

# WEDGE

The Official Newspaper of the South Wedge Since 1982

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## City Love 2020

Save the date!  
March 20, 2020

Joan Brandenburg

Join us for a roaring 2020s party at the 9th annual City Love Event, Friday, March 20, at the Historic German House, 315 Gregory Street.

Hosted by the South Wedge Planning Committee, City Love invites 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.

Local restaurants and grub vendors will offer up samples. Taste some of the best beer and whisky offered in the South Wedge. Music will be provided by local musicians, the photo booth will be back, and auction and raffle items are pouring in.

Nominations are now being accepted for the 3rd Annual Dave Halter Community Champion Award to be presented at City Love. Halter was a well known advocate in the South Wedge. The 2020 awardee will be the person or persons most recognized for the quality of their community engagement and support. For a nomination form, contact Glynis Valenti, Executive Director, South Wedge Planning Committee, gvalenti@swpc.org.

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 guest list is limited to 300. Tickets are on sale now; \$20.00 in advance, \$25.00 at the door and online at RocCityLove.com or www.swpc.org. Purchase tickets in person at 224 Mount Hope Avenue at the SWPC main office. For sponsorship information, contact SWPC Executive Director, Glynis Valenti at (585) 256-1740 or info@swpc.org.



## South Wedge Farmers Market Back in 2020

Joan Brandenburg

We've got an exciting announcement in the works for the South Wedge Farmers Market 2020. Make sure you read The WEDGE to learn more as we get closer to opening day, slated for Thursday, June 18, 2020.

The Market has always been a community gathering place for friends, co-workers, neighbors and whole families who enjoy the bounty of local harvests. Each week people stop and shop for foods less traveled. The new market season will continue to offer great local fruit, veggies, bread, beer, wine and so much more each Thursday from 4 p.m.-7 p.m., June through September.

Popular in 2019 were delicious bread and honey vendors. If you did not try the maple mustard, you missed a taste bud explosion. Many shoppers stopped by on the trip from work to home to pick up prepared foods and to skip having to cook after a long and arduous workday. Our good friends at Veganlicious have already signed up and will be back in 2020.

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## Nathan Myhrvold Talks to the Wedge

Glynis Valenti

Recently I had the opportunity to talk with a food, photography, and technology rock star, Dr. Nathan Myhrvold, who was in town to lecture at Rochester Institute of Technology.

Myhrvold fell in love with books, photography and science as a child and started college at age 14, ultimately earning a doctorate in theoretical and mathematical physics at Princeton University. At the University of Cambridge he held a postdoctoral fellowship and worked under Stephen Hawking.

His first technology company was purchased by Microsoft in 1986, and ten years later Myhrvold was appointed Microsoft's Chief Technology Officer. He took some time off from his duties there to attend chef school in France and eventually left Microsoft to pursue his three passions: innovation, food, and photography.

A quote by Francis Ford Coppola I read many years ago inspires me still, and I think describes Nathan Myhrvold: "It's important to be interested in everything. You have your life—experience it to the fullest... That's why I try to make businesses out of all of the things that I enjoy: food, wine films... I am one big yes."

**WEDGE (W):** How has your extensive science background served you in your culinary pursuits and research and in your photography pursuits? (Myhrvold and his team not only research the histories of dishes and ingredients but test cooking methods and recipes to investigate why processes work and if there could be a better way to achieve the end result.)

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Photographer Nathan Myhrvold uses high-tech and high-speed equipment to capture split second action, as well as magnified details of foods. Photo copyright 2011 Modernist Cuisine, LLC.

## There be Ghosts 'neath the Mistletoe

Patti Giglio

Just like many communities across the country, the South Wedge was settled by immigrants who came primarily from Ireland and Germany to work on the great Erie Canal. They brought with them

traditions and customs from their homelands, and some of these shaped their beloved Christmas holiday celebrations.

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John Massey Wright's 1814 engraving entitled The Ghost - A Christmas Frolic

# OPINION ~ Removing Politics & Morality from Climate Change Conversation

Kevin Schulte

I must admit that I have biases. I believe climate change is a monumental catastrophe that awaits humanity if we do not act urgently. I also believe every individual on the planet has a role to play in solving this crisis. And lastly, I believe that businesses can be both a force for good and still earn a profit.

Since my first college class in 1996 when I was 18 years old, I have been dedicated to implementing technological solutions to address the climate change crisis. Today, I am the CEO of GreenSpark Solar, a for-profit company located in Rochester NY, that believes locally generated clean energy is a cost-effective, market-based solution to combat climate change and an important strategy to strengthen our local community.

Frankly, I am discouraged because the discussion around climate change and the proposed responses and solutions for climate action has fallen into a discussion of politics, a set of questions around morality, and an overwhelmingly divisive discourse. I believe that this is a bigger threat to our society than the climate crisis. To truly slow the earth from baking, we need every person to engage. We simply cannot accomplish that level of engagement through divisive discourse. So, we have to elevate the level of dialogue to bring people together and not alienate them. We need to relate solutions to an individual's or business' daily life and economics and remove morality and politics. With this positive attitude, we can educate so many more to do their part to take meaningful actions to combat climate change and improve our communities.

Let's look at the economic opportunity presented by my adopted hometown Rochester, NY as an example. In 2017, Rochester Gas and Electric (the local brand for a multinational utility company) made \$358 million dollars from energy sales, to approximately 1.1 million people. Currently, available solar technology could replace 42% of this, taking a huge step towards de-carbonization of the Rochester electricity market (not ac-

counting for transportation). I encourage you to look at your own businesses to see what economic opportunities lie in sustainable transformations such as energy-efficiency techniques.

Rochester's economic opportunity is just one large example of the financial benefits accessible climate solutions present. There are small, simple solutions too of course—changing light bulbs to LEDs, making sure the dishwasher is fully loaded, turning the light off in a room when we leave. These simple actions positively impact our bank accounts, and they help solve our global problems. The fact of the matter is that solutions to the climate crisis exist right now. The problem is the population at large, and our elected leaders, don't understand that not only will these solutions provide a liveable planet for us to inhabit for the long term, but will also make a positive impact on our daily lives today.

The point being, you don't have to believe in the climate change crisis to see the unprecedented economic opportunity to rebuild our country on the foundation of clean, efficient energy technologies.

It's useful to look to our history to find moments when we have collectively confronted global problems with successful outcomes. World War II is looked upon as the last event that truly mobilized and united our country to overcome a monumental, global challenge. It's the touchstone of the Greatest Generation's historical contribution and a highlight of the "good ol' days" that Americans seem to yearn for.

However, it's important to remember the WWII unified national effort and broad-based support didn't happen

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## The WEDGE Newspaper

e-mail Editor Nancy O'Donnell  
at [thewedge@swpc.org](mailto:thewedge@swpc.org)  
585.257.7640, ext. 4

**ADNet Printing,**  
Messenger Post Media

### Writers

Wendy Burwell, Joan Brandenburg,  
Patti Giglio, Sr. Anne Guerin,  
Peter Doughty, Mike Henry,  
Michele H. Martell,  
Bruce Mellon, Nancy O'Donnell,  
Kevin Schulte, Rebecca Silliman,  
Glynis Valenti,

### Photographers

Sara Gaudio, Nancy O'Donnell,  
Glynis Valenti

### Copy editor

Anne Logan

### CONTACT

E-mail staff, type first initial,  
last name@swpc.org  
South Wedge Planning Committee  
224 Mt. Hope Ave., Rochester, NY 14620  
585.256.1740

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

### Consultants

Norm Karsten,  
SBDC SUNY Geneseo

### 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](mailto:nodonnell@swpc.org). Advertising deadlines and rates are available online at [www.swpc.org](http://www.swpc.org) or call 585.256.1740, ext. 4 or 585.978.9638.

**Before recycling the Wedge, please share with others.**

Sign up for a Wedge Card and get discounts when you shop local businesses. A list appears here every month of participating businesses. You'll also get the WEDGE newspaper mailed to your home. 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](mailto:gvalenti@swpc.com), 256-1740, ext. 2. Are you a business owner interested in participating in the Wedge Card discount program? Let us know!



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## 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](mailto:gvalenti@swpc.org) or board chair Frank Logan at [flogan@rochester.rr.com](mailto: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. 12/17, 1/21, 6 p.m.**  
contact: [flogan@rochester.rr.com](mailto:flogan@rochester.rr.com)

**Community Engagement (Neighbors & Block Clubs)**  
[gvalenti@swpc.org](mailto:gvalenti@swpc.org)  
Wed, Jan. 22, 5:30 p.m.

**SW Victory Gardens**  
Mon. 6 p.m., TBD  
[felann@frontiernet.net](mailto:felann@frontiernet.net)

# Swillburg Shout Out

## Swillburg Celebrates Annual Harvest Fest

Mike Henry

Autumn was in free-fall when we Swillburg neighbors celebrated a community of bonds at our annual Swillburg Harvest Fest on November 7th. A good crowd of about ninety neighbors, both current and former, convened in the historic German House's grand, vaulted ballroom. Our program included dinner, speakers and a special award as well as a fun raffle. Dinner consisted of a delicious buffets with mounds of fried taco chips, salads, beans, rice and, of course, guacamole catered by John's Tex Mex.

The whole occasion was especially upbeat as Swillburg presented an award to City Councilwoman Elaine Spaul, in appreciation for twelve years of service to southeast Rochester, as she steps down from the council. Her replacement, new City Council Member Mary Lupien, joined in the celebration. We also enjoyed presentations from Rochester Police Department Captain Lloyd Cuyler as well as from RPD Lieutenant Frank Alberti. Rochester City Director of Zoning, Zina Lagonegro also addressed us on some of the new zoning guidelines.

Of course, there are many many people to thank for making this dinner happen. First of all, a huge thanks to Judy Hay who facilitated the Swillburg Steering Committee, hosting monthly meetings at her house and MC'ing the event. Also, thanks to steering committee members who attended monthly meetings, solicited raffle prizes, purchased party supplies and distributed announcements throughout Swillburg. They include JoAnn O'Neill, Joyce Nakada, Sharon Price, Kelley and Joe Mariano, Frank TenBroeck, Sara Gaudio, Dave Ferguson, Bob Palmer, Josh Bossman, Joshua Jacobs and Stephanie Jakas.



RPD Captain Lloyd Cuyler and Lieutenant Frank Alberti share time with Swillburg Neighbors. (Photo - Sara Gaudio)

And, many many thanks goes to Ron Maier of The Historic German House for generously hosting our event and to local artists, businesses and agencies for their generous donations to supply our event or for items contributed to our raffle. They include: artists Megan Fritts and Jack Mars, Abundance Food Coop, Stuart's Spices, Natural Pet Foods, Wegmans, Simon Business School, Hedonist Chocolate, Dicky's Restaurant, Christopher Grocki. Special thanks to John's Tex Mex's John Roth and Bridget Synder for vending and presenting us with great food. Lastly, thanks to the South East Area Coalition as well as to the South Wedge Planning Committee for their services and support! It's great to live in a cool urban neighborhood with so much connection and collaboration!

On another note, don't forget that Swillburg neighbors continue to have monthly luncheons at area restaurants. Watch for the announcements on Next-door social media and please join us!

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## Climate Change

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overnight. In fact, the United States Holocaust Memorial Museum tracked public support for the US to engage in World War II and revealed that it took the Japanese bombing of Pearl Harbor to get 91% of Americans to support World War II.

The colossal, national effort to confront and defeat totalitarianism required every American and every business to commit their resources and willpower to the effort. And the result, in addition to ridding the world of a horrific evil, was a modern, efficient, technologically-superior economy that made America the shining example of the post-war world. The effort to combat climate change will require this type of unified support and can result in the rebirth of the American economy. For us to solve the climate change challenge we need the type of support that was required to launch the D-Day invasion—a massive coordinated effort.

energies of the past to energies of the future is one of the answers. This can be viewed as a means to avoid an environmental catastrophe or as an economic opportunity measured in the tens of trillions of dollars with massive benefits to be gained in job growth, investment, infrastructure improvements, and public health.

In order to seize this opportunity, we need to focus our local economy to be a part of this national and global economic development.

At GreenSpark we hope to continue to have a positive influence. And I would like to challenge everyone to speak about the business case, speak about the benefit to our households, speak about the ease of adopting solutions, and for this Rochester and Western NY community to rise up as a leader in the economic development opportunity that is in front of us.

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# Business Buzz

Jennifer Sanfilippo, executive coach, gender inclusion consultant and host of the podcast "Jenderator," created it to "energize the workplace inclusion conversation." Sanfilippo describes herself as "an Olympic level optimist" and says her deep relationship with hope is the secret to her successful career in government, politics and the financial industry.

"I am ceaselessly intrigued by the power of dialogue and the discovery that comes from human connection," said Sanfilippo. "I'm dedicated to bringing this project to the public stage for others to learn and grow."

She's lived in Rochester for the last 28 years with her husband Jim Barbero. Prior to her current work, she was a government and community affairs executive, traveling around the northeast, frequenting NYC & Washington, DC.

"The quality of life here is special. Traveling can be grueling, but for me, coming home to a community that's easily traversable, with wonderful neighbors and walkable communities can't be beat," said Sanfilippo. "We did live in DC for a little while, long enough to learn that I'd rather spend my time walking in an Olmsted park than sitting in a car on the GW parkway."

My only wish is for our community to be more racially integrated. Our sons went to Rochester City schools. As parents, this was our way of being intentional about integration. It was of paramount importance that they had a diverse culture experience growing up. That's an experience you can only get if you actively seek it out. It doesn't come organically in upstate NY."

Sanfilippo said she started her podcast to "explore equity and inclusion issues."

"When I left my last gig as a bank lobbyist, I decided to take some time to put pen to paper and start researching my thoughts on gender equity. The project started as a blog. I quickly learned that neither my subject matter, nor my writing style was conducive to a blog format. In other words, no one wants to read



Jennifer Sanfilippo, host of podcast Jenderator

white papers. I started exploring the possibility of hosting a podcast instead. Once I got it started, I realized this was definitely a better medium for me. It's fun, my guests are amazing and they have great information."

Podcast interviews have included locals and others from as far away as North Carolina and California. "Some folks are subject matter experts and others are leaders in their organizations. If you check out my website, you can read the bios of all my guests from season 1 and season 2."

While "Jenderator" still does not have sponsors, she's expecting a few to come on board in 2020.

"As you may imagine, some interviews waded into controversial subject matter. I wanted to be free to focus on the content and the guests without worrying about another entity breathing over my shoulder. I'm glad I approached it this way because when I did try to do some self-promotion on Facebook by using their "Boost" feature, I got banned from that advertising vehicle completely because the word "racism" was in the title of the podcast." (The full title was: Disproportionality- How one school district is combatting racism).

Listen to "Jenderator" by downloading podcasts from iTunes, Spotify or Stitcher or directly on Sanfilippo's website at [www.jenderator.com](http://www.jenderator.com),

## Cheesy Eddie's Rates #3 in Yelp.com's Best Upstate Bakeries

Some lucky writer got to rate Upstate NY's best bakeries. From a list of thirty-two finalists, the best bakeries in Upstate New York. Cheesy Eddie's made the top ten. According to Yelp.com, its "best" formula measure "star rating and volume of reviews."

Cheesy Eddie's Bakery rated five stars and received 109 reviews. The most common rave was for its historic cheese cake; one customer gushed that "the cream cheese frosting is just to die for."

Nearby on Monroe Avenue, Voula Greek Sweets was rated #5 not only for its scrumptious pastries but for its "stellar vegan options." #4.5 stars, 150 reviews.

## 37th Annual New York State Silver Gloves

New York state boxers, eight through sixteen years of age, vie for state championships and to earn the right to progress on to the Regional Championships in Utica on January 4 and 5.

Those winners advance to the National Championships January 31- February 1.

The tournament is sponsored by the Rochester St. Martin Boxing club, Inc., in cooperation with the Southwest Community Center (SWAN).

For more information, call Don Simkin at 585.752.2621.

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Photo courtesy of Axom Home & Gallery

## Axom Gallery & Axom Home

Stop in and welcome Robin and Rick Muto, owners of Axom Home & Gallery, a stylish "modern urban living" shop, to the South Wedge. The couple already have a long history in the neighborhood. An early studio of the couple, decorative and fine artist, Rick, ceramist Robin, was located in a space that today houses Boulder Coffee. They raised their children on Linden Street: Margot, now head of exhibitions at the Memorial Art Gallery, and son Tyler.

The South Avenue business's name isn't a typo of the word axiom, the ancient Greek word that means "that which is thought worthy or fit," although it would be appropriate. When the family was looking to create a logo and thought of axiom, daughter Margot suggested they drop the i said Rick.

Rick and Robin, along with daughter Margot, ran a gallery on Anderson Avenue in the Neighborhood of the Arts for over a decade. When the lease ended, they decided to bring their business home.

While the couple was moving into the South Avenue space, Robin Muto said she wanted the new shop to have the feel of a museum gift shop, and it does. Along with "affordable but extremely good quality" furniture and art, Axom also sells giftware, housewares, jewelry, candles and greeting cards.

661 South Avenue, 232.6030. [www.axomhome.com](http://www.axomhome.com), [www.axomgallery.com](http://www.axomgallery.com).

## E-Scooters Not Such a Good Idea

**Bruce Mellon**

The WEDGE Newspaper published an article, "Are We Ready for E-Scooters," by David Day in the Oct/Nov. issue. Day noted that both NYS Assemblyman Harry Bronson and City Council member Mitch Gruber were supporters of bringing e-scooters to Rochester streets. Bruce Mellon sent an e-mail to the two supporters. His letter is being published with his permission.

My concerns with e-scooters are like those with bicycles on pedestrian walkways. In pedestrian-only walkways, bicyclists often quickly move to one side or the other to either pass or avoid an oncoming individual/group. They often, but not always, follow the general rules of motorists keeping to the right, less looking to the side/rear and providing signals.

With the speed of e-scooters and bicycles exceeding that of pedestrians and their inability to stop on a dime, unlike the ability of a pedestrian to do so within a foot or two, pedestrians on less-than-sparse sidewalks will have an increased likelihood of being unexpectedly hit from behind or hit head-on when the scooter unexpectedly has no achievable route around people. I've had the similar situation when some younger/motorized wheelchair individuals move through the hallways at MCC much faster than those walking when changing classes.

I start wondering about liability. I start wondering about speed limits or exceeding the speed of pedestrians on the sidewalk.

I'm wondering if they need to share divided bike lanes or even traffic lanes using rules of the road, but what about where there are no bike lanes possible and traffic is scary, especially for kids?

Should helmets be required? Maybe including pedestrians?

Then the next generation of sidewalk traffic involves autonomous delivery robots. Collisions between e-scooters and bicycles and autonomous delivery robots? If a robot blocks my way on a crowded sidewalk, I'd be tempted to turtle it and roll it to the curb. If one runs into me, we'd sit there until the police arrive, put it in cuffs till the owner arrives, and a police report is complete...

Is there or should there be a hierarchy of rights on a sidewalk - like there are informally on hiking/biking trails? I always say/do "on your left" when approaching from behind and yield to pedestrians on shared pedestrian/bike paths such as the wide canal trail. But those trails are almost always not crowded, and if they are crowded I dismount.

I'm just imagining College Town on a busy evening for the first couple blocks south of Elmwood, or along parts of Park Ave with the relatively narrow sidewalk width, curbside parking with people exiting vehicles, and narrow traffic lanes.

I wish I had better or more definitive answers/suggestions and would be glad to participate in a forum for public discussion, hearing from those that might have studied the problems/solutions.

I'm leery about a blanket approval of e-scooters without the above picture being first discussed at length and rules/expectations/liability resolved.



## Over 350 local artist in RoCo's Annual Exhibition

Rochester Contemporary Art Center's (RoCo) 29th Annual Members Exhibition opens December 6. Local and national artists from all backgrounds have work on view in this salon-style show. The exhibition celebrates the broad range of talent and style shared among RoCo's members, a community made up of artists of all caliber, from hobbyists to no-

table Rochester artists. Awards are presented by various local organizations, including one award winner selected by Mayor Lovely Warren. Students and RoCo members will also have the opportunity to recognize an artist by voting for their favorite piece.

Rochester Contemporary Art Center, 137 East Ave., Rochester, NY 14604

# Not Just a New Year! A New Decade!

Michele H. Martell

Who else finds that the oncoming year of 2020 seems surreal, and unbelievable that we are approaching not just another new year already, but a new decade to boot?

At one time for many of us, visions of the year 2020 would have conjured up images from the TV show *The Jetsons*. Automatic food from a machine? Check. Video telephone conversations? Check. Conveyor belts to get you from here to there? Check. We are not yet flying in saucers from errand to errand, or having our clothes and hairstyles automatically placed upon us; but today who knows? It seems there are no limits today!

Each new year usually brings the question for each of us—whether we are deep thinkers or not—what do I want to do new this year, and what do I want to leave behind? This thought process seems to reach across all ages, too. Young and old, we all wonder what will be in the new year. Of course, the weight of the question can become heavier as we grow in years.

It is interesting how goals can become deeper as time goes on. I read an adage once that life seems to go faster as it gets closer to the end, similar to how a roll of toilet paper unravels faster the closer it gets to its end. It's a great humorous spin to put on it all! Yet it's true. The longer we are in our earthly existence, the faster the time goes. It is just a part of our experience. How many times do we hear from friends, family, checkout folks—heck, I just heard it today while renewing my dogs' town license, "This has been the fastest year of my life!" And it keeps getting faster. For younger readers, buckle up, you're gonna feel this soon enough!! And you know what? It is not a bad thing.

When we are younger, we instinctively feel that we have all the time in the world and that we are invincible; possibly undervaluing our health, our energy, talents, and other people. I recall hearing those words from my Dad, God rest his soul, when I was just a kid. We become independent, strong, and can develop the realization that the world is our oyster. As time goes on, we inevitably experience the vulnerability of loved ones and our own. And it can be shocking. What do you mean I'm not here forever? That my physical and mental capabilities are not going to remain the same? And that my strong and healthy parents will succumb to death? Wow!!

So back to my title—Not just a New Year!! A New Decade!! For you, for your



Michele H. Martell (Photo by Sarah Jeruta Salvilla)

kids, for your animals, for your family, for your business, for your health and spiritual life, for all your relationships.

What do YOU want in 2020? Some of us know exactly what we want. Some of us are still figuring it out. And some of us have no idea what I'm talking about because no one ever asked us what we want because we have always been about what everyone else wants. It is a very personal question.

Perhaps a better question is what do you want to manifest in the new decade? I am finding that having a gratitude list each day is a great place to start. We are so blessed beyond measure. Health, loved ones, a roof over our head, warmth and utilities – so many people and animals do not have these things. And when we give thanks for what we do have, and share our gifts, it is a universal law that we will attract more blessings.

It is a New Decade coming! Friends and family and animals bring you peace and happiness? Focus on them and love on them. Some folks leave you feeling empty, questioning your worth in their life? Take your focus off them and give that love and support to yourself. My dear friend who helped me survive several life events is now suddenly leaving New York State. She has been a rock. Guess what? 2020 is her oyster, starting a new decade on a new adventure. She is exactly where she needs to be, and I am so grateful and happy for her and her wonderful husband.

Make this your best, most sparkling decade yet. And you never know how many future decades will benefit from your 2020 decisions. Bless you and yours and Happy Holidays.



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A recent news story on WXXI noted that life in a high-poverty neighborhoods can take "an average of eight years off the life expectancy" of people living there. Poor nutrition is the battle people living in poverty fight every week.

The South Wedge Food Program serves those in the community who are hungry.

The program began as a ministry of the former Calvary St. Andrew's and is now a project of the ROC SALT Center, part of the Presbytery of Genesee Valley.

The Center depends on the help of volunteers and accept donations of help, food, and financial support from churches, businesses, and other agencies in the South Wedge and beyond.

The program buys most of its food from Foodlink and supplements it with vegetables grown in

the Allison Clarke Community Garden.

**If You Need Food**  
The Center's Emergency Food Cupboard serves persons in need, regardless of where they live.

Individuals should bring an ID showing place of residence or bring a referral from a community agency or church. For families in need, each member should bring an ID.

Social workers representing a client are welcome during our food cupboard hours. Please bring your client's name and birth date so that we may assist you.

If you want to donate, checks made out to "South wedge food program" are welcomed or visit <https://www.rocsalt-center.org/donate-2/> and click the "give now" button.

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South Wedge annual Christmas Elf aka Christopher Hennelly leaps for joy and into immortality in a photo by Gretchen Arnold

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# Planetary Messengers

Aeolea Wendy Burwell & Peter Doughty

Welcome back to our fifth offering in a series focused on the ancient art/science of astrology. In writing this we hope to spark the interest of a wide range of readers, from those who might know their Sun signs to others who know nothing about astrology. Additionally, we offer an initial glimpse into the current celestial weather under which we are operating, so that we may all have some awareness of how to use these energies for the highest and best possible outcomes for ourselves and others.

Let's begin by focusing first on the Moon's cycle from New to Full and back again. This is the fastest-moving cycle in our heavens and the most readily accessible in the sky to even the most casual observer.

Since in astrological understanding, the Moon represents our emotions—and how we respond to the ebb and flow of everyday life—it is also the most easily observed internally.

The lunations for the months of December and January are:

\*The New Moon on Nov. 26 in early Sagittarius really began December's moon cycle supporting a festive atmosphere around Thanksgiving. This was a time of higher spirits and a bit of optimism, at least for the moment; it is likely to erode as we move through the month, so savor these few days and aim high as you set your intentions. -

\*The Full Moon at 12:12 am EST on Dec. 12th in Gemini represents a time busy with communications. It's quite possible that playing fast and loose with the truth may reach new heights. It is a very pregnant moment for each of us individually and is especially reflected in our country's political landscape. Interestingly, it is the reverse of the Full Moon in President Trump's birth chart and will signal critical, if not defining, moments for him and probably the country. We are also likely to be impacted by economic news

of some sort, particularly in relation to business innovation regarding agriculture and food supply, along the lines of the plant-based 'meat' products newly available.

\*The New Moon on Dec. 26 in serious Capricorn, again at midnight, marks the start of the Capricorn season which will be in stark contrast to the few weeks prior. It is also a Solar Eclipse (which can only occur on a New Moon). It will be visible, and most strongly impacting, from the Middle East through Indonesia ([www.timeanddate.com](http://www.timeanddate.com)) but affecting us all. Those born very near Dec. 26, March 24, June 25 and Sept. 26 will feel its impact the most. Eclipses are often experienced as disruptions to the status quo. For example, in ancient times they were viewed with alarm and trepidation, especially focused on the 'death of the king' or regime change at the very least. They are definitely harbingers of transformative events and decisions in the months that follow.

\* The Full Moon on Jan. 10, 2020 is in protective, nurturing Cancer at 2:21 p.m. EST. Eclipses primarily happen in pairs (solar/lunar), twice a year, approximately six months apart. This Full Moon is the lunar eclipse corresponding to December's solar, and it will be visible in approximately the same geographical area as the solar eclipse. It is also linked to the eclipse activity of July 2019 with the same signs (Capricorn/Cancer) highlighted. Home, family and where we seek comfort will be highlighted. And since it does correspond to July, we most likely will see climaxes to events that began at that time.

\*The New Moon in early Aquarius on Jan. 24 at 4:42 pm EST begins a new cycle related to group energy and humanity as a whole. We likely will see sudden challenges or breakthroughs. We may be presented with opportunities to shatter illusions and seek new understandings and behavior patterns



between the sexes. Artistic endeavors are strongly energized by an adventurous spirit and characterized by boundless changeability. We are likely to find ourselves seeking a hard to define union with the cosmos. Stay loose and open to what materializes in your imagination.

The winged messenger Mercury is no longer retrograde and has been appearing to pick up speed since Nov. 20. It leaves the watery depths of Scorpio on Dec. 10, where it has lingered since October 4. It then enters Sagittarius, joining the Sun but coming in at the end of the Sagittarian festivities after Jupiter has moved on. The search is for the bigger picture. Expect wide-ranging, restless mental activity and communication, especially related to faith, higher ideals and other forms of over arching perspectives. Details may be lost in this quest.

Potential challenges to precision and clarity are likely as Mercury and Neptune negotiate their differences just prior to the Winter Solstice (Dec. 21). Imagination runs high, along with susceptibility to deception. Mercury will then join the procession into Capricorn on Dec. 29 where it stays until Jan. 16. During this period of approximately three weeks our thoughts and communications will be most useful when aimed at the most practical of matters such as planning and improving organization. It will mingle with all the planets already there (Sun, Jupiter, Saturn, Pluto) intensifying this focus on material success.

Mid-January, Mercury will then enter Aquarius where there it has a natural affinity for swift mental acuity especially in relationship to group dynamics. Pay attention to the shift on the 16th as this change will be observable.

Venus, goddess of love, harmony and beauty, continues to climb higher in the evening sky while marching through Capricorn where she is likely to be very conscious of status; money matters are likely to be highlighted while being conservative and traditional. The week of Dec. 8th through 13th, she will be joining forces with the deep restructuring combination of solidifying Saturn and powerful Pluto, focusing on the need for beauty amidst the urgencies of epochal change.

On Dec. 20, she enters freedom-loving Aquarius and changes up her focus, especially while conversing with rebellious Uranus. Unexpected sudden changes, even separations, in matters of the heart and possibly finances, will be evident through the 22nd. We will be more willing to be more socially engaged with and appreciate people who are different.

After Capricorn's more pragmatic focus, social connections are attractive for their potential to add spice to our lives.

On Jan. 13, Venus will move into Pisces, where she will stay until Feb. 7, and our hearts will be drawn into the spiritual realms. Boundless love will be most comfortable in the spotlight. Artistic and romantic endeavors will be highly idealized and caution should be taken to avoid deception if at all possible.

Mars, representing energy in action, is lingering in emotionally intense Scorpio the entire month of December. This provides us with opportunities to work out emotional knots through physical activi-

ties such as vigorous, boundary-pushing exercise. If unrecognized or expressed negatively, temptation abounds to indulge in vindictive expressions of anger. With this knowledge, we have the opportunity to end this calendar year positively or with murky emotional challenges.

On Jan. 3, Mars moves into Sagittarius (until Feb. 16). Emerges from the emotional depths and takes impulsive flight toward higher ideals and principles. We will be moving on enthusiastic waves capable of taking us to new places without regard for personal sensitivities. And there is a restless need for exploration.

Jupiter's expansive energy has been comfortably at home in adventurous Sagittarius for the past thirteen months. Now, starting on Dec. 2, it takes on the serious and structured business of Capricorn's agenda. Jupiter makes everything bigger and expands the energies of each sign that it occupies. Capricorn, being an earth sign, is concerned primarily with the material world: business and governmental structures and operations.

On Dec. 15, an easy flowing contact occurs with electrical Uranus in Taurus. One realm to watch will be possible sudden earth events. This will be a favorable time for folks born at the early degrees of the earth signs: on or near Dec. 25, April 23, or Aug. 26. New business opportunities or fortunate events will likely present themselves unexpectedly.

The Winter Solstice (Dec. 21 at 11:19 pm EST) is one of the four great portals in the cycle of the seasons, joyously celebrated and ritualistically observed throughout time immemorial. Many know this as the shortest day of the year or the longest night if you will. What it represents is the return of the light in our northern hemisphere. Make sure to mark this miraculous event well.

Since Solstices (and Equinoxes) are celestial events and not dictated by the Gregorian calendar on the wall, the exact dates vary slightly from year to year. This year the Winter Solstice heralds a rare planetary gathering of great significance.

The slower moving pair of Saturn (with a 29-year orbit) and Pluto (with a 248-year orbit) have been moving closer together for the past two years, since Saturn entered Capricorn. Pluto entered Capricorn in 2008, and by the end of December they will be only one degree apart.

This combination, and the mounting pressure as they more closely align, reflects the transformative times we are all living through. (Their previous two meetings were in 1982 and 1947) The great social upheavals clearly seen in the worldwide news each day are also manifesting in our personal lives in direct proportion to exactly how they are impacting our own individual natal (birth) charts.

Jupiter will continue to move toward them both and will catch up to Saturn a year from now on the Winter Solstice 2020. We will surely feel the energetic force of this impending union throughout the coming year. This is a dynamic combination of boundaries (Saturn) and no boundaries (Jupiter) that takes place in various signs every twenty years. This coming one is enhanced by the addition of other

continued on pg. 9

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## South Wedge Sudoku Solution on pg. 11

### STR8TS

Tough

	1		6		8	9	4	
1					9			
					1			
								2
			3					
		4	3	2				
			2	6	3			
3								9
	6							

### SUDOKU

Easy

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

**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](http://www.sudokuwiki.org) for Sudoku and [www.str8ts.com](http://www.str8ts.com) for Str8ts.

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# Planetary

continued from pg. 8

planets, the slowest moving and most powerful one being Pluto, representing deep, profound transformation. This is a historic event the meaning of which astrologers all over the globe have long been discussing and interpreting. Perhaps we are slated to witness the coming of the Aquarian Age. Surely it will be a paradigm shift beyond what anyone now alive has experienced. Personal and collective choices remain vital to the course of our planetary evolution. All manner of decisions, large and small, will contribute to the unfolding of events. May we all choose wisely.

The authors welcome feedback and questions as well as offer individual chart readings. If you are interested in learning about astrology, please be in touch for either group or individual instruction. Aeolea Wendy Burwell has been a student of the celestial arts for over forty years and is currently teaching astrology to eager students in her living room and wherever possible. (aeolea@juno.com) Peter Doughty has nearly forty years experience studying and writing about mundane astrology, including his blog over the past seven years and recent book entitled Scenes from a Tapestry. (ZodiacalSpiral.com, zoidion@protonmail.com) They have recently started to write together and are both available for individual chart consultations in person or over the phone.

# Ghosts

continued from pg. 1

*There'll be parties for hosting, marshmallows for toasting and caroling out in the snow. There'll be scary ghost stories and tales of the glories of Christmases long, long ago.*

Just like in the Andy Williams' song, "It's the Most Wonderful Time of the Year," at one time a centuries old tradition was to tell scary ghost stories on Christmas Eve. This tradition was influenced by the pagan celebration of Yule, or the Winter Solstice, which was the longest and darkest night of the year. The seemingly never-ending darkness allowed the spirits of the dead to walk in the realm of the living.

Our Victorian ancestors may have seemed prim and proper, but they had an appetite for a good thriller that would put M. Night Shyamalan to shame. The telling of scary Christmas stories gained popularity in mid-19th century England and British Isles, though it had roots over a thousand years deep.

The very first holiday ghost story to be told on American soil came from Washington Irving in 1819, when Charles Dickens was just a lad of eight years. Irving's book, *Old Christmas from the Sketchbook of Geoffrey Crayon, Gent*, contained the following: When I returned to the drawing-room, I found the company seated around the fire, listening to the parson, who was deeply ensconced in a high-backed chair, the work of some cunning artificer of yore, which had been brought

ed, he was dealing forth such strange accounts of popular superstition and legends of the surrounding country.

New York native, Frank L. Baum, of *The Wonderful Wizard of Oz* fame, penned his own Christmas horror story when he wrote "Kidnapped Santa" in 1904, in which Santa was taken prisoner by five demons in the caves surrounding Laughing Valley where Mr. and Mrs. Claus lived with their elves. HP Lovecraft offered "The Festival" to incite a little fear in the reader's heart. Though the most famous of all Christmas ghost stories is by far *A Christmas Carol* by Charles Dickens, the master of Christmas horror, Henry James, M.R. James and H.G. Wells also created tales of terror.

The market for such stories was not completely cornered by the English and Americans. Other cultures brought tales of Christmas creatures horrifying enough to scare any naughty child into good behavior in time for Santa's arrival. The Germans had Krampus, which was half goat/half demon, and who appeared on the eve of St. Nicholas Day to carry away bad children in a sack to later eat them. Not to be outdone, there was also Frau Perchta, a Christmas witch, who sought out naughty children to disembowel them.

Not only did the immigrants bring Christmas ghost stories and not so festive monsters, they also introduced dark superstitions among the holiday traditions. According to a popular superstition, those born on Christmas Eve became ghosts every year on the night of their birth while they slept. In order to keep from becoming a ghost, the birthday "child" had to count the holes in a sieve from 11 o'clock on Christmas Eve until morning. Some of our most cherished traditions came from macabre

beginnings. The church bells that toll on Christmas to joyously celebrate the birth of Christ originally rang out for centuries to remind Satan that the holiday symbolized the beginning of his end. The giving of Christmas gifts is believed to follow the story of the Three Wise Men giving baby Jesus their precious gifts. However, it has a darker origin. Dolls were given as gifts during the pagan celebration of Saturnalia, which was a Roman holiday that fell between December 17th and 23rd. The dolls were a depiction of the human sacrifices made by the Romans as payment to Saturn for a bountiful harvest. If you put tinsel on your Christmas tree, the idea came from Eastern European folklore about a spider that covered the tree of a poor widow's family while they slept, bringing them good luck and fortune.

By the end of the 19th century, the Christmas Eve ghostly traditions were all but abandoned, its demise attributed to a few culprits. Samhain, the predecessor to Halloween, arrived in America from Ireland and Scotland. The focus of Samhain was the dead and the relationship with the living. As a result, the obsession with ghosts slowly migrated from the hearths of Christmas Eve to Halloween. The invention of the Christmas card and its mass production in 1875, as well as the growing commercialization of the holiday put the final nails in the coffin. The scary ghost stories once told on Christmas Eve were replaced with heartwarming tales of charity, family, peace and Hallmark Channel movies. So, while we're celebrating with Santa and his merry elves, I say bring back some Irving, Dickens and Poe. Merry Krampus to all and to all a fright-filled night!

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# In Memoriam



**Carlene Woodward  
1942 - 2019**

Carlene Woodward maintained a large presence in the South Wedge. She worked for political candidates, a volunteer for the Highland Park Neighborhood Association, and in a very soft, civilized voice would voice support or opposition to many city and state issues. In recent years, her voice was heard often on WXXI Connections when she

called in to comment on a vast number of subjects. A friend described her as “a model for all of us. Speak up, speak out, engage! Carlene always had a sense of the right thing to do - with a wealth of background information to support her views.”

Her sense of aesthetics was renown. She was the owner of local antique shop Graymalkin for 35 years. After she retired, she relished being close to her grandchildren. On Linked-in she described herself as “Nanny for two brilliant grandchildren Sarafina and Raphael.”

She writes, “Running my own antique business for two decades was nowhere as rewarding, challenging and just plain fun as this career. I am the envy of my friends. There are so many developments each day in their skills. I see the world full of discovery, ouches and awe. No job has more opportunities for teaching and learning with immediate rewards of smiles, hugs & kisses.”

Carlene died peacefully on Nov 12, 2019. She is survived by sons Donald Beurlein (Colleen Richenberg) and Mark Stauffer; grandchildren Dustin, Seraphina, Rafael and Diana and many, many, many friends.

A celebration of her life was appropriately held on December 9 at Artisan Works.



**Louis D. Kinsella  
1958 - 2019**

Louis D. Kinsella of Rochester, NY passed away on October 26, 2019. Louis was a beloved participant at the South Wedge Farmers Market and other area markets for his herbal soaps, creams and shampoos. He developed a variety of products under his South Wedge Botanical Soap brand, which combined his interests in chemistry and nurturing plants.

On Market day, Louis was always smiling and loved to talk with customers and other market vendors. People remember Louis regaling an audience

on” the drip irrigation of hot peppers, the regulations for skin care products, and the cats that he and Lee adopted.”

When he married his wife Lee several years ago, he would be visibly moved in describing the ceremony, and the joy he got from sharing it with friends and family.

Louis is survived by his wife, Letha (Lee) L. Holliday; sister, Joan Kinsella (Michael Thomas); nieces, Martine Thomas and Karenna Thomas; aunt Suzanne G. Milot and numerous cousins. He was predeceased by his parents, Dr. Dalton L. and Madeleine G. Kinsella, Jr. and sister Mary Madeleine Kinsella.

Louis graduated from West Side High School in West Springfield, MA, and completed his Bachelor of Music in Vocal Performance at the Eastman School of Music in 1981. For more than two decades he performed as tenor soloist and section leader at Downtown United Presbyterian Church and St Paul’s Episcopal Church in Rochester, NY.

Along with his botanical products, Louis created and manufactured environmentally safer formaldehyde-free alternatives for medical laboratory procedures which he marketed nationally through his company Spectra-Tint

## Get a Lift

Mary, like some of your neighbors, can’t drive anymore. Yet she could use a lift.” This is the tagline for the “Give-a-Lift” program.

“Give-a-Lift” is a consortium of volunteer providers of transportation, sponsored by Lifespan, with the goal of enabling elders to remain safely and independently in their homes, to “age in place.” The primary mission is to take our non-driving neighbors to their medical appointments, and then on other necessary errands such as shopping, the bank, etc. as the availability of volunteer drivers allows.

While many communities in the county offer this gift of transportation to those who no longer drive, they need more volunteers to continue the service. Do you have a couple of hours a week, or even a couple of hours a month to drive someone? Are you a veteran? A new group dedicated to

transporting vets is eager to expand.

Wherever you live, whatever time you would like to donate, we could use you! We have an application process, run your license, check your insurance and references. We offer you supplemental insurance at no cost as well as a training program and a photo ID.

Drivers find this to be a win-win situation! They love to drive, they want to contribute to their community, and the folks they transport generally have no other option.

If you would like to make a difference, to get a lift by giving a lift, call Sr. Anne Guerin at 244-8400, ext. 142 or email her at [aguerin@lifespan-roch.org](mailto:aguerin@lifespan-roch.org)

**Sr. Anne Guerin**



## Why Buying a Truck Was the Best Thing I’ve Done for the Environment

**Rebecca Silliman**

This past summer, I bought a truck. The truck of my dreams, in fact. It’s a cute little gray Ford Ranger. A small one, like they used to make. It’s hypocritical, I know, for a zero waste lifestyle professional to be zipping around in a gas-guzzling truck of all things. I’ll admit I feel a tad bit of imposter syndrome creep in when people see me in it—what if they know who I am?! I should’ve gotten a Prius! — I panic, needlessly, of course. The truck is everything I always wished it would be; the cab is cozy and comfortable, I have space to tow kayaks around, the aesthetic can’t be beat. It’s even great for hauling away my home organizing clients’ belongings and trash. It’s everything I wished for in every way, except one: the gas mileage is abhorrent. Making the jump from my 1987 Celica (which got mileage to the gods at almost 40 MPG) to a brief tryst with a 2010 Ford sedan, and now finally to the truck has been eye-opening. The summer I started driving (ah, dancing queen of only 17!) was a summer marked by the highest gas prices our country has ever seen, so I came into the driving game desensitized to paying upwards of \$4.00 per gallon. I knew no different! All these years later, anything below \$3.50 seems like a great price to me. In spite of my laissez-faire attitude towards the price of gas, I’m telling you this truck has changed my whole perspective towards driving. Why? It requires nearly

twice as many fill-ups as a sedan. And this is a small truck we’re talking about! Now here’s the confusing part: buying this truck was one of the best things I could have done for the environment. Exaggeration? Maybe. Hear me out: the shock of having to pay such astronomical (in my book) fees to drive has made me reconsider driving altogether. I’m more mindful about batching my trips and walking or biking whenever possible. When we start to see and actually experience the real cost of our environmental errors, they’re harder to live with. We’re more apt to execute on change. Literally paying the cost is pretty motivating. This summer, I walked and biked to work, to get groceries, and to social events more than I ever have before the truck. While it’s been a challenge to get up and out to hoof it to the office these dark, cold mornings, I am still being more intentional about when and where I drive. Had it not been for the truck and the cost to drive it, I would very unlikely be as planful with my drives (and I’m someone who gives quite a bit of thought to the environment and my impact on it). Sometimes it takes a financial incentive (or slap in the face) to motivate change. What else would we change about our lifestyles and habits if we felt the true cost of our actions? Some fuel-pun intended for thought this reflective winter season. *Rebecca Silliman is a Professional Organizer, Zero Waste Coach and the owner of Spacial Clarity. To learn more, visit [www.spacialclarity.com](http://www.spacialclarity.com) or follow @spacialclarityroc on Instagram.*

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# Myhrvold

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Nathan Myhrvold shares his passions for science, photography, and food in a critically acclaimed book series on Modernist Cuisine. Photo copyright 2011 Modernist Cuisine, LLC.

**Nathan Myhrvold (NM)** : Well, first, it gives me the attitude of scientific method. I like to see how things work. Cooking is full of stories that are wrong—if the view of food is about the recipe. When creating something new, for instance engineers with planes or cars, the scientific attitude informs what they do with books on the subjects. With photography, I'm an IT guy, so the science of photography has always been an interest of mine.

**W:** What is a day like at Modernist Cuisine's The Cooking Lab, photo studio, and gallery? Is someone always working on the next food "experiment," or shooting new food combinations?

**NM:** I have another business [Intellectual Ventures, a research, development, and technology company] in the same building, so I come by every day. I bring in outside people to give projects an external perspective. When we're doing a book, there are a lot of people working in the lab and two photographers in the studio. For our last book [Modernist Cuisine Bread] we had 50 people working on all of the different aspects: research, writing, design, marketing, recipes, history. Right now we're working on pizza. Tomorrow we'll be in Old Forge, Pennsylvania, where there's a pizza shop that claims it's the "best pizza in the world."

**W:** If I'm doing a book on the science of pizza, I have to investigate that claim. Is it the best, and what makes it the best?

**W:** You've created beautiful multi-volume cookbooks on modernist cuisine techniques and another on how you photograph them. [Modernist Cuisine: The Art and Science of Cooking, Modernist Cuisine at Home, The Photography of Modernist Cuisine, and Modernist Cuisine Bread]. Why is it important for you to

share this knowledge and for others to understand the details and science of cooking?

**NM:** I love books. I discovered cookbooks at the library when I was growing up—they could teach you how to make stuff. When I looked for a book on creating modernist cuisine, I couldn't find one, so I wrote one. I've included the history of food in the cookbooks because it's so poorly known. In the twentieth century food became factory-made crap. The reaction to that was to worship tradition in food, but, actually, history is about innovation. For instance, tomatoes didn't come from Italy. [Tomatoes only appeared in Europe during the sixteenth century when Spanish conquistadors brought them from Peru.] I felt that a book like *Modernist Cuisine* was a way that I could contribute. But books like these involve a lot of time and research. For the new pizza book we're visiting 150 pizza shops and pizza makers. Making a good pizza is harder than it looks. What differentiates them?

**W:** Your photos are elegant and a bit whimsical, too. Our minds are "trained" to see food on a plate, in a bowl, and on a table, but people are fascinated by your fresh depictions. Was this a conscious decision on your part to make viewers see food differently, or is this how you, yourself, actually see food, photography, and the world?

**NM:** It's absolutely a conscious decision to show and view food in a way it hasn't been seen before. How do you show that fresh view? First, the composition and point of view. I really look at food. Food is beautiful, and I rarely shoot "finished" food. I shoot ingredients. Second, standard cookbooks show pedagogical how-tos. I use a high-speed flash and a microscope. You do start to see the world as "ingredients" once you find out that food looks so different under a microscope.

**W:** What inspires you to create, whether in technology, food, or photography?

**NM:** I'm inspired by all sorts of things. We recently tried mustard pizza—yeah. Surprisingly, it was not terrible. I visited tea plantations. The workers are gardeners with nicely grown shrubs. I had not ever thought about where tea comes from. Have you ever seen hops? It's an 18-foot long vine. Sometimes you just see something that's great. I am curious about the world.

# Farmers Market

continued from pg. 1

There will continue to be an emphasis on the local art scene by including market space for local potters, painters and crafters.

We'll continue to profile community organizations and services as well as enjoy the diverse musical talent of some great local musicians.

Interested farmers, food and beverage vendors, artists, buskers and community organizations can sign up for market space now. All applications are available at [info@swpc.org](mailto:info@swpc.org). Each week, the Market will offer something new.

We could not have had the 2019 season without YOU, our loyal market shoppers, who came out every week, with shopping bags in hand and smiles on your faces. For our EBT shoppers we will continue to offer our \$2 for \$5 spent matching program, making shopping at the market the best value in town.

We are excited about our plans for 2020 and hope that you are too.

If you would like to volunteer or help plan for the new season, contact Glynnis Valenti, SWPC Executive Director at [info@swpc.org](mailto:info@swpc.org) or call 585-256-1740.

**W:** What do you think your Modernist Cuisine projects have achieved to date in the culinary and photographic worlds? Was this the purpose of those journeys?

**NM:** For me, it's been enormous fun to make them and work with our team. The food was the original goal—taking the scientific principles about food and the modernist cuisine technique and making it accessible. The instructional and educational aspects have touched a lot of people. Regarding photography, it is a technology-enabled art. The techniques have been popularized, but ours are the only galleries featuring only food and one artist. Art should reflect who you are. Food can be art and used to be painted by artists, but it isn't done with the same intent anymore. I can buy red snapper, set it up in the studio, and have a lot of control over the photograph. But when I was at a fish market they had fresh snapper hanging, and the light was hitting it. Sometimes something like that happens, and that is beautiful. That's art.

For more information on Nathan Myhrvold, his projects, books, photography, and galleries, visit [www.modernist-cuisine.com](http://www.modernist-cuisine.com).

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# Sudoku Solution

Str8ts Solution

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

Sudoku Solution

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



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

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# A Year in the Wedge



City Council member Elaine Spaull said goodbye to her grateful constituents. After twelve years she is retiring to focus on her work at Center for Youth (Photo by Glynis Valenti)



Another mural arrived, this time in Swillburg (Photo by Maya Reagan)



Kat Boocha Kombucha brings fizzy healthy drinks to the South Wedge Farmers Market (Photo by Glynis Valenti)



A sculpture of the North Star lights the new Frederick Douglass Memorial Plaza (Photo by Judy Lee Hay)



Grounding breaking for new site of Frederick Douglas statue (Photo by Michael Tomb)



Maya and Wren and Santa Claus at the Wedge Waddle (Photo by Mary Lupien)



Three Witches of the South Wedge at the Night of the Living Wedge



The South Wedge annual WedgeWaddle brings out the best in the neighborhood. (Photo by Glynis Valenti)



South Wedge Farmers Market balloon fun



It's a family affair at the Wedge Waddle (Photo by Glynis Valenti)

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