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

Nancy O’Donnell

Maybe it takes a social media post of a dead whale beached with 88 pounds of plastic in its belly for people to admit something should be done about the man-made disaster facing the world’s oceans. Last year, the National Geographic started a “Planet or Plastic,” a “multi-year effort to raise awareness about the global plastic waste crisis.”

One article described plastic as “the miracle material that made modern life possible. But more than 40 percent of it is used just once, and it’s choking our waterways.”

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

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

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

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

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

continued on pg. 11
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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.

Since the South Wedge Planning Committee (SWPC) invites you to join us in making a difference in southeast Rochester. Join our board of directors or serve on a committee. Founded in 1978, SWPC acts as a conduit for federal or state repair grants that help keep people in their aging homes. SWPC works in a myriad of ways to build community through the annual South Wedge Farmers Market (June-October), South Wedge Victory Gardens on Hamilton and Cypress Streets, and The Wedge Newspaper, which publishes six issues each year. If your time, talent and passion can help us in continuing SWPC’s work, if interested, please call 256-1740 or e-mail gvalenti@swpc.org or board chair Frank Logan at flogan@rochester.rr.com.

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South Wedge Victory Garden Report

Felton Culbreth

Welcome to another issue of the Victory Garden Report! I can’t say enough about the great looking plots at both Hamilton and Cypress streets. Both have been a great success this season.

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

Now is the time to start! Enrich soil with the organic supplement of your choice. Make sure the soil is WELL watered. From seed, you can go with greens and root vegetables. Greens include spinach, lettuce, chard, collards, mustards, turnip, broccoli, kale and cabbage. Root crop include turnips, radishes, beets, carrots and rutabagas.

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

Victory Gardens Annual Yard Sale

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

More details will be posted on our Facebook page South Wedge Victory Garden, or call the S.W.P.C. office at 585-236-1740.

Happy Gardening!
It was an unexpected surprise," said Imani Olear, describing her new role of owner of Tru Yoga with husband Eric. The couple already lead a very busy lives, Imani is a pastor at the Evangelical Lutheran Church of the Reforma- tion, founder and teacher of Yoga for a Good Hood while Eric, an Army vet, teaches music in an inner-city school-plan a grand opening in October.

“I’ve been a master of multi- tasking,” David said while he’s held two jobs all their lives. “We don’t do any thing else,” said Imani, laughing. The Olears already had a relationship with Tru Yoga’s owner Lindsay and Peter Nabozny before they bought the busi- ness. "[The Naboznys] gave donations to Yoga for a Good Hood and supported the graduates from the program," said Imani. “So, when Peter and Lindsay de- cided to sell, Eric, why not?” It was a natural progression.” Tru’s mission is to put an end to this frustrating fact from feeling and being our best. My mis- sion is to put an end to this frustrating fact from feeling and being our best. My mis-

Imani and Eric Olear

seven sages opens on south avenue

The Seven Sages are a fixture in sev- eral ancient cultures. In the stories, the band of wise men stress the enjoyment of herbal beverages, personal freedom, spontaneity and a celebration of nature. Exchange alchoholic for CBD and anything else, and you have Seven Sages hemp Co. It follows the sev- en CBD-centric shop on South Avenue. Seven sages currently carries a variety of CBD and herbal products: tinctures, buds to bath oils, "as Charlotte’s Web" and CBD-infused products such as honey, lotions and scrubs and salves. The center will be moving across to a new space that is ac-

seven sages are a collective that contains eleven shareholders/ friends, ages ranging between 18-75. They wrote via e-mail that the company and the Seven Sages Farms, LLC was estab- lished "as the Land of 10,000 Delights in the Seven Sages Farms, LLC was estab-

ed using herbs and plants myself. Ghost- flower or ghost plant is used for anxiety and for insomnia. The plant is found growing near wood due to its roots tap into the mycelia of a fungus to survive. Now Borko turns to the woods on his 23 acres and a neighbor’s 15 acres to search for mint, reishi and chaga mushrooms for his tinctures. "I don’t grow mushrooms; I harvest mine,” Borko said. "I find mint at the base of old growth oak trees.” One of his best selling tinctures is Chaga, "a tra- ditional Russian folk remedy. "It is the highest antioxidant known to man," Borko said.

Leaf Tea Bar Adds Manna Bites

Manna Bites come in four delectable flavors (Photo: Johnine Wineberg)

Manna bites are a shop in Rochester that carries Benny’s Body Shoppe

ed chocolate Almond Torte, topped with fresh strawberries, blackberry and pink- salt and a Sweet Potato Chocolate Butter- cream Frosted Cactus dusted cake. And there’s the almond butter blac- cur- rent jam cacoa cups described as “pea- nut butter and jelly on wings.” And, ben- still my beating heart, a raw chocolate strawberry mousse pie with oat ginger crust, topped with vegan caramel (dates, cinnamon, vanilla...), chocolate avocado mouse, and a dark cacoa maple glaze.

Stop by New Leaf Tea Bar and enjoy a transcendent moment of Manna bites at $2 each. To place an order for a special type cake or cacoa cups at haydays@ya hoo.com.


Mt. Hope Cemetery Offers ASL Interpreted Tour

The Friends of Mt. Hope (FOMH) Ceme- tery tour leads of the historic landmark on Sundays at 2 p.m. through Octo-

ber. On Sept. 29, The Friends of Mount Hope offers an ASL interpreted tour of the Mt. Hope Cemetery. Tours meet at the North Gatehouse on Mt. Hope Avenue across from Robinson Drive. Tickets are $10 or free to members of FOMH. You can find more information at omblog or call the FOMH tour line at 585-461-3494.

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

The first in the 2019-2020 series of lectures and concerts will be held in the Historic Calvary St. Andrew’s sanctuary on Sunday, September 15 at 3 p.m. The presentation by Marjorie Searl, retired chief curator at Memorial Art Gallery, will include slides that illustrate the many gifts that the Sibley and Watson families gave to St. Andrew’s church during the late 19th and early 20th centuries. One of the beautiful murals by George Haushalter has been recently cleaned and will be highlighted during the event.

Searl has been researching the Sibley and Watson families and Rochester’s gilded age for over fifteen years. With colleague Lu Harper she curates the website Sibley Watson Digital Archive. St. Andrew’s Church is located on the corner of Averill Avenue and Ashland Street. This City of Rochester landmark is part of the ROCSALT Center.

Thank you to Monroe Sheriff’s Office

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In Memoriam Michael Connelly 1940 - 2019

Eugenia "Gena" R. Belardino was a South Wedge pioneer. In an interview with the WEDGE in April 2016, Gena was celebrating her 9th business anniversary of the South Wedge Barbershop. She remembered the South Avenue in the late 80s, an avenue of boarded storefronts, and chatting with homeless men who “would even check up on me when I was working.” Later her daughter Jennifer joined her in the shop where Gena developed a devoted following. Clients came in with their dogs and maybe enjoyed a beer while they were getting their hair cut. Even when some moved away, they’d return for a haircut or just to say hello. Gena was a force of nature. Tattooed, with her hair colored purple, she welcomed everyone inside her circle of love.

In an essay memorializing her death on May 31, a friend wrote about what Gena loved: “sitting on the porch...watching birds, fox, chipmunks and dreaming of deer resistant plants. Her great passion was walking beaches from Costa Rica to Cape Cod...Picking up litter, collecting beach glass, rocks and driftwood.” Her love of animals was remembered after her death, when in lieu of flowers, contributions were directed to a local Pet Adoption Network. Gena is survived by her daughters Jennifer and Tiffany and numerous friends and admirers.

Rochester's social action community was shaken by the sudden death of Michael Connelly on May 19. He was a long-time champion of social justice. He was a committed and well-respected member of Genesee Valley Citizens for Peace, Band of Rebels, Take Back the Land, and the League of Humane Voters of New York. Mike was born in Chicago, IL and grew up in Alexandria, VA. He studied at Penn State and later enrolled in a BS in Psychology before earning an MS in Education at SUNY Geneseo. Michael is survived by his wife of 53 years, Jennifer and child, Brien (Katja), Christopher (Anne), Peter (Ray), Sarah (Laine), Benjamin and grandchil-dren Tulah, Joshua, Erin and Elliott. He is also survived by his nephew born of his desire for peace during the Viet Nam War. He attended protests, vigils, marches and occupations in pursuit of peace and protest against various wars and militarism in general over the years. He wrote passionate letters to the editors of the Rochester Beacon (see classes/events tab) and took a public position on behalf of justice.

Activist Jule Gelfand remembered her work with Mike Connelly on behalf of homeless people: “On November 3, 2011, I was arrested with 15 others in Washington Square Park. That was night I met Mel. His name is Michael Connelly. He also escorted away in handcuffs standing up for Occupy Rochester’s right to set up an encampment. The next morning, the tents finally came down. And controversies. Nearly five months later, the tents finally came down. Not long after, we joined forces again as members of Take Back the Land. Mike and I were part of many meetings, organizing our member-ship data, scheduling and recruiting volunteers for our protests, planning our strategy. Once again Mike was the one guy we could count on to volunteer to risk arrests, and to make sure our strategy made sense. We learned a crack in the egg of that delusion. We confronted our foreign policy of hegemony of fleeing, terrorized children. Our foreign policy of hegemony is not. The terrorized children from Sal-vador, Honduras, and Guatemala are a crack in the egg of that delusion. One country that does not send us its refugee children is Nicaragua. Nicaragua does not receive large, constant infusions of US military aid. Nicaragua almost never submits to US proxy military aggression. (Remember Reagan’s “freedom fighters,” the il-legally funded Contras?) With poverty second only to Haiti’s, Nicaragua has a popular leftist government that actually provides services and security to its citizens, including health care. Children are safe there, since there are no paramilitary marauding gangs with US weapons, unlike Honduras, Col-umbia, and Salvador. The militarized right-wing governments in these coun-tries are the beneficiaries of US military aid year after year. By these means, these countries, whose children flee in terror (“foreign policy come home to roost”). The support for right-wing militaries, paramilitaries, and dictators in these countries creates a climate of fear, deep insecurity, and lawlessness. Regarding many of the letters to City: confusion and distortion arise from a lack of perspective about the relation-ship of foreign policy and domestic economy. This can be seen in the complaints about “costs to taxpayers.” The com-plaints are easy to understand and sympa-thize with, but they completely dis-continue meaningful perspective since our foreign policy and militarized economy are non-productive, hugely destructive, and cost trillions, not millions or billions. The taxpayer cost for social pro-grams cannot be understood at all without reference to the elephant in the living room: military costs and raised his hand for many tasks: facilitat-ing meetings, organizing our member-
similarity, scheduling and recruiting vol-

Cheerful and inviting, Gena was known for her love of animals. One day, a passerby stopped her and asked about her pet dogs. Gena, always cheerful, replied with a smile, “I have a cat, but I’m a dog person.” She was a devoted animal lover and worked tirelessly to improve the lives of animals. She joined forces with other animal rights activists to create a variety of programs and initiatives to promote animal welfare and advocate for the rights of animals. She was a key figure in the animal rights movement and played a significant role in raising awareness about animal issues. Gena was a true champion for animals.

In her memory, we honor her dedication to advocating for the well-being of animals. She leaves behind a legacy of compassion and a commitment to making the world a better place for animals. Her passion and advocacy will continue to inspire and motivate others to fight for the rights of animals. In her honor, we commit to supporting the continued work of the League of Humane Voters of New York and the continued fight for animal rights and welfare.

In Memoriam Eugenia R. Belardino 1944 - 2019

Eugenia "Gena" R. Belardino was a South Wedge pioneer. In an interview with the WEDGE in April 2016, Gena was celebrating her 9th business anniversary of the South Wedge Barbershop. She remembered the South Avenue in the late 80s, an avenue of boarded storefronts, and chatting with home-less men who “would even check up on me when I was working.” Later her daughter Jennifer joined her in the shop where Gena developed a devoted following. Clients came in with their dogs and maybe enjoyed a beer while they were getting their hair cut. Even when some moved away, they’d return for a haircut or just to say hello. Gena was a force of nature. Tattooed, with her hair colored purple, she welcomed everyone inside her circle of love.

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Over the past couple years, I've been hearing the term “being woke” quite a bit. Such a thought-provoking and catchy phrase. The phrase originally referred to being conscious of racial discrimination in society and other forms of oppression and injustice. Now in mainstream use, being woke can generally describe someone or something as being “with it.” To “stay woke” is basically to keep informed of what’s going on around you, especially in terms of turmoil and conflict.

What does being and staying woke mean to you?

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

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

Apparently, there’s even such a thing as “fake woke.” That’s when some mans, animals, nature, are all connected.

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

And you know what’s really beautiful? Until each of us finally pass a life lesson, we will continue to attract the same lessons until we grow from and move on from them. No matter what our intentions, if universal law itself is being woke!

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

Lifestyle
Being Woke
Michele H. Martell

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

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

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

Corn continues to be central to our lives. The United States is the largest producer of corn in the world. In the U.S., more farmland is growing corn than any other crop. About 80% of our corn is used in food. In fact, there are over 3,000 different uses for corn products. It is used in chips, cereals, soups, dairy products, baby food, mar- garine, juices, soft drinks and candy.

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

Next stop – Stuart’s Spices to season your perfectly grilled ear of corn! Our locally famous Corn on the Cob Seasoning is our favorite! It’s a fresh flavor to corn that really complements the natural sweetness. (It’s also great for seasoning your other grilled veggies, roasted potatoes and popcorn, as well as chicken.)

But don’t limit yourself. Stop by and ask us about our Fire Salt, Crazy Salt, Lime Rub, Mesquite or Cajun seasonings to really POP the flavor of your corn this season! Premium spices are grown on site, blended in small craft batches.

Corn is A"maize"ing!

Vicki Finnefrock & Cecie Valleri

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754 S. Clinton Avenue, (585) 436-9339
Planetary Messengers
Venus’ Different Expressions
Aeolea Wendy Burwell & Peter Doughty

Welcome back to our third offering in a series focused on the ancient art/science of astrology. In writing this we hope to spark the interest of a wide range of readers from those who might have known their Sun signs to others who know nothing about astrology, including those who think it just might be a hooey hoax from the 60’s.

Approximately once a month we are all generally influenced by a different expression of Venus through the zodiac. Love and beauty reveal themselves with nuanced shifts as she moves through each of the signs. From the third week of June through September, for example, she will reside in five different signs (Gemini through Libra).

The Goddess Venus has been known by many names throughout time: Freya to the Norse, Aphrodite to the Greeks and many names throughout time: Freya to the Norse, Aphrodite to the Greeks and Venus to the Romans.

Many cultures have had other names to refer to this deity representing love, sex, fertility, beauty and the force of attraction.

Universally, Venus represents the reflective, feminine principle. And each of us reflects some facet of the Goddess within ourselves.

When you know what sign Venus occupied in the heavens at the time of your own birth, you can take your understanding to a deeper level. Insights into where you find and express the feminine side of yourself, as reflected by such best sellers as Men Are from Mars and Women Are from Venus, can help us understand and express the masculine or feminine sides of our personalities.

We all live in an era in which knowing our own Venus - through our hearts - is of greater importance than ever. Free charts are widely available through the internet. Unlocking deeper meaning from the symbols requires consulting with a knowledgeable astrologer or undertaking the study of this ancient language of energy. For now, let’s look at the broader view...

As a planet in our sky, Venus is visible to us (without a telescope) sometimes in the pre-dawn and at other times shortly after sunset.

However, she is sometimes completely out of sight. This is known as the Venus cycle, reflecting her often enticing and elusive nature. (Can you picture Botticelli’s famous painting, “The Birth of Venus”?) She was visible before sunrise in the spring of 2019, but now during the summer she has disappeared from view until mid-October, when she re-emerges after sunset.

Whether you can see her or not, her influences are undeniable on a personal level if you’re observant. As August begins, she is journeying through her exasperating, dramatic, proud Leo, along with several other planets (Sun, Mars and, later, Mercury).

This is likely to be a hot, festive end of the summer season, especially for those who enjoy a more active lifestyle and like to take center stage in some way.

Mars represents the assertive masculine principle. Venus and Mars hook up and travel together through the heavens approximately every two years, bringing into focus both the expressive and receptive parts of ourselves. This summer, they rendezvous later in August in the early degrees of Virgo. So, from about the 9th of August through the 30th, we are likely to be dealing with our attempts at merging both these magnetic and assertive energies. It may not be a smooth blending of the feminine and feminine sides of the masculine, which might be easier. It may be a blend that is a perfect sudden changes thanks to Uranus’ influence - positive or not - as we all seek and express the masculine and feminine sides of our personalities.

We all carry both energies of course, as reflected by the signs and positions of the other planets. Whether we are more like Mars or Venus can show up as a reaction to any intense tango of adjustment during this period in later August. One positive expression of this merger in the analytical and discriminating sign of Virgo may be the ability to manage ourselves and our possessions in a very organized and pleasing way, whether it’s cleaning out a closet or choosing to no longer associ- ate with those who are not supportive.

On the not-so-positive side, be mindful of the tendency to overthink or be excessively critical. It may also be a great time to consider a healthy new habit, or it might lead to meeting someone new during a workout or yoga class at your favorite local health club.

Joining Venus in the last half of Virgo will be Mercury the messenger (see our previous columns), calling on us to engage in a more graceful combination of analysis and communication.

We will all need to be careful to avoid any tendency toward being aloof, and instead turn our attentions toward being of service to others if possible.

In mid-September, Venus and Mercury move into the elegant sign of Libra, where she’s at home, emphasizing the search for balance in all one-to-one relationships. Mars follows them into Virgo, early October, energyizing these connections and bringing an increased focus on partnerships of all kinds.

Attending to the movements of our celestial neighbors, such as Venus and others mentioned, we are able to be more present to our world.

With awareness as offered through the lens of astrology, we can navigate the inner and outer passages of life more gracefully and playfully.

Aeolea Wendy Burwell has been a student of the celestial arts for over forty years, and is currently teaching astrology in her living room or wherever possible. (aeolea@ljuno.com)

Peter Doughty has nearly forty years’ experience studying and writing about mundane astrology, including his blog over the past seven years and recent book entitled Scenes from a Tapestry. (ZodiaalSpiral.com, zoidon@protonmail.com)

They have recently started to write together and are both available for individual chart consultations in person or over the phone.

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Crisis Nursery Can Offer Temporary Aid In Child Care Emergencies

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

The Center for Youth, born out of its services for older children and teens including shelter, counseling, and education and referrals for other kinds of help, works to prevent and address child care crises.

The nursery is open 24 hours a day, seven days a week. Both are staffed by certified childcare workers alongside volunteers.

How much does it cost or childcare in the area? According to the Children's Agenda, an organization that advocates for effective policies surrounding the health and education children, the need for more is overwhelming. In addition to the boy's death, the area has seen a sharp decline in the availability of childcare.

The Center for Youth website, call 585-271-7670.

For more information about the Crisis Nursery, visit www.crisisnursery.org.
Area Neighborhoods Roiled by Planned Colgate Redevelopment

Bob Thompson

At what cost progress? The Colgate Rochester Crozer Divinity School campus has been one of the pearls in the city’s south-east neighborhood for ninety-one years. That may be changing fast. In August, the property will potentially be sold to developer Angelo Ingrassia whose intention is to maintain the iconic landmark buildings, to renovate the two existing dormitories, and to build two new four-story apartment buildings. The City seems totally on board with this idea. Colgate’s closest neighbors and homeowners are not. Primary concerns include the construction of massive buildings that will be higher than Strong Hall, that will throw long shadows on the neighbor- hood below, that will endanger the gla- cial moraine of the campus, and require the removal of over one hundred trees. The developer unveiled his plan to the immediate neighborhood on April 8 of this year. There was so much opposition to his plan at the meeting that the many questions from concerned neighbors ran into his presentation time. Specifics of his plan were not made public until mid-June via his website. The developer states that there have been thirteen iterations of his plans to accommodate “stakeholders.” That number is more the result of an ill-conceived plan than an accommodation. The changes have come fast and with little notice. In fact, at the most recent Planning Commission meeting the developer handed out revised plans less than five minutes before the meet- ing began, leaving no time for the pub- lic to evaluate and comment on them. Though the neighbors understand that the campus needs develop- ment, they believe it should be done appropriately and sensitively. Given Ingrassia’s proposed uses for of- fices, tall apartments, clubs and the like, it will become anything but. With City Council approval scheduled for August 20, the objections to the plan and process are growing louder. In one week, over $15,000 has been raised to mount a legal challenge to the development, if needed. Neigh- bors are calling for the project to be put on hold and evaluated properly. The developer is rushing to get things through before another buyer steps in. The City seems to be siding with the developer leaving the Campus and its history as we know it in peril. Updated plans can be found https://colgaterochester.com.

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

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

Judy Lee Hay

For nearly fifty years, the 2.2 acre lot at 625 South Goodman Street sat vacant; now through Mark IV Development it will house 100 new units of market rate housing in the Swillburg Neighbor- hood. The complex’s entrance is on Karges Place, off South Goodman Street, and backs up to the expressway. In 1971 the Sherwood Shoe Factory blaze destroyed the historic building. Afterwards, the parcel was used by the State of NY as a staging area for construc- tion and remained an eyesore for the Swillburg neighborhood and surround- ing community. When Mark IV Develop- ment bought the property from the State of New York, its first task was to extricate over 18,000 tons of contaminated soil left by the Sherwood Shoe Factory. That was no small task. With the contaminat- ed soil removed, construction began. Potential renters will find the Swill- burg Neighborhood a walkable commu- nity with a variety of ethnic restaurants from Ethiopian, Chinese and Japanese, as well the traditional fare at Highland Park by the Olmstead designed Highland Park. From the fourth floor apartments, the Cinema Theatre, one of the oldest continuously operated motion picture theaters in the United States, is visible and will entice renters with its reasonable prices, deli- cious popcorn and community feel.

The new apartments will be one and two bedrooms with rents starting at $1,300. Residents will have access to bike storage, a fitness room, lounge, outside patio and a dog park. The garage will have electric charging stations. “We will have a 150 KW solar panel sys- tem on the roof, that will save between $30,000-$50,000 a year,” adds Steve DiMarzo, the Chief Operating Officer for Mark IV. These amenities, coupled with the access to public transportation, easy bike routes and the expressway are drawing cards for urban dwellers. Construction for the project is ex- pected to be completed in February 2020 with renting available in March.
The Plague of Tourism

David H. Day

At the end of May, neighbors bordering Highland Park began to recover from the onslaught of tens of thousands of Lilac Festivalgoers. For about two and a half weeks, our side streets were lined with cars, streets made one-way, and music wafted over our rooftops until 9 p.m. nightly. For the most part, neighbors say, it “wasn’t so bad.” Some frankly are proud that our streets, and of course, the lilacs so lovely at this time of year, were the focus of the attention of so many. A small number, however, grumble annually about what they perceive as the carnival atmosphere, the dozens of vendors’ white tents that sprout overnight, (like nothing seen in nature) and numerous organizations’ tents that bear no relationship to either Highland Park or the lilacs themselves: think hot-tubs and breast-cancer awareness.

No area business or social cause wants to lose the chance to reach thousands.

Issues presented by our elaborate, if temporary, setup are difficult to address. And yet, some of the cultural benefits of festival events outweigh the problems. For example, there’s a lot of music, arts and crafts, and food.

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

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

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

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

Plastic Bag Ban

continued from pg. 1

Call for ad rates

585.256.1740, x104 or 585.978.963
South Wedge Farmers Market Builds Community
Every Thursday 4-7 p.m. on Mt. Hope Avenue

Obsession by the Loaf

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

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

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

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

Frank said his favorite breads to create are the sesame and spelt, covered in sesame seeds with attractive browned tops that show evidence of the cuts made pre-baking down the center of each loaf. He also brought with him loaves of Rosemary Foccacia, House Sourdough, and Honey Oat Porridge. Frank currently makes all of the bread in his micro bakery, located inside of his home in Gates. When he decided to go into the bread business, he bought the gold standard of bread ovens, a Rofco, which was shipped from Belgium.

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

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

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

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

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

You can always pick up something to eat at the Market

Under the Oak Pottery - (Photo-Cooper Townsend)

Twin Maple Woodworking

Community building includes discovering organizations that give service to all

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

Masala Magic

There's always a vegetable vendor at SWFM

August/September - The Wedge