Ancient Art of Iconography Unveiled in South Wedge
by Peter D. Los and Dr. Jim Palins

The Greek Orthodox Church of the Holy Spirit parish recently celebrated the installation of two icons—depictions of religious images, rich in symbolism and beauty—in their South Avenue church. Magnificent icons of the Crucifixion and Resurrection now grace the walls to the left and right of the altar, made possible through the donations of Holy Spirit parishioners, as well as faithful as far away as England and Greece. Orthodox churches historically contain religious images (icons) representing Christ and His earthly life, the Virgin Mary and various saints.

The Holy Spirit parish was established in 1995 and belongs to the Orthodox Church, the second largest Christian denomination worldwide. In 1998, the parish moved to the former South Avenue Baptist Church, a local South Wedge landmark that is more than 100 years old.

After moving into their current building, parishioners began to develop a plan for decorating the church with icons guided by Tom Clark, a Chicago-born and raised artist. Clark...continued on pg. 12

South Wedge Historic District Brings New Tax Credits
by Tom Kicior & Phillip Borrelli

York State and the New York State Council on the Arts. A historic district consists of buildings, structures, and sites grouped together as being architecturally or historically related. The State and Federal government does not interfere with an owner’s right to remodel, alter, paint, manage, sell or demolish the property. Listing on the State and National Registers is different from having a local landmark designation or being located in a local Preservation district. Local landmarks and Preservation districts are regulated by the local government’s own regulation code. Rochester’s preservation code contains restrictions and approval requirements associated with making certain exterior changes to a building. Because this is a State/ National District, properties in the South Wedge Historic District do not have any additional review or regulations imposed that were not already in place, unless a property owner chooses to take advantage of the available tax credits.

Owners who choose to utilize the historic tax credit programs must have their projects approved by the State Historic Preservation Office (SHPO). SHPO reviews proposed work in accordance with the Secretary of Interior’s Standards for Rehabilitation. Ultimately, SHPO’s goal is to preserve the historic character of the building. Work that typically qualifies for tax credits include repairs to porches, walls, doors; mechanical systems, roof replacements; even painting the exterior or interior. The District Nomination was the result of the South Wedge Historic Resource Survey, created by Bero Architecture PLLC, and funded by: The Rochester Area Community Foundation; The South Wedge Planning Committee; and Preserve New York, a grant program of the Preservation League of New York State. (Additional income requirements on pg. 9).

Read about Healthy Waterways on pg. 8

More to enjoy
• South Wedge’s Free Store
• Nathaniel Mich’s Talking with my Mouth Full
• Farewell Farmers Markets
• Justin Hubbell Introduces The North Wedge
• Healthy Waterworks
• Community Builders
• Hearts of City

Vol. 35 No. 5
October/November 2013
Official Newspaper of the South Wedge Since 1982

SWPC Transforms Eyesore to Showcase Ready for Sale to First-time Homebuyer
by Donna Roethel Lenhard

Languishing unoccupied since the 1980’s, 293 Hamilton St. was the oldest case on the City’s building code violations list. The owner was repeatedly fined but consistently paid both fines and taxes. He also declined many offers from others to purchase the property. Finally, with no other recourse, the City of Rochester placed the property, orphaned by Tom Clark, a Chicago-born and raised artist. Clark...continued on pg. 12

Continued on pg. 14...
City Announces Erie Harbor Public Art Plans by Nancy O’Donnell

After several months of study, the City of Rochester Department of Environmental Services sent their recommendations for Erie Harbor public art to City Council who approved the project at a September meeting.

Three artist’s designs were chosen for the riverside property: South Wedge resident Jill Gussow’s design of an Erie Harbor Bird and the team of Patrick Doyle and Pietro Furgiuele’s set of four pieces entitled “Guiding Buoys.”

“My work will be constructed of cement and covered with porcelain mosaic tile,” said Gussow. “It will be 6’ by 3’ by 4’. Gussow is currently looking for a place in the neighborhood to build the big bird.

If you’d like to see it, please knock on a fence. Some neighbors have generously offered their garage, but I’d prefer a place with windows,” Gussow said.

SW Victory Garden 5th Season Ends by Heather Penrose

The Victory Garden’s fifth season wrapped up its season, and what a great growing season it was! We grew tomatoes, peppers, kale, collards, beans, peas, carrots, beets, cucumbers and much, much more. Twenty-one new garden beds were placed at 162 Cypress St., a former abandoned lot and provided at 162 Cypress St., a former

the South Wedge Victory Garden (date to be announced). Please call 325-5260 or visit Facebook page for more details.

The art selection panel

selected these works from a total of 14 submissions and based their decision on the following criteria: durability and safety, expressive of the setting, [have] artistic merit, and [be] within the final budget of $172,000,” said Senior Landscape Architect JoAnn Beck in the City of Rochester Department of Environmental Services. Beck said installation of the artwork is planned for spring 2014.

The South Wedge Planning Committee, Inc. October/November 2013 Calendar Meetings are held at 224 Mt. Hope Ave. The community is invited to attend all meetings.

SWPC Board Meeting

Tuesday, 10/15, 9 a.m., 6 p.m.

Finance Team

Jann Cusick at swdcarbon@gmail.com

Sweden House Farmers Market Report

by Sue Gardner Smith

It’s been a great year so far at the South Wedge Farmers’ Market. The market continues through October 17, offering customers the finest local eating of the year, as farmers harvest bounty of crops grown in the fields and farms of our upstate region. Fall crops available at the market include many varieties of apples, pears, lettuces, beans, squash, pumpkins, onions, garlic, potatoes, peppers, eggplant, beans, radishes, and more. The market also offers meat, chicken, and other baked goods, flowers, plants, pasta, wine, and ice cream treats.

Customers can pick up a grilled pizza or pasta for a snack or easy dinner.

Also at the market, Chef Adrian Baldwin of Napa Wood Fired Pizza offers cooking demonstrations with free samples, using ingredients from the market.

There’s always music; Jeff Stanley and Friends will play on October 10 and Walltikie & the Ragsters will close out the season on October 17. The market’s EBT/SNAP bonus program continues.

Community Engagement (Neighbors & Block Clubs)

announcements@swsedge.com

Wed., 10/16 & 10/20, 6:30 p.m.

Housing & Structures

kammycastle@rochester.rr.com

Wed., 10/22 & 11/16, 5:30 p.m.

E-mail to confirm.

SW Victory Garden

Saturday, 10/19, 10:30 a.m.

South Wedge Farmers’ Market is held Thursdays, 4-7 p.m., at 100 Alexander St. (at the corner of South Wedge, behind Boulder Coffee). The market is a project of the South Wedge Planning Committee. Please follow us on Facebook and Twitter. More information can be found online at www.swvfm.org.

Enjoy the South Wedge Farmers Market until Oct. 17!

Thursday, 4-7 p.m. 100 Alexander St.

Thanks to new SWPC member Brian Pomeroy

Subscribe to The Wedge!

For over 30 years, the Wedge Newspaper has chronicled the lives and times of our vibrant South Wedge neighborhood. If you enjoy reading the Wedge, please consider subscribing by sending a check or money order. Or consider making a donation in the name of someone who helped the South Wedge become what it is today.

Name

Address

City State Zip

$15 Yearly Subscription

$30 Supporter Subscription (covers the cost of your subscription plus a neighbor)

Please mail this form along with your donation to:

224 Mount Hope Avenue, Rochester, NY 14620.

Enjoy a happy and safe Halloween!

Heather bids farewell to the Victory Garden committee for neighbors to the South Wedge Victory Garden Committee. Please send story suggestions or news to nugusow@swpc.org. Thanks so much to South Wedge Planning Committee and

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224 Mount Hope Avenue, Rochester, NY 14620.
Compeer 2nd Annual Friendship Walk takes a break at Salon Paragon

by Heather Baker

Compeer Rochester took to South Wedge streets with a Second Annual Friendship Walk to celebrate International Friendship Day on July 27. Compeer has been a staple of the Rochester community for 40 years. This international organization began in Rochester in 1973 with the goal of serving as a bridge to enhanced wellness and community integration for those with social and emotional barriers through the power of supportive friendships.

In order to meet this mission, Compeer works to decrease loneliness and increase the self-esteem of the people they serve. They also focus on life skills, socialization, and healthy activities. Compeer connects participants to the community to explore natural supports and helps create a supportive network for participants.

Many of the people served by Compeer are residents of the South Wedge, so it was a perfect location for this celebration. Tammy Cruppe, the owner of Salon Paragon, met the group outside of her shop and treated all participants to refreshments.

Salon Paragon, met the group outside of her shop and treated all participants to refreshments.

Almost every year. They see this as a way to spread the word about the work they do. One of the biggest challenges Compeer clients face is the societal stigma of mental illness. Planned activities get clients out into the community to help them break down these stigmas and match them with participants who share in a wide range of activities—going to the zoo, bowling, spending time in the park, getting coffee, going to one of Rochester’s many museums and much more.

If you would like more information about Compeer’s programs or if you would like to volunteer, you can visit online at compeerrochester.org or call 546-8280. The website also has information on how you can get tickets to the 24th Annual Ben R. Giambrone/Compeer Rochester Sports Luncheon at the Rochester Riverside Convention Center, to be held on November 20. Special Guest Speaker will be Jerome Bettis, Sr. Mr. Bettis is best known for his Super Bowl winning career with the Pittsburgh Steelers.

Known as “The Bus”, he is one of the NFL’s most popular players, the fifth best rusher of all time and the NFL’s most popular players, a six-time Pro Bowler. In 1996 he established “The Bus Stops Here Foundation” to help improve the quality of life for disadvantaged and underprivileged children.

Heather Baker is Compeer’s program coordinator of engagement and outreach.

293 Hamilton St.

$115,000

Income qualified first-time homeowners get to make history in SWPC’s complete renovation of this gorgeous 1,410 sq. ft. early 20th century house. A spacious front porch overlooks the front yard. Also included is a one car garage and a newly resurfaced asphalt driveway.

The first floor includes completed re-finished hardwood floors and a large dining room with bay windows and inviting window seat. The large kitchen opens into the dining room and contains new cabinets, counters, plumbing and flooring. A new powder room is adjacent.

You’ll find three bedrooms on the Green Labeled carpeted second floor and best of all, a space saver laundry. A spacious completely remodeled bathroom comes with new tub, double vanities sinks, shower and a dual flush toilet. New energy efficient windows throughout.

All rooms are freshly painted with low VOC paint. Circuits breakers with 150 amp service, energy efficient 40 gallon gas hot water heater and a 93% high efficiency gas forced air furnace has also been installed.

The exterior sports new maintenance free vinyl siding and trim wrapped in aluminum, new roofing with architectural shingles and baked aluminum gutters and downspouts. For more information, call George Lorson at 256-1740, ext. 101.

Eligibility Requirements for 293 Hamilton Street

Buyers must be a first-time income eligible home buyer(s) with a mortgage pre-approval letter from a bank or credit union willing to participate in this program. They must also agree to live in the house for 10 years.

Maximum incomes based on household size are:

- 1-person household: $41,832
- 2-person household: $47,768
- 3-person household: $53,760
- 4-person household: $59,696
- 5-person household: $64,512

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Episcopal SeniorLife Communities Launches Neighborhood Outreach

by Alison Miller

Episcopal SeniorLife Communities (ESLC) is committed to expanding services in order to provide more opportunities for seniors to age in their place of choice. Their Neighborhood Outreach Programs promote health and wellness to seniors in various neighborhoods throughout Monroe County, including the South Wedge. A pilot program was launched in the Henrietta area in 2012 with much success and is now being replicated in the South Wedge.

The overarching goal of the initiative is to assist seniors in maintaining independence by increasing knowledge, activity levels and overall health by offering fun, social programs for older adults. The program includes a tailored balance class, nutrition education, senior yoga, art classes, wellness presentations and other supportive health services. These programs bring seniors into a social network, improving their endurance, making them stronger, and improving balance, all while enhancing their quality of life.

“Being involved in balance class is a new awakening,” said Donna Bigger, a participant in the classes. Donna credits the social aspect as a big motivator to attend class. She has made new friends and looks forward to catching up with them each week.

Prior to the program launch in the South Wedge, a survey was conducted of area seniors age 60 and older who helped formulate the program offerings. More than 90% of respondents said that they believed socialization, eating right and exercising were all important parts of staying healthy, but more than 25% of respondents classified their health as fair or poor. This reinforced the need to provide health and wellness services to area seniors.

Community partners are vital to the success of the Neighborhood Outreach Program and ESLC is thankful for the strong support in the South Wedge. ESLC has partnered with Calvary St. Andrews Parish to offer the yoga classes or who may need rides to medical appointments, the grocery store, or pharmacy. Volunteer drivers are required to attend a one-time training, will help promote the program. All of the health and wellness programs are free of charge, and the monthly Friday lunch is offered at an affordable rate of $3.00. Reservations are required for lunch and recommended for other programs, but walk-ins are welcome.

In addition to the health and wellness programming, ESLC is in need of volunteers to provide transportation services to area seniors who want to attend one of the classes or who may need rides to medical appointments, the grocery store, or pharmacy. Volunteer drivers are the key to independence and safety for older neighbors who are no longer able to drive and help seniors live healthier lives.

Volunteer drivers are required to attend a one-time training, will receive supplemental accident and liability coverage, as well as mileage reimbursement. Volunteer drivers can set their own hours, volunteering as much as twice a week or even once a month to help seniors in the community remain connected to their neighborhood and the resources they need to live active, purposeful, and fulfilled lives.

For a complete schedule of the programs being offered, visit www.EpiscopalSeniorLife.org and click on Neighborhood Outreach. To register for a program or general info, call 546-8400 x3718. For more information on volunteering, contact Scott Ashley, ESLC Volunteer Coordinator, at 546-8400 ext. 3160 or email him at sashley@EpiscopalSeniorLife.org. You can complete an ESLC volunteer application online at www.EpiscopalSeniorLife.org/volunteering.asp. Alison Miller is Public Relations/Communication Coordinator for Episcopal SeniorLife.

Seniors enjoy yoga classes. (Photo by Alison Miller)

Historic District

continued from pg. 1

credit is much different from a tax write-off. A tax credit reduces the taxes you owe at the end of the year. In order to receive the tax credits, the home and work must qualify. If the historic credits exceed a homeowner’s State income tax and the adjusted gross income is under $60,000, the excess can be paid as a refund.

The State Historic Preservation Office can assist you in determining if your home and project qualify.

Commercial Property Tax Credit

Both the State and Federal government provide owners of income-producing properties (including apartments) historic tax credits equal to 20% of rehab costs. Starting in 2015, if NYS historic tax credits exceed a taxpayer’s income, the excess will be able to be paid as a refund.

Stay tuned for details regarding an information and Q&A session that will be held with the help of the State Historic Preservation Office and the Preservation League of New York State in the winter. For more information about the South Wedge Historic District, contact the Historic Resource Survey visit www.spwc.org.

For technical assistance on Historic Tax Credits, and whether your projects are eligible, please contact Sloane Bullough at the NYS Historic Preservation Office and the Preservation League of New York State in the winter. For more information about the South Wedge Historic District, contact the Historic Resource Survey visit www.spwc.org.

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Assemblymember Harry B. Bronson (D-Rochester/Chili/Henrietta) recently announced that registration for Basic STAR exemptions continues through December 31, 2013. New legislation requires all homeowners receiving a Basic STAR exemption to register with the New York State Tax Department in order to receive the exemption in 2014 and subsequent years. This new registration requirement is part of an initiative to safeguard against fraudulent STAR exemptions.

A state comptroller’s report this year found that improper STAR filings could cost New Yorkers up to $73 million in fraud by 2015-16. This new initiative will seek to stop people from claiming the tax breaks on multiple homes. To read the full report, visit: http://tinyurl.com/SchoolTaxRelief

The state tax department will mail instructions, including a STAR code necessary for registration, to all homeowners receiving a Basic STAR exemption in 2014 and subsequent years. This regulation will apply to all homeowners receiving a Basic STAR exemption in 2014 and subsequent years.

After registering, homeowners currently receiving a Basic STAR exemption will not be required to re-register every year. In subsequent years, the tax department will be able to confirm whether homeowners are eligible for the exemption based on their income.
Urban Farmer Harvests a Mighty Crop

Soft clicks and sudden squawks fill the South Wedge air as more homeowners build chicken coops in their backyards while vegetable gardens grow in communal gardens from SWPC’s South Wedge Victory Gardens on Hamilton and Cypress to the smallest of backyard container gardens.

Long-time South Wedge resident Robert Lauterbach’s urban farm combines both poultry and vegetables behind his Sanford Street home where his grandfather William once lived. William opened a hardware store on South Avenue in 1899. His son, Bill, finally closed the store in 1995 when he was in his 90s.

In a Wedge profile in 2009, Lauterbach shared family stories about his home. “One day one of the horses escaped the barn and went running down the driveway. My great grandfather Frederick used a big broom to swoosh him back.”

Now beside the now homeless barn Lauterbach built a 70’ x 40’ urban garden. The large garden was made possible through the generosity of a next-door neighbor, now living in Texas, who lets him use the back garden of his house as well. After eight years, the garden is so established that he plants primarily from seed with only a tomato or eggplant that he plants himself after eight years, the garden is so established that he plants primarily from seed with only biological exceptions.

He keeps the garden growing with the help of a 300-gallon water tank he bought from a church that had bought it during a Y2K panic. When the world didn’t end, they were happy to unload it for $40. Water from the nearby garage’s gutters drains into two huge gallon drums where bright orange goldfish dart among the water hyacinths.

“I put them into the drum as a lark. They even lived through the winter,” said Lauterbach. “It didn’t freeze solid. I just leaned the drum against the garage and kept the submersible pump running.”

His family’s barn, built 1908, provides a warm and secure home for his flock of chickens and features a wide screened outdoor veranda built by his son-in-law, “The only one who doesn’t like their palatial digs is the chicken hawk who often perches above on a nearby telephone pole in hopes of a quick meal.” Chickens have a long history at the Lauterbach’s family homestead. Hanging on an inside wall is his grandfather’s 1925 chicken license around the corner from the flock’s sleeping quarters and a roster of the chickens’ names—“Coral, Ethel and Scooter”—written in chalk on the wall.

“All ten sleep on a rod [inside the barn],” said Lauterbach who points to their perch in the barn. The Plymouth Rock hens lay brown and green eggshells said Lauterbach who expects a few will retire from egg laying but will not end up in his kitchen’s deep fryer. The urban gardener enjoys everything about his garden, both the annual rituals—“I’ll be planting my garlic some time around Halloween”—along with the surprises—the huge pumpkin that appeared unexpectedly in the back of his garden.

“It’s the cycle of life. The chickens litter around the garden and that’s why we have such a big pumpkin.”

Lauterbach’s chickens line up for bed time (Photo by Sarah Youngstrom)

Mighty Harvests

Urban farm combines both poultry and vegetables behind a home on South Wedge Avenue where his grandfather William once lived. William opened a hardware store on South Avenue in 1899. His son, Bill, finally closed the store in 1995 when he was in his 90s.

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“It’s the cycle of life. The chickens litter around the garden and that’s why we have such a big pumpkin.”

Lauterbach’s chickens line up for bed time (Photo by Sarah Youngstrom)
coursework, “10 hours a day for work with guitars. Coincidently, McClelland that he wanted to girlfriend, now wife, Mary Arizona.
of luthiery while teaching in bands.
in Kris’ case the ability to repair shops in the area. Eventually, the couple decided to move back to the East Coast to be closer to family. They now have two sons: Luther, 3 years, and Waylon, 3 months. At home, Mary is a regular blogger for realitytea.com that touts a readership of 10 million.
“We loved Rochester,” said Schramm. “When we looked to buy our house, we knew we wanted it in the South Wedge. I have the ability to walk everyday. [Many] shops are locally owned.
“The South Wedge was the best place to open a shop. There are tons of young musicians in the area,” Schramm added.
With his wife Mary’s encouragement he opened his new business in storefront on South Goodman St., whose name joins his first initial K with his middle name Robin.
“I live one block from the store,” said Schramm, citing one big plus. “I also knew it was big enough to sustain my business.”
“My focus is on local, working professional musicians,” said Schramm who has worked on guitars of varying value.
“The higher the dollar [value of the guitar], the higher the sweat factor in doing any repairs. But, I’ve got the skills to perform any repairs. Often the cheaper guitars make for more difficult repairs.”
Today he’s personal luthier for local bands Sten and Sailors and the Moko Collective. Along with repairing and modifying guitars, Schramm’s shop carries custom pedals with all-in-one effects from a wide variety of manufacturers including local maker Holowon. He’s also planning on selling used gear on consignment.
Schramm hopes that other small businesses will join him on the stretch of South Goodman close to South Clinton. “It would great if other small businesses opened in the storefronts around me.”
847 South Goodman St., 402-0021.

Not many people may know what a luthier is, but Kris Schramm’s ability as a luthier is getting known around town. Luthiery is “the craft of making string instruments” or in Kris’ case the ability to repair guitars for a host of Rochester bands.
Schramm came to the art of luthiery while teaching in Arizona.
One day he told his then girlfriend, now wife, Mary McClelland that he wanted to work with guitars. Coincidently, he discovered that they lived five miles away from the accredited Roberto-Venn School of Luthiery. After completing the coursework, “10 hours a day for six months,” he began apprenticing and then went on to work in guitar repair shops in the area.

K-Robin Guitar Opens on S. Goodman
By Nancy O’Donnell

K-Robin Guitar Opens on S. Goodman
By Nancy O’Donnell

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Business Buzz

Beer & Bacon Dishcrawl

Dishcrawl is a culinary social experience that brings together neighborhood restaurants, local chefs, regional food producers and food enthusiasts.
Dishcrawl’s newest food adventure brings on the bacon and beer in a four-course progressive dinner on Tuesday, October 15.
Each course will be matched with a local craft brew. The names of the chosen restaurants are kept a secret until the day of the event. All ticket holders will be notified of meeting location via email, 48 hours prior to the event.
For more information, contact Nicole, Rochester Dishcrawl Ambassador at nicoleb@dishcrawl.com.

Dishcrawl foodies end an evening of noshing at Solera Wine Bar. (Photo by Nancy O’Donnell)

The Beale’s barbecued pork and Zeppe Bistro’s macaroni & cheese (l-r) were favorites. (Photo by Julie Magnuson)

Yelp ♥ the South Wedge

Yelp, the online review of businesses by consumers, recently had a South Wedge love fest. Yelp was founded in 2004 to help people find local businesses they needed through reviews written by “Yelpers.” About 108 million visitors have visited the web site over time. Most recently Yelp touted two area bars that offer more entertainment than just drinking beer. Their reasoning…
“we feel the need to shake things up a little bit. You know, sit at the bar drinking beer with our friends while testing our knowledge at trivia night.”

Topping the list was Dicky’s in the Highland Park Neighborhood,791 Meigs St.,”an awesome neighborhood dive bar oozing historic character, complete with unbridled personalities that make for interesting conversation,” Trivia at 8:30 p.m. Tuesday nights on the restaurant. Gift certificates prizes. Southwedge Colony Yelpers write that you “can’t imagine a better bar for trivia...The atmosphere, the setup, everything made this the perfect venue. And the food isn’t half bad, either.”

Trivia begins on Thursday nights with teams of up to six people, $2 beer specials. 503 South Ave.

Earlier Yelp writes: “Some may say the South Wedge is the coolest neighborhood in the ROC. It might have something to do with the hipster population or its boundless historical roots. (You know, Frederick Douglass once resided there!) Regardless, the Wedge is one of our fastest growing neighborhoods and this Weekly is bringing you to its beloved little haunts.”

Those listed were Equal Grounds because it’s what’s “a coffeeshop should be like: tons of eclectic chairs, board games, lots of space, delicious tea and coffee, dog friendly, and a great vibe.” Nathaniel Square Corner Store: “a convenience store, but so much cooler filled with aisles of craft beers. Solera Wine Bar who “curates a killer list of wines,” The South Wedge Diner has great "pumpkin-walnut French toast and “vegetarian spring rolls.” And finally, Needles Drop Records at 304 Gregory St. gets raves: “The owner and staff are knowledgeable, approachable, and enhance the entire experience,” “selling records, turntables, and a few other music related items.”

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Topping the list was Dicky’s in the Highland Park Neighborhood,791 Meigs St.,”an awesome neighborhood dive bar oozing historic character, complete with unbridled personalities that make for interesting conversation,” Trivia at 8:30 p.m. Tuesday nights on the restaurant. Gift certificates prizes. Southwedge Colony Yelpers write that you “can’t imagine a better bar for trivia...The atmosphere, the setup, everything made this the perfect venue. And the food isn’t half bad, either.”

Trivia begins on Thursday nights with teams of up to six people, $2 beer specials. 503 South Ave.

Earlier Yelp writes: “Some may say the South Wedge is the coolest neighborhood in the ROC. It might have something to do with the hipster population or its boundless historical roots. (You know, Frederick Douglass once resided there!) Regardless, the Wedge is one of our fastest growing neighborhoods and this Weekly is bringing you to its beloved little haunts.”

Those listed were Equal Grounds because it’s what’s “a coffeeshop should be like: tons of eclectic chairs, board games, lots of space, delicious tea and coffee, dog friendly, and a great vibe.” Nathaniel Square Corner Store: “a convenience store, but so much cooler filled with aisles of craft beers. Solera Wine Bar who “curates a killer list of wines,” The South Wedge Diner has great "pumpkin-walnut French toast and “vegetarian spring rolls.” And finally, Needles Drop Records at 304 Gregory St. gets raves: “The owner and staff are knowledgeable, approachable, and enhance the entire experience,” “selling records, turntables, and a few other music related items.”
The First Frost
By Sharon Miller

First frost. The first autumn frost declares the end of the growing season, that moment when exposed vegetation is nipped by freezing temperatures and coated with a layer of ice crystals. The season culminates and the red Japanese maple tree dominating a significant corner of my front garden is poised with acceptance. Today, cold and crisp air wafts a scent of fertile soil in my direction; an interdependent blending of earth, decay and moisture. The Japanese maple’s ruby colored, feather-light leaves spread in layers and form a regal vestment that slightly touches the ground in a gentle breeze. The tree has yet to express its last hurrâh when leaves turn fiery and alive with light. Passersby invariably pause, sigh and comment as through momentarily begifted by this beauty. I recall an autumn afternoon many years ago when dense and encroaching bushes occupied this space until I received the Japanese maple as a birthday gift. The tree awaited planting. With rigorous shoveling and lots of sweat, the scene was finally prepared for change. A friend’s red pick-up truck strained mercilessly and gave all it had to remove the bushes grayly root. What a scene: the connecting rope taut between the entangled roots and a truck threatening to snap apart. Hours elapsed before the young Japanese maple was planted with care and expectation.

The tree’s vitality and location are optimal, and it thrives season following season. After the imminent foliage fireworks, the tree acquires to nature’s rhythms and sheds all leaves revealing its nakedness. Although naked, the Japanese maple stands with dignity. Limb and truck structure refine its dressed graceful identity, an essence that pulses with potency and title. Tiny buds are protectively sealed to endure and ensure a rebirth of cyclical beauty.

Sharon Miller is a 26 year resident of the South Wedge. Her Japanese maple attracts neighbors from around the area to view its autumnal beauty.

Lots of Food
By Deborah Klee

Build the gardens and they shall come. Grow food in urban settings and all shall eat. Co-create with neighbors and community shall be built. Create beautiful spaces in nature for contemplation, and we will heal along with Mother Earth. This is not a dream. This is coming to your neighborhood, and you can participate, contribute and benefit in a myriad of ways.

Lots of Food (LOF), is a not-for-profit Rochester-based program of Seeding Community Ground, Inc. dedicated to making our local food communities from dirt to fork. With the help of about 100 volunteers and coordinated by Patty Love, program manager and permaculture enthusiast, LOF has begun converting a dozen disused plots of land throughout the city into public edible forest gardens. The gardens designs are co-created by Guild Team members and implemented at garden planting parties by a network of dedicated volunteers along with neighbors and folks who stop by to see “what’s going on over there.” In collaboration with Rev. Matthew Martin Nickoloff, pastor of the South Wedge Mission, and with community support, Lots of Food intends to transform the long unused plot between the church and neighboring former school, both travelled all over the world before finding themselves in Wayland, NY, classmates in grad school, both worked all over the world before finding themselves in Wayland looking for a new career direction. The two joined energy, passion and the belief that anyone can paint and started Thirst4Art painting classes. Their venue is not a light-filled studio, but bars, restaurants and wineries in the area. And instead of canvas, painters used recycled vinyl records. No solitary creation here. Artists and would be painters are encouraged to bring a friend along to make it a social experience. Their website says it all: “Our painting classes are for everyone—whether you have never painted before and don’t think you can draw a stick figure, or if you are a seasoned artist. Along with group painting classes, the company also offers at special events for creatives from 5 to 80 years old. To learn more, visit Facebook, www.thirst4art.com or email thirst4art@gmail.com.

Thirst4Art Classes
By Nancy O’Donnell

Artist Aimee Bergvall and Event Coordinator Marissa Siciliano, childhood friends in Weyland, NY, classmates in grad school, both travelled all over the world before finding themselves in Wayland looking for a new career direction. The two joined energy, passion and the belief that anyone can paint and started Thirst4Art painting classes. Their venue is not a light-filled studio, but bars, restaurants and wineries in the area. And instead of canvas, painters used recycled vinyl records. No solitary creation here. Artists and would be painters are encouraged to bring a friend along to make it a social experience. Their website says it all: “Our painting classes are for everyone—whether you have never painted before and don’t think you can draw a stick figure, or if you are a seasoned artist. Along with group painting classes, the company also offers at special events for creatives from 5 to 80 years old. To learn more, visit Facebook, www.thirst4art.com or email thirst4art@gmail.com.

Thirst4Art Classes
Wed., October 2, 16 , 30, 6:30 - 9pm, Napa Wood Fired Pizzeria & Bistro, 573 S. Clinton Ave.
Thurs., October 3, 17, 6 - 8:30 pm, Buffalo Wild Wings Grill & Bar, 780 Jefferson Rd.

Volunteer application. The LOF project at South Wedge Mission has the potential to grow something much larger than a food system. Not only will LOF plant healthy, local, ecologically grown food for the public to share in, but volunteers will also share and develop personal knowledge and skills while creating a resilient local economy as we regenerate and revitalize the land we steward. If you are interested in getting involved, please let us know. We are grateful for the many generous volunteers who have helped us in the transformation of 125 Caroline Street. You will be glad you did!
Heads Up on Concussions
By Alexie Cruz Furan, MD

have trouble falling asleep
recent events, slow to answer
memory problems. Children may
or stunned, feeling mentally
or balance problems, double or
Symptoms include headache,
may take hours to days to show up.
happen right after the injury but
ground, a wall, a goalpost or a ball
sport or in a collision with the
activity should also be at the
direction of a physician.
Not all concussions can be
prevented, but some may be
avoided. Helmets should be
worn for any riding activities
like horseback, all terrain vehicle
(ATV), motorbike, bike,
skateboard or snowboard or
contact sports (like football,
hockey or lacrosse). Helmets
should fit appropriately and be in
good condition.
Most importantly, every
athlete needs to know how crucial it is to let their coach, athletic
trainer or parent know if they have
hit their head or have symptoms of a head injury—even if they
stopped playing. Never ignore a
head injury, no matter how minor.
Remember Concussion ABC’s:
A-Assess the situation.
B- Be alert for signs symptoms,
C-Contact a health care professional
Follow these health guidelines, be
safe and have fun!

Great news from the Centers
for Disease Control and Prevention (CDC)
Efforts to curb childhood obesity are working! According to new
research, 19 states have seen a
decrease in the number of obese
preschoolers ages 2 to 4. Twenty
other states and Puerto Rico
saw their numbers remain the
same. This means the number of preschool children at an unhealthy
weight has fallen from 17% to
12% since 2008.
The CDC can’t pinpoint
one single factor that led to the
decrease, but changes to programs
like the Special Supplemental
Nutrition Program for Women,
Infants, and Children (WIC) may
have contributed. In a recent
article, Jim Marks, MD, director of the Robert Wood Johnson
Foundation Health Group, said that
WIC “encourages families to buy
more fruits and vegetables, with
the goal of improving children’s
health and nutrition.”

Other programs, like First
Lady Michelle Obama’s “Let’s
Move” campaign, have also given
childhood obesity and overweight
a national spotlight. Let’s Move
has brought awareness to the issue
by creating fun ways to get kids
and adults thinking about health.
School lunch menu changes and
 vending machine updates have
their roots in Let’s Move and
a new effort combining hip hop
and dance as physical activity will be
announced later this month.
The positive news comes as
we enter Childhood Obesity Awareness Month. Celebrated
every September, this month is
dedicated to help kids maintain
a healthy weight and begin an
honest dialogue with parents and
caregivers. Locally, the Healthi
Kids initiative is working to

Dr. Alexie Cruz Furan, MD
As our children return to
school—to gym, sports teams and
other forms of physical activity—we
encourage them to stay active
and have fun. We also want to
ensure they remain safe during play.
It is crucial to help protect
our children from head injuries, to be
able to recognize signs and
symptoms of concussions and
know how to treat them.
A concussion is any injury
to the brain, typically caused by a
blow or jolt to the head, that
disrupts normal brain function on
a temporary or permanent basis.
They can occur in any type of
sport or in a collision with the
ground, a wall, a goalpost or a ball
thrown, hit or kicked.
Besides school sports, a child
riding a bike or skateboard can fall
and get a concussion.
Concussion symptoms range
from subtle to obvious and usually
happen right after the injury but
may take hours to days to show up.
With most concussions, a child is
not knocked out or unconscious.
Symptoms include headache,
nausea or vomiting, dizziness
or balance problems, double or
blind vision, sensitivity to light,
sensitivity to noise, feeling dazed
or stunned, feeling mentally
“foggy” or confusion or memory
problems. Children may be
confused or forgetful about
recent events, slow to answer
questions, have changes in mood
(become irritable, sad, emotional
and nervous), become dizzy,
sleep more or less than usual or
have trouble falling asleep
All concussions are serious,
and all athletes with suspected
concussions should not return to
play until they see a doctor.
A doctor can confirm the diagnosis of
concussion; determine the need for any
specialized tests, such as CT
scan, MRI, or neuropsychological
tests and decide if it is appropriate for
the athlete to return to play.
Prematurely returning to play after
a concussion can lead to another
concussion. An athlete with a
history of concussion may be
more susceptible to another injury
than an athlete with no history of
concussion.
The best treatment for a
concussion is complete rest from
all physical and mental activity.
Recovery time from concussion
is variable based on the individual,
the severity of the concussion and
the history of prior concussions.
A young athlete may feel
better and want to return to play
before their brain has completely
recovered. Given the uncertain
and unpredictable time frame for
recovery, all sports activity should
be suspended until symptoms have
completely resolved at rest. At this
point, return to physical activity
can begin if the athlete’s doctor
says it’s okay. Any concussion
related symptoms that return with
exertion are a clear indicator that
the concussion has not healed.
Final clearance to return to full
activity should also be at the
direction of a physician.
Not all concussions can be
prevented, but some may be
avoided. Helmets should be
worn for any riding activities
like horseback, all terrain vehicle
(ATV), motorbike, bike,
skateboard or snowboard or
contact sports (like football,
hockey or lacrosse). Helmets
should fit appropriately and be in
good condition.
Most importantly, every
athlete needs to know how crucial it is to let their coach, athletic
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hit their head or have symptoms of a head injury—even if they
stopped playing. Never ignore a
head injury, no matter how minor.
Remember Concussion ABC’s:
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C-Contact a health care professional
Follow these health guidelines, be
safe and have fun!

Good News for Childhood Obesity
By Lauren Morelle

Where and how we greatly affect our health. People living in neighborhoods where they feel safe get outside and
exercise more than those who fear crime. However, many of the public decisions made at all levels of government affecting our
neighborhoods do not consider how these decisions will directly or indirectly affect our health.
The Community Outreach
and Engagement Core of the University of Rochester
Environmental Health Sciences Center recently completed a

health impact assessment (HIA) which looked at potential health implications of the City of Rochester and New York State’s
Local Waterfront Revitalization Program.
A policy and planning tool, HIA helps decision-makers in non-health-related sectors consider how their proposed plans and
policies might impact the health of the communities they serve. HIA assesses potential health impacts by studying the effects of
proposed plans or policies on health factors such as air quality,
safe places to walk, stress, income and education. It identifies possible
impacts on health determinants, both positive and negative, and
makes recommendations for decision makers to help them
maximize health benefits of decisions and minimize potential
negative impacts. The HIA also
helps decision makers think about health when all kinds of public
decisions are made.
The Local Waterfront
Revitalization Program (LWRP)
is part of the New York State
Division of Coastal Resource’s
statewide coastal management
program. The City of Rochester’s
LWRP guides its development of
waterfront areas, activities, and
programs near the Erie Canal, the
Genesee River and Lake Ontario.
The City is currently revising its
1990 waterfront plan and expects
to complete this process by early
2014. The LWRP guides long-
term city, private and state/federal
decisions affecting waterfront.
One example is the Turning Point Park
boardwalk, which was built as a
result of the community
desires continued on pg. 12

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**South Wedge Home to City’s First Free Store**

By Rev. Matthew Martin Nickoloff

Jasmin Reginler never liked white bread. So she was surprised to discover she loved it when she learned to make it herself during her time at St. Joseph’s House of Hospitality’s Bread for All Ministry. A few months after completing the program, Jasmin’s baking something new from scratch. The Rochester Free Store is the first of its kind in the Flower City, in the basement of the South Wedge Mission on Caroline Street.

“Everything’s still fresh for me,” she confessed. “Not that I don’t have a plan. But it’s my first time doing this, and it’s a big venture. We’re just seeing how it unfolds.”

Her vision is deceptively simple. Two Saturday afternoons a month, Jasmin and other volunteers from St. Joe’s will open The Free Store when anyone in need of household items and gently worn clothing can browse the shelves and leave with some quality stuff.

“A few people who have offered items have thought I’m being a little too picky because I won’t accept clothing with rips or stains,” said Jasmin. “But, I want people to get good stuff, and with dignity. Often, people who get free stuff already feel stigmatized cause they have to get used stuff. I don’t want them to feel that way. I hope we’ll provide a welcoming environment, a nice mutual atmosphere, where people can connect, and get what they need.”

Jasmin’s vision for this different kind of store took shape during her time working at St. Joe’s. One day, while her mentor, Tim Sigrist, was giving her a tour of St. Joe’s Catholic Worker on South Avenue, the clothing distribution room caught her eye.

“The room had clothes, but only for men. It’s great, but also very small. I told Tim, ‘We can’t get stuff to so many more people than this,’ and told him about free stores. I’d been reading about free stores all around the country;”

Jasmin Reginler (Photo by Rev. Matthew Martin Nickoloff)

in Washington D.C., Denver, Kalamaezoo and other cities. All kind of grew from there. I wanted to give Rochester a free store.”

Sigrist helped pitch the possibilities to the community. “I really gave me the freedom to go for it,” she said. “He told me, ‘if you can do it, then just go for it.’” An article in St. Joe’s newsletter yielded donations for startup capital, and the seeds were ready for planting. Rochester Free Store, which partners closely with St. Joe’s, provided a home. Practicing patience proved hard for Jasmin. “For the first few donation drop-offs, nobody showed up. I was getting discouraged. Around the third week, several people showed up and that lifted my spirits. I started to believe that this was going somewhere. The other day, someone donated a $200 Cuisinart food processor with all the attachments because it had a ding on it.”

From her experiences walking around the South Wedge and Highland Park neighborhood with her husband, Brandon, and their two-year-old daughter, Lynnos, Jasmin discovered what Rochester’s scrapper community has known for a long time; “people throw out a lot of nice stuff around here.”

Initially, the gellers read a coffee table or two for their own use. “I never someone who took from the side of the road,” she reflects. “I never paid much attention growing up, but since I’ve been in Rochester, it’s like I have this new consciousness about reusing. Plus, there’s just so much high-quality stuff here!”

Now, with the opening of the Rochester Free Store, Jasmin’s hoping to make it easier for people to direct unwanted possessions away from the dumps and into

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**Thank You!**

Donna Roethe Lenhard

John Dennis & Donna

---

The South Wedge Planning Committee’s housing project at 293 Hamilton St. is reaching completion. The contractor has painted and installed trim, added cabinets, countertops and fixtures. SWPC Board Vice Chair Donna Roethe Lenhard has been instrumental in the interior design stage of the work.

Her eye for beauty and aptitude for design helped to create a showcase home for a future first time homebuyer. We truly could not have done it without her.

---

**SOUTH WEDGE HARBOR**

Giant pig man & pirate woman meet at Caverly’s Irish Pub

**NIGHT OF THE LIVING WEDGE 2013**

BASWA (Business Association of the South Wedge) hosts the fifth annual night of tricks and treats throughout the Wedge on Thursday, October 25. The Pub Crawls pr0will start at Colony Bar & Grill on South Avenue at 7 p.m, and then slither on down to Solera, Lux Lounge, Zeppo Bistro, Tap & Mallet, The Helle and ending at Caverly’s Irish Pub at 11 p.m.

The highly contested Costume Contest is back with a $100 cash prize Take a chance at a Woof! $50/50 Cash Raffle. Crawlers also receive coupons for deals at local businesses given out at each stop, drink specials, and munchies! Come out after dark and have a bowling good time.

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“Put my energy to work for you”
Eating for a Higher Vibration

by Morgan Potts

Let’s try something new. Let’s consider what we eat in terms of energy, not nutrients. Everything in this world has its own unique vibration. This includes our bodies and the food we eat. The faster our mind and body is vibrating, the more conscious, aware and in sync we are with the world and nature around us. Eating highly nutritious, energetic foods is one of the easiest and most tangible ways to raise these vibrations and get in touch with our nature. And baby, you will feel it.

Here’s my list of high vibration, nutrition-packed and delicious foods to enjoy, feed your body and mind and improve your energy and awareness of what we want. There is literally so much action here, and it affects us in so many ways.

Morgan Potts - This means kale, arugula, spinach, Swiss chard, book Choy, and mustard leafy greens. These are some of the best green vegetables, they are packed with nutrition. Pick any one of these to toss in a salad or sauté with a little salt and raw apple cider vinegar. Sprouts and any Raw and Living Foods - I’m talking raw, fermented, and sprouted foods, all good for obvious reasons. These have not been processed or degraded in any way and are vitamin and mineral goldmines. Sprouts, too. Sprouting is easy, and it improves the digestibility, nutrition, and liveliness of any nut, legume or seed. Add sprouts to any salad, or snack on them for high vibe goodness.

Medicinal Mushrooms - Chaga and Reishi are the big ones here. All edible mushrooms boost your immune system and have antioxidant, anti-inflammatory benefits. And the subtle creation of these fascinating fungi is enough to see its vibrational qualities. I drink tea extracted from Chaga each and every morning, and enjoy Reishi tincture each day as well. Clean and Pure Water - Reverse osmosis or freshly collected spring water are the best choices. These waters are pure, and immediately sucked up and circulating. Our bodies need to be hydrated to function properly, and we need it to think clearly. Our bodies are over 50% water, so this is worth paying attention to. These waters are best because they are free from the chemical waste products and pharmaceuticals that are lingering in our water systems. This includes the worst offender of all—fluoride. This is a controversial subject for most, but whether or not you choose to brush your teeth with the stuff, I don’t want you to drink it. So go with the clean stuff.

Avoid buying bottled water as the plastic is leached into the water. If these high quality waters aren’t available to you, filtering your water is definitely better than drinking straight from the tap. Avoid buying bottled water as the plastic is leached into the water. These waters are pure, and immediately sucked up and circulating. Our bodies need to be hydrated to function properly, and we need it to think clearly. Our bodies are over 50% water, so this is worth paying attention to. These waters are best because they are free from the chemical waste products and pharmaceuticals that are lingering in our water systems. This includes the worst offender of all—fluoride. This is a controversial subject for most, but whether or not you choose to brush your teeth with the stuff, I don’t want you to drink it. So go with the clean stuff.

If these high quality waters aren’t available to you, filtering your water is definitely better than drinking straight from the tap. Avoid buying bottled water as the plastic is leached into the water. There are some high quality water filters, that don’t include reverse osmosis, but still filter out fluoride. Superfruits and Berries - Goji berries, golden berries, gooseberries, blueberries, raspberries, strawberries, you name it. These colorful treats vibrate at a high frequency and during the summer months we are blessed with most of these, fresh and easy.

Raw Chocolate - Raw cacao nibs can be found at any health food store. This is one of the most antioxidant rich foods on the earth. And only heat can destroy this miracle food, so it’s best to eat this one raw. Cacao nibs are good added to salads, trail mix or just on their own for a bitter and sweet energy surge. Chocolate is also high in phenyl-ethylamines, also known as the love chemical, which makes us feel so blissful and full of passion...like we are in love! That’s not high energy I don’t know what is.

Bless your Food! - Think positive thoughts, and poor your own energy into what you are eating. Feel truly thankful and in love with what you are about to consume (and make a part of you)! Love to place my hands directly above each meal before I eat it as a physical gesture of mindfulness, forcing me to slow down, appreciate and be thankful before I take my first bite. I don’t remember who introduced me to this idea but it is truly so powerful, and I have been doing this for each meal ever since.

Buy organic - Not only does the lack of pesticides raise the vibe of anything, but the way the food is planted, handled and cared for also plays a huge role. This is why local, and organic is the best combination ever, aside from wild grown and foraged foods.

And this is only the beginning. Our plates are filled with opening, refreshing, enlivening and empowering foods. There are so many more. Stay tuned to Part 2.

Morgan Potts, owner of Balance in Nutrition Health Coaching, is a Certified Holistic Health Coach living in Rochester NY. The article first appeared on balanceinnutrition.com. Articles in this paper do not necessarily reflect the view and/or opinions of the South Wedge Planning Committee.
Talking With My Mouth Full - Zeppa Bistro

by Nathaniel Mich

Most of the eateries in the South Wedge are geared toward inexpensive, quirky and quick cuisine: we’ve got an abundance of sandwich places, a sprinkling of ethnic holes in the wall and a migratory flock of food trucks. But it certainly is possible, dear reader, to partake in cloth napkin and changes-of-silverware fare in this neighborhood. To explore this alternative to alternative eating, the author and two companions sat down for a late summer dinner at Zeppa Bistro on Gregory St. Zeppa’s ambiance is the first thing that distinguishes this restaurant from its neighbors. Set in the basement of the historic German House, the dining area and bar has a posh cellar feel: low ceilings, low light, rich wood tones and exposed masonry accents. The bar is separated from the rest of the restaurant by an arcade of open arches. The menu design is in line with the décor, with luxe meats like lamb, duck and steak prominently featured in Continental-style dishes with New American flair. The summer menu changes frequently, uses lots of local ingredients and is divided into Appetizers/Starters, Soups and Salads, Small Plates and Entrees.

We began our meal with a pair of starters: chiles rellenos and fennel sausage sliders. The chiles were beer battered, filled with Spanish rice and shrimp, and served with a slightly spicy dipping sauce. The batter was crisp on the outside and dually closer to the chile, which itself had a nice fresh flavor that was not overwhelmed by the other elements. The rice was moist and tasty, but the promised shrimp proved elusive. This was made up for by the pleasant surprise of kernels of fresh corn, which lent a brightness to the flavor and served as its base and included fresh strawberries, local plums and fresh chèvre. A honey-lavender vinaigrette united the elements and provided an ethereal floral note that underlay the other flavors. The corn chowder was replete with celery, onion, carrot and fingerling potatoes, laced with chives and thyme. I would have loved more corn, but the kernels provided a luscious texture and flavor. The wine crackers that were already put on the soup were distracting, however – a bland note in an otherwise flavorful dish. The veggies were bright and fresh and the broth not too heavily crowned: a delightful summery bowl. But it was the barbecue duck wings that were the agreed-upon highlight of the meal. The miniature drumsticks were succulent, the meat melting off the bone. The sauce was slightly spicy, but thankfully did not obscure the flavor of the meat. They were served over an heirloom tomato and cucumber salad, which was a good, if less interesting, counterpoint to the richness of the wings.

Two thirds of our “entree” round were small plates: fried calamari and Australian lamb “lollipops,” with pan-roasted duck breast coming from the large plates section. The calamari was light and tender and served with more heirloom tomatoes. It was pleasant enough, but rather bland, especially compared to the other dishes we had. The lamb lollipops – small on-the-bone chops – were artfully arranged over crispy polenta fries and ringed by a twirled red wine sauce. The meat was tender and flavorful, but salty. The polenta fries had a great texture and were a good foil to the other intense flavors on the plate. The sauce was tasty, but I felt it was largely gilding the lily. I don’t understand, however, why a restaurant that is so proud of local ingredients in other parts of the menu would use Australian lamb when there is high quality lamb available locally. The pan-roasted duck breast was cooked medium rare, sliced thin, and piled over a plate of potato gnocchi and summer veggies. The duck was delicious, very tender, but also oversalted. While the vegetables were nice, the gnocchi were leden and didn’t mingle with the other elements very well, interrupting the texture and ignoring the sauce. We finished by splitting a serving of chocolate “pot de crème.” Traditionally, pot de crème is a cooked chocolate custard (like crème brûlée without the caramel), but this was basically chocolate mousse, served in a glass goblet. It was topped with strawberry sauce and crème diplomat. The mouse had a rich chocolate flavor and a touch of brandy. To my taste, the strawberry sauce was too sweet and distracted from the other flavors. Crème diplomat is a blend of pastry cream and whipped cream, but while I enjoyed this dish’s crème, I didn’t find the eggy, custardy flavor of the pastry cream that I was expecting. Nevertheless, we squabbled over the last spoonfuls and only the shape of the glass prevented one of our party from licking it clean.

Overall, we enjoyed our dinner a great deal. The server was attentive and courteous, quickly correcting mistakes and assisting with wine selections. The dishes were well executed in general, but fell into a pattern of intensely flavored meats paired with light and fresh – but blander – vegetables. I appreciated the amount of local ingredients and would love to see our regions offerings explored further in the menu. Zeppa provides a pleasant contrast to the Wedge’s quirkier above-ground offerings and brings a touch of fine dining to our neighborhood.

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Weekend Masses
South Wedge icons

continued from pg. 1

South Wedge icons

resources and physical safety. We
water quality, health-supportive
residents. We assessed four
adults, low-income and minority
neighborhoods, particularly
positive health impacts.

Up front can help the city promote
Recognizing these possible effects
the waterfront and the general
live nearby, those who use
affect the health of people who

and consisted of icons on the
Master Iconographer in Greece.

several years of study with a
learned the traditional style of
Orthodox religious art following
several years of study with a
Master Iconographer in Greece.

The first phase of iconography at Holy Spirit Church was
completed within three years and consisted of icons on the
"iconostasis," an icon screen that
separates the altar area from the
rest of the church along with a
large icon above the altar of the
Virgin Mary holding the Christ
child.

Recently, the second phase
of iconography was completed.
The first photograph shows the
Resurrection, which is the defining
event in the Orthodox Church.
Christ strides boldly smashing
the gates of hell, pulling up Adam
and Eve. The depiction is not
representative or realistic. As the
iconographer explains: "the
purpose of an icon is not to be an
accurate representation but rather
to be a tool that initiates the
faithful to the theology of the
Church--representing people and
events not through the filter of
this world but through the perspective
of the Kingdom of God."

Icons are rich in symbolism; for example in the Resurrection
icon, Christ stands over a dark,
cave-like space with broken locks
and chains showing that after the
Resurrection humans are no longer
to slaves to death. His undergarment
is orange symbolizing his divine
nature and over it is a green
cloak that symbolizes that "he took on"
our human nature.

Above the altar, at the highest
point in the church, Tom Clark
has placed an icon of "Christ
Pantocrator, the Ruler of All."
This masterful icon reveals Christ
with a rather stern face, since then
He is depicted as the judge of the
world. Christ is in the heavens,
flanked by two graceful angels.

The Master Icons are the only icons directly follow a
continuous tradition of religious icons that was established by
the early Christian Church. The icon of Christ shown in the
second photograph was prepared in the 6th
century AD and is currently found in
the monastery of St. Catherine's in
the Sinai desert.

Stained glass windows placed by the former South
Avenue Baptist Church have been respectfully restored
to coincide side by side with the
Orthodox icons. The parish today is comprised of 170 families
from diverse backgrounds, and is a vibrant community that offers opportunities for spiritual
life, fellowship, and religious
education. Sunday service is from 10-11:30 AM and visitors are
welcomed. For more information visit, www.goholyspirit.org or call
244-1976.

Rochester Riverfront

continued from pg. 4

outlined in the 1990 LWRP.

Waterfront changes may affect the health of people who
live nearby, those who use the
waterfront and the general
population in different ways.

Economic development as a
result of waterfront changes could
benefit residents by increasing
job availability along with the
city's tax base. At the same time,
development could also increase
housing costs for nearby residents.

Recognizing these possible effects,
up front can help the city promote
positive health impacts.

During our study, we focused on
differences that are most likely to
affect residents in waterfront
neighborhoods, particularly
those that impact children, older
adults, low-income and minority
residents. We assessed four
health factors: physical activity,
water quality, health-supportive
resources and physical safety.

We focused on these determinants
because they are likely to influence
diseases including obesity,
diabetes, heart problems, injury,
depression, respiratory health,
mental health and water-borne illness.

We gathered demographic, social and health data for neighborhoods
near Rochester's waterfronts that
helped us better understand the
impact of changes to these health
determinants. We also conducted
surveys to better understand how
the waterfront and its resources
relate to residents' health.

Based on our findings, we
developed a set of recommendations to the City
that could help protect and promote
health in Rochester. For example,
decisions that improve water
quality might benefit health,
since poor water quality was
identified not only as a way to
improve water quality, but also
because open spaces designed for
stormwater management through
active recreation at Rochester's
waterfront provide opportunities for active
recreation. Improving Rochester's
waterfront trails supports active
transportation and provides a
free exercise resource for neighborhood
residents. Other recommendations included increased waterfront
access for the public, improved
communication about waterfront services and
opportunities, and ongoing monitoring of
waterfront community health and use of
waterfront resources.

We also included several overarching recommendations for the LWRP as the goal of
promoting the "health and
safety of waterfront neighborhood residents and the population of
the greater Rochester area." The
Healthy Waterways executive
summary contains our full list of
community based recommendations and full report are available online at

The City's website offers more detailed
information on the LWRP. A comments page, where community members can voice their
thoughts, concerns and ideas about the future of Rochester's waterfront, can also
be found at: http://cityofrochester.
gover/lwp.

Healthy Waterways was
supported from a grant from
the Health Impact Project - a
collaboration of the Robert
Wood Johnson Foundation and
The Pew Charitable Trusts. The
opinions expressed here do not
necessarily reflect the views of
the Health Impact Project, the
Robert Wood Johnson Foundation,
or The Pew Charitable Trust and
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healthimpactproject.org for
more about the Health Waterways HIA.

To learn more about Health Impact Assessment, visit http://www.
healthimpactproject.org/hia.

Rochester Community Animal Clinic offers spay/neuter services for income
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nityanimalclinic@yahoo.com.

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STAR Tax Exemption

continued from pg. 4

on the information provided in
the registration process, noted
Assemblymember Bronson.

New residents who choose to continue
apply annually with their local
government (such as the City of
Rochester), or participate in
the Income Verification Program.
Additionally, first-time Basic
SNF (first-time home buyers)
applicants are not affected by this
year’s registration procedure and
must complete the registration
with their local assessor. In the
City of Rochester, the application
deadline is February 1.

For more info or help
applying for STAR exemptions, call
Assemblymember Bronson’s office at 244-5255.

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is a popular spiritual leader
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Her book, The Jesus Prayer: The Ancient Desert Prayer that
Transforms the Heart to God, was recently published in paperback. Her other books, including The Jesus Prayer: The Ancient Desert Prayer that
Transforms the Heart to God; Facing East: A Pilgrim's Journey into the Mysteries of Orthodoxy, also recently published in paperback.

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