SWPC Wants You!

The South Wedge Planning Committee (SWPC) invites you to join this dynamic nonprofit organization in making a difference in the South Wedge community as a SWPC board member.

Founded in 1978, SWPC works as a conduit for federal or state repairs grants to help keep residents in their aging homes. It helped develop the very vibrant South Wedge neighborhood boundaries (see map below), please join us for SWPC Cook Out and learn how you too can take part in helping the South Wedge get even better.

Wall/Therapy International Street Artist Gaia

Transforms SWPC Office on Mt. Hope Ave.

by Nancy O’Donnell

The South Wedge was a riot of color and creativity for 10 days in July as Wall/Therapy artists from around the world painted mural art on ten neighborhood buildings. The northeast El Camino Trail and its adjacent neighborhoods also benefited from the creative genius of so many talented artists.

Wall/Therapy is made possible by the Synthesis Collaborative, a nonprofit organization dedicated to improving health in the developing world using the tools of teleradiology and cloud computing, according to Dr. Ian Wilson, founder of WallTherapy.

Funds to pay for this year’s travel expenses and materials were raised through an online indiegogo campaign and a $9,000 City of Rochester grant.

Wall/Therapy was created in 2011 by Dr. Ian Wilson, a U of R radiologist, who wanted to elevate the aesthetics in some Rochester’s blighted neighborhoods and serve our collective need for inspiration.

The first artists aka “wall therapists” who took part in WallTherapy spread the word and others became interested in this year’s project.

Dr. Wilson was joined this year by co-curator Erich Lehman, Therapy

Boulderfest & Rock the Wedge With Harmony

by Jason Matthew Ferraro

Boulderfest in the South Wedge means many things to many people. Music, art, natural food, and socializing has been a staple for “Wedgies” young and old, and continues to grow with this year’s Boulderfest 8-Rock The Wedge With Harmony. Penfield resident Harmony Casey is a friend, a mother and a wife who has undergone incredible surgeries and procedures to combat a rare illness that invaded her life.

Shortly after her 30th birthday, continued on pg. 10

More Inside...

• Nathaniel Mich’s Talking with my Mouth Full
• Hot Red Betties
• Theology on Tap
• Meet CSA’s Pastor Mouser
• Ask Campaign
• Matthew Nickoloff and his South Wedge Mission
• Justin Hubbell’s Wedgie
**South Wedge Farmers Market Report**

by Sue Gardner Smith

Summer means delicious farm-fresh food, live music under shady trees, and meeting friends and neighbors. Summer means South Wedge Farmers’ Market! The market is in full swing and is the place to be to and cool off on a warm Thursday afternoon. This year vendors offer a wide variety of fruits, vegetables, meats, eggs, fresh and dried pasta, flower bouquets and plants for the garden, soap made in the South Wedge, organic teas, maple products, gluten-free and regular baked products, and local wines. Pick up a grilled pizza for an easy dinner, purse a tasty snack, and an ice cream sandwich for a cooling treat.

There’s always live music at the market. Performers this summer include Wild Root String Band, Moonassy Perception and Dance Ensemble, Watkins & the Riquers, and cool jazz from Flexitarians, the Charlie Mitchell Group, Gregg & Maggie Herman and Friends, and Cabbage & Baggage.

New this year is a cooking demonstration each week, featuring fresh vegetables and fruit from the market. Chefs offer ideas, recipes, and free tastes of delicious dishes you can make at home from market bounty. EBT customers who purchase at least $10 in tokens with their EBT cards receive a $5 bonus in tokens, which can be used to purchase EBT eligible items at the market.

South Wedge Farmers’ Market is held Thursdays from 4-7 p.m. in the shady parking lot behind Boulder Coffee at the corner of Alexander St. and St. Clinton Ave. The South Wedge Farmers’ Market is sponsored by this year by the Genesee Co-op Federal Credit Union, which is member-owned and offers low-cost financial services to Rochester residents from its offices at 395 Gregory Street. The Market is a project of the South Wedge Planning Committee.

For more information, see www.swfm.org; the market is also on Facebook and Twitter.

**The Wedge Planning Committee, Inc. August/September 2013 Calendar**

Meetings are held at 224 Mt. Hope Ave. The community is invited to attend all meetings.

- **SWPCL: Board Meeting**
  - Tu., 8/20 9/17, 6 p.m.
- **Community Engagement (Neighbors & Block Clubs)**
  - Wed. 8/21 & 9/18, 6:30 p.m.
- **Finance Team**
  - Jan and Curtiss, 8/13 & 9/10, 12:30 p.m.

Enjoy the South Wedge Farmers Market! Thursdays 4-7 pm 100 Alexander St.

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Meet Dr. Carson Mouser
Rev. Dr. Carson Mouser’s affinity for the “nomadic” lifestyle is a great advantage in his role of interim pastor at the historic Calvary St. Andrews Presbyterian Church on Averill Avenue. He replaces Rev. Judy Lee Hay, an iconic South Wedge figure for some 40 years.

Mouser, a California native, moved a great deal in the 1950s as his father worked as a juvenile justice activist. At 15, he was hired to write for a local newspaper covering local and high school events. “It was a great skill to have,” said Mouser.

The times were exciting, and he remembers meeting reporters interviewing Eldridge Cleaver and Huey Newton. Mouser graduated from high school in 1968. He spent four years in the military with tours of duty from Biloxi, Mississippi, to Rome, New York. When he later returned to California, he continued writing for newspapers and magazines and worked in public relations and marketing. In 1975, he earned an A.A. degree in Liberal Studies, with a major in journalism from Ohlone College. In 1976, Mouser graduated with a B.A. in Journalism and U.S. History from San Jose University.

Three years later, in 1979, he moved to Rochester with his wife Tina and a growing family. Today the couple has 5 children ages 31-41. “I tried to get to work in newspaper,” said Mouser, “but I was told I was too old. I was 30 [at the time]. I needed to work so I worked in insurance sales.”

The family moved to Pittsford where his wife studied, and they joined First Presbyterian Church. It was here that Mouser felt “the pull to ministry.”

“I had always had a vague sense,” said Mouser. “It became a nagging. I started Bible studies and I felt at home in the church.” He listened when the associate pastor of his church said that he belonged in ministry.

“I paid more attention when other people were affirming that I belonged [in the church]. I just wish I had done it earlier.”

In 1993 Mouser began his studies at Colgate Rochester Crozer Divinity School. He especially relished the ecumenical nature of the seminary.

“It allowed you to hear other per- spectives,” said Mouser. “You could see people were comfortable in their faith and it helped you understand why you feel at home in your own tradition, why you believe what you believe. It forces you to think more deeply about what unites us as Christians rather than divides us.”

He interned at 12 Corners Presbyterian Church and after graduation with a Doctor of Ministry degree from Columbia Theological Seminary in Decatur, Georgia, he continued to serve as first Direc- tor of Education Ministries until his ordination to the Ministry of Word and Sacrament in 1998. During his doctoral studies, he created “a narrative mission study process for congregations” to help them in

Highland Park Neighborhood Association Keeps Fine Arts Local and Vocal
by Michael Tomb
The Highland Park Neigh- borhood Association has established a tradition of mounting artistic dis- plays and exhibits at venues such as the Lower Reservoir Gatehouse in Highland Park, a few area coffeehouses and even, on occasion, in Rochester’s City Hall. This year, at the suggestion of current HPNA Vice Chair Lauren Schieck, we did something a little different.

Starting in February, we asked our resident artists, and others in the local area, to consider submit- ting to our first Neighborhood Art Show. A total of 24 artists responded to the call, almost all of whom can easily walk to both venues that displayed the art.

We began with a preview show which was held as part of our annual Lilac Festival Celebra- tion and Exhibit in the Gatehouse (across from Lamberton Con- servatory). In May, a single item from each of 11 artists was shown alongside our “Virtual Scrapbook” exhibit update. The preview ex- panded into a complete show that opened within the Highland Park Neighborhood’s own Crossroads Cafe from June and stayed on its walls until the end of July.

Carol Heveron, a multi-tal- ented artist who, as a musician has played in our Elmwanger Barry Park!” series, included a wonderful collage. The image of her work is on the official Art Show 2013 poster (available from the HPNA for a $14 Donation). The art spanned many types of media: collage, fabric weaving, photography, oils, acrylic, metal work and even multi-media items on Win- dow panes and others that included “found objects.” Two children were among the accepted artists and their presence has inspired talk of a “Children’s Division” at future shows.

The Opening Night event on June 14 was attended by many of the two dozen artists as well as friends, neighbors and family. The festive party included many artist-to-artist chats among the neighborly conversations. We followed up this magical event with two nights in June and July that we called “Por- trait Nights.” Artist Larry Stagner, who was one of the 24 with work in the show, (and also designed much of our 350 foot street paint- ing created as “BouleVART 2012”) set up his sketch pad and did port- rraits, profiles and caricatures of all comers. All contributions were voluntary and went to the HPNA.

The highlight of the first night was a visit from the Southside Little League. You can find a detailed photo report of their visit and individual portraits within our Virtual Scrapbook site at www.elmwangerbarry.org.

If you are guessing that our HPNA 2013 Art Show was a suc- cess, well, that’s now a fact. You may also be pleased to know that Crossroads owner Caillin Willey has expressed interest in hosting an annual event. So we will take a break and then start work towards next year very soon. This type of show is actually a bit of work for our all-volunteer Arts & Cultural Team. If you live in the neighbor- hood and want to join with us as we plan for future events and projects, e-mail us at arts@highlandpark-rochester.org.

Citizen U encourages youth to work on building 40 development assets.

“The Little Free Libraries” is a literacy exchange program that grew out of a partnership between the Rochester Public Library and Citizen U, an after school civic engagement, job and college read- nes program for youths ages 14-18. Citizen U participants printed the mini library pamphlets which will be placed in neighborhoods around the city to encourage reading.

Saint Boniface Church
Keeping faith in the South Wedge for 150 years!
330 Gregory Street
www.stbonifacechurch.org
585-473-4271
Weekend Masses
5:00 P.M. Saturday
9:00 A.M. Sunday
3
Don’t Be Afraid to Ask Campaign

by Father Robert Kennedy

For many years in the Blessed Sacramento bulletin, I have done an annual “summer safety” message near the time that school is letting out. I remind all drivers to slow down, observe speed limits and be extra observant on city streets and in neighborhoods where children are playing. Use helmets when bicycling, and insist on protective gear when and where it is appropriate. I also ask parents and family members to be alert to common household hazards: aggressive pets that bite; standing water in swimming, wading pools and bathtubs; medicines, cleaners, paints and solvents, foods a child may be allergic to, and loaded and unlocked guns.

In light of this I point your attention to the ASK Campaign (“Asking Saves Kids”). Summertime and children are more likely to play in one another’s homes or visit the homes of relatives. Parents of children and teens are encouraged to ask if there is a gun where your child goes to visit or play.

Studies shows that between 30-44% of American households with children have guns. Over 75% of kids in homes with guns say they know where the gun is hidden. Almost 90% of accidental shootings involving children are linked to an easy-to-find, loaded handgun in the house. Eighty-eight percent of the children who are injured or killed in unintentional shootings are shot in their own homes or in the homes of relatives and friends. One public health official said, “The evidence is overwhelming that a gun in the home is a risk factor for completed suicide and that gun accidents are most likely to occur in homes with guns.”

I encourage parents to ask, “Is there a gun where my child plays?” If the answer is “No,” that’s one less thing you have to worry about. If the answer is “yes,” schedule the visit at your house, or make sure all the guns are stored unloaded and locked, ideally in a gun safe, with ammunition locked separate.

It would also be prudent to ask whether the teens and children in the house know where the gun is kept. Ninety-seven percent of parents who owned guns said that they would not be offended if another parent asked about a gun in their home. How do you start such a conversation? Certainly if you are discussing other safety items (food allergies, swimming, etc.), you can slip the question of guns right into the list. Otherwise, try one of these starters: “We all know how curious kids can be….” “I hope you don’t mind me asking a few questions about the kids’ safety…” “I read the most surprising fact in my church bulletin…” “I’m not judging anything. I just want to make sure my child is safe…” “You know how committed the school is to making sure our kids are safe. Well, during the summer…”

Our children are precious gifts of God entrusted to our care. We all want this summer to be safe and fun-filled. I hope all our parents and grandparents will add ASKing to their “insurance policy” for their children’s and grandchildren’s safety.

For more information, visit The Center to Prevent Youth Violence at www.cpyv.org or contact Richard E. Bolt, MD at uncaduck@rochester.edu.

This article was originally published in the June 16 Blessed Sacramento/St. Boniface Bulletin.
by Nancy O'Donnell

**South Wedge Mission**

Rev. Matthew Martin Nickoloff, the pastor and mission developer of the historic Lutheran Church at 125 Caroline Street, is clear about his personal mission to invigorate the sleepy parish and fill it with song, energy and love. He recently took over the former Peace Lutheran Church, now renamed the South Wedge Mission or more formally the South Wedge Mission at Evangelical Lutheran Church in America and has moved the Sunday Service to 5 p.m. (because young families relax at home on Sunday mornings or hipsters go to brunch) and added matins (defined as a Roman Catholic monastic night-time liturgy that ends at dawn) on Wednesday mornings at 7:30 a.m.

Already the new church’s web site offers his promise to provide “safe haven for the religiously homeless...the spiritually unemployed” offering “grace for all...no exceptions.”

“We randomly came up with this phrase: ‘Providing safe haven for the religiously homeless, and work for the spiritually unemployed.’” says Nickoloff. “I think this plays off of the word mission which can often be confusing to folks. I would say nine of ten people who hear it think we are the Open Door Mission or some similar agency, the kind of place where you have to sit through a hell and brimstone sermon before you are given access to services. And, in a sense, that’s true. You come to ser- vice. You hear a sermon that precludes a free meal and community. Except the sermons are shorter and they end, not with manipulation around salvation, but of the declaration of God’s grace and love for us—love that liberates us to be more fully alive, now and forever. The meal that comes after is the Eucharist - the gift of God’s own death and resurrection for the sake of our life. It’s a meal that puts us in solidarity with the God whose glory is revealed, not in power and success, but in weakness and failure.”

Nickoloff’s faith was greatly strengthened in his own religious journey from Catholicism to Evangelicalism to Catholicism again. “The only thing that didn’t change was my love for the Church,” Nickoloff said. “It’s a meal that puts us in solidarity with the God whose glory is revealed, not in power and success, but in weakness and failure.”

Nickoloff grew up and attended school in Fairport. An accomplished musician, Nickoloff learned to play the piano, organ, violin, fiddle and mandolin. He attended Baptist Church as a child, but it was while working on an undergraduate degree in English lit- erature, “medieval studies, Dante, Chaucer, theologians writing po- etry,” at Princeton— that he came to evangelicalism and began a pastoral ministry. At the same time he remained an occasional wild party boy, but he lived a disciplined life. He continued to be involved in music, and even put music aside for a bit to study literature, “medieval studies, Dante, Chaucer, theologians writing poetry,” at Princeton— that he came to evangelicalism and began a pastoral ministry. At the same time he remained an occasional wild party boy, but he lived a disciplined life. He continued to be involved in music, and even put music aside for a bit to study literature.

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Nickoloff introduced her to Day’s writings, and the two began work at an undergraduate degree in English liter- ature, “medieval studies, Dante, Chaucer, theologians writing po- etry,” at Princeton— that he came to evangelicalism and began a pastoral ministry. At the same time he remained an occasional wild party boy, but he lived a disciplined life. He continued to be involved in music, and even put music aside for a bit to study literature.
The sign outside Stuart's Spices says it all: “Cumin We’re Open.”

Tom & Vicki Finnefrock have taken to their new spice business with the enthusiasm of converts–plus a dash of humor. The couple’s retail shop on South Clinton Avenue prides itself on “everything from A to Z,” said Vicki Finnefrock, co-owner with husband Tom. “Every family has its own recipe.”

Getting Ze’atar [a Middle Eastern spice mix] perfected is still a work in progress. “It’s hard to hit a home run on this one,” said Tom. “It’s a work in progress. “It’s hard to hit a home run on this one,” said Tom.

The original Stuart’s was started by Stuart and Frieda Schultz in 1972 in a basement in Gates. The business became a permanent fixture at the Rochester Public Market. The Finnefrocks have kept up the market tradition along with opening their new retail space near the South Wedge.

“We looked in the city over a year for a place,” said Tom. The couple was drawn to the area because “the place is so vibrant and the people are interested.” They also credit the enthusiasm of the South Clinton Merchants Association. “It was contagious,” said Vicki.

Before becoming a spice merchant Tom worked in “high tech sales in Fortune 500 companies.” After two layoffs, Tom toyed with the idea of retiring before hearing about Schultz’s desire to sell.


Vicki continues to work as a nurse practitioner. Also on the spice crew is food chemist Vince Cocci. Their spice inventory, priced from $4.95-$6.50, varies from the standard to ones with special secret ingredients. Their barbecue spices are especially popular said the Finnefrocks. These include Memphis Dry Rub and House Hog Rub, a smoky barbecue spice, that’s been “used in a lot of BBQ competitions,” said Vicki. “The guys at Rib Fest at Charlotte love us.”


Tom’s long tradition of making sometimes up to 600 lbs. of venison sausages—he’s a fervent outdoorsman—and buying his ingredients from Stuart’s Spices helped him make the decision to buy.

While Tom works full-time in selling to area restaurants and caterers, Vicki continues to work as a nurse practitioner. Also on the spice crew is food chemist Vince Cocci.

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“The goal is to add heat without diminishing flavor,” said Mark. Another good dish, hot or cold, is toasted chick peas with Salad Seasoning.

Other popular items in store are Stuart’s Mustard Kit which allows foodies to make their own at home. “There’s nothing like fresh ground mustard,” said Vicki.

When it comes to using fresh herbs, Stuart’s Spices “biggest competitor in the city” is apathy, shoppers are used to buying bottles in big box grocery stores.”

The Finnefrocks plan to change all that by teaching the public what a judicious use of a spice can do to a homemade recipe. They also provide handy herb tips to neophyte spice users: “keep them to reproduce a family seasoning recipe that they can give away as gifts. They also will have mulled spices for holiday drinks.

“Want people to have great fun with cooking,” said Tom. “They want people to have great fun with cooking,” said Tom.

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Gaia Changes SWPC Building From Blank to Beautiful in Five Days

By Nancy O’Donnell

The artist Gaia began with blue tape frames for his Wall/Therapy project. Two stories up, atop a LDJ lift, the young artist methodically marked the wall of the South Wedge Planning Committee office building. In a day the frames multiplied. Another day and figures of the Greek god Mercury, rendered in a manner used by the 16th century painter Giambologna, were repeating across the wall. Finally, at the bottom, the head of a young African American man appeared.

For the South Wedge mural, Gaia began his usual process of research. He is especially interested in how a community develops around an industry, how it changes from “labor intensive” industries to white collar and how it copes with “the restructuring of the global economy.”

“I looked at the waning sunset of Xerox and Kodak. I do a lot of Mercury. He figures prominently in my work and I was pleasantly surprised that there was a Mercury sculpture in Rochester. I thought that’s clearly going to be the subject of this wall.”

With that in mind, Gaia created 8x11 format patterns, eight times, a painted photocopy of Mercury and at the bottom, the head of “one young man, who is the question.”

“What place does he have in all this?” Gaia asked.

Finally, around the corner from the mural Gaia signed his name with the words above “Commerce is swifter than culture.”

Gaia, 24, grew up in Upper East Side of Manhattan. His posters of “animal man hybrids achieved some notoriety” while he still a teenager in a Waldorf high school in New York City.

Throughout high school and later while attending the Maryland Institute College of Art in Baltimore, Gaia led a “second life” – an artist in a studio and a street artist evading the police. “I did a ton of poster art. I used big linoleum block carvings,” said Gaia, who used wheat paste in hanging up his

continued on pg. 8

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Back to Safe Sleep

By Alexie S. Puran, M.D.

The American Academy of Pediatrics recommends that healthy infants be placed on their backs for sleep, as this is the safest position for an infant to sleep. Putting your baby to sleep this way decreases his chance of sudden infant death syndrome (SIDS), which is responsible for more infant deaths in the United States than any other cause during the first year of life (beyond the newborn period). Since 1992, when the American Academy of Pediatrics began recommending this sleep position the annual SIDS rate has decreased by 50%.

In my own experience in EIR, I’ve witnessed nine infant deaths due to unsafe sleep practices where infants were sleeping with adults in the same bed. Parents and caretakers can do a lot to prevent these unnecessary tragedies.

Here are a few ways you can reduce the risk of SIDS:

1. Place your baby to sleep on his back for every sleep. Babies up to 1 year of age should always be placed on their backs to sleep during naps and at night.

2. Place your baby to sleep on a firm sleep surface. The crib, bassinet, portable crib, or play yard should meet current safety standards. Check to make sure the product has not been recalled. Do not use a crib that is broken or missing parts, or ones that have drop-side rails. Cover the mattress that comes with the product with a fitted sheet. Do not put blankets or pillows between the mattress and the fitted sheet. Never put your baby to sleep on a chair, sofa, water bed, cushion, or sheepskin. For more information about crib safety standards, visit the Consumer Product Safety Commission Web site at www.cpsc.gov.

3. Keep soft objects, loose bedding, or any objects that could increase the risk of entrapment, suffocation or strangulation out of the crib. Pillows, quilts, comforters, sheepskinners, bumper pads and stuffed toys can cause your baby to suffocate.

4. Place your baby to sleep in the same room where you sleep but not the same bed. Keep the crib or bassinet within an arm’s reach of your bed. You can easily watch or breastfeed your baby by having your baby nearby. Babies who sleep in the same bed as their parents are at risk for SIDS, suffocation, or strangulation. Parents can roll onto babies during sleep or babies can get tangled in the sheets or blankets.

5. Breastfeed as much and for as long as you can. Studies show that breastfeeding your baby can help reduce the risk of SIDS.

6. Schedule and go to all well-child visits. Your baby will receive important immunizations. Recent evidence suggests that immunizations may have a protective effect against SIDS.

7. Keep your baby away from smokers and places where people smoke. If you smoke, try to quit. However, until you can quit, keep your car and home smoke-free. Don’t smoke inside your home or car and don’t smoke anywhere near your baby, even if you are outside.

8. Do not let your baby get too hot. Keep the room where your baby sleeps at a comfortable temperature. In general, dress your baby in no more than one extra layer than you would wear.

9. Offer a pacifier at nap time and bedtime. This helps to reduce the risk of SIDS. If you are breastfeeding, wait until breastfeeding is going well before offering a pacifier. This usually takes three to four weeks. It’s OK if your baby doesn’t want to use a pacifier. You can try offering a pacifier again, but some babies don’t like them. If your baby takes the pacifier and it falls out after he falls asleep, you don’t have to put it back in.

10. Do not use products that claim to reduce the risk of SIDS. Products such as wedges, positioners, special mattresses and specialized sleep surfaces have not been shown to reduce the risk of SIDS. In addition, some infants have suffocated while using these products.

11. Most important, please share this information with anyone caring for babies, including grandparents, families, friends, babysitters and child care centers.

Gaia continued from pg. 7

work around the city. “They were posters not graffiti. It was illegal. I put them on vacant or unused [buildings] or property that didn’t respect the public, [ones] owned by slumlords. I talked to a lot of police, and I talked myself out of [being arrested]. In NYC it’s more about avoiding them. Not so in Baltimore.”

“Most of the time when I’m jamming a [illegal poster practice] even after he began showing in fine art galleries around the country. “I’ve been able to live off my art since I was 18,” said Gaia. “I’ve been very lucky.”

He painted his first big mural, “Dust of H Street” in Washington, D.C. two years ago.

“I was a large rooster man hybrid revealing his chest which was a landscape.”

He was excited to take part in the South Wedge Wall-Therapy. “[The South Wedge] was so quiet,” said Gaia. “[The mural] was a very exact reproduction. I don’t care what happens after I finish. I don’t want to care who is upset,” said Gaia. “I don’t care what happens after I finish.”

“I feel bad for other people who are upset,” said Gaia. “I don’t care what happens after I finish mine. I preserved the energy, it has its place. It has a life cycle. It is what it is.”

“I was a large rooster man hybrid revealing his chest which was a landscape.”

In Buenos Aires, people write all over the place. Ti amo Julio. Ti amo Juan. Ti amo this or that. I love the President. Eff the President. Anything they feel, they write. I enjoy it. It’s totally foreign to Americans. The U.S. is retentive about their property. They’re laissez-faire about the free market but they take pride in their property. It’s different in Italy, too Property comes and goes.”

Greentopia Festival

Don’t miss the bigger and better than ever Greentopia Ecofest. Film, music, design and more. High Falls, 60 Brown’s Race. Sponsored by the Phillipson Group, www.greentopiasfest.com.
Rochester Salsa Cruise
Join the South Wedge’s Rhythm Society to dance, drink and mingle on a Salsa, Merengue, Bachata Boat Party Cruise aboard the Harbor Town Belle. 18 years to cruise, 21 to drink. Dance 6-9 p.m. above the waves on Lake Ontario and continue the fun at an after party at Boulder Cafe on 960 Genesee Street. Single rider $30. 2/person couple, $50 advance.
E-mail rhythm_society@yahoo.com for more information.

21st Century Cruise, 21 to drink. Dance 6-9 p.m. above the waves on Lake Ontario and continue the fun at an after party at Boulder Cafe on 960 Genesee Street. Single rider $30. 2/person couple, $50 advance.
E-mail rhythm_society@yahoo.com for more information.

St. Boniface Family Fun
On Saturday, September 7, St. Boniface Church on Whalin and Gregory Streets will be hosting a Family Fun Event from 10 a.m. to noon. The fun includes a bike rally for kids, open bowling, dance and karate demos, fingerprinting from National Center for Missing & Exploited Children, Church Tours and information about Saints Place ministry and the Nativity Preparatory Academy.

Theology on Tap
2013 Summer Series for Catholics and friends in their 20s and 30s. August 14 – “Spirituality and the new Evangelization: Can we be Spiritual and not Religious?” Bishop Emeritus Matthew Clark, The Old Toad, 277 Alexander St.; August 21 – “Shirring up the World: An Evening on Pope Francis.” Fr. Bob Kennedy, Pastor Blessed Sacrament/St. Boniface, The Freehouse Saloon, 814 S. Clinton Ave.; August 28 – “Being a Christian in Everyday Life: Living the Good News in the Worlds with Dr. Damian Zynda, TH.D. at Johnny’s Irish Pub, 1382 Culver Rd. September 9, 7:00 p.m. – Doors open at 6:30 p.m. $1.00 per person at the door.

South Wedge-Ucation is back on Sept 12, 5-9 pm
City Newspaper’s annual event features ridiculous offers from South Wedge merchants, deals and information from some of Rochester’s top arts & cultural organizations, and more. South Wedge-Ucation is free and open to the public, and is especially good time for local college students. For more info, visit southwedgewc.com.

Krypton 88–September 19
Sponsored by the Hot Rod Betties’ & Now & Zen.

Rochester Salsa Cruise
Join the South Wedge’s Rhythm Society to dance, drink and mingle on a Salsa, Merengue, Bachata Boat Party Cruise aboard the Harbor Town Belle. 18 years to cruise, 21 to drink. Dance 6-9 p.m. above the waves on Lake Ontario and continue the fun at an after party at Boulder Cafe on 960 Genesee Street. Single rider $30. 2/person couple, $50 advance.
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Susan Sanford
Licensed Associate Real Estate Broker
Call today! 585-752-0136
e: sn4dsells@gmail.com
Find homes at www.sn4dsells.com
“Put my energy to work for you”

Help Kids Be School Ready
This September, help a child prepare for school with a gift of a new school supplies. Our neighbors in The Hamilton Tenant Association and Emmanuel Church of Jesus Youth Group will be once again be collecting your generous gifts of pens & pencils, glue sticks, paper, children’s scissors and book bags (or whatever your elementary children have on their back-to-school list). To arrange a pick up or to learn more, contact Tenant Association President Mary Gaston 284-5868 or Vice-President Robert Riggins 354-7771. Call Minister Sara Taylor at Emmanuel at 654-9083.

Lecture on Mindfulness-based Stress Reduction
Heartbeats for Life lecture series brings Michael S. “Mick” Kraeser, M.D., FACP, Associate Professor of Clinical Medicine, U of R School of Medicine and Dentistry to discuss “Mindfulness-based Stress Reduction.”

Tour of the Highland Park Waterworks
Rochester Water Authority provides a tour and discussion of the Waterworks. Meet in front of the Lower Gate House on Thursday, September 12, 6:30 p.m.

First Niagara Fringe Festival Sept. 19-28

Don’t miss the Highland Park Conservancy Tour
Celebrating the 125th Anniversary of the Rochester Parks System Brian Eshenaur, horticulturist and Extension Associate with Cornell University, leads The Tree Tour to show off Highland Park’s trees shining in their fall colors. Sat., October 5, 9:00 a.m. to 10:30 a.m. Tour meets at the Lamberton Conservatory.

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Emmanuel Church of Jesus Youth Group
Minister Sara Taylor and the Emmanuel Youth Group held a car wash fundraiser for its Labor Day Weekend Retreat to be held August 31-Sept.2 in Liverpool, New York. This is an annual event the church holds to give youth some back-to-school “spiritual fun,” Minister Taylor said.
Sarah Jane McPike (Va Va Voom Photography) by Nancy O’Donnell

Sarah Jane McPike’s dream vision just got an address on South Avenue. The soft opening of her boutique Hot Rod Betties. Ceiling to floor the shop is filled with retro-inspired clothing shoes and accessories for the entire family along with artful home goods. The name for the shop was easy for McPike. She’s been a devoted admirer of 1950’s pin up queen, Bettie Page for a long time. “I discovered her when I was 15. I saw her in a book at Barnes & Noble, and I fell in love with this mysterious woman. She’s been kind of my idol.”

Along with her shop, McPike still works a freelance hair and makeup artist. She’s currently arranging a special event that will let customers become pin up models for the day with the help of a makeup artist and a photographer who specializes in pin ups. At home, she’s busily mothering her two sons Maddox, 4, and Logan, now 15. “If I become successful, this will be my happily ever after as a successful, independent woman,” said McPike.

Stop by and welcome McPike to the South Wedge and visit on Facebook.

654 South Ave. 442-7639

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Wagner continued from pg. 2

counties who are uninsured and underserved. More than 200 professional counselors, physicians, and lay people volunteer at the Center to make the services available to those in need.

Most recently, Dr. Wagner collaborated with Excellus Blue Cross/Blue Shield and St. John Fisher College to open “Fisher Prime Care,” a primary care nurse practitioner office at the Center, which will increase its ability to treat patients, as well as create educational opportunities for students in St. John Fisher College’s Weans School of Nursing.

Dr. Wagner holds a Bachelor’s degree in Science and English from SUNY Brockport and earned her Ph.D. in Social Science from Syracuse University’s Maxwell School of Citizenship and Public Affairs.

She currently serves on the Board of Directors for the Greater Rochester Health Foundation; the Rochester Interfaith Health Care Coalition, the Association for the Blind and Visually Impaired Project Eye Care and the Nativty Preparatory Academy, the University of Rochester Center for Community Health’s Advisory Council, The Monroe County Bar Association Foundation and the Institutional Research Review Board of the University of Rochester. She is also past president of the Judicial Process Commission of Rochester.

Dr. Wagner has published several articles and delivers many presentations and lectures on the topic of health care and the underserved.

“We stand ready to help people access their health care options as the Affordable Care Act is enacted later this year,” said Wagner. “However, we know that some people will fall through the cracks. We will be here, as always, to help those people.” To learn more about the St. Joseph Neighborhood Center or to volunteer, call 325-5290.

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Boulderfest continued from pg. 1

in 2007, Harmony was diagnosed with a rare form of cancer called a sacral chordoma. Without skipping a beat, she attacked the situation, and locked in an aggressive treatment plan with the top chordoma experts in the country. This plan involved having her sacrum surgically removed at Johns Hopkins, and then undergoing three months of proton beam radiation at Massachusetts General. The treatment was far from easy on her, but with the help of an incredible support system of family, friends and community, she ultimately came out of the other side cancer-free.

After years of good health, to everybody’s horror the chordoma returned. According to the experts at Johns Hopkins, Mass General, and Sloan Kettering, surgery is not an option, radiation is not an option, and there are no traditional chemotherapies available. All were in agreement that finding clinical trials targeted at similar types of sarcomas was probably the best path forward. Harmony has recently started her first clinical trial at Sloan Kettering, and unfortunately, this is where the new chapter of Harmony’s story begins.

Many of us feel certain helplessness with Harmony’s situation, so Boulder Coffee Company woke up and smelled the need for philanthropy. This year, Boulderfest’s theme, “Rock The Wedge With Harmony,” will benefit Harmony and her family as they battle this rare cancer. The three-day event, August 9-11, is free of admission and cover charges. Everyone is encouraged to stop by and ask that while you are enjoying the local food, drink, and music, you take a moment to donate to one of the many orange containers visible throughout the venue.

Together we can all make a difference.

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Serve your guests, Rochester’s Best.

delightful cheesecake • carrot cake • chocolate cake and so much more! We use the finest ingredients, made from scratch... We bake the way you would.

100 Alexander Street in the South Wedge

The Wedge
August/September 2013
South Wedge Buzz
What’s Your Favorite? Harry G’s “The Kasha”

The South Wedge is blessed with a fantastic array of places to nosh, many with extensive or frequently rotating menus. Despite all this variety, I confess, Dear Reader, that it is easy for me to fall into a rut. I quickly find a menu item that I love, and because I like it so much, I become loathe to neglect it.

In the spirit of getting me out of my rut, I present to you the first installment of an intermittent series, called “What’s Your Favorite?” The premise is simple: I walk into a South Wedge eatery (or drinkery) and ask the first staff person I see to tell me their favorite item on the menu. Then I order it, eat it and tell you about it. And so, I walked into Harry G’s New York Deli & Cafe, and was directed to “The Kasha.”

The Kasha is one of Harry G’s sub sandwiches, available in half ($5.50) and full ($8.75) sizes. Unless you are possessed of a superhuman appetite, I recommend the half size, which was still approximately the size of a football and almost more food than I could eat. Between the hearty halves of the sub roll, the Kasha contains grilled chicken breasts, strips of portobello mushrooms, melted provolone cheese, lettuce, tomatoes and pesto mayonnaise.

The sandwich arrived warm and oozing, paper-wrapped and pickle-nestled alongside. I appreciated that both were cut into manageable strips, which prevented the take-a-bite-and-pull-out-the-whole-filling-by-accident woe that has befell me so many times.

Although I could see the melted portobello mushrooms scattered throughout the sandwich, I couldn’t taste it among the more flavorful elements. The pesto mayo provided a pleasant, though subtle, herbal flavor that married well with the rest of the filling. It did however, make for quite a mess (but, really, what’s the fun of a clean sandwich?). Shredded iceberg lettuce and sliced tomato rounded out the ensemble.

The tomatoes were nondescript, but the lettuce added a nice crunch. However, I find the aroma of warm lettuce – heated by the chicken and portobellos – distracting, and it took me away from enjoying the rest of the sandwich.

I barely had any room for the sweet potato fries afterward, which was a shame, because they were quite nice. Moist and flavorful on the inside and just enough of a crispy exterior to be interesting. They come with a honey-butter dipping sauce, but I think they are best unaccompanied.

Overall, the Kasha is a very enjoyable sandwich, with the chicken and portobellos as the stars and middling to good supporting cast. Next time, though, I’ll have to make two meals of it! Harry G’s New York Deli & Cafe, 678 South Ave. Mon-Thurs: 10am-9pm, Fri & Sat: 10am-10pm, Sunday: 10am-5pm.
For several years, the couple lived a rigorously simple life.

“We practiced alternative economics,” said Nickoloff. “We went to a lot of protests. Our dinners often came from a nearby Whole Foods Dumpster.”

His road to a Divinity degree was paved by conversations with the shelter’s homeless people who asked him “why he didn’t become a minister.”

“They said, ‘We can’t do this. Why aren’t you doing it?’”

He began studies at Duke Divinity School, but even there he and Leah found a way to serve. They moved into a very poor neighborhood filled with drugs and gangs activity close to campus. Here the couple, with other committed Christians, opened their door to their neighbors. “Kids started to come over. We started a garden. We tutored a family of Liberian refugees.”

Nickoloff earned a M.A. in Divinity in a Lutheran Southern Seminary in Columbia, Carolina, in 2011, worked in local Lutheran churches and taught Bible Studies. While waiting to receive his own parish, he moved back to Col-

orado and worked at the House for All Sinners and Saints, a progres-

sive parish that describes itself as “a liturgical, Christo-centric, social justice-oriented, queer-inclusive, incarnational, contemplative, irre-

sent, ancient/future church with a progressive but deeply rooted theo-

logical imagination.”

With his first assignment to Peace Lutheran in Rochester, Nick-

colloff hopes to build “an inclusive religious church” similar to the one he loved in Colorado.

It may not be as easy as it looks. Despite the progressive warm and fuzzy South Wedge vibe, Nickoloff said he’d been struck by a disconnect. Often community seems more theory than practice.

“I see people who want to help each other and us discover the healing truth in the theology and create language around it that can help people. St. Paul was a flamin-

gh ashole with women, but God still used him, his conversation. He lived in a different culture. We want St. Paul to look more like us, more progressive.”

His views are visible on the mission’s website: “We’re a bunch of sinners tinkering with what it means to bAKE a neighborhood church from scratch in the South Wedge... The liturgy – ‘work of the people’ centered on Word and Sac-

rament – is at the heart of our par-

ticipatory rhythm of life together.”

“We want to be a place where folks at any point in their spiritual journey (or lack thereof) can find a safety and opportunity to ask tough questions, to wrestle with doubts and ideas, to find healing and to help each other and us discover the God that appears when we have been exited and kicked out of the houses of other versions of God. It’s for those of us who are broken, sin-

ners, losers, failures, rejects – even for those feelings are only inward. So many of us are religiously home-

less in this age, and while I whole-

heartedly welcome the revolution in openness of our community, I think, that ‘religion’ can be a gift. But only when it is seen as a vehicle, a tool, a means to a relationship with God and neighbor. When engaged

with commitment, the limitations, the language, and even the submis-

sion to a particular tradition can be extremely liberating - like taking a teacher from Eastman to learn to play trumpet. It’s hard not to just make it all up by ourselves - but I like to think so much more can be unlocked when we learn to tran-

scend limits, rather than just reject them.”

“If you ask if someone is ‘spir-


tual,’ I doubt very many people will say no,” said Nickoloff. “But in practice, what most of us think of as spirituality is really the same old time-honored tradition of mak-

ing God in our own image. We tend to mistake inspiration or stimula-

tion for spirituality. And then it be-


comes another vehicle for the ego. The kind of thing that makes us say stuff like, ‘I don’t try to judge anyone, or if you’re close-minded, I won’t listen to you,’ which sounds nice, but is, in fact, a judgment and a close-mindedness to anyone who is close-minded.”

“Instead, I want for myself and for others to offer and pursue a rich spirituality that is rooted in communal practices, in transcen-

dental sacramental worship, regular communal meditation and prayer, and that cares more about truth than about comfort, justice more than profit, and love more than hap-

iness,” Nickoloff added.

When he describes his ideal congregation, the list would be long and inclusive: “folks deeply com-

mitted to radical action in faith, to active non-violence, urban garden-

ing, GLBTQ advocacy and inclus-

ivity, for immigrants, op-

position to violence against women and children, anti-racism and pro-

integration, stand not just as benefactors, but as companions to and in community with the margin-