

# The WEDGE

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

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## South Wedge Farmers Market Plans Winter Market

Chad Flint, market manager



Market mascots, Barnaby Ezekiel and Quincy Cornelius Flint, take a well-deserved break after their duty at the summer market.

The 2022 South Wedge Farmers outdoor market season has come to a close, and we would like to thank everyone who helped make this year's outdoor market a success. A big thank you goes out to Highland Hospital, Rochester Gas and Electric, Hedonist Artisan Chocolates, Cheesy Eddie's, and Boulder Coffee Café and Lounge for their support of the market. Our sponsors help us with many of the market programs including the Booster Bucks that customers can pick up each week at the market table.

Thank you to all our vendors that attended the market this season. They include the following vendors: Artemis Honey, Backyard Gardens, Bailey's Wearables, Beyond Beads, Blue Barn Cidery, Blue Toad Cider, Botanical Ben, Coffee Connection, Color South Wedge Green, Cornell Cooperative Extension, Creamatorium, Cub Scout Pack #20, Divine Ember Naturals, Estey Toffee, Estrella De Tierra, Fiddlehead Farm, Flint's Maple, Gods N Gladiators, Greenlight Networks, Green Spark Solar, House of Alchemist, Impact Earth, JD Wine Cellars, Jens Artisan, Kom Life, The Little Brownie, The Little Lady Bug, Mark and Amy's Pickles, McAndrew and Company, Molina Health Care, Moneas Bake Land, Patty's Petals, River Edge Manor, Ryan Plumbing and Heating, Sensual Scents by Vega, Sister Dolores, Soulistic Sweets, Spirit and Abundance, Stir Crazy Kettle Corn, Third Eye Henna, Tree Hugger Hard Cider, Upstart Berry Farm, Vio Tea, and Wildflower Lane.

We appreciated their support and participation this market this season and helped us bring you the best in local goods!

We would also like to thank every customer who supported the market each week. We had our strongest season in the past several years and hope to continue that growth in the 2023 outdoor season.

To make sure our customers can continue to support indoor markets, we will continue more this year.

**Pop-up markets** will be held (inside and possibly outside) at the Odd Fellows Lodge (357 Gregory Street) from 4-6:30 pm on the 2nd Thursday in October, November, and December. **Holiday popups** in 2023 will take place from 4-6:30 pm on Thursday, February 9th (Valentine's Day), Thursday, April 6th (Easter), and Thursday, May 11th (Mother's Day).

Follow the market on social media (@SouthWedgeFarmersMarket) or on the web (swfm.org) to keep up to date on which vendors will be at the market each week. If you are interested in helping out with the market as a volunteer, please contact chadflint33@gmail.com for more information.



### Labor of Love Flower Farm

*The Victor, NY Flower Farm specializes in growing dahlias, both as cut-flowers for the wholesale market as well as root stock, known as "tubers." Labor of Love sells online and ships nationally. Owner Amy Knickerbocker has South Wedge connections. She used to live in the Highland Park neighborhood, and she supplies flowers to local business Bradley James Designs. To learn more, visit [www.laborofloveflowerfarmny.com](http://www.laborofloveflowerfarmny.com) or call 585.626.0978.*

## SWPC Plans for South Wedge Fest 2023

After a ten-year hiatus the South Wedge Fest 2022, a revitalized and rebranded street festival, returned to the South Wedge. The festival was held on a hot August day with temperatures reaching over 90 degrees, but still lots of residents turned out to enjoy South Avenue and shop the art and retail vendors along with stops into the brick-and-mortar businesses along the way.

Another big festival draw was the food trucks and a diverse lineup of music and entertainment including a Pet Parade.

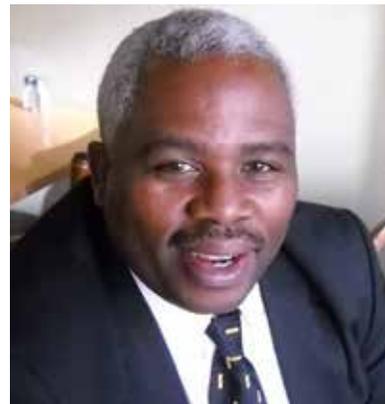
The festival was made possible through the support of many sponsors, including Highland Hospital, Abundance Co-Op,

First Student, Inc., Goodwill/ABVI and Wright Beverage.

A special thanks to community activist Jayne Morgan who helped in organizing over 25 "Hickory Nuts," volunteers and the South Wedge Planning Committee board members who made the South Wedge Fest a very successful event.

The South Wedge Planning Committee is busying planning South Wedge Fest 2023. More information follows in future WEDGE newspaper issues. If you'd like to volunteer or have any suggestions in making South Wedge Festival 2023 bigger and better, please contact SWPC.

### Frank Logan



SWPC Board Chair Frank Logan

**Thanks also to the craftspeople and food vendors! Gods n' Gladiators, Be Kind Creations, Bailey's Wearables, Harvest Moon Printing, Tool Box Earth, Peppapot, Tony Tomatoes, J & S Fried Dough, Rochester Kettle Corn, Macarollin', Luca Foresta and the ElectroKings, Serena Young, Steve Grills and the Road Masters, Young School of Irish Dance, Wildflower Lane, Fiddlehead Farm, Figgy Studio & Shop, Kom Life, Flint's Maple, Ludwigs, SalCo Design, Empoweredology, May and Mary, Tina Selvaggio, Zolo Candles, Little Red Door, Miriam Steinberg, Ana Rynski**



Steve Grills and the Road Masters



Luca Foresta and the ElectroKings



Festivalgoers danced the day away



Dancers, musicians, vendors and festivalgoers brought energy to the long awaited, resurrected SWPC South Wedge Fest. Next year's fest planned for Aug. 19.

Photos by Jeff Carlson



Scenes from South West Fest



Vendors filled South Avenue



# Opinion

## Legislature Faces Historic Redistricting Proposal

Rachel Barnhart



Monroe County Legislator Rachel Barnhart represents Rochester's 21st District

The Monroe County Legislature's most important job this term is to tackle redistricting, the once-a-decade process of adjusting district lines based on the census. I would have liked to see an independent redistricting commission made up of community members--not self-interested legislators--draw the lines. But such a commission was twice defeated by the Legislature.

Fortunately, there is a historic redistricting proposal before the Legislature that would provide proportional representation to Monroe County's Black voters for the first time. The map creates five Black majority districts covering Districts 22, 25, 27, 28, and 29. The South Wedge neighborhood, which is currently split, would be united in District 24.

A bipartisan team of legislators centered the Voting Rights Act while drawing the lines. The landmark law signed by President Lyndon Johnson in 1965 outlawed vote dilution by packing or cracking a group of minority voters. Packing is concentrating minority voters in too few districts and cracking is spreading minorities out in too many districts. Map-drawers use vote dilution to limit the number of districts where a minority group has a majority. The five-district proposal does away with packing and cracking that we see on our current map, drawn in 2011, which only has two majority-Black districts.

The Voting Rights Act requires the creation of districts where certain conditions exist, such as a history of discrimination and racialized voting patterns. The five districts in the new map proposal cover the area known as 'The Crescent,' which has experienced the impacts of disinvestment and redlining. There are concerns the map does not create a district for Latino voters. Unfortunately, there are not enough Latino voters to create a majority district. It is illegal under the Voting Rights Act

and subsequent Supreme Court decisions to create a district that would give one minority group a plurality at the expense of another minority group that can form a majority. It's also important to note that when we consider a "majority minority" district, we cannot legally add up all races to form the majority.

Thirty years ago, the Monroe County Legislature split over voting rights of Black residents. It was an ugly fight that resulted in a lawsuit - and the creation of several Black districts. Since then, the Black population has grown. We can avoid a similar fight that would undermine confidence in the Legislature by working together to bring this proposal for five Black districts over the finish line.

A map is a statement of values. No map is perfect, but I am proud that we centered voting rights of historically marginalized populations and neighborhoods in the plan. Redistricting decides our representation for the next 10 years.

Visit [monroecountyredistricting.com](http://monroecountyredistricting.com) and [thecrescentmap.com](http://thecrescentmap.com) if you are interested in learning more about this process and how you can provide input before the proposal is voted upon sometime in October.



## WedgeWaddle Marks 10th Anniversary

WedgeWaddle celebrates its 10th anniversary at 10 a.m. on Thanksgiving morning, Nov. 24. The event starts and ends at Abundance Food Coop, 571 South Avenue.

The 3-mile walk, run, or waddle travels around the South Wedge with a few stops along the way provided by local businesses and organizations.

The event also supports a sock drive for St. Joseph's House of Hospitality, so folks should

bring a pair of new socks with them to donate at the event.

We are still looking for some sponsors of the event. If you sponsor this great community walkabout, your logo will be placed on the back of our limited-edition t-shirts that we give out each year. If interested, email Jennifer Posey at [Hedonist Artisan Chocolates](mailto:HedonistArtisanChocolates) about donating [jennifer@hedonistchocolates.com](mailto:jennifer@hedonistchocolates.com).



WedgeWaddle volunteers in years past gather on Thanksgiving morning to welcome waddlers for another year of fun



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**Happy Earth Tea, 10% off**  
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**Equal=Grounds, 10% off**  
750 South Avenue

**Little Button Craft, 10% off**  
658 South Avenue

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

**Mark's Texas Hots Open 24 hours!**  
10% reg menu item  
487 Monroe Avenue

### The WEDGE Newspaper

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The WEDGE Newspaper, a not-for-profit newspaper, is published by the South Wedge Planning Committee, a community development organization. Its mission is to provide accurate coverage of community news. Printed bimonthly (February, April, June, August, October and December), The WEDGE has a readership of 13,500. Originally a print publication, it switched to electronic publication ([www.swpc.org](http://www.swpc.org)) in Spring 2020, and is today posted to multiple outlets and listservs. Please send story ideas or news to the WEDGE, 224 Mt. Hope Avenue, Rochester, New York 14620 or email [thewedge@swpc.org](mailto:thewedge@swpc.org). Advertising deadlines and rates are available online at [www.swpc.org](http://www.swpc.org) or call 585.256.1740, ext. 4.

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

### Get the WEDGE!

For 40 years, The WEDGE Newspaper has chronicled the lives and times of the vibrant South Wedge neighborhood and beyond.

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### SWPC Mission Statement

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

### SWPC Board Members

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Anthony Sciarabba, treasurer  
Kristina Wood, secretary  
Board members--  
Lindsey Allen  
Jeff Carlson, Jr.  
John S. Frank  
Alvin Lomibao  
Robert Marvin

### Honorary Board Members

Mitchell Dannenberg, John Dennis, Joe DiDonato, Cheryl Stevens  
**Staff**  
Glynis Valenti, executive director  
Chad Flint, market manager

### South Wedge Planning Committee Meetings

The community is invited to attend all SWPC meetings held at 224 Mount Hope Ave. (Hamilton St. entrance).

### October/November Calendar

SWPC Board Wed. 6 p.m.

Oct. 19, Nov. 16

For info, email

[flogan@rochester.rr.com](mailto:flogan@rochester.rr.com)

### Community Engagement (Neighbors & Block Clubs)

Wed. 5:30 p.m. Oct. 26, Nov. TBD

For info, email

[gvalenti@swpc.org](mailto:gvalenti@swpc.org)

### 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. It works in a myriad of ways to build community through the annual South Wedge Farmers Market, 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 [franklogan54@gmail.com](mailto:franklogan54@gmail.com).



# Business Buzz Meet Laura Gavigan, Mindful Matters

Nancy O'Donnell Hale



Laura Gavigan, counselor and coach

Laura Gavigan, founder of Mindful Matters, want to help and she's found a way. Newly located in the South Wedge Wellness Center at 728 South Avenue, she shares the building with Colin Coffey, founder of Renewing Massage. Gavigan offers "a blended model of teaching, counseling and coaching integrating mindful meditation skills" to the stressed out and exhausted especially those in need of "more focus, sleep and comfort."

In 2000, the New Jersey native moved to Rochester after working in Spain, Germany and Japan for the University of Maryland. She fell in love with Rochester while visiting friends. For some 22 years she worked at the University of Rochester in academic advising and counselling. During that time, she discovered Koru, a Duke university mental health program, created to help students deal with anxiety and stress during the "unique transition" of college life. Gavigan teaches the discipline along with mindfulness classes. She also expanded to teach classes in local organizations and other area colleges.

"Koru is the name of a fern native to New Zealand," explains Gavigan. "It symbolizes balance and growth."

She earned a degree in counselling at the UR and during the pandemic she began to think about changing her life. "In Fall 2021, I was 54, too young to retire and too seasoned to start over," said Gavi-

gan. "What will people pay me to do?" She also realized that holding Koru workshops was no longer "a side hustle. "This is really important to me and to the world," she said. "By the end of March 2022, I took the leap and decided to go all in. I resigned from the U of R."

In the following months she networked, sat on panels and wellness fairs, even worked with a podcaster out of Arizona, and continued with a client in Japan. Along the way she took her training and held classes that focused on a variety of direction- mindfulness leadership and mindful eating. She even works with a local audiologist to

aid people who suffer from tinnitus." "The possibilities are endless," said Gavigan.

"Many of my clients were ready to meet in person," said Gavigan. While she thought of building an office in the home she shares with husband, Michael Osadciw, and teenage son Paul, she decided she wanted a separation between her practice and her personal life.

When she saw an ad for a space in the South Wedge, she decided to go for it. "My husband and I went on our first date in the South Wedge at Beale Street," said Gavigan. "I shop here. I like the South Wedge."

She opened the doors on Sept. 1. She now holds one-on-one sessions that combine counselling and coaching, spending time learning about the stress or trauma clients face and what their short and long terms are. She also includes teaching a "mindfulness skills and belly breathing" which help no matter the circumstances.

"Belly breathing is a different way of breathing and it's calming to the nervous system," she said.

Gavigan offers custom designed sessions, classes and programs for clients and charges \$125/hour. She also has built in time for some pro bono work and she's looking to partner with a local nonprofit that works with women who've been sex trafficked.

Meanwhile, Gavigan will be setting up a table to introduce her work to the South Wedge at the Holiday Market on Saturday, Dec. 3.

To learn more, visit [mindfulmatters585.com](http://mindfulmatters585.com) or call 585.430.5674.



Mary Boland's succulents in a tea cup

## Happy Earth Adds Home Decor to Go

Happy Earth Tea owners Niraj Lama and Mary Boland have added a few more reasons to stop in their mindfully mellow shop on South Avenue, especially as the holiday season is on the horizon.

On a recent visit to the tea bar, a Red Fern three-layer vegan Gingerbread cake waited under a glass dome. Also added to Red Fern cookies and nut and fruit mixes are Jeca Energy Bars, from a woman-owned business in Buffalo. The bars come in 3 flavors: matcha, coconut and curry and almond and date.

A set of gorgeous tea pots covered with a felt-lined cosies in copper and black were added to the inventory after the couple discovered them during a summer vacation in Denmark. Two tea drinkers polled said they had each bought one not only to keep their pots of tea hot, but also because of how "aesthetically pleasing" they are.

Nearby tables are newly decorated with bone China tea cups Boland filled with succulents. The entire collection, now for sale at \$15 each, was donated to Happy Earth Tea by a customer.

Visit them at 696 South Avenue or online.



Danish tea pots



Another find Lama brought back from Denmark were felt willow branch and flowers, handmade in Nepal. The Fair Trade Certified flowers provide economic support to 700 woman in Nepal.

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Undead zombies join Night of the Living Wedge



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# It's A Wonderful Life in the South Wedge Returns on Dec. 3

Tracy Saville

Soon the leaves will be turning brilliant orange, red and yellow, leading to snow, hot chocolate and the holiday season. Add to that list It's a Wonderful Life in the South Wedge 2022, the Wedge's longest running festival celebrating food, music and shopping.

It's a Wonderful Life in the South Wedge (IAWL2022) will be held on December 3rd, starting at 11 AM and ending at 4PM. Event spaces are located at Star Alley Park (662 South Avenue), Odd Fellows Lodge (357 Gregory Street) and Postler & Jaeckle Corp (615 South Avenue) and sponsored by BASWA, the Business Association of the South Wedge Area.

The event will showcase South Wedge businesses and local crafters gift offerings in a food and music-filled environment. Santa will be stopping by and sharing the Star Alley Park stage with the Flower City Pride Band and Resonanz.

Santa loves chatting with kids of all ages, so make sure to take a seat on his lap. The bands have become seasonal favorites and a must see.

Food offerings are available at South Wedge restaurants, wineries, breweries

and local food trucks.

The best part of the holiday event has always been the neighborhood collaborations and resulting holiday cheer. South Wedge businesses and residents join to decorate their shops, homes and Star Alley Park in celebration. BASWA would like to support our sponsors for IAWL2022. Highland Hospital continues to service the South Wedge not only with exceptional healthcare but quality of life. They have been tremendous supporters of South Wedge activities and beautification. The South Wedge appreciates you! Thank you to South Wedge businesses Historic Houseparts, Hedonist Chocolates, Posey Letterpress, Premier Pastry, Odd Fellows Lodge and Postler & Jaeckle for your generous donations and support. You are pillars of our community!

So welcome to It's a Wonderful Life in the South Wedge 2022, and we hope you have a wonderful time!

Vendor applications will be accepted until November 1st. Please contact [tracysaville@me.com](mailto:tracysaville@me.com) or [www.facebook.com/BASWA-178944750357/events](http://www.facebook.com/BASWA-178944750357/events) for more information.



Inside shopping, outside photo opps.



Santa is always welcome in the South Wedge



Pride Band at It's a Wonderful Life in the Wedge 2021



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

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The League of Women Voters was founded on “the principle that everyone has the right to vote, and encourages all citizens to exercise that right.” The League also offers information to help you understand important issues of the day through forums on topics such as climate change, health care and redistricting. They also sponsor candidate debates to help you decide which candidates deserve your vote. Get to know Vote411, a national resource that has all the election information you need: register to vote, or verify your registration. Find your polling place. See what’s on your ballot and find information on candidates. Get a copy of “Who Represents You,” a guide to your elected officials in Monroe county and how to contact them. Find out everything you need to know to register and to get to the polls. <https://www.lwv-rma.org/>.

### Tonja McNair Returns to the South Wedge for Book Signing

Tonja McNair was a South Avenue fixture for many years. Her two businesses—HeadzUp Hats and Tonja’s Personal Touch Hair Salon (later renamed Compliments Hair Salon)—helped launch the South Wedge’s revitalization on South Avenue.

After 12 years, she moved her shops to the corner of Cypress Street and Mount Hope Ave, in September 2011.

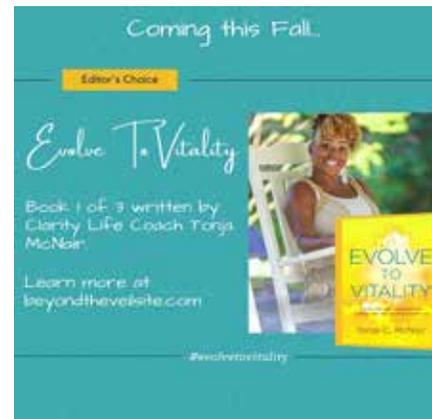
Fast forward to 2017, and the life-long Rochesterian learned her husband Curtiss has been offered a job offer in Florida he couldn’t refuse. That tumultuous uprooting led McNair to write the first of a 3-part series, *Evolve to Vitality*. The book is a memoir and meditation on how to transform your thinking which transforms your life

McNair returns to Rochester on Saturday, 19 November, 11-2 p.m. for a reading and book signing of her book and a jazz performance by *Paradigm Shift* at Women of Color New York, 539 South Avenue.

An evening reception and book signing with DJ music will be also on Saturday at La Bola by Avvino at Merchantile (Old Sibley Bldg., 240 E. Main St., 5-9 pm Saturday. Parking will be validated for



Author Tonja McNair



all guests that evening.

Norma Holland, former Ch. 13 news anchor and now Director of Public Relations and Engagement, Office of Equity and Inclusion at the University of Rochester School of Medicine and Dentistry, will be on hand to introduce McNair at the evening signing.

### South Wedge Resident & Friends Search for s Liver Donor



Friends and neighbors joined Howard Samuels for the Warrior Walk held in Genesee Valley Park on Sept. 11th. (l-r) Gary Loitsch, Christine Ehmann, Walter Ketchum, Barbara Day, Howard Samuel, Julie Fiske, Wendy Fritz, and Rick Warner. Photo by Barbara Fritz

Howard Samuels, a long time South Wedge resident and local real estate appraiser, is on a search to stay alive.

Diagnosed with colon cancer in 2020 that later spread to his liver, Samuels has been reaching out to the community to locate a donor willing to donate a portion of their liver. Donors can be between the ages of 1-60 with a blood match of A or O-/O+. While he is registered with the University of Rochester Transplant Program, he continues to reach out and publicize his request.

“After surgery, I had an allergic reaction to chemo. And the lesions grew back,” said Samuels. “I keep looking.”

Samuels has reached out to local radio and TV stations and even the Amerks to publicize his quest.

To learn more, call Howard Samuels at 585. 275. 5875.

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# It's All in Your Mind

**Michele H. Martell**

“Ooh, stop...  
Where is my mind?  
Where is my mind?  
Where is my mind?  
Way out in the water  
See it swimming”

it an ongoing habit. We all have triggers that can potentially move us into an automated response based upon past experiences. Until we become mindfully aware of them, these triggers can take us into a place of negative thinking that has a damaging impact on the trajectory of our days.

The habit of replacing negative thoughts with positive, faith-filled ones is wise guidance from Norman Vincent Peale in his series of books teaching positive thinking. Joel Osteen also has a YouTube video released this past summer titled, “Dealing with Negative Thoughts.” I now love starting my day listening to such positive videos and/or reading something positive to get my mind on the right course for the day before any negativity can try to get hold of my mind. After all, the best defense is a good offense.

There is something to be said that if we don't control our minds they control us. Most people can unconsciously project the thoughts of their own minds onto any scenario, which can lead to a skewing of the truth of the matter.

It's not a matter of denying reality; it is more a matter of stepping back as needed to observe what is happening, where are our minds, take a break if necessary, and then decide what action is proactively best.

Incidentally, quite a literal example is my recent experience of piercing

physical pain inside my head, that began in my neck. It was the worst pain I've experienced in a long time, affecting my mobility. It was difficult to think of anything else and to literally get out of my own head. After stepping back to rest, I looked into what I could do to help alleviate the pain, and I took the steps to do it; and even though the relief wasn't immediate, it's been a gradual process of improvement. And the mind-body connection is truly a reality.

Life is not perfect, and it never will be. I think especially if we've spent considerable time around dysfunctional environments, there will be a natural tendency to repeat the same undesirable history, until we develop and cultivate an awareness in our minds. If you have others around you speaking negativity, jealousy, judgment, and undermining into your life; the power still ultimately lies in your own mind to not let that negativity get inside.

The mind is a powerful thing. Think about it – any great invention, music, architecture, painting, sculpture, writing, career, and more – all began in someone's sparkling mind! It first took vision and belief, which provided the mind the power to create. Which is why manifestation is more than just a cliché – when you focus on an objective, engaging the mindset to do it, it will come to fruition – which includes the solid intention for a positive attitude



Michele H. Martell (Photo by Sarah Jeruta Salvilla)

and perspective for the day. And if you need to get your mindset right—stop—and do whatever it takes, whether it be rest, deep breathing exercises, physical exercise, prayer and meditation, music, reading, journaling, quiet time with plants and animals and trustworthy friends - anything that brings you joy, and helps to delete negative influences from your life that are destructive to your mind's peace.

Where is your mind? Some days, what's showing up there is more nourishing than others. The goal is progress, not perfection. In the timeless words of Norman Vincent Peale: “Change your thoughts and you change your world.” Wishing you a peaceful and mindful day.

## Shop Local on Small Biz Saturday on Nov. 26

Little Button Craft owner Shelby Przyblek is getting ready for “Small Biz Saturday” on November 26. Store hours on that day to celebrate local businesses will be 12-5 p.m.

Along with “a carefully curated collection of hand crafted gifts and goods made by a community of artisans,” Przyblek is holding hygiene drive for the houseless. She welcomes all manner of hygiene products and says the drive will continue up until Dec. 15.

Little Button also hosts a virtual fiber night every Wednesday from 6-8pm at Little Button Craft or at Nox Cocktail lounge.

“We also have a discord server where our fiber inclined friends talk about projects they're working on, ask for help on patterns, and keep updated on shop goings on.”

658 South Ave, 585.698.6874 and you can shop online via [littlebutton.com](http://littlebutton.com)



Little Button Craft donation tree. Owner Shelby Przyblek is holding a hygiene drive to make into hygiene kits for the houseless up until Dec 15th.



## Head to the South Wedge on Small Biz Saturday November 26

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The South Wedge Planning Committee (SWPC) invites you to join us in making a difference in southeast Rochester. Join our board of directors or serve on a committee. Founded in 1978, SWPC acts as a conduit for federal or state repair grants that help keep people in their aging homes. SWPC works in a myriad of ways to build community through the annual South Wedge Farmers Market (June-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).

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# South Wedge Fest Parade 2022



Photos by Jeff Carlson

This year's South Wedge Fest resurrected the crowd pleaser Pet Parade. While there were no prizes for best dogs this year, a raffle was held. Ten winners received a

pet-related gift bag donated by Pet Supply on Monroe. Special thanks to Grand Marshall Denise Button assisted by volunteers Marcia Pickering and Heather Daly.



Raygee from Radio Station 94.1 The Zone and Luna, the station mascot



Tammie Corso with Luna, a blonde mini dachshund, sporting a "crimp 80s style hair."

Pet Parade started at Mary Daly Park and ended on South Ave.

Beth and Bill Wynkoop & Olive,



Marcia Pickering, Maisie & Vivian (in back)



Heather Daly with Skuggi, pronounced Skutte, is an Icelandic word for "shade"



Christine Ehmann & Polly



Anand Raj & Munde



Kathleen Walker & Kiki



Mike Shaw & Pepper



Keie Engelmeir & Remy



Echo & Coco



Emily Steele & Cosmo



Rachel McGuire & 16-year-old Luna with the bright blue eyes

**Pet Parade 2022**

Photos by Nancy O'Donnell

# Hedonist Artisan Chocolate's Annual Halloween Artist Creates "Magical Anatomy"

Madelyn Posey



Artist Megan Farrell's body organs and bones decorate this year's Halloween chocolates

"Magical Anatomy" is Hedonist's 14th annual Halloween collection and features dark chocolate caramels decorated with one of five magical anatomical themed designs created by local Rochester artist Megan Farrell from Unstrung Studios. Farrell said she's always loved three things: anatomy, chocolate and Halloween. She was able to blend her favorite things together for the annual Halloween chocolate collection.

Farrell found wood-burning in fall of 2017 as a way to fill the time between graduate school and her first professional job: and unstrung studios was born. A short 8 months later, a health flare forced her out of Occupational Therapy and into full-time self-employment. Armed with stacks of wood and copious amounts of coffee, she prepped for a whirlwind 2018 holiday season, and re-launched her Etsy store in early 2019



Artist Megan Farrell

Farrell is a self-taught artist who uses illustration to cope with her chronic health conditions. While studying Occupational Therapy, she experienced an episode of spontaneous paralysis that led her back into a hunt for a diagnosis after years of stable health and forced her to examine and explore her own concepts of ability and disability. Anatomically accurate illustration paired with incorporation of botanical and geometric elements allows Farrell to creatively explore the way bodies "should be," and all the various ways that things can go "wrong." Her art develops out of a strong belief that #anatomyisnotgross, and aims to normalize accurate discussion of health and body systems while educating people about the conditions she battles

**If you have an opinion you want to share, please send to [thewedge@swpc.org](mailto:thewedge@swpc.org).**



The Buffalo Bills Mafia has found a home at the Toasted Bear

## Toasted Bear's Move to Swillburg Increased the Fun

Nancy O'Donnell Hale

South Clinton Avenue in Swillburg has become prime location for a pub crawl with the Toasted Beer Tavern & Grill reopening just a block away from the Angry Goat, two blocks from Swillburgers and the Firehouse Saloon, and four blocks from Rochester Beer Park.

never seen anything like it. It split in half."

Toasted Bear Tavern & Grill owner Jesse Esan liked being in the South Wedge, but the building that housed his bar not so much. He and former partner Chris Barnett, who retired recently, opened their South Avenue bar at the corner of Gregory Street.

Then there was the busted toilet in an apartment above that rained water down into the bar. Not only did Esan's experience propel him to move to a new location on South Clinton Avenue in July, he even bought the building.

Esan offered an initial one-word expletive in describing the condition of the historic building, built in 1900.

Essan said he's keeping it simple. "We don't have any special drinks, but our taps change all the time. We are just a local bar looking to offer a very positive experience."

"The hot water tank in the basement burst open at the seam," said Esan. "I've

The new space does include dart boards and claw machines.

The bar is already packed especially during the football season with the Bills Mafia taking a special place at the bar.

989 South Clinton Avenue, 877.6901.

**The WEDGE Newspaper wishes you a bountiful and blessed Thanksgiving Day.**



**Wedge Waddle 2022 Volunteers Ready to Help You Get your Waddle on. Visit [www.wedgewaddle.com](http://www.wedgewaddle.com) for details!**