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**Upstate
New York
Gospe** magazine
YOUR ULTIMATE SOURCE OF "GOOD NEWS"



**ROCHESTER
MAYORAL
RACE**

**COLLARD
GREEN
CURVES**

**THE RACE FOR
ROCHESTER CITY
COUNCIL**

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● BUSINESS DIRECTORY

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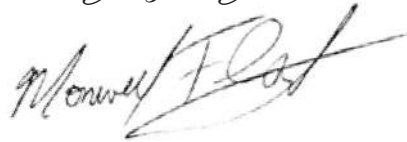
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Upstate NY Gospel Magazine serves to be your ultimate source of "Good News".

We want our readers to look to this magazine, when searching for up and coming events, local entertainment and for places to worship in Rochester, Buffalo and Syracuse. Look for our bi-monthly issues, as we intend to captivate you with interviews and informative articles that brings you news you can use.

Glory to God.



FROM THE PUBLISHER'S DESK



FROM OUR MANAGING EDITOR



We truly thank and praise God for allowing us to bring to you another issue of Upstate NY Gospel Magazine. Our staff works tirelessly to bring you an uplifting, informative and encouraging issue. 2016 was an exciting year filled with challenges as well as cheers. We pray that you will enjoy this issue of our publication. We encourage you not only to spread the good news within the pages of this magazine but we would love to hear from you.

Please send your comments to me via email at Karen@UpstateNYGospelMagazine.com for call me at 585.360.0132.

Continue to Walk in your blessings!

Karen M. Cornwell



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BE PREPARED: 5 SELF DEFENSE TIPS EVERY WOMAN NEEDS TO KNOW

By: Dale Harris

Ladies, we've all been walking down a dimly lit street in the middle of the night, clutching our purse, hoping we get home before someone pops out from behind the bushes.

That feeling of vulnerability is arguably one of the scariest things a woman experiences. The worst part is we face it on a daily basis.

Knowing what to do in stressful situations can save you from experiencing something horrible. You can start by paying attention to this list of self-defense tips.

Follow along and take note. You never know when this advice will come in handy. If it does, you'll be glad you were here.

1. Be Aware

The most basic and most important point is to be aware of your surroundings. If you know what's coming, you can be infinitely more prepared than if it takes you by surprise.

Part of being aware includes not walking with headphones on or staring at your phone. It's important to listen to and see what's going on around you, otherwise you make yourself an easy target. Those shuffling footsteps behind you might not be a good sign.

If you feel like someone is following you, cross the street. If they're still following you, try to go into a store if you're near one.

Also, don't be afraid to look a person in the eye. It will make you seem confident and fearless. This makes it very easy to identify the person in a lineup if needed.

2. Follow Your Gut

If you ever feel unsafe in a situation, trust your gut. It's always better to be too cautious than be the victim of a violent crime.

The most common instance in which a person dismisses their

gut feeling is when they try to rationalize something. The thing about intuition is that it's a learned feeling. Years of experience have led you to believe that funny feeling means something bad might happen, so don't ignore it or brush it off as being paranoid.

3. Fight Back

If you ever find yourself in a situation that turns violent, don't let fear cripple you. It'll make you incredibly vulnerable to your attacker.

Next, figure out how you can fight back. If you're being choked, lift your arms up over your sides and bring them down together, straight and fast to one side. Avoid grabbing your attacker's hands and trying to pull them off your neck, this could compromise your breathing.

If you carry any self-defense devices, use them. Pepper spray your attacker the first chance you get. You don't want to be in a situation where you can't reach your devices anymore.

4. Predicting Behavior

Another important part of self-defense is realizing when a person's behavior can turn violent. Most attackers begin by trying to gain your trust. They might try to lure you somewhere dark and empty.

Don't fall for tricks like these. Even if it's the most charming person you have ever met in your life, stay alert.

5. Take A Class

One of the best things you can do is take a class. Not only will it motivate you to stay fit, but it'll also teach you everything you need to know about defending yourself. Feel safe and confident knowing these lessons have your best interests at heart.



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HOW CAN YOU BE A CHRISTIAN AND A GREEK?

By: Rev. Ronald Sampson, Sr.

Part:1

This is a question I have heard over the years. It appears to be based on incomplete or partial knowledge of Christianity and incomplete or partial knowledge of black Greekdom. So before I respond to the question lets perform a general overview of Black Greekdom and then a review of possible conflicts with Christianity.

BRIEF HISTORY OF BLACK GREEK LIFE

Imagine a time when African Americans are second class citizens. Very few white institutions of higher learning admit black as students. The vast majority of black doctors, lawyers, dentists, teachers, nurses, and scientists were graduates of historically black colleges. The students of these historically black institutions were a mix of legacies – students whose parents attended the college, first in the family to attend, older students who worked their way through school, self-pay students – parents had the money to pay cash for the tuition, room and board.

It's the early twentieth century. The first African-American fraternity was Alpha Phi Alpha which began on the Ivy League campus of Cornell University in 1906. Within 16 years they were followed by the first African American sorority Alpha Kappa Alpha on the campus of Howard University in 1908; Kappa Alpha Psi Fraternity on the campus of Indiana University and Omega Psi Phi Fraternity at Howard University in 1911; Delta Sigma Theta Sorority at Howard University in 1913; Phi Beta Sigma Fraternity at Howard University in 1914; Zeta Phi Beta Sorority at Howard University in 1920; and Sigma Gamma Rho Sorority at Butler University in 1922. Finally Iota Phi Theta at Morgan State University in 1963.

In the general theme upon which these organizations were founded was to create a community of like-minded individuals to prepare for a life of service to their communities. The main criteria for membership was status as a full-time student endeavoring to obtain a college degree. The goal was to take the education and leadership skills obtained in college and use them to benefit the communities, many which were segregated, to which a majority of the students would return to. Also remember, these were college students of various levels of maturity. As a result other criteria for consideration varied based on the individual group and that criteria became the archetype for their membership. In those early days some may have to pass the brown bag test. For the newbies. Grocery bags were made of paper and were a uniform brown shade across the nation. If you were the shade of the bag or lighter you were eligible for membership. If you were darker you needed to look elsewhere. Other used criteria that was not about you but about your parents. If your parents were somebody, you were welcome, if they were just regular people you should look elsewhere. Some set themselves apart by using the as criteria what you could bring to the organization and not about the superficial criteria of looks, social status or heritage. While each group has their closely guarded secrets there is not the allusions to mysticism as found in some of the Masonic fraternal orders.

PERCEPTIONS OF CONFLICT WITH CHRISTIANITY

The first conflict that occurs is usually upon acceptance of membership in the organization. Candidates are required to swear their loyalty to the organization and maintain the secrecy of the knowledge imparted. In Matthew 5 verses 33 – 37 Jesus is documented as speaking against the

swearing of oaths. However in the text he is extolling the virtue of being consistent in your daily walk that you speak with integrity such that there is no need to swear an oath to determine the veracity of your statement.

The second conflict is in the level of allegiance to the organization. In the Mosaic law found in Exodus 20:2 – 4 God tells Moses, I am the Lord thy God, which have brought thee out of the land of Egypt, out of the house of bondage. Thou shalt have no other gods before me. Thou shalt not make unto thee any graven image, or any likeness of anything that in heaven above, or that is in the earth beneath, or that is in the water under the earth. This speaks to those who would worship the letters of their organization and what they represent. These are the individuals who spend more of their time displaying their colors and wearing the colors than they do living up to the tenets of their organization. God asks the question, why one would worship the creation rather than the creator. This behavior can be symptomatic of one who lacks spiritual maturity. In John 13:35 Jesus states by this shall all men know that ye are my disciples, if ye have love one to another. If we learn to truly love one another within the body of Christ, extending that love to others in our lives becomes a natural extension of our personal growth. That we “love”

our Sorors or Fraters is manifestation of our Christian love. When members look down on others who are not in their organization, or think that they are better than others not in their organization, they are showing their spiritual immaturity. As such it can be counterproductive to the success of the organizations programs.

The third conflict is in the “branding” of oneself to show their allegiance. The Mosaic Law found in Leviticus 19:28 states Ye shall not make any cuttings in your flesh for the dead, nor print any marks upon you: I am the Lord. God was taking what was once a family and shaping it into a nation of chosen believers. He is calling them to not follow the practices of the pagan cut and painted themselves as a means to gain “favor” with the powers that be. The problem is what prompts an individual to get branded. Is one trying to gain favor or doing it as a body fashion statement. One imperative above all things as Christians we live by faith, we are not shackled by our past indiscretions and missteps. As such we should not hold the past indiscretions of others against them either.

MY JOURNEY

One thing I must state up front is that I obtained by burning before I got my learning. That is to say that I had established a relationship with Jesus Christ as my Lord and Savior, before I went off to college. As such I always knew God had a plan for my life, and I sought for ways to fulfill that objective. I did not join my fraternity to become somebody, I joined Phi Beta Sigma Fraternity, Inc. to serve my community.

In the next installment I will discuss how church and black Greek letter organizations are similar and how they suffer similar problems with their respective congregants.

Rev. Ronald Sampson, Sr. is an associate minister at Aeon Missionary Baptist Church in Rochester, New York, under the pastorate of Rev. Dr. Jonathan Jamel H. McReynolds. He has been Member of Phi Beta Sigma Fraternity, Inc. since November of 1972. Is active in church and in the fraternity. He is married to his college sweetheart and member of Zeta Phi Beta Sorority, Inc., Cheryl.



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Mayor Lovely A. Warren and the City of Rochester work hard every day to create more jobs, safer neighborhoods and better educational opportunities. Visit our website to learn more about programs and events that will help you get the most out of our great city:

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CHANGE STARTS FROM WITHIN: CONSIDER A CAREER WITH THE ROCHESTER POLICE DEPARTMENT

Dear Friends,

I usually use this space to talk to you about exciting events coming up with the city, but today I want to talk to you about something different.

Ever since my days on City Council, I have been committed to the issue of community policing, and employing a police force that is reflective of the population it serves. Today, I am asking you to help us in this effort by considering a career with the Rochester Police Department and inviting your friends and neighbors to do the same.

Police Officer jobs pay between \$43,297 and \$75,606, have great benefits, and give you a chance to connect with and serve your community. The entry level Police Officer Civil Service examination will be held December 2. The deadline to apply is September 28.

I really want to see more city residents applying for these jobs – especially minorities and women. I'm proud to say that since 2011 more than half of the new hires in the Rochester Police Department have been minorities and women, but we still have work to do.

For more information on becoming a police officer with the Rochester Police Department, visit www.cityofrochester.gov/joinRPD, and for more on our community policing efforts, visit www.cityofrochester.gov/Deputy_Chief_Community_Engagement_and_Relations.

You will see our recruiters out at churches in the coming months. They will also be at special events, colleges and universities.

The first step in becoming a police officer is a written Civil Service Examination. Study materials can be found in libraries, online and at book stores. The RPD will also hold exam workshops with dates scheduled after the application deadline has closed.

Those who score high enough will be invited to take a physical agility test. To see the physical fitness standards, visit www.cityofrochester.gov/physicalfitnessstandards. Those who pass this test will be invited to join the next Police Academy.

Community policing doesn't work without the community. If becoming a police officer doesn't interest you, but you would still like to help, there are several opportunities.

The City is seeking volunteers for the Police and Citizens Together Against Crime Program (PAC-TAC). As a volunteer, you will work with an on-duty officer and PAC-TAC partner, and interact with other citizens and local merchants along the way to help prevent crime. For more visit www.cityofrochester.gov/PACTAC.

We also invite undergraduate and graduate students, along with highly-motivated high school students, to apply for a Mayoral Fellowship with the Rochester Police Department. Mayoral Fellows assist specific units or officers, where they become part of the RPD family. For more information, visit www.cityofrochester.gov/urbanfellows.

Thank you for reading, and I hope to see some of you in our police force or volunteering in our community.

God Bless,

Mayor Lovely Warren



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A SUCCESS STORY: THE YWCA YOUNG ADULT SERVICES PROGRAM

By: Staff Writer

My name is Felisha Martinez, and I'd like to tell you about my experience with the YWCA Young Adult Services Programs.

When I was in the 11th grade at Marshall High School I found out I was pregnant. I was 17 years old and really scared and didn't want to tell my mom. She found out I was pregnant and told me about a program at school run by the YWCA called the Parents as Teachers Program.

When it started to sink in that I was pregnant I got really scared and was crying a lot. I didn't know what it was like to be a mother and how to care for a baby. That was when I met YWCA counselor, Janice Johnson. She was so sweet and welcomed me with open arms.

The YWCA classes and Ms. Johnson taught me how to be a good mom. They taught me all the things I needed to know about my baby - how to feed him, bathe him, to be careful not to put too many things in the crib with him to keep him safe.

I had my son, Jarriell, four years ago, but Ms. Johnson wasn't done with me. She made sure I stayed in school, studied and did my homework. Taking care of a baby and going to school isn't easy, but Ms. Johnson really pushed me to stay in school and do a good job.

She made sure I had enough baby clothes and diapers. The YWCA had a nice holiday dinner for me and my son and there were YWCA craft programs that we participated in. We also participated in the YWCA Adopt-A-Family program for the holidays. All of these programs and especially Ms. Johnson were so helpful in helping me succeed.



I am so proud I graduated from high school in 2013, But Ms. Johnson wasn't done with me.

I started taking classes at Medaille College to become a vet technician. But then I started to face some challenges and was feeling overwhelmed. Ms. Johnson was still there for me -encouraging me and supporting me.

Now, my life is moving forward and getting better all the time.

I got married in 2013. My husband and I have our own apartment now. My son is in pre-school and the YWCA is assisting me with my son's growth and learning with developmental programs. He starts kindergarten next year. Ms. Johnson still calls me and supports me. She is my mentor and a great friend.

I'm looking forward to going back to school soon, getting a full time job and doing the best for my son.

Thanks to the YWCA and Ms. Johnson. I could not have done it without you!

Wednesday, September 27, 2017

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YWCA IS ON A MISSION



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THE RACE FOR ROCHESTER CITY COUNCIL

By Karen M. Cornwell

Our City Council is the nine-member legislative body for the City of Rochester that works in conjunction with the Mayor's Office to pass laws and govern the city. Legislation is first considered by standing committees before it is transmitted to the full Council. The full Council and the standing committees generally meet each month.

With five seats open on our City Council we are providing our readers with an unbiased presentation of the City Council candidates. We made every effort to reach out to every candidate listed on the Monroe County Board of Elections Listing of Candidates for Public Office 2017 as of 08/14/2017 2:13PM. Our Managing Editor had a face to face conversation about the article with many of the candidates and provided a copy of the publication. We attempted to reach all 19 candidates outlining the guidelines and questions for the written interview. The guidelines were simple: NO negativity, stick to your platform not that of other candidates, a length limit and a deadline. Only a few candidates stayed within the length benchmark; therefore, the lengthy responds were edited/truncated to comply.

As you read their reactions please keep in mind these are the words of each candidate. The responses are in their voice so you may get to know and understand your future political leader and contain minimal editing.

Additional information about the candidates is located on their individual website or facebook page(s).

Please remember to vote on both September 12 and November 7.



Pam Davis, Working Families

Briefly tell us about yourself and your family?

Hi! I grew up with my Mom and Gram. I attended RCSD schools, and graduated from MCC and Nazareth. My husband and I have a wonderful daughter, and an adopted fluffy cat.

What is your connection to Rochester? Where does your commitment/passion for the people of Rochester come from?

Mom is from Rochester, returning here with me. Commitment/passion was instilled by watching my Mom, Aunt, and Gram volunteer in our community. I learned compassion and perseverance from these strong women. On my dad's side, my Grandfather helped establish the Jefferson Avenue Seventh Day Adventist Church in the 50's.

What is your background in public/community service? What qualifications do you possess to be a member of City Council?

Volunteered in my teens by helping lead a theatre group at Charles Settlement House. In college, I was a co-leader at Cameron Community Ministries for a teen girls' group, teaching the ladies life skills. Their hard work was rewarded as we took them to see "The Lion King" on Broadway, and "Beauty and the Beast" in Toronto! On local boards and committees, I utilize collaboration skills and creativity to help work on common goals. I don't have all the answers. I will listen to constituents, discern the needs of citizens, and work for what the majority want done. Council members, remember who is in charge - THE CITIZENS!

What do you believe Rochester's biggest challenge and how will you work with our City Council to implement change?

We must increase the quality of life for everyone, not just those who can afford the "nicer" areas. All areas have the potential to be "nicer". Without supportive funds, the status quo remains. The socio-economic divide within our city harms the perception of our city. People will live up to expectations placed upon them, so we must always aim higher, helping citizens reach their full potential. Lift people up; support one another.



Shawn Dunwoody, Democrat

Briefly tell us about yourself and your family?

I'm 44 years old. I have been married for 25 years. I have 3 children and 4 grandchildren.

What is your connection to Rochester? Where does your commitment/passion for the people of Rochester come from?

I was born into a family of entrepreneurs. My parents ran a successful record store and showed me the value of neighborhood development and community connection.

I attended Edison and East high schools and was a young dad while at Monroe Community College. As my family grew my drive of wanting to provide beyond my current means brought about many choices; some good and some, "What was I thinking?" Understanding lack of exposure to choices young people have, I began working with city neighborhoods, community groups, and businesses to help create employment and mentorship for youth.

What is your background in public/community service?

The work I have been a part of as Public Art Coordinator for the City of Rochester, gallery director and curator has shown me the strength of collaborative connections. These endeavors have shown me the promise of a culturally rich Rochester. The most progressive movements for change are started by bringing people from different backgrounds together.

What qualifications do you possess to be a member of City Council?

Design Thinking and mentorship. Today I strive to be a mentor and create new role models. As a mentor and artist, I have been able to invest in our Rochester City School District students, taking them from Rochester to Philadelphia—and to Brazil—working to paint murals in underserved neighborhoods. Together we were featured in the Emmy nominated documentary film by Blue Sky Project Films that highlights the positive impact of mentorship

What do you believe Rochester's biggest challenge and how will you work with our City Council to implement change?

Creative thinking and Community building. Bringing these strengths to the table will help to assist our council team to approach and solve problems differently.



Malik Evans, Democrat

Briefly tell us about yourself & your family?

Married with 2 Children. Banker by profession. Member of the Rochester Board of Education, served as Past President of the Board.

What is your connection to Rochester? Where does your commitment/passion for the people of Rochester come from?

I was born and raised in Rochester. My commitment for the community comes from my family we were taught to be part of the solution. My involvement started in high school and continued into adulthood.

What is your background in public/community service? What qualifications do you possess to be a member of City Council?

Founded the City County Youth Council in high School. My involvement in the community is long. Some of my involvement includes; currently serve on the Rochester Board of Education where I hold the distinction of being the youngest person ever elected to the Board. While there I created the office of Auditor General and have served on every major committees including Audit, Community and Intergovernmental Affairs, Excellence In Student Achievement and Finance and advocated for the expansion of pre-k, summer learning and the facilities modernization program. Boards I have served on or are currently serving on include: member of the Rochester Area Community Foundation Board, Catholic Family Center Board of Directors, Hope Hall Board of Directors, trustee at the Rochester Museum and Science Center, RIT Center For Urban Entrepreneurship Advisory Board, PathStone Enterprise Center Board, UNITE Rochester Elected and Appointed Leaders Group.

What do you believe Rochester's biggest challenge and how will you work with our City Council to implement change?

One of the biggest challenges facing Rochester is the concentration of poverty. We must attract good living wage jobs and pair it with strong training programs that helps people climb the ladder out of poverty.



Mitch Gruber, Democrat

Briefly tell us about yourself and your family?

I was born and raised in a Democratic, liberal household in Rochester, with my mother in the City and my father in Brighton. I went to Brighton schools, and eventually off to Binghamton University. After graduation I spent more than a year in sub-saharan Africa. I eventually decided to move back to Rochester

to work on social justice in my hometown. I started working as a Head Start teacher for ABC before eventually moving to Foodlink. My wife and I got married at the Rochester Public Market in 2016, and we live on King Street in the Susan B. Anthony neighborhood.

What is your connection to Rochester? Where does your commitment/passion for the people of Rochester come from?

I love Rochester for many reasons, but perhaps none more than its rich history of progressivism. I recently earned my PhD in American history form the University of Rochester, and focused on the incredible history of our city.

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What is your background in public/community service? What qualifications do you possess to be a member of City Council?

In my work at Foodlink, I have helped hundreds of food pantries, soup kitchens, and homeless shelters access safe, quality foods. In addition, I have helped start many programs that increase fresh food access and nutrition education for thousands of children and families in our community. The Curbside Market, the Lexington Ave Urban Farm and a team of nutrition educators provides food literacy trainings for thousands of children, adults, and families in Rochester. I want to build a Rochester where the healthy choice can be the easy choice.

What do you believe Rochester's biggest challenge and how will you work with our City Council to implement change?

Rochester's biggest issue is poverty. There are lots of ways to address poverty, and I think they are all part of the campaign for a #HealthyRochester. For example, I believe that we need to 'rightsized' the city and turn vacant lots in poor neighborhoods into gardens, playspaces, and community services. However, nothing is more important in addressing poverty than providing individuals with training for livable wage jobs. We currently have a huge middle skills training gap in Rochester; I want to develop training opportunities in middle-skills occupations that provide individuals with the chance to earn \$15-20/hour.



Tom Hasman, Democrat

Briefly tell us about yourself and your family?

I am the second youngest of 10 children. I was a political science major at SUNY Oswego and worked in the White House under President Clinton. I received my Master's degree from Johns Hopkins University in Government. I currently work as a Cyber Security specialist preventing hackers from breaking into government networks. My wife Linda and I

have been married for almost 18-years. We have two children - Sam is 10 and Abigail is 7.

What is your connection to Rochester? Where does your commitment/passion for the people of Rochester come from?

I was born and raised in Webster. I moved to Washington, DC in 1996 to work in the White House. After living in Arlington, VA for 10 years, my wife Linda and I missed Rochester. We moved back in 2006 and bought a house in the city. Rochester is a great place to live.

What is your background in public/community service? What qualifications do you possess to be a member of City Council?

I have been working with the federal government as a contractor for the past 17 years. I served as President of the ABC Streets Neighborhood

Association from 2009-2013 and am still active in the neighborhood. I have an extensive background in public service, policy development and community building which will serve me well on City Council.

What do you believe Rochester's biggest challenge and how will you work with our City Council to implement change?

The biggest challenge is Rochester's concentrated poverty. I would meet with the Rochester-Monroe Anti-Poverty Initiative to see how City Council can be their partner in reducing poverty. We know that economic growth alone does not cure poverty. In fact, there is no single solution to poverty. I would like to work with the City and County to implement evidence-based anti-poverty initiatives — such as removing barriers to good-paying jobs, apprenticeship programs and investigating the small things that are often overlooked (i.e. helping residents reduce energy costs).



Andrew Hollister, Republican

Briefly tell us about yourself and your family?

I was raised in the 19th Ward, I graduated from Wilson Magnet High School, after school I worked at Boys and Girls Club helping students learn to read and teaching them how to use computers. I went on to start an IT business out of my apartment off Thurston Rd. I now employ five full time staff.

What is your connection to Rochester? Where does your commitment/passion for the people of Rochester come from?

Last year Jolana and I got married and started planning our family. Many people asked us when we would be leaving the city for the suburbs. They say "the schools are better", "the streets are safer", and that "the opportunities are greater". Rochester is my home, it always has been. We want our children to grow in the city. So, I decided that I would run for city council to make a difference for my children and yours.

What is your background in public/community service? What qualifications do you possess to be a member of City Council?

Over the years, I've dedicated myself to giving back to Rochester by volunteering as an EMT, supporting disaster preparedness through RACES, and mentoring start-up micro-businesses. When I worked for Boys and Girls Club I helped youth learn to read and learn how to use computers to prepare them for success. In that service, I've gotten to see many of the problems that Rochester faces first-hand. Many of our challenges are rooted in poverty and lack of job opportunities for city residents. I realized we needed an independent voice on city council to drive the tough changes that can address the issues at the root of our problems.

What do you believe Rochester's biggest challenge and how will you work with our City Council to implement change?

Many of our regulations were written when large companies like Kodak dominated the economic landscape of our city. But today, 90% of our local job market is driven by small businesses. When we reform our city code, it'll bring more opportunities and more jobs for Rochesterians. I'll fight for the changes we need in our schools to make our education system competitive with the suburbs.



Matt Juda, Democrat

Briefly tell us about yourself and your family?

I currently reside in the Charlotte Neighborhood. I am actively involved in the community as a member of the Port of Charlotte Merchants Association, a member and past Vice President of the Charlotte Community Association and as a member of the organizing committee for the Lakeside Farmers Market.

I hold a Bachelor's Degree in Biology and Education from SUNY Geneseo, a Master's Degree from SUNY Brockport in Counselor Education and a Doctoral Degree from University of Rochester in Educational Leadership.

What is your connection to Rochester? Where does your commitment/passion for the people of Rochester come from?

I was born and raised in Irondequoit. Upon returning for college I began working full time in the Rochester City School District and purchased my first home in the City. It is my nearly 25 years working with our youth where my mission has to been to improve their lives and provide high quality services to my neighbors; as well as, my love of all the amazing things that make Rochester a unique and special place to live that drive my commitment and passion for the people of Rochester!

What is your background in public/community service? What qualifications do you possess to be a member of City Council?

My life's work has been focused on youth in the City of Rochester. For 10 years I worked for Rochester Parks and Recreation in various roles culminating as the Assistant Pool Manager supervising Genesee Valley Park, school pool sites and recreation center pools. For the past 13 years I have worked as a teacher in variety of roles in the Rochester City School District; I currently teach Science at Edison Tech School. .

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Dana K. Miller**

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What do you believe Rochester's biggest challenge and how will you work with our City Council to implement change?

Though Rochester is full of strengths, there are significant challenges facing Rochester, most of which can be tied to systems problems. Some of the major challenges are: poverty, deteriorating housing stock, availability of jobs, school performance, a structural budget deficit, and involvement of the community in development plans.



Ann C. Lewis, Democrat

Briefly tell us about yourself and your family?

I have lived in the Corn Hill neighborhood for 26 years with my four children.

What is your connection to Rochester? Where does your commitment/passion for the people of Rochester come from?

My parents are Mason (deceased) and Nellie Lewis; who were two of the first African Americans that owned a store on Jefferson Ave. I am the best candidate for the office because I have a passion to help my neighbors, and my belief that each human being is indeed their "Brother's Keeper".

What is your background in public/community service? What qualifications do you possess to be a member of City Council?

I have been an advocate all my professional and private life. I worked sixteen years as a Rehabilitation Counselor with the Monroe County Sheriff's Dept., five years as a Victim Service Worker for the Rochester Police Dept. and currently I am an educator. I am a member of Aeon Baptist Church where I serve on the Health Outreach Ministry, Missionary Board, and Senior Choir. I am member of the Corn Hill Neighborhood Association where I serve on the Philanthropy committee.

What do you believe Rochester's biggest challenge and how will you work with our City Council to implement change?

I could respond by rattling off what the community already knows; our schools are failing, there is rapid crime on our streets, our economy is struggling, inequality in pay exists, there is a lack of safe and affordable housing, the elderly, lower income and veterans needs are being neglected. My solution to the aforementioned is to remain a determined; compassionate, team player whose primary goal is to keep addressing the priorities established by the neighbors who gave me their trust by electing me into office.



Willie Lightfoot, Democrat

Briefly tell us about yourself and your family?

I am 45 year old native Rochesterian. I have been married for 21 years with 4 children and 3 grandchildren. I retired from the Rochester Fire Department after 20 years of service. A military veteran. Born and raised in Rochester.

What is your connection to Rochester?

Where does your commitment/passion for the people of Rochester come from?

My passion for Rochester stems from a legacy of my family. As the son of the late Honorable Willie Walker Lightfoot, I grew up with politics and community at the forefront of our lives.

What is your background in public/community service? What

qualifications do you possess to be a member of City Council?

I served on the County Legislature for 10 years so I am no stranger to policy making and working for the community. As a business developer and owner in the city as well I have a strong love from the City of Rochester.

What do you believe Rochester's biggest challenge and how will you work with our City Council to implement change?

I believe Rochester's biggest is making sure everyone has the best quality of life due to the disparity with poverty and lack of jobs, I think our biggest challenge is to reduce the disparity in our city.

I would work with the current administration in continuing a lot of the initiatives that are already going on and support the mayor in more that would eradicate poverty and providing jobs for everyone in our community.

One statement that I hear most is that people do not feel connected their politicians. I want to be more approachable, accessible and constitute services would be my #1 priority. I would like to help build a more involved City Council.



Mary Lupien, Democrat

Briefly tell us about yourself and your family?

I am blessed to have a wonderful blended family. My husband and I have been together for 5 years. We each have a daughter who is entering 1st grade in the Rochester city school district.

What is your connection to Rochester? Where does your commitment/passion for the people of Rochester come from?

I have lived in Rochester for 18 years and I am in love with this city. I came here from PA to attend Rochester Institute of Technology. I started working but quickly discovered my priorities differed from those of my corporation. I left to become Asst. Director of St. Peter's Soup Kitchen and the relationships built there helped me see the systemic injustices that cause my neighbors to struggle with things like transportation, safe neighborhoods and access to good food and medical care. I've been working to make changes to those systems ever since.

What is your background in public/community service? What qualifications do you possess to be a member of City Council?

Whether as a bilingual teacher in the city school district, fighting against climate change with Mothers Out Front or working at homeless shelters at Catholic Family Center, my passion is to listen, to advocate and to act to bring positive systemic change.

What do you believe Rochester's biggest challenge and how will you work with our City Council to implement change?

Rochester's #1 problem is extreme poverty and the institutional racism that has caused much of it. I will fight to improve the systems that hold our neighbors back from moving out of poverty and our city from moving forward. Through collaboration with community partners and other government agencies, I will work to improve our transportation system which has created an inequity of access to jobs, services, education and recreation. I will advocate for neighborhood schools and community oriented policing to help strengthen our communities. I will actively seek to connect our people to living-wage jobs and support small businesses—especially Minority and Women owned.



Dana K. Miller, Democrat, Incumbent

Briefly tell us about yourself and your family?

My wife and I are life-long residents of Rochester and have raised our two sons here. We have lived in the 19th Ward for the past 40 years.

What is your connection to Rochester? Where does your commitment/passion for the people of Rochester come from?

I have served as President of the 19th Ward Community Association twice, and was a member of the City’s Environmental, and Planning Commissions. I have been a member of City Council for the past 12 years, have chaired most of the committees, and currently serve as Vice President. I am very committed to the city of Rochester, and have worked very hard to make it a better place.

What is your background in public/community service? What qualifications do you possess to be a member of City Council?

As a member of City Council, I am focused on supporting and expanding Economic Development projects. I believe that job creation is critical, and that is why we need robust economic development in our city. I am a consensus builder and work with the community, developers, and my fellow council members to create “win-win” situations.

What do you believe Rochester’s biggest challenge and how will you work with our City Council to implement change?

Rochester’s biggest challenge is the lack of jobs that has left us with a high level of poverty. Many of our living wage manufacturing jobs are gone, and we must prepare our residents to take the new jobs that are available or that will be created. Technician and high-tech manufacturing jobs that require a two-year degree are available, and we need to increase the number of trained people. I also believe that skilled trades training is critical. We need plumbers, electricians, carpenters, bricklayers and other skilled workers in the community and these are good jobs that don’t necessarily require a 4-year college degree. These jobs also have three important attributes, they are: portable, entrepreneurial, and immune to outsourcing.



Jackie Ortiz, Democrat, Incumbent

Briefly tell us about yourself and your family?

I am the oldest of three in my family, graduated from Wilson Magnet High School and have a Business Management and Marketing degree from Cornell University. I am a small business owner for over 10 years providing insurance and financial services to the greater Rochester

community. Live in the city’s NW with my fiancé, 2 year old son Cristian, and 4 dogs.

What is your connection to Rochester? Where does your commitment/passion for the people of Rochester come from?

I was born here in Rochester and have lived most of my life in the city’s NE Scio Street/MarketView Heights neighborhood. Our family struggled with many of the same issues that plague our city residents and families but it was clear that my parents were determined to change the cards dealt. I firmly believe those who have had the ability to positively experience life beyond their own backyards and attain a level of success must give back to those coming behind them.

What is your background in public/community service? What qualifications do you possess to be a member of City Council?

I have had the pleasure of being a board member for a number of non-profit agencies including IBERO, Borinquen Dance Theater, and Providence Housing. Have collaborated with others in the community to establish an umbrella forum for all organizations and efforts in the Latino community to establish an ability to communicate with one another on a regular basis and share information. I have a passion for this city and its residents and am committed to its success.

What do you believe Rochester’s biggest challenge and how will you work with our City Council to implement change?

There are so many competing priorities with such a finite amount of resources. We will and must be focused and creative with our approaches to all we embark on. I also do strongly believe back to basics is key and we must ensure we are doing these well, appealing affordable housing, neighborhood quality of life, and public safety.

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Loretta Scott, Democrat, Incumbent

Briefly tell us about yourself and your family?

I have lived in Rochester most of my life. I was born in Alabama I have lived here for over 50 years. My roots are four generations deep here. I am a parent, grandparent and great grandparent and many of my relatives live here.

What is your connection to Rochester? Where does your commitment/passion for the people of Rochester come from?

of Rochester come from?

When I moved here as a child, we came because we were very poor in the South. My mother who was a single parent brought us here for a better opportunity. We struggled quite a bit but there were many people who helped us fare much better than we might have otherwise fared. Therefore I owe a lot to my community. In my early years, I was given opportunities that made it clear to me that if you extend a hand and provide preparations, people can make it despite their circumstances.

What is your background in public/community service? What qualifications do you possess to be a member of City Council?

I worked at Action For A Better Community for about 15 years. My passion for community service grew during my tenure with that agency because it is the anti-poverty agency for Rochester and Monroe County. We worked on a lot of issues that affected the community and we saw how with perseverance and effective tactics we could address some of those issues. So that stoked my interest and passion - it was my time to make a change.

What do you believe Rochester's biggest challenge and how will you work with our City Council to implement change?

Poverty is the most intractable problem that we have in Rochester. Much of that is tied to employment or lack thereof. At the core of it there is structural racism which was bought out by a recent study. I will keep focused on ways to provide opportunities to overcome these factors and be vigilant about calling out where the instances of structural racism impact job growth.



Marcus C. Williams, Democrat

Briefly tell us about yourself and your family?

I love my City. I am a small business owner and entrepreneur. I have lived in Rochester almost my whole life from elementary school up.

What is your connection to Rochester? Where does your commitment/passion for the people of Rochester come from?

Living in Rochester my whole life has given me a unique insight into both the school district and the city itself. I see the working class in Rochester being run out and priced out. The lack of stable jobs and quality public education is hampering our city. We need to focus on action to bring up our schooling standards and make sure our citizens don't have to worry about jobs and housing. No one should have to choose between good schooling, reasonable rent, and employment; that is not fair or just. Rochester is better than that, and we should take action to make sure our people know we believe in them.

What is your background in public/community service? What qualifications do you possess to be a member of City Council?

My biggest asset is my love for our City. Living here, going through our city schools and owning my own business here, have given me a wealth of experience that has prepared me for this post. Not to mention the fact that I listen to our community and will assist them in accomplishing the actions they would like to see in their city.

What do you believe Rochester's biggest challenge and how will you work with our City Council to implement change?

I stand for "Action" not change. "Change" is an abstract idea that the politicians try to sell us every election, but everything seems to stay pretty much the same. I will take action to improve our city's crumbling infrastructure, including the potholes, increase the amount of job placement for the companies who have positions open and the people who need them; reduce the guns that are trafficked into our city.

Please note: ALL City Council candidates were contacted to participate in this article. Unfortunately, not all responded. The staff of Upstate NY Gospel Magazine made multiple attempts to reach all candidates via phone, email, text and social media.




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In addition to the health benefits of nuts, researchers have found that eating a diet rich in nuts may also help improve people's moods!

COLLARD GREEN CURVES: THE NURSE BOWICK STORY FROM THE BOOK TO THE STAGE

By Tracie Isaac

We all have stories or memories of our grandmothers and mothers who were anointed with the coveted art of cooking a good pot of collard greens. There are many lessons and triumphs in some of those stories and here is one that has journeyed from the pages of a book to the theatre stage. "Collard Green Curves: A Fat Girl's Journey From Childhood To Obesity To Healthy Living" is making a premier presentation in Rochester, NY as part of the 2017 Rochester Fringe Festival. This poignant story of a local Rochester, NY nurse, Theresa Lou Bowick, whose trials and triumphs shed light on issues of self-esteem, domestic violence, life and death, will power and victory.

Upon meeting Theresa Lou Bowick you are greeted with a mega watt smile that exudes rays of sunshine and the feeling of conscious care. Locally known as Nurse Bowick, one will find that her infectious positive spirit is spread among a multitude of projects. On Tuesday mornings Nurse Bowick can be heard on radio station WDKX's "Health Beat" providing straight talk on health issues. Nurse Bowick is not "Mary Poppins" because she does not sugar coat the issues about health. There are so many critical issues topping the charts regarding health issues in the African American community, Nurse Bowick feels compelled to provide valuable information and resources to the public. Additionally, Nurse Bowick is the visionary behind "Conkey Cruisers" a family and community oriented bicycle program to promote healthy living. There are age categories for riders that start from Baby Cruisers age 2-5 to Golden Cruisers age 55 and above. There is even a cruiser 92-years old that participates weekly. This endeavour began with Nurse Bowick jogging in her community as part of her health regimen and a young man saw her and shouted "Hey lady are you running from the police?" Another young man standing near him replied "No man, as fast as she is moving she is the police." This scenario had an impact on Nurse Bowick because it highlighted that exercise is not seen as a normal activity in our community. The idea of bicycling became very intriguing to Nurse Bowick because this activity can be done by everyone and as a group. She even found a way to provide the bicycles FREE of charge to anyone who wants to participate. The news about Conkey Cruisers reached the desk of former First Lady Michelle Obama. Nurse Bowick is the proud recipient of a letter from Michelle Obama commending her on the initiative of Conkey Cruisers that is in line with her White House Initiative of Just Move and an opportunity to engage our community in healthy living.

Nurse Bowick authored a riveting journey of a misguided little girl overtaken by self-hate and misinformation. Her coming of age story entails the hardship of rejection, disappointment and misunderstandings that shape her emotional character of distrust and the longing to be accepted and loved. "Collard Green Curves" is a story that everyone can read and find inspiration from the aspect of identifying the status of your self-esteem, self acceptance, self love and self empowerment. The various relationships that Theresa Bowick experiences in her life journey offers the reader an opportunity to see if they are represented in any of her experiences. Additionally, one can evaluate how they would handle any of the situations that Theresa experienced.

The feedback on the book "Collard Green Curves..." received such overwhelming rave reviews that it was turned into a stage play. Seeing the words on the page come to life through the actors heightens the emotional journey of Nurse Bowick's journey. There are many heart wrenching and tear jerking scenarios that make you wonder "how did this woman survive the pain?" Theresa Bowick is a very special person with her own special relationship with God. It is nothing for her to bring happiness to someone that she barely knows or doesn't know at all. In turn she is blessed with unique moments that trump her pain.



A unique cast was selected to portray the characters scripted by the play writer and director Michael Atkins Yawn and Nurse Bowick. "Theresa Bowick is an incredible person and her book provided a strong and emotional storyline for the stage play.

We are very pleased find the talented cast members, who all have natural talent and the passion to bring the characters to life," stated Michael Atkins Yawn.

Having your first stage play selected to be presented at the Rochester Fringe Festival is no small deal. Artists from around the world are invited to perform and showcase

their talents at this international creative festival. Over a ten day period, twenty-five plus venues are scheduled to present 500 various performances. Many of the shows presented are unknown actors performing musicals, dramatic and comedy productions. However, there are some very popular productions that are selected from around the world ranging from animal acts, animation, cult films, magic and more.

Once you have been in the company of Nurse Bowick you walk away feeling that anything can be accomplished. With a degree in nursing and a giving spirit Nurse Bowick finds a way to leave an indelible impression and an empowering jolt of inspiration with anyone. I sat down with Nurse Bowick one week after having the privilege of seeing a premier excerpt of the stage play. I was excited like a child on Christmas morning anxious to unwrap the secrets of the author behind the book. I was pleasantly surprised to find Nurse Bowick so easy to talk to. She was like your favorite aunt that always invites you into her kitchen and prepares

something scrumptious just for you to eat accompanied by a great story to lift your spirits. On this rainy morning, Nurse Bowick and I connected over a cup of coffee for me and cocoa for her. It was amazing to hear about her community projects like the partnership between Conkey Cruisers and the Champion Academy, founded by Rochester native and former NFL Super Bowl Champion Roland Williams. I was treated to the story of how Nurse Bowick presented a handicapped young man in Antigua with a wheel chair that she personally delivered all the way from Rochester, NY. This story alone is a movie waiting to be made. No one has ever executed special delivery like Nurse Bowick. Working as a nurse for patients with what she terms "different abilities" Theresa Bowick is a champion voice for those who may not have the wherewithal to speak for themselves. "Today, in 2017 people with different abilities have many struggles in health care, society and making friends. Most of my job is taking care of the medical components of their lives a lot of my job is just loving on them and ensuring that they get fair treatment in a community that does not always value their lives. And I get paid to do that!" gleefully states Nurse Bowick.

News about the incredible Nurse Bowick reached the Steve Harvey Show and to her surprise a producer contacted her and coordinated bringing her to Chicago. Another unique episode in the life of Nurse Bowick of how she made her famous "collard green dress" for her television appearance on the Steve Harvey Show. Nurse Bowick is a walking marketing machine. She knows how to reach her audience and leave them with valuable jewels of advice and nurturing. I encourage you to read the book and support the play of "Collard Green Curves: A Fat Girl's Journey From Childhood To Obesity To Healthy Living."

For more information on the book, stage play and Conkey Cruisers email conkeycruisers@rochester.rr.com or visit conkeycruisers.org.

STOKOE FARMS: EXPERIENCE OLD & NEW TRADITIONS

By Tracie Isaac

Looking for a great way to usher in the fall season, create family fun or your own seasonal traditions? Stokoe Farms located in Scottsville, NY offers a great way to have family fun, spend quality time learning and exploring the marvels of farm life, or a perfect outing for schools, churches and youth groups.

The Stoke Farms is a family owned and operated farm in existence since 1812, originally purchased by Thomas Stokoe who migrated from Northumberland, England in 1801. Starting with 100 acres, Thomas Stokoe the ancestral patriarch began the family legacy by marrying Maria Romeyn, and building their first home, a log cabin on Bowerman Road. Four generations later Seldon and Ethel Stokoe, along with their sons Dick, Larry and Scott, expanded the farm to its present 3,500 acres in the towns of Wheatland, Caledonia, Avon and Rush. Currently, the Stokoe families of the 6th and 7th generations are now operating the farm. The grand and great-grand children of the 8th generation are just coming of age to help with the operations and the family looks forward to what these children will bring to the farms.

Traditions are a part of the Stoke Farms experience, which many of the visitors have created for their families, friends, schools and organizations. With over 35+ activities you can create your own tradition. Beginning with summer days in August, there are action activities like the Billy Goat Mountain Slide, Sports Challenge, Boom Boom Volleyball and the Farmers 500 Race Track. The most popular activities include the Bee Zip Line, two bounce pillows, pedal karts, giant slides and a straw fort. Young children will enjoy the Barnyard Barrel Train and Bunnyville Farm Animals.

From September 16th to October 30th many visitors mark their calendars to visit the Pumpkin Patch & Harvest Fest—for just \$10 you get all the pumpkins you can carry. There's nothing liking selecting your very own pumpkin, enjoying a wagon hay ride or Trick-or-Treating at the Stokoe Farms. November brings great excitement to Stoke Farms for customers seeking Christmas trees. Don't wait too long as Christmas tree selections begin around November 18th

For Early Bird Tree Lovers who come from miles away as part of their traditional tree purchase. There are customized events and activities that include a variety of entertainment and sometimes food like a BBQ, reservations may be required.

A full day or evening of fun and activities can be planned at Stokoe Farms. Consider this multi-faceted farm for birthday parties, theme parties, or even participate in a "Whodunit at Stokoe Farms" – a flat rate, fun and suspense Murder Mystery Dinner includes a chicken dinner, interactive show with PG-13 humor. Dining and food menu options offer something for everyone, from Cheeseburgers and Hot Dogs, Chicken Fingers, French Fries or Loaded Farmer Fries, Pizza, and don't forget the famous Carmel Apple Wedge or Apple Cider Donuts. An extra sweet treat for dessert or to take home is the new

Fudge in various flavors. With all of those scrumptious eats there is also fresh squeezed lemonade made from premium lemons and a special blend of sugar and

sweetener for a lower calorie refreshing beverage.

What's new at Stokoe Farms? In honor of the 100 Anniversary of the Women's Suffrage Movement in New York State, Stoke Farms created a 4 acre corn maze in the image of Susan B. Anthony. To create this amazing image, the maze is planted in a grid pattern. Once the corn is planted and has grown 2-4 inches a partner company from Utah, The Maize Group comes out to the corn patch with their GPS and marks the grid with marking paint into the design. The corn is then cut and allowed to grow into the image you will see. Guests will be able to follow a history timeline and learn more about Susan B. Anthony. Additional new attractions are two dromedary camels named Essa and Dune have joined the animal stock and the Stokoe Farms Express Train!

Discover the wonders of Stokoe Farms located at 656 South Road, Scottsville, NY 14546. Discounts for churches and youth groups are available. For all events and more information on Stokoe Farms call (585)889-0779 or visit the website at www.stokoeffarms.com.



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ROCHESTER'S MAYORAL CANDIDATES



Each Fall, we exercise the privilege of voting for those individuals we believe will best represent our political and legislative needs. We are blessed to live in a country that extends to its citizens the right to vote. There are 2 types of elections; the Primary and the General elections.

Primary Election – September 12, 2017

A “Primary Election” is one in which only enrolled members of a party may vote for the purpose of nominating party candidates and electing party officers. In any election district, if a race is uncontested, no primary is held.

The board of elections canvasses the returns of the primary elections as early as possible within nine days from the day upon which the primary election is held. The board tabulates the number of votes cast for all the candidates for nomination to each public office or for election to a party position, and the number of votes cast for each such candidate. The candidate receiving the highest number of votes shall be the nominee of his party in the general election for such office or will be elected to a party position.

General Election – November 7, 2017

A “General Election” is an election that is being held throughout the state or country on the same day. The most prominent example is the Presidential election held every four years. Examples of statewide general elections include the races for the New York State Governor and New York State Senators.

In order to bring our readers an unbiased presentation of our candidates, we made every effort to reach out to every candidate listed on the Monroe County Board of Elections Listing of Candidates for Public Office 2017 as of 08/14/2017 2:13PM. Our Managing Editor had a face to face conversation about the article with each mayoral candidate and provided a copy of the publication. We followed up with each candidate outlining the guidelines and questions for the written interview. The guidelines were simple: NO negativity, stick to your platform not that of other candidates, a length limit and a deadline. Only a few candidates stayed within the length benchmark; therefore, the lengthy responses were edited/truncated to comply.

As you read their reactions please keep in mind these are the words of each candidate. The responses are in their voice so you may get to know and understand your future political leader and contain minimal editing.

Additional information about the candidates is located on their individual website or facebook page(s).

Please remember to vote on both September 12 and November 7.



Lovely Warren, Democrat, Incumbent

Briefly tell us about yourself and your family?

My grandparents moved to Rochester in the 1960s from the Jim Crow south. They packed their things and headed north to build a better future for their children. My grandparents believed in the power of education, and encouraged their children to study hard. My Aunt Lovely, who I'm

named after, was the first in the family to graduate college.

Today I have a beautiful young daughter, Taylor, who is starting second grade, and a supportive husband, Tim. Like my grandparents, I am committed to building a brighter future for my daughter.

What is your connection to Rochester? Where does your commitment/passion for the people of Rochester come from?

I was born and raised in Rochester. I grew up in the 19th Ward, and my grandparents lived on Jefferson Avenue until the day they died. My parents worked for Kodak and Xerox. My commitment to the people of Rochester comes first and foremost from watching my daughter grow up, and the many children her age in our schools and R-Centers. What I want for my daughter I want for all children in our city -- an opportunity to realize the American Dream.

What is your background in public/community service? What qualifications do you possess to be our next mayor?

I have spent my entire adult life in public service. I worked for Assemblyman David Gantt for 14 years as his Chief of Staff and counsel. I was elected to City Council in 2007, and became Council President in 2010. As an attorney, I have a passion for justice, and creating equal opportunities for all in our city, regardless of their race, gender, sexual orientation, zip code or background.

Based on the current climate of racial and hate based incidents in the country, what specifically will be your focus to try to curb Rochester from following the trend?

Rochester is the home of Frederick Douglass and Susan B. Anthony. The fight against injustice and for equality is nothing new for us, and hateful acts will not be tolerated. In February, I reaffirmed our city's status as a Sanctuary City, meaning that no one would be denied city services -- including police and fire -- because of their immigration status.

What measures will your administration take in its first year to reduce violent crimes in the city?

In my first term as Mayor, I reorganized the Police Department and took a number of measures to bring back true community policing. We took drastic measures to take illegal guns off the street. As a result, crime is at a 30-year low and shootings are down 22 percent. The next step is to add precinct offices in each of the five sections, and continue to implement our Blueprint for Community Engagement.

What will your administration do to revitalize downtown and transform it into a place of family recreation and community events as other major cities are doing?

I will continue to work with our community partners to create a vibrant Downtown that is “alive after five”. We are transforming the former Inner Loop East site into a “Neighborhood of Play”, which will include an expanded Strong Museum of Play, green space and playful elements within the new neighborhood landscape.

How do you plan to grow jobs in Rochester and address record poverty in many parts of Rochester?

As we add jobs, we must make sure our citizens can access these jobs. My administration has identified a number of barriers that keep our citizens from employment. These barriers include transportation, past struggles,

access to capital for entrepreneurs, and building the skills needed to attain a middle skills job. We work alongside RMAPI to help bring our citizens out of poverty and into self-sufficiency.

What can be done in partnership with RCSD to improve literacy & graduation rates?

My 3 to 3 initiative, which aims to have children reading at grade level by the end of third grade, includes a number of partnerships with RCSD to help families enroll their children in early Pre-K, close the programming gaps, and address disparities between public and private providers. We have a number of programs that place positive role models in our schools, to show our young people that their future is limitless.



Rachel Barnhart, Democrat

Briefly tell us about yourself and your family?

I live in the Beechwood neighborhood with my 137-pound Neapolitan Mastiff, Pixie. I am the Chief Development Officer for a local nonprofit that serves individuals in poverty.

I grew up in the Maplewood neighborhood and attended Rochester City School District schools, graduating from John Marshall High School in 1994. My parents are retired RCSD educators who believe in a strong public education system. I earned my Bachelor's degree from Cornell University.

What is your connection to Rochester? Where does your commitment/passion for the people of Rochester come from?

I am a lifelong city resident and lifelong Democrat. Attending city schools opened my eyes to inequality and divisions in our community.

My passion for social justice led to a career in journalism. I used the power of the pen to expose injustice, hold elected officials accountable and give a voice to the voiceless. I never stopped asking tough questions over my 18-year career.

What is your background in public/community service? What qualifications do you possess to be our next mayor?

Journalists are on the front lines of democracy. This is a public service. I focused on city issues, studying every annual budget document, every Request for Proposals, every environmental impact statement on big projects and every piece of council legislation. I dived into the finances and feasibility of projects including Renaissance Square, the fast ferry, Midtown Plaza and the Inner Loop.

Outside of my career, I have been a passionate advocate for transit and walkability, serving on the board of Reconnect Rochester. I've also volunteered numerous hours hosting charity events.

Based on the current climate of racial and hate based incidents in the country, what specifically will be your focus to try to curb Rochester from following the trend?

It's important to speak out against hate, but we also have to address structural racism in our community. We must bridge the digital divide, improve transit, locate jobs in the city on transit lines, desegregate schools, expand childcare access and establish a police accountability board.

What measures will your administration take in its first year to reduce violent crimes in the city?

We must fully-staff the police department. We should open offices in all patrol sections, but these offices must be open to the public. They must be places where people can go to report crimes and get information on neighborhood crimes.

What will your administration do to revitalize downtown and transform it into a place of family

recreation and community events as other major cities are doing?

We are at risk of downtown becoming a playground for the rich. We must take care to provide a mix of housing and retail options. The public must be included in any development proposals of public lands, such as Parcel 5.

How do you plan to grow jobs in Rochester and address record poverty in many parts of Rochester?

I have several proposals. First, we will install a citywide fiber internet network. This network would be free to all households, and low-cost to businesses. This will provide education opportunity and create jobs. Second, we will reform our property tax structure to lower the commercial tax rate and aid small businesses. Third, we will ensure the Rochester Monroe Anti-Poverty Initiative is focused on big-picture policies, such as childcare, transit, housing and job training.

What can be done in partnership with RCSD to improve literacy & graduation rates?

- Rochester has some of the most segregated schools in the country. This has major impacts on our children. Studies have shown schools with a high concentration of impoverished children have lower achievement. In Rochester, more than half of children live in poverty. All of our city schools have a high concentration of students from low-income households.
- Advocating for a countywide school district is the moral position to take on this issue, but there is no legal mechanism or political will to accomplish this goal.
- Therefore, we have to desegregate our schools from within. The city is racially and economically diverse, but our schools are not. The problem is people with means are moving when their children reach school age or choosing private schools. We also recognize the role poverty plays in achievement. We must help current families, providing childcare, jobs and job training and fiber internet.



Tony Micciche, Republican

Briefly tell us about yourself and your family?

I was born to a poor family which split up when I was 7 years old. I went through 3 foster homes, was on my own at 14. I worked 40 hours a week and paying rent while going to Charlotte High School, graduating in 1976.

What is your connection to Rochester? Where does your commitment/passion for the people of Rochester come from?

I have been a County Legislator for 6 years, currently Chairman of Public-Safety, board member on Transportation, 911, Traffic-Safety, and Law Enforcement Council. My passion comes from living in poverty when I



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FOR CITY COUNCIL

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was young, and witnessing Rochester going through a slow death with our people shot, stabbed or found dead almost every day!

What is your background in public/community service? What qualifications do you possess to be our next mayor?

As I stated above, I have been a legislator for 6 years, been on numerous committees in various positions. I worked at General Motors for 25 years, starting on the assembly line to supervision. I have been a businessman for 27 years. Overcame adversity as a child when I had no parental guidance. That's why I am a pragmatic problem solver. I am self-taught in History, Economics, and Business. Leadership starts with accomplishment. Competency, experience, knowledge, and achievement is required. A good moral compass as well. Results Matter!

Based on the current climate of racial and hate based incidents in the country, what specifically will be your focus to try to curb Rochester from following the trend?

A mayor must lead by bringing his people together in unity. We must all start to pull the cart together! I have proposed a Policy of Excellence! Everyone deserves a fair opportunity to compete. Race, sex, preference and nepotism will not factor in to any decisions. The Equal Protection Clause of the 14th Amendment applies to all citizens. The people should always get the most productive civil servants. Thomas Jefferson said it best "equal rights for all, special privileges for none". You do not fight racism with more racism. This policy eliminates disagreements because it is totally fair. It improves efficiency and productivity and saves taxpayers money.

What measures will your administration take in its first year to reduce violent crimes in the city?

In 2009, I proposed putting police precincts back in the neighborhoods. This helps creates a "hub" along with neighborhood schools to create communities and a sense of belonging again. A precinct in East, West, Charlotte and Franklin High Schools saves 5 million in rent a year because we already own the buildings. It decreases response time, increases visibility, deters drugs activity, tamps down violence, builds relationships between officers and the children along with the neighborhoods.

Then, I would deploy "Operation Trigger Lock"= putting a federal prosecutor in the D.A.s office for all gun related crimes. Max penalty- no plea bargain! Then have a "surge" of law enforcement to crush the 30 known gangs that for 20 years.

What will your administration do to revitalize downtown and transform it into a place of family recreation and community events as other major cities are doing?

In this city, you need a permit to get a permit! I will streamline the permit and zoning process. I will have Regulatory Reform that holds back job creation and chases businesses away! It is time to unshackle people from expensive, wasteful, and unneeded regulations. I have heard many time from the people "it just is not worth it".

I will have "Rochester Enterprise Zones" = Someone who takes an empty building, brings it up to code, starts a business and hires people, and is in business after one year, I will refund any permit and zoning cost and delay any property tax for the first two years.

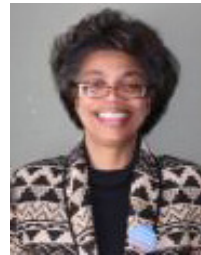
How do you plan to grow jobs in Rochester and address record poverty in many parts of Rochester?

See above.

What can be done in partnership with RCSD to improve literacy & graduation rates?

Stop busing and go back to neighborhood schools like I first proposed in 2009, 8 years ago! Then, escrow all 119 million of the mandated "Maintenance of Effort" till RCSD raises the graduation rate to 65%. We would still be losing a third of our children but that's better than more than half!! This forces the RCSD to restructure and start performing!

We need to stop social promotion, some graduates can't read their own diploma! They lack knowledge, job skills, aren't prepared for life.



Lori Thomas, Independent

Briefly tell us about yourself and your family?

I was born in Batavia; however, my mother moved to Rochester with my two sisters and me when I was approximately four years old. My mother, a single parent, worked several to keep her children in parochial school, making sure we had the best of education. Poor housing caused us to move to various areas of the city. I currently reside at Hayward Avenue where I have lived for nearly forty years. My mother instilled in us a strong work ethic and pride in a job well done. She always told us, respect everyone.

What is your connection to Rochester? Where does your commitment/passion for the people of Rochester come from?

When I became a teenager I began to fall in love with Rochester. Rochester was an exciting place to live. There were music venues everywhere. For me, Rochester was a real community, there was a Spiritual connectedness amongst the people.

What is your background in public/community service?

I am a retired teacher of seventeen years from the Rochester City School District and I collected refuse for the city eighteen years prior to that. As a teacher I was a very active advocate for children's educational rights, bringing to light many indiscretions that existed within the district. I have worked with many advocate groups in the city such as Metro Justice, CAFEE, and Enough is Enough.

What qualifications do you possess to be our next mayor?

I am very familiar with city government and the aspects of politics that maintain municipal government. I have worked with unions, political leaders, and community leaders to help solve the problems that we face in Rochester.

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Based on the current climate of racial and hate based incidents in the country, what specifically will be your focus to try to curb Rochester from following the trend?

By opening the mayor’s office to the public to create and increase honest, respectful communication and by supporting the Police Accountability Board concept, we can begin an era of respect between and among the city and its residents.

What measures will your administration take in its first year to reduce violent crimes in the city?

My first major act will be to reduce the mayor’s salary from \$143,000 per year to \$75,000 per year and invest the savings in employing our youth and providing positive avenues of recreation and social activities in which our young adults can engage. Increasing and supporting programs such as PACTAC and Teens on Patrol, would create attitudes of respect between citizens and officers that would drastically reduce violent crime in our city.

What will your administration do to revitalize downtown and transform it into a place of family recreation and community events as other major cities are doing?

Parcel 5 is an excellent opportunity to create a performing arts center that would involve the whole community by connecting the gifts and talents of our youth to the professional and semi-professional artists that live in and visit Rochester.

How do you plan to grow jobs in Rochester and address record poverty in many parts of Rochester?

Working with Habitat for Humanity I intend to grow jobs by creating opportunities for owner-occupied housing to create community co-ops. Utilizing today’s technology opportunities, community gardens and bee farming opportunities parents can stay home and raise their children, instilling in them a stronger work ethic while strengthening the family unit.

What can be done in partnership with RCSD to improve literacy & graduation rates?

Increasing the tax base in Rochester will eventually remove the control of our district from the State and place it in the hands of our community where we would control the budget, policies and programs of the district to provide our children with the excellent education they deserve.



Alex White, Green

Briefly tell us about yourself and your family?

I moved back to Rochester in 1991 after college. In 1996 I opened a business on Monroe Ave which sells games to kids of all ages. In 2008 I bought a house on South Clinton Ave to take care of my father after a stroke, and still live here. I am in a long term relations with the women of my dreams

and we have no children.

What is your connection to Rochester? Where does your commitment/passion for the people of Rochester come from?

I grew up in Webster and spent many weekends with my grandmother on Hudson Ave, but my passion for the city comes from by business. I have been a longtime advocate of small business and feel that is the best solution to our problems but I have watched the city actively work against hard working people. I also have worked with thousands of kids who have come through my store in the last 2 decades and feel most of these will never enjoy the opportunities I did.

What is your background in public/community service? What qualifications do you possess to be our next mayor?

I have be involved in community organizations for years. I have worked on environmental issues, energy issues, and public safety issues for years. I have been involved in numerous neighborhood and business organizations and have worked with many small business owners to navigate the city bureaucracy. I am a member of Good Business Association of Rochester, United Christian Leadership Ministry, Rochester Acts, and many neighborhood organizations. I feel my experience as a community activist and business owner allow me to concentrate upon solutions in a practical way which is sustainable.

Based on the current climate of racial and hate based incidents in the country, what specifically will be your focus to try to curb Rochester from following the trend?

Once America was the land of opportunity but now that opportunity seems out of reach of too many of our residents. Structural racism still rears its head in the way our police treat our residents. We need to make sure our police are serving our residents and as such we need racial sensitivity training and a strong independent Police Accountability board with investigation and punitive powers.

What measures will your administration take in its first year to reduce violent crimes in the city?

I have a proposal for restructuring the police department to include smaller police service areas and more walking patrols. I also will implement a police accountability board to help heal the communities’ distrust of the police. The real solution though is jobs. I will increase the cities summer of opportunity program so ever student who passes their grade in the city schools will be offered a part time summer job and if they keep these jobs these students will receive a week stipend for attending school every day and staying out of trouble. This will remove the labor force from the drug trade which is presently the largest employer of students in our city and help keep young people out of gangs.

What will your administration do to revitalize downtown and transform it into a place of family recreation and community events as other major cities are doing?

I support an event coordinator for the downtown public spaces and the creation of public spaces downtown at Parcel 5. I want the city to work with entertainment venues downtown to create a much more vibrant and active downtown with events more frequently, like movies, shows, music, sales and festivals in public spaces.

How do you plan to grow jobs in Rochester and address record poverty in many parts of Rochester?

Every study on job growth shows that startup businesses are the only way to really increase employment. As such I will make money available for micro loans, have a new business contest, and make public building space available for new businesses.

What can be done in partnership with RCSD to improve literacy & graduation rates?

The city gives the schools the same amount of money they did in 2004 and has cut library hours, recreation funds, and crossing guards, to name just a few things. If schools are important we need to fund them and as mayor I intend to do so.

Please Note: ALL Mayoral candidates were contacted to participate in this article. Unfortunately, not all responded. The staff of Upstate NY Gospel Magazine made multiple attempts to reach all candidates via phone, email, text and social media.



AGE IS NOT A BARRIER

By: Olawale Ogunsola

“Then the King answered the people roughly, and rejected the advice which the elders had given him, and he spoke to them according to the advice of the young men.” 2Kings 12:13-14.

In the early 1990s, I was the youngest in a body of some men who met together to support each other anytime someone among us had anything to celebrate. We used to hold meetings regularly. I was even made the secretary of the group.

One day a younger brother of mine came to visit me, on a day that I played host to other members. After the meeting and their departure, my brother asked,

“My reply, what are you doing among these old men?”

My replied was, “To acquire the wisdom I require from their various experiences.”

He had nothing to say again.

Age should not be a barrier in any relationship. Every age has its value. One value affects the others. One age group needs other age groups in one way or the other. No age group should live in isolation.

The undoing of King Rehoboam, the immediate successor of his father, King Solomon, was his heeding the counsel of the young men who had grown up with him. His peers were not wiser than he was. The elder knew and understood better than the young men. Those elders whose wise counsel was rejected were those people who reigned with the wisest King Solomon.

In most cases, age implies wisdom and maturity. Both are needed for optimal results.

Because King Rehoboam walked in the counsel of his peers, he lost ten of the twelve tribes of the nation of Israel.

Let me now go into age and marriage? Do you know that age is not a factor to over-stress in marriage? Any age group can be married to another age group of the opposite sex as planned by the Lord.

For example, what was the age of Abraham when he married Hagar as a wife according to the counsel of his wife, Sarah? He was old enough to be her father. Yet, she was able to bring forth a son “as many as the sand of the sea shore”.



Maturity sustained Abraham when he was commanded to send Hagar and her son away from his family. Such a mandatory separation or divorce had claimed many lives, but not Abraham.

Another interesting example is the re-marriage between Boaz and Ruth, the Moabites. In his discussion with the young woman (Ruth 2:5), Ruth, Boaz addressed her thus, “You will listen, my daughter, will you not? Do not go to glean in another field, nor go from here, but stay close by to my young women.” Ruth 2:8.

Marriage between them was divinely arranged. If not, why did Ruth chose desperately not to run after young men, rich or poor, because she was also a young woman? She settled for an old man capable of being her father.

Boaz used his maturity to recognize the fact that everyone noticed Ruth as a virtuous young woman. He used the same virtue to cover her from any possible “invasion” from young men, Ruth 2:21-23.

The result was the birth of a glorious child named Obed.

A young minister of God in his days was instructed by the Lord to be married to a widow. The elders of his denomination objected on hearing this. They insisted that he was a young man and must be married to a young woman. The words of the elders prevailed.

The young woman intimidated and harassed the minister until the man purposed to return home to rest in the bosom of the Lord. Do you know that the recommended widow may have the knowledge, experience, understanding and wisdom to handle every challenges that may confront the man of God, ministry and home. The young woman he married became a source of trouble.

In most cultures, it is seen as a taboo for a wife to be older than the husband. Nothing is wrong with such arrangement. The only problem that may ensure from the woman is her ability to “submit”; if she can do this, all shall be well with her, husband and family.

Henceforth, do not allow age to impair the plan of God for your life.

UNDERSTANDING FINANCES: 3 COMMON TYPES OF TRUSTS



By: Dale Harris

Trusts are a valuable estate planning tool. They can help you ensure that your children retain the bulk of your assets after your death. They are also particularly helpful when it comes to avoiding estate taxes.

If you're not sure what type of trust is right for your family, don't fret. Keep reading for the 3 most common types of trusts.

The Basics

Depending on how new you are to the world of estate planning, you may need a quick primer on more than the most common types of trusts. In simple terms, a trust is a legal agreement that lays out the rules for a particular asset.

That asset could be a piece of real estate or anything else of high value that you want to protect for your children's benefit.

A trust generally involves three roles: the trustmaker, the trustee, and the beneficiary. Depending on your situation, one person could fill each one of these functions.

The Trustmaker

This dramatic-sounding position is simply the person who creates the trust agreement. They may also go by the title of settlor, grantor, or trustor.

The Trustee

A trustee is in charge of following the stipulations in the trust. A trustmaker grants the trustee management rights over the asset.

The Beneficiary

The beneficiary is anyone who stands to receive the benefits of the asset in the trust. That most likely describes your family.

Top 3 Types of Trusts

1. The Living Trust

A living trust goes into effect during the trustmaker's lifetime. These trusts will protect your assets from probate court after your death. Living trusts come in two forms: revocable or irrevocable.

Revocable living trusts allow the trustmaker to keep control of the asset and change the terms of the trust at any time. These trusts still protect the asset if the trustmaker dies or becomes otherwise incapacitated.

Irrevocable living trusts cannot be changed or removed after they're created. Many trustmakers use these to move assets from their estate to their beneficiary's. As an added bonus, this reduces the trustmaker's estate tax obligation.

You may be wondering, "how much does a living trust cost?" The answer will vary depending on your state, but it is usually more expensive than creating a will. When you consider how valuable skipping the probate process is, that cost may be well worth it.

2. The Testamentary Trust

As opposed to a living trust, testamentary trusts do not take effect until the trustmaker has died. These are usually set up per the guidelines in the deceased's will.

These trusts are particularly useful for guaranteeing the inheritance of children from another marriage or a surviving spouse. Many trustmakers also use them to keep beneficiaries from accessing their inheritance until they come of age, usually at age 18.

3. The Irrevocable Life Insurance Trust (ILIT)

This type of trust lets the trustmaker avoid hefty taxes by excluding their life insurance policy from their estate. A trustmaker can put the proceeds from their life insurance policy into an ILIT and avoid surpassing the national limit on estate tax exemption.

In 2017, that exemption hit \$5.49 million. That means that any inheritance over that amount will face heavy taxes. If you want to protect a particularly large estate and have a substantial life insurance policy, an ILIT may be the way to go.

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ROC CITY OF SICKLERS

We Make a Difference in the Lives of People Living with Sickle Cell Disease. You Are Not Alone!

Sickle cell disease is a chronic inherited disorder causing abnormalities in red blood cells. Children and adults with sickle cell disease can experience a variety of problems including frequent severe pain, stroke, heart and lung disease, kidney problems, and joint problems. Complications of sickle cell disease can cause early death.

ROC City Sicklers are an organization of individuals impacted by Sickle Cell Disease - Parents of people living with Sickle Cell, Social Workers, Doctors and Advocates seeking to make a difference in our local communities!

- We offer a close-knit, family oriented environment through monthly support groups and various activities to our loved ones affected by Sickle Cell Disease.
- We provide a safe haven for those who may feel alone.
- We foster and support those who have been newly diagnosed and don't know where to turn.

Meetings are scheduled the 3rd Tuesday each month from 6:00-7:00 pm at UR Medicine 601 Elmwood Ave. ACF Conf Rm Rochester, New York

Mission Statement:

Roc City Sicklers aims to educate the greater Rochester Area about sickle cell disease

by empowering in the community with resource and information to help improve the quality of life of those suffering with this disease. Our empowerment will be built on community engagement, education, advocacy, and fellowship.

Goals

To increase awareness

Through small group gatherings and large community events, we will

increase awareness of this disease, its impact on individuals, and ways to improve quality of life.

To educate

Monthly evening support meetings will bring together people with different experiences to share ideas, knowledge, and wisdom. Invited experts will educate sickle cell patients and families on a wide range of topics, including but not limited to medical care, social services, and educational access. Group members will also go out into the community to educate others about sickle cell disease – schools, churches, employers.

To advocate

We will use our newfound voice to advocate for better resources and support for people with sickle cell disease in the greater Rochester regional medical system, the school system, and at the local and regional government level.

To support

We will be a safe haven for sickle cell patients and their families, who may feel isolated even within their community, the hospital, at work, or in school. Sickle cell complications may be a financial burden on the family, and we will try to maintain funds to alleviate these needs for our families.

If you would like more information about ROC City Sicklers, contact Gladys McGee at 585.275.0798. If you or your organization would like to donate/sponsor we can be reached at:

CURE Childhood Cancer Association
 c/o Roc City Sicklers Advocate Group
 200 Westfall Road, Rochester, NY 14620
 585.473.0180

What is Sickle Cell Disease?

Sickle Cell Disease (SCD) is a group of inherited red blood cell disorders. •Healthy red blood cells are round and they move through small blood vessels carrying oxygen to all parts of the body. •In SCD, the red blood cells become hard and sticky and look like a C-shaped farm tool called a "sickle". •Sickle cells die early, which causes a constant shortage of red blood cells. •Sickle cells can get stuck in small blood vessels and block the flow of blood and oxygen to organs in the body. These blockages cause repeated episodes of severe pain, organ damage, serious infections, or even stroke (cdc.gov). Who is Affected by Sickle Cell Disease •It is estimated that SCD affects 90,000 to 100,000 people in the United States, mainly Blacks or African Americans. •The disease occurs among about 1 of every 500 Black or African American births and among about 1 out of every 36,000 Hispanic American births. •SCD affects millions of people throughout the world and is particularly common among those whose ancestors come from sub-Saharan Africa; regions in the Western Hemisphere (South America, the Caribbean, and Central America); Saudi Arabia; and Mediterranean countries such as Turkey, Greece and Italy (cdc.gov).



LOCAL

INCLUDES CHOIRS, GROUPS / SINGLE ARTISTS

- | | |
|----------------------------|--------------------|
| 1. DANELLE DAYMON | STOP BY |
| 2. DIVINE NATURE | CHANGE THE WORLD |
| 3. SPIRITUAL JUBILATORS | TRYING |
| 4. THE ANNOINTED LOGINS | ALL WELL |
| 5. RICKY HARVEY JR | THE BEST I CAN BE |
| 6. LARRY WALKER | THE POWER OF GOD |
| 7. SHAWANDA OWENS- ULYSEES | TURN BACK TO GOD |
| 8. LAQUISHA BRIDGES | LORD YOU ARE GREAT |
| 9. BRIGHT CLOUDS | THERE FOR ME |
| 10. REBEKAH REID | FULLY COMMITED |

TOP 10 GOSPEL : JULY- AUG 2017



Sunday : 6am - noon
 1st Sundays: 6am - 1pm
 (Old School Sundays)
 By Paul C. Boutte



NATIONAL

INCLUDES CHOIRS, GROUPS / SINGLE ARTISTS

- | | |
|-------------------------|-----------------------|
| 1. VASHAWN MITCHELL | JOY |
| 2. ANTHONY BROWN | BLESS THE LORD |
| 3. DONNIE MCLURKIN | I NEED YOU |
| 4. GEI/FEAT.KEKE SHEARD | HANG ON |
| 5. BYRON CAGE | LIKE NO OTHER |
| 6. JJ HAIRSTON | YOU DESERVE IT |
| 7. FRED HAMMOND | FATHER, JESUS, SPIRIT |
| 8. MIGHTY CLOUDS OF JOY | REBIRTH |
| 9. KENNY LEWIS | HE'LL MAKE IT ALRIGHT |
| 10. JERMAINE DOLLY | COME & KNOCK ON |

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