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falling hard

Once again, our earth has managed to rotate itself into another fall season, and with that comes “the change”. If you think about it, it’s basically the menopause of weather; it’s cool, then gets really hot then cools off again. You never know if you should bring a sweater or just cross your fingers that your comfy T-shirt will be just fine. The sun going to grace you with his warming sunshine hug, or is that dark cloud going to stare you down all darn day? Hard to tell and trying to control the result is pretty much impossible. So, instead, we should invite it. We invite the hormonal imbalance of our moody, but beautiful season, and accept that change is going to happen whether we accept it or not.

After recently reading a comment on the ever-so-comforting-internet that my business (that I have been running for 17 years now) just isn’t the same! I had a little “eureka” moment. I could tell the person who posted this about my business was trying to be helpful and helpful, but it really got me thinking. After putting over my initial knee-jerk reaction of being defensive and angry, I then started to see the actual word change in a different way. I thought “of course my business isn’t the same”! It’s had 17 years to grow, and still grow. There have been many people who have passed through, passed on, or just branched out into completely new directions. My business has changed the world has forever changed the environment is continually changing, along with attitudes and general outlooks on life. For good or for bad, we can’t control or stop it. It’s happening as we live and speak. Every second of everyday. And, that isn’t necessarily a bad thing, I say it’s inevitable.

The tricky part is to gear our thoughts and actions more towards positive change. We need to recognize the negatives and work together to turn it into something that benefits us all. We need to start changing! Let’s start to realize that little changes add up to an enormous impact. Not only on our earth, but on each other. We can talk and talk all day long about what got us into our current predicament. So, let’s start here in our neighborhoods. Let’s work together to bring each other up; let’s start doing things when things are looking down. Let’s stand up and help. These small steps are better than none, and we can collectively make changes for ourselves and our communities. Let’s keep moving forward and if you see someone start to take a meander on their path, let them know that helping is okay too. Every little bit, no matter how small, will eventually set you to where you want to be.

-Karrie-
With the departing of Buta Pub from Historic German House, there was growing concern as to what would occupy the historic structure originally built in 1908. The reader will be pleased to know that the revitalization to the building has created an awe-inspiring event space with a very exciting future. Originally a parish hall for Saint Bonaventure, a group of German organizations purchased the building and kept the space private until the 1960s. It was then that a small business owner opened the downstairs to the public as the German House. Not much had been done to the building since its original structure and it wasn’t until the mid 1980s that Ron and Norma Maier purchased the space. Chris Grocki has been a part of the food and beverage scene in Rochester for 17 years. In late 2018, Grocki was introduced to Ron and Norma Maier through events specialists Zach and Agathi Graham who had been associated with the Historic German House space when Buta Pub was still in residence. Arbor Venues made the connection between the Maiers and Grocki and still maintained a primary consultation relationship. When Arbor Venues first became a part of the project, it was with the vision to brighten the space, refinish the floors, and restore the original chandeliers to their former golden glory. With the remodeling and redecorating, the space is now glowing with natural daylight that comes through the vast, almost floor to ceiling windows. As Grocki states, “It is a great venue for everything; it’s small enough that it can be very intimate and it is large enough that it can host 175 person wedding no problem.” The unique aspect to the space is the large stage that the new manager is determined to incorporate more into the space. The perfect place for an event’s DJ, band, a corporate presentation and so much more. Along with a stage and large ballroom opening, the space also can provide tables, chairs, and glassware for the bar as part of the rental package. To top it all off, the built-in, walnut bar and balcony make the space all the more appealing. Working with some of the best in regards to catering has really set the new Historic German House apart. The event space has three preferred caterers they most often work with which are Avvino on Monroe Avenue, Partyman Catering from Avon NY, and Heartfelt Hospitality from the same owner of The Hideaway. Each outfit has excellent service and food and Grocki and his team work with them to ensure a certain level of control for the event. Outside caterers are allowed, but require an extra fee. The question on many minds is will there be a restaurant attached downstairs? And as Grocki states, that is the plan and an investment. The current strategy is that another major renovation on the lower level will occur as soon as the event space is established and some of the revenue can be turned around and reinvested. The vision? “The downstairs will be a much more dialed in, evening lounge feel that will dovetail with the events program that will definitely be used as an extra bar for those events as well as a public lounge area with a wine and cocktail focus and a tapas style menu.” This renovation is a couple of years out, but if it looks anything like the main venue, it will certainly be worth the wait. Chris Grocki has managed the space since April 2019 and has held the prior commitments with previously booked events through the transitional period. There are still dates available for 2019 and prime dates for 2020 are booking up, but please contact Historic German House if you are interested in reserving.

The newest reiteration of the Historic German House is on social media and you can follow all of their improvements by following their handle @ historicgermanhouse.
In May 2019, there was a fire in the apartment above the Misfit Doughnuts and Treats Shop on Monroe Avenue. The local favorite was forced to close after the extensive damage destroyed the integrity of the building. The cause was quickly found to be arson and was started by one of the tenants who lived above the shop. At first Jennifer Johnson, owner, operator, and baker of Misfit, was not going to look for a new location, focusing instead on reopening. It was when speaking with a claims adjuster and discovering that it could take up to 14 months to reopen on Upper Monroe that the search began for the new home of Misfit Doughnuts and Treats. Jennifer Johnson opened Misfit Doughnuts on Monroe Avenue in 2017. The all-vegan bakery was started after Johnson, who grew up baking with her grandmother in Manchester, New York, became a vegan in 2010. She started out as a vegetarian and it was when she began dating her boyfriend, who was vegan, that she started the gradual transition into eliminating certain foods to become vegan. Jenny tells me, “I felt, like a lot better in terms of health after making the transition.” It was a natural combination to open a vegan bakery, utilizing her love and skills for baking as well as her vegan lifestyle that right now is exploding not only in our area, but across the country. Due to her new lifestyle Jennifer decided to go through her grandmother’s recipes and veganize them. She began sharing the treats during her RIT food photography class that she had baked for photoshoots quickly realizing how much non-vegans enjoyed them. In 2012 Jennifer graduated from RIT with her degree in advertising and communications, which is a benefit when it comes to marketing for the shop. Although Jenny started out with a goal of becoming a professional photographer, she explains, “I love photography too much to make a living out of it. I instead channel my creative energy into the doughnut making and experimenting with different flavor profiles and flavor combinations.” She still keeps her passion for photography as one can see from her Instagram for the shop and the creative flavors offered at the shops are unique. Some of the common flavors include cookie monster, Darth Vader, raspberry glaze and cinnamon sugar doughnut. Misfits is not just doughnuts but juices, teas, and other desserts. Jenny has also recently begun baking rolls with scrumptious flavors such as cap’n crunch cinnamon roll, soaking the cereal in soy milk and using it in the roll and a Mexican hot chocolate cinnamon roll. It will be a relief to know that Misfit Doughnuts and Treats is going to once again reopen in the South Wedge. Gregory street will be the home of the bakery for the foreseeable future and will offer more seating than at the original Misfit bakery. The South Wedge was chosen because of the great location, walkability, and the park that is directly across from 133 Gregory Street. Jennifer has also decided to offer vegan breakfast sandwiches along with coffee and other beverages. In late May, a successful fundraiser was held to support the reopening of Misfit Doughnuts in its new location. Jennifer Johnson has been working hard to reopen by the end of August and looks forward to welcoming you to her new location at 133 Gregory Street in Rochester.

Check out the shop on Instagram @misfitdoughnuts for reno photos and of course delicious DOUGH-NUT photos!

misfit doughnuts & treats
by betsy harris
photos by dave burnet
When Jennifer Posey was 10 she got a job as scorekeeper for a Little League baseball team. The pay? $5 a game and a hotdog. She loved the hotdogs so much she spent the rest of her pay at the concession stand. It was her first step in becoming a “foodies.”

Jenny grew up in Santa Cruz, and went to San Jose State University for Undergrad and Grad work in Leisure Studies. After working in Public Administration, rising to a Parks and Recreation Director, she moved to Rochester and intended to stay in that line of work. Nothing panned out and as her savings dwindled, she thought about what Rochester was missing. Experience in Parks and Recreation gave her solid skills in business, leadership, and innovation. She had also worked for Richard Donnelly, a famous chocolatier in California, and realized there wasn’t an artisan chocolatier or ice cream maker here.

Jenny started Hedonist Artisan Chocolate in a small shop off the alley by 674 South Ave. in 2007, with $300 and a credit card. From the beginning, what set Hedonist apart from something like a Hershey Bar, was premium-quality ingredients, blended in small batches, with gorgeous designs.

Hedonist is a Fine Chocolatier in the French-American style that melds quality French Chocolate with American innovations. Unlike candies whose first ingredient is sugar, Hedonist’s first ingredient is chocolate. Local ingredients come from Pittsford Farms Dairy, Hurd Orchards, Coffee Connection, Leaf Tea Bar, Lively Run Dairy Farm, and area farmers markets. When local items aren’t available, they are gathered from the highest-quality sources: orange peels from Italy and pecans from Texas.

Hedonist Artisan Chocolates & Ice Cream reached its 10-Year milestone in 2017 having grown into a walk-up, online, corporate and wholesale business. At the time, she described the business as being in the “teen years” full of the joys and hardships of big learning curves. She worked hard to develop a strong plan by having other people (who would be honest and understand how plans work) look at it and tell her if she was lying to herself.

When the going gets tough, she’ll go swimming or for a long walk alone to think things out. She may review her business mission statement and vision. She rereads the “Seven Habits of Productive People.” She also surrounds herself with people who are strong where she is weak.

Jenny dreams up the recipes, while letterpress printer Made lyn Posey designs the tags and packaging. The ice cream shop offers classic flavors like Strawberry, a rich Chocolate Sorbet, and favorites like Baklava with filo dough and nuts. They serve eight flavors a day, including two dairy-free options.

Because she gets so excited about things made by hand using old-world techniques that give character, depth and soul, the ice cream shop makes their own waffle cones. She favors meats cut by hand, knit sweaters, upcycled bags, original painted artwork, craft beers and wines, small cheese makers, letterpress, and admires the people who keep such crafts alive.

Her flair for fun led her to organize the popular Thanksgiving Day Wedge Waddle which brings hundreds of people down to the shop and the neighborhood. It takes weeks to plan such a big event, and the list of sponsors for this fun event reflects the good will it fosters. Waddlers are encouraged to bring a pair of new socks to donate to St. Joseph’s House of Hospitality, or if waddling isn’t an option, dropping donations at Hedonist, Abundance or the Genesee Coop Federal Credit Union.

She once said, “When I grow up I want to be an old lady that always cooks Sunday dinner and everyone wants to come over for it.” Now that she goes home every day to a lively toddler, Thanksgiving Day and Sundays are even more fun.
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**Autumn 2019 SouthWedgeQuarterly.com**
If you happen to be reading this, you most likely cherish chocolate as much as we do. When something is as beautiful and beloved as chocolate, it is natural to wonder exactly how it came to be. Besides the obvious inclination that chocolate was given to us by the gracious gods of hedonism, there is still a scientific explanation to be sought.

Most are aware that chocolate comes from cacao, but where does cacao come from? Cacao trees, which are known binomially as Theobroma Cacao, are found in the tropical regions of Central and South America. They are categorized as a type of evergreen tree, and are considered to be small in stature, usually standing between 13 and 26 feet tall. The cocoa beans that are used to make chocolate are the seeds of cacao trees.

Cocoa beans are found within the cacao pods, which are classified as the fruit of the tree. Typically, a cacao pod will ripen yellow to orange and weigh about a pound or so. An average pod will contain somewhere between 20 and 60 seeds, more commonly called “beans.” When removed from the pods, the beans are embedded in a white pulp, which is sometimes used in various countries to prepare foods such as jelly, smoothies, and juice.

When seeking out any sort of food, it is important to be informed of the source from which it came. The dried cacao pods displayed atop the shelves in our shop serve as such—they sit above the fully-realized confections we’ve created, representing a full circle in the life of the cacao. So, when a customer’s curiosity arises about the origins of the chocolate they’re going to eat, we have physical representation right there for them to see.

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**Bête Noire**

Bête Noire. Literally, the “black beast.” Figuratively, the “bane of my existence,” my pet peeve, a bugaboo. This chocolate decadence with tempt you for just one more bite. And, like the apple Eve offered Adam, it is equally sinful and gluten free.

**Cake**
- 1 cup water
- 3/4 cup sugar
- 9 tablespoons (1 stick plus 1 tablespoon) unsalted butter, diced
- 18 ounces bittersweet (not unsweetened) or semisweet chocolate, chopped
- 6 large eggs

**Ganache**
- 1 cup heavy whipping cream
- 8 ounces bittersweet (not unsweetened) or semisweet chocolate, chopped

Preheat oven to 350°F. Butter 10-inch-diameter springform pan. Line bottom of pan with parchment round; butter parchment. Wrap 3 layers of heavy-duty foil around outside of pan, bringing foil to top of rim. Combine 1 cup water and ¾ cup sugar in small saucepan. Bring to boil over medium heat, stirring until sugar dissolves. Simmer 5 minutes. Remove from heat.

Put chopped chocolate in a metal bowl or bowl of a stand mixer. Add sugar syrup to chocolate. Let sit for 5 minutes to melt chocolate then whisk until smooth. Add butter and stir until butter is melted and mixture cools slightly. (This can all be done by hand or with a paddle on a stand mixer.) Add eggs to chocolate mixture and stir until well blended. Pour batter into prepared pan. Place cake pan in large roasting pan. Add enough hot water to roasting pan to come halfway up sides of cake pan. Bake cake until center no longer moves when pan is gently shaken, about 50 minutes. Remove from water bath; transfer to rack. Cool completely in pan.

For ganache:
- Bring whipping cream to simmer in small saucepan over medium heat. Remove from heat. Add chocolate and whisk until smooth. Pour over top of cake in pan until ganache is set, about 2 hours. DO AHEAD: Can be made 2 days ahead. Cover and keep refrigerated.

Run knife around pan sides to loosen cake; release sides. Cut cake into wedges and serve with whipped cream.
WHEN I WAS A KID my dad used to take me to the Rochester Public Market on Saturdays and each time we went he would pick up different types of cheese to try. I remember my mom complaining about the stinky limburger that was smelling up our fridge. I inherited that cheese gene from him evidently. At any social gathering you’ll likely find me somewhere near the cheese board. A good cheeseboard is a meal in and of itself when done right; a feast for all of the senses, smells, colors, and flavors ranging from sweet to salty to sour. Soft to crunchy. And the best part of a good cheeseboard is that you can create one easily using things you have on hand. If you have a well-stocked pantry. If you have an herb garden, or breads, so I serve them on a separate plate or in a bowl. A fresh baguette, toasted if you have time, or even some nut or rice crackers are good choices, or any herb-flatbread cracker. If you have an herb garden, garnish with some fresh leaves of whatever you have on hand. If not, don’t worry about it. The beauty of this is the fact that you don’t have to cook anything here. Just be creative, use whatever you have and what you love. Enjoy it, and enjoy sharing what you have and what you come up with. Grab those little jars in your pantry that you buy and never use. Check the dates on them, and open them up. Onion jams, red-pepper jelly, hummus, tapenade, sour cherry spread, pickled onions—open them up and add them to the mix. Raspberry preserves? Put a dollop on a disk of goat cheese. Use little ramakins on or near the board for spreads and dips. Your wet ingredients; the fruits, pickles, and olives, should be dried on a dish towel before you assemble the board. Then, have some fun arranging things around your cheeses, which should be at room temperature when you serve this beautiful thing. Let them sit out and get all sweaty and delicious for a couple hours. I usually don’t have space on my cheeseboards for crackers or breads, so I serve them on a separate plate or in a bowl. A fresh baguette, toasted if you have time, or some nut or rice crackers are good choices, or any herb-flatbread cracker. If you have an herb garden, garnish with some fresh leaves of whatever you have on hand. If not, don’t worry about it. The beauty of this is the fact that you don’t have to cook anything here. Just be creative, use whatever you have and what you love. Enjoy it, and enjoy sharing what you have and what you love. Enjoy it, and enjoy sharing your creations with your friends and family.

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Mt. Hope Cemetery
Autumn Special Events

To get a closer look at the trees and flowers, enjoy one of the tours. An ardent group of FOMH volunteers give general tours on Sundays at 2 p.m. through Oct. 27th starting at the Gatehouse, across from Robinson Drive ($10 or free members). The last AL interpretation tour is Sept. 29. These are the general tours on Sunday at 2 p.m. with the addition of several sites that are important to Rochester’s rich deaf history heritage.

One of the popular special tours is the “Geography of Mount Hope Cemetery” tour which is going to be on Saturday, September 14, 10 a.m. – 3 p.m. with MCC Professor Michael Boester. During this extensive tour, he will share the physical and cultural geography of the cemetery, its evolution from America’s first municipally-owned Victorian cemetery to fulfilling today’s needs in natural burials and cremations. ($40 for all-day tour, $30 for members). Registration is required and space is limited. There is a two-hour break for lunch – bring your own, or order on day of the tour (cash only). Meet: North Gatehouse opposite Robinson Dr.

Coming up before you know it are the “Grand Torch Light Tours”, Saturday, October 5 & Tuesday October 8. Groups go out every 15 minutes from 6 p.m. – 9:30 p.m. Guides will take you to unique stops and share stories from Rochester’s history, by moonlight and torchlight. Tickets are $15 in advance, $20 at door. There is no parking in the cemetery. Park on Robinson Drive or on neighborhood streets. Meet: North Gatehouse opposite Robinson Drive.

Also coming up: “Architecture & Architects: History In Plain Sight”, Saturday October 12 at 11 a.m. with tour guide Dennis Carr. This tour is a walk through the past 200 years of our region’s architectural history. You will leave with a new appreciation for the buildings you see throughout your own community! Meet: North Gatehouse opposite Robinson Drive.

“Riverside Ramble: More History, Scenery, & Stories” tour will be held on Sunday October 15 at 1 p.m. with tour guides Cynthia Howk of the Landmark Society and Joanne Mitchell of FOMH. This tour continues our exploration of the city’s historic Riverside Cemetery, established in 1892 overlooking the Genesee River gorge. We’ll visit the eastern half of the cemetery and share stories about the natural and landscape history amidst an autumnal setting. Meet: Entrance to Riverside Cemetery, 2650 Lake Ave, Rochester, NY 14612

“Mischief, Murder And Mayhem”, Saturday, October 19 at 11 a.m. with tour guide Dennis Carr. Meet some permanent residents who bent, broke, or enforced the law, or whose lives meet unfortunate or grisly ends. Meet: North Gatehouse opposite Robinson Drive.

“Full Foliage at Mount Hope”, Saturday, October 26 at 11 a.m. Experience the Cemetery’s changes as its foliage dons its beautiful fall colors with tours, check out with tour guides Zak Steele and Ed Olinger. Meet: North Gatehouse opposite Robinson Drive.

Check for other listings and further details at fomh.org. FOMH TOUR LINE: (585) 461-3494.

health & wellness

have a healthy fall

By Sachiko Kaizuka, M.D.

Summer seems to go by too fast, but fall is upon us. But we can still look forward to the beauty of fall when we can enjoy long walks, sports, apple picking, and more. Savoring what fall has to offer begins with taking care of your health - mind and body. Here are some tips to help you.

Get Back to a Routine

The first thing I think about when fall comes to mind is back to school. That means no more late nights or sleeping in for students and their families, which can make for some grumpy people in the mornings. But, the sooner you are all able to adapt to a routine schedule, the better the whole family will feel.

Enjoy Colorful Foods

We sometimes think of summer as the time to stock up on fresh fruits and vegetables, but that should be an all year long practice. Many fruits, like apples, are most appealing (no pun intended!) in the fall. Pumpkins, squash, and leafy greens should round out your color chart of fruit and vegetable eating. The fall season is also full of healthy fall recipes - even some for your favorite comfort foods!

Limit Sugar and Carbs

Of course cider and donuts beckon in the fall and the grocery stores will be full of Halloween candy and goodies. You don’t have to avoid all these tasty treats altogether, just eat them in moderation.

Keep Moving

Maybe it is a little colder, but there is nothing like a brisk walk in the fall to keep your blood pumping. You can jog, play some outdoor sports with your friends and family, and enjoy as much as you can of your area this wonderful season before we are faced with dodging the cold winter days.

Keep Light In Your Life

As the days get shorter and you have limited access to sunlight, you may start to experience seasonal affective disorder, a type of depression that typically occurs each year during fall and winter. Use of a light therapy box can offer relief. Talk to your doctor about what kind is right for you and how to best use it.

Experience Nature

Walking through the park and seeing the colorful changes of the season is not only good for your physical health, but for your mental health too. Even though we face some challenges here in the winter, Rochester is truly a beautiful showcase of all the seasons and we have wonderful parks and tree-lined neighborhoods where we can soak in the beauty of the changes each day.

Prepare for Flu Season

The flu was rampant in our area last year. Protect yourself and your family as soon as you can. Get your flu shot and encourage others to do so. And don’t forget one of the most important and easy tips of staying healthy - wash your hands!

Practice in Every Season

You know the drill! Drink plenty of water, get a good night’s sleep, and stay up-to-date on all your health screenings.

Be Mindful

When you can’t avoid stress, you can deal with it by appreciating the present and on a more general level, being aware of your thoughts, feelings, bodily sensations, and surroundings. Mindfulness means keeping our thoughts in tune with what we are living in the present, rather than focusing on the past or anticipating the future. Meditation is a wonderful way to achieve this and a simple thing to do in your own home any time of day.
BSWA's 11th Annual “Night of the Living Wedge” Pub Crawl will take place on Thursday, October 24th starting at 6:00 PM. We'll wander around the South Wedge in costume and each stop on the crawl will be offering a special concoction. Cash prizes for the best costumes will be awarded at the end of the night. Come out and get creepy with us!
TRU Moving
One of the biggest news flashes over the summer was TRU Yoga’s plans to move across the street to 683 South Ave. New owners Eric Klein and Reena Klein are a busy couple who bring a wealth of experience to the business. Years ago Imani followed her dream to learn yoga when it was not trendy in her community and has taught yoga around the city since 2013, through Bront-}

Yoga 4 A Good Hood. She is also a pastor at Evangelical Lutheran Church of the Reform-}
ation, downtown. Meanwhile, Eric teaches music at a middle school in Irondequoit. Imani and Eric met through landlords and Pena Nabozny when they donated to YAGAH.

Tru’s full schedule of classes will continue, and they will add a monthly gathering, a mix of meditation classes, ASL, and Body Positive classes. There will be no rate increase. They welcome donations. A grand opening is planned for October. Wow and welcome!

Axom Home Coming Soon
The other news flash is that Axom Home is opening in the Wedge at 661 South Ave. "A home, a lifestyle store for modern urban living carrying furnishings, décor, giftware and one-of-a-kinds," Robin Muto takes great pride in offering a curated collection of furniture brands that celebrate new-modern designs with timeless materials, a full range of custom and semi-custom upholstery, and accessories. She said, "The store is paired with Axom Gallery which features an eclectic mix of rotating fine arts exhibits by this region’s established and emerging artists." AX Gallery is run by her husband and business partner Rick Muto. Can’t wait!

709 South
Symmetry & Color owner Cristan Vergotti-Cohen is a hairstylist and Symmetry & Color owner Cristan Vergotti-Cohen is paired with Axom Gallery semi-custom upholstery, and a collection of furniture brands one-of-a-kinds. Robin Muto takes furnishings, décor, giftware and for modern urban living carries Wedge this fall at 661 South Ave. Axom Home is opening in the fall.

The other news flash is that Body Positive classes. There is a monthly gathering, a mixer, networking, downtown. Meanwhile, Eric teaches music at a middle school in Irondequoit. Imani and Eric met through landlords and Pena Nabozny when they donated to YAGAH.

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**poseyletterpress**
Our photographers asked people around the SW about what they are thankful for, what are their favorite fall activities, and how they spend their Thanksgivings.

This year has been a strange one for me. There have been hardships and missteps but my friends and family have been an incredible support network. I’m thankful for my loving girlfriend who has worked incredibly hard to achieve a Master’s from the U of R last month. I’m also thankful to have moved to the South Wedge a few months ago; it’s an amazing place full of diverse and interesting people. I’m loving it so far.

My favorite part of fall is the food, honestly. There are all the different types of foods that show up around September, for instance. Drinking hot coffees on cold days, eating candy in October and pretending it tastes as good as it did when I was ten, and who can pass up a good Thanksgiving meal?

As for Thanksgiving, I drive six hours south down to Connecticut to see my extended family. I spend the entire weekend with them, playing video games with my cousins, watching football with aunts and uncles, and pretending that we enjoy canned cranberry sauce. There’s the traditional after dinner bingo game for the younger crowd and the football game for the older kids. It’s a mix of three generations, now, with the addition of my niece a few months back. I look forward to it every year.

Favorite Fall activity is that it’s hemp harvest time and all the fine cultivars. We’ll get to see them turn into amazing products always with quality and satisfaction in mind. Favorite Thanksgiving is done everyday. Thanking Shiva and mother earth for all the bounty and beauty of this world specifically cannabis. Gratitude is the order of everyday.

Favorite Fall activity is celebrating the summer’s harvest with good music and lots of giving thanks at Drum Circle GVP.

Favorite Thanksgiving tradition is fish fishing in Keuka Lake.

We’re thankful for our trip to Europe and all friends and family that welcomed us into their homes. Thankful for good friends, dynamic neighborhood, nice teachers, good jobs and good health.

We enjoy picking apples and making apple sauce as well as going to the Genesee Country Village and Museum agricultural fair.

Our Thanksgiving tradition is having a harvest meal using vegetables from our garden (especially making a pumpkin pie from a home grown pumpkin and eggs from our chickens). We love visiting with family in Syracuse and in Canandaigua during this holiday.

Thanksgiving traditions. Getting together with family and reflection on how grateful I am for being able to live the life I have. Favorite fall activities...Enjoying the crisp air and warm colors as the earth turns sleepy awaiting winter to set in. Enjoying the seasonal flavors of spiced apples and pumpkin. Also, going on Hayrides and pumpkin patches with friends. I enjoy anything unique to the season.
The weirdness of Rochester isn’t just reserved to the ghostly specters of past residents or misadventures of religious zealots. This region also has a handful of unknown creatures that pop up from time to time. From reports of large monsters walking the woods to the south to a serpent-like beast swimming in the lake to our north, Rochester seems to be a beacon for the strange and unusual.

The term for an unknown creature that has been claimed to exist but never proven is a Cryptid. Contrary to popular belief, Cryptids don’t have to be supernatural, mystical or even all that strange. While the term Cryptozoology conjures up the ideas of those chasing down magical creatures of pseudoscience, some scientists still try to apply the scientific method and investigate these claims. And that is why in the summer of 2011, a Cryptid known as Dimples was reported for the first time.

Dimples’ notoriety grew to the point that the family reached it second cousin, the elusive beast known as Dimplester, the beast of Rochester. He was the result of a long-term study of the creature’s behavior and habitat. The fact that it was never captured, however, made it difficult to prove its existence.

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Welcome to fall and the richness it brings to our landscape, our homes, and the clothes we wear. It's time to trade our summer styles for the wrap-around warmth that fall requires. As the leaves change color outside and the seasons switch, we can start planning to move inside. Create warmth in your home this fall with a new accent piece that’s rich in texture and color. And when the days begin to get shorter, you can lengthen your sleeves and add a layer to stay cozy as the temperatures drop. Fall is also the time for gathering with friends over mulled beverages, hearty foods and decadent desserts. The South Wedge offers all of the above and more! Visit our South Wedge area businesses for all your needs!

**the colors of autumn**

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E. Hand-Blown Glass Friendship And Witches’ Balls $34-$78 | The Artful Gardener
F. Recycled Book Page Necklace $25 | Historic Houseparts
G. Almond Toffee $16 | The Artful Gardener
H. Goat Cheese Truffle Collection $34 | Hedonist Artisan Chocolates
I. Repurposed Canvas Totes, Handbags, Backpacks And Duffels, Prices Vary | The Artful Gardener
J. Sunflower Quilling Card-Handmade $9.50 | Tupelo Interiors
K. Mulling Spices 2.2-Ounce Bag $6 | Stuart Spices
L. Sweaters Prices Vary | Just Browsing
M. Black & Burgundy Button-Down Sweater $35 | Just Browsing
O. Repurposed Wool Stuffed Toys And Puppets $20-$50 | The Artful Gardener
P. Caprice Loire Encaustic Tile $9.73 Sq Ft | Historic Houseparts
Q. Mistral Bourbon Vanilla Soap $14 | Apothicaire
S. U.S Marine Corps Ornament $5 | Stars & Stripes Flag Store
T. Green Polka Dot Off The Shoulder Dress $38 | Just Browsing
U. Locally Handmade Felt Food Toys $20-$25 | Just Browsing
V. Pair Of 60’S Owl Prints $38 Each | Tupelo Interiors
W. Rosie The Riveter Women’s Vintage Tees $22-$25 | Stars & Stripes Flag Store
X. Veteran Baseball Style Cap $18 | Stars & Stripes Flag Store
Y. Coffee Roasting Kit, Call For Prices | Coffee Connection
Z. Vermont Maple And Southern Pecan Coffee Call For Prices | Coffee Connection
Being a creative in Rochester is what Austin Lake does. A man interested in many creative pursuits, Austin writes, performs, and records all his own music as well as writes, directs, and shoots his own movies. And of course, he combines his two creative passions into music videos, combining his visions with his music.

So much of Austin’s love of the arts came from his upbringing. His father passed along the love for music and movies to Austin and his brothers. With a drum set in the basement and spaghetti westerns on the television set, Austin’s love for film and music grew.

Dedicating his life to the creative arts makes for a busy schedule. Austin can play four instruments, drums, bass, guitar, and piano which he puts to good use as he is a part of two bands, The Televisionaries and Aweful Kanawful. You’ve probably seen him play at the Bug Jar, Flower City Station or Lux. The Televisionaries is a band Austin plays in with his older brother Trevor and his younger brother Brendan. They play the local scene, doing a bit of touring on the east coast, and even playing backup for a musician in Canada.

Aweful Kanauff has had an interesting journey in Austin’s repartee. Austin doesn’t feel the need to wait to record his music or finish all of his original songs, and the vision of the movie coming from his own creative mind. He has written 3 full length screenplays and hopes to make each and every one of them. Austin plans on completing Pharaoh’s Lonely Ego by the end of 2019 and showing it at The Cinema at the end of this year.

Music videos are another outlet which mesh Austin’s two loves into one great creation. According to him, his favorite video he has created recently was for “Electric Caviar” which you can see on his Youtube channel.

You may have seen his paintings around town in places like Little Shop of Hoarders, Lux, Record Archive and Photo City Improv (the latter, having a continuous art show still going strong over 24 months) and thought to yourself delightfully, “Wow. Who the hell painted that?” as you were drawn into a world chalk full of colorful renderings of two headed skeletons, women portrayed in multitudes of eclectic form—large space helmets, bold striking eyes, adored in variations of pilot gear, extra renditions of the bride of Frankenstein—it almost feels as if you can’t appreciate the art and be alone… that somewhere inside the canvas and acrylic there’s a soundtrack and that Ed Repard aka El Destructo, the father of these pieces, probably has a playlist for them somewhere.

“I always liked music but punk was the music that made me say that I could be an artist. Punk and Dada are the ones that told me that I could do it. I didn’t think I was a good painter until I discovered punk rock. I’m a self taught artist. I’ve always been, stashed away peanuts cartoons when I was a kid. I just liked doing it. It grew. No one stopped me.”

A Rochester native, he played guitar and was in bands for awhile; when he was a wee lad, he named his band “El Destructo” and was in bands for awhile; when he was a wee lad, he named his band “El Destructo”. “That’s when I decided that I’m an artist first so I had to take the slings and arrows of poverty and that really kinda saved me from worrying about having tons of money.”

He describes his process as intuition led, that usually an idea jumps in and he will just go from there, that he starts with something simple and lets it grow.

There’s many opportunities to see his art as he has at least 130 paintings around town, which can be bought and taken home. He replaces them frequently so there’s always new stuff to see. Except perhaps the last month or so, save for a few pieces he started within the last week, he admits that his studio is too hot

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Have you ever experienced phantom cell phone vibration, that feeling that your phone just vibrated when it’s actually a false alarm? The vast majority of college students and half of all adults surveyed replied in the affirmative. Are you afraid to be without your smartphone? Does it’s absence cause anxiety? Then you just might suffer from nomophobia, as in no-mobile-phone-phobia, aka phone addiction. Merriam-Webster first recognized nomophobia over a decade ago, where have I been? Well, it was only a couple years ago that I upgraded from a flip-phone to a full on smartphone. A road trip with my pre-teen son was what put me over the edge. We were traveling to a chess tournament that would also provide an opportunity to catch up with friends in a neighboring town. Our travels went great until I dropped him off at the tournament. When he left, so did his smartphone, our navigation tool. From that point on I had to find my way around with the paper maps printed before our departure. This coupled with the snow storm that ensued and I was lost - literally. Before our next excursion I was fully equipped with my own navigation device. Of course I didn’t get the latest model but it is a nearly fully loaded swipe ready mini-computer at the ready.

But it’s not all good. A generation into obsessive smartphone use and the study results are popping up everywhere. To probably no one’s surprise our brains are being affected and not all in a positive way. Endocrinologists report that notifications from our phones train our brains to be in a constant state of stress. There is physical measurable evidence for this claim. The ding every time someone comments on a post or likes our photo spikes pleasure in our brain, gives it a reward which we then crave. Those never ending notifications are actually stressors that put our brain in a fight, flight or freeze mode which ultimately shuts down the part of the brain that deals with the highest order of cognitive function. The brain of a person being affected by trauma, someone that is homeless, abused or witnesses violence, experiences the same cognitive state as a person that overuses his/her smartphone. Yikes!

Face it, these devices aren’t really phones, but rather personal assistants with soulless voices. They wake us in the morning, manage our schedules and are a big part of our daily routines. But they don’t have to be. Instead of a 24/7 device, allow it at certain times and in certain places. A free standing GPS in the car - that’s a global positioning system for those that missed that phase, will navigate our travels just fine. And with the smartphone put away the temptation to view a text or god forbid reply to one will decrease while behind the wheel.

The modern menage a trois is apparently smartphone participation with sex. Probably better to keep the device out of the bedroom so buy an alarm clock and it won’t be necessary in the morning either. Paper can be used in place of the electronic shopping list again so the shopping cart can be void of the cell phone holder.

No one is suggesting a return to the flip phone, just a little separation. Nowadays most children are provided a smartphone in elementary school. We’re exposing brains at younger and younger ages. And before the youth even realize that, we’re exposing brains to the cell phone holder. Yikes!

So based on the studies that are out there now, knowing what we know is happening to our smartphone using brains maybe it’s time to make some changes. Start slow, be consistent and hold your ground. For even just an hour a day trade your phone for some print. Bring a map and a copilot on your travels. Talk with your child, don’t text on your stroll. And whatever you do, keep the cell phone out of the bedroom!
Jaslynn is a Registered Nurse and has worked in the Observation Unit for 5 years.
**Clear Passage**

Across:
1. Glaucous
2. Sheep cries
3. Tugboat
4. Bridal station
5. Prophetic vision
6. 1962 Winter Olympics site
7. "Non others as..."
8. "Big"
9. Coral formation
10. Renovate Shakespeare
11. Niuean
12. Ancient board game meaning "jump" in Greece
13. Inexorable attraction
14. Sacerdotial action
15. Under the bed, say
16. Lily family flower
17. Wise stock, in Champagne
18. Aroma
19. Bit of butter
20. Egg warmer
21. Greek T
22. Anoint, old-style
23. Colorado city
24. Requirement
25. Things
26. Furniture pieces
27. Egg warmer
28. Where to find a egg warmer
29. Apostle
30. Lily-family flower
31. Irresistible attraction
32. Egg warmer
33. U.N. agency
34. "Is... others as?"
35. U.N. agency
36. "Mementos of a "
37. Urban debris remover
38. Driver's lic. and others
39. In stitches
40. Detergent brand
41. Borax
42. Hole-maker
43. Bean used to make miso
44. "... questions?"
45. Aroma
46. Foils the plans of time
47. Hole-maker
48. Pertaining to colored eggs
49. "Memoirs of a "
50. Urinary diversion
51. Lover of Dido, in myth
52. Cave dweller, in slang
53. Urban debris remover
54. Requirement
55. Things
56. Furniture pieces
57. Paper sipper
58. Metaphor, literally
59. Dish
60. CBS symbol
61. Asian nurse
62. Requirement
63. Requirement
64. Things
65. Things
66. Kind of card
67. Union's place
68. Western, in slang
69. Requirement
70. Requirement

Down:
1. Craziness
2. requirement
3. Little cook
4. Anger, with "up"
5. Nimble
6. Kind of card
7. Union's place
8. Requirement
9. Requirement
10. Requirement
11. Requirement
12. Requirement
13. Requirement
14. Requirement
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70. Requirement

**Sudoku**

```plaintext
+-------+-------+-------+
| 9     | 6     | 1     |
| 8     | 7     | 2     |
| 2     | 3     | 5     |
+-------+-------+-------+
| 4     | 1     | 3     |
| 7     | 8     | 6     |
+-------+-------+-------+
| 5     | 2     | 4     |
| 1     | 9     | 8     |
+-------+-------+-------+
```

**Riddle #1**

Remove six letters from this sequence to reveal a familiar English word.

"underpants & overbites"

**Riddle #2**

Thirty men and only two women, but they hold the most power. Dressed in black and white, they could fight for hours. Who are they?

**Riddle #3**

Lynn likes grapes but not potatoes. She likes squash but not lettuce, and she likes peas but not onions. Following the same rule, will she like pumpkins or apples?

You know what really bruises my banana?... folks that go out and expect a DJ to be their own personal Jukebox! I see this all the time and I’m about to tell all you guilty offenders TO CUT IT OUT! DJs are there to entertain an entire crowd, not just you. The establishment that hired them, hired them because of the genre of music they cater to. The vibe of the music needs to vibe with the venue AND vibe with the audience. It’s a delicate balance and it’s up to the DJ to make that happen. And, don’t for one bloody second go up to a DJ and say “play something good” are you kidding me? How insulting is that? They get paid! So, let them earn that paycheck, and many people forget that DJ-ing is a JOB! It’s work! They get paid! So, let them earn that paycheck, and just enjoy the moment! If you want to dictate the music, there are plenty of places with jukeboxes. Dump your money in and punch all the numbers your heart desires. DJ AWAY! And, when your songs run out, and something comes on that you don’t like... well, suck it up.
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