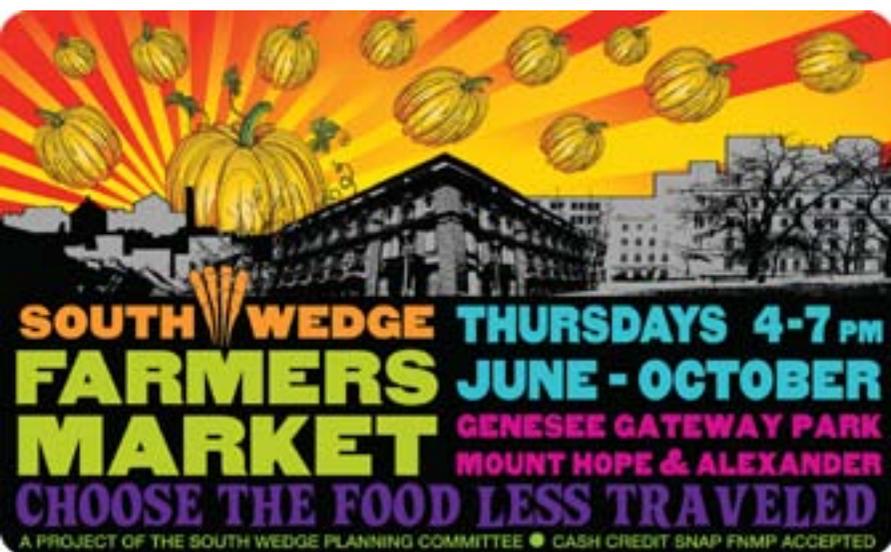


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South Wedge Farmers Market Opens to Build Community & Celebrate Shopping Local. Every Thursday 4-7 p.m. Read about vendor Lost Woods Bread Co. on page 12.



South Wedge Victory Garden on Cypress Street (Photo - Glynis Valenti)



Sankofa Theatre Fest Opens August 21
Kevin Hicks



Sankofa Festival 2017 (Photo by Karen Culley)

The 12th Annual Sankofa Theatre Festival, showcasing emerging and established African-American playwrights, runs Aug. 21 to 31 at the Multi-Use Community Cultural Center (MuCCC), 142 Atlantic Ave. in Rochester's Neighborhood of the Arts. Performances begin at 7:30 p.m.

Festival full-length plays include *The Green Book Chronicles II: Welcome to the Lilly* by Karen Culley (Aug. 21 to 24), which examines closely held secrets within a family that could tear apart their long-held dream of opening a bed and breakfast. *RED--That Other Color Girl* by Grace Flores (Aug. 30 and 31) looks at how colorism has affected black women throughout history in America.

On Aug. 27, last year's popular addition to the festival, *The Night of 10s*, returns to the MUCCC stage. *Night*, an evening of ten-minute plays, emphasizes comedic works. Submissions are still being accepted from playwrights who want to participate in this genre. Talk-back with the playwright and cast after the 2 p.m. Saturday, Aug. 24 matinee of *The Green Book Chronicles II: Welcome to the Lilly*.

From Aug. 21 to 24, admission is \$16 in advance; \$20 at the door. Admission Aug. 28 to 31, is \$12 in advance; \$18 at the door. Tickets can be purchased at Mood Makers Books, Village Gate, 274 N. Goodman St., or at muccc

For details call (585) 271-7010, email moodckr@frontiernet.net or visit www.muccc.org.

Abundance Co-op Leads State in Banning Single Use Plastic Bags

Nancy O'Donnell

Maybe it takes a social media post of a dead whale beached with 88 pounds of plastic in his belly for people to admit something should be done about the man-made disaster facing the world's oceans. Last year, the National Geographic started a "Planet or Plastic," a multi-year effort to raise awareness about the global plastic waste crisis." One article described plastic as "the miracle material that made modern life possible. But more than 40 percent of it is used just once, and it's choking our waterways."

On September 1, the South Wedge's Abundance Co-op will lead the charge in Rochester against plastic bags, six months before New York State's proposed plastic bag ban. (Recently, Wegmans announced it would begin the ban in Ithaca and Corning, NY stores.)

"Our shoppers were excited about the ban," said Co-op Marketing Manager Melinda McAuliff. "A lot of our folks live more sustainably-minded lives and limit their environmental impact. Many already bring their own bags or containers when they shop in the bulk sections. We

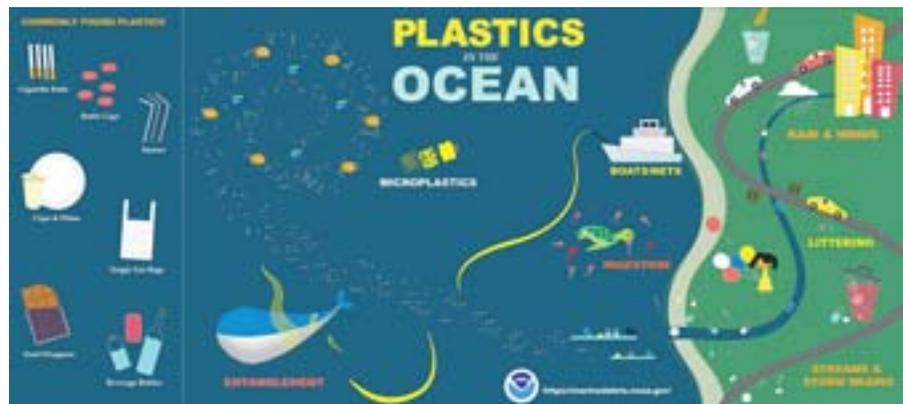
wanted to get ahead of the game."

In January, McAuliff posted a WHEC article to the Co-op's Facebook page about the proposed ban on plastic bags. Comments were overwhelming in support of a ban. One shopper wrote: "I've gotten into the habit (finally!) of bringing my own though occasionally I need to supplement with one or two of the store's. I'm for it. I know it isn't easy, but I think it needs to happen." Other Co-op users said they already used cloth bags and reusable produce bags, "so a ban won't impact them at all."

"We felt fall is a great transition period," McAuliff added. "We've been promoting this to our shareholders. So, starting Sept. 1 we'll have no plastic in the building except for produce bags and biodegradable pet waste bags."

So how long does that single use plastic bag last after a trip to the grocery store? An article in *Slate* magazine details the life span of plastic bags: "certain news sources cite a 500-year estimate while others prefer a more conservative

continued on pg. 11



Plastics are the most common form of marine debris. They can come from a variety of land and ocean-based sources; enter the water in many ways; and impact the ocean and Great Lakes. Once in the water, plastic debris never fully biodegrades. Yellow text in the above graphic shows sources of plastic that eventually end up in the ocean. Orange text shows ways that these plastics move into the ocean. Red text provides examples of the harmful impacts of this debris. NOAA (National Oceanic and Atmospheric Administration)

Opinion Rochester Aqueduct Deserve Better

Lew Childs, RA



Lew Childs, RA

The City of Rochester is about to embark on an exciting \$50 million State investment along the Genesee River dubbed "ROC The Riverway." A signature project of ROC The Riverway is redevelopment of the Landmark Broad St. Aqueduct Bridge is undoubtedly an important historic structure remaining in our Central Business District. It is truly worthy of City/State investment. Broad Street Underground (BSU), a non-profit citizen advocacy group formed to preserve the Aqueduct, is 100% behind this transforming project. However, we have a concern about its implementation. BSU advocates for best use of Broad Street Aqueduct for the community. A major emphasis is to use the existing space for all-season public/private use. This has brought us to make the case for saving the Broad Street roadway as a green roof not unlike NYC High Line. Based on statements by the City Administration, we believe the City is about to undertake a flawed design analysis for the Aqueduct. It is flawed because it is based on old land use data plus all their design alternatives assume the upper deck of the Aqueduct will be destroyed. Such an assumption can only lead to unnecessary community controversy, whereas a thorough appraisal of all alternatives both with and without the deck can truly help the community make an informed decision. The community deserves to know the pros and cons of many designs, not just a narrow, pre-selected set concept. The analysis is also likely to be flawed because the Broad Street Corridor Master Plan was developed in 2012 and many major developments have occurred since then. The Midtown development, ESL Headquarters, the Transit Center, the River Edge housing, the Terminal Building, the Inner Loop development, growth in urban living and others have occurred. The Aqueduct alternatives analysis needs to consider these changing land use patterns. The new analysis should also include evaluation criteria not previously considered: private sector investment; use of historic tax credits; public/private maintenance costs; transit and auto traffic flow; preservation of our three historic

transportation heritages -- canal, subway and auto; availability of a weather enclosed connection across the river; tourism; historic education; and sustainable leases. Who knows, maybe the community will still select an alternative design with the bridge deck removed, but why bias the proposed alternatives? BSU strongly encourages the Mayor, if not the Governor, to require City staff to conduct an appraisal of all alternatives for the Aqueduct with new data and new citizen input. The entire Rochester and regional community deserves this responsive and inclusive approach.

Like the old Doublemint gum commercial, BSU believes keeping the Broad Street deck will double the pleasure and double the fun of the Aqueduct project by developing both inside and on top of the Aqueduct. For those who agree with Broad Street Underground or who just want additional information, please contact BSU at Childsarchitectandbsu@gmail.com. Help Save Broad Street and the historic space below for future use by generations to come. BSU has developed concepts and advantages which we can share. Remember, once the deck is gone it will not come back.

Remember, once the deck is gone it will not come back.

Lew Childs is president of BSU Aqueduct Transformation, Inc.



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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.

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

Please send story ideas or news to Wedge Newspaper Editor Nancy O'Donnell, 224 Mt. Hope Avenue, Rochester, New York 14620 email nodonnell@swpc.org. Advertising deadlines and rates are available online at www.swpc.org or call 585.256.1740, ext. 4 or 585.978.9638.

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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. 8/20, 9/17, 6 p.m.
contact: flogan@rochester.rr.com

Community Engagement (Neighbors & Block Clubs)
gvalenti@swpc.org
Wed 8/28 & 9/25, 5:30 p.m.

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

SW Victory Gardens
Mon. 8/26, 9/23 6 p.m.
felann@frontiernet.net

The WEDGE Newspaper

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

Swillburg Celebrates Swillburg

Mike Henry



Three generations celebrate all things Swillburg (Photo by Judy Lee Hay)

As heralded in the last Swillburg column, our neighborhood's annual Pig Party was held Saturday, June 29 at Otto Hendenberg Park. By all accounts it was a sunny success with 130 people gathering. Surveying the leafy Hendenberg Square, it was evident that the crowd enjoyed the potluck dinner and mingling proving that Swillburg remains a friendly and sociable community.

Thanks to Judy Hay for her great and kindly facilitation and to neighbors Bob Palmer and Sara Gaudio who did much of the layout planning in the park. Also, thanks to all the members of the Swillburg Neighborhood Association (S.N.A.) Steering Committee who attended monthly "picnic" meetings and helped set up and tear down that day. In addition, these volunteers were out and about weeks before delivering picnic announcements.

I don't want to forget further thanks to George and Liz Ruiz of Georgie's Bakery and Cafe on South Clinton Avenue. They graciously donated several dozens of delicious dinner rolls! Also, thanks to the Greater Rochester Area Foundation whose grant monies enabled the S.N.A. to purchase several canopy tents, folding tables, tablecloths and Swillburg banners, these lent a good deal to the festivities and efficiency of the day's event. We also thank neighbor Josh Jacobs for his graphics expertise in producing flyers and posters, and neighbor Ryan Green for allowing us to hook into his electric grid. Also, we're grateful for DJ LCat for playing hours of Cab and Blanche Calloway music (right there on the block where the Calloways lived as children, another topic completely)! Finally, we

also extend our gratitude to Stuart's Spices for the wonderful raffle basket, that added to the day's fun!

I've heard comments by people from other neighborhoods that Swillburg seems to have an especially active neighborhood association. I always attribute this commitment to the threat that Swillburg once faced. I'm referring to the expressway that was slated to pave through the neighborhood and destroy our little urban cottage district in the 1970's. This menace pushed neighbors to collaborate, enlist lots of outside support and in general become community activists. From 1963 to 1975 the neighborhood lived in limbo unsure if their homes and community would survive. In the aftermath of the highway's defeat there was lots of rehabilitation and rebuilding to do. Neighbors again joined forces and further wove our community. The SNA has been strong ever since.

At the Swillburg picnic I visited with some longtime residents who recalled those uncertain days. One woman related that Hendenberg Park wasn't a park, but rather a treeless barren parcel of gapping basements (houses had been removed for the proposed, later abandoned expressway project) and repository for snow during the winter-dumped there by the city, and during rainy weather it became a giant mud pit. Hard to imagine, as we all know what a verdant and shaded refuge our park is today. All this success is due to strong collaboration amongst neighbors!

As you can see, many good people made our picnic and our neighborhood possible!



South Wedge Victory Garden provides healthy produce for South Wedge families

South Wedge Victory Garden Report

Felton Culbreth

Welcome to another issue of the Victory Garden Report!

I can't say enough about the great looking plots at both Hamilton and Cypress streets. Both have been a great success this season.

Fall Gardening Tips

This column gives a few tips on fall gardening. Using these tips is a great way to extend the season into the fall and early winter.

Now is the time to start! Enrich soil with the organic supplement of your choice. Make sure the soil is WELL watered.

From seed, you can go with greens and root vegetables. Greens include spinach, lettuce, chard, collards, mustards, turnip, broccoli, kale and cabbage. Root crop include turnips, rad-

ishes, beets, carrots and rutabagas.

Online sources that explore fall gardening and the Monroe County Coop. Ext. can help with specifics.

Victory Gardens Annual Yard Sale

Switching gears a bit, I'd like to remind you about the upcoming Victory Garden Garage Sale. It will be held on Saturday, August 10, 11 a.m. to 3 p.m. at the South Wedge Planning Committee office, 224 Mt. Hope Avenue. The rain date is Aug 17, same time and location. It is a fundraiser to pay for rebuilding /maintaining our plots as well as taking care of our water bills.

More details will be posted on our Facebook page South Wedge Victory Garden, or call the S.W.P.C. office at 585-256-1740.

Happy Gardening!

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Business Buzz

Tru Yoga's new owners to expand services and space in October

"It was all an unexpected surprise," said Imani Olear, describing her new role of owner of Tru Yoga with husband Eric.

The couple already lead a very busy lives. Imani is a pastor at the Evangelical Lutheran Church of the Reformation, founder and teacher of Yoga for a Good Hood while Eric, an Army vet, teaches music in an Irondequoit middle school—plan a grand opening in October.

"I've been a master of multi-tasking. David said we've held two jobs all our lives. We don't do anything else," said Imani, laughing. The Olears already had a relationship with Tru Yoga's owner Lindsay and Peter Nabozny before they bought the business.

"[The Naboznys] gave donations to Yoga for a Good Hood and supported the graduates from the program," said Imani. "So, when Pete and Lindsay decided to sell; Eric said, 'why not?' It was a natural progression." Tru's mission "Just you. Your Practice. Your Community" is a easy fit for the Olears.

Imani found her life's passion when she was an 11 year old living in Columbus, Ohio.] who read a book by B.K.S. Iyengar and found she "seemed to calm down" after taking a few poses she copied from a woman she saw on a PBS station.

"There was a lot of trauma in my neighborhood. Something just spoke to me. I was sneaky about it because my grandmother wouldn't let me. She said [yoga] was of the devil."

Imani began teaching yoga in 2013 and launched "Yoga for a Good Hood to make yoga accessible to persons of color and persons in poverty." Along with

Nancy O'Donnell



Imani and Eric Olear

nine current yoga classes, she also brings the practice to local schools and the jail.

Imani will be the one teaching yoga at Tru. "Eric says running is his yoga. People may see him on a run in the Wedge," Imani said.

"First thing to know is rates will not increase. [The South Wedge] is already a welcoming community. We will be adding classes in a way that the community wants," said Imani. "We're planning a monthly gathering, a mixer," meditation classes, ASL and Body Positive classes. Once we're in the new space, which is accessible, we can create accessible yoga."

The center will be moving across the street to a bigger space that once housed Mise En Place.

"Konar [Properties] have been top notch," said Imani. "They wanted us here, and we're very grateful."

The Olears plan a grand opening in October. Look for updates on Tru Yoga's plans on their Facebook page. **683 South Avenue.**

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The Herbery formerly knowns as Little Apothecary

The Little Apothecary, a wellness shop on South Avenue carries holistic wellness products (CBD oil tinctures, CBD-infused edibles like honey, organic herbs ("provisions and elixirs") and a popular juice bar. After they opened, they learned they had to change their name because of a New York State law that

says that only pharmacies can use the name "apothecary," said staff member Hannah Snelling. "We had to make a name change to avoid getting sued." The Herbery will be adding products in the coming months, so stop by and discover what's new.
1409 South Ave, (585) 441-9738.

Seven Sages Opens On South Ave

The Seven Sages are a fixture in several ancient cultures. In the stories, the band of wise men stress the enjoyment of Chinese alcoholic beverages, personal freedom, spontaneity and a celebration of nature. Exchange alcoholic for CBD and anything hemp, and you have Seven Sages Hemp Co. It becomes the second CBD-centric shop on South Avenue. Seven sages currently carries a variety of CBD and herbal products: tinctures, buds to smoke such as "Charlotte's Web" and CBD-infused products such as honey, lotions and scrubs and salves.

To the few who don't yet know, Cannabidiol (CBD) oil is a chemical compound of Cannabis sativa, a plant in the family of marijuana and hemp. Proponent touts its health benefits and emphasize that THC, the ingredient that brings a high, is removed. People buy the oils as a sleep aid, for arthritis pain and for an immune system boost.

Seven Sages is a collective that contains eleven shareholders/friends, ages ranging between 18-75.

Mark Cold, a founder of the company, wrote via e-mail that the company and the Seven Sages Farms, LLC was established "as the Land of 10,000 Delights in Branchport, NY...a symposium for cannabis wisdom and its glampgrounds serve as a framework to the vital connection between farming and culture... The Sages are using regenerative organic practices and restorative environments to support a healthy life and balanced spirit."

"Our goal is to provide low impact industrial and medicinal hemp products to our clan, our community and our world," writes Cold.

On a quiet summer afternoon, Quinn Duntley, a shareholder and clerk, was holding the fort with Daulton Riccardela.

"We'll be adding [products] for dogs and cats and clothing and textiles made from hemp," said Duntley.

Seven Sages is the only shop in Rochester that carries Benny's Body Shoppe



A Chinese sage towers over the room at Products.

"Ben is one of the sagest of sages," said Cold.

In a phone interview, Benjamin Borko said he opened his business in Waverly, NY, two years ago first with soaps and sugar scrubs, but his family background offered a natural path to look for healing in nature.

"My father was a field biologist and my mother was a nurse," said Borko. "I started using herbs and plants myself. Ghost-flower or ghost plant is used for anxiety and for insomnia. The plant is found growing near mushrooms because its roots tap into the mycelia of a fungi to survive.

Now Borko turns to the woods on his 23 acres and a neighbor's 100 acres to search for maitake, reishi and chaga mushrooms for his tinctures.

"I don't grow mushrooms; I harvest mine," Borko said. "I find maitake at the base of old growth oak trees." One of his best selling tinctures is Chaga, "a traditional Russian folk remedy."

"It is the highest antioxidant known to men," Borko said.

656 South Avenue

Leaf Tea Bar Adds Manna Bites

New Leaf Tea Bar, the little haven of peace and tranquility on South Avenue has added the very delicious manna bites to its heavenly selection of tea. The bites join Red Fern cookies on the menu.

Manna Bites was created by Hayley Dayis who has baking for just one year. Her mission statement is given on Instagram: "I create organic "beegan (vegan+honey) desserts and snacks that are 100% free of gluten, dairy, refined sugars, preservatives, GMOs, dyes and chemicals...all the things that keep us from feeling and being our best. My mission is to put an end to this frustrating fact by providing equally if not more delicious snack and dessert alternatives made from simple, wholesome ingredients."

Four truffles are available at the tea bar: Clean & Green Energy (dates, fresh ginger, chia seeds, raw honey, pumpkin seeds, pistachio, salt, cacao nibs,) Fig Magic (figs, vanilla, cacao, almonds, and maple syrup), CardaNom (dates, almonds, cacao, raw honey, cardamom, salt) and Cacao Bliss (dates, cacao, coconut, raw honey, pumpkin seeds, sun butter, salt, cacao nibs).

Dayis also advertises her environmental chops on Instagram in choosing only 100% free of throw-away-plastics compostable packaging.

Along with I-want-to-stuff-my-mouth-with-all-four-flavors truffles, her Instagram feed includes photos of the Toast-



Manna bites come in four delectable flavors (Photo- Jane Wineberg)

ed Chocolate Almond Torte, topped with fresh strawberries, blackberry and pink salt and a Sweet Potato Chocolate Butter-cream Frosted Cacao dusted cake. And there's the almond butter black current jam cacao cups described as "peanut butter and jelly on wings." And, be still my beating heart, a raw chocolate strawberry mousse pie with oat ginger crust, topped with vegan caramel (dates, cinnamon, vanilla...), chocolate avocado mousse, and a dark cacao maple glaze.

Stop by New Leaf Tea Bar and enjoy a transcendent moment of Manna bites at \$2 each. To place an order for a special cake or cacao cups at hayleydayis@yahoo.com.

650 South Ave, (585) 245-0242, Tuesday-Wednesday 10 am - 6 pm; Wednesday - Saturday 10 am - 8 pm; Sunday 10 am - 4 pm; Monday closed.

Mt. Hope Cemetery Offers ASL Interpreted Tour

The Friends of Mt. Hope (FOMH) Cemetery lead tours of the historic landmark cemetery on Sundays at 2 p.m. through October 27.

On Sept. 29, The Friends of Mount Hope offers an ASL interpreted tour. This tour includes the addition of several sites that are important to Roch-

ester's rich Deaf history/heritage.

Tours meet at the North Gatehouse on Mt. Hope Avenue across from Robinson Drive. Tickets are \$10 or free to members of FOMH. You can find more information at omh.org or call the FOMH tour line at 585.461.3494.

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The Beauty and the Blessing: Gifts of Art from the Sibley and Watson Families to CSA



The Adoration of the Christ Child was painted by American artist George Haushalter who was living in Paris in the early 1900s. The painting, wax colors on canvas, gave the effect of early frescoes. The painting was a gift to St. Andrew's church from Hiram Sibley's granddaughter, Marie Atkinson Perkins Willard in 1902.

Calvary St. Andrew hosts lecture on Sept. 15

Judy Bennett

The first in the 2019-2020 series of lectures and concerts will be held in the Historic Calvary St. Andrew's sanctuary on Sunday, September 15 at 3 p.m.

The presentation by Marjorie Searl, retired chief curator at Memorial Art Gallery, will include slides that illustrate the many gifts that the Sibley and Watson families gave to St. Andrew's church during the late 19th and early 20th centuries. One of the beautiful murals by George

Haushalter has been recently cleaned and will be highlighted during the event.

Searl has been researching the Sibley and Watson families and Rochester's gilded age for over fifteen years. With colleague Lu Harper she curates the website Sibley Watson Digital Archive.

St. Andrew's Church is located on the corner of Averill Avenue and Ashland Street. This City of Rochester landmark is part of the ROCSALT Center.

Thank you to Monroe Sheriff's Office

The South Wedge Planning Committee (SWPC) thanks the Monroe County Sheriff's Office Outside Work Program for sprucing up the South Wedge this summer. In rain and heat, this crew has been doing clean-up and maintenance projects throughout the city, including along Mount Hope Avenue and Genesee Gateway Park, home of the South Wedge Farmers Market. We appreciate their efforts!

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NY First State to Ban Cat "Declawing"

Joel Helfrich

In 1866, New York became the first state in the Western Hemisphere to both create an animal rights organization, the U.S.'s first Society for the Prevention of Cruelty to Animals, and establish animal rights legislation. In July, New York established a ban on the surgical declawing of felines, placing New York State again at the forefront of humane animal treatment laws. Many New Yorkers hope that the passage of A1303B/S5532B will be the first of many laws to protect non-human animals in this state and create a snowball effect that will lead to additional legislation at the national level. A misnomer, Cat "declawing" is actually the amputation of a cat's toe up to the first joint. As Jennifer Honickman of the League of Humane Voters of New York stated: "Declawing doesn't just remove nails. It's the equivalent of removing our finger tips to the first joint. It's a painful amputation that causes lifelong issues."

It is expected that other states will follow New York's precedent-setting lead. In fact, Massachusetts, among others, stands poised to pass similar legislation. New York joins a growing list of places that have banned this cruel practice, including at least 41 countries, four provinces in Canada, and nine U.S. cities.

Whatever state or city decides, there is so much work to be done for animals. Here is a brief list of needed changes and potential legislation to support animals, animal welfare, and ultimately animal liberation: place animal cruelty laws under Penal Law instead of Agriculture and Markets Law; ban puppy mills; establish a national animal abuser registry (the FBI already tracks animal abusers); ban the display and use in entertainment (exploitation, actually) of all animals—in rodeos, circuses, and traveling shows; and ban devocalization, the barbaric surgical procedure performed on cats and dogs to permanently reduce vocalizations (barking and meowing).

New York should pass a holistic reckless endangerment law. Dogs and other animals should be prohibited from riding in the back of open trucks or left in abandoned houses or buildings. As part of a reckless endangerment law, ban so-called "junkyard dogs." No dogs should live their lives outside. In the twenty-first century, there are better ways to protect property. Further, follow the example of Pennsylvania that in 2017 enacted Libre's Law, a Code Red/Code Blue bill, to protect animals left outside in extreme cold or hot weather.

No tethering, restraining, caging, or penning dogs should be permitted anywhere. Stop enacting ridiculous breed-specific legislation against pit-bulls, Rottweilers, and other dogs. Allow "owners" to be notified if their animal companion



In Memoriam Eugena R. Belardino 1944 - 2019

Eugena "Gena" R. Belardino was a South Wedge pioneer. In an interview with the WEDGE in April 2016, Gena was celebrating her 30th business anniversary of the South Wedge Barbershop. She remembered the South Avenue in the late 80s, an avenue of boarded storefronts, and chatting with homeless men who "would even check up on me when I was working." Later her daughter Jennifer joined her in the shop where Gena developed a devoted following. Clients came in with their dogs and maybe enjoyed a beer while they were getting their hair cut. Even when some moved away, they'd return for a haircut or just to say hello.

Gena was a force of nature. Tattooed, her hair colored purple, she welcomed everyone inside her circle of love.

In an essay memorializing her death on May 25, a friend wrote about what Gena loved: "sitting on the porch... watching birds, fox, chipmunks and dreaming of deer resistant plants. Her great passion was walking beaches from Costa Rica to Cape Cod... Picking up litter, collecting beach glass, rocks and driftwood."

Her love of animals was remembered after her death, when in lieu of flowers, contributions were directed to a local Pet Adoption Network.

Gena is survived by her daughters Jennifer and Tiffany and hundreds of friends and admirers.

was killed on a highway. Follow the example of Illinois, which provides guidance for pet custody in the event of a divorce.

We should have the goal of creating a no-kill communities and states. Open up millions to horrible shelters throughout New York State. Look at the thousands of animals killed each year in Rochester or New York City's Animal Care Centers (ACC), for example.

In terms of animal agriculture: ban veal crates, gestation crates, and battery cages. If conservative states

continued on pg. 8

In Memoriam Michael Connelly 1940 - 2019

Rochester's social action community was shaken by the sudden death of Michael Connelly on May 19. He was a long-time champion of peace and social justice. He was a committed and well-respected member of Genesee Valley Citizens for Peace, Band of Rebels, Take Back the Land, Metro Justice, Blooming Lilac Sangha, Ciudad Hermana, Rochester Committee on Latin American, Rochester Area Vegan Society, Peace Action NY State and Amnesty International.

Mike was born in Chicago, IL and grew up in Alexandria, VA. He studied at Penn State University and received a BS in Psychology before earning an MS in Education at SUNY Geneseo. Michael is survived by his wife of 53 years, Johanna and children Brian (Karla), Christopher (Anne), Peter (Ray), Sarah (Laine), Benjamin and grandchildren Tulah, Joshua, Erin and Elliott.

Mike's social activism was born out of his desire for peace during the Viet Nam War. He attended protests, vigils, marches and occupations in pursuit of peace and protest against that war and future wars and militarism in general over the years. He wrote passionate letters to the editor in area papers and was unafraid to take a public position on behalf of justice.

Activist Julie Gelfand remembered her work with Mike Connelly on behalf of Take Back the Land.

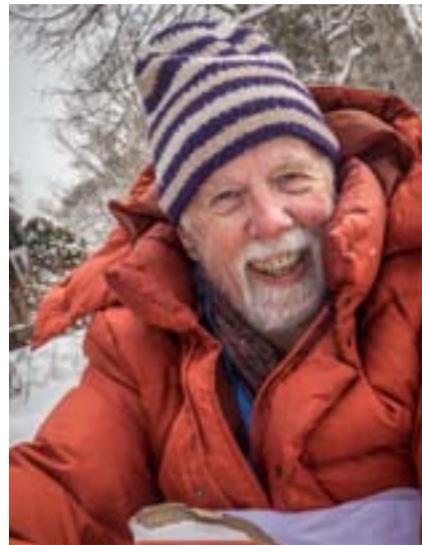
"On November 3, 2011, I was arrested with 15 others in Washington Square Park. That was night I met fellow rebel Mike Connelly who was also escorted away in handcuffs standing up for Occupy Rochester's right to set up an encampment. The next morning, we walked out of jail, and over the weeks and months, Mike and I became friends as our commitment to Occupy continued. The snow and the crows of Washington Square covered the tents with their white coating. There were rallies, lots of meetings, food sharing, and controversies. Nearly five months later, the tents finally came down.

Not long after, we joined forces again as members of Take Back the Land. Mike raised his hand for many tasks: facilitating meetings, organizing our membership data, scheduling and recruiting volunteers to participate in rallies, home defenses and blockades, fundraising, and strategizing. Once again Mike was the one guy we could count on to volunteer to risk arrest. When civil disobedience was part of our strategy, you could nearly always count on Mike. It was his indomitable spirit that moved us forward as we helped homeowners win back their homes."

In late July, the Connelly family held

a celebration of his life. Small tables were scattered around the yard with plates of Oreo cookies and Cheez its, Mike's favorites. Pinned on a clothesline was a row of Mike's t-shirts printed with the names of organizations he belonged to or slogans he believed in. Local caterer and jazz singer Susan Plunkett sang a capella, "I Wish You Love." Friends and family spoke about Mike's commitment to social justice. One friend said, "he always showed up, and I mean no disrespect, but he would never shut up. He was never at a loss or words."

In an obit in the *Democrat and Chronicle*, the



writer offered that "the greatest tribute we can offer Mike's memory is to remain steadfast in the pursuit of social justice and peace."

Until the very end Mike was advocating for the helpless. Below is a letter to the editor Mike sent to *City Paper*. It was printed online.

The Children at the Border Michael Connelly

The issue of immigrant children pouring across the Texas border can, and in the end, must be understood as US foreign policy coming home to roost.

Our historic good fortune and the protection on our east and west coasts by oceans has helped foster the delusion that foreign policy – boring and "out there" – and domestic policy are separate. In fact, they are not. The terrorized children from Salvador, Honduras, and Guatemala are a crack in the egg of that delusion.

One country that does not send us terrorized refugee children is Nicaragua. Of these four countries, only Nicaragua does not receive large, constant infusions of US military aid. Nicaragua alone has not succumbed to US proxy military aggression. (Remember Reagan's "freedom fighters," the illegally funded Contras?) With poverty second only to Haiti's, Nicaragua has a popular leftist government that actually provides services and security to its citizens, including health care.

Children are safe there, since there are no paramilitary marauding gangs with US weapons, unlike Honduras, Columbia, and Salvador. The militarized right-wing governments in these countries are the beneficiaries of US military aid year after year. By these means, the US ensures the militarization of these countries, whose children flee in terror ("foreign policy coming home to roost"). The support for right-wing militaries, paramilitaries, and dictators in these countries creates a climate of fear, deep insecurity, and lawlessness.

Regarding many of the letters to City: confusion and distortion arise from a lack of perspective about the relationship of foreign and domestic policy. This can be seen in the complaints about "costs to taxpayers." The complaints are easy to understand and sympathize with, but they completely distort meaningful perspective since our foreign policy and militarized economy are non-productive, hugely destructive, and cost trillions, not millions or billions.

The taxpayer cost for social programs cannot be understood at all without reference to the elephant in the living room: military costs and the gross hubris of our unsustainable overreach and domination abroad. Our foreign policy of hegemony is not working, and one proof is in the pudding of fleeing, terrorized children.



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Lifestyle

Being Woke

Michele H. Martell

Over the past couple years, I've been hearing the term "being woke" quite a bit. Such a thought-provoking and catchy phrase. The phrase originally referred to being conscious of racial discrimination in society and other forms of oppression and injustice.

Now in mainstream use, being woke can generally describe someone or something as being "with it." To "stay woke" is basically to keep informed of what's going on around you, especially in terms of turmoil and conflict.

What does being and staying woke mean to you?

I appreciate the meaning of having an awareness of injustices around us. The technical and social media climate today can allude to a focus on sensationalism and self-centeredness. Being woke is having an awareness that there's a bigger picture; that there are folks, animals, situations out there outside of us. Being woke is knowing that life is not all about any one individual, and that voices need to be heard, whether it's being an advocate, a volunteer, a voice, a contributor in any manner that's going to help that person/animal/situation who is being abused and treated unjustly and suffering.

Being spiritually woke is another dimension - where one may have felt asleep spiritually but realizes that there's a whole spiritual aspect to life - again, a bigger picture, that relates to the world and all life as a whole, that we as humans, animals, nature, are all connected. And that we have divine guidance available to us that often will appear as our gut or intuition.

Apparently, there's even such a thing as "fake woke." That's when someone thinks they are aware just because they follow a particular political party, religion, social group, media, norms, posting generic memes online blindly without seeking any enlightenment or meaning. It can also refer to someone



Michele M. Martell

Trust your intuition. You don't need to explain or justify your feelings to anyone, just trust your own inner guidance, it knows best.

who pretends to care, but really doesn't due to their own personal agenda and ego gratification, which can be a baffling dynamic to others in their lives.

How about being woke within our own personal lives? Being aware of how our own personal attitudes affect our world around us? Being woke to the needs of those children, animals, adults who depend upon us, both personally and professionally?

I also believe in staying woke to who is really sincere in our lives. So often we want to give others the benefit of the doubt and believe the best of them. And I'm a firm believer in that's what we should do. However, rose-colored glasses do not serve us. It's important to be woke to another's repeated treatment of us - whether it is positive, empowering, supportive, appreciative; or negative-gaslighting, undermining, narcissistic, using. It's important to be aware of consistency of words with actions, in others as well as within ourselves. If something feels wrong or "off" - it usually is. When there's a red flag - stay woke, do not continue to sleep. If you stay asleep to what is going on eventually the outcome can become catastrophic. Stay woke.

And you know what's really beautiful? Until each of us finally pass a life lesson, we will continue to attract the same lessons until we grow from and move on from them. Awareness of that universal law itself is being woke!

In essence, perhaps being woke can simply be described as a matter of having awareness of others' plights as well as our own self-awareness and tapping into our own inherent wisdom which sparkles within each of us. Unless we are actually aware of ourselves and our priorities, boundaries, healthy self-love and self-care, responsibilities to nurture others, our lives could become directionless and meaningless, which could eventually be passed down to our next generation. They may see from example that staying asleep is the way to go. Being woke also means to be aware of blessings, opportunities, those around us, being part of a speaking up for those who are weak and treated unjustly and need our voices.

Set the intention to be woke, stay woke, and see the difference it can make. Listen to your gut and the spiritual guidance that is available to you. All you have to do is ask, see and listen.

Corn is A"maize"ing!

Vicki Finnefrock & Cecie Valleri



August signals not just the second half of Rochester's somewhat short summer, but it brings with it the harvest of one of summer's delights - sweet corn! Corn stands pop up on country roads around the region, farmers' markets around the area bring it in by the bushels and CSA's are busy packing corn into the weekly pick ups. We love to roast it, grill it, steam it, boil it and debate husk on or husk off. As we are savoring this treat, let's look back a few thousand years to its origins.

The origin of corn can be traced back about 9,000 years. It is believed that the origin of maize is a Mexican grass called teosinte. Ears of teosinte do not closely resemble modern day corn, but thanks to DNA testing and many years of study by scientists and archeologists, there is confidence that through selective cultivation over thousands of years, these plants are related. Teosinte initially was a cob with perhaps only a dozen kernels. These kernels were wrapped inside of a stone-hard casing, likely not very edible and certainly not the juicy delectable treat we have come to love. Archeological findings reveal that maize, or its predecessor teosinte, originated from the tropical Central Balsas River Valley of southern Mexico.

Fast forward a few thousand years, and by the time Europeans arrived to the Americas in the 15th century, corn was already a major food source. Native Americans had successfully domesticated the plant, and it was a staple in their lives, eaten at most meals. It could be easily stored during the long winters. The kernels could be ground into cornmeal to use for bread, syrup, puddings and as a thickener. It was used in mattresses and padding, and corn husk dolls were a favorite among the children.

Corn continues to be central to our lives. The United States is the largest producer of corn in the world. In the

U.S., more farmland is growing corn than any other crop. About 80% of our corn is used as feed for livestock. There are over 3,000 different uses for corn products. It is used in chips, cereals, soups, dairy products, baby food, margarine, juices, soft drinks and candy. Corn has industrial uses, as well. It is used in ethanol, paint, candles, fireworks, drywall and many other products.

With all this knowledge of corn, let's get grilling! You can cook corn stove top or in the microwave, but here at Stuart's we love the grill! (Stove top: Boil water in large pot. Place husked corn into the water, bring water back to a boil and turn the burner off. The corn will cook in 5-7 minutes.) When cooking corn on a grill, the first question is husk on or husk off. This is really a personal preference, and we like it both ways. Husk on takes a little longer, about 20 minutes (turning every 5 minutes), and it is best to soak the corn in water so the husks won't burn. Husk on provides more of a steaming, though if you leave it on long enough you can still get some of the delicious charring. If you prefer husk off, place the corn on the grill and turn a quarter turn every 2-3 minutes, getting a few blackened kernels on each of the sides.

Next stop - Stuart's Spices to season your perfectly grilled ear of corn! Our locally famous Corn on the Cob Seasoning is our favorite! It adds a fresh flavor to corn that really compliments the natural sweetness. (It's also great for seasoning your other grilled veggies, roasted potatoes and popcorn, as well as on chicken.) But don't limit yourself. Stop by and ask us about our Fire Salt, Crazy Salt, + Lime Rub, Mesquite or Cajun seasonings to really POP the flavor of your corn this season! Premium spices are ground on site, blended in small craft batches. **754 S. Clinton Avenue, (585) 436-9329**

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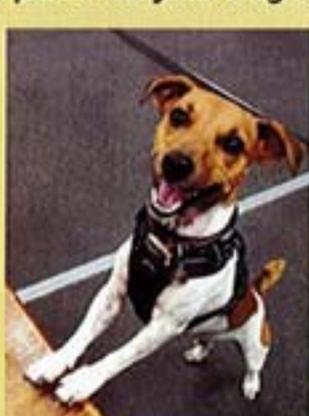
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Put Your Space in Order; Put Your Life in Order

Rebecca Silliman

Many of my major steps towards living sustainably have been sparked in the summer: my decision to transition to a plant-based lifestyle, building a compost pile and biking to work are all summertime initiatives. It really is the perfect time to start an eco-pursuit. Warmer weather brings an abundance of fresh produce, good conditions for walking more and the ability to reduce energy costs.

I started Spacial Clarity, a professional organizing business, last year. More recently, another realization dawned on me in terms of my passion for the environment. Because my organizing practice is what I call "values-based," I have always offered lifestyle coaching as a component of my organizing. My goal with clients is not to organize for organization's sake, but to get organized as a means to a life in closer alignment with one's values. This summer, I added a focus on the zero waste coaching component of my business. I value the health of our planet and find that many others do, too. We want to do right for the earth, but just don't know where to start. Change is hard and right now, it's not optional. I ven-



Rebecca Silliman

tured that people may need a guide and a partner to start their journey towards reducing their household waste.

Sustainability and my pursuit of a zero waste lifestyle is not only something I deeply value, but an essential part of staying organized in my own home and life.

Using less, buying less, and producing

less waste happens to make staying organized so much easier. Because much of our clutter is also wasteful and harmful to the environment, being organized and wasting less go hand in hand. I worked with one client on organizing years' worth of clutter piled in her basement. We found that much of the stuff cluttering up the space was packaging, plastic bags, and old papers. By finding ways to eliminate those disposable items from her life (and prevent them from sneaking back in) she's living more sustainably and with less clutter! My motto: what's good for you is good for the planet.

Because my practice is values-based, one major component of my organizing and coaching practice is spending time with clients to identify and evaluate their core values; what we learn motivates and informs the rest of the process. I support clients to be honest with themselves and ask some tough questions to truly get to the bottom of why clutter has built up, how that reflects upon the state of their life, and how it may be getting in the way of living in alignment with values. I have always said there's a lot that

people can do for themselves, but this is one area in which it is incredibly helpful to have a professional. An objective opinion can go a long way when it comes to reflecting and creating solutions.

In addition to my one-on-one organizing and coaching, I am offering a free resource to help people get started. *My Summer Guide to Sustainable Living* is tailored just for Rochester with specific recommendations, tips, and local resources to kick start your earth-loving summer! It includes articles and ideas all based on my personal experience of living a less-waste lifestyle in Rochester over the past several years.

You can get the guide by visiting my website, spacialclarity.com/guide. I also offer inspiration and tips on getting organized and living sustainably on my Instagram pages: @reduce.reuse.rebecca and @spacialclarityroc.

For more information about Spacial Clarity, please visit www.spacialclarity.com, or email Rebecca@spacialclarity.com.

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Cat "Declawing" Ban

continued from pg. 6

can do it, clearly other so-called liberal states can do the same.

Enact Cecil's Law, a bill that would prohibit hunters from bringing "trophies" back to the U.S. And ban animal killing competitions of squirrels, crows, coyotes, and foxes, among other creatures.

The bottom line is that as humans we should learn to be more compassionate to all creatures, that we should actively find ways to be in relationship with all animals and the earth, and perhaps most importantly we stop thinking in species terms that prioritize human

needs above all others. Above all, for animals, your health, and the planet, please seek to limit and ultimately end human consumption of non-human animals.

For additional legislation, some of which has been introduced in New York, see: <http://www.lohv-ny.org/> and http://www.lohv-ny.org/2019_Legislative_Agenda_Booklet_May_22.pdf. *Joel Helfrich is a historian and teacher who lives in the South Wedge.*

Crisis Nursery Can Offer Temporary Aid In Child Care Emergencies

A three-year-old boy's death in an outside grease pit while his mother worked an area Tim Hortons' restaurant is leading to a community soul searching about the availability and affordability of childcare in the area. The boy's mother was unable to secure childcare and she brought her child to work that day.

The Center for Youth, better known for its services for older children and teens including shelter, counseling, to shelter, education and referrals for other kinds of health, also operates two crisis nurseries. The nurseries are open 24 hours a day, seven days a week. Both are staffed by certified childcare workers alongside volunteers.

How much does it cost or childcare in the area? According to the Children's Agenda, an organization that advocates for effective policies surrounding the health and education children, the

Rochester-Finger Lakes area has a shortage of 32,000 places for children. In an article in the City Paper, the Agenda's director of policy gave disheartening statistics about the affordability of childcare noting that infant care in a Monroe Co. childcare center is \$14,560 year. For a three-year-old, the age of the child who died, it can cost \$12,740 a year. Consider that cost on a mother working a minimum wage job, mostly likely less than 40 hours a week, and the cost would

be prohibitive without a childcare subsidy from the county, which has declined in recent years.

For more information about The Crisis Nursery, call 585-271-7670. More information can be found at the Center for Youth website.

24th Annual Clarissa Street Reunion food, music, exhibits and fellowship Saturday, August 17, 11a.m. – 8 p.m.

Stages – Presentations will begin at 12 noon:- McDowell Main Jazz Stage - Clarissa St. & Adam St., R&B Stage @ Clarissa St. - Dr. Samuel McCree Way, Youth & Teen and Gospel Stages For information, visit: www.clarissastreetreunionfestival.com

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Community News

New Market Rate Housing Readies to Open in Swillburg in March 2020

Judy Lee Hay



Hays toured 625 South Goodman, the new housing on South Goodman Avenue at Karges Place

For nearly fifty years, the 2.2 acre lot at 625 South Goodman Street sat vacant; now through Mark IV Development it will house 100 new units of market rate housing in the Swillburg Neighborhood. The complex's entrance is on Karges Place, off South Goodman Street, and backs up to the expressway.

In 1971 the Sherwood Shoe Factory blaze destroyed the historic building. Afterwards, the parcel was used by the State of NY as a staging area for construction and remained an eyesore for the Swillburg neighborhood and surrounding community. When Mark IV Development bought the property from the State of New York, its first task was to extricate over 18,000 tons of contaminated soil left by the Sherwood Shoe Factory. That was no small task. With the contaminated soil removed, construction began.

Potential renters will find the Swillburg Neighborhood a walkable community with a variety of ethnic restaurants from Ethiopian, Chinese and Japanese, as well the traditional fare at Highland Park Diner and South Wedge Diner.

The Angry Goat Pub, Firehouse Saloon and The Playhouse//Swillburger

offer opportunities for night time socializing. Otto Henderberg Park by Avon and Sycamore Streets, as well, as the Olmstead designed Highland Park are within walking distance. From the fourth floor apartments, the Cinema Theatre, one of the oldest continuously operated motion picture theaters in the United States, is visible and will entice renters with its reasonable prices, delicious popcorn and community feel.

The new apartments will be one and two bedrooms with rents starting at \$1,300. Residents will have access to bike storage, a fitness room, lounge, outside patio and a dog park. The garage will have electric charging stations.

"We will have a 130 KW solar panel system on the roof, that will save between \$30,000-\$50,000 a year," adds Steve DiMarzo, the Chief Operating Officer for Mark IV. These amenities, coupled with the access to public transportation, easy bike routes and the expressway are drawing cards for urban dwellers.

Construction for the project is expected to be completed in February 2020 with renting available in March.



Mark IV Development adds a dog park on the roof of 625 S. Goodman Street

Area Neighborhoods Roiled by Planned Colgate Redevelopment

Bob Thompson

At what cost progress?

The Colgate Rochester Crozer Divinity School campus has been one of the pearls in the city's southeast neighborhood for ninety-one years. That may be changing fast.

In August, the property will potentially be sold to developer Angelo Ingrassia whose intention is to maintain the iconic landmark buildings, to renovate the two existing dormitories, and to build two new four-story apartment buildings. The City seems totally on board with this idea. Colgate's closest neighbors and homeowners are not.

Primary concerns include the construction of massive buildings that will be higher than Strong Hall, that will throw long shadows on the neighborhood below, that will endanger the glacial moraine of the campus, and require the removal of over one hundred trees.

The developer unveiled his plan to the immediate neighborhood on April 8 of this year. There was so much opposition to his plan at the meeting that the many questions from concerned neighbors ran into his presentation time. Specifics of his plan were not made public until mid-June via his website. The developer states that there have been thirteen iterations of his

plans to accommodate "stakeholders." That number is more the result of an ill-conceived plan than an accommodation. The changes have come fast and with little notice. In fact, at the most recent Planning Commission meeting the developer handed out revised plans less than five minutes before the meeting began, leaving no time for the public to evaluate and comment on them.

Though the neighbors understand that the campus needs development, they believe it should be done appropriately and sensitively. Given Ingrassia's proposed uses for offices, tall apartments, clubs and the like, it will become anything but.

With City Council approval scheduled for August 20, the objections to the plan and process are growing louder. In one week, over \$11,000 has been raised to mount a legal challenge to the development, if needed. Neighbors are calling for the project to be put on hold and evaluated properly. The developer is rushing to get things through before another buyer steps in. The City seems to be siding with the developer leaving the Campus and its history as we know it in peril.

Updated plans can be found <https://colgaterochester.com>.



Neighbors' concerns include:

- **BUILDING SIZE:** 65' high on top of a 35' high ridge.
- **THE SHADOW** the big building will cast.
- **ENVIRONMENTAL THREATS** to the north slope & campus.
- **SIGNIFICANT TREE LOSS** from the North slope & campus.
- **PARTIAL EXCAVATION** of a glacial moraine.
- **SIGHT LINE CHANGES** from Highland and South Goodman.
- **INCREASED TRAFFIC** from adding 130 apts (158 total).

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The Plague of Tourism

David H. Day

At the end of May, neighbors bordering Highland Park began to recover from the onslaught of tens of thousands of Lilac Festivalgoers. For about two and a half weeks, our side streets were lined with cars, streets made one-way, and music wafted over our rooftops until 9 p.m. nightly. For the most part, neighbors can be said to “grin and bear it.” Some frankly are proud that our streets, and of course, the lilacs so lovely at this time of year, were the focus of the attention of so many. A small number, however, grumble annually about what they perceive as the carnival atmosphere, the dozens of vendors’ white tents that sprout overnight, (like nothing seen in nature) and numerous organizations’ tents that bear no relationship to either Highland Park or the lilac themselves; think hot-tubs and breast-cancer awareness.

No area business or social cause wants to lose the chance to reach thousands. Issues presented by our elaborate, if short-term festival, and the Park Avenue and Cornhill festivals, are symptomatic of what has become a crisis in world tourism: how to woo tourists while mitigating their excesses and preserving livability for locals. To be honest, we hardly suffer from “over tourism” plaguing popular destinations from Vancouver to Monaco and Bruges, all who face problematic hordes and crowd control.

Clearly bigger is not always better. Some national tourism boards are taking a dramatic step to cease promoting their country. Amsterdam city officials, for example, see what they call the “degree of denial” among local authorities to address tourism’s negative impacts, what with the non-stop expansion of the city’s airports, the cruise terminal and rampant hotel building. And then there’s Venice, Barcelona, Paris and, disturbingly, the almost unconscionable gridlock on Mt. Everest in Nepal. In far-off Cambodia, the 11th century temple complex at Angkor is sinking as the water table is being siphoned off for new hotels. Even remote Easter Island’s trails to some of the many mysterious Moai are becoming worn thin by tourists seeking selfies with the huge stone statues. Visitors to New York’s Museum of Modern Art jockeying for a glimpse of Van Gogh’s “Starry Night” find themselves surrounded by 40-60 people, all vying for a moment in front of the MOMA’s most popular painting in its permanent collection.

Rochester, to be sure, is hardly a global

destination and, to the extent that our tourism is “managed” by Visit Rochester? by the Finger Lakes Tourism Regional Council?, our popular destinations are by and large distributed across a wide swath encompassing the Genesee-Finger Lakes region.

We draw visitors from Canada and surrounding states, whether they come to see our Wegmans flagship store, visit their son or daughter at one of our colleges, attend a convention, or pause here on a tour bus on their way to or from Niagara Falls.

Often underestimated as a global economic powerhouse, tourism’s regulation is often spotty at best.

While it can lift areas out of poverty, it brings pollution and profits that often leak out of the country flowing into the coffers of international hotel chains, the airlines and corrupt local elites. Much of the waterfront of many Caribbean islands is owned by relatively well-heeled “northerners” who erect quietly elegant villas, as I recently saw in Saint Bart’s, townhouses, or time-shares.

But let’s bring this all back to Rochester’s own tourism scene.

We are fundamentally a regional tourism center. The recent run of TV ads urging us to “find what you love in New York State” beam to nearby Canadians, Ohio, Pennsylvania and New England, but also to those of us who live here. Most of us are unaware of the attempts by area businesses, hotels, wineries and educational institutions to woo visitors throughout the year. Sports fishermen (various derbies), race-car enthusiasts (Watkins Glen), golfers (LPGA), video-gamers (Toy Hall of Fame at the Strong Museum) are just some of the target audiences for these efforts.

Clearly, we lack a Louvre, a Taj Mahal, a Cristo installation, or even an aquarium, but we do have America’s oldest miniature golf course still in use (Seabreeze), a generous supply of parks, the Erie Canal and its bikeway and an airport that’s among the easiest to get in and out of.

Our visitor surveys tell us visitors feel safe here, praise our city’s cleanliness and the friendliness of our people; we still have work to do with helping visitors navigate around town. So, think about what you might do on your next “staycation.” Regardless of where this summer takes you, what will your impact be?

Plastic Bag Ban *continued from pg. 1*



1,000-year lifespan. According to some plastics experts, all these figures are just another way of saying “a really, really long time.” NOAA (the National Oceanic and Atmospheric Administration) says plastic “never fully biodegrades.”

On Earth Day this year, New York State Governor Andrew Cuomo signed into law a statewide ban on single-use plastic bags. New York will be the second state in the country; California imposed a statewide ban on single-use plastic bags at large retail stores in August 2014.

New York’s ban takes effect in March 2020. In noting the reason for the ban, the governor’s office gave stats that show the state used an “estimated 23 billion plastic bags every year with 50 percent of those plastic bags ending up in landfills and around the city and waterways.”

The ban doesn’t ban all plastic bags, however. It allows plastic bags to be used

for uncooked meat, fish or poultry; bulk items; sliced or prepared foods; newspaper delivery or prescription drugs. Other exemptions include carryout orders at restaurants and taverns.

The new law also leaves it up to counties and cities whether to charge a five-cent fee for paper for everyone except for SNAP or WIC benefit recipients.

Abundance has been selling their own durable co-op bags for some time. When buying in bulk, Co-op shoppers often bring their own containers.

McAuliff explained that cashiers help shoppers by identifying the “tare weight” of a personal container by marking its weight on the jar or bag, so that it will be deducted from the overall weight of the product when cashing out.

“It’s a shift in the way we think and do things,” McAuliff said. “It’ll be great not to see plastic bags floating up in trees.”

Sudoku Solution

continued from pg. 8

Str8ts Solution

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

Sudoku Solution

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



Harbor front, Nassau, Bahamas (Photo by David H. Day)



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

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South Wedge Farmers Market Builds Community Every Thursday 4- 7 p.m. on Mt. Hope Avenue

Obsession by the Loaf

Steve Frank's Lost Woods Bread Co. is the newest addition to the South Wedge Farmers Market. Frank, who has over 17 years of experience in the food service industry, most recently as a chef, brings loaves of freshly baked bread that exceed anything you can find in a grocery store.

He started dabbling in bread only about a year ago, and he discovered a new passion that has truly become an "obsession." All chefs should be as obsessed as him.

His company's name came from a childhood memory Frank said.

"Lost Woods" ties a subtle reference to a game I loved growing up, and I dedicated my right arm sleeve tattoo to it," said Frank. "I also love the beauty of it and in some sort of vaguely put way, I feel it is almost like "finding yourself or like a niche" in the lost woods."

I sampled his caraway rye variety, and as long-time fans of all things rye, I was surprised at the richness of the flavor. The crust can be described as something between hearty and forgiving. While some rye is merely foundation for a sandwich, this bread can stand



(l-r) Trish, Rowyn and Steve Frank at South Wedge Farmers Market

(Photo by Cooper Townsend)

alone as a tasty and surprising treat.

Frank said his favorite breads to create are the sesame and spelt, covered in sesame seeds with attractive browned tops that show evidence of the cuts made pre-baking down the center of

each loaf. He also brought with him loaves of Rosemary Focaccia, House Sourdough, and Honey Oat Porridge.

Frank currently makes all of the bread in his micro bakery, located inside of his home in Gates. When he decided to go

into the bread business, he bought the gold standard of bread ovens, a Rofco, which was shipped from Belgium.

We talked about the amount of time and care that goes into each loaf from making the dough to removing the bread from the oven. The process is far from quick, and Frank relishes the many steps that go into each and every loaf.

Rounding out the whole Lost Woods Bread Co. experience was the added presence of his wife Trish, owner of LuluBelle Photography and daughter Rowyn, both there to support Steve's first Market day with smiles and adorable toddler curiosity.

Stop by the Lost Woods Bread Co. table and enjoy one of the most aesthetically and viscerally appealing loaves of bread you can find in the region. Visit between 4 and 7 pm on Thursdays at the South Wedge Farmers Market, 151 Mt. Hope Avenue Market, with free parking on site adjacent to the market and on nearby streets.

For more information, contact South Wedge Planning Committee, info@swpc.org or call (585) 256-1740.



There's always a vegetable vendor at SWFM



Under the Oak Pottery - (Photo-Cooper Townsend)



Twin Maple Woodworking



Katarina Schwarz's Katboocha kombucha comes in an array of delightful flavors. You can also wear your allegiance to all things Katboocha with a hat or t-shirt (Photo -Nancy O'Donnell)



Masala Magic



Community building includes discovering organizations that give service to all



You can always pick up something to eat at the Market

The Wedge Gets Read!