The South Wedge Farmers’ Market opens this year on June 12, once again bringing the finest local food to our part of the City.

You’ll find it’s the best place to spend Thursday afternoon in Rochester will be in the shade of the big trees behind Boulder Coffee at Alexander Street and South Clinton Avenue. Farmers and vendors will bring fruits, vegetables, meats, eggs, baked goods, flowers, and much more each Thursday from 4 p.m. to 7 p.m. through October 16.

The Market is all local and all delicious! Enjoy live music, activities for kids and community groups sharing information.

We are seeking sponsors; if interested in being a part of the market, please e-mail info@swfm.org.

The South Wedge Farmers Market is a project of the South Wedge Planning Committee.

Follow us on Facebook and sign up for weekly newsletters during market season at www.swfm.org.

A HUGE Thank You to the Sponsors & Donors who Made “City Love” Such a Big Success! Photos on pg. 8

Who knew doing good could be so much fun! Over 100 Rochesterians joined in a night of City Love on March 21 at the Academy of Medicine. They talked, made new friends, networked, bid on fabulous items in a City Love Silent Auction. Throughout the evening, they danced to the music of the Bill Tiberio Trio, enjoyed delicious food and drink and raised funds for three not for profit community-building organizations: the South Wedge Planning Committee, the South East Area Coalition and RochesterCares, LLC.

A special thanks to our Sponsors who helped to fund the event: Highland Hospital, A3 Design, Excellus BC/BS, Scale 2 Display, the Bill Tiberio Band, Al Sigl Community of Agencies, Realtors Charitable Foundation, RG&E, ABVI Goodwill, Merrill Lynch/Prudential, Cheesy Eddie’s, Baker Street Bakery, Hedonist Artisan Chocolates, Merchants Grill, A Healthy Bit and Dave Lewis Photography.

Many thanks also to the auction donors who made the Silent Auction such a great success. These included:


Finally, thank you to all City Love volunteers: Eileen Thomas, Rick Mooney, Lizzie Huberlie, Nancy O’Donnell, Julie Beckley, Mary Beth Brockman, Matt Robbins and Mary Lou Lunt and the many other behind the scene helpers.

In addition:

- Smugtown Mushrooms
- Abode Opens in Wedge
- SWPC’s Traffic Calming
- Dr. Puran’s Kid’s Corner
- Justin Hubbell’s Comic
- Lizzie Huberlie Joins SWPC
- Nathaniel Mich’s “Talking with My Mouth Full” visits Beale Street Cafe
- Saying a Sad Goodbye to Ronnie Bennington & Mark Sandier
- DVC’s Shakespeare-paloza-rama
- SWPC’s Traffic Calming Efforts Pay Off
- Frederick Douglass Home Explores Bigger Profile
- Home Repair Grants Available for South East Area

The South Wedge Planning Committee has a very limited number of exterior repair grants available for homeowners who live in south east Rochester (Sectors 6, 7 and 8). Most of the funds come from the City of Rochester’s Owner-Occupied Repair Program and are available only to income-qualified owners who live in the house that needs repairs. Additional assistance may be available through a grant from the Affordable Housing Corporation. Call 256-1740, ext. 103 for more information.

A donation, no matter how large or small, will help in preservation efforts. Donations can be sent online using a credit card. Donations via mail should complete a Reforest Mount Hope donation form and mail along with a check made payable “City Treasurer, Reforest Mount Hope” addressing the envelope to the campaign at 1133 Mount Hope Avenue, Rochester, New York 14620.

Contributors may donate on a variety of levels: from the Mount Hope Steward ($10- $99) to the Anthony & Douglass Society ($1,000 and up). Donations are tax-deductible as allowable by law. For more information and to download the donation form, visit the City of Rochester Reforest Mt. Hope website.
Letter to the Editor

Don’t Pave Paradise & Put up a Parking Lot!

After attending a recent City ZBA (Zoning Board of Appeals) meeting, I believe it’s time to re-establish the Upper Mount Hope neighborhood zoning plan. The time is now for neighborhood stakeholders to get together and work on solutions to solve the zoning problems we are seeing in our neighborhood and surrounding ones. An example of such a problem follows:

A neighbor calls the city to complain about an owner replacing rear yard green space with stone/ asphalt to make a parking lot. The City then sends out an inspector who issues a notice telling the owner to get a zoning variance. Next a zoning variance is filed and hearing is set with the Zoning Board of Appeals (ZBA). The ZBA reviews numerous letter of opposition from the neighborhood including in-person testimonies. It then grants approval with lesser relief (usually removing 5-15% of the lot and replacing with grass or other plantings). The final results: neighbors’ complaints go unresolved and quality of life for the neighborhood diminishes.

I feel strongly that we need to change City Zoning, and our neighborhood has come up with several ideas I think would help our neighborhood diminish.

The Wedge Planning Committee, a community development nonprofit organization, in making a difference in southeast Rochester. Join the board of directors or serve on a committee. We have lots of ways you can help.

Founded in 1978, SWPC acts as a conduit for federal or state grant opportunities to help keep people in their aging homes. It aided the development of the very vibrant South Avenue business corridor and works in a myriad of ways to build community through its South Wedge Farmers Market, Victory Gardens and The Wedge Newspaper.

Your time, talent and passion can help us in continuing SWPC’s work. If interested, please call the SWPC office at 256-1740 or e-mail jpage@swpc.org.

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Lizzy Huberlie was born in Rochester, grew up in Canandaigua, and lived in Pittsford until she was nine. In 1999, her family moved to South New Hampshire. “I loved the small town feel. There was no real commercial district; it had building restrictions, but there were two farmers’ markets,” said Huberlie.

During high school, she worked on the Obama campaign, and at 17 years, she became the Youth Coordinator for the entire state of New Hampshire. “In New Hampshire you can meet every presidential candidate, which was pretty cool.”

In exploring colleges, Huberlie was looking for an open curriculum and found it at the University of Rochester. She graduated last year with a multiple degree of anthropology, psychology and American Sign Language. “I studied cultural anthropology, but on the micro level,” Huberlie explained. “My focus was on technology use within the Deaf Community, but I also looked at death rituals on the internet, examining how online communities create death rituals.”

While Huberlie says she loves anthropology, she’s unsure of what the next step is. She is considering graduate school for applied anthropology.

Right now Huberlie lives at her parents’ lake side home in Canandaigua, but she spends the majority of her time in the South Wedge. She can be spotted most frequently at Boulder Coffee and Hedonist Chocolate.

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She’s already become a regular at John’s Tex Mex, and a frequent visitor to Equal Grounds especially now that it has an exhibit of artist Tim Mack’s work. “I collect him. I have about 10.5 pieces now. I love how they’re so whimsical.”

In the coming months, Huberlie will aid SWPC in administering the City of Rochester’s Voice of the City grant that is slated for neighborhood traffic calming efforts, proofread the Wedge and she’ll work with Sue Gardner Smith, renderer of the South Wedge Farmers Market. Even here her cultural anthropology background will be useful. “I’m thinking of ways of using it during the upcoming Farmer Market season. I am hoping that by understanding the cultural needs and practices of the South Wedge, we can make changes that will make the market even more successful.”

**Lots of Food Slated for South Wedge Mission**

Seeking Common Ground, Inc. is working in partnership with the South Wedge Mission to plant a public food forest on the mission’s lot. If you would like to volunteer to help with this project or others, please contact: Program Director, Patty Love, at 585.506.6505 or info@lotsoffood.org. The Lots of Food mission’s reads: “Empowers and creates communities of welcoming people to joyfully grow abundant, regenerative, participatory, food. We joyfully work together to plant and create free access to abundant, healthy, local, ecologically grown food for every member of our community; share and develop personal knowledge and skills, create a resilient local economy; sow the seeds of food justice; and regenerate the land, water, and air spaces we steward. You can find more information at www.lotsoffood.org and www.facebook.com/lotsoffoodrochester.

**Free Store Hours**

The Rochester Free Store is open on Wednesdays 10:30 a.m.-12 p.m. and 4:30-6 p.m. for donation drop-off. The open is the first and third Saturdays each month from 3:30-5 p.m. For more info, call 353-9882.

**National Crime Victims’ Rights Week**

Join in the commemorative week for crime victims and those who serve them at the Annual Walk for Crime Victims Rights on April 12, 9:30 a.m. The walk begins at the Crime Victims’ Resource Center at 244 Plymouth Avenue and ends at the Crime Victims’ Memorial in Highland Park. Transportation back to Plymouth Ave. will be available. For info, call 4-4VICTIMS.org.

**Free Garden Talk**

Learn about Rochester’s Horticultural History, April 16, 6:30-7:30 p.m. Cornell Cooperative Extension offices at 249 Highland Avenue.

**Colgate Divinity School Spring Lecture Series**

The lecture series includes an exciting line up of speakers:

- **Tuesday, April 22:** Lecture on LGBT issues by Dr. Barbara Lundblad
- **Wednesday, April 23:** Nonviolent Communication by C.J. Wynn

University of Rochester Farmers’ Market

The Highland Park Market Farmers Market has moved its location to the University of Rochester Medical Center Campus Haum Aurium at 601 Elmwood Avenue on Wednesdays 3 p.m. - 6 p.m. Vendors sell a wide variety of products from veggies to wine to soaps. Entrance is near the School of Medicine and Dentistry Entrance. Free 30 minute parking available in the School of Medicine & Dentistry lot.

Highland Library Adult ESOL Classes

Learn English on Wednesdays. South Avenue. For more information call Karrie Bordeau, Adult Services Librarian, Highland Branch Library, 971 South Ave., 428-8206.

Highland Library Adult Book Group

Discuss a new book every month with other book lovers. Copies of the book will be available at the Circulation Desk. Registration is required. To register, please call Highland Branch Library at (585) 428-8206 or stop in at our Information Desk.
South Wedge’s PrintRoc is a Family Affair

by Lauren Corridore

PrintRoc, Inc., a printing company on South Avenue, is unique in a family way that is going to become more common. Two of the partners are husbands and the third partner is the eldest of their grown sons. Dan McCarthy, Ron Schutt and their son, Jesse McCarthy, team up to make a strong management team. All three have diverse past experiences that combined make them perfect for this business.

PrintRoc offers 50% of their employees’ health care benefits even though with a business this size, nothing is required. All of the owners agree how important healthcare is to every family, and they feel as if the employees are part of their family.

The long-time South Wedge business offers walk-in printing services and paper products, on top of being a premier mid-sized corporate printer. Their motto is: “if they don’t have it, they can get it. The family even adjusted their retail hours to meet the demand of the public: 7 a.m. to 7 p.m., Monday-Friday. Weekend hours are by appointment.

“Our goal is to produce awesome work at an affordable price and to help strengthen small business and our community,” said company president Ron Schutt. PrintRoc stands out because of the wide variety of products that they produce from catalogs to banners, from boxes to wedding invitations, and as Jesse McCarthy says: “You name it – we either do it, or can get it done at a price that won’t break the bank.”

Printing runs in Schutt’s family; his grandfather, Helen Beswick, his grandmother, Helen Beswick, and as Jesse McCarthy says: “You name it – we either do it, or can get it done at a price that won’t break the bank.”

PrintRoc opened on South Avenue, in a unique in a family way that is going to become more common. Two of the partners are husbands and the third partner is the eldest of their grown sons. Dan McCarthy, Ron Schutt and their son, Jesse McCarthy, team up to make a strong management team. All three have diverse past experiences that combined make them perfect for this business.

South Wedge’s Auto Sales is the latest business to join the community on S. Clinton Avenue.

Aurora Avenue in June. Owners Vance Hagan and Wade Clair are rehabbing the building inside and out. This is the second car dealership for the pair. South Avenue Auto will remain in business buying and selling cars.

Hagan said he plans to transfer some employees from the South Avenue location and hire others to remain there. He also plans a new hire to do “dool” on the cars.

The Wedge
April/May 2014

Business Buzz

by Nancy O’Donnell

Hair stylist David Reese, a long-time figure at South Wedge’s Grovers Barber Shop, recently opened a hot new barbershop in Swillburg.

“I am looking forward to becoming a part of the community that is known for its friendliness, diversity and culture of convenience. There are many great places to eat and even a movie theatre within walking distance.”

You can find 1048 Barber Lounge on Facebook. Or better yet stop by Reese’s new digs at 1048 South Clinton Avenue (corner of Beaufort Street) or call for 205-8536.

Build A Bike Aids Nativity Prep Academy

Over 100 Doyle Security Systems employees participated in “Build A Bike,” a motivational event to raise money for Nativity Prep Academy.

The Academy is an independent Catholic middle school designed to prepare motivated, economically disadvantaged inner-city Rochester to be successful at local college prep schools and continue on to higher education.

Doyle Security is a leader in the security systems industry and provides services to more than 30,000 residential and commercial businesses in New York and Pennsylvania.

To learn more, call 271-1630.

Learn more about Studio 34 Creative Arts Center

Owner Maryllynne Liphartz has called the South Wedge home for 30 years. A retired psychotherapist and nurse, Maryllynne and partner Eileen, are partners to Andrew, a mechanical engineer working in Sumatra.

The Center is home to the collective creativity of 29 local faculty and visiting artists from around the world, the studio provides working space and classes for beginners through master level. Workshops include metalsmith, flame work, stained glass, fusion, kiln casting, powder metallurgy (PMC), wire techniques, jewelry design, chain maille, business and marketing for artists, digital photography, mosaic and resin. It also provides community studios, mentoring, independent study by professional artists and educators.

The retail store carries an outstanding supply of all things glass and metals, books, beads, sterling silver, kilns, torches. Call for hours at 57.5858.

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STUDIO 34 CREATIVE ARTS CENTER & GALLERY

34 elton street
in the Neighborhood of the Arts
Rochester, NY usa
737.5858

Beginner through master level classes
Bench & torch rental
Flamework, fusion, casting, stained glass, metals, chain maille, wire & more
An outrageous assortment of tools, glass, metals, books, wire and metal clay

Paul Udane, wanted to spend more time caring for and volunteering in the Jewish community and less time dealing with a small business. He was quite instrumental in helping me find the position for taking the helm.

Dan McCarthy spent 38 years in the field of Education. He’s been a Boy Scout leader, member of the PTA, member & past President of Rochester and Principal of Manor Elementary School in Honeoye Falls. He met Schutt the old fashioned way: in a bar. He said it wasn’t “Knot at first sight, but it didn’t take long for the two of them to know they had a future together.”

He went on to say that nurses, both had two children and both had a strong desire to make part of their world into a great place to be.

With academic degrees from Rutgers, Fairfield, and Columbia University and work experience in New Jersey and Vermont, McCarthy moved to the Rochester area in 1985, shortly after his two sons were born. He lived in Pittsford so they would have a stable home life and good education. His job at Honeoye Falls School District was appealing to him, due to the fact that the community was so involved and regularly trying to improve education there. And they did. Under McCarthy’s watch, the district improved not only test scores, but their services to children with special needs and the community arts programs. His involvement as Scoutmaster with Boy Scouts of America introduced him to people that have forever affected his life’s decisions. Many of his scouts reached the prestigious level of Eagle Scout, including his two sons.

Dan McCarthy is now retired from the school district. At PrintRoc he would be perfect for jobs and tasks for connections to help improve business. He is on the Board of Directors of the Rochester Gay Men’s Chorus and is a member of Business Association of the South Wedge Arts.

The younger McCarthy, Jesse, has been changing the face of PrintRoc. He attended SUNY Brockport and just finished his undergraduate degree from St. John Fisher with a degree in Business. From there he community brought Schutt to his position at Pinnacle Printers, Inc. as Production and Plant Manager. Pinnacle went through many changes in the 24 years that Ron managed there before he, Dan, and Jesse bought and re-named the business last February. In 2008, Ron started working on the deal to buy the company. The former owner,
South Wedgians Plan Mushroom Gardens
by Nancy O’Donnell

Some South Wedge residents will be adding a fungus among us come spring after taking an informative beginners class at Smugtown Mushrooms.

Along with teaching the do’s and don’ts of growing mushrooms and “inoculating” logs with spores, founder Olga Tzogas threw in a steaming bowl of scrumptious mushroom soup.

After the lecture, Tzogas took the class on a tour of an adjacent misty room which contains all manner of mushrooms blooming from straw-filled plastic bags.

Tzogas studied biology at MCC and spent years foraging before becoming a mushroom cultivator. She started her retail mushroom empire 2½ years ago but only opened it to the public more recently. Currently, she sells mushrooms to markets and restaurants and holds classes to teach others how to cultivate both medicinal and edible mushrooms.

Classes planned for April include log inoculation on April 6, a mushroom soup making class on April 12 and a Free Mushroom 101 class on April 27. For more info, visit smugtownmushrooms.com or call 690.1926 or visit 127 Railroad Street.

RCN Nets $185K Federal Grant To Aid Refugee Child Care Providers
by Stephanie Buchbinder

Rochester ChildFirst Network (RCN) recently received a $185,000 grant from the U.S. State Department Office of Refugee Resettlement in partnership with Rochester Rehabilitation and Community Place. On February 18, Congresswoman Louise Slaughter and the collaborative met to announce the candidates selected to participate in this new federally funded program.

The program assists refugee women and men in opening their own small businesses as licensed and registered family child care providers, making it possible for up to 36 new businesses to be created. In turn this will enable the 36 new providers and up to 576 adults (2 parents per child) to enter the job market and become financially self-sufficient.

Each participant will receive 150 hours of specialized education, technical business assistance and up to $2,000 in program start-up supplies and materials. This training and assistance will help them to meet NYS regulations for operating a family child care business and become successful small business owners.

“We are proud to be part of an innovative collaboration that provides new opportunities for people to build a small business while learning essential skills of how to provide quality care to our littlest ones,” said RCN Executive Director and CEO, Lynn M. Lubeck.

RCN is a not for profit agency dedicated to advancing the quality of early education and care in Western New York through leadership, advocacy and innovative direct services to children. The third oldest child care center in the United States—it was founded in 1937—RCN has evolved with the changing needs of society and children into a highly regarded nonprofit early childhood agency, exemplifying excellence, innovation and putting children first.

Today, RCN continues as a leader in early education, child care, community outreach and national advocacy for children and their caregivers. As our founders continued on pg. 12.
Kid’s Corner--Get Smart About Antibiotics

by Alexie Cruz Puran, MD

The Institute of Medicine has identified antibiotic resistance as one of the key microbial threats to health in the United States. The number of bacteria resistant to antibiotics has increased in the last decade. Many bacterial infections are becoming resistant to the most commonly prescribed antibiotic treatments.

Alexander Fleming discovered the first antibiotic, penicillin, in 1927. With the success of penicillin, the race to produce other antibiotics began. Today, pediatricians and other doctors can choose from dozens of antibiotics now on the market, and they are being prescribed in very high numbers. At least 150 million antibiotic prescriptions are written in the United States each year, many of them for children.

Every time a person takes antibiotics, sensitive bacteria are killed, but resistant germs may be left to grow and multiply. Repeated and inappropriate use of antibiotics across several generations has led to the appearance of drug-resistant bacteria.

Mismeasure of antibiotics jeopardizes the usefulness of essential drugs. Decreasing inappropriate antibiotic use is the essential drugs. Decreasing inappropriate antibiotic use is the

• Antibiotic resistance can cause significant danger and suffering for people who have common infections that once were easily treatable with antibiotics. When antibiotics fail to work, the consequences are longer-lasting illnesses, more doctor visits or extended hospital stays, and the need for more expensive and toxic medications.

• Significant danger and suffering for people who have common infections that once were easily treatable with antibiotics. When antibiotics fail to work, the consequences are longer-lasting illnesses, more doctor visits or extended hospital stays, and the need for more expensive and toxic medications. Some resistant infections can even cause death.

Here's How to Avoid Antibiotic-Resistant Infections

While antibiotics should be used to treat bacterial infections, they are not effective against viral infections like colds or the flu; most coughs and bronchitis; sore throats not caused by strep; or runny noses. Taking antibiotics for viral infections will not cure the infections, keep other individuals from catching the illness or help you feel better.

Here are some useful tips to remember:

- Talk with your healthcare provider about antibiotic resistance. Ask whether an antibiotic is likely to be beneficial for your illness and ask what else you can do to feel better sooner.

- Do not take an antibiotic for a viral infection like a cold or the flu. Do not save some of your antibiotic for the next time you get sick. Discard any leftover medication once you have completed your prescribed course of treatment.

- Take an antibiotic exactly as the healthcare provider tells you. Do not skip doses. Complete the prescribed course of treatment even if you are feeling better. If treatment stops too soon, some bacteria may survive and re-infect.

- Do not take antibiotics prescribed for someone else. The antibiotic may not be appropriate for your illness. Taking the wrong medicine may delay correct treatment and allow bacteria to multiply.

- If your healthcare provider determines that you do not have a bacterial infection, ask about ways to help relieve your symptoms. Do not pressure your provider to prescribe an antibiotic.

How to Feel Better

- Children and adults with viral infections, which antibiotics cannot treat, usually recover when the illness has run its course. Even though antibiotics will not treat your infection caused by a virus, there are certain things you can do to feel better.

- For upper respiratory infections, such as sore throats, ear infections, sinus infections, colds, and bronchitis, try the following: get plenty of rest, drink plenty of fluids, use a clean humidifier or a cool mist vaporizer, avoid smoking, second-hand smoke, and other pollutants (airborne chemicals or irritants), take acetaminophen or ibuprofen to relieve pain or fever.

- Over-the-counter pain relievers, decongestants, and saline nasal sprays may help relieve some symptoms. Over-the-counter medicines may help relieve symptoms such as runny nose, congestion, fever and aches, but they do not shorten the length of time your child is sick.

Remember, always use over-the-counter products as directed. Many over-the-counter products are not recommended for children younger than certain ages. Overuse and misuse of the counter cough and cold medicines in young children can result in serious and potentially life-threatening side effects.

- For babies 6 months of age or younger, parents should only give acetaminophen for pain relief. Do not make your child's healthcare provider for the right dosage for your child's age and size.

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Abode Opens on Gregory Street

Amanda DeFisher and Ariane Krenchyn met through a friend who lived in the Temple Building loft and felt a “instant bond” over their taste in furniture. Soon the friends were trolling estate sales and thrift stores in pursuit of mid-century home furnishings in mint condition. Each also shared in the quest for that amazing find—an “Eames lounge chair” in a yard sale selling for $10. (Amanda did, in fact, snare a Eames shell fibreglass chair for $2.99 that she keeps in her own private collection.)

The two talked about opening a shop for a year or so before starting a business plan. The two already know their target audience—young professionals who often shop at Target but who want something that lasts.

After a flurry of buying and arranging, Abode opened on Gregory Street in early April. The shop features furnishings, textiles, glassware and gifts. Most of the furniture collection ranges from the 1950s-1980s, but also mixed in a few new products from local artists and designers.

While Abode’s focus is mid century, don’t expect to see anything 1950’s omaté. Their taste is “minimalist, simple and clean,” said Ariane. “Safety is first, second and third. We planned a lot of details.”

Amanda, a Herkimer, NY native grew up with parents always on the search for beautiful objects. “I’ve been dragged through antique shops since I was a little girl.” She knew who the Keino Brothers were [Antique Roadshow appraisers] when others were thinking about pop bands.

Ariane moved to Rochester to study interior design at RIT until she became increasingly “nervous that it wasn’t a broad enough path and there was too much competition.” She went on to earn an M.A. at the U of R’s Simon School of Business. At St. John Fisher College, Amanda majored in American Studies focusing on visual and cultural studies. She spent a few years in NYC working in finance at the Museum of Modern Art before returning to the area to earn an M.A. in non-profit management at SUNY Brockport.

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Abode’s owners were excited to move into the South Wedge and “crazy” about their landlord Ron Maier who repainted the entire space.

Their shop replaces Paragon Salon now located down the street in the old Fine Arts building on South Ave. Amanda noted the “sense of community” and Ariane pointed to BASWA’s (Business Association of the South Wedge) added to their confidence about opening their first store in the area. “BASWA really want people to succeed,” said Ariane. “It’s an amazing place to do business.”

The decorating duo in turn will be supporting other local entrepreneurs. They’re consigning fabric work by artist Emily Bellinger, who lives on Averill Avenue, and Katie Carey’s whose ivory ceramic planters make perfect homes for succulent air plants. They’ve also added Pistachio Press’s greeting cards to their inventory.

“We’ve met so many awesome artists not only as sources for the home products but also for gifts,” said Ariane.

The pair also plans to spread the love of beautifying home and life through free workshops: “how to do a gallery wall or how to layer with texture.”

“Maybe we’ll have a mixologist along to teach a specialty cocktail at the same time as people learn how to set up a bar cart,” said Ariane. Abode’s inventory will always be changing. A grand opening is planned for April. 25. Abode will also have its room at the Junior League of Rochester Home Show in Pittsford in May.

Abode’s owners were excited to bring their French inspired vegan bistro and bakery to the South Wedge. “We doing tasting events and catering until we find a location,” said Hathaway. Check out the mouth-watering photos on Vive Bistro & Bakery Facebook page. Support their indigogo campaign and help bring some vegan bouillabaisse to the Wedge. To learn more visit vivebistro.com or email pam@vivebistro.com.

Geneseo Reading Series
South Wedge Poet Tony Leuzzi will be reading poems from his new book, The Burning Door, on Tuesday, April 8, 7 p.m. Writers and Books, 740 University Ave., $3 members, $6 public. Fiction writer and memoirist Gregory Gerard will also be reading.

Abode on Gregory Street "I’m absolutely the opposite of a risk taker,” said Ariane. “Safety is first, second and third. We planned a lot of details.”

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CITY LOVE

Photographer Dave Lewis and City Love organizer Mary Lou Lunt (Photo by Johannes Bockwoldt)

City Love organizer Mary Lou Lunt and Patty Phillips from the Movie Exchange Movement (Photo by Nancy O’Donnell)

Lots of City Love!

(left l-r) Chad Crowell, Dedra Livingston, Dedrick Payen, Tony Butler and RochesterCares Board Chair Matthew Wagstaff

(Upper right) City Love volunteers - Sydney Mosier and Tyler Spencer

(bottom right) Tom Lunt and Danielle Werwinski

(above l-r) Luticha Doucette, Don Schlaich, Teresa Gianni

(right l-r) Michael and dancer Sophia Robbins

(below l-r) Chelsea Lyons and Amanda Altman

(Photos by Nancy O’Donnell)
Looking for a quick getaway to warmer climes, where springtime blizzards are just a bad dream, but don’t feel like leaving the neighborhood? Then take a trip to The Beale and let your taste buds do the traveling. Winter weary as we were, my parents and I found The Beale a pleasant Cajun escape, one afternoon in “spring.”

It was, I confess, my first time eating inside The Beale – I’d had lunch outside once before (remember when you could eat outside?!) and I was surprised at how large the restaurant was. New Orleans and music memorabilia covered the walls under a history painting looking painted tile ceiling, and though the room was dimly lit, the atmosphere was pleasant and the tables mostly full. Our server was peppy and attentive throughout the meal.

To begin we ordered the Mudbugs – crayfish – appetizer ($10! to share), and my parents each got a cup of the crab bisque ($4.53), Fridays only). The Mudbugs was a generous pile of battered and fried tail mutil, served with crispy tortilla strips and a spicy remoulade for dipping. The batter was substantial and crunchy, a nice contrast to the mild and tender crustacean within. The crab bisque was thicker and more chowder-like in consistency than I expected, though the texture was satisfying. The flavors of the Cajun Holy Trinity – onion, celery and bell pepper – predominated, and while the mild seafood flavor was pleasant. I... I...I...I was hungry, enjoyed more chunks of crab meat to balance the soup.

Our entrees came quickly, and as our server told us, more quickly than she had expected, since we were only about two-thousand done with our appetizers when they arrived. My father and I had both ordered the fish fry, which comes in two sizes, half and full ($10/$15), with two sides, corn bread and tartar sauce. My mother chose the Twisted Mac and Cheese, which is normally topped with chicken breast or pulled pork, but she opted to go meatless ($12/$8 without meat). The Mac and Cheese was rich and creamy; a layer of baked cheddar blanket the elbow noodles in their milder cheese sauce. There was, however, a touch of cayenne pepper in the sauce, resulting in a bit of slow lingering heat after each bite. I felt it added some interest to the dish, but the heat was too much for my mother typically enjoys.

Even my dad’s half-size fish fry was a substantial size, and my... full-size was two or three bites more than I could handle. Each piece of Pacific cod was beer battered and flaky, slightly thick and a bit crispy. It was a pleasurable meal, as we allowed ourselves to forget the wind and snow outside and simply enjoyed the food and company. Maybe the next time we go there, warm days won’t just be a fantasy.”

Concert and Poetry Reading Celebrates the Canonization of Pope John Paul II

The canonization of John Paul II on April 27 will be celebrated at the University of Rochester through a blend of music, readings of John Paul’s poetry, and excerpts from the book, John Paul II: The Story of My Life: Collected Memories. From his early years to John Paul II, then known as Karol Wojtyla, was an avid writer of poetry, plays, and essays, his work dating back to 1938. His last poem, “Tryptyk Rzymski” (Roman Triptych) was written in 2002.

As a way to celebrate John Paul II, poetry and memories will be read in English by Rev. Brian C. Cool and in Polish by Karolina Styczyn.

In addition to and interspersed throughout the readings, musicians from the Eastman School of Music will perform selections from Bach, Chopin, Wieniawski, Beethoven, Dungan, and Gound. The musicians include Johnandrew Slominski (piano), Emily Helenbrook (soprano), and Petros Karapetyan, (violin).

The concert is free and open to the public. For more information, contact the Skalny Center at 275.9898.
Food Cupboard
Phil Stukas, Phinis Horton, and Joan Hendrick help out at the Church’s Calvary St. Andrews News

Volunteers needed especially in the afternoon. For more information or to volunteer, contact Robert Lauterbach at rblauterbach@gmail.com.

Easter Egg Hunt
Bring your children to a fun Easter Egg Hunt on Easter Sunday, April 20. Children will plant seeds to bring home. The Easter egg hunt will move inside of the church if it’s raining. All children are welcome.

Highland Park Lilac Festival
May 9-18, 2014

In Memoriam - Ronnie Bennington

Lady Ronnie Bennington (Photo by Nancy O’Donnell)

The very lively Ronnie S. Bennington, known fondly to her friends, as “Lady Bennington” and “Ronita Torpedo” died suddenly on March 20, 2014 after a brief illness at Highland Hospital. She was known for her intelligence, wit, laughter and great love of food, fashion and the arts. She was overall a very generous soul who will be missed by a vast number of friends and acquaintances.

Ronnie was born in Newark, N.J. on June 3, 1945 at Beth Israel Hospital to Harry and May Schullman. She attended Fairleigh Dickinson University in Madison, N.J. and graduated with a BA degree. She remained on the Dean’s list throughout her studies in psychology. Until her death, she enjoyed psychoanalyzing many of her friends whether they wanted her to or not.

Ronnie worked for many years managing her father’s apartment complexes in N.J. and in North Carolina. She also worked as an exercise instructor in Voorhees, N.J., Philadelphia, PA. and North Carolina. At one point she travelled to Texas as a consultant to help the owners launch an exercise center.

Ronnie felt madly in love with guitarist Michael Bennington, and after they married on Valentine’s Day in the late 70s, the couple moved to Rochester. She lived on Meigs Street until her death.

“She was a very smart cookie and a well-dressed one too,” said her sister Wendy Malluck, who travelled to Rochester from New Jersey for her sister’s funeral.

“Our family has been an affluent family but when her circumstances changed dramatically over the years, she still loved her fashion and makeup and found a way to look fabulous by means of shopping thrift shops,” said Malluck.

During the Orthodox Jewish funeral service at Britton Road Cemetery, her sister gave a eulogy to her sister after the Rabbi said prayers.

“Malluck writes: “As a snowflake is unique and one of a kind so was my sister, Ronnie. One small snowflake can’t sustain itself but...”

In Memoriam - Mark Sandler

Mark Sandler (Photo courtesy of Absolute Yoga)

Mark Sandler—yogi, husband, father, brother, uncle, son, teacher and friend—died suddenly on March 18. Mark was one of Rochester’s first teachers of yoga when he opened ABSOLUTE Yoga and Wellness in 1977. Mark was also a founding member of the International Association of Yoga Therapists.

Among the hundreds of friends and students who remembered Mark on social media was Rospo Verma, artist, composer and teacher of Indian classical and sacred music, and Nada Yoga philosophy who writes: “[Mark] represented a sincere practitioner and a humble traveler on the path of Yoga...I saw the light of love, dedication, selflessness and brightness in him as his core essence.”

A celebration of his life was held on March 30 at his Yoga Center at the Genesee Co-op. Mark is predeceased by brother Gary Sandler; survived by wife Carrie Gaynor; children Ian Thomas and Ella Sandler; parents Ruth and Paul Sandler; sister Lori (Patrick Canada), sister-in-law Gail Sandler; nephews and niece Matthew Canada, Daniel Sandler, and Naomi Sandler taken.

In lieu of flowers, contributions may be directed to Ananda Ashram, Yoga Society of New York, Inc. 13 Sapphire Rd., Monroe, NY 10950 or to the American Heart Association.
Linkages welcome Marina Trofimova. (far right) from Russia (Photo by Johannes Bockwoldt)

11

Velikiy Novgorod, Russia since 1990 and is one of the most active sister city organizations in our area. Novgorod is located between St. Petersburg and Moscow and is the oldest city in Russia. As such it’s the site of much of Russia’s history and culture. Over the years we have hosted hundreds of visitors from Novgorod and an equal number of visitors from Rochester have visited Novgorod as official sister city visitors.

Linkages also sponsors several partnerships with colleagues in Novgorod. These include the Partnership for Children’s Services, Partnership for Substance Abuse Prevention, Partnership for Elder Services, Partnership for Women’s Issues and an education exchange in which we bring a Russian teacher to Rochester for three weeks every other year and send two teachers to Novgorod every summer to conduct a two week seminar for Russian teachers of English. Marina Tripomova was selected through a competitive process to be this year’s (biennial) exchange teacher from Russia.

Our mission is to increase the understanding and awareness of Russian culture and society through person to person diplomacy. The all volunteer organization relies primarily on contributions to finance their activities. To learn more, visit linkagesrochester.org and Facebook.

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Swedish Academy of Medicine in Stockholm awards Center for Health Care and Technology

The Wedge
April/May 2014
Race, Privilege and Poverty: Advancing Equity in Our Community

As part of our effort to support the YWCA’s Stand Against Racism, and the Facing Race, Embracing Equity Initiative, the Coordinated Care Services, Inc. (CCSI) is pleased to invite you to join us for a special presentation by Tim Wise on Wednesday, April 30th at 6:00 pm at the angles Auditorium on the RIT campus at 1 Lomb Memorial Drive, Rochester, NY 14623.

Tim Wise is one of the nation’s most prominent anti-racist writers, activist and educator. He was recently named one of “25 Visionaries Who are Changing our World” by Utne Reader. Tim has spent the last 20 years speaking and teaching audiences across the United States. He has also lectured internationally and has trained corporate, government, law enforcement and medical industry professionals on methods for dismantling racism in their institutions and communities.

During his time in Rochester on the 30th, Tim will provide essential insights on the intersection of race, privilege, racism and inequities in the education, health, housing and service environments. This event is free to our community. However, registration is required.

Please register at www.ccsi.org/timwiseeventregistration.aspx.

Print Roc continued from pg. 4

Even though Jesse has only a few years experience with print, he does know people and business, and he learned very much very quickly, working alongside his employees for months before taking to the office. He was the perfect fit for Marketing & Sales Manager. His customers love him and his employees and partners can see the huge difference that has overtaken the company since its transition from Pinnacle. Jesse has been instrumental in changing the look, not only physically but on-line with the new website and social media presence. Jesse is a member of the Rochester Referral Network and his relationships and important networking is for a business such as this.

Among the three partners they own four properties in the city limits, including the 11,000 square foot lot at 620 South Avenue.

Hard work, good people, and a community to stand with has brought this family business in the South Wedge to new heights. They celebrated their first anniversary in business on Valentine’s Day 2014.

620 South Avenue, 461-2556, printroc@printroc.com.

Clean Sweep – May 3

The City of Rochester is partnering with the Rochester Red Wings to host a one-day, all-city Clean Sweep, starting a 8 a.m. Saturday, May 3 at Frontier Field.

Volunteers will receive a free ticket to that day’s baseball game, which starts at 1:05 p.m. that afternoon. Clean Sweep is a community gathering, offering citizens an opportunity to reacquaint themselves with old friends and make new ones. City crews also remove Clean Sweep is a community gathering, offering citizens an opportunity to reacquaint themselves with old friends and make new ones. City crews also remove graffiti, clean City properties, repair sidewalks and fill potholes during the Saturday Sweeps.

It also offers team-building exercises for neighborhood associations, church groups, school clubs and teams, and civic organizations. Residents can also take advantage of Clean Sweep by raking and their own yards and sidewalks and placing the bulk refuse at the curb, knowing a City crew will soon come by to retrieve it. Saturday Clean Sweeps begin at 8:30 a.m. where volunteers arrive to free coffee and danish. They’re given a free t-shirt, assigned to a team and hit the streets by 9 a.m. Tools are provided, but volunteers are encouraged to bring their own. Calling 311 (428-5990 if calling from outside of city limits).

Ronnie Bennington continued from pg. 10

combined and united with many other unique individuals the freshly fallen snow becomes a pure blanket. All of you present today as well as those friends who could not make the service were Ronnie’s pure blanket that kept her life sustained, fulfilled and comfortable in mind, body and spirit. Ronnie is so pleased to realize just how loved, honored and respected she is. She is with her soul mate, Michael now, and at peace. I say to my sister I love you and Shalom.”

Gravesides her friends all remembered her wisdom and sharp wit and sometimes inappropriate but always honest comments.

Dr. Saul Pressberg, Ronnie’s doctor opened his home to sit Shiva following the service.

“He and his wife opened their beautiful home with the view of the water which was so peaceful and beautiful. They were such gracious hosts,” said Malluk.

Friends of Mount Hope Cemetery Meeting

On Tuesday, April 8, 7 p.m., local author Richard O. Reisem will cover highlights from his latest book, Myron Holley: Canal Builder, Abolitionist, and Unsung Hero. Reisem has written or co-authored 15 books and is an honorary trustee of the Landmark Society of Western New York and the Vice-President of the Friends of Mount Hope Cemetery. Brighton Town Hall, 2300 Elmwood Avenue. For more info, call Marilyn Nolte 621-3529, e-mail M91243@aol.com.

The vision for Juliano Salon and Spa is driven by the desire to combine perfect proportions of service, aesthetic and creativity. Juliano offers a variety of services such as hair, nails, and waxing.

Come get pampered and enjoy our friendly environment! 650 South Ave. 376-0483 Julianossalonspa.com

New Salsa Fundamentals class starting Tuesday, Apr 1 @ 7:00pm Sunday, Apr 13 @ 4:45pm Six-week class for $60 per person. No partner or prior dance experience required. Includes FREE practice session! Register in person or on-line at www.tangoedance.com

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RCN Grant continued from pg. 5

intended, Rochester Childfirst Network serves children from all socio-economic backgrounds, touching the lives of over 2,000 children and care givers through our accredited programs. Its professional staff of experts encourages children to learn though a sense of play. With a focused leading-edge curriculum, our thrive in a child-friendly nurturing setting supported by children of all abilities and cultures.

Visit www.rcn4kids.org to learn more. RCN South Wedge is located at 941 South Avenue. RCN Center City is located at 250 Main Street, Suite 110. Call 473-2858 to schedule a tour.

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