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The Official Newspaper of the South Wedge Since 1982  
South Wedge Planning Committee, publisher

## Jasmin Reggler Runs for City Council

Nancy O'Donnell Hale



Jasmin Reggler (Photo by Allie Detinger)

South Wedge notable Jasmin Reggler has joined a group of aspiring city residents for one of five at-large seats on the Rochester City Council. Council President Loretta Scott is stepping down, current Councilmember Malik Evans will be challenging Mayor Lovely Warren for her seat while Incumbents Mitch Gruber, Miguel Meléndez, and Willie Lightfoot are running for re-election. At the time of this WEDGE interview, Reggler thought there might be up to fourteen candidates vying for the five seats.

In February Reggler begins the process of petitioning residents to get her name on the ballot, but as all candidates campaigning during a pandemic she's putting the brakes on the usual door-to-door campaigning. Instead Reggler's turned to social media and to her network of friends and associates from her many years of social activism to get out the vote. Her website, [jasminforjustice.com](http://jasminforjustice.com), means to introduce her to the city at large.

"I'm running because I want to empower the residents of this city and make sure every person has their voice heard," said Reggler. "I hope to work collaboratively with our local com-

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Nancy Johns Price, actress, director and former SENC Administrator (Photo by Glynis Valenti)

## Nancy Johns Price, beloved City Administrator Retires

Glynis Valenti

If you have been to an NBN6 meeting or City of Rochester-sponsored event in the southeast quadrant during the past decade, you have probably met Nancy Johns-Price, the Southeast Quadrant Neighborhood Service Center Administrator. She has a friendly, energetic presence, and there is no question about her enthusiasm for southeast neighborhoods. Johns-Price has worked in community-oriented and youth programs throughout Rochester for 35 years and plans to continue that story line in her next act: retirement.

At six years old she was welcoming neighbors to her family's backyard for plays and performances that she put together. She took her passion for theater to the University of Northern Colorado, where she majored in Theater, and earned a Masters in Education in Interdisciplinary Arts for Children. In Rochester she stayed connected to her roots by building community theater programs, developing youth initiatives, acting, and directing five projects at Roberts Wesleyan College.

She and husband Jim Price moved to Rochester in 1984 from Colorado when he had an opportunity to work with the National Technical Institute for the Deaf theater program. In 1985, Johns-Price answered a City of Rochester posting at the Maplewood Li-

brary for a Recreation Leader and got the job. She and her husband decided to stay here, he eventually retiring as Technical Director for the theater program at Roberts Wesleyan College and she developing a community theater program at Edgerton Community Center—including outfitting a proper stage.

Johns-Price's groundbreaking work with the City Department of Parks and Recreation and as a Youth Participation Project Coordinator with Monroe County is still present in youth programs like Youth Voice, One Vision (the Mayor's Youth Advisory Council; ) Biz Kids; Art Smart; and Flower City AmeriCorps.

Johns-Price says that initially the Neighborhood Service Center post seemed somewhat formidable because of her background and prior experience in youth services and theater. However, the influence of a mentor at one of her first City Recreation jobs had stayed with her.

"My supervisor when I first started made sure that each of the team understood the workings and different aspects of the various jobs," Johns-Price explains. "It allowed me at a very early part of my career to understand budget, hiring, and working with the community in a collaborative manner."

This training was essential for an NSC

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## SWPC Welcomes Market Manager Chad Flint

Nancy O'Donnell Hale

Chad Flint will bring a lifetime experience of maple syrup making and marketing to the South Wedge Farmer's Market 15th anniversary season when the market opens on June 17, 4-7 p.m., at the Old Fellows Lodge at 357 Gregory Street (across from St. Boniface Church).

The South Wedge Planning Committee is betting on a better than ever season. As Market Manager, Flint has already lined up an impressive lineup of farmers and bakers, a honey vendor, plant seller, and welcomed returning market vendors like Vetter's Beef.

While Flint plans and prepares for his new role at the market, he teaches geometry full-time at Eastridge High School.

Flint grew up on dairy farm in Warsaw, NY. "We raised cows and tapped maple syrup on a 60 acre," said Flint, who continues to tap trees on 40 acres that remained after the farm was sold when he was in high school.

"There's still a lot of trees," Flint said. "I've been selling syrup to small markets for about ten years." After meeting Joan Brandenburg, the market's former manager, he decided to sell his maple syrup products in the South Wedge.

"Three years ago, I started to create recipes from scratch," said Flint. "We have fifteen different maple products: four mustards, BBQ sauce, pizza sauce, cider, several different flavors of lemonade, apple cider, maple candy and fudge, maple cream, maple sugar, maple ice cream, and of course, pure maple syrup."

This year Flint said he'll be back tapping his trees as soon as it gets warm.

"I have 1,200 taps, and hopefully we'll get 250 gallons [this year]," Flint said.

While Flint runs the Season 2021 market, he'll be doing it with "The Market Mascot," his trusty black lab "Barnaby Ezekiel" while his wife Jessica Malinowski will be selling Flint's Maple products. The couple also sells at the Westside, Victor and Pittsford Village markets.

Flint is filled with ideas for the Market.

"What we want to do is get produce, fresh lettuce and fresh raspberries to

continues on pg. 9



Highland Park neighborhood residents paint a continuing inspiration in their front yard. Story on page 5. (Photo by Dave Nelson)

# City Council Updates - Mary Lupien

After the murder of George Floyd in Minneapolis, cities across the nation faced demands from grassroots movements to provide real accountability and fundamentally transform the role of police in our communities. In this month's column I'd like to highlight some of the ways Rochester is responding to those calls, where work still needs to be done, and how you can support that work.

### Crisis Intervention

The Rochester PIC Team (People in Crisis) is a 24/7 in-person, non-police emergency response for incidents of non-violent mental health crises in the community. The team can be activated by calling 911 or 211. The pilot will run from Jan 21st until June 30th with evaluation points along the way.

The PIC Team is the only in-person emergency response other than Police, EMS and Fire in the County. Modeled after the CAHOOTS program in Eugene OR, the goal of this program will be to increase outcomes for residents experiencing a mental health crisis with a two-person team of trained Crisis Intervention Social Workers to deescalate situations and connect people with services. Folks will be followed up with for up to ninety days to ensure they have received the help and supports they need.

### Police Reform

The Rochester Police Accountability Board has released an 84-page document detailing their recommendations for police reform and reimagining policing. These recommendations and others from the RPD, RASE Commission, UCLM and Wilmer Hale law firm will be consolidated in a final draft of Rochester's response to Gov. Cuomo's Executive Order on Police Reform and Reinvention. There will be several opportunities for public comment in February.

### Some of the top-line findings follow:

Rochester has twice as many police officers per resident than the average similarly sized city.  
RPD used practices widely seen as con-



Mary Lupien, Rochester City Council

troversial or harmful.

RPD lack an internal culture that keeps its officers and Rochesterians fully safe.

Rochesterians from many backgrounds appear to want a thorough reimagining of public safety, rather than piecemeal reform.

You can find the PAB's full report on findings and recommendations at <http://cityofrochester.gov/pab/answers>.

To comment, email [pab@cityofrochester.gov](mailto:pab@cityofrochester.gov) or fill out the form found on the above website.

### Budget

Now is the time to begin thinking about the 21-22 City Budget, which will be released in May and voted on in June. Last year, many in the community asked Council to think hard about how the city allocates its funds and to "reimagine" how we have allocated our public safety

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## The WEDGE Newspaper

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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.

Editor Nancy O'Donnell Hale, 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.

Buy a Wedge Card to show your neighborhood pride and get discounts when you shop local businesses. You'll also get the Wedge Newspaper mailed to your home!

To sign up, complete "Get the Wedge" below, visit the SWPC office at 224 Mt. Hope Avenue or the South Wedge Farmers Market (in season). 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-

September), 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 to continue 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.

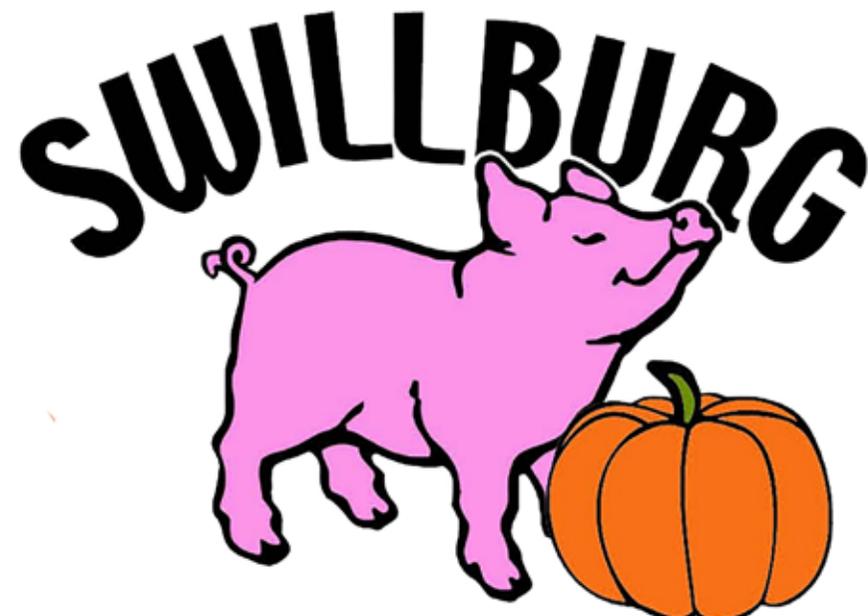
SWPC Board - Third Wed. of each month  
contact: [flogan@rochester.rr.com](mailto:flogan@rochester.rr.com)

Community Engagement (Neighbors & Block Clubs)  
[gvalenti@swpc.org](mailto:gvalenti@swpc.org)  
Fourth Wed. of each month

South Wedge Victory Gardens TBD  
[scott.wagner.ny@gmail.com](mailto:scott.wagner.ny@gmail.com)

# Swillburg Shout-out

Mike Henry



*Swillburg's community spirit remains legendary and now they'll fly their swine flag high.*

Happy New Year, 2021! No doubt this holiday season seemed quite muted. Despite the lull, the Swillburg Neighborhood Association (SNA) remotely-continued brainstorming and planning various projects and events.

On February 2 the SNA conducted a neighborhood-wide zoom meeting hosting representatives from the City fire department, City Council, as well as RPD.

This was a great opportunity for residents to update themselves on the latest services and to present suggestions to local leaders. Please watch for announcements on Nextdoor social media. Another exciting development, we'll soon have Swillburg flags to unfurl!

SNA steering committee member Josh Jacobs designed and presented three nice options which varied significantly for broader appeal. These will be available online at our neighborhood website, <https://swillburg.com/>, hopefully in the next two months. How great it is to imagine these banners of community spirit displayed along our streets! Also, on our website many Swillburg-logoed items can be purchased, for example, a cool Swillburg COVID-19 mask!

Recently, our Steering Chairman Committee Judy Hay appealed for expanded steering committee membership. Already announced is that neighbor Bridgette Wales has accepted such an invitation. If you're interested in actively advocating for Swillburg and participating, please reach out to us via our website (cited above) or at our Facebook page <https://www.facebook.com/swillburg/>.

Over the past few months, the committee has been preparing a grant appli-

cation to The Community Foundation for a NeighborGood grant. One of our focuses is on our community gardens which generate lots of resident involvement. One item of need is for the repair of the watering system at our Bloom Garden at Field Street and Monroe Avenue. This item is somewhat costly. While we greatly benefit from community-based grants the neighborhood association is dependent on resident donations which really are the primary basis of our finances (augmented by grants). If you wish to donate to the Swillburg Neighborhood Association, please send a check to our treasurer Dave Fergusson at 25 Nelson Street, 14620.

Our neighbor Frank Tenbroeck recently reported seeing signs of new life at the empty retail building at the corner of Henrietta and South Goodman Street. It appears there may be a new deli going in there! Something I find encouraging, especially during this time of economic contraction. Looking at a page from the 1962 City Directory, I see that South Clinton Avenue was rich with retail and services then: at least four grocery stores (Harris Foods, Star Market, A Concessi and Son grocers and Meteors Food Market) shoe stores, bakeries, Simmons Hardware store, diners, and the list goes on! Wow, how cool it must have been to shop locally for so many things, generating community and limiting the environmental footprint. Maybe someday we'll return to such a model. In the meantime, let's support local businesses to ensure they stay! Again, wishing you a Happy New Year, and fingers crossed, we'll soon be together in person.



## Round UP may be pennies for you, but thousands for others in need

Abundance Co-op has added Round Up to the shopping experience. Round UP is a program where shoppers can donate, or Round UP, to the cause of the month at the register when they are checking out with their groceries. This is done in the store. This year we started developing web pages for our collection drives and collecting money online for those various endeavors. We track all the money we make, and one hundred percent of the money is given to the charity/cause.

Abundance shoppers and shareholders have been giving back to the community by rounding up their purchase totals since 2014! We are thankful to have so many people that care shopping at our store - it's so inspiring. In February, Daystar Kids benefits

from shopper's generosity. Daystar is New York State's only pediatric day-respite center, helping families successfully transition their infant or young child with special healthcare needs from the hospital to home and support their healthy development all the way until they enroll in kindergarten.

The March recipient will be Mockingbird Farm Animal Sanctuary that rescues and/or neglected animals and provides resources for a compassionate lifestyle.

Others include AutismUp in April, and in May (Baden Street Settlement).

To learn who else will benefit, visit the Co-op at 571 South Avenue or go online at [abundancecoop.com](http://abundancecoop.com).

## Assemblymember Harry B. Bronson

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Working with you to make ours the best community possible!

## CSA/ROCSALT Center News

Judy Bennett & Jayne Morgan

Historic Calvary St. Andrew's, located on the corner of Ashland St. and Averill Ave., is approaching 150 years of providing spiritual, educational, cultural, and social justice support to residents throughout the South Wedge community and beyond. However, this building, designated and protected by the National and State National Register of Historic Places and as a City of Rochester Landmark, is currently facing an uncertain future.

Four years ago, following the dissolution of the longtime Calvary St. Andrew's congregation and facing the possible sale of this property to a developer, a group of community members formed the Friends of Calvary St. Andrew's to work toward protecting, maintaining and restoring this remarkable building. The Friends sponsored concerts, dances, lectures, weddings, created and beautified outdoor flower gardens, enlarged and tended to the Food Pantry vegetable garden, and raised enough funds to restore several stained-glass windows, a mural, and make many needed repairs throughout the building. All of this, of course, took place pre-COVID.

Calvary St. Andrew's is home to the long-established South Wedge Food Pantry, which has exponentially grown and is now providing food to over 1400



*Calvary St. Andrew's exterior, southwest view (Photo by Nancy Watson)*

households each month throughout the Rochester area, and one nesting congregation (Open Arms). Despite these activities, Calvary St. Andrew's is once again facing a possible sale. We need your help. We are calling on entrepreneurs, creative thinkers and non-profit organizers to brainstorm with us as to how we can repurpose this space in order to maintain its presence in the South Wedge community.

ROCSALT Center (serving and Learning Together) was recently renamed and is owned by the Presbytery of Genesee Valley. The building size is 12,384 sq. ft.; 2 stories, plus attic and full basement. The total Lot size: .73 acre, includes Hickory Street frontage. 68 Ashland Street (Office) and 95 Averill Avenue (City location) Website: [www.rocsaltcenter.org](http://www.rocsaltcenter.org) E-mail: [focasroc@gmail.com](mailto:focasroc@gmail.com)

## Mulberry Street Multicolored Marbles



*Colored ice balls enliven the landscape on Mulberry Street (Photo by Nikol Ristuccia)*

You can thank Nikol Ristuccia for the colorful icy marbles that brighten the white wintery landscape on Mulberry Street. She explains below how she combined balloons, water and food coloring to make magic.

*It was a really fun, cheap and easy project to do with kids on a cold day! I saw the idea online, but it was nice having a toddler assistant to put the food coloring in. (I will say, If you have a toddler assistant be prepared for multicolored hands!) They didn't take long to make, but they did take a while to freeze. At first, I put the balloons knot side down in the snow to help them stay super round, but only the tops were freezing. We took them out of the snow and let them finish freezing fully exposed. The trial and error on the freezing part extended our experiment*

*an extra day, but it made the reveal extra exiting!*

*My daughter couldn't wait till the next morning to see what they looked like. We did make some really big ice marbles that didn't freeze all the way through and leaked out the colors. To fix it, I put a few drops of food coloring in the hollow and swirled some water around, and it fixed the color right up, and really showed the crystallized ice pattern inside. Another neighbor suggesting using those ones as ice lanterns with tea lights!*

*We loved walking around looking for rainbows last year, so I thought maybe this would bring some of the same colorful cheer to the neighborhood this winter. We hope to see lots of ice marbles out there!*

# Rediscovering Mt. Hope Cemetery Notables

Nancy O'Donnell Hale

Local historian Patti Giglio and WEDGE Newspaper columnist has written a series of five *Hidden in the Stone Garden* books to help raise money for Friends of Mount Hope Cemetery projects and programs. The book tells the stories of a selection of "residents" in the stone garden and offers clues for a scavenger hunt "so that people can explore this wonderful treasure that we have," says Giglio. "There is a dedicated Facebook page, so that people can post selfies when they figure out the clue and arrive at their destination."

Here are a few interesting tidbits from Giglio about the Mount Hope Cemetery residents in the book: "She and her husband gave the Fox Sisters their start on the National and international stage as mediums. He started the first unofficial Rochester Board of Trade. She died from injuries sustained in a carriage accident in front of City Hall. He died on The Matanzas, a Union military transport ship en route to the North from New Orleans during the Civil War. He

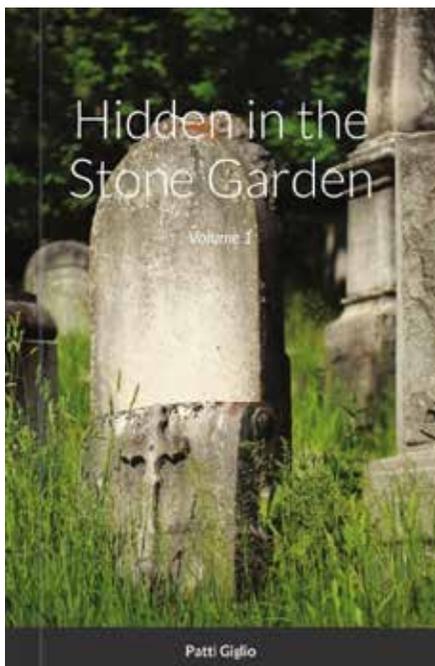


Photo by Heather Songin

was the foster son of William "Buffalo Bill" Cody. Her headstone reads that she died 4 months before she was born."

**About the Book** --The first in the series is currently available in Giglio's Facebook shop @Theseoldbones and Under The Apple Tree Antiques on Ridge Road in Clarkson. The second in the series will be available at the end of February, with each book thereafter available every two months. Copies will be available at the South Wedge Farmer's Market when it opens in June 2021 and other outdoor venues.

# Neighbors Mourn Announcement of Historic Cinema Theater Closing

Owners Audrey Kramer and Alex Chernavsky announced on the Cinema Theater's Facebook page that they had made "the very difficult decision to close."

"Our lease was up for renewal in January, and given the current climate, we couldn't envision a financially viable path forward. We've had some discussions with other parties who may be interested in taking over the business, but nothing is certain at this time.

We want to thank all of our customers for being loyal and supportive, both during good times and also during more challenging days. We are particularly grateful to those of you who have generously supported us through membership purchases and outright gifts. Without your financial assistance and your encouragement, we would not have been able to survive as long as we did.

Owning the Cinema was a dream come true for us. We were customers long before we took over the business, and we

even got married at the Cinema back in 2009. We hope that we were good stewards of the business, and we enjoyed getting to know all of you. We are also gratified by the many community service projects that we including holding animal adoption events, collecting clothing for the homeless, hosting a Red Cross blood drive, holding a political forum, showing free movies for students from the Rochester City School District, and organizing a get-out-the-vote letter-writing campaign.

Incidentally, our two theater cats – Cal and Genny – are retired from their Cinema duties and are happy to live with us at our home. And in case hosted, you hadn't heard the sad news, Bo (our third cat) passed away suddenly last fall after suffering a blood clot.

Thanks again for everything. Please stay safe out there, and we hope that we'll run into you at the movies sometime in the not-too-distant future.



A fence in Swillburg (Photo by Nancy O'Donnell Hale)

# COVID-19 Vaccination Info

Phone Lines Open Daily and the "Am I Eligible" App Opens at 4pm Instructions for New York State-Operated Vaccination Sites

Step 1: Determine eligibility and schedule an appointment. The Am I Eligible app is the quickest way to see if you're eligible and make an appointment. You can also call the New York State COVID-19 Vaccination Hotline at 1-833-NYS-4-VAX (1-833-697-4829). Once you have successfully scheduled an appointment, you will receive a confirmation email that contains a barcode. You will need to bring this to your appointment.

Step 2: Complete the Vaccine Form. Once you have a confirmed appointment, you must complete the New York State COVID-19 Vaccine Form. This form should be filled out online and you will receive a submission ID indicating completion. You will need to bring the submission ID to your appointment. If you cannot submit the form online, it will be available at the vaccination sites.

Step 3: Bring proof of eligibility to your appointment. Depending on your eligibility category, proof can include an employee ID card, a letter from an employer or affiliated organization, a pay stub, a driver's license, passport, or any legal proof of your date of birth and residency. See full list: Eligible New Yorkers Phase 1a and 1b At the time of your appointment, you'll be asked a series of clinical questions to ensure readiness for a vaccine. You will be asked for insurance information BUT the vaccine is free and there will never be a charge to you. This information is for administrative use only.

Step 4: Your second dose appointment will be scheduled automatically when you receive your first vaccine dose. Your second appointment will be scheduled for the same time and at the same location, three weeks following your first dose. You will receive a card onsite with the date and time indicated and a confirmation email will follow a few days later. Please keep in mind when scheduling your first appointment that your second appointment will occur at the same time of day.

**Ask for info on the WEDGE's very affordable ad rates 585.256.1740, x 4 or 585.978.9638. Available online.**

# Jasmin Reggler

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munity to ensure that policies are fully transparent, equitable, and just."

Reggler's first experience with the Rochester City Council wasn't the most inviting. After working long hours in now East District City Councilmember Mary Lupien's campaign, she was invited to be Lupien's legislative aide. Reggler filled out the forms and completed the obligatory drug test, but shortly afterwards she learned she was barred from working for the city when she tested positive for cannabis.

Reggler saw a basic injustice in the testing. She'd proven her talent and ability in the months she worked for Lupien, including meeting with constituents on behalf of the Councilmember.

In an article in the City Newspaper in January 2020, Reggler argued that she was a "casual weekend smoker" and noted that Council members are not required to be tested for drugs. In addition, Mayor Warren herself had come out in support of cannabis legalization.

Reggler continued speaking against the drug test, and in May 2020, the City Council approved legislation that removed THC as a chemical tested for during pre-employment drug screenings (It continues to test for heroin, cocaine and methamphetamines and THC for some city jobs).

Reggler was born in Brooklyn, NY and raised by her grandmother before moving with her mother to Massachusetts. She shared that her father died of a drug overdose when she five and says, "those experiences shaped me to advocate for those most marginalized in our community."

When she moved to Rochester, she immediately connected with the South Wedge. She founded and ran the Rochester Free Store in the basement of the South Wedge Mission on Caroline Street. The Free Store offers free clothing and home goods for those in need. In 2012 Reggler began working as House Coordinator at St. Joseph House of Hospitality, Catholic Worker community in the South Wedge that provides offers food, clothing and shelter to those in need. She also worked as an organizer for the Rochester City-Wide Tenants Union.

She describes her work there as acting as an "advocate for safer living conditions and protection from displacement."

"I want to hear about the issues from the community and invite them to have an active voice, meaning I know I don't have all the answers."

To learn more, email Reggler at [jasmin@jasminforjustice.com](mailto:jasmin@jasminforjustice.com) or call (585) 441-0174.

# Lupien

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dollars. The need to rethink our budget priorities is even more paramount this year. The city will have to cut services due to COVID-19 unless the Federal government provides municipalities with the relief we've been desperately waiting for. Tens of thousands of our residents may face eviction when the moratorium is lifted, and many have been without social supports for so long. It is no wonder violence has spiked in cities across the nation and, sadly, even in our own. We must look to the successes of cities who have instituted non-police violence prevention programs that target the small population at risk for violence and surround them with supports and services. It's been shown to dramatically reduce violent crime by addressing it at its root. It's never too early to begin letting your elected leaders know how you would like us to spend our community's money.

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

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

**Call 585-325-5260**

for more information, or visit our website at [www.sjncenter.org](http://www.sjncenter.org)

417 South Avenue, Rochester, NY 14620

# It's All About the Little Things

Michele H. Martell

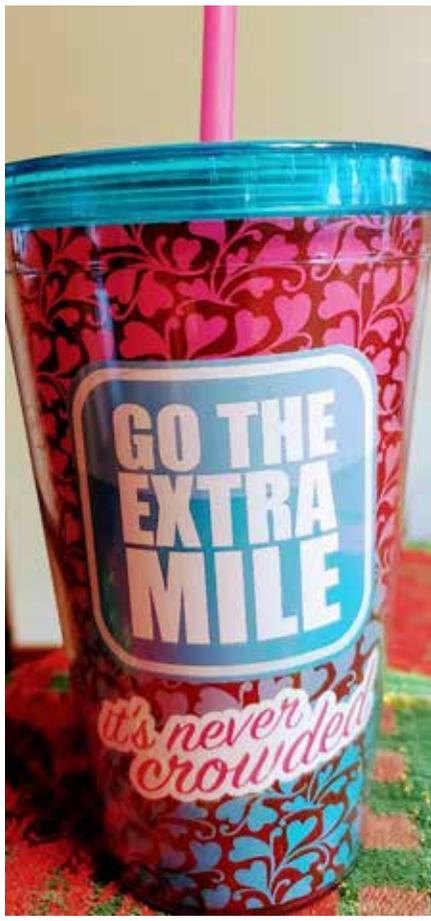
Have you ever noticed how the little things can often make or break your day, your attitude, your mood, your relationships and business? Particularly during these remote times, our self-awareness can increase exponentially. What exactly affects our day and emotions, aside from the uncertain thoughts that we all seem to share especially during these peculiar times? Becoming more introspective has been one of the results of isolation for many of us, and it has become clearer to me that it's the little things that can have the largest impact.

Take for example, starting the day. On some particularly grey days when the urge to arise from bed is not the best, I have found that offering a simple prayer of thanks that I am able to rise from my own bed can make a difference in my entire day. Similarly, asking Alexa to play positive music or listening to optimistic and inspiring videos first thing in the morning can get the day off on the right foot. These are some examples of some little things that I have found to now kick off my days in the right direction.

Understandably, we may all feel a bit crazy over this last year, or what is already happening in our lives, there is so much more to deal with. A smile (even if only with your eyes), a nod of acknowledgment, a cheerful "good morning" or "hello," sincerely asking someone how they're doing, holding a door for someone—are all little things that can alter the whole trajectory of another person's day, and our own as well. Making a special effort to reach out to someone who is alone or is going through a challenging time, even with just a quick text, is a little thing that can make a big difference.

In our professional lives, it's the little things that can set apart in this virtual world. Going the extra mile to serve clients makes a crucial impact. A personal touch demonstrates earnestness, and it can often affect the retention of valued clients. Doing little things to add an extra touch, either virtually or within brick-and-mortar environments, such as taking a moment to say "hello" or ask "how are you?" – not for a sale but for personal connection – can make a big difference. Without that connection, businesses can fold. Clients can feel when they are valued and when they are not, even virtually. And that energy can pass on like wildfire to other potential clients, so this awareness is essential. The little things are often what will retain treasured, legacy business.

What are little things that you can do to positively affect your energy level? After all, how we are feeling affects the quality of our entire day. Taking small steps to promote good sleep can make a big difference. Striving for a regular sleep schedule if possible is a plus. Physical activity is something I prefer to do early in the morning to start my day off, to get my mind and body moving. If choosing to go to a gym, select a place with positive energy, that serves both spirit and body. Physical movement, even if perceived as inconsequential, can have a significant impact on your day's mental and physical energy. Additionally, making dietary decisions and taking supplements that better serve your energy level may seem like little things, but cumulatively, they make a huge difference over time. For our children, it's the little things



My fave water cup from precious friend and Mary Kay Executive Senior Sales Director

that we do and say continually that can make the biggest difference in making them the people that they will become. For example, we can tell them repeatedly that we love them and that we believe in them; it's those little repetitious things that help build their self-confidence and self-worth and keep them sparkling



Michele H. Martell (Photo by Sarah Jeruta Salvilla)

inside. Similarly, and with four-legged babies as well, focusing on positive reinforcement and rewards may seem like a little thing, but the positive results are an undeniable big thing. On the flip side, it's "the little things that kill," as the rock band Bush sings. Little things can become negative as time goes on and become not so little. Ignore those things that seem little, and they will kill. An aggregate of little things can make or break relationships, work environments, opportunities, success, health, and so on.

I am finding that I am more frequently asking myself the question, is this serving my highest good? Whether it be a choice, a habit, situation, relationship, I'm realizing that it is the little things that can make the biggest difference.

Here's to creating a life filled with lots of little things that add up in a big way!

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# The Ghosts Do Walk in City Hall

Patti Giglio

The headlines tell the story – “Valiant Policemen Assert it is a Fact” and “Old Station Haunted” and then “Spirits Which Should be Arraigned for Grossly Disorderly Conduct – They Cause the Bluecoats No End of Trepidation.” From 1875 to 1895 the Rochester Police Department’s main station and jail was located in the City Hall building on Church Street. Then in June 1895 the station moved into a grand new brick building on Exchange Street across from the county jail. The article mentioned above appeared in the July 6, 1895 edition of the Democrat and Chronicle, and read as follows: “A vague and lurking fear had taken possession of no inconsiderable part of the police force, and well may they quail before the awful thought. The old police station is haunted.

Absolute and incontestable evidence had been secured to prove the assertion made above. There are men living who have heard the most gruesome noises, proceeding from the old rooms, noises which would cause the stoutest man to grow chill with dread. Strange rappings and queer, uncanny sounds emanate therefrom, and many a man has stood speechless while all these wonderful things have been transpiring. Then like the old schoolmaster of Irving’s tale, they have ingloriously fled. If they had not executed this act of prudence, there is no man living who would hazard the opinion that such men would be living today.

The old quarters present a deserted appearance. The windows and doors are locked, the shutters are closed, and it is just such a place as ghosts of the conventional type would like to haunt. Ghosts, according to all the authoritative treatises, that are today extant, delight most in places that have been deserted by human beings. There are men living today, however who are ready to make oath that the old building was haunted before the police department left it.

It is said that one of the last occupants of the building saw a long, bony arm stretched out towards him as he left the building. He furthermore asserted that the spirit accompanied the gesture by the words “Say au revoir, but not good-bye.” What is the significance of these words has been a mystery which has caused some people many anxious moments? Be this as it may, if it had a hidden meaning, anyone who reads this may settle it for himself.

These ghosts are said to be the spirits of some of the unfortunates who from time to time were imprisoned within its walls. There was Friday, the man who was always playing the hand organ on the street, and who hung himself in the cell one night. It is said that the pleasing tones of that organ have been heard at



various intervals, sometimes rising, and falling in regular cadence, at other times burst forth in wild shrieks. Somebody said it was a grind to hear it, too. This proves that it is unlucky to monkey with a hand organ on Friday.

And then there was the man Herrick, who Chief Hayden assisted in capturing a dozen years ago. He had a set of burglar’s tools upon his person, and when he was brought into the chief’s office, he shot himself. He is another, of those who, it is claimed return in spirit to visit the glimpses of the moon. It is said that the sounds of pounding and stamping are his work. He does not need the assistance of burglar’s tools to enter and re-enter rooms now. His spirit form goes through walls and doors without any difficulty, and is seen now here, now there, within incredibly short periods of time. He is the first man who was ever brought to the station in a patrol wagon, and there are those who say that every time a wagon goes out and comes back with a victim, various uncanny noises are heard that tend to show his disapproval of any such proceedings.

Officer Mike Hynes states that he is certain that spirit guests are present in the old station. The other day Chief Cleary sent him over to the old headquarters to close up the building. It was near dusk, and as Mike entered the edifice, he could hear nothing save the gentle rippling of the waters in the canal.

He walked boldly up the steps. No one was in sight, but the papers and furniture were all strewn about in hopeless confusion, Mike is a man not easily disturbed by any phantasmagoria, and he strode valiantly into the old assembly room. He went about fastening the windows and barring the doors, but all the time there were odd noises. He states that he felt no hesitation in going downstairs into the cell room. And here it was that he heard the strangest and weirdest sounds. Mike is of the opinion that no ghost dared to show himself in his presence, else he would have seen sights that people would not believe, because they would be so strange in the telling.

“The very devil himself is there,” said Mike to the reporter. “It’s more than ghosts. Else how could the desks and the cells look the way the do now? The place looks deserted and ghost-like, and they nearly scared me away with their awful noises.”

All this is incontestable evidence that there is something that is neither human nor divine but is just ghosts. It may be added that no complaint has been made at the police headquarters regarding the presence of the uncanny beings, but it is dollars to doughnuts that if such a com-

*For centuries people have been fascinated by a good ghost story, and nothing is better than one in your own backyard. Haunted Headlines and Phantom Posts takes actual newspaper articles from around Western New York published in the late-19th and early-20th centuries, and tells the stories that inspired the hauntings and ghostly manifestations. From Buffalo to Rochester, Elmira to Oswego, and all points in between, take a journey into the area’s paranormal past.*

plaint is entered the facts stated above will be fully substantiated.”

The story of William Herrick is a true one. Herrick, under the alias of George Clark, was arrested on the 2nd or 3rd of January 1885, along with two other men in connection with a robbery in Brockport. While sitting in Chief Hayden’s office, he confessed to the crime, as well as a string of other crimes throughout the state, which also implicated his friends. According to the January 4, 1885 article in the Democrat and Chronicle, the following happened next: “Clark” made a desperate attempt to murder one of the detectives who caused his arrest. He drew a revolver from a pocket in his overcoat and took deliberate aim at the detective. The latter’s life was saved by his stepping aside as “Clark” pulled the trigger. The baffled burglar then turned the weapon upon himself and fired. He lingered in agony until Tuesday when he died.

But why did Herrick kill himself? That was the big mystery that the Rochester police were determined to solve. A photograph of Clark sitting upright with the head bent back and inclined to the left. His hat covers the wound in his forehead” was sent to police precincts all over the country. From that photograph, the police in Detroit believed that Clark was one of the men that they were looking for in connection with the death of one of their police officers. It appeared that killing a man wearing a badge was something that he did not think twice about. In the summer of 1884, a gang of thieves were responsible for a string of burglaries, one of which ended in a shoot-out with the police. In Rochester, Clark knew the jig was up and he decided that he would rather leave this world by his own hand than face a trial and death penalty in Detroit.

Even after this revelation, his true identity remained a mystery, especially since it was discovered that the real George Clark had been dead for months. It did not stay a mystery long. Members of the West Troy police department recognized the man him as William Herrick, a local man that they had encountered several times in the past. A few days later, Herrick was positively identified by his sister, Mrs. John Robinson, who had traveled to Rochester. Her visit in the Flour City was short. Mrs. Robinson took the \$2.82 found on William’s person and his body back to Schaghticoke in Rensselaer County. His clothing, other effects and, apparently, his spirit were left behind at the station.

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# Planetary Messengers

Aeolea Wendy Burwell and Peter Doughty

Welcome back to our series focused on the ancient art-science of astrology. 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 and yet notice events going on in their lives, and the world at large, and wonder. We offer a look into the current celestial weather in hopes that readers will be able to use the energies for the highest and best possible outcomes.

We are obviously in a time of great change and disruption of patterns. Astrologers have been watching and anticipating great events at this time for many years. While few predicted a worldwide pandemic related to the current celestial configurations, it has been widely acknowledged that governments, monetary systems and more would break down. It is clear that things will not return to "normal" despite most everyone's desire and need to do so. Our collective task, should we choose to take it on, is to envision and work toward new, more equitable systems going forward. Knowing the current astrological energetic impulses can greatly assist us.

We focus first on the Moon's cycle from New to Full and back again for each month. 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.

With the shocking events of January behind us February, on the calendar at least, begins with diminishing waves of chaos following the tense Full Moon in Leo on Jan. 28. The New Moon in late Aquarius on Feb. 11 offers us a time to envision equity in society. Mercury (communication), Venus (love), Jupiter (expansion) and Saturn (limits) are ALL grouped nearby in Aquarius — a momentous gathering in that sign not seen since 1962. As we collectively envision a new social order, we also know that there are more hurdles to overcome. Those with birthdays in the ranges of Feb. 9-13, May 11-14, Aug. 13-17 and Nov. 12 -15 will respond to this initiatory energy most strongly.

On February 27, the Full Moon in early Virgo shines a celestial spotlight on those engaged in their own personal acts of service. It is well known in the astrology world that many of the U.S. founding fathers were Masons and as such had astrological foundations in their orders. In fact, the layout of the city of Washington DC is aligned with Virgo, reflecting the concept of those laboring there in service to the people of the country - not vice versa.

March's Pisces New Moon on the 13th is close to Venus and Neptune, carrying the message that this next



Mullein (Photo by Peter Doughty)

"moonth" centers on higher ideals through the arts of spiritual sustenance such as live music that have greatly suffered under the restrictions of the past year. The Libra Full Moon (the Easter moon) on the 28th challenges us to negotiate the delicate balance of impulsive personal desires with the cooperation necessary for successful partnership.

Messenger Mercury spends all of Feb. (through to March 16th) in the sign of Aquarius, putting an emphasis on social groups and systems. Its retrograde period started on Jan. 30 and continues until Feb. 21st, during which time ideas and conclusions in these areas will be subject to much review and revision. Mercury's shift into Pisces on Mar. 16 marks a time when thinking clearly and concretely may be difficult. The second half of the month will best be used to envision our ideal future by leaning into its mystical union with Neptune on March 30.

Love goddess Venus is swiftly skating through several signs during this two-month period, beginning with Aquarius on Feb. 1 to join the socially distanced party already in progress (see New Moon Feb. 11 above). On Feb. 25th Venus slides into Pisces where she will either enjoy retreating into sensuality OR devoting herself to higher ideals or faith prior to a rendezvous with Neptune on March 14. Lean into this deeply saturated few days with your artistic expression of choice. This time will likely be a bit of a respite preceding her entrance into Aries on March 21, where feminine fierceness will become the watchword.

Warrior Mars begins this two-month period in earthy Taurus after an extended stay in Aries. The pent up, frustrated energy that was on display for much of the second half of 2020 and early January will morph into stubborn entrenchment in February. The encounter with revolutionary Uranus on Jan. 20 will likely have been the peak of rebellious

expression of these two celestial forces, with a dose of Jupiter's expansive energies two days later. Mars stays the course through the remaining time in Taurus, which may feel like relief after the pressures leading up to this period. The physical energies quicken with its ingress into the agile air sign Gemini on March 4th (until April 23) and we may all experience a more frantic pace.

Jupiter and Saturn, as part their momentous entry into Aquarius, will be joined by most of the visible planets by mid-Feb (see New Moon 11 Feb., above). The long-awaited shift toward greater social

consciousness will be solidly launched. The trend toward more governmental regulation of some advanced technologies as well as support of social activism will be more apparent, especially as it relates to climate change and economic disruption. The energy of protest begins to take root through cultural shifts and legal enactments. This new paradigm is not without challenge. Saturn's tense contact on Feb. 17th with Uranus (sudden upheaval) will be fuel for the fire.

This is all in the context of the United States' Pluto return, exact in 2022. This slow-moving planet of deep transformation, coming back for the first time to its same place as in 1776, is unique to this period. It affords us the opportunity to make good on some of the promises of equality which are at our country's foundation. We all have work to do. Our path must be focused on renewal through disintegration. We will not be stuck in break down, just as a forest sprouts anew after a devastating fire or the butterfly emerges from its chrysalis.

**The authors welcome the opportunity to answer any questions you may have about these energies and to help you understand the full spectrum of the potentials of these energies in your personal birth chart.**  
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# Highland Park Neighborhood Residents Paint Honoring Black Notables

Last summer when Barbara Lucke and Mike Fallon saw their artist friend Jacqui Alberga Germanow's graphic design "Black Lives Inspire," they thought immediately of the flat stone wall in front of their Highland Park neighborhood home.

"We thought it was great, and we wanted to paint the wall," said Lucke, an artist and lactation therapist.

Fallon, a recently retired grammar schoolteacher, was completely in agreement.

"It was so cool. As soon as we drew up a list of names, we thought of more to add," said Lucke.

"At first we thought we can't do more than a dozen names. Then we

said we're going to have to write in a smaller font," Fallon added. He described that act of compiling the names of Black notables as a very moving experience. "I remember tears came to my eyes while listing the heroes who gave their gifts to us."

The words, Black Lives Matter, resonated especially to him. He said he was profoundly shaken by Ava DuVernay's film, 13th. The film documents mass incarceration of Black men in the U.S. today and the legacy of system racism that followed the Civil War.

"After emancipation, whites found a way to arrest slaves and put them into chain gangs. Today we find ways



Michael Fallon stands in front of the names of Black lives who inspire



Work began the summer of 2020 (Photo courtesy of Michael Fallon)

to arrest people. [After watching the film] I thought [if I were Black], I could get scooped up by the criminal justice system, and it wouldn't matter if I were innocent," Fallon said.

Before the project began the couple enlisted two neighborhood boys, Marcus and James, to paint the stone wall black. They too suggested another dozen names. Lucke said she moved from a ledger pad full of names to googling "famous Black Americans," too.

Then when friends came to socialize, they suggested names.

"Someone asked me, you don't have Bob Marley on the list?" said Fallon. "Jimi Hendrix?"

In the end the couple had sixty names and they sketched the words on the wall, "using Germanow's imagery," then the

artist herself came over to make sure they got the colors the way she wanted them.

Now the couple enjoy watching people walk by their front yard.

"I saw a gaggle of boys on bicycles who stopped to read all the names," said Lucke. "People are driving by and taking pictures. City leaf gathers, water meter men, once a whole crew of City workers stopped to read it. Doctors and nurses on their way to the hospital stop to read."

So while allies of Black lives may voice their dismay and disgust over systemic racism that forgets or even erases the achievements and contributions people of color have given this country, Lucke and Fallon have written it out loud on their front wall, a permanent record of their thanks.

To learn more about Jacqui Alberga Germanow's art, visit her Facebook page. "Black Lives Inspire" yard signs are available for sale at Lori's Natural Food Store or via mail or curbside pickup.

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# SW Farmers Market Manager

continued from pg. 1

the Market.”

Despite the pandemic restrictions last year, people began to discover the market as they walked by. The Market maintained social distancing between vendors, provided masks when necessary and had a sanitation station at the entrance.

While selling at their booth Flint said people said to him, ‘I didn’t even know you were here.’”

He’s expecting larger attendance this year. “I’m considering hiring some students to help.

“I’m working on getting fresh eggs and cheese once a month, and Katboocha Kombucha says she wants to stop by.”

“One huge loss is that Lost Woods Bread Company is not coming back although he may drop off bread at some time,” Flint added. “But, I already have a couple other bakers interested.”

The current total of vendors to fill the space is fifteen although Flint said there’s space for twenty. “We do want to have events, wine, beer and smaller restaurant tastings, but right now I don’t have it all ironed out yet. We’ll continue to have music every week. I want to have products unique to the market beyond produce. I’d like to see artists and herbal tea booths that you don’t see at other markets.”

“I have Sweet Harvest Farm and Elsewhere Farms lined up, and we’ll have [more produce and berries in season] than anyone would want,” said Flint. “We’re also looking at different breweries. Flint has been aware of Market changes over the years.

“When we moved from Boulder Coffee [the market’s location from 2006-2015],

we lost the following. I think you have to be able to walk by city market,” said Flint.

After the market moved to Genesee Gateway Park on Mt. Hope Ave, attendance did drop off despite the SWPC’s best efforts. One year, road construction lasted for months and played havoc while driveby traffic was detoured away from the market. As attendance continued to decrease, SWPC looked for other venues that would provide more foot traffic. It was enthusiastic when in 2020 the Odd Fellows Lodge, agreed to open up their parking lot for the Thursday market.

The commitment to selling food from “the road less travelled” continues at the market.

“We want to get people to know they’re buying local, not off a truck from Canada or Mexico,” said Flint. “They’ll get to meet the growers. It’s very beneficial to everyone.”

Mostly recently, Flint posted a customer survey when he learned Vetter’s Beef would like to offer a market box that shoppers could pre-order and pick up while they shop. “We want this to be at the right price point and also something shoppers are interested in! What would you like to see in a standard market box of beef? What would be a price point that would make you a regular shopper?”

To learn more, visit the South Wedge Farmers Market on Facebook where Flint posts frequent updates.



Flint’s maple trees

# Nancy Johns Price

continues from pg. 1

administrator’s role because of the gamut of responsibilities, which include but are not limited to issuing handicapped permits and business permits, code enforcement, developing and hosting various City or NY State trainings for businesses and other groups, working with nuisance issues, and disseminating important and pertinent information to the southeast quadrant community.

“No two days are ever the same. Change is constant,” says Johns-Price. “We work with thirty-two neighborhood associations in the southeast. We have eight business associations. Those require time and commitment.”

Working with the many demographics in this large quadrant can have its challenges. Sometimes, Johns-Price notes, she has felt “pulled in a lot of directions” because of the large scope of NSC services and the community’s wide-ranging priorities. Even more challenging has been the process of mediation and finding middle ground among multiple perspectives when residents and businesses become passionate about neighborhood issues.

But Johns-Price believes that community passion is also a positive and a key quality of southeast quadrant life.

“This [southeast] community is en-

gaged and that leads to accomplishments,” Johns-Price notes. “They will come out to support a cause. They are good caretakers of their neighborhoods, and each neighborhood is different. They brand themselves and take pride in where they live.”

Johns Prices says retirement will mean spending more time with her grandchildren and helping her two daughters and son-in-law with their businesses.

She also plans to volunteer with “I am Isaiah,” a youth-suicide prevention organization and to continue creating youth development workshops and trainings for community organizations and theaters referencing her favorite quote from Harriet Tubman: “Every great dream begins with a dreamer. Always remember, you have within you the strength, the patience, and the passion to reach for the stars to change the world.”

Johns-Price encourages individuals and organizations to “keep dreaming” to bring changes in a world where people need help.

“If you’re staying true to [Tubman’s quote] change will come,” she adds. “It’s been such a huge blessing and an honor to work in the southeast and serve this community.”

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