

THE WEDGE

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

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Photographer Alan Presutti catches the spirit of a skateboarder aiming for the sky at Rochester Skatepark. Story on page nine



Crumpets Anyone? Story on page 7



Tea Leaf Bar Expanding Story on page 4

South Wedge Farmers Market Opens 15th Season

Chad Flint, market manager

The 2021 South Wedge Farmers Market season is just around the corner, opening its 15th season on Thursday, June 17 from 4 pm to 7 pm in the parking lot of Odd Fellows Lodge, 357 Gregory Street. You just may want to bring your wagon if you're walking to make sure you can get all your purchases home! (We recommend getting any wagons serviced and ready to go in the next couple weeks, so you won't have any issues carting your plenty home each week.)

This year we have a great mixture of old and new vendors, live music and local non-profits giving out information as well.

You'll find a wide array of products available at the Market. Elsewhere Farms, Sweet Harvest Farms, and Upstart Berry Farms will all provide fresh locally grown produce and fruit during the growing season. Amazing Grains, Flint's Maple, Stir Crazy Kettle Corn, Mark and Amy's Pickles, and Sister's Jams bring many different locally made food products. The Little Brownie and Soulistic Sweets invite you to buy scrumptious

cookies, brownies, and other sweet treats each week. Vetter's Beef is back at the market every other week with their local beef products! Look for fresh cut flowers and indoor plants available this season from Ludwig's Blooms and LL Cool Plants. Local art, clothing, books, and other great locally made products will also be at the Market. These include These Old Bones, Gods N Gladiators, Little Lady Bug's Studio, and Renee's.

We are still hearing from a few more vendors who want to join the South Wedge Farmers Market, so stay tuned to the market's Facebook (@southwedgefarmersmarket) and Instagram (@southwedgefarmersmarket) pages to learn who the new vendors are as they are announced.

We are very excited to get the Market back open and see all our favorite customers. I and Barnaby, the market mascot, will be greeting everyone each week as they arrive.

Finally, the market will hold different promotions depending on the

week where lucky shoppers can win market tote bags, products, baskets, and coupons. Promotions for specific weeks will be announced as we get closer to the opening day.

If you are interested in becoming part of the Market's 15th season, please contact me via email at chadflint33@gmail.com. Become a vendor, a sponsor (or sponsor a promotion), volunteer, bring an information table as a non-profit or local business, perform live music (or other type of live entertainment), or any other thing that you think of that would benefit or enhance the market experience for our vendors and shoppers! I want to hear from you.

Make sure to support and thank our 2021 Market sponsors when you visit Abundance Co-op and Angry Goat Pub or turn on your lights—thank you Rochester Gas and Electric!

Visit swfm.org for weekly updates on information you may need!

South Wedge Victory Gardens Updates

It's About Thyme: Putting Community Back in Community Gardens

Cassandra Kelly & Scott Wagner, Hamilton St. Garden

The South Wedge Victory Garden, a gem of the South Wedge community for many years, is emerging from the COVID winter with renewed energy and mission.

The Garden on Hamilton Street has long been a place for city residents to experience the pleasure of growing in the company of a like-minded community.

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The bright orange Aegean wallflower is a butterfly attractor which is cold weather and poor-soil tolerant; seen here surrounded by Walkers Low Catmint plants.

The Wedge Gets Read!

City Council Updates

Call 211. It Can Save a Life

Mary Lupien



City Council member Mary Lupien

June is the most exciting month in the City of Rochester. I never knew this before being elected to City Council. Why is it so exciting you ask? One word: BUDGET! Budgets are not something I paid much attention to. After graduating from RIT, I didn't feel quite ready for the "real world," so I thought I'd enroll to get my MBA. However, I didn't think much about what type of classes it would entail and to my surprise, I'd have to take many classes in finance! I took one course and I knew it wasn't for me and dropped out.

So, it comes as a complete surprise that, after almost twenty years, I'd be excited about the Rochester City Budget. Let me tell you why. The municipal budget is an accounting of how the Mayor of Rochester plans to spend our public money in the coming year. It's a sneak peek into new projects and programs and shows how much we're spending on which services to the city. One such plan is the Capital Improvement Plan (CIP) which lists all the capital projects for the next five years among them are construction and road projects, trail and facility upgrades at local parks.

Rochester's values are reflected in these documents because what we place value on gets funded! After the death of George Floyd, there was a demand all over the country to "defund the police" which means different things to different people. To me, it means finding ways to meaningfully shift responsibilities away from law enforcement to trained professionals in other areas that are best suited for the task. That means the police can be more efficient in carrying out the law enforcement tasks most suited for the police. Funding would accompany that shift. In this year's budget, we have started the process of shifting responsibilities from the police and to the Person in Crisis (PIC) Team and the new Office of Neighborhood Safety. However,

we have not shifted the funding from the RPD to finance those great initiatives. Instead, the funding comes from decreasing the amount of money we spend on capital projects like those in the CIP plan above by moving those projects to future years budgets.

The budget can be like a puzzle and the devil is in the details. For example, although RPD shows a \$4.5 million dollar decrease, \$1.5 million of it is due to relocating Animal Services from RPD to the Department of Recreation and Human Services. Personnel, the largest proportion of the RPD budget,

was only decreased by two officers.

It is also a puzzle because the true cost of personnel is not reflected in the department's budget because the cost of employee benefits are actually listed in another budget section called "Undistributed Expense."

We also vote on the Rochester City School District budget though it is purely symbolic since we're mandated by the state to give the district \$119.1 million dollars.

The Mayor proposed the 21-22 budget on May 14, and City Council will now hold several hearings on the budget to ask questions of the administration. On June 15, City Council will vote on the budget either amended or as proposed.

You can find the budget documents, schedule and more at <http://rebrand.ly/roclegislation>. It has become my passion to educate folk about the budget and the process. The Mayor held some input sessions and because Council can amend the budget, the citizens of Rochester still have an opportunity to shape it. You can write your City Council reps at citycouncilmembers@cityofrochester.gov or sign up to speak

at the public hearing on June 10th by emailing council@cityofrochester.gov.

Now that COVID has forced us online, budget hearings are online and can be viewed anytime. Council usually has two days packed full of back-to-back department hearings. Before they were online and on demand, you'd have to come down to City Hall in the middle of the day or tune into CITY 12 TV. When Council goes back to in-person meetings, it's imperative that we continue the same level of accessibility we currently have with our meetings to enable a wider audience to participate in their government!

New York State Primary News

Primary elections in New York are June 22 and the list of candidates offer voters a real choice in local governance in the mayoral and city council seats.

Two of the candidates have South Wedge connections. Malik Evans is a first-term City Councilman and former city school board president challenging incumbant Lovely Warren.

The Evans family has been a presence in the South Wedge. His father Minister Lawrence Lee Evans founded the First Community Interfaith Institute, Inc. on Hamilton Street in November 1970 and continued as its administrator until his death in September 2018. Another South Wedge notable, Jasmin Reggler, is vying for one of the five open seats on City Council. Also on the primary ballot, or else the general election ballot for November along with the five seats on

City Council, are three on the city Board of Education, all Monroe County Legislature positions, and the Monroe County sheriff.

In the heavily Democratic city, whoever wins the primary is almost certain to win election come November 2nd. The term is four years.

Early Voting Dates and Times for 2021

June Primary Election Dates:

- Saturday, June 12th 9am-3pm
- Sunday, June 13th 9am-3pm
- Monday, June 14th 9am-5pm
- Tuesday, June 15th 11am-8pm
- Wednesday, June 16th 9am-5pm
- Thursday, June 17th 11am-8pm
- Friday, June 18th 9am-5pm
- Saturday, June 19th 9am-3pm
- Sunday, June 20th 9am-3pm

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Cheesy Eddies, 5% off
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South Wedge Farmers Market
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\$10 or more
754 S. Clinton Avenue,

The WEDGE Newspaper

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Print distribution is suspended during the pandemic. Read us online at www.swpc.org.

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Mission Statement

SWPC builds community in the South Wedge, encourages a full range of housing opportunities and promotes a diverse, historically significant, commercially sustainable urban village.

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

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

Before recycling the Wedge, please share with others.

South Wedge Planning Committee

Meetings are held at 224 Mount Hope Avenue,
The community is invited to attend all meetings.

SWPC Board Wed. TBD

contact: flogan@rochester.rr.com

Community Engagement (Neighbors & Block Clubs)

Wed. TBD
gvalenti@swpc.org

South Wedge Victory Gardens

Mon. 6 p.m., TBD
scott.wagner.ny@gmail.com

Swillburg Shout Out

Mike Henry

We've been busy in Swillburg this spring sprucing up neighborhood gardens and preparing for the growing season! On May 13, more than twenty people converged on School #35 to prepare the community vegetable beds as part of the Wilson Day of Caring / United Way event coordinated by neighbor JoAnn O'Neill.

Thanks to the many librarians from the University of Rochester River Campus as well as volunteers from from L3Harris Corporation who contributed to that event! And, of course, thanks to the United Way of Greater Rochester for their support!

Two days later, on May 15th, we had a Mini-Sweep event to tidy up around the Bloom Garden at Field Street and Monroe Avenue. Neighbor Megan Fitts coordinated this event and almost twenty people pitched in on that beautiful Saturday morning. Twenty some bags of leaves and winter debris were packed and removed.

On April 10, a Pop-Up Swillburg Swag shop was held on the front yard of Swillbarber on Henrietta Street. This was a resounding success in that over \$1500 worth of swag was sold and even cooler, lots of neighbors congregated and visited. We're happy to now see lots of Swillburg flags and banners unfurled in the wind. This community volunteer event coordinated by neighbor Josh Jacobs and assisted by a large number of neighbors who came to set up and tear down. All proceeds from this event went back into the Swillburg Neighborhood Associ-



Labyrinth Garden (Photo by Josh Jacobs)

ation (SNA) coffers.

Many thanks to Victor Burgos at Swillbarber for hosting us and giving tours of his vintage barber shop! And many thanks to all who helped and those who came down and supported the event. Many thanks to Victor Burgos at Swillbarber for hosting us and giving tours of his vintage barber shop! And many thanks to all who helped and those who came down and supported the event. More events are being planned, so please consult the Swillburg Neighborhood Association's website <https://swillburg.com> as well as our Facebook page.

Wishing you all a great summer, especially as COVID restrictions ease!

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

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Business Buzz Nancy O'Donnell Hale

Leaf Tea Bar Expands Space & Community on South Avenue

During the recent pandemic holidays this year, Leaf Tea Bar's launched a pop-up shop in the spacious 3000 square foot former home of Tru Yoga. While customers may not have been able to stop to have tea, they found a wide variety of gifts to buy alongside with loose tea.

By the end of June, Leaf Tea Bar aka Happy Earth Tea will open the doors to a permanent home with room for small tables, expanded retail, more delectable pastries along with the ever popular tea bar and parking behind the building.

Jane Wineberg, who serves the tea when owners Niraj Lama and Mary Boland are out and about, gave the scoop. In the meantime customers can buy tea towels from the UK, tea pots and mugs, loose-leaf tea and delightful handcrafted tea-infused soaps at 650 South Avenue.

"We also have tea pets," said Wineberg, referring to the cute pottery animals that bring "good luck" to those who drink tea in "the traditional gong fu style."

The tea bar also carries Happy Gut Sanctuary kombucha that uses Happy Earth tea as its base and includes flavors from berry to citrus. Favorites include Mary's Gold, which has a mango black tea base.

On a recent Facebook post, Happy Earth Tea announced it's on the final phrase of construction.

"We have mixed emotions about leaving our cozy little Tea Bar," writes Lama. "We've made many friends there and created many happy memories together. When we started it five years ago, we were not sure if the concept of a place to experience and buy tea would work in Rochester and with your support, it's been a grand success."

Lama said the new tea house "has incredible vibes as the former home of Tru Yoga. The smell of incense still delicately



A koi tea pet keeps drinkers company at Leaf Tea Bar

wafts through the air. It's a charming historic building-- another wedge-shaped space with loads of character and natural light. We're keeping our Zen feel to help unclutter the mind, but there is plenty of space for your mind to wander here. With the larger space, we will be able to offer more tea and herbal blends, tea ware and local goods. We will also be able to hold our tea classes and events such as tea/food pairing and more. There are endless possibilities."

When we open, we'll still be working out the operational pieces and hope you'll help us figure out what works best in the new space. As you may remember, we did not get permission from the city to add more seating, but we'll continue working with them to increase the seating capacity. There is a nearby parking lot for our customers and the bus stop is across the street.

We're planning a week-long Grand Opening celebration and we hope you can join us for some of the festivities - so stay tuned for those details. Thanks for being on this journey with us! Stay well and we hope to see you soon!

To learn more about the construction watch, <https://www.youtube.com/watch?v=QfOkv7kky3Q>.

South Wedge Victory Gardens

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nity. Gardeners who apply through the South Wedge Planning Committee's website are invited to join us each season and are granted the use of one of thirty, four-by-eight-foot raised beds in which they can cultivate any plants of their choosing. Each bed is its own private garden where we've successfully cultivated anise hyssop to zucchini and every herb and flower in between. Several of the plots and common areas are reserved as community plots, where pollinator-attracting flowers along with perennial herbs and fruits are tended and enjoyed by the gardeners collectively.

Historically, the grounds have welcomed the pedestrians along Hamilton Street into our park-like grounds, to enjoy the tranquility and natural beauty, interact with our gardeners,

to allow us to maintain the grounds, pay for important repairs and supplies, and provide free seasonal use of a plot to as many gardeners as space allows. We look forward to inviting you back into our green enclave to share culture, community, and a taste of the gardens with you.

As our season starts and our community gardeners plant and nurture their plots, we will offer virtual and live presentations for our gardeners and events for all of our neighbors focusing on urban gardening techniques: from the familiar raised-bed and container gardens to more novel methods for maximizing small spaces or areas inhospitable for a traditional soil-garden including straw-bale, square-foot gardening, permaculture, and herb-spiral techniques. Keep an eye out for the announcement of



Miniature daisies provide beautiful ground cover, and produce one-inch blossoms all season long that provide food for many smaller pollinators. (Photos by Cassandra Kelly)

and experience sustainable, organic gardening in an urban landscape.

Last season, pandemic protocols required us to restrict access; only those who had been granted use of a plot were allowed to be in the garden while tending the plants, with strict sign-in and -out protocols. Many gardeners mourned the loss of community we felt last year; social distancing taught us that the joy we experience in the Victory garden requires equal parts gardening and community.

In the 2021 season, as we continue our mission, we look forward to being able to gather together again and invite our neighbors to join us as we begin to reopen with social events hosted by the Garden.

For all of us, 2020 was a difficult year, and the Victory Garden did not escape this. We succeeded in opening and operating safely during the growing season, albeit under strict precautions which limited our activities severely. Our Garden reflected so much of the rest of our COVID world: we were functional, but the happiness we derive from our harmony with the soil was muted and faded. With the revised health recommendations, we expect last year's rules to be updated by the City soon as our community returns to a more normal lifestyle, and we will be ready with several exciting programs.

We are currently working to plan informative workshops, and to incorporate music, the arts, and social events to take full advantage of the joys of coming back together.

The garden does not charge gardeners for their plot. All the maintenance of the common grounds is done by the gardeners and by volunteer staff. The pandemic has impacted our funding, and made supplies used to build and repair the raised beds difficult to find, and expensive. The garden's social events will serve as fundraisers which will continue

these programs by SWPC coming soon!

The warm and relaxed days of summer are a perfect time for social events. Is there a better place to begin to gather again then amid the beauty of flowers and plants? Attendance at these events will be limited to ticket-holders to ensure everyone's safety. As the season progresses, watch for pop-up events and celebrations of art, sculpture, music, and perhaps refreshing samples in the sanctuary of our Victory Garden!

Join us in celebrating the victory of community over isolation! We are welcoming to all people. It's not too late to start growing with us for the season. We have a few raised beds available for new gardeners for the 2021 season, and we welcome volunteers to help us organize and plan our exciting social seasons of fundraisers. If you have event planning experience or would like to learn, please call or email South Wedge Planning Committee to join us. If you are able to teach a short workshop on anything from growing herbs to foraging for edible weeds and plants, provide music or art or food for the garden events, or simply want to be a part of a welcoming community in your neighborhood, we invite you to join us as a member or a guest at our events. Request a plot and become a part of making our City a better place through urban agriculture at the link at the end of this article. Apply for a plot at the garden <http://swpc.org/community/community-gardens/>

We look forward to seeing you in the Garden!

continues on pg. 7

All Politics Are local."
--Tip O'Neill
Don't Forget to Vote!

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City Primary Dates & Locations

- Early Voting Locations for 2021 June Primary Election
- David F. Gantt Community Center 700 North St, Rochester, NY 14605
 - Boys & Girls Club 500 Genesee St, Rochester, NY 14611
 - Sibley Square 250 E Main St, Rochester, NY 14604
 - Edgerton Recreation Center 41 Backus St, Rochester, NY 14608
 - Norton Village Recreation Center 350 Waring Rd, Rochester, NY 14609
 - SUNY Empire State College 680 Westfall Rd, Rochester, NY 14620
 - Town of Chili Senior Center 3235 Chili Ave, Rochester, NY 14624

- North Greece Road Church of Christ 1039 N Greece Rd, Rochester, NY 14626
- Henrietta Public Library 625 Calkins Rd, Rochester, NY 14623
- Irondequoit Public Library 1290 Titus Ave, Rochester, NY 14617
- PCC Community Room 3100 Atlantic Ave, Penfield, NY 14526
- Perinton Square Mall 6720 Pittsford Palmyra Rd, Fairport, NY 14450
- Sweden Clarkson Community Center 4927 Lake Rd, Brockport, NY 14420
- Webster Library 980 Ridge Rd, Webster, NY 14580

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Get Moving

Michele H. Martell

Spring has Sprung, and it's time to dust off the winter. Finally!!!! And what's the best mantra to get into the full swing of spring? How about "Get it moving!"

Between COVID-19 limitations and the deep, dark, down days of winter, lots of us have been in the doldrums. It's time to shake that loose.

I've read that physical activity is one of the absolute best natural antidepressants you can find. I believe it! Even on days where I don't feel like moving, once I start, it makes all the difference physically, mentally AND emotionally.

Not to mention, energy begets energy. Get that energy flowing with some activity, and you will likely be paid back for your efforts with more energy. Have you heard of the runner's high? I've had it after a long run or a race; my energy and a glow lasted for a day or two.

Not into exercise, you say? There are so many options to help you get moving, so before you tune out, check out some of these suggestions.

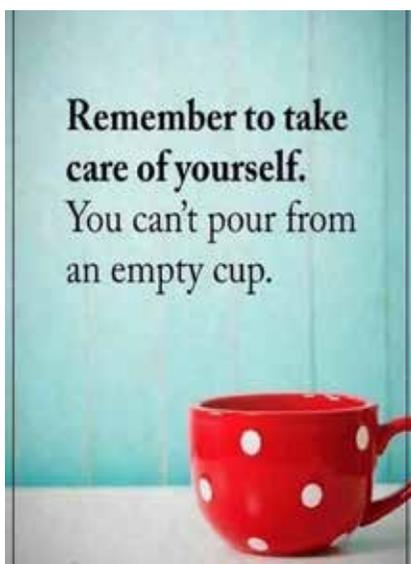
Of course, there's the gym, which can be a positive place for upbeat interactions with other like-minded folks who strive to stay active. Depending upon your budget and its environment, a gym can offer a conducive setting for your self-care. And being active is a huge part of your self-care. When you belong to a gym that has you feeling good about yourself with an upbeat energy, you can actually look forward to going and be excited about being a regular member.

A common recommendation we can hear from doctors to add more exercise. Well, why wait for a doctor's suggestion? Getting moving can help stave off health issues by taking a proactive approach. Of course, if you have concerns check with your doctor first before embarking on a new exercise regimen. Try walking, whether in your own neighborhood, in a park, local trails, on the canal here in Rochester, or a day or overnight trip to a farther location. There are a plethora of ideas for taking walks.

Walking is one of the best types of activity you can engage in, with benefits to your heart and to your body as a whole.

Maybe biking will work for you. Rochester has a ton of bike paths. And you don't need an expensive bike to enjoy its benefits.

How about walking dogs? Dogs always love to go for walks. Don't have a dog? See if your neighbor needs a dog walked. Local dog walking businesses are always looking for walkers to help, and you can get paid for it, too! Help make a furry friend happy in the meantime, and those walks can be more rewarding than you can have ever imagined while you're getting exercise. Check out your local dog rescues or animal shelter for volunteer dog-walking opportunities. You'll be making a difference in the life of a helpless being while making yourself feel



better and healthier at the same time. I personally have found walking shelter dogs to be a most fulfilling activity.

Likewise, taking a walk with a friend or a child can also be a great way to bond while concurrently getting it moving! Some of the best conversations I've had were while I was on a walk with my kids or friends. It's a wonderful way to have a sparkling dialogue and de-stress while taking in the scenery.

Swimming and tennis are just two more ideas. Do some Googling and you may just be surprised at what comes up.

Even getting outside and planting and tending to flowers and vegetables is a fun way to get active, and it can be relaxing, too. I've also heard of some really fabulous out-of-the-box exercise ideas, including goat yoga – yes, yoga that includes adorable goats!

At the end of the day, getting it moving not only benefits yourself; it benefits everyone around you. As you become more active, your mood will also elevate, which will naturally elevate everyone around you.

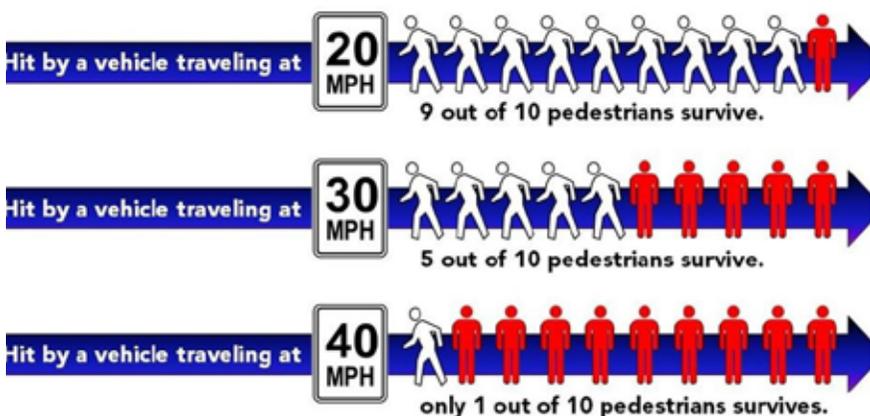
Remember the old saying that you can't pour from an empty cup. Once you fill your own cup, you can better fill everyone else's, which makes life that more rewarding.

So, get it moving in any way that you can, even if it takes baby steps.



Michele H. Martell (Photo by Sarah Jeruta Salvilla)

SLOW DOWN... Speed makes a difference in surviving being struck by a car.



Transcendental Thursdays Turns Down the Mental Static

Nancy O'Donnell Hale

Turn on Rochester Free Radio, WRFZ, on Thursday afternoons at 1 p.m. and be ready to slow down your mind no matter how whirly and squirrely it may be.

NOTA neighborhood resident Lisa Kinsella began her radio program in November 2017, but the idea of offering calm had been with her for many years.

"I had a vision to do some sort of program around recovery from PTSD, trauma and addiction," Kinsella said. "It's very rewarding helping other people, sharing with others."

Her interest in the media began when she studied TV and radio in BOCES high school and later at Monroe Community College and Rochester Institute of Technology. For a time, she performed as a DJ, so launching her own radio program wasn't too much of a stretch.

When Rochester Free Radio announced an opening, Kinsella started with a one-hour program, "Monday Meditation," but then the station offered her a two-hour slot on Thursdays.

Kinsella says her format usually includes a grounding exercise, guided meditations and an intro to music therapy.

She described one grounding exercise as a simple five step focus on five senses: "You name five things you see, four things you hear, three things you feel, two things you smell and one thing you taste. Then you recognize which sense is the strongest. This a real 'go to' when you're overwhelmed with stress and need to focus."

Music is another important part of Kinsella's program.

"I find music almost like the air that I breathe. It allows me to relax and focus and calms me," said Kinsella. "I've gotten more into binaural beats, sound waves. The soundscape helps improve cognitive ability."

Healthline, a website that reviews health and science news, describes binaural beats as "alpha frequencies (8 to 13 Hz)... thought to encourage relaxation,



Lisa Kinsella

promote positivity, and decrease anxiety. Binaural beats in the lower beta frequencies (14 to 30 Hz) have been linked to increased concentration and alertness, problem solving, and improved memory."

Transcendental Thursdays continues to gain a bigger audience over time.

"I get people listening from all over the country. I've even gotten some listeners from Rome, Italy," Kinsella said. "I want to hear from listeners. I'd like to do interviews with people in recovery, with people who can talk about how meditation has been a good tool."

Kinsella, who had to go on disability after a catastrophic car accident, now funds the \$35 a month cost for her show. She's always looking for underwriters or "I've been gaining more patrons and possibly one or two more underwriters, but I'd welcome even one-time patrons to help cover the cost."

Transcendental Thursdays airs from 1-3 p.m. at Rochesterfreeradio.com/WRFZ-LP/106.3 FM. Replays on Mondays, Tuesdays and Saturdays. To learn more, you contact klisa815@gmail.com. To become a patron, go to venmo at Lisa-kinsella-m or visit www.rochesterfreeradio.com.

Be a Good Neighbor & Keep the Noise Down During Summer Months

Ah, Summer! Windows are wide open. Lawns mowers rev up. And now that the pandemic is easing up as more people get vaccinated, we may not be able to keep from planning massive picnics and parties, cranking up the music.

Being a good neighbor means being mindful of neighbors whose idea of bliss may be listening to the summer wind or buzz of cicadas.

Blaring music or mowing your lawn at dawn does not a good neighbor make. Even if we want to tell our neighbor to close THEIR windows and stop complaining, we are all in this together.

The City of Rochester distributes a brochure entitled "How to be a good neighbor" that offers guidance about local

noise ordinances.

The City ordinance defines the rules: "Noise should not be audible beyond 50 feet from your property line between 10 p.m. and 8 a.m." That means lower the volume after 10 p.m.

"Noise should not be audible beyond 50 feet of your property line between 8 a.m. and 10 p.m." That means no mowing your lawn at 6 a.m.

Breaking the noise ordinance makes a lot of your neighbors very unhappy and being cited may result in fines which will make the noisemaker even more unhappy.

So, let's all be good neighbors, and all enjoy a summer of fun.

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Rochester Driving Park Once US's "Fastest Mile"

Patti Giglio

This month's theme of The WEDGE is sports and the great outdoors. With the recent running of the Kentucky Derby and all its controversy, what better topic than a little bit of Rochester's own horse racing history (and controversy) for this column.

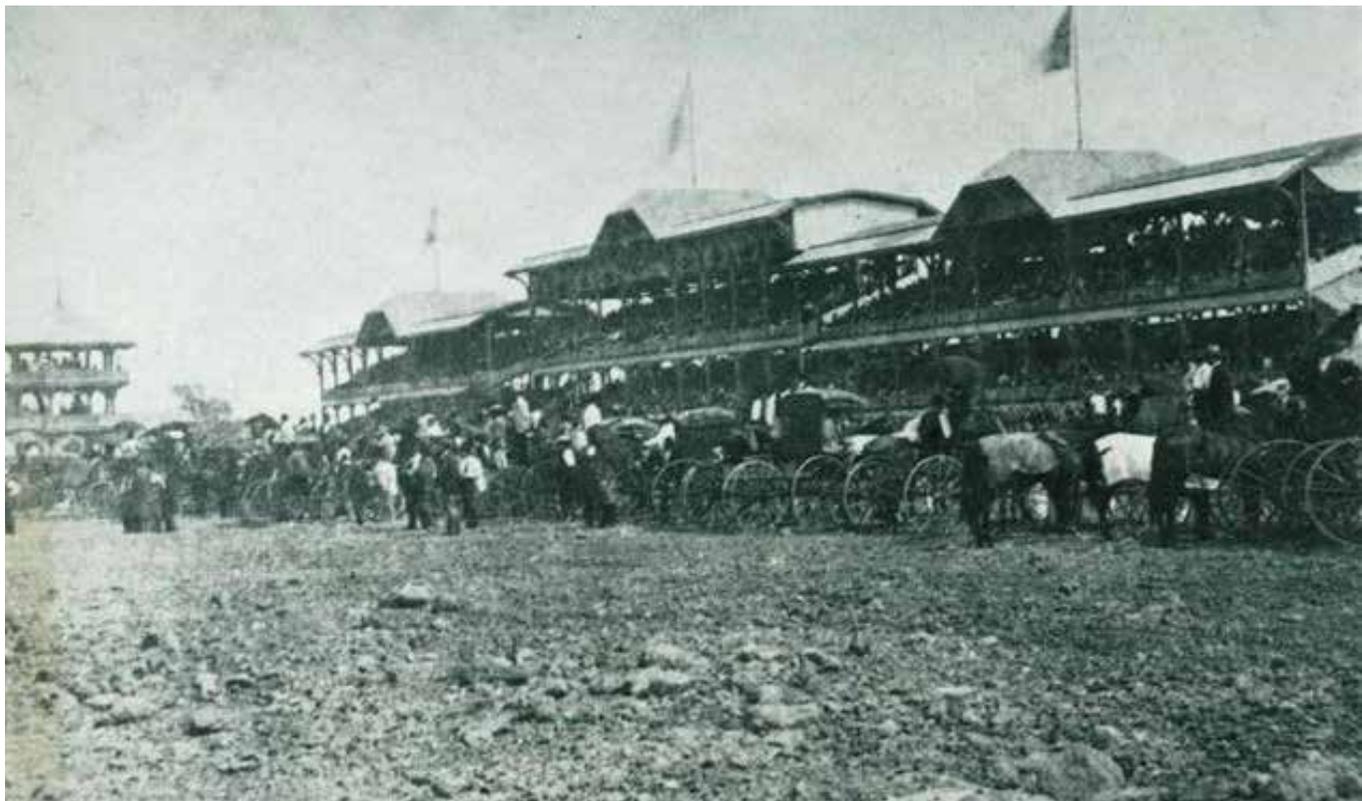
The Rochester Driving Park was situated at the corner of Driving Park and Dewey Avenues, which at the time was referred to as "The Boulevard."

From 1875-1895, the Park hosted harness races on its mile-long oval track, known as the "fastest mile in the United States." This moniker made it a prominent stop on the Grand Circuit of races.

In the last decade of the 19th century, a series of laws were put on the books banning gambling. No gambling meant no spectators, which in turn meant no races. Without the attraction of wagering the track started to go under. Matters were made worse when a fire in 1899 destroyed two of the three grandstands. It was an obstacle that the driving park could not financially overcome, and the park was sold at auction three years later. The remaining structures were demolished, and residential housing was built in its place.

You did not think that I would leave out the darker side of the Driving Park's history, did you?

In the late 1800s, an unfortunate jockey named Danny Macklin of Detroit, Michigan was racing his horse around the local track when it was overcome with a violent fit. The horse took off like a shot and threw Macklin to the ground. He struck his head on a rock which left a hole in



Rochester Driving Park Race Track (Photo courtesy of Rochester Public Library Local History Division)

his temple and a trail of blood trickling down his cheek, killing him instantly. The ghost of Danny Macklin had reportedly appeared at racetracks across the country looking for the horse that killed him.

Macklin's spirit manifested at the Driving Park, which at the time was a horse track. The incident was relayed in a detailed article in the Democrat and Chronicle on August 19, 1890. The following is the actual article in its entirety.

"A Terrifying Specter That Was Seen at the Driving Park"

The mystic hour when church yards are popularly supposed to yawn like a reporter on 'long watch' has no terror or the average Rochestarian, who feels as easy and safe at midnight as at mid-day. But rarely is a real ghost heard of here, there are people even in this city so constituted that they can recount tales of personal encounters with uncanny specters that are calculated to make a timid man's hair stand on end...

It has recently been reported about in the Third Ward, that the little cottage, just off Plymouth Avenue, that was once the home of the Stoddards, is now inhabited by a ghost that walked nightly and there are imaginative people who actually think that they have seen a ghost.

But another part of the city boasts of a ghost that within a week has scared a dozen people. The people in question were grooms and jockeys who have had charge of the horses at the Driving Park during the past week, and the story told is quite interesting. The grooms who had charge of the flyers slept at night in the temporary bunks erected in the stables, in order to watch and care for the horses. The grooms divided the night into watches.

Last Thursday night the men who took the midnight watch had just relieved their companions and were quietly chatting in front of the stable, when one espied a curious white object near a clump of trees. At first, he thought it was a trick of the moon and paid no attention to it. As it shifted about, he thought perhaps - well, he didn't know what to think, so he just sat still and watched. The white object

moved out of the clump of trees and went to the stable. At that instant the other watchman saw the object. The apparition was then at once recognized as a ghost. Its clothes were white but a whiter than its blanched face. Down one cheek ran a blood red line. Both watchmen were paralyzed with fright and could neither move nor speak. Their limbs refused to act, and their senses were benumbed.

Straight into the stables walked the ghost. One door was open, but the specter preferred to pass through another that was closed. As it disappeared into the stable and they plucked up a little courage and keeping close together stole inside after it. The ghost was slowly pacing up and down in front of the stalls. Apparently, it was examining the horses. It suddenly occurred to the men that perhaps they were being tricked, that the ghost might be a man who meant harm to the horses. They gave the alarm and the sleeping jockeys jumped up to their feet half awake, and they too saw the apparition. The ghost paid no attention to the noise and bustle but kept on examining the horses, which themselves became alarmed at the noise and began neighing and stamping.

The men became more and more terrified, until on who had more courage than the rest started for the specter with a pitchfork. Then the specter judiciously vanished. They saw nothing more that night nor after it. The jockeys say that the ghost was a genuine one, and that they recognized the features as those of a jockey who was killed in Detroit some years ago and who, as legend goes, haunts the racing stabled looking for the horse that killed him. What particular indigestibility the men had for supper in the night in question had not yet been learned.



Patti Giglio

Author Patti Unvericht-Giglio's books include *Ghosts and Hauntings of the Finger Lakes*, *Hidden History of the Finger Lakes*, *The Great Seaway Trail*; *History, Legends and Mysteries*, *Tales From These Old Bones* and *The Silver Lake Institute* are available at Barnes and Noble, independent bookstores and her Facebook shop @theseoldbonestalk. Follow her on Facebook for other interesting history tidbits and announcements.

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Crumpet Brings Anglophile Fever to Monroe Avenue

Nancy O'Donnell Hale

Evin Neadow credits Seattle's Pike Place Market for her introduction to crumpets aka English griddlecakes (but probably no one in the UK would use that name). After one bite, she was hooked.

"It was life changing," said Neadow. "I came home, and I began messing around with crumpet recipes, and I asked my friends to taste test. I did this for about thirteen years. I only just changed it to vegan [for the shop]."

After the fateful, crunchy, buttery day in Seattle, Neadow continued her life as an art teacher, but she said she "daydreamed" about a crumpet shop after retiring. Meanwhile for four seasons, she was "Toxin Dioxin" a "jammer," for the Roc City Roc Stars roller derby league when called upon. She is, along with husband William Downs, parent to Ezra, 12, and Beatrice, 7. Downs, a multi-tasker like Neadow, works as a stay-at-home father, woodworker, illustrator and writer.

Retirement came sooner than Neadow thought during the pandemic, and when a friend told her that a space opened on Monroe Avenue that felt like the place she had always dreamed of, complete with exposed brick walls and soaring ceilings, she jumped at the chance.

In the fall of last year renovation began in what had once been a nail salon with "tons of holes in the floor" made when the equipment was removed. A kitchen was added, a bathroom and space to seat eleven at counter or small tables (post pandemic, of course). On April 1, 2021, Crumpets began rolling out the door.

"Oh, my goodness, [the response] has been overwhelmingly positive. People are so excited about crumpets. Tons of people from the U.K., people who lived there, Australians. One guy came in who said his grandmother in Long Island made them and [crumpets] reminded him of her."

While she makes only 250 a day, "we sell out every time," said Neadow.

She discovered that a vegan recipe was even better. "They're more spongy, more air holes. And basically, crumpets originally were vegan just by necessity. People just used water."

Making the three-ingredient (flour, yeast, water) crumpets is a two-day process. First, dough is plopped in a crumpet ring on a griddle. Because the yeast has to rise at a low temperature, they have to stay on one side for twenty minutes, so air bubbles are created. Next, they're flipped for one minute. Then finally, stored overnight dreaming of butter.

On a recent visit, a crumpety smell wafted from her turquoise and sky-blue store at the corner of Meigs Street and Monroe. With the help of her husband, Neadow's small cozy cafe sells a four or six pack of crumpets that comes with instructions. Once toasted they can be buttered and served sweet or savory. Here's where Neadow's homemade raspberry jam or honey, homemade marmalade, Nutella or fluff and bananas is applied. And for the more adventurous, small packets of Marmite are available.

And what is Marmite? It's defined as a yeast extract dark brown goopy paste invented by a German scientist and is a staple at British breakfast tables. Google it, and it's described as a super vegan source of B vitamins including vitamin B12. Most important is Marmite's marketing slogan-- "Love it or hate it."

But what does it taste like, you ask? "The strongest soy sauce flavor you've had," said friend Matt Denker, a friend of the couple who works behind the counter.

(Later at home, I found that a tentative dot of Marmite on a toasted crumpet slathered with butter tasted like salty, beef gravy --something I haven't taste in years but loved when I ate meat--and I actually quickly acquired a taste for it. More please.

Breakfast sandwiches are also on the menu including fried egg, bacon and Old Man Cheddar cheese. Because crumpets without tea is unthinkable, the shop offers a variety of loose teas including the British favorite, Yorkshire Gold, along with others that Downs handles.

Crumpets is open Wednesday to Sunday 8 a.m. to 2 p.m. Late shoppers have been known to buy up as many as are available Neadow says, so be prepared to come back again and again. 441 Monroe Avenue, (585) 851-8471.



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

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You can learn more at their website at www.highlandparkconservancy.org.

Marvin Gardens

Nancy O'Donnell Hale

Somewhere in the Wedge, artist Rob Marvin and collaborator/wife Glenda Reed continue to build on a garden that was awarded the Flower City Garden "Best Use of Art in a Garden" in 2016.

This year Marvin used "found art" to create a vertical garden, filling bedsprings with bright spots of colorful impatiens.

Marvin decided he didn't want to use a "pallet," so he began looking for something else. A DIYer and a dedicated fan of "curbing" and "dumpster diving," he was thrilled when he found a mattress discarded behind their house. "I liked the rusted wire and the green patina, the aura of salvage," Marvin explained.

Next, the couple cut little squares of burlap, twisted, judiciously screwed them into the coils leaving a few empty. Finally, they filled the burlap coils with soil and flowers.

The upright bed spring flower bed now join a burbling fountain, pottery and urns, and so much more.

All the beauty isn't just contained in their front lawn; it spreads beyond to include next-door neighbors' yards.

His landlord gave him the go-ahead to manage the outside of his other houses, and why wouldn't he?

The sloping lawn now overflows with primrose and spiderwort. Milkweed attracts monarch butterflies when they travel through. An indoor huge fiddle leaf moves outside for the summer. Soon the wisteria will be in bloom Marvin said, "It's a little late this season." The couple added topiaries and succulents to the mix.

Other art pieces are scattered throughout the garden—"a found bed headboard," a mosaic Marvin said he created in only a few hours, sculptural pieces and very, very heavy pottery.

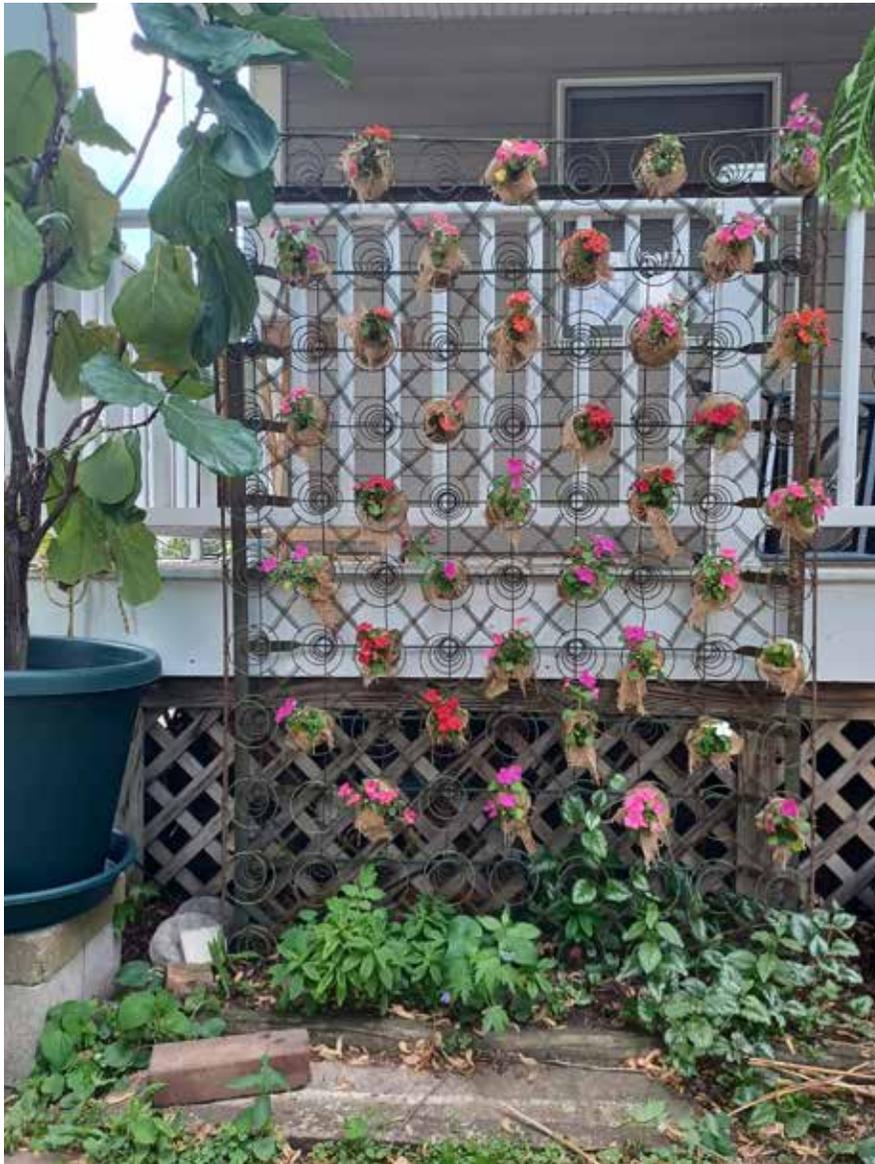
His hardwork attracts human and wild-life.

"I've seen a big tom turkey walking across the street. I've seen raccoons and woodchucks, blue jays, cardinals and finches," Marvin said.

As for humankind, the garden is a big attraction. One time a passerby even recognized one of the features. .

"I curbed over on South Clinton and found a cast iron chair. One day its owner walked by and stopped to study the garden and said to me, "I'm so glad you got my chair. I hated to throw it out!"

"People stop. We have a dialogue. The garden is a real coming together point," said Marvin. "It's an eclectic, wonderful space. I'm letting things happen, and it's great for the community."



A fiddle leaf fig tree comes outdoors during the summer months.



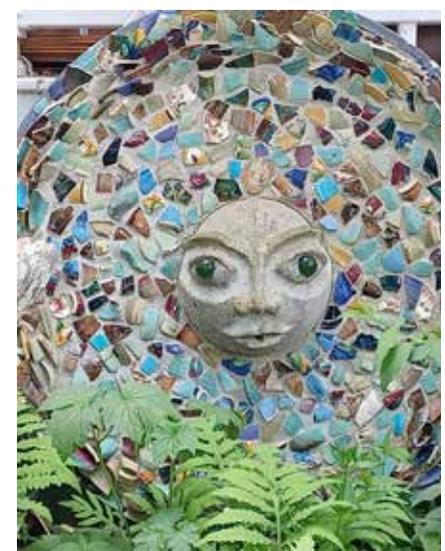
A passerby recognized the chair she'd discarded at the curb and applauded its new use



Repurposed wood contains a basket of pansies



Waterfall attracts birds and wildlife



The mosaic was once a firepit and now a protective garden demigod



Closeup of bedspring vertical garden by Rob Marvin and Linda Reed



Marvin and Reed have spent a decade creating an urban garden attraction



Marvin's pottery

Photos by Nancy O'Donnell Hale

South Wedge Victory Garden Updates

continued from page 4

Jo Cummings, co-manager Cypress St.

First step for the new season was to get the plot boxes in shape. Co-manager Ken Rich purchased new wood some of us pitched in to buy. He cut it at his home, and brought the wood to the garden with nails, screws and the tools necessary to replace or repair many plot boxes. Over three weekends and many hours Ken and I, along with a few other gardeners, worked on making repairs. On another weekend we stacked the rotted wood at the curb for pick up for trash day.



Cypress Street South Wedge Victory Garden (Photo by Ken Rich)

All of the Garden's twenty-two plots have been filled for this season by returning gardeners and seven new gardeners.

Adding compost to the garden was the next step. Compost is considered "black gold" since it adds beneficial nutrients to the garden soil. I approached Impact Earth (formerly Community Composting) to see if they could donate compost to our garden, and they agreed. They generously delivered

three yards on Saturday, April 24 for gardeners to add to their plots. Latern Ken, gardener Jim B., and I moved the compost to the back of our garden.

We have also added some small buckets in our garden that will either be used to grow herbs or a few vegetable plants that can be donated to the SW food program.

Look for more Cypress Street Victory Garden news in the next issue of the WEDGE!



Leah Brewer's work encircles tree on Linden Street (Photo by Gisella)

Treehuggers Welcomed in The South Wedge



Brewer's Treehugger after a rainstorm on Mt. Vernon (Photo Nancy O'Donnell Hale)



Rochester Remember Garden Makeover

Amy Cavalier

DePaul's Remember Garden, located in Highland Park in Rochester, New York, recently received a complete makeover thanks to donations of supplies, materials, labor and time from a number of businesses and individuals.

DePaul is a progressive not-for-profit organization founded in 1958. DePaul is committed to providing quality services including assisted living programs for seniors; residential, rehabilitation and support services to persons with mental illness in recovery; addiction prevention and support programs, vocational programs and affordable housing.

During the makeover, benches and pergolas at The Remember Garden were rebuilt thanks to a project led by Christa Construction President Mike Seaman, Vice President Gail Morelle and Project Executive Jay Weaver. Much appreciation to Lakeview Lawn and Landscaping, Inc. for providing the plantings and mulch, Tim Dewey of TMD Contracting for the installation, and Pat Clancy and Chuck Buscemi of Wm. B. Morse Lumber Co. for providing the materials. And thank you to volunteers from Bond, Schoeneck & King Law Firm who helped clean up The Remember Garden for the Rochester United Way's Day of Caring!

"It is truly amazing to work with an organization like DePaul to help support their mission and be a part of the work they do to enhance the communities and the people in them," said President of Lakeview Lawn and Landscaping, Inc. Rich Snook.

The garden is a living memorial to those who died while institutionalized over a century ago at the Monroe County Insane Asylum, Almshouse and Penitentiary, the approximately 700 unnamed graves that were discovered at Highland Park, and the strides that have been made to erase stigma surrounding mental illness.

"Throughout our lifetime, each and every one of us has contributed to our surroundings, big or small," said Christa Vice President Gail Morelle. "It is vitally important to be aware of the value of human life, and The Remember Garden embraces that value. We are honored to work with DePaul on this important project because we believe in honoring all lives. The lives that have been forgotten, they matter."

DePaul Community Services coordinated development, building, planting and maintenance of the garden. The Remember Garden appropriately marks the grave, lending dignity and respect to those buried there, while heightening community awareness to the site and the history of institutionalization.

"Thanks to the generosity, thoughtfulness and support of our community, The Remember Garden will continue to serve as a fitting tribute to the recognize those who were buried at this site," said Vice President of DePaul Properties, Inc. Gillian Conde.

For more information on how to visit and support The Remember Garden, please visit <https://www.depaul.org/donate/remember-garden/>. For more information about DePaul, please call (585) 426-8000 or visit www.depaul.org.



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City of Rochester Roc City Skate Park Ready to Roll

Michael Riordan

In partnership with the City of Rochester’s Department of Recreation and Human Services (DRHS), the Friends of the Roc City Skatepark looks forward to a busy season ahead. While the Friends continue to advocate for construction of the remaining phases of the skatepark, in the months ahead the Friends will be primarily focused on activating the skatepark and engaging with the community.

The City and the Friends are planning a one-day family-focused event for later this summer to celebrate the opening of the downtown Skatepark. The event will include demonstrations from professionals and accomplished skateboarders, mini contests (with prizes) for all wheeled sports and skill levels throughout the day, and a mini skatepark set up nearby for beginner skate clinics and play. If COVID regulations allow, other planned events include helmet giveaways, live DJs, food trucks and local vendors throughout the day.

The Friends will also host workshops and meet-ups at the Roc City Skatepark into Fall. Most workshops this year will be “Start Up” workshops focused on individuals who are new to the sports allowed at the skatepark but one or more “Level Up” workshops are tentatively scheduled as well for those trying to improve their skills and confidence in a specific sport. “Meet Up” events will focus on building community by bringing together specific groups at the skatepark to roll together, improve their skills, and



(Photographer Matt Weaver captures of the movement of local skateboarder

connect.

Details on all of these events will be posted through both the City’s website and the Friends website <http://roccitypark.org>.

Beyond the events at the skatepark, the Friends are looking to expand their volunteer team as well as their network of business and individual partners in the community. If you would like to potentially work with the Friends, please reach out at one of their events, through their social media channels, or through their website <http://roccitypark.org>.

The Roc City Skatepark is now open daily 8 a.m. to 9 p.m. and, for the months ahead, masks must be worn per CDC guidance.

There are two entrances to the skatepark, both along the Genesee Riverway

Trail. Visitors can enter through the north gate coming in from Woodbury Boulevard or Court Street and through the south gate walking in from Mount Hope Avenue. For safety’s sake, it is important that visitors be mindful to observe all traffic signals and cross only at the designated crosswalks — especially when coming across traffic from Woodbury Boulevard.

The skatepark has no on-site parking but there is plenty of parking nearby in city-owned parking lots and garages (Court Street, South Avenue, etc.) as well as on-street pay parking on nearby streets (Woodbury, Capron, Court, etc.). Please do not park in the lots of nearby businesses as your vehicle may be ticketed and towed.



Friends of Roc City Park hold workshops around town to teach skateboarding skills (Photos by Alan Presutti)



Michael Riordan is the current president of the board of the not-for-profit Friends of the Roc City Skatepark organization.

Genesee River Alliance

Helen Dumas

The Genesee River beckons to us from every quadrant of the city – with scenic views, majestic waterfalls, easy bike rides, and challenging walks. Along the river, there is significant history, including long-forgotten Underground Railroad stops and exciting opportunities to create a new vision for the river’s future.

Although the river bisects the very center of the city, it has been underappreciated and poorly understood at times

Over the last few years, the value of the river has been increasing. This is thanks in part to the Genesee River Alliance (a Genesee Land Trust project), which has strengthened connections between community organizations, neighborhoods, businesses, and local government to protect and improve the Genesee River corridor as a healthy, ecological, educational, and recreational resource for the communities through which it flows.

Genesee River Alliance is made up of a variety of partners, such as Genesee RiverWatch whose work encompasses the entirety of the river starting at its headwaters in Pennsylvania and the Seneca Park Zoo who is interested in the habitat value of the northern-most section of the river as it approaches Lake Ontario.

One of Genesee River Alliance’s primary goals is to promote the river as a recreational and ecological resource. To help engage the community with the river, Genesee River Alliance hosted several well attended events:

- An “Insider Walk at High Falls” as part of the 2019 ROC the Riverway Weekend that provided an up close view of High Falls at RGE’s Beebe Station. This area is normally not open to the public which made this a very exciting event for the participants.

- A series of guided Mile-A-Month walks along the river’s 13 mile urban corridor that introduced the history and natural features of the river. Due to the pandemic these in-person walks



“Insider Walk at High Falls” which was a very popular event at the October 2019 ROC the Riverway Weekend

were transitioned to “Independent Walks” via the TourBlend app. You can visit Geneseelandtrust.org/Genesee-RiverAlliance to find a walk or sign up for the eNews to receive notifications on these guided “Independent Walks”.

Challenges still exist, and the Genesee River Alliance is focusing on promoting and advocating for the river. Building on the ROC the Riverway investments in the center of the city, the Alliance imagines the following for the river’s future:

- Bridging the gaps in the Riverway Trail, including connecting the El Camino

neighborhood with High Falls and downtown with an awe-inspiring high walk above the river

- Developing an off-road trail on the east side of the river up to Lake Ontario

- Improving the connections to the Empire Trail east and wide to the Genesee Valley Greenway Trail, creating a world-class trail system following the course of the Genesee River.

The Genesee River Alliance is looking for individuals, not-for-profit organizations, and businesses to join its efforts to enhance access to, habitat,

and water quality of the river. The Alliance meets monthly to brainstorm about issues and potential connections. No specific skills are needed to join the Alliance, and we are particularly interested in connecting with neighborhoods and communities along the river.

If you are interested in staying updated on events and projects along the Genesee River, please contact Helen Dumas, Genesee River Alliance Coordinator, at hdumas@geneseelandtrust.org.

Alliance Coordinator, at hdumas@geneseelandtrust.org.



Charlotte Beach pier (Photos courtesy of Helen Dumas)

Artists Join to Show Love for Mother Earth

Nancy O'Donnell Hale

Adelle Reale just may have been channeling Albert Einstein when she decided to let art and artists contribute to this year's Earth Day celebrations.

"Creativity is contagious, pass it on," invites Einstein, and Reale did just that.

A self-taught artist, Reale joined with her roommate multi-media artist and digital painter Erin Turpin to create a Community Art Scavenger Hunt on April 22.

"We were sitting on the couch a year ago, and we're both into the environment, saving the Earth, all that good stuff," said Reale. "We thought it would be really cool to get people out into the community, then it snowballed into this big event."

The Scavenger Hunt co-founders reached out to Queer and BIPOC artists and asked them to create a response to the question, "Why do you love the Earth. They connected with Caroline Ragan, known locally for LITT, "Love is the Thing" designs and for leaving painted rocks that inspire around town. Next, they reached out to graphic designer Yoenia Bernit for an Earth ROCs logo, created a flyer which they hung on poles around the area and announced their month-long fundraiser on social media.

The scavenger hunt plan was set for April 22. Reale and Turpin travelled around the area and hid bags with a photo of the art piece participants could collect at a later date, an artist's bio, the artist's response to the fundraiser's question and one of Ragan's decorated Earth Day rocks. For a \$5 donation, participants would get a map with clues to find the artwork. The fundraiser also sold stickers and t-shirts

In the end, EarthRocs received over thirty-five pieces from twenty-one artists.

"It was a long process," said Reale. "We had to find thirty-five locations, and thankfully artists were so engaged they offered to help. We still had to think of thirty-five ways to convey how they could find [the art] without being too obvious although We made [the clues] easy for kids."

Along with the scavenger hunt, Reale and Turpin sold stickers and shirt in the fundraiser. In the end, Reale said the event raised \$740 that the group of artist participants decided should be donated to 490 Farmers Community Garden.

"We got a lot of good feedback," said Reale. It was such a blast. It was great for kids, and we'll expand it next year."

See Reale's barrettes, jewelry and trinket trays at www.dippygirlart.com and at dippygirlart.com on Instagram. Her work is also at the Op Shop on Park Avenue. Turpin's macrame plant hangers can be found at Little Button Craft Shop. Caroline Ragan's work can be found on Instagram at [@rocstarvingartisty](https://www.instagram.com/rocstarvingartisty).



Earth ROCs macrame plant hanger by Erin Turpin (@earthfriendl.e on Instagram)

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Adelle Reale & Erin Turpin, co-creators of Earth ROCs



Earth ROCs event flyer, designed by Yoenia Bernit (@chunkybb on Instagram)



Hand Painted LITT (Love is the Thing) rocks, included in every prize bag hidden around the city!



Earth ROCs coasters made by Kennedy Parks (@queerradicalvegan on Instagram)



Earth ROCs painting made by Emma Monterville (@fr00tbats on Instagram)



Earth ROCs dip clipz made by Adelle Reale (@dippygirl.art on Instagram)

Follow EarthRocs for more information about future plans to save the Earth.

These are only a few of the photos of the works donated to the Scavenger Hunt. Photos courtesy of Adelle Reale