

The WEDGE

The Official Newspaper of the South Wedge Since 1982

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South Wedgers got into Seneca Falls the night before the Women's March 2019 and the snowstorm that followed the next day. (Photo by Maya Reagan)

City Love 2019 is a Party with a Purpose

Joan Brandenburg

The Historic German House, 315 Gregory Street is booked, and tickets are available for City Love invites you to City Love on Friday, May 3.

SWPC's (South Wedge Planning Committee's) annual party celebrates our great neighborhoods and supports

neighborhood housing initiatives. For eight years, City Love has invited community stakeholders and residents to come together for one night to shake off the winter blues, get ready for spring and enjoy great food and friendship.

City Love is a party with a purpose! All proceeds support neighborhood housing initiatives and rehabilitation, preservation, community victory gardens, The South Wedge Farmers Market and The WEDGE newspaper. None of these local efforts can continue without the help of sponsors and guests.

The theme for the 2019 celebration is "Bring on the Funk!" with music performed by Uptown Groove. Guests are invited to wear comfortable clothes and put on their dancing shoes. Why not dig through your closets and put together the best "Funky threads" you have. Awards will be given to the King and Queen of Funky Fashion.

Local restaurants and grub vendors will offer up samples. Taste some of the best beer

and whisky made right here in our own Funky Town. The photo booth will be back, the auction and raffle items are pouring in and the decorating committee is primed to go.

Nominations are now also being accepted for the 2nd Annual Dave Halter Community Champion Award to be presented at City Love. For decades Dave Halter, a long time SWPC board member, was a well-known advocate of the South Wedge community. The 2019 award recipient will be the person or persons who we'll recognize for the quality of community engagement and support and service. For a nomination form, contact info@swpc.org.

Our guest list is limited to 300, so get your tickets now-- \$15 student with ID, \$25.00 in advance, \$30.00 at the door. Buy them online at HistoricGermanHouse.com, RocCityLove.com or swpc.org. Purchase tickets in person at the ButaPub, 315 Gregory Street #2 and 224 Mount Hope Avenue at the SWPC main office. For sponsorship information, contact info@swpc.org or call (585) 256-1740 ext. 5.

Ideas Wanted....

Join in South Wedge Farmers Market Planning
Joan Brandenburg

Do not despair. It may be cold now, but you have something to look forward to--opening day for the South Wedge Farmer's Market is set for June 20. That may seem like a long way off, but the planning for a stellar market begins now and your help is needed.

The market will continue to offer great local fruit, veggies, bread, beer, wine, and more every Thursday from 4-7 pm all summer long and into the fall.

Send your 2018 market memories, photos and comments to info@swpc.org or join our Market planning committee. As part of the South Wedge Planning Committee commitment

to community outreach and engagement, the Market continues to expand its scope from a simple farm market to an evening of community celebration and appreciation of local artisans and businesses. Community organizations are always welcome to share their information and register for services.

Vendor applications are available now by contacting info@swpc.org or call (585) 56-1740 ext. 5.

Help make the 2019 South Wedge Farmers Market the best yet and celebrate all that is great about the South East Quadrant of the City of Rochester!



Tru Yoga brings free classes throughout the season (weather permitting)

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. You'll also get the WEDGE newspaper mailed to your home! Using the Wedge card is simple, just check the inside cover of each issue of the WEDGE for listings of participating businesses. To sign up, complete the card below, visit the SWPC office at 224 Mt. Hope Avenue or the South Wedge Farmers Market (in season)



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!

Enjoy Wedge Card discounts!

Cheesy Eddies, 5% off
602 South Avenue

Equal=Grounds, 10% off
750 South Avenue

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

Leaf Tea Bar, 10% off
686 South Avenue

Liberty Tax, 10%
686 South Avenue

Little Button Craft, 10% off
658 South Avenue

Mark's Texas Hots Open 24 hrs!
10% reg menu item
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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Please mail form along with your payment to: 224 Mount Hope Avenue, Rochester, NY 14620.

SOUTH WEDGE PLANNING COMMITTEE

SWPC Board Notepad

Vice Chair Answered SWPC's Call

Teresa Hemann

When I first moved to Rochester fifteen years ago, I wasn't sure where to live – High Falls, Park Ave, Cobbs Hill, the South Wedge? I was fresh out of college and wanted to meet and be around other people my age.

The choices were overwhelming, and I had little time to really review my options. I listened to opinions from everyone around me about the neighborhoods which make up Rochester, and unfortunately, the feedback I received on the South Wedge neighborhood was not appealing. I ended up renting in the East End.

Over the next 10 years I explored and lived in other neighborhoods and watched the ever-improving news about the exciting things happening in the South Wedge.

Five years ago, I decided to put down roots and found a lovely two-family house on the border of the South Wedge neighborhood where I now reside with my two dogs and tenants in the second unit. I've joined my neighbors for block picnics every summer, helped to shovel each other out during the winter and shared in the challenges

and joys that come along with improving our little slice of the city. I find myself in the heart of the South Wedge on an almost daily basis. I love exploring its restaurants, coffee and tea shops, and many businesses which make the South Wedge so unique.

Why I joined the SWPC Board

Last year I made a career change which gave me the increased flexibility and support to get more involved in my community. I immediately looked to the South Wedge for a way to make a difference, but I wasn't sure where to start. One day I realized the answer was in front of me – I had been reading the WEDGE newspaper for years, and in every issue is an invitation to the community to come to a SWPC board meeting. I attended my first meeting in the Spring of 2018, met the board members and immediately became involved in the Farmer's Market, which is held every Thursday during the summer at Genesee Gateway Park on Mt. Hope. I was officially elected to the Board in Summer 2018.



SWPC's Vice Chair Teresa Hemann

I was elected Vice Chair of the board in Fall 2018. In my role, I assist with meetings when necessary, supporting our board Chair, Frank Logan. I am actively involved in the Farmer's Market every summer and in the City Love fundraising event in the spring, supporting our special events coordinator, Joan Brandenburg. I also continuously promote and support our community through our social media pages and website. I invite you to get involved. Even though I've only been

continued on pg. 7

Board Members

Frank Logan, Chair
Anthony Sciarabba, Treasurer
John Frank
Teresa Hemann
Robert Marvin
Barrington Nelson
Emory Rizzo

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Joe DiDonato, Cheryl Stevens

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Joan Brandenburg,
special project coordinator
Nancy O'Donnell, editor

Consultants

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SBDC SUNY Genesee

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.

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. 2/19, 3/19, 6 p.m.

contact: flogan@rochester.rr.com

Community Engagement
(Neighbors & Block Clubs)
gvalenti@swpc.org
Wed 2/27 & 3/27, 5:30 p.m.

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

SW Victory Garden
felann@frontiernet.net

How Neighborly is Your Neighborhood

David H. Day

Ask yourself: Do you know your neighbors? Say hello to them once in awhile? Offer to help them shovel snow or, in the fall, help them get their leaves out to the curb? Could they depend on you to help push their car out of a snowbank? Hold their mail for a day or two?

We all live in neighborhoods. They're the basic structures, after all, of our cities. But how good are we at actually being neighborly? It's just so easy, with our busy lives to drive in, flip that garage door opener and vanish indoors, especially during bad weather.

But our neighborhoods are vital building blocks of social cohesion at a time when many have observed that we've been witnessing in our culture a decline in trust, social connectedness and, disconcertingly, an increase in isolation and loneliness. The current dysfunction in Washington, D.C. seems to have spurred partisanship everywhere. It takes hard work to keep the social fabric from unraveling.

Happily, however, some Rochester neighborhoods take steps to staunch the fraying of social life and anomie and are creating measures to maximize the health and well-being of residents, especially the expanding numbers of elderly or shut-ins, most of whom want to successfully age-in-place.

The ingredients of empowering residents to take on new roles to shape communities that really work for us are simple: an aggressive organizer who assembles a steering committee and a group of concerned neighbors who can draw up a modest list of what are called "felt needs."

Such a list was drawn up in late 2010, for example, by the Azalea Neighborhood Association, a neighborhood adjacent to Highland Park, at a neighbor's home. Topping the list of these

"felt needs" were transportation and social connectivity. With assistance from Lifespan, Azalea set up a ride service and adopted the popular social network, NextDoor.com. And erected a "Little Free Library." Soon, a cadre of twelve all-volunteer drivers were trained, vetted and insured by Lifespan. Four of these drivers double as "dispatchers" who take turns fielding ride requests.

Rides are usually to medical appointments, to the airport, to a pet doctor or for shopping. We use a dedicated TRACFONE, our sole expense. As rates have risen, we are grateful for the rare, but generous donations from clients or other thoughtful residents. In future, a modest City grant proposal may also sustain this successful enterprise. In 2018, our drivers donated 115 hours and drove a total of 777 miles.

It's true that neighbors whom you may never have seen turn up at hearings when a given neighborhood is threatened by, for example, the expansion of Highland Hospital, the demolition of the Terrence Building, a Whole Foods or Divinity School proposals. These concerns, the very identity of, and quality of life in specific areas interest many people. However, I've always believed that "building from below" is the surest way to foster or guarantee neighbors' investment in change. It's especially gratifying when neighbors turn out to support what we might call the "softer," abiding needs of residents, such as transportation, and demonstrate an impressive volunteer spirit and mutual aid.

I've always believed that such willingness goes a long way in ranking Rochester as foremost in New York State's rates of volunteerism. It also makes life for all of us more rewarding.



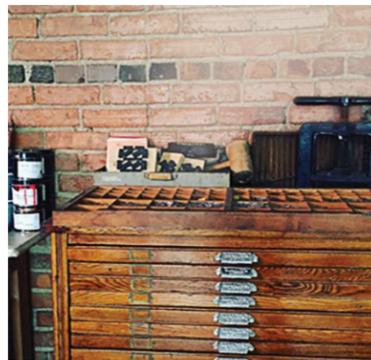
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April/May issue.
Call 256-1740,
ext. 4 or 978-9638.
Deadline March
15ish

Historic Calvary St. Andrews Musical Concerts



Yale Russian Chorus (Photo by Nancy Watson)

Yale Russian Chorus
Sunday, March 10
7:30 pm

The Yale Russian Chorus returns to Historic Calvary St. Andrew's for a second performance on Sunday, March 10 at 7:30 pm. This is a tenor-bass a cappella choral ensemble from Yale University, founded in 1957 at the height of the cold war.

Since that time they have practiced musical diplomacy throughout the United States, Russia, and the countries of the former Soviet Union. Their repertoire spans the twelfth century to the twenty-first, evoking spacious Orthodox cathedrals, the clamor of cities,

remote village life, soldiers on the march, and the broad steppes. The music ranges from the mystical and contemplative to the lively and secular. Concerts feature explanations of each piece by the performers.

Musica Spei Choral
Sat., February 16
7:30 pm

Musica Spei presents "Midwinter Meditations: Celebrating the Silent Season of Snow," a collection of music from the Medieval and Renaissance periods on Saturday, February 16 at 7:30 pm. Featured works include the Lamentations by Robert White as well as vocal compositions by Byrd, Lassus, Gallus, and Dufay. The performance is accompanied by descriptions of the music addressed to the audience by the singers themselves. The brief presentations are interspersed throughout the concert so that



Musica Spei Choral (Photo courtesy o Musica Spei)

listeners can better understand how the music is inspired by the joys and

somber reflections of the winter and Lenten seasons.

Acoustic Folk Music with Val Fowler & Friends
Saturday March 23, 7:30 pm



Val Fowler & Friends (Photo by Tracy Walker)

An evening of acoustic folk music is offered by local musicians Val Fowler and Greg Franklin, along with friends from Golden Link and the community. The concert will be held Saturday, March 23, 7:00-

9:30 p.m. at Historic Calvary St. Andrew's. Donations at the door will go toward restoration of the windows, murals and other projects in this City of Rochester Landmark building.

Historic Calvary St. Andrew's (HCSA) is located at the corner of 95 Averill Avenue and 68 Ashland Street in the South Wedge. Parking is available both on the street and in the Postler lot at the corner of Averill and South Avenue. HCSA is part of ROC SALT (Serving And Learning Together) Center which also houses the South Wedge Food Ministry and the Open Arms congregation. These events are sponsored by the Friends of Historic Calvary St. Andrew's.

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224 Mt. Hope Ave. Rochester, NY 14604

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Business Buzz

Nancy O'Donnell

The Little Apothecary Shop

The 'M' word is forbidden in The Little Apothecary, a new wellness shop on South Avenue that will carry CBD oil, a derivative from the hemp plant, holistic wellness products ("provisions and elixirs") and host a juice bar when it opens later in Spring.

Eric Rozestraten, spokesperson for the shop, said too many people confuse the benign pain and stress relieving properties of hemp



CBD Smoothie full of goodness soon to be found in an oasis of calm on remodeled building on South Ave. (Photo - Eric Rozestraten)

with the TCH high of marijuana. "Marijuana is illegal. CBD is not."

"A lot of people struggling with pain management turn to pharmaceutical drugs," said Rozestraten. "A lot of natural remedies, some which have been used for thousands of years, are better and less risky. Many people today are in a high stress environment, and CBD is perfect for them."

Cannabidiol (CBD) oil is listed as one of 104 chemical compounds found in Cannabis sativa. Cannabis is the family of plants and marijuana and hemp are members of the family. According to the online magazine Medium, "Cannabis contains a variety of different compounds called Cannabinoids...most dominant are Tetrahydrocannabinol (THC) and Cannabidiol (CBD). Both Cannabinoids have shown to provide profound benefits to the human body; however, THC induces psychoactive effects (gets the user "high"),



The Little Apothecary Shop owners (l-r) Amber Peshkin, Peter Lezeska, and Alison Bates (Photo - Eric Rozestraten)

while CBD does not contain any psychoactive properties."

Along with help with pain, CBD proponents tout its effect on anxiety and depression, insomnia, dry skin and even heart health.

Right now there are several stores in Rochester that sell CBD. Rozestraten describes them as having more of a "vape shop model," rather than the Little Apothecary's wellness model. As for location, the group chose a vacant building at 1409 South Avenue, "close to the South Wedge and Collegetown." It's closeness to the UR medical campus is also a plus.

"Nurses are perfect people to use CBD. They have high stress jobs that don't allow them to take care of themselves. They might

not get to eat the right foods. The wear builds up[over time]."

Rozestraten said the shop will not only give people wellness options but offer "a spot where they can talk about it." "Often when people go online to buy tinctures, they're not comfortable using them." The shop will offer a knowledgeable staff that will offer guidance about products and dosage. Anyone can benefit from CBD. "It's not just for older people or just younger people."

Four partners (three public and one private) include Amber Peshkin, Peter Lezeska, and Alison Bates in bringing The Little Apothecary to the South Wedge.

Visit The Little Apothecary online for updates on opening and events.

Something to look forward to

More Tacos, More Salsa, More Quesadillas, More Burritos

John's Tex Mex, the fabulously affordable and highly delicious South Wedge eatery, is expanding to 428 South Avenue. They're taking a space that remained empty for over a decade. So everyone is happy, happy.

Abundance Co-Op Market Plans Earth Day April 22, 2019

You know Spring is on its way when Abundance announces the date for their annual Earth Day celebration. As poet Amy Gerstler writes in her poem, "In Perpetual Spring,": "Suddenly the archetypal/human desire for peace/with every other species/wells up in you. The lion/and the lamb cuddling up./The snake and the snail, kissing./Even the prick of the thistle,/queen of the weeds, revives/your secret belief/in perpetual spring,/your faith that for every hurt/there is a leaf to cure it." I say Amen to that.

Colin Coffey Celebrates 10th Anniversaries Renewing Massage, Marriage & U.S. Vote



Colin Coffey (in center) celebrated opening Renewing Massage in 2009. He's backed by members of Rochester Community Acupuncture. On far right is State Assembly member Harry Bronson, in blue is Susan John, a former state assemblymember (Photo - courtesy of Mr. Coffey)

Don't expect a big cake and balloons when owner Colin Coffey celebrates the 10th anniversary of his South Wedge wellness center, Renewing Massage. This year Coffey also has a 10th wedding anniversary to husband Michael Brundage to celebrate (trip to Scandinavia come Spring) AND the anniversary of becoming a U.S. citizen.

Coffey opened Renewing Massage in a big blue house on South Avenue in 2009. He was joined by Community Acupuncture for a time before they relocated in Village Gate.

Coffey was born in England to immigrant Irish parents. On his website, he notes that "he was the first in his family to attend university (receiving a BA History from the University of Sussex in 1987) and then the first in

his family to receive a master's degree in Business Administration, this time from the University of Houston, Texas in 1996."

He moved to Rochester, NY, and after a 12-year corporate career, he decided to study massage therapy and set up his own business, South Wedge Wellness, LLC.

Coffey feels strongly about massage therapy as an important element in health promotion.

"I've learned a lot, giving thousands of massages to a lot of people," said Coffey. "I also had 20 years receiving massages in nine countries and three continents before starting training as an M.T. (massage therapist)."

Coffey points to the "thousands of years" massage has been practiced and how government regulations regarding licensing dramatically changes the dynamic.

"[Massage] was done in families and communal baths. I learned what I knew before I trained in New York state and found [the training] inaccurate and incomplete," Coffey argued. "There's massive overregulation and fetishizing of a medical model that treats people as body parts to be fixed."

Along with the licensing regulations, comes the high cost of training, \$15,000-\$20,000, which is an obstacle to many.

"I've spent the last 10 years relearning, re-evaluating how massage therapy should be done," he said.

Most important to Coffey is that he doesn't see a client as an aching shoulder or a lower back pain. "My experience working with people is that a whole person comes in. I don't mythologize pathology."

He won't ask a new client to fill out "an eight-page health and medication history."

"It's such an intrusive experience and then to be told to get on the table and relax..." said Coffey.

Some clients have shared the last decade with him, coming weekly or monthly since his practice opened. In 2013, 2014 and 2015, he was voted among the "Best Massage Top 4" in City Paper's annual "Best of Rochester" contest.

Today, Coffey shares his space with another massage therapist and a Reiki practitioner. Most recently, he was joined by Dr. Stephen Boronczyk who runs Rochester ChiroTherapy on the first floor.

Along with the community he's created through his health practice, Coffey is deeply committed to the South Wedge. His home is around the block from his business.

"We had the idea of having a positive long-term input for the individual and the community, to make sure that the space is a good thing for the community," We've stuck to supporting the community consistently," said Coffey. "We've advertised a \$33 ad, six issues a year with the Wedge Newspaper for ten years. We support the Gay Men's Chorus, Mary Cariola, COMPEER Mentoring and Out Alliance."

In return, Coffey said he and Renewing Massage has received "fantastic support" as well.

"Massage therapy is good for people," said Coffey. "We need to find a way to give more people access to stress reduction and health production."

To learn more and book an appointment, visit www.renewing-massage.com.

Little Shop of Hoarders

Reopens in South Wedge



Monika Ludwinek

Monika Ludwinek is back in the South Wedge with her Little Shop of Hoarders. She opened the doors of her shop of curiosities at 131 Gregory Street on Feb. 1 and hosted a Second Saturday on the 9th.

"I'm so excited about this new location in the Wedge," said Ludwinek. "The storefront windows give the shop beautiful natural light, and the high ceilings are a plus! The shop is well stocked with vintage clothing. The mood in there is welcoming and warm. Every Second Saturday will be the art opening of a guest artist. This month will be Glenn Prior."

To keep up with The Little Shop of Hoarders news, go to littleshoprochester.com. littleshoprochester@gmail.com

Lux Lounge Invites You to Stop Sucking



Dump the straw, use a paper one, buy a reusable one or just bring your Sippy Cup with you when you go drinking at Lux.

The ever socially conscious Lux Lounge is doing its part to save the oceans by bringing in "earth-friendly paper straws to the bar. Lux is not alone in recognizing the problem.

A BuzzFeed article by writer Greta Alvarez gives several reasons to ditch plastic straws unless you have a disability that requires a straw. Some plastic straws use materials that are potentially toxic or carcinogenic. Alvarez notes that "plastic can remain in the environment for over 2,000 years. So that drink that took 15 minutes to drink

will linger in the environment for generations." Because they weigh so little "they end up in the oceans where aquatic animals confuse bits of plastic for food and choke on them." The numbers are compelling: "An average person will go through 38,000 straws in 60 years which means that five hundred million straws are used every day."

So unless you need to use one, consider buying metal ones online, glass ones at Just Juice4Life on University Avenue and probably by now somewhere in the Wedge.



Kids are helping getting Hipo Campo Children's Book Store (Photo - Courtesy of Henry Padron)

HipoCampo Children's Book Store Opens in March

Nancy O'Donnell

Partners in love, now partners in business, Pamela Bailie and Henry Padron, were set to open Hipo Campo Children's Bookstore right before the longest government shutdown in American History closed the doors of the SBA, who is backing a loan. Good news is that they're now moving ahead and planning to open sometime in March.

"There's a lot of great energy," said Bailie. "We want to do it, and people are ready to have the doors open. We want to widen the community."

Walk inside the remodeled space on South Avenue, and much of the work is the result of community support said Padron. Long black benches now decorated with colorful polka dots were donated by Annette Ramos of Rochester Latino Theater.

"We can name at least thirty people who came in and painted or helped build or install lighting. They're an important part of the story," said Padron.

Shelves are being filled with children's books in languages from all around the world including first nation Ojibwa.

"We've found incredible Canadian books. One is about first nation teenagers," Padron said. "Another great book by a famous woman of color in Toronto is about the Underground Railroad."

Along with a library of about 3,500 books for kids and graphic novels for young adults, Hipo Campo will have "parent/teacher corner" with books for adults.

"We want to have traditional books, but we'll also carry ones that represent the culture and make up of Rochester," Padron said. "There are five predominant linguistic groups in Rochester. We're planning on having books in Spanish, Arabic, Farsi, Urdu and Karam (Nepali)."

Padron, a poet and musician, was a much beloved kindergarten teacher at School #12, teaching dual language courses, until he recently retired. He met Bailie when he taught her two children. Over the years, the two worked together on PTA projects including a fundraiser for Hurricane Sandy survivors.

"We were talking about things we could do together," said Padron. "A community space? A bookstore? I have a love of children's literature."

"We talked about it for about five years, added Bailie, who works as a senior manager at UR's Center for Community Health & Prevention. "I always loved to read as a child. I started a kids' bookstore when I was growing up in California. I even collected used books and sold them out of our garage."

Bailie's grandmother, Mardiyah Tarantino, who's written a children's book, is on a future schedule of author's visits to HipoCampo.

For Padron, growing up in the South Bronx, the very "smell inside the library was magical."

"I devoured books as a youngster," Padron said.

Together they worked on grants, talked to Brockport College on a business plan, got a bank loan backed by the SBA, and then the shutdown.

While the bookstore was on hold, in early February Bailie and Padron fulfilled one of their plans to offer a space for the community and held a "pre-opening opening" with the theme of "Walls." The space was filled with friends

for an evening of song and creativity to celebrate what's to come. More evenings are being planned. Padron enjoys a long history with the performing art's community in the area. He's a member of *Salmorejo*, "an ever changing ensemble" that plays African-Caribbean music. "I play conga, bongo, bata. We've done visiting artists programs

And as for Black History month, "it will be Black History month all year" at HipoCampo. They've reached out to business community and see opportunities to partner. Maybe offer children a story about the history of chocolate (Abundance Co-op or Hedonist Artisan Chocolates) or perhaps a tea ceremony (New Leaf Tea Bar). They'll hold

programs during school winter breaks and summer months, and invite homeschooled children throughout the semester.

Reading clubs with wine and cheese for parents. Grandparent's reading groups. Saturday Story Time for kids with notable guest readers where they invite the Mayor, a Fire Chief, a Veteran, or a member of the LGBTQ community to read. The list of possibilities is long.

The bookstore also is working on building a Youth Advisory Committee of six-graders who will offer ideas for other activities.

To learn more, visit HipoCampo Children's Book Store on Facebook. 638 South Avenue.

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Time Won't Let Me

Michele H. Martell

"Time won't let me... wait that long." What a groovy rock tune this is. Recorded by Cleveland band *The Outsiders*, a track was remade by *The Smithereens* in 1994. As retro and hip as this 1966 hit is, perhaps there's more to this fun ballad than we can initially garner.

What is the Purpose of your time? Sonny Geraci, the lead singer of *The Outsiders*, passed away in Cleveland on February 5, 2017. Interestingly enough, my now-deceased father, Robert Turek, had written some flip-side music for *The Outsiders*, which was listed in the Cleveland Rock Hall of Fame.

During my father's lengthy illness in Cleveland, I listened intently to his stories of his musical history, including his interactions with Sonny Geraci. Maybe not so coincidental--I don't believe in coincidences, only synchronicities--that during my father's final months, I painstakingly had to sell his personal property, which included his LP music with *The Outsiders*, to pay his bills. And the very same time frame of that sale was Sonny's passing.

We all have the same amount of time each day. I remember hearing that repeatedly during my college years from my business professor. My sassy young self wanted to scream at him: Do you not know that I work two jobs and take 21 credit hours per semester, and I don't have time for myself and to party!!!!

Of course, my thoughts regarding time may have seemed



Michele Martell contemplates matters of the heart (and all things sparkly)

frivolous to him; but as a 20-year-old, those feelings were real.

As time goes on, time takes a different meaning. For those of us who have children and animal babies, days are long but the years are short. Each day has its own challenges, yet just look back at a year ago, and ask yourself, how did these precious babies change so much?

Time for those with an illness takes on a different meaning. A few years, months, weeks, days may feel like milliseconds or eons. In the progression of disease, time takes the toll.

In healing, some say time heals all wounds. Seriously, the wounds may, or may not heal. We have to take the steps and

need the space to heal. However, while the passing of time does indeed make the wounds feel less intense, we still have to deal with them. Ignore them and the wounds will deal with us.

There's time to work, time to rest, time to play, time to reflect. It is truly a balance. It is not selfish to take the time to rest; it's essential to humans and animals alike. Respecting this balance makes our lives more productive and meaningful going forward. Yes, efficiency is important. Yet do not give into a belief that going 24-7 is efficient. It is not. Time will eventually catch up to you.

Taking time for self-care, and that includes exercise, sleep, healthy eating, routine medical

appointments, meditation, music and hobbies, enjoying true friends and family, enhances your stamina and longevity, which is so important to your own life and happiness and those who depend on you.

It's most important to make time for your children. This is time you will never get back. I was blessed and will never regret leaving my lucrative corporate career to get to snuggle with my children morning through night, nursing and nurturing 24-7. Even the hard days of ear infections and sleeplessness will never erase my appreciation for the time that I had as I witnessed every first infant rollover, every first crawl and step, every first solid food feeding and word. I got to share every first snowfall and piece of artwork and so much more. That time will be forever gratefully etched into my mind.

While I helplessly watched my father die, I oversaw the liquidation of the money he had squirreled-away from decades of working to pay for his care. Yes, the need is undeniable to have savings for future long-term choices and care; there is also the equilibrium of cherished time while we are here. The tangibles from that valuable time didn't go towards the enjoyment of well-deserved vacations and home repairs or to family; it went to the nursing home and the state; he ended up in a grave, as each of us will as some point.

At the end of the day, what is the meaning of our time? Just like happiness, the meaning is individual. No one else can tell us. We each have to determine

the significance individually.

Finally, for the love of God, if you have wasted your precious time on the gossipers, the abusers, the gaslighters, the fake friends and the dream-squashers, in 2019 become aware of how they drain your time. Let them go, get support, thank God that you can move on, and make the most of your time. Whatever way possible, waste no more precious focus on these types. Wish them well on their own journey, be grateful for those lessons, and enjoy your time far away from them. You'll have more time to appreciate those who are authentically in your life, and be there for them as well.

Tick Tock. If we do not have a bigger picture for what we are doing every moment of each day, it is time to change the perspective. It is always later than we think.

Without happiness, without a bigger long-reaching goal, without being with those who are authentic and real, time will go on whether we like it or not. So perhaps the best choice to think about is whether we are focusing on where we want to be in terms of our limited time and for those who will come after us.

So, thank you Sonny Geraci, and thank you Dad, Rockers from the 60's.

Maybe these cool dudes were on to something bigger than their young fun hearts knew over 50 years ago.

So Sparkle on. Be happy; because "Time Won't Let Me"... wait that long.

South Wedge Frederick Douglass Home Update

Nancy O'Donnell

Nine years ago this month The WEDGE newspaper carried its first story about the South Wedge's historic Frederick Douglass house and its owners, the Dukes.

Sherri Dukes called the newspaper last month to say that an historic marker recognizing one of the most important figures in U.S. history will finally be installed on her home at the corner of Hamilton and Bond Street.

The Dukes bought the house in 1973. They raised their family there unaware of their home's historical significance until Jean Czerkas, a local historian, came knocking on the door to tell her that Douglass had once owned the house. Both Czerkas and Tim O'Connell, a trustee of the Friends of Mt.

Hope Cemetery (now deceased) continued their research.

In January 2009, the City Planning Commission granted 271 Hamilton St. local landmark status. O'Connell told Dukes that "This house now has the same rights of protection as City Hall and the George Eastman House."

In the ensuing years, Dukes and her husband learned more about the last standing house owned by Douglass. It became the home of Rosetta, his eldest daughter with first wife Anna Murray, and her husband Nathan Sprague and their children. Douglass often stayed with them during his travels.

In a WEDGE article, Dukes said she and husband her husband suspected something was special

about the house. Lee often saw an apparition of a tall black man in a top hat, reading and writing at a desk in their bedroom.

Sherri had her own story. She'd often felt the presence of a small child in her bedroom. (Only later did she learn that one of Rosetta's daughters died in the house.) The couple kept their stories a secret for many years, believing and not believing, their experiences.

Dukes hasn't felt the spirit of Frederick Douglass for many years now, but she hopes to one day open her home to the public for tours, so others can learn its history.

For more info, email Dukes at sherridukes64@gmail.com.



Frederick Douglass' last remaining house is located at 271 Hamilton Street in (Photo provided by Sherri Dukes)



Sherri Dukes stands near an original fireplace in the Frederick Douglass home on Hamilton St. for a February 2009 WEDGE article. A lover of classical music herself, she learned that Douglass seldom traveled without his violin. (Photo - Nancy O'Donnell)

South Wedge Sudoku

Solution, pg 9

STR8TS									SUDOKU								
Easy									Tough								
6			8	4		1		5	5			2	4				
		5	6						8		2						3
	9	6				3			4	6				1			
				2								7			1	4	
		3						6			5			9			
				5					4	6		3					
3		7	4					8			7			3	4		
4									3					6		1	
	1	2		3		9						5	1			7	

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

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

The Old New Sparkling Wine

Glynis Valenti

There is a genre of “natural” wines. Not only are the farms (vineyards and wineries) usually organic, sustainable, or biodynamic, but the methods in which their wines are produced are traditional with little intervention by the winemaker.

While this movement is becoming trendy, the “natural wine movement” began in France about 40 years ago as a protest of sorts to modern, mass-produced, industrialized wines with homogenized flavors. Old World winemakers thought that grapes were being manipulated for the popular palate rather than allowing the grape’s true character to develop in the barrel and in the bottle. Of course, the techniques and methods of natural wine weren’t new 40 years ago, either, having been used and finessed over centuries of winemaking prior to that.

If a bottle is labeled “unfiltered,” “unfined,” “natural,” or “minimal intervention,” it is probably considered a natural wine. There is no formal designation or certification as there is with organic or biodynamic products, or as with the farm produce designation “Certified Naturally Grown.” The general criteria followed by wine organizations and producers include: grapes are hand-picked from low-yield vineyards; there are no additives—no sugar, no cultured yeasts, no artificial flavors or colors; minimal or no filtration; no added sulfites (or only a minute amount) as a preservative.

Because of the hands-off techniques involved, the wines often look different from the other wines on the shelf. They may be cloudy and have sediment resting at the bottom. In tasting, natural wines often have yeasty, earthy or funky flavors because of the natural elements like sediment

still present in the bottle.

One type of natural wine is *petillant naturel*, or “pet nat.” These are interesting sparkling wines produced in the *methode ancestrale* which predates *methode champenoise*, the most common technique for making sparkling wine. In *methode champenoise* additional yeast

and sugar are added to wine in the bottle for a second fermentation that produces bubbles (carbon dioxide.) Pet nat wines are bottled before the first fermentation is complete, and no additional yeast or sugar is added. The CO₂ by-product remains in the bottle and creates bubbles which also vary in intensity, but are softer on the palate than *methode Champenoise* bubbles. Pet nats are generally low-alcohol, easy to drink, and can be red, white, or rose.

Pet nats are intriguing because each bottle can develop in its own way, even those bottled at the same time. It is not unusual for flavors, bubbles, and texture to vary with factors like temperature, amount of yeast, and aging. Winemakers generally like the challenge of bringing out grape characteristics with minimal intervention, leaving the primary juice and indigenous yeast to make its own magic.

A friend and I recently visited the Finger Lakes to taste some of these original effervescent wines.

Red Tail Ridge Winery ([www.](http://www.redtailridgewinery.com)

[redtailridgewinery.com](http://www.redtailridgewinery.com)) on Seneca Lake has produced seven vintages of *petillant naturel* Riesling. A natural wine making process is a logical option for New York’s first Leadership in Energy and Environmental Design (LEED) Gold Certified winery. Red Tail Ridge farms sustainably, controls pests humanely, and keeps production low to focus on quality.

For winery co-owner and winemaker Nancy Irelan, a self-proclaimed “bubbles fanatic,” pet nat wine is an “approachable sparkling wine with a shorter time in production and a friendly price point” encouraging and allowing people to drink sparkling wine more often than special occasions.

Their 2017 *Peillant Naturel* Riesling was on the tasting bar. With a little cloudiness and visible sediment, it’s light and refreshing. It’s citrusy, with grapefruit and lemon flavors, then a strawberry finish. Also available is Red Tail Ridge’s 2018 Pinot Noir Rose *Petillant Naturel*.

Natural wines are part of Barry Family Cellars’ (www.barryfamilywines.com) philosophy



Petillant Naturel wines are hand-crafted sparkling wines with soft bubbles and earthy flavors. (Photo by Glynis Valenti)

and style. Located in Burdett a few miles from the east shore of Seneca Lake, they purchase grapes locally and produce small batches with “minimal intervention” to “showcase individual vineyards.” Many of their wines are also unfined and unfiltered. Winemaker Ian Barry says the

Petillant Naturel. This was an opportunity to taste a very young wine that is still fermenting. Cayuga is a white hybrid created at Cornell University, and these grapes in particular were certified organic. At this stage, as expected, it was a bit heavier with yeasty flavors. It will be interesting to see what flavors emerge as this continues aging.

We tried the Pinot Noir Rose “Pet Gnat” 2017 *Petillant Naturel* after that. This was a bit richer with cranberry flavors, and I tasted a floral note of roses. The last wine was the Leon Millot 2018 “Pet Gnat” *Petillant Naturel*. The red grape is a French hybrid, and I picked up strawberry flavors, though as it develops, flavors could become more cherry and spice.

Rustic pet nats offer winemakers like Barry the opportunity to hone the most ancient skills using grapes and time and to give modern palates a change from the mainstream, a challenging but satisfying process.

“It was something new and fun to try,” Barry says. “I thought it would be fun to produce a history lesson in a bottle.”

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Abode Joins Wall Therapy Family of Murals

Nancy O'Donnell

A Dine (Navaho) and Chicano artist Nani Chacon’s mural, “Look Toward the ‘North Star’” now wraps the outside of Abode Rochester furniture, decor and gift shop on South Clinton Avenue. The mural, a part of Wall Therapy 2018, features a small girl looking towards a series of vibrant blue and golden stars. Behind her butterflies swirl as she patiently looks to the North Star.

Scott Krenichyn, father of Abode owner Ariane Krenichyn who staffs the store, said the mural’s star design

reflects native tribes in the Southwest. Chacon is based in Albuquerque, New Mexico.

“The artist provided a rendition of what she planned to paint,” said Krenichyn. “If we didn’t like it, it wouldn’t have been done.” They liked it a lot.

Abode moved to a much larger space on South Clinton Avenue last year.

A winter garage sale is in the planning. The second floor will be filled with area vendors with all manner of items ready to buy for a spring home refresher.

To learn more, visit Abode on Instagram and Facebook. 839 S. Clinton Avenue



Abode Rochester groups furniture and more to maximize the feeling of hygge. (Facebook)

SWPC Vice Chair Teresa Hemann

continued from pg. 2

on the Board a short while, I’ve gained a tremendous feeling of satisfaction, camaraderie, and community involvement. I’ve made great friends with my fellow board members, and I feel we are working together for the benefit of the community. We are in the process of putting new programs in place and planning educational presentations. SWPC is dedicated to continuing to improve housing, attract

businesses, and be a resource for our neighbors who live in the greater South Wedge area.

We welcome your feedback and encourage open communication in our neighborhood. Feel free to join us at a Board meeting – you may make a new friend and find a way to get involved! We are all committed to making the South Wedge a great neighborhood to live, work, and play, and we’d love your help!

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Collaborative Law Makes Divorcing Easier

Christine D. Gordon

Divorce is never a happy event, but it does not have to be painful or costly. Collaborative divorce is a new option for couples who wish to end their marriage in a respectful way. Unlike traditional litigation, which can be adversarial, collaborative attorneys and their clients sit down in a safe setting and work out the details of their separation before going to court. Unlike mediation, where the couple generally meet alone with a mediator, in collaborative divorce each spouse has his or her own attorney to represent them during the process.

Couples facing divorce may have particular worries. Will the divorce negatively impact our children? In the collaborative process, parents work with family counselors to create a plan designed to meet the best interests of the children. Will I be able to retire? Financial experts are available to review the parties' assets and recommend ways to put both parties on a sound financial footing after the divorce. Will I be able to keep the house? Collaborative attorneys use a neutral appraiser to assess market value, so the parties can divide the equity fairly and think clearly about where each party will live during and after the divorce.

As an attorney of long standing, I've seen divorce from many sides. I worked as a law assistant for a



Christine D. Gordon

New York State judge granting divorces, as an attorney for both men and women going through traditional divorce, and even as a court-appointed law guardian for children of divorcing parents. I welcome collaborative divorce as an additional choice in our community because I see its many benefits. The collaborative process is extremely private. It gives the parties, rather than the courts, control over the outcome. It uses voluntary disclosure of income and assets. The courts are still available, but all applications to the court are done by consent, so it greatly reduces the chance of any unpleasant surprises. It can be quicker than traditional divorce and less costly because the parties control the amount of attorney time. Perhaps most important, it makes available the expertise of caring, neutral professionals such as family counselors and financial advisors who are invited

into the process for sole purpose of helping the parties find creative solutions that will serve them and their children long after the divorce.

How does the collaborative process work? It begins with a voluntary written agreement between the husband, wife, and their attorneys, who all agree that in the event the couple is unable to reach agreement, neither attorney will represent either party in a new proceeding. They then sit down in a series of face-to-face meetings to take up the issues in a respectful and orderly way. In between meetings, the couple may consult with neutral professionals, and each spouse attends to whatever "homework" they have agreed to do. For example, the husband may research available homes for sale in the vicinity of their shared home when they have tentatively agreed they will co-parent. In another case, the couple may go together to a financial planner who will help them fill out financial forms that the court will eventually review. When all the issues are resolved, the collaborative divorce attorneys draw up a separation agreement and prepare the papers for an uncontested divorce. No divorce, even a collaborative one, is completely free from conflict. But the collaborative process gives men and women the tools they need so that they are confident

they treated each other in a way of which they can be proud.

Members of our community are fortunate to have a professional association, the Collaborative Law Association of the Rochester Area, working hard to make collaborative divorce more widely available to anyone. For instance, we recently introduced a reduced fee program for those who qualify.

Collaborative law recognizes that divorcing couples have a legitimate interest in getting along after the marriage is ended. This is particularly so, when children are involved. I've seen couples who at the beginning are frightened and angry emerge from the process as friends.

For further information or a list of collaborative attorneys please check out our website at nycollaborativelaw.com.

Christine D. Gordon, JD, MS Ed, has been a lawyer in the Rochester area since 1977. She took time off from her law practice to raise her son, David, work as a teacher in the Rochester City School District, and serve time in Peace Corps Ukraine.

To learn more, visit
nycollaborativelaw.com

Five Ways to Stay Active this Winter

Alison Miller

The cold winter months can make it difficult to stay as active as you'd like, especially for seniors. However, no matter what the thermostat says outside, seniors need to be mindful of getting in at least 2.5 hours of moderate-intensity exercise each week. Additionally, seniors should try to incorporate muscle-strengthening activities at least two days a week.

Regular exercise plays a vital role in helping you sleep better, maintain a healthy weight, improve mobility, boost your immune system and help ward off or better maintain chronic conditions such as diabetes, heart disease and osteoporosis. Some recent studies also suggest that regular exercise may reduce cognitive decline, including memory loss and certain forms of dementia.

Here are some simple ways to stay active:

1. Go for walks indoors. Whether it's at an indoor track at your local fitness center or high school, or taking some time to exercise your body and your mind at a local museum, there are plenty of opportunities for seniors to walk indoors away from the harsh climates of winter. Even something as simple as taking a few extra laps around the grocery store or an indoor shopping center or mall is enough to get your blood circulating and your heart pumping.

2. Get outside when you can. It's not uncommon to have a few unseasonably warm days during the winter. Be sure to take advantage of the opportunity to get some fresh air by going for a walk outside. Dress in light layers so you don't get too cold or too warm. Be sure to wear appropriate footwear and avoid walking outside if it is icy.

3. Join a local gym, fitness center or YMCA. One of the easiest ways for seniors to keep active in the winter is to join a local gym or fitness center. They'll have everything you need to get moving. Not sure how to use a piece of equipment? Just ask the staff. They'll be happy to show you how to safely use any exercise machines or equipment.

4. Try a senior-friendly fitness class. Many gyms or fitness centers offer classes designed with seniors in mind such as yoga, tai chi, water aerobics and strength training. These classes are not only a great way to stay active, but also the perfect way for seniors to stay socially active.

5. Tackle a few chores. Sometimes the weather is so bad, it's just not a good idea to leave the house. Avoid the temptation to snuggle up on the couch and stay sedentary. Instead, think about any chores you can tackle inside the house. Something as simple as cleaning the living room or organizing a spare closet is a great way to keep yourself busy and get your body moving.

Remember to always consult your doctor or physician before starting any new exercise routine. And if you're new to exercise, always start slow and easy. Going too fast and too hard can increase your risk of falls or injuries.

At Episcopal SeniorLife Communities, we understand

continued on pg.9

New Mural to Memorialize Local Businesswoman

Nancy O'Donnell



BEFORE - Artist Justin Suarez is not only an accomplished artist but also a handler of birds of prey at Wild Wings Animal Sanctuary outside Rochester, NY



AFTER - The blank wall where birds had flown stopped traffic in front of the South Avenue building. Artist Justin Suarez returns to create another painting in Spring.

Cars circled around 1409 South Avenue when drivers saw a dark brown wall instead of the graceful forms of cranes. A mural by artist Mr. Prvrt's aka Justin Suarez was gone. The former building's owner, Charlotte Lahr, paid for the paint for the striking mural on the side of her wine and liquor store. On March 2, 2016, Lahr was murdered inside her store. Her 60-year-old assailant is now serving a 36 years to life prison sentence.

Well, the news is good for the future space inside and out.

The Little Apothecary Shop will be opening in spring and when "the weather cooperates" a painting to remember Lahr will fill the same space said Eric Rozestraten, spokesperson for the future CBD oil-dominant holistic wellness shop and juice bar.

"We've asked Justin to do another painting, a memorial to Charlotte," said Rozestraten. "We want to change it without erasing the memory." The owners plan to add exterior lighting to the structure that will better illuminate the mural.

"[The space] is having a full remodel," said Rozestraten. "We're adding windows, skylights. It will look nothing like it was before."

The Little Apothecary plans to open sometime in late March. To learn more, visit them on Facebook.



Medication Disposal at South Wedge Pharmacy

The South Wedge Pharmacy, 777 South Clinton Avenue (rear of building) (in the Highland Family Medicine complex offers a safe way to dispose of unwanted or expired medicines.

Take Back Your Meds website offers the many reasons why it's important to safely dispose of old prescriptions: "Prescription drug abuse is the fastest-growing drug problem in the country...The abuse of medicines by teens often results in medical emergencies or fatal overdoses. Most abusers of medicines, including teens, get the drugs from a friend or relative, often without their knowledge and not from a drug dealer.

Safe disposal reduces accidental poisoning. Unwanted medicines left in the home endanger children, seniors and pets. Poisonings from prescription and over-the-counter medicines are increasing. Getting rid of unwanted medicines at a take-back program is an important part of being safe at home. Finally, safe disposal reduce medicines entering the environment. For years the advice was to flush our drugs or mix them with kitty litter and throw them in the garbage. Flushing drugs sends them directly into our waters, harming the environment.

Use them or lose them

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

Hans the South Wedge Hero Dog

as told to Joan Brandenburg

My name is Hans. I started out homeless, unwanted and unloved. Somehow, I made it to a shelter and then I got adopted. Now I spend my days living at Richards House on Cypress Street in the South Wedge.



Richards House is a shelter for homeless veterans run by the Veterans Outreach Center. Never in my wildest dreams did I ever think I would move from living on the streets to a place where we work hard to keep veterans safe and secure during their time of transition.

My job is to be a friend, companion and a good listener. Many of my friends suffer from anxiety, depression, panic attacks and other emotional or psychological conditions. Each man who lives here has a story to tell about how they came to be in this place at this time in their life. Most of the stories make me sad but I don't share details. I don't judge and I don't break their confidence. I just listen and it seems that just my being with them makes things easier. I try

really hard to help my friends move past some of the hurt they feel so they can heal and get better.

I spend my days visiting one resident and then another, just checking in to make sure they are ok. Then at night, I wander from room to room and sometimes, when the nightmares come, I crawl up in bed with a friend and lie next to him until the bad dreams go away. In return, I get the best hugs and snacks a dog could ever want!

A nice lady named Lynette

Loomis wrote a book about me. It's called *Hans: the Journey of a Kill Shelter Puppy and Homeless Veterans*. The book is sold at the Stars and Stripes, Flag Store on South Avenue. When people buy the book, they are also supporting the veterans being served at the VOC.

I wanted to share a little bit of my story with everyone to say thank you to the men and women who have served our country and to say thank you to all the wonderful people who continue to support the Veterans Outreach Center. Finally, I wanted to say that you should never underestimate the ability that pets have to make someone feel whole again.

For more information on emotional support dogs and to learn how to get your dog registered, contact the United States Dog Registry at usdogregistry.org. To learn more about how to help those who have served U.S., visit vocroc.org or call 585-546-1081.

Stay Active in Winter

how important regular exercise is to keeping seniors active, healthier and more independent as they age. Our Neighborhood Programs offer a number of wellness and fitness programs designed with seniors in mind, as well as on-site health and fitness centers, making it easy for every member to stay active in the winter and all year long.

Sudoku Solution

continued from pg. 4

Str8ts Solution

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

Sudoku Solution

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



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585.271.7240

www.southeastrochester Catholics.org

Come Worship With Us



Please join us for Weekend & Daily Masses

Saturday 5:00 p.m.

Sunday 9:00 a.m.

Tues & Fri 7:30 a.m.

Sacrament of Penance

Saturday 4:00 p.m.

Check us out on Facebook

Welcome Home!

Highland Manor Apartments
905 South Avenue



- Features:
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 - 1- and 2-bedroom apartments
 - Across the street from Highland Hospital
 - A quick commute to the University of Rochester and Strong Memorial Hospital
 - City life in the beautiful South Wedge neighborhood
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- Restrictions apply. For qualified residents only.

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

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

Call 585-325-5260

for more information, or visit our website at

www.sjncenter.org



417 South Avenue, Rochester, NY 14620

DO YOUR PART

Don't Leave Litter.

Pick it up when you see it.

Check out #litterati on Instagram.

Litterati has collected and logged over 700,000 pieces of trash!

We Can all Use a Living Stress Free Bible

In 2011, Marilyn and Lou Guadagnino co-founded Living Stress Free Inc. a company dedicated to helping people reduce and prevent stress, increasing health, happiness, and success through counseling, coaching, classes, workshops, corporate training, and retreats. Using LSF's three fundamental foundations of happiness - reducing stress, balancing lifestyle, and fulfilling life's purpose - the couple promote the Living Stress Free® vision of helping everyone live a more fulfilling life.

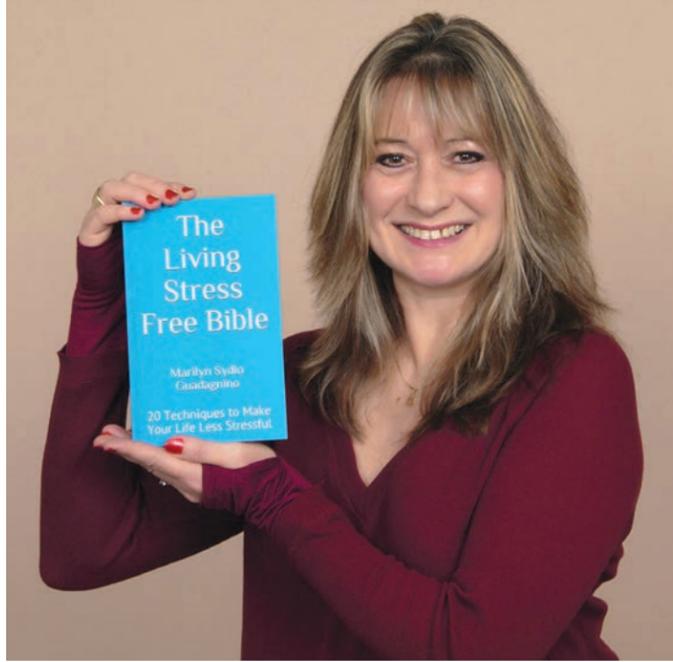
Fulfillment, according to their stress-free philosophy, means honoring all aspects of one's life in a healthy, balanced way, without judgment. This is the LSF lifestyle. Living Stress Free not only offers practical information and time-tested strategies to lower stress, LSF has an entire system designed to transform lives.

Living stress-free is not a remote possibility or impossible idea; it is our birthright," said Marilyn Guadagnino. "We teach that you live stress-free by changing your

relationship with stress, which is anything that interferes with your balance. To approach stress in this way goes beyond the common stress management techniques currently on the market."

The Guadagninos new book emphasizes that, "The secret is to change your attitude and perception of stress in your life. That is what all of us have control over - how we perceive each situation we experience. It is not the stressful circumstances that cause our worry, frustration, and panic; it is our thoughts about the stressful circumstances that unravel us. Living Stress Free offers the tools and techniques to change your perspective to improve your experience of this life you have been given. This leads to increased satisfaction, happiness, peace of mind, and fulfillment. You will not only experience life in a more positive way, you will enjoy your own company once again."

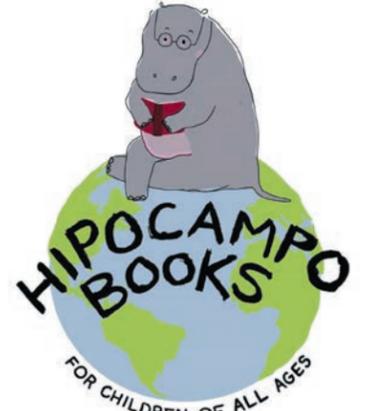
In November 2018, Living Stress Free published a comprehensive resource outlining the techniques



and strategies to help anyone reduce their stress, balance their lifestyle, and build the life they always dreamt of living. *The Living Stress Free Bible: 20 Techniques to Make Your Life Less Stressful* was written by Marilyn Guadagnino, licensed mental health therapist. Every technique is simple, doable, and effective. Each chapter inspires and motivates the reader to start living life rather than just surviving the endless stream of stressors that confront each of us every day. Based on the foundational teachings of Living Stress Free Inc, and Marilyn's 30 years of clinical expertise as a therapist, the methods taught in this book will offer readers

the experience of being in a wellness seminar, yoga class, life coaching meeting, psychotherapy session, and mindfulness retreat all rolled up into one complete, inspiring collection of strategies designed to help you feel better and do better right now. What a perfect way to embrace 2019!

The Living Stress Free Bible is available on their website and on Amazon, in both paperback and Kindle versions. You can learn more about their LSF counseling, coaching, classes and retreats, both online and in person at their Alexander Street office, on their website: livingstressfree.org.



The Hipo is On Its Way story on pg 5

What's The Buzz?

Want to publicize an event, get the word out about an issue you're passionate about, have an idea for a story? E-mail or call: Nancy O'Donnell at thewedge@swpc.org or call 256-1740, ext. 4.



You can reach Lou and Marilyn Guadagnino at Living Stress Free®, 277 Alexander Street, Suite 303, 585-451-1584, www.livingstressfree.org. (Photo- Provided by Living Stress Free)



Ruck For Roc support Richard's House by walking the South Wedge (Photo- Maya Reagan)

Ruck for Roc[kers] Trek South Wedge

Nancy O'Donnell

On a cold winter day, Ruck for Roc members marched together through the South Wedge in support of Richard's House on South Avenue.

They carried an American flag and enjoyed the camaraderie of vets and civilians with stops at local breweries along the way.

Richards House provides veterans with housing, counseling, and job placement services

The group's website gives its history and mission. Created in 2017, Ruck for Roc offers a "space for veterans, active duty military personnel and civilians

to come together in the name of community betterment. Ruck for Roc strives to create lasting relationships between people and local businesses as a way to uplift those around us who are in need...it works with the Veterans Outreach Center for the past year and a half in an effort to improve the lives of Rochester area veterans."

Biannual fundraisers for Richards House garnered 12,000 pounds of food and over \$4,500.

To learn about upcoming events, visit their website at ruckforroc.com.



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

Proud to be your community hospital.





Judy Bennett, Cathy Warner and Gary talk community service



SWPC Board Chair gives thumbs up to programs planned in 2019



Susan Mars, Quentin Schneider, Olivia Dobbs and Frank Logan

Each year the South Wedge Planning Committee (SWPC) holds its annual meeting where board members are elected, newcomers to the area and neighbors come together to learn about what SWPC does and will do in the coming year.

This year despite weather in the single digits and snow banks to maneuver, the room was filled with good will and commitment to the community.

SWPC Chair Frank Logan introduced the board and outlined the coming projects and programs.

Newcomers to the area, Quentin Schneider, a UR Simon School of Business student and his wife, graphic designer Olivia Dobbs, stopped by to learn more SWPC and learn ways to get involved. He suggested a student price for City Love tickets and now \$15 and a student ID will get them in.



SWPC Boardmember Emery Rizzo, John Broderick and Paul Minor



Community activist Judy Bennett helps to organize historic Calvary St. Andrews events meets SWPC newcomer Kathy Warner

Photos - Nancy O'Donnell

Wedge Me In

Want to get involved? Contact SWPC Director Glynis Valenti at 585.256.7640 or email gvalenti@swpc.org.

Want to get involved with the South Wedge Farmers Market opening in June, contact Joan Brandenburg via email at info@swpc.org.

Have stories you want told, events you'd like to see in the Wedge Newspaper, please contact The Wedge Newspaper editor Nancy O'Donnell at thewedge@swpc.org.

Despite 15 degree cold and swirling snow, South Wedgers Join in Seneca Fall's Women's March 2019

History-making BETTY greeted fans the night before



Beloved alternative rock band, Betty, stopped for dinner at 84 Fall Restaurant on Main Street. Band members and social activists (l-r) Elizabeth Ziff, fan Natalie, Amy Ziff and Alyson Palmer. The group performed at the freezing out door rally for hundreds of marchers.



Women wheeled and walked to take part in the March



Marchers came from all across Western New York



Jackie Farrell, Westside Farmers Market manager suggests "Tacos not Walls"



Lots of young marchers joined their with their mothers, aunts and sisters.



A window on Main Street featured paper cut outs of the Suffragettes who fought for a woman's right to vote. The town is the site of the first Women's Rights Convention in 1848.



New US Congressman Joe Morelle (fifth from the left) came out in support of the third annual Women's March in Seneca Falls. The march joined with others across the country. A rally was held at Trinity Park instead of Women's Rights National Historical Park, as it had been for the last two years due to the march's permit being pulled due to the government shutdown.



Nancy O'Donnell, Natalie, and Maya Reagan

Photos - Maya Reagan



Women readying for the march



Seneca Falls' Main Street windows joined in solidarity with the men and women who marched.



Be a fool for love!

Over 12 Years:

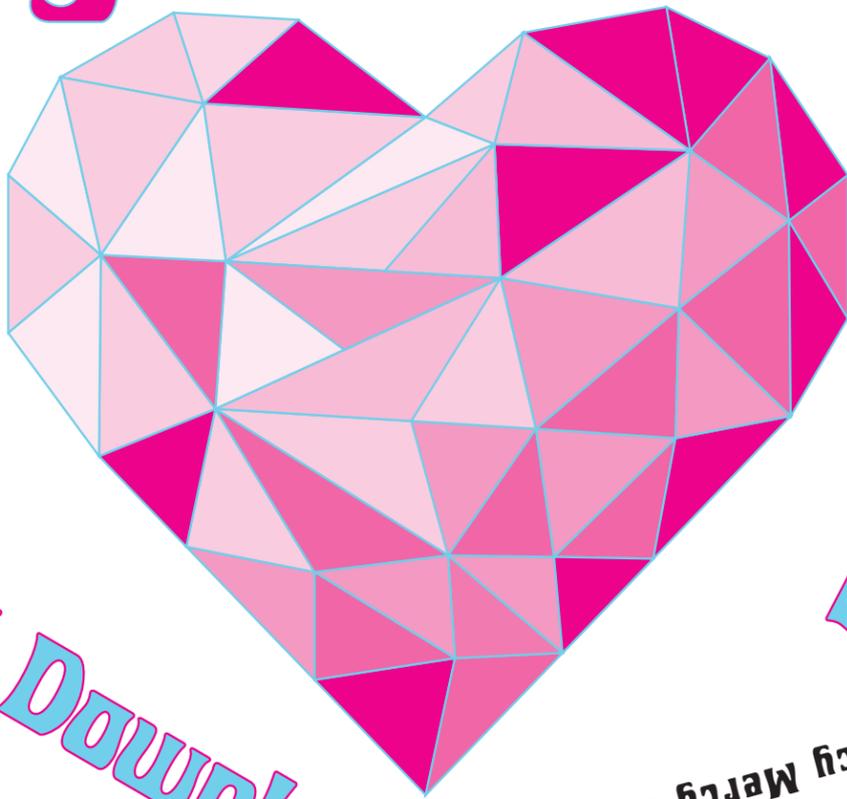
- \$15,000,000 Reinvested in Our City
- 560 Owner Occupied Homes Preserved
- 1000+ Families Eating Healthier
- 289 Small Businesses Assisted
- 33 Vacant Houses Saved



Join your friends and neighbors, business associates and elected officials as we celebrate all that is great about Rochester and our neighborhoods.

Bad Romance - Brick House - Can't Stop The Feeling - Cheap Thrills -
 Treasure - Take Five - Superstition - Soul Vaccination -
 Dancing In The Streets - Get Lucky - Hand Clap - Higher Gro
 Get Funky!

City Love 2019



Get Down!

Dance to some classic funk performed by Uptown Groove

Enjoy tastings of local food and micro-brew samples

Check out the awesome silent auction and raffle prizes

The 8th Annual City Love event supports Rochester neighborhoods, housing rehabilitation, preservation, community victory gardens, The Southwedge Farmers Market, and The Wedge newspaper.

Tickets are limited - \$25 in advance - \$30 at the door

Tickets Available at : RocCityLove.com - historicgermanhouse.com - swpc.org

To purchase tickets in person go to: ButaPub, 315 Gregory Street #2

Become an event sponsor: email citylove@swpc.org

For more information: call 585 256-1740 ext. 5 or visit www.swpc.org

May, 3 2019 / 6:30 - 9:00 p.m.
Historic German House / 315 Gregory St.