Rochester, Monroe County Department of Health, Monroe County Department of Public Safety, MVP Healthcare, Reconnect Rochester, Regional Transit Service, Rochester Cycling Alliance, School 19-Rochester City School District, and United Way of Greater Rochester.

Rochester advertising agency, Antithesis Advertising, donated time and talent totaling more than \$80,000 to develop the campaign’s advertising and social media presence. The advertising features attention-grabbing images of pedestrians and bicyclists who have taken extreme measures to be noticed on the road. The copy asks drivers a very straightforward question, “What will it take for you to notice me?”

In a recent survey, four out of five Monroe County residents said they are very familiar with vehicle laws. But only one out of five said they are very familiar with bicycle laws, and less than two in five are very familiar with pedestrian laws.

Nearly 30 Rochester-area media partners will contribute free space and time for the campaign through Causewave Community Partners. Campaign materials will start showing up across the community in the coming weeks. For more information on the campaign, go to [drive2Bbetter.com](http://drive2Bbetter.com).



Mary is a Patient Care Technician and has been working in the Observation Unit for over a year.

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For more information and to get started, call 428-6342 or visit [www.cityofrochester.gov/otr](http://www.cityofrochester.gov/otr)



### Mentors Really Matter

In the OTR Mentors Really Matter Program, participants are paired with Mentors based on an assessment of their interests and skills. Mentors provide support and guidance as mentees work to achieve short and long term goals associated with employment, education, training and personal development. The Mentor Program hosts monthly OTR Talk sessions and training opportunities to assist both the mentees and mentors with establishing a relationship and obtaining program goals.

For more information call 428-6342



## RHA First Emergency Housing

*continued from pg. 1*

John Page, vice president of the RHA Board of Commissioners, and Shawn Burr, RHA Deputy Director, initiated a plan to develop vacant RHA houses to serve this purpose. Each house will be furnished with necessities such as bed linens, towels, washer and dryer, and kitchen ware to provide a more comfortable base than a hotel. The Conrad children, Maddie and Aiden, donated a box of toys to each of the Whalin St. units for children who will be staying there.

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.



*Maddie and Aiden Conrad asked that a toy box be added to the emergency housing to help another child displaced by a fire. (Photo by*



*(l-r) RHA Board Chair George Moses, RHA Deputy Director Shawn Burr, Mayor Lovely Warren, RHA Vice Chair John Page, the Conrad family, NY State Senator Rich Funke, James Love from the American Red Cross/GRC and State Assemblyman Harry Bronson*

## South Wedge Creatives

*continued from pg. 1*



### Fatima Razic

day without trying to sell any. She decided to make some bracelets and sell them at the Rochester Public Market. If the idea failed, Razic thought, she would just wear them or give them away to my friends and family. In three months Razic had sold over 500 bracelets without any promotion or social media presence.

She says that her customers are attracted to the healing crystals she uses to make her products and her vibrant and joyful energy. When her customers can't decide on which piece to buy, she suggests the bracelet that often matches exactly what that customer needs. All the crystals have different vibrational energies and healing properties that affect how wearers are impacted.

With the success of the RPM sales, Razic added the South Wedge Farmer Market to her marketing outreach.

"Market customers are loving me and my bracelets," Razic said.

She plans to expand the business and bring it to as many people as possible because she's seen the positive effects of her products.

Many customers return after trying out one of her pieces and they all say, "There really is something to this." Those are her favorite moments. Razic hopes to elevate the world one human being at a time. Her goal is to ground and elevate as many people as she can reach with spiritually and energetically charged jewelry and accessories.

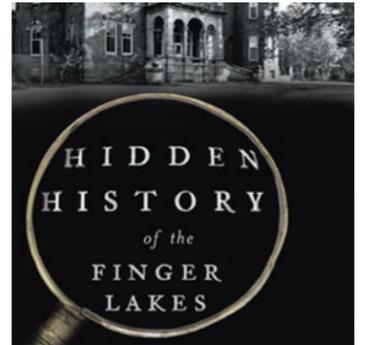
Currently, you can find her work at Abundance Food Co-op (571 South Ave.), CB Depot (2300 W Ridge Rd.) and Cameleon, (650 Main St., East Aurora.). You can also find Razic selling her products at the South Wedge Market on Thursdays and Rochester Public Market on Saturdays. Visit her website often for new creations at [www.evolmi.com](http://www.evolmi.com). Prices range from \$25 to \$50 depending on the crystals used.

## Patti Unvericht

share not only the history but also the spirits of our region."

"Hidden History of the Finger Lakes came 6 years later," Unvericht said. "I felt that I needed to write it because I had seen so many pieces of history torn down in my lifetime. Most recently the DeMay Hotel in North Greece. I was afraid that the places, events and people would be lost completely. It came down to the old adage; 'out of sight, out of mind.' And I didn't want that to happen.

"I feel honored to have the privilege and opportunity to share what I've learned and my thoughts not only through my books, but also as a guest lecturer and at book signings. I love the



connection I make with people. All of my social media is history driven with some off the beaten gems added in as well. Please reach out to me and share your stories. I would love to hear them."

Unvericht is currently working on her third book, a history and guide to the Seaway Trail, with an expected publication date in spring 2019. Learn more about the author at [theseoldbones.net](http://theseoldbones.net), on Facebook and Instagram @theseoldbonestalk.

## SWPC Executive Director John Page Retires

*continued from pg. 1*

"When I began at SWPC, Dave Halter [former SWPC board member] asked me how long I was planning to be here, and I told him five years," Page explains. "In October it will be seven years, so I've exceeded that target. It's time to hand the reins over for SWPC's next chapter. Glynis Valenti is capable, dedicated, and has a lot of community development experience, so I'm confident in her abilities to lead the organization."

Valenti has held the position

of assistant director at SWPC for two years, bringing a background in communications and nearly two decades of experience in community organizing and resource development to the agency.

"The South Wedge is a model for neighborhoods in Rochester," Page notes. "People here have accomplished the goals other places are still working on. I'm leaving the most successful neighborhood in the city."

### Assemblymember Harry B. Bronson

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