



MIDTOWN

Spirit

Spring 2019

- Paul Nealon Interview
- On the Road With Billy F Gibbons
- Fashion Week of Rochester
- Renovation Plans

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club hours

january – april 2019

[unless otherwise indicated]

fitness and racquet sports

monday – thursday	5:00 am	–	11:00 pm
friday	5:00 am	–	10:00 pm
saturday	6:00 am	–	9:00 pm
sunday	7:00 am	–	9:00 pm

Members may use the locker room facilities up to, but no more than 30 minutes after closing time.

outdoor tennis courts [closed for season]

pool and deck hours [opening april 1]

the spa at midtown

monday – thursday	10:00 am	–	8:00 pm
friday – sunday	9:00 am	–	5:00 pm

marché café

monday – thursday	7:00 am	–	10:00 pm*
friday	7:00 am	–	7:00 pm*
saturday	8:00 am	–	6:00 pm*
sunday	9:00 am	–	5:00 pm*

*Grill closes 1 hour earlier.

gould street outdoor café [closed for season]

kidtown

monday – thursday	8:30 am	–	8:30 pm
friday	8:30 am	–	7:00 pm
saturday	8:00 am	–	6:00 pm
sunday	8:00 am	–	4:00 pm

out-fit

monday – thursday	6:00 am	–	8:00 pm
friday	9:00 am	–	6:00 pm
saturday	8:00 am	–	4:00 pm
sunday	9:00 am	–	2:00 pm

service coordinator's office*

monday – thursday	7:00 am	–	8:00 pm
friday	8:30 am	–	5:00 pm
saturday & sunday	8:30 am	–	2:00 pm

*A Service Coordinator is available to assist you with spa appointments, scheduling, and enrollments for Club programs and special events.

holiday hours

easter	7:00 am	–	4:00 pm
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M I D T O W N

Spirit

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*Dates and prices
are subject to change
without notice.*

notes from glenn



The folder on my computer, which I will be referencing daily for the next two years, is labeled “Phase V.” This will be my fifth (and last) club expansion over the span of what will be 25 years at the club. I’ve learned a lot about members’ interests, wants and desires during those years and I love engaging in conversation with you about “your club.” As discussed at our first two Town Hall meetings in late November, there is no question that shouldn’t be asked and answered. If a front-line Midtown associate or manager cannot answer your question, then come to me.

Now, here’s the really great news for you and for me: while I focus on club operations, managing and communicating with members and keeping everybody updated on the renovation and expansion, Bob McKernan is coming out of retirement to manage the construction as Project Manager. Bob served as our construction project manager during the last major renovation completed in 2009, four weeks ahead of schedule and on budget. Nice, right?



So, why are we doing this major renovation and expansion? For each of the 24 years I’ve been the Club’s General Manager, I have been astounded by the creative vision and the willingness to invest capital that the Schwartz family has provided. Nobody else in this industry has this kind of foresight and confidence in keeping their clubs, amenities and programming fresh and on the cutting edge. Nearly every time I’ve second guessed “corporate wisdom” on capital expenditures, I’ve been proven wrong.



Most of us agree that our Club seems tired, particularly the locker rooms. There is general consensus that for Midtown to be full service in amenities, we need an indoor pool. Yes, I know many of you enjoy swimming outside while it’s snowing, but a more common-sense approach to aquatics at Midtown throughout Rochester winters is to have an indoor lap pool.

As a business, we feel the rest of the Club needs to be refreshed. So, as of this writing, this is what I can share with you on the “why” and “what” for Phase V.



Photos displayed here are of Midtown's Chicago Club, serving as inspiration for our Rochester renovation planning.

- **Philosophy.** Our goal is to create a collection of boutique experiences within Midtown—included in the price of membership—that will attract all populations. Yoga, Barre, Boxing, Cycling and most small group training programs will become “all inclusive.” Our intention is to stay ahead of the curve by building world-class “boutique clubs” all under one roof for the cost of your membership dues.
- **Place.** We learned a lot from the Chicago Midtown Athletic Club renovation and expansion and we are planning to replicate most of their club amenities (minus the hotel, recognizing and adapting the best facility and programming practices to Rochester's scale. We intend to build a dedicated boxing studio with a regulation boxing ring, an indoor pool, a significantly larger, tiered cycle studio, and an enlarged group exercise studio. The current group exercise studio will be completely transformed and designed into a new larger yoga studio. The spa will be relocated upstairs and will inhabit what is currently the yoga studio. This plan enables us to physically blend the components of Midtown's Mind-Body, relaxation and The Spa into the entire second level of the Club. With all the attention being given to the fitness experience in the Club, know we are also fully committed to retaining generous social spaces for you to connect, relax, decompress and catch up with fellow members.
- **Programs.** We will be offering a wider variety of classes and programming, with significantly more classes added to our schedule. The fastest growing group of people exercising is Baby Boomers. They recognize that exercise and activity are directly related to longevity. The fastest growing group of new Midtown members are Millennials, who value the specialized focus that boutique clubs offer. We are going to take care of all populations—current members and future members—offering options that will appeal to all age groups including Boomers, Millennials and everybody in between.



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communication during renovation

- **Regular email updates.** This will be our primary form of communication. If you have cut off your email access, we encourage you to contact the business office and set that back up for communication on renovations.
- **Expansion wall.** Renderings and photos will be displayed at the front desk.
- **Virtual Reality headsets.** "Tour" renderings of the renovated club.
- **Spirit magazine**
- **Posters throughout the Club**
- **Staff.** Associates and managers will be well informed to either answer your questions or to direct you to someone who can.



- **People.** We are committed to hiring the best talent in every area of the Club.

We hire across the board for smiles and an uncompromising desire to serve. Over the next year, we are planning to evaluate all key areas of the Club to ensure we are delivering a consistent experience through our people. Where there are opportunities to coach-up and provide continuing education for personnel within the Club, we will do so.



- **Pricing.** There's not a great deal of information to share with you until we have determined the cost of construction. However, there will be not be a "one-time assessment," a common practice for country clubs and city clubs when they invest major capital. Dues increases related to the renovation will not take place until construction has been completed. As in past expansions and renovations, we anticipate spreading construction-related dues increases over a four-year period.

My apologies for not having more specific information on this significant renovation for you at this point in time. . . I know you are hungry for it. This is a monumental project, and it deserves baby steps regarding thinking and planning to ensure we do everything right. We are in the last stages of finalizing our plans before sending them out to bid, and need to complete this process to determine the cost of the expansion/renovation. I'll share the next wave of information on dues pricing, construction staging and timelines with you in the near future.

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**trick or treat
at midtown
october 28, 2018**



paul nealon: climbing back up



On May 20, 2017, Midtown member Paul Nealon found himself staring up from the ground, unable to move his arms or legs. Midtown General Manager Glenn William talked to Paul about how it felt to be fully conscious of his paralyzation, and his miraculous journey from a hospital bed to the Midtown fitness floor.

Glenn William: What happened the day of the accident?

Paul Nealon: I had just worked out at Midtown. I got home around 11:30 on Saturday morning, a beautiful sunny 75 degree day. I decided I was going to cut the limb off one of the trees that blocked sunlight to the pool. I set up a 20-foot ladder on the side of the tree (only to climb up about 14 feet). I was dumb enough not to have anyone hold the ladder at the bottom. I thought, "Yeah I can reach that." Once up there, I reached out with my new hand saw and gave the branch three hard strokes and on the fourth the limb broke away and so did the ladder. It twisted and hit the stockade fence below. I was catapulted straight down head first. I tossed the saw to my right as my body twisted and had no way to break my fall. My full weight crashed down on the top of my head and snapped my neck. I knew within seconds I was completely paralyzed.

GW: Before this happened, did you think of yourself as a cautious guy?

PN: Yes, most of the time, I did.

GW: Would you say this is the type of thing all guys do on a ladder at some point in their lives?

PN: Sure, we don't ask for help. We think we're safe and don't want to bother anyone. My wife Claudia was heading out for an appointment so I decided to handle the job by myself.

GW: Do you look at ladders differently now than the way you did before the fall?

PN: Absolutely! Now I only climb two steps at Midtown and *only* to do calf raises to strengthen my legs and ankles.

GW: What did you do when you realized you were paralyzed?



PN: I'm upside down, on top of my head, my legs are over my shoulders and I'm looking through

my groin. Worse yet, I fell behind the fence and tree into my neighbor's backyard. No one was going to find me, I thought. I tried to yell, "Help!" but my chest was so rolled up I couldn't get any air, which meant I was yelling with no volume. I wasn't going to scare up anyone. Suddenly, a lady from across the street who heard the commotion came through some bushes and said, "Hi, I'm Sylvia, your neighbor across the street, can I help you?" She came all the way through my neighbor's yard to get to me. I said, "Yes, can you call 911? I broke my neck and I'm completely paralyzed." I found out later that Sylvia Park and her husband Jonathan Hager are both Midtown members.

GW: How did she respond?

PN: She called 911 and proceeded to tell me she's a doctor at Strong Hospital and then called the emergency room to let them know I would be arriving shortly. She explained my condition and that I was a 67-year-old male, and told them to make an MRI machine available immediately. As she hung up, I could hear the ambulance siren off in the distance. It arrived about three minutes later. About 15 men showed up pushing a stretcher. They carefully put a neck brace on me, unrolled my body and lifted me onto the stretcher. I remember being on my back, looking up and seeing that the trees were just blossoming. They carefully maneuvered me out to the road and put me in the ambulance. I heard the wheels start to move and I blacked out until we got to the hospital. It was a short three-minute ride. Claudia and I decided that I *must* call our three kids. It was tough. I did not know if they would ever hear my voice or see me alive again. Tears welled up in my eyes as I spoke.

GW: What was your initial prognosis?

PN: Doctor Molinari told me he had done what he could do and that I might need additional surgery in two to three weeks. I thought, "Oh no, not another operation." A few days later he came in and said everything was clear and he would not need to go back in. He did emphasize that I really messed myself up and asked if I wanted to see



“I was an adult baby, totally dependent on others for everything and I was completely conscious of what this would mean if it went on for the rest of my life.”

“My full weight crashed down on the top of my head and snapped my neck. I knew within seconds I was completely paralyzed.”

pictures and I said, “Sure.” He showed me the “mushed” spinal cord and the damage to my C-2, 3, 4, and 5. He fused them with pins and two vertical rods. They were held in place in the middle with a horizontal rod forming an “H.” He said, “It’s up to you where we go from here, I can’t tell you how far you’re going to get.” I was sitting there thinking they’re not really telling me anything, that’s not good. The following week the doctor came in and said, “I’m hoping the repair will allow your spinal cord to regrow nerves to create new paths to your muscles and extremities. No promises.”

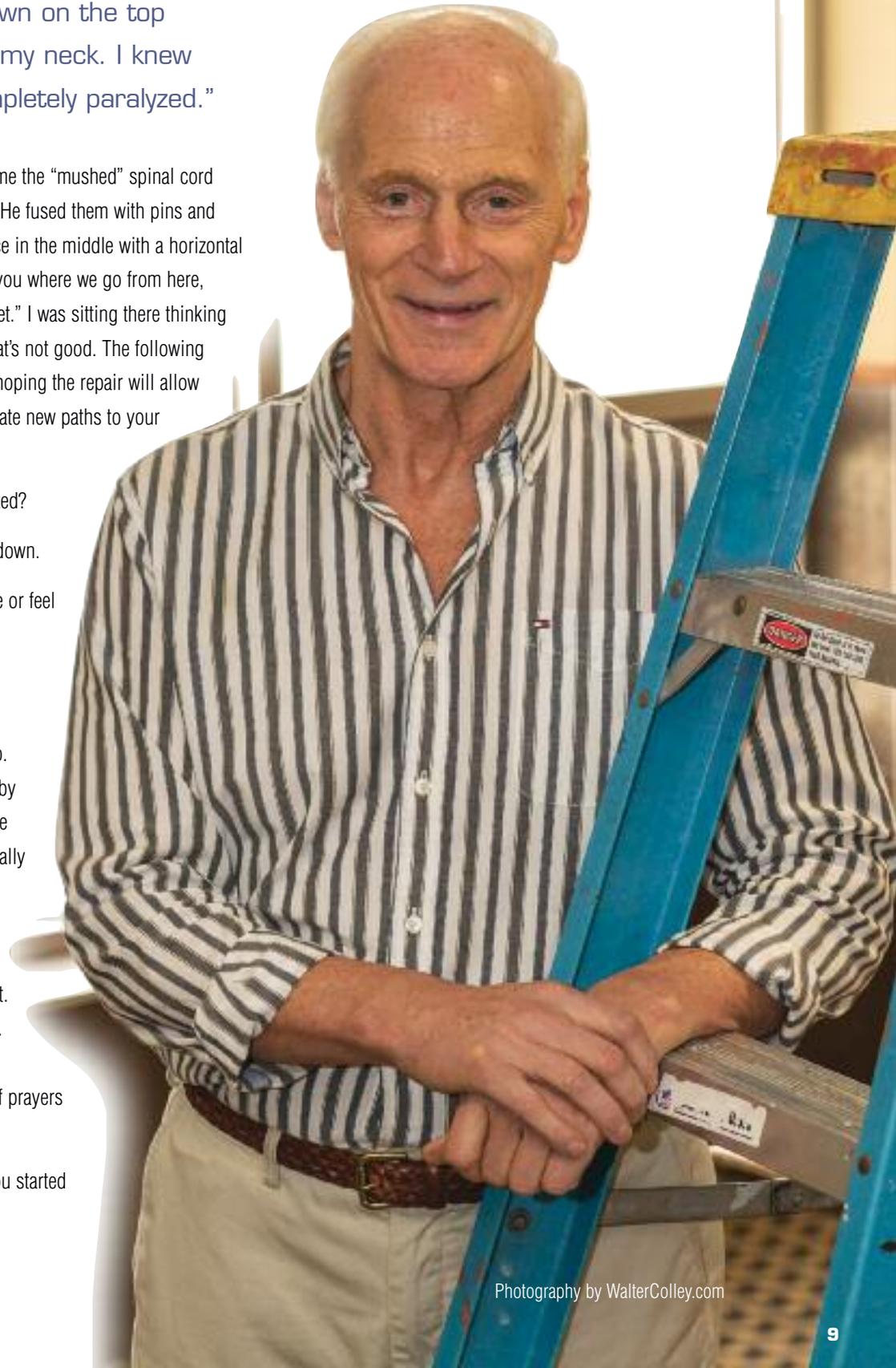
GW: But at this time, you’re still paralyzed?

PN: Oh yes. Completely from the neck down.

GW: What is it like to not be able to use or feel your extremities?

PN: First of all, you are conscious, you have all the muscles, but not being able to make them move was hard to relate to. I could only compare it to a newborn baby and how it must grow muscles to be able to move around. I was an adult baby, totally dependent on others for everything and I was completely conscious of what this would mean if it went on for the rest of my life. That was probably the worst part. I’m thinking, “I don’t want to be like this. I am not going to be like this.” I am not a religious person, but I said a couple of prayers and made a couple promises.

GW: Can you remember the moment you started to have feeling again?





PN: It was several weeks after. I was alone in the hospital. It was eight or nine at night and for some reason my big toe on my left foot moved. I don't know how it did, but it did. I wanted to scream out in joy but no one was around. I must have moved it ten thousand times that night!



and physically exhausting. They told me nerves grow about one centimeter per month, which is next to nothing. But they said that not everything had to be repaired, I only had to reconnect damaged areas. My fingers were the hardest to move and continue to get stronger even now.



GW: What happened after you left the hospital?

“...for some reason my big toe on my left foot moved. I don't know how it did, but it did. I wanted to scream out in joy but no one was around. I must have moved it ten thousand times that night!”

PN: I left Strong after about nine weeks and I was transferred to Monroe Community Hospital for 13 more. I was there for a total of about 22 weeks of rehab. I was making great progress and I thought maybe I could make it home by November. At the end of August, they came to me and said, “You're making so

GW: You must have been afraid to stop moving it.

PN: Exactly. It felt so good, but I didn't think beyond that. I just kept moving my big toe. Claudia came in about ten pm that evening and I showed her. We were both excited beyond words! She and Sylvia are the reason I am standing here and talking to you today. Claudia took all the pressure off me by stating, “We have this all under control.” She came in at five every morning with coffee, came back at noon and dinnertime, often bringing meals with her, and stayed into the evening. She said, “All you have to do is work on getting better.” She worked full time in real estate, took care of the house...everything!

much progress you're going to go home in a week or so.” That was scary to me because I felt like a little baby. I was being coddled and cared for and now I was going home in September. I was at the point where the insurance people said I was a “functioning person” and they would not pay inpatient fees any longer.

GW: Can you measure progress on a daily basis or is it more weekly?

PN: Probably on a weekly basis. Since my release from the hospital I've come to Midtown almost every day to take baby steps and implement mentality, progressing inch-by-inch. I never hit a plateau. I have a rule that I can't leave Midtown unless I set a record in some way every day. I always say, “You always have one more rep in you.”

GW: What were you able to move after your toe?

PN: My index finger on my left hand jumped next. I knew if I could move that toe then I could begin to sustain muscle. I was so afraid of atrophy. Within five weeks I lost 22 pounds of solid muscle and my upper body went directly to my waist line. My left side started to respond better than my right. The doctor said he was not surprised since I had more damage on the right side. In physical therapy, they would move my arms and legs for me. I couldn't move a thing. Basically, I was told that nerves may regenerate if I continued to mentally send the signal to individual parts of my body and if the spinal cord is still intact. It is both mentally

GW: When it comes to recovery, you must be a rare statistic.

PN: When we went back for my six-month checkup, Claudia asked the doctor, “How can he do what he is doing?” Dr. Molinari said, “Well, I would like to tell you it was my superior skill as a surgeon, but I only put him back together, the rest has been up to Paul. All I can tell you is that he's Superman.” Normally, the expectation is you live one to three years in the condition I was in and then you die. Odds for total recovery were .001%. The doctor said, “I don't know

“I want to be ready to go, ready to help anyone, anywhere!”



what to tell you, and I don't yet know what your upside is.”
Well, I am still getting better and refuse to accept any limitations.
I am stronger each day.

GW: You have been a fixture on Midtown's fitness floor for years—heck, before I even knew your name. You lift, you do a lot of upper body work. Did your prior strength lend itself to recovery?

PN: Yes, in fact the doctor said my neck was really well developed for being 67 years old. He said that the strength and development of it protected my neck through the fall.

GW: What kind of goals are you setting for yourself now?

PN: I plan to be 105% of what I was before the accident. The extra 5% or more is on the mental side. I have much better insight and understanding of how unique the body is. The fact is it's something that you need to know more about to get better.

GW: You believe it's realistic for you to get back to where you were pre-accident?

PN: Absolutely no doubt. When I came back to Midtown after my accident, I saw the guys I used to outlift, but the first time I picked up the smallest weight, I could barely move it. I was standing next to this beautiful young woman who was doing 10-pound flies while I was struggling to lift this one-pound weight. My ego got in the way; I just put the weight back and walked away. Then after a couple days, I thought, “I'm not going to make any progress if I let people intimidate me.”

GW: Have you received a lot of support from your buddies?

PN: Yes, this has been very therapeutic. I can't count the number of times people have come up and said, “I heard something has happened to you, are you okay?” or “I really wish you well.” After I tell people my story, they are so enthused. Many have said they can't make excuses for not working out after seeing me. I used

“ I plan to be 105% of what I was before.
I plan to be back to where I was and
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to be in Global Materials Management and I've received prayers, cards and letters from people around the world encouraging me. I feel that I will have failed them if I don't meet all the expectations of these people who are pulling for me. Mentally, I hope to provide any encouragement I can to be able to help other people who have similar injuries. I want to get to a point where if someone were to call me and say, “Paul, my daughter was hurt and is paralyzed, can you go see her or call her to offer her encouragement?” I want to be ready to go, ready to help anyone, anywhere!

GW: I have come to appreciate your great sense of humor and you obviously have the ability to laugh at yourself. How much has that played a role in your recovery, emotionally and physically?

PN: I joked with the hospital staff all the time. I found that making fun of myself took the pressure off and diverted attention away from the seriousness of my injury. I'm no better than the next person. I try to be genuine. I've been to the lowest point in my life and faced the ultimate challenge: recovery or quit!

Claudia and I accepted the challenge. It's all about recovery.

GW: What advice would you give someone planning to climb up a ladder and clean their gutter this weekend?

PN: Are you sure you don't have \$200 to hire someone to do that? Because if you don't have \$200, then you don't have the money it would take to cover the cost of the injury. My total so far has been about \$350,000. Of that, I think my out-of-pocket is several thousand. I am very blessed to have health care, and am very grateful to have my Midtown family and others for their support.

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lost and found

Dave Kyle
Front Desk Associate and Service Coordinator
davekyle@midtown.com



Alongside my duties as a Front Desk Associate and Service Coordinator at the Club, I oversee the collection and distribution of items that are lost or misplaced at the Club. With over 5,000 members, quite a bit of stuff ends up in the lost and found closet. In any given month, hundreds of unclaimed property including water bottles, gym clothes, shoes, headphones and glasses are donated to local charities. Here is some insight about the Club's lost and found process, as well as some tips on how to improve the odds of getting your lost items back.

Every item found at Midtown, either by an associate or member, is placed either into the Club's secure lost and found closet or the company safe. Items such as clothing, shoes, and water bottles are sorted into daily bins. After a week, these items are resorted by category in a second set of bins. When these bins become full, all items are cleaned, sorted and passed onto local charities and aid groups. Some of the agencies Midtown donates to regularly include Rochester Refugee Resettlement Services, The Storehouse at Asbury First United Methodist Church, St. Joseph's Neighborhood Center, the Open Door Mission, and Working Wardrobe. No items are ever sold or given to groups that resell them.

Items of significant value, such as jewelry, watches, and electronics are secured in the business office in the company safe until claimed. After a full year, all unclaimed items are donated or sold. The proceeds from the sales are then donated to Midtown's Tour de Cure team which supports the American Diabetes Association.

Midtown's goal is to return the lost items back to their owners before they get to the point of the donation process. The Club's associates know how important your favorite and valuable things are to you and how good it feels to be reunited with your prized possession that went missing. Before any item is donated, it is checked for clues that can identify the owner. When the identity of the owner is discovered, the item is tagged and left at the front desk for the member to pick up during their next visit to the Club.

Here are a few tips to help the Club reunite you with your missing items more quickly:

- Put your last name on the inside of shoes or any piece of equipment (tennis or paddle racquet, yoga mat, lifting belt, etc.) you bring to the Club and on your water bottle.
- Keep a business card in your gym and/or toiletries bag.
- Keep a business card in the inner pocket of your jacket or coat.

For your convenience, a label maker is available at the front desk for use at any time or an associate will be happy to make one for you while you workout.

Lost and found request forms are also available at the front desk. Simply stop by or call the front desk at 585.461.2300 to fill out a form. You will need to provide your name, a contact number, a brief description of the lost item and the approximate date it went missing to initiate a search. An associate will then look for the item and call you to let you know the status of whether the item has been found or not.

Midtown's promise is to inspire its members through movement, community and personal attention and helping reunite its members with their lost items is an important part of that. If you have any additional questions about the lost and found, please stop by the front desk any time and an associate will be more than happy to help you.

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Reducing Harm and Infection in Drug Users

In the public discourse surrounding our nation's opioid epidemic, addiction prevention and treatment take center stage. While these concerns are essential aspects of the crisis, crucial considerations regarding infectious diseases and drug-user health are often left out of the conversation.

Locally, harm reduction efforts seek to address risks including the spread of human immunodeficiency virus (HIV) and Hepatitis C. In support of New York State's initiative to *End the HIV Epidemic by 2020*, Trillium Health's center on Central Avenue provides syringe-exchange services, health education, supportive services, and connections to other forms of care. The agency also provides information on buprenorphine, a medication to treat addiction, and offers distribution and training for Narcan, which is used to reverse overdoses.

When first introduced, the idea of providing new needles to intravenous (IV) drug users was highly controversial because of fears that it would encourage drug use. Experience has proved critics quite wrong. In the early 1990s, more than 50% of all acquired immunodeficiency syndrome (AIDS) cases were related to injection drug use. By 2014, the statistic dropped to 3% due to syringe-exchange programs. In addition to curbing the spread of infectious diseases, sterile needles provide other benefits. After a single use, a needle becomes dull. Repeated use, even by a single person, can result in torn skin and inflamed veins. This can lead to bacterial infection, abscesses, sepsis, endocarditis, or a heart-valve replacement involving a stay at the hospital.

Effective harm reduction services focus on restoring dignity, garnering trust, and meeting people where they are in an accepting, judgment-free manner. Because of this, those enrolled in a needle exchange

program are five times more likely to enter drug treatment than those who do not participate. Even if a person does not initially express interest in treating their addiction, this type of program plants seeds of hope. If at some point they feel ready, participants know there is a team waiting to guide them toward next steps.

When someone visits a harm reduction center for the first time, the anonymous intake process includes an interview where a counselor explains available services and seeks to understand more about the new participant, such as when and why they started using and which substances they use. Counselors can then offer education, strategies, and tools to improve the participant's health and quality of life. The service also includes providing whatever number of new syringes they expect to need before their next visit, whether it is for the next day, in three months, or for later use.

No one expects to experience drug addiction, and the resulting shame and feelings of worthlessness often compound addictive behaviors. Stigma around drug use is worsened by the use of pejorative terms (i.e., addict and junkie) and by misconceptions about addiction being merely a failure of willpower. Harm reduction programs counteract these perceptions by recognizing addiction as an acquired chronic brain disease, putting their focus on treating participants with dignity, no matter their circumstances. The results of this approach are life-saving.

As a Federally Qualified Health Center Look-Alike community health center, Trillium Health's mission is to promote health equity by providing affordable and extraordinary primary and specialty health care in Rochester, New York, and a nine-county service area. Trillium's comprehensive model, which is LGBTQ-affirming, ensures healthcare for underserved communities and vulnerable populations, regardless of ability to pay. They offer primary and specialty care, testing, and treatment for HIV, Hepatitis C and STDs, PrEP and PEP, an on-site diagnostic laboratory, community health outreach programming, care management, on-site pharmacy services, harm reduction efforts and more. The Trillium Health family includes The MOCHA Center, community centers for LGBTQ communities of color with locations in Rochester and Buffalo. The MOCHA Center's goal is to improve the health and wellness of LGBTQ communities of color by linking people to medical care and supportive services. To learn more, visit www.trilliumhealth.org.

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YOU
DESERVE**



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Chief Sales Officer*

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member profile

doug hendee

Are you a Rochester native? I grew up in Fairport and currently live in Penfield. My entire family lives in the area, including my parents who still live in Fairport.

I love Rochester! There are so many cool things going on here. Anyone who can't find something to do here should give me a call so I can give them a list of great things that happen here every day.

When did you become a Midtown member and what motivated you to join? I joined Midtown 16 years ago because it's the best facility in Rochester and I wanted to play squash. The Club offers a great experience and there is always a positive vibe. Midtown is always working at being relevant in a dynamic industry, which is not easy. I work out solo, use the free weights and practice yoga. I will also try almost anything new, except for Pilates—that scares me a little.

Tell us about your career path and why you chose it. I have always been fascinated with the stock and bond markets. My dad was in the business and always told me not to get into it because it is hard to start. When my father was close to retiring I approached him about creating his transition plan. He agreed to let me, providing that I proved myself without his help. I was successful on my own and eventually took over his practice.

What changes have you seen in the world of personal finance over the last decade? The most obvious changes in the world of personal finance have been in technology and communications. Things happen now at lightning speed. Personally I'm not so sure this is for the better, but it's what most refer to as "progress." One thing that has never, nor will ever change, is that it is about people and relationships. That has been the one constant throughout all of this "progress."

How is leading an exercise class similar to being a financial "coach?" This business is about discipline and communication, which is similar to fitness and training. You need to have a plan, and then articulate and stick with it.

Describe how your personal fitness impacts your daily ability to perform at your profession. Making time to exercise is vitally important to me. I think everyone should make time each day to do something that takes their mind off their

"to do" list. The list will be there when they get back to it and decompressing for an hour will make them more healthy and productive in the long term.

Have you overcome any physical challenges? I have personally overcome many physical challenges, but the reality is that anyone who tries their best and is determined can adapt and work around any injury. With all of the equipment, pool and classes that the Club has to offer, anyone is capable of being successful at overcoming an injury or setback by finding time and making exercise a priority.

Tell about your volunteer/philanthropic endeavors and why you are passionate about them. Currently I am on the board for Center for Youth. This organization plays an integral part in many things that are critical to the youth of Rochester. The board has taken on more responsibilities and is continually seeking new ways to replace the funding that has diminished over the years. It is a truly rewarding commitment. I am amazed by the folks on the board who volunteer their time and more so by the staff's dedication to ensure that the programs are successful.

Are there people who inspire you each day? Jim Yost and Paul Nealon. They may not be aware of this, but when I think about taking a day off from training, I think about how these two push themselves forward and still maintain a positive attitude despite the physical challenges they have endured and overcome. I pray that I'd have the drive that these two men have. I would encourage any member to seek Jim and Paul out at the Club and talk to them about what they have accomplished. (See Paul's story on page 8.)

What is your favorite way to spend a day off? My favorite way to spend a day off is exploring the South Wedge and the public market. Both neighborhoods are eclectic, diverse and always have something going on. When the Jazz Fest is in town I buy a club pass and go every night even if it's only for an hour to check out as much as I can.

What are you reading right now? *21 Secrets of Million Dollar Sellers* by Stephen Harvill, for my career, and *How to Change your Mind* by Michael Pollan, because I am relentlessly curious about everything.

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spinal **stability** and **mobility**

Lizbeth Burrows
Balanced Body® Master Trainer
512.2757
lizbeth.burrows@midtown.com



Pilates is designed to promote a healthy, strong and flexible spine. The core muscles of the back and abdomen are trained to provide strength and flexibility for the spine.

Pilates can stimulate the spine and focuses on balanced muscular development and skeletal alignment that helps keep the spine long, decompressed and protected.



When was the last time you focused on moving all of your spine? According to Joseph H. Pilates, the creator of the Pilates method (originally referred to as Contrology), if your spine is inflexibly stiff at 30, you are old and if it is completely flexible at 60, you are young. Spinal stability and mobility are key elements in the trunk integration that is practiced in Pilates.

I have taught Pilates for 20 years and now teach Pilates instructors as a Balanced Body® Master Trainer at Midtown. On a daily basis, I work with members to untangle disfunctional movement patterns and help lay the foundation for them to achieve efficient movement. When members approach me about having aches and pains, they are often surprised to hear that the body part that aches is not the issue. For instance, knee pain is often related to a disfunction of the foot, ankle, hip, or all three. When the issue persists long enough it results in a knee injury. Fixing the knee, however will not always solve the underlying disfunction that initially caused the injury.

The spine is very much the same. Students with neck pain, low back pain, headaches, shoulder pain, and hip pain often find relief when they focus on spinal mobility. Each section of spine has vertebra that are shaped differently to facilitate different ranges of motion in different directions. The seven cervical vertebrae provide the most range in all directions and help us move our heads around to observe our surroundings.

The five lumbar vertebrae provide the second highest amount of flexion, extension, and lateral flexion, but not much rotation due to the shape of these bones. What I find the most interesting is the average range

of motion for the twelve thoracic vertebrae. For many people, the thoracic spine has minimal to no mobility. Our thoracic spines should be forward bending (flexing), back bending (extending), side bending (laterally flexing) and twisting (rotating). The shape of these bones facilitate range in all directions, but the shape of the spinous processes limits the amount of extension. This makes extension work all the more important. "If you don't use it, you lose it."

All too often I see the lack of mobility in the thoracic spine and hypermobility of the cervical and lumbar spine. The cervical vertebrae and the lumbar vertebrae are forced to do the job of all 24 vertebrae. It's no wonder why so many people suffer from lower back and neck pain, not to mention the disfunctional patterns that arise in the shoulder girdles from an immobilized thoracic spine. Putting a coat on or reaching for a seatbelt can become difficult.

Joe Pilates believed that breathing, concentration, control, precision, balanced muscle development, rhythm, whole body movement and relaxation are important components to health and well-being. Midtown offers these elements in many ways in its programs. If you are ready to set your thoracic spine free, stop by the Pilates Studio upstairs and chat with an instructor. Remember, you are only as old as your spine.



yearly mammograms
STARTING AT AGE 40
saves lives.

- Three out of four women diagnosed with breast cancer have no family history of the disease and are not considered high risk
- Mammography has helped reduce breast cancer mortality in the U.S. by nearly 40% since 1990
- 1 in 6 breast cancers occur in women aged 40-49
- Even for women over 50, skipping a mammogram every other year would miss up to 30% of cancers

SOURCE: AMERICAN COLLEGE OF RADIOLOGY / SOCIETY OF BREAST IMAGING

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paint midtown pink

october 2018

Members wore pink and participated in special activities throughout the month to help raise \$4,000 in donations to benefit the **Pluta Cancer Center Foundation** and show their support for breast cancer awareness.





junior tennis programs



program description

Velocity is Midtown's junior tennis program, designed to provide players with everything necessary to become the best tennis player possible. From instructional programs to play opportunities, competitive events to parent informational sessions, Velocity will have players moving on the path to success.

The 11-week session runs from Tuesday, January 29–Monday, April 15, 2019. No credit given for missed classes. Make-ups are offered but not guaranteed. All make-ups must be completed by end of session.

For additional information concerning the junior tennis programs, look in the brochure rack near the tennis pros offices or go online at <http://www.midtown.com/tennis-lessons>. To register for any of the programs or if you have any questions, please contact Jason Stephens, Junior Tennis Director, at jason.stephens@midtown.com or 512.2773.



Laramie Gavin
 Director of Racquet Sports
 512.2767
 laramie.gavin@midtown.com



Jason Stephens
 Junior Tennis Director
 512.2773
 jason.stephens@midtown.com

level 7 (red ball–micro court)

Ages 4.5-5. This introductory program focuses on coordination training, movement and balance skills, as well as skills for sending and receiving.

DAY	TIME	DAY	TIME	DAY	TIME
Tu	3:45-4:30 pm	Th	3:45-4:30 pm	Sa	11 am-noon
W	1-2 pm	Sa	10-11 am	Su	11 am-noon

level 6 (red ball–36' court)

Ages 6-7. A program of movement, balance, coordinated and motor skill development with a focus on self and partner rallying skills on the 36' court. Children will learn how to initiate a rally, move and judge a ball (reception and centering skills), control the racquet at the contact point and control the height, direction and depth to be successful on the 36' court.

DAY	TIME	DAY	TIME	DAY	TIME
M	4-5 pm	Th	4-5 pm	Sa	11 am-noon
W	4-5 pm	Sa	10-11 am	Su	noon-1 pm

level 5 (red ball–36' court)

Ages 7-8. By the end of this program, a child will be able to start a point with a full service motion and will be able to move their opponent intentionally by controlling the direction of the ball. They will know how to adapt to different situations and should be competing regularly in 8 and under events.

DAY	TIME	DAY	TIME	DAY	TIME
Tu	4:30-6 pm	Th	4:30-6 pm	Su	11:30 am-1 pm
W	4:30-6 pm	Sa	10-11:30 am		

level 4 (red & orange balls–60' court)

Ages 8-9. Children will adapt to tactical play as they transition from the 36' court to the 60' court in both singles and doubles. Changes in lengths of swings as well as the addition of top spin will be emphasized. A greater development of net play and open racquet face skills will also be focused on. Serves will progress to include greater pace as well as spin.

DAY	TIME	DAY	TIME	DAY	TIME
M	4-5:30 pm	Th	4:30-6 pm	Sa	11:30 am-1 pm
Tu	4:30-6 pm	F*	5-6:30 pm	Su	11:30 am-1 pm
W	4-5:30 pm				

level 3 (orange ball–60' court)

Ages 9-10. Children will experience the five play situations on the 60' court and will refine their tactical/technical skills. Concepts of offense/defense will be introduced in both singles and doubles. Ball control exercises that enhance consistency, direction, depth and spin will be stressed. Players in this level should be competing regularly in 10 and under events.

DAY	TIME	DAY	TIME	DAY	TIME
Tu	4:30-6 pm	F*	5-6:30 pm	Su	11:30 am-1 pm
Th	4:30-6 pm	Su	noon-1:30 pm		

level 2 (green ball–78' court)

Ages 9-11. Children will adapt to tactical play and technical skills as they transition from the 60' to the 78' court. Situational and competitive play in the five play situations will be planned in the curriculum as greater defensive demands on the player present themselves. Players in this level should be competing regularly in sanctioned events.

DAY	TIME	DAY	TIME
Tu	4-6 pm	Sa*	12:30-2 pm
Th	4-6 pm	Su	1-3 pm

juv intermediate (red, orange, green & yellow balls–42' to 78' courts)

Ages 12-15. For players with limited tennis experience who are looking to play on their school team, this is the perfect class. The students will be exposed to all the basic skills of tennis including ground strokes, volleys, overheads and serves. The class will stress cooperation and competition in many of the drills and play situations.

DAY	TIME	DAY	TIME
Tu	6-8 pm	Sa*	12:30-2 pm
Th	6-8 pm	Su	1-3 pm

level 1 (yellow ball)

Ages 12-15. Children will adapt to tactical play and technical skills as they transition from 78' green to 78' yellow play. Situational and competitive play in the five play situations will be planned in the curriculum as greater defensive demands on the player present themselves. Players in this level should be competing regularly in sanctioned tournaments

DAY	TIME	DAY	TIME
Tu	4-6 pm	Sa*	12:30-2 pm
Th	4-6 pm	Su	1-3 pm

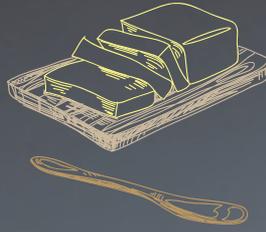
high performance

Practice is geared towards the more serious team athlete or tournament competitor. Competitive drills and situational point play will be used to reinforce sound tactics and to achieve peak performance. Sessions will also include off court conditioning with our Sports Performance professionals to help players perform better on court. Admission is at the discretion of the Junior Director.

DAY	TIME	DAY	TIME
M	4:30-7 pm	Th**	5:30-8 pm
Tu**	4:30-7 pm	Su	1-3 pm
W	4:30-7 pm	Su*	3-4:30 pm

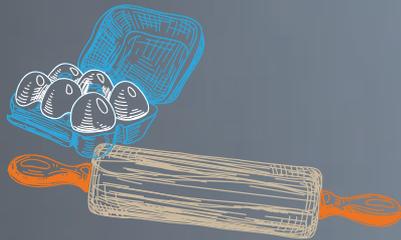
*Weekly Play. **Participation by invitation only.

There are
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At Jewish Senior Life, we cater to them all. That's why Nelson chose to make our community his new home. If you're entering a new stage of life, consider us. Our residents get what they need to live the life they want. By the way, you don't have to be Jewish or a baker. We welcome everyone.

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Jewish Senior Life

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Nelson, resident of The Summit
at Brighton at Jewish Senior Life

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laurie taillie,
marché chef

avocado egg salad

ingredients

- 5 hard boiled eggs, chopped
- 2 tablespoons mayonnaise
- ½ avocado pitted, peeled and mashed
- 2 scallions, thinly sliced
- 1½ tablespoons fresh dill, chopped
- ½ lemon, juiced
- 1½ teaspoons Dijon mustard
- ½ teaspoon white pepper
- ¼ teaspoon coarse salt

directions

Place all ingredients in a bowl and gently combine.

Adjust seasonings and serve.

Makes 3 servings.

nutritional information

252 calories, 20 grams fat, 490 milligrams sodium,
5.4 grams carbohydrates, 2.8 grams fiber, 11 grams protein



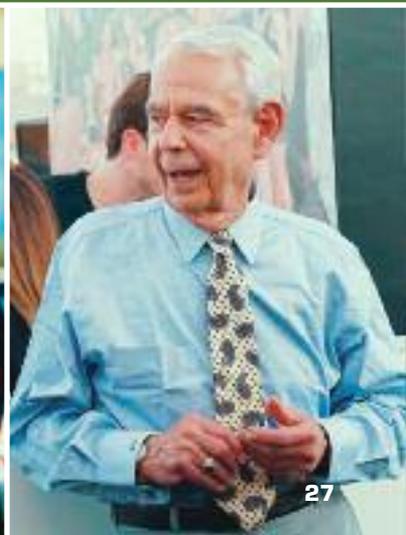


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planning your next golf trip

by Zach Halvonik
PGA Professional
Bristol Harbour Lodge & Golf Club



You've been dreaming about it for years, but getting the group together for a golf getaway has always seemed like a long shot. There are either too many details to consider or too many prior commitments getting in the way. But this year, you're determined to make it happen. So, where do you start?

It's easy to become overwhelmed by the logistics of organizing a great golf vacation. One way to avoid headaches is to look for golf courses with on-site accommodations. Many offer discounts for pairing golf with hotel reservations—saving you time, money and stress. Below are a few tips to help you plan your next trip.

Pick the Right Group

Typically most trips range from two to six nights. During a golf getaway, expect to spend 12-16 hours a day with your group depending on how many rounds you play. After golf, the group will spend additional time together for dinner, drinks and nighttime activities. Before you book the trip, make sure you enjoy spending extended periods of time with the people you have selected to be in your group.

Find a New Golf Course or Area

Discovering a new course or region is always a fun, bonding experience. Playing 18 holes of golf on a new course can present new challenges and add excitement to your trip. Exploring the area and finding out what makes the region special is a great way to spend some time off the links and keep the getaway interesting.

Schedule Tee Times & Arrange Formats in Advance

Making special formats and choosing teams is always one of best aspects of a golf trip. To ensure teams are fair, set formats and choose teams well in advance. This will deter any arguments from occurring on the first tee and prevent anyone from causing a scene. Once the trip has been scheduled, confirm your tee time reservations, and if possible, set up replay rounds in advance.

Add a Group Golf Lesson

Many golfers are uncertain about taking lessons, but in a group setting with friends, it can be more casual, relaxed and fun. You and your buddies can bond over learning new skills and have a great time showing off what you learned when you return to your home course. Take advantage of the course's PGA professionals' knowledge of the course. They can offer you tips and insider advice on the intricacies of the course, especially if it's your first time golfing at a location that is unfamiliar to you.

Consider Booking a Weekday Getaway

Most golfers book their getaways over a long weekend, but many courses offer better deals during the week. If your group members are retired or are able to take time off work, schedule your tee times and accommodations for a weekday. You'll also have more flexibility in arranging your tee times, golf lessons and dining reservations. Since most courses will typically be less busy during the week, fast rounds and 36 holes in under seven hours is attainable—so you can get the most out of your getaway.

Whether you are hitting the links with a group of friends, colleagues or family, the benefit of preparation will make your dream of having that perfect golfing getaway become a reality.

Located in the heart of the Finger Lakes, Bristol Harbour Lodge & Golf Club is a family owned and operated resort that offers luxurious accommodations and golfing getaways. Since the opening of Bristol Harbour's Robert Trent Jones Championship Golf Course in 1972, Bristol Harbour has grown to include a restaurant, café, 31-room hotel, and has become a premier Finger Lakes wedding venue. The family spirit they celebrate is reflected in every facet of the Bristol Harbour experience—from friendly front desk ambassadors welcoming guests at arrival, to dedicated staff ready to make your destination wedding, lakeview dining experience, round of golf or special event truly unforgettable. Call 585.396.2200 or visit bristolharbour.com to book your trip today.

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platform tennis

Kate Whitmore
Assistant Tennis Director, Racquet Sports
512.2852
kate.whitmore@midtown.com



Paddle is a doubles-oriented winter racquet sport. Played outdoors on specially constructed heated platforms, platform tennis combines the fun and challenge of tennis, squash and racquetball. \$45 per member, per 3-week session; \$66 per non-member, per 3-week session. Midtown membership is not required.

Session V: January 7-26, 2019, and Session VI: February 4-23, 2019.

paddle in no time (pnt)

Designed for new paddle players, students will learn the basics: how to hit a drive, volley, lobs, overheads, serves and serve returns and use of the screens.

DAY	TIME	DAY	TIME
M	9:30-10:30 am	Tu	7-8 pm
M	1-2 pm	W	9:30-10:30 am
Tu	11 am-noon	Sa	8:30-9:30 am
Tu	6-7 pm	Sa	2-3 pm

stroke of the week

Drills focusing on perfecting specific shots and tactics associated with playing the game. Dates to follow.

DAY	TIME	MEMBER FEE/NON-MEMBER FEE
Sa	10-11 am	\$15 per member/\$22 per non-member

lessons

Work one-on-one with a pro to develop one particular part of your game or in a small group with a pro to learn positioning, strategy and tactics.

SESSION	# PERSONS	FEE
Private	1 + pro	\$55 per hour
Team Strategy	2 + pro	\$30 per hour, per person
Group Strategy	3 + pro	\$25 per hour, per person
Create a Group	4 + pro	\$20 per hour, per person

tournaments

Courts are reserved for in-town tournaments on Saturday mornings and afternoons during the paddle season. Midtown will host its Seventh Annual Paddles For Saddles Tournament to benefit the EquiCenter on March 2, 2019.

single day events

Courts are reserved for women's and men's mixed level paddle events held throughout the paddle season.

socials (frozen Fridays)

All levels are invited to join us for two hours of social round robin paddle followed by food and drinks. Don't worry if you don't have a partner, we are happy to find one for you. Kidtown available. \$15 per member, \$25 per non-member.

Your neighbors need you.



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Welcoming New Volunteers

Attend one of our Volunteer Info Sessions

Monday, January 21st or Monday, March 18th

7pm-8pm, BFD Headquarters: 3100 East Ave.



For more information on volunteering with the Brighton Fire Department:

visit our website www.BrightonFD.org

email us Join@BrightonFD.org

call 585-209-9020

**RESIDENCY NOT REQUIRED,
AGES 14-55+**

VOLUNTEERS NEEDED FOR:

- Firefighting
- Non-Firefighting
On-Scene Support
- Community Education
& Outreach



What Happens After the Call is Made

Chances are that you have had to dial 911 for a police, fire, or medical emergency at some time in your life. However most people do not know what happens behind the scenes. In our area, Monroe County and the City of Rochester have partnered together to jointly operate the area's 911 Communications Center. The 911 Center dispatches for 16 police departments, 40 fire and 28 emergency medical services (EMS) departments.

Would you believe that 1.2 million calls are received each year? That is over one 911 call annually per 740,000 residents of Monroe County! Of those 1.2 million calls, 2,700 were for the Brighton Fire Department, 5,800 for the Brighton Ambulance and 47,000 for the Brighton Police. Pittsford has about half the fire and emergency medical services call volume as Brighton.

When your call is received, the 911 Operator wants to know your location and emergency. This allows them to queue-up the specific first-response agency (police, fire or EMS), and types of questions that may need to be asked (What does the suspect look like? Is everyone out of the house? Is the patient conscious?). During the question and answer portion of the call, the 911 operators are simultaneously initiating the dispatch of the first responders. The answers you provide are relayed to the responding units. When possible, the 911 operator is also giving the caller guidance on how to take cover, remain calm, or provide medical care for the patient. It is not uncommon for a 911 Operator to provide baby-delivery or CPR instructions by phone.

Each first response agency (police, fire, EMS) receives their calls from 911 slightly differently: Police officers have radios and computers in their patrol vehicles; most paid and volunteer firefighters and EMT's have pagers or radios on their belts. These devices provide the location and type of emergency. In Brighton, for example, the Brighton Fire Department

is made up of seven on-duty firefighters and approximately 80 volunteer firefighters. When a pedestrian is struck by a car or a fire alarm is activated, the on-duty paid and volunteer firefighters (and the nearest off-duty

volunteers) are notified of the call and respond with an engine/pumper and utility vehicle. For a reported house fire or car accident where people may be trapped, the entire volunteer personnel and all on-duty paid firefighting personnel are alerted, and additional vehicles are dispatched with specialized equipment for that type of emergency.

In Brighton, the on-duty paid and volunteer firefighters at the firehouses leave the firehouse on a fire truck or engine and the

off-duty volunteers drive in their own cars (from home, work or wherever they may be) to the scene. There, police, fire and the EMS, come together to work as a cohesive unit.

For true emergencies, the 911 Operators strive to keep the caller on the phone until the team's arrival. Doing so helps the responders have more knowledge of what is happening before they arrive to the scene. Once on scene, the 911 Dispatcher (not the 911 Operator) remains in contact by radio with the commanding officers of each first response agency. The 911 Dispatcher coordinates whether there needs to be more or less assistance based upon the escalation or resolution of the emergency. A single 911 call for the Brighton Fire Department can typically last anywhere from 15 minutes to many hours. It's truly a team effort of volunteer and paid professionals, who serve in many disciplines and roles, to keep our community safe.

Since 1925, the Brighton Fire Department has proudly served the local community by providing emergency and non-emergency services and combining the benefits of 90 volunteer firefighters and 30 career firefighters. Visit www.brightonfd.org/volunteer-info/ to learn more about volunteer opportunities with the Brighton Fire Department.





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Language of India

Across

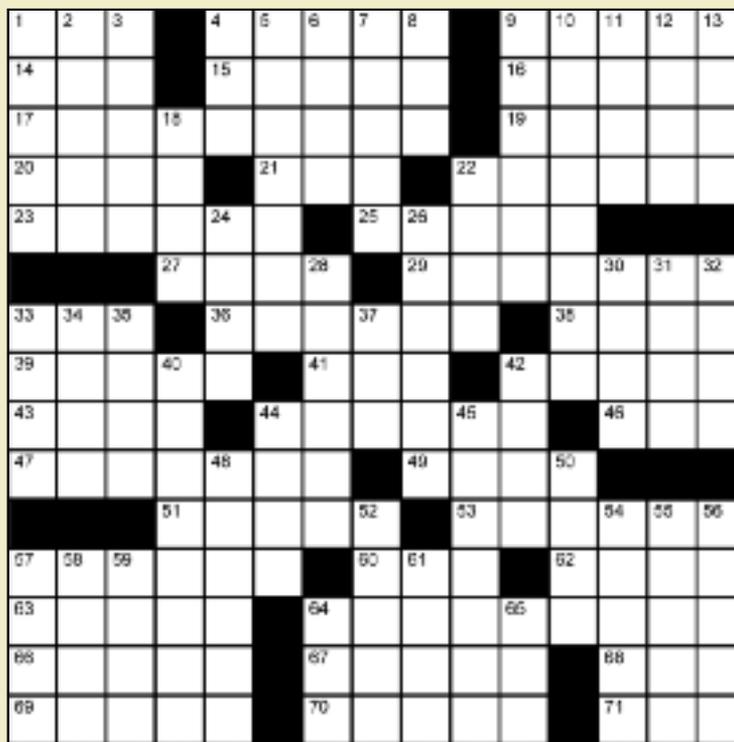
1. Form 1040 org.
4. Debates (with)
9. ___ salts (bath supply)
14. Org. behind Human Genome Project
15. Paddle around
16. "___ there yet?"
17. Self study in Sanskrit
19. Filled to excess
20. Novelist Janowitz
21. Number cruncher, for short
22. Diet doctor
23. Barnard grad, e.g.
25. Surgery tool
27. Legis. meeting
29. Part of an orchestra
33. Charged item
36. Power in Sanskrit
38. Gold medalist Lipinski
39. Toast choice
41. Driving need
42. Feasts
43. Overly smooth
44. Observance in Sanskrit
46. Baseball bat wood
47. Coffee order

49. Bonny one
51. Choir attire
53. 15-across component
57. They often follow showers
60. Response to an oversharer
62. Biology lab supply
63. Rabin's successor
64. Life force in Sanskrit
66. "No problemo"
67. Like wicker furniture
68. Quadrennial games org.
69. Take out ___ (borrow)
70. 007 and others
71. Austin-to-Dallas dir.

Down

1. Photo app, slangily
2. Hamilton, to Burr
3. Noted performing whale
4. MIT, for one
5. Opt not to charge, perhaps
6. Take ___ (rest)
7. Shade of blue
8. Caribbean, e.g.
9. Kind of egg
10. Nature in Sanskrit

11. "The X-Files" program, for short
12. Actor Wilson
13. Drugs, briefly
18. Beaver projects
22. Italian wine area
24. Egg container
26. What bargain hunters look for
28. "The Simpsons" or "Futurama"
30. Beloved family member
31. Some college tests, for short
32. Beauty pageant wear
33. "Victory is mine!"
34. Columbus's home
35. Marlon Brando's "I Remember Mama" role
37. E or G, e.g.
40. Knowledge of life in Sanskrit
42. 100-meter, e.g.
44. Catches
45. Day play
48. Continues
50. Influence
52. Pocketbook part
54. From the top
55. Pitcher Martinez
56. Small amount
57. Pet lovers' org.
58. Make well
59. It flows through Florence
61. ___-pedi
64. Mac rivals
65. Magazine revenue source



Answers on page 63.

The Breitling Chrono Squad
Charlie Sheen
Brad Pitt
Adam Driver



AIR
LAND
NAVITIMER 8
SEA



BREITLING
1884

#SQUADONAMISSION

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member check-in

In an effort to provide greater safety and security for members at Midtown, all members are now required to present photo ID for entry into the Club when they forget their scan tag. Despite months of club-wide communications leading up to the change, Midtown has discovered that many members were unaware of the newly adopted policy and upset and offended by its enforcement. If you are among those who were disappointed in our reception and/or turned away from the Club, we extend our sincere apologies for the inconvenience.

Midtown's goal is to have members provide identification for an expedient, efficient and trustworthy check-in process. In response to feedback received from our members, the Club has revised its check-in policy to allow for one "I forgot my ID" exception per member, which is noted in each member's file. This gives the Club an opportunity to inform, educate and reinforce its commitment for our members safety and security.

While it may seem unnecessary for a front desk associate to ask for photo ID from someone who may be familiar to them, it is necessary in order to enforce the policy consistently across the board. Although members who frequently come to Midtown are recognizable to some of the front desk associates, chances are that at some point they will be checked in by a receptionist who does not know them. Midtown's goal throughout the enforcement of this necessary security measure is to maintain the highest level of service and personal attention on which it prides itself. The Club continues to strive to recognize its members by name and remember their preferences. The front desk associates look forward to greeting you upon your next visit to the Club with a warm welcome, full eye contact and a big smile.

The upcoming Club renovation and expansion will enable Midtown to implement an entirely new check-in system which has been fully accepted and embraced at its newly renovated Florida and Chicago clubs. The Club is excited to share more information with you as it becomes available in the coming months and appreciates your cooperation.



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around midtown

Yoga Jam

on the Great Lawn

Fraida Levinson

climbing the Great Wall

in China



Ben Klempka, Erica Freeman, Andy Miller, Joanna Brougher, Teri Metcalfe, Maura Rouse, Timothy Sands and Jen Ickowski at the

USTA Nationals 9.0 Mixed Doubles

in Mobile, Alabama



Viki Hogden finished the

Wineglass Marathon



Ron Nigro and Joanne Hume-Nigro traveled to New Zealand in October where they took part in rowing a native catamaran with the chief of the Maori tribe.

Their South Pacific journey

was in celebration of their 50th wedding anniversary.



In Switzerland

Susan and David Senise with Nancy and Larry Peckham at Mt. Schilthorn in Murren; David and Larry paragliding over Lauterbrunnen.





Members Jared Green, Tim Reetz, Jen Swartz and Ken Gallant won the mixed open at the

Rochester Marathon

Midtown members participated in a fun night of Euchre during

Paint Midtown Pink month.



Members Beth Beth Arndt, Judy Paul, Gail Dowler, Renee Desrosiers, Andrea Sperry, Kathy Parrinello and Kathleen Alfano at the Monroe Golf Club

Fashion Show



Susan Barnett enjoying tapas at "Las Flores 1Y2" Tapas restaurant in

Cadiz, Spain



Stephanie and Dan Giles leaping for joy in their Midtown shirts at the

Great Wall of China





REFLECTIONS ON PLACE

ISAAC JULIEN

LESSONS OF THE HOUR

ON VIEW FEBRUARY 2–MAY 12, 2019

DARA BIRNBAUM

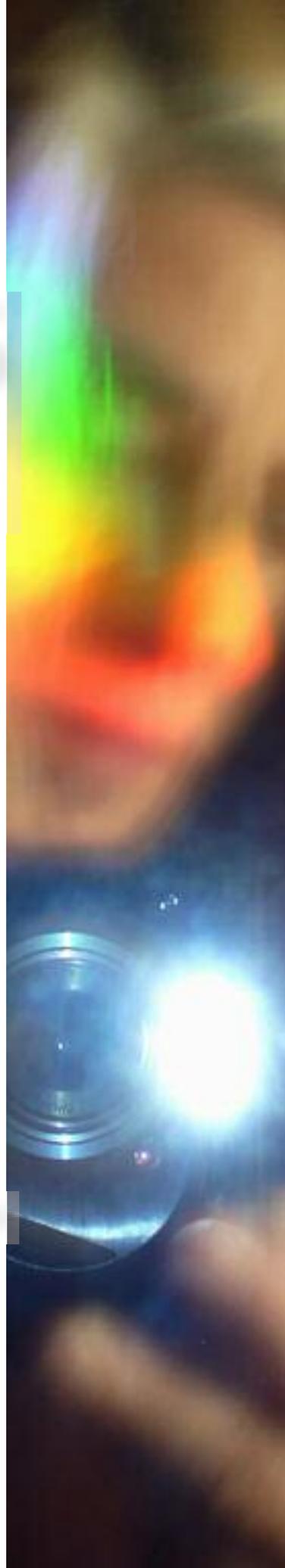
THE SOUL TRAIN

ON VIEW APRIL 13–OCTOBER 13, 2019

MAG
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Isaac Julien photo by Thierry Bal. Dara Birnbaum photo courtesy of the artist.



member experience

sarah goodenough

What motivated you to join Midtown? Midtown has some of the best classes and instructors and great events that bring the community together. Last but not least, the food at the café is actually healthy! Eating healthy matters a great deal to me as health begins with what you put in your body.

What athletic activities do you participate in at Midtown and outside of the Club? I train with Linsay. We actually went to high school together, and she was the star athlete there, so I feel like I'm being trained by a pro! I'm into long distance running. I've run a few races, but I'm most proud of the race I ran this past June. The Leadville Heavy Half Marathon in Colorado is the hardest half marathon in the country. I'm grateful for my good nutrition and the strength and endurance training from Linsay at Midtown.

How has adopting a plant-based diet changed your life? About eight years ago, I weighed 310 lbs. and was sick with borderline high blood pressure and the beginning stages of fatty liver disease. I had exhausted just about every weight loss option I could find, and, although I managed to lose some weight, I continued to feel sick. After reading *The China Study*, which changed my life forever, I went on a plant-based diet, lost 160 lbs. and was able to reverse my fatty liver disease, depression and severe asthma.

The changes that I noticed in my body were much more profound than the weight loss itself. I had more focus, more energy, and happiness. I picked up running—something I never imagined I would be able to do. After conducting more research on the biochemistry and microbiology of our bodies and plants, I began using that knowledge to help me with my training. I consumed food high in natural nitrates, like arugula and beets, to help increase oxygenated blood flow to my muscles and brain. I also ate food high in antioxidants like sweet potato, to kill the free radicals built up during exercise. Through all of this, my endurance grew and my recovery time shortened.

In addition to working out with Linsay, changing my eating habits was the secret to me being able to run a half marathon in Colorado. I knew that the vasodilation effects from beets lasted about 75 minutes, so instead of eating the traditional goodies and pretzels that runners usually carry in their packs, I carried and ate a couple bites of apple cider vinegar soaked and steamed beets every 60 minutes. The beets kept my blood

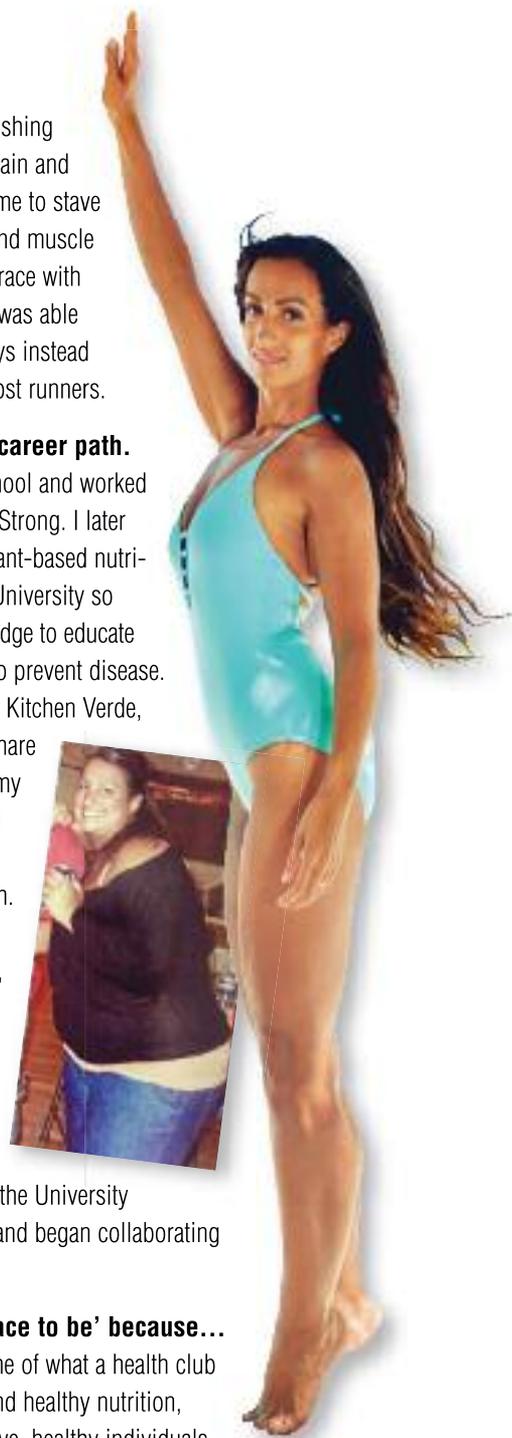
vessels wide open, pushing more oxygen to my brain and muscles, and helped me to stave off altitude sickness and muscle fatigue. I finished the race with a qualifying time and was able to recover in a few days instead of a few weeks like most runners.

Tell us about your career path.

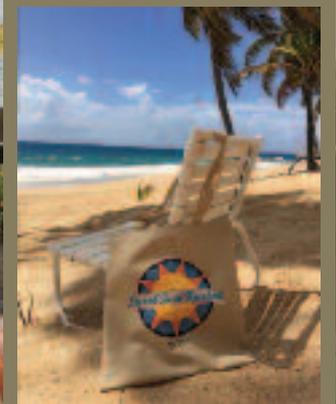
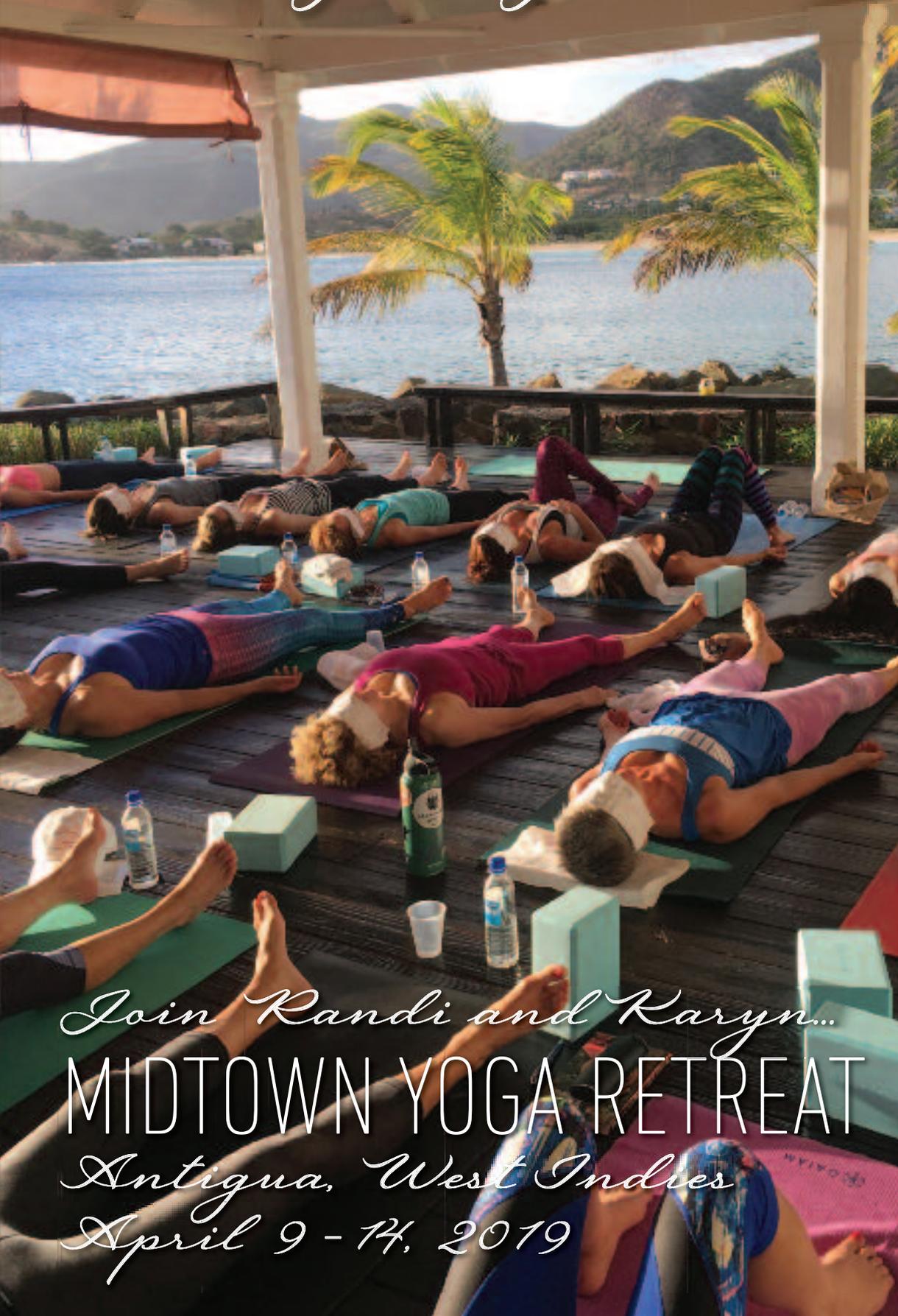
I attended nursing school and worked in the medical ICU at Strong. I later became certified in plant-based nutrition through Cornell University so I could use my knowledge to educate and empower others to prevent disease. I started my business, Kitchen Verde, because I wanted to share my love for cooking, my passion for good food and my dedication to promoting good health. After discovering that Dr. Thomas Campbell, MD, the co-author of *The China Study*, lived in Rochester and offered a program called "Nutrition in Medicine" through the University of Rochester, we met and began collaborating together right away.

Midtown is 'the place to be' because...

Midtown is the epitome of what a health club should be. You can find healthy nutrition, a community of positive, healthy individuals, exercise for your body and mind through the incredible yoga classes, and a tight community of supportive trainers and people. Once you experience Midtown, it's hard to go back to anything else!



*Ahhhhh...
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For more information,
contact **Randi.Lattimore**
@midtown.com

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April 9 - 14, 2019



cell phone etiquette

Over the past several months, the most frequent complaint the Club receives continues to be about members talking on their cell phones on the fitness floor and in the locker rooms. Members have shared that they are distracted by members carrying on phone conversations while they are working out on equipment and being equally frustrated by having to wait for a machine while “someone is sitting on a machine pecking away at their phone.”



On a recent member survey, an otherwise very content member shared that, “My only real complaint is when other members fail to follow basic rules, and those rules are not enforced by the Club. It drives me insane when the person on the fitness equipment next to me carries on a long and loud phone conversation.”

Midtown is recommitted to enforcing the Club's cell phone etiquette policy. These etiquette protocols include:

- Members refraining from cell phone conversations on the athletic floors and tennis courts.
- Prohibiting cell phone usage, voice or photography, in the locker rooms.
- Limiting phone conversations to public areas, such as the café, in the Club.

While your telephone conversation may be important to you, it is more than likely not to everyone else around you. Midtown recognizes that your personal music is on your phone; which is acceptable and permissible in the Club, as well as texting. However, we ask that you kindly step off to the side of a piece of equipment, particularly during busier times in the Club, when sending an email or engaging in a lengthy conversation. Club managers and associates will regularly walk through the floor and locker room giving out reminders as necessary to those who are breaking protocol. Repeat offenders will be held accountable for neglecting to abide by Midtown's cell phone policy.

Thank you for joining in the spirit of practicing etiquette that in turn respects everyone at the Club.

wardrobe tips

by Peter Roberti
Adrian Jules Custom Clothiers



What fashion trends are growing this spring? Look for deconstructed jackets, double-breasted sport coats, wide lapels surpassing four inches, lapel pins, and pleated slacks. Suits styled in a more casual way with patch pockets for a hipper look will also be trending. Pants take over the “pop” in the outfit, while ties will take on a more neutral role. Finally, for shoes, it's all about dressy loafers with tassels in suede and leather, worn without socks.

What are the latest fabrics and prints to consider this season? For dress shirts, try cottons made with a mechanical stretch that is built into the fabric to provide ease and comfort. Colors include yellow, green, steel blue, dark purple, and lavender. Brightly colored pants that go with sports coats will be huge this year. If a coat has a big plaid window pane, the pants should be a minimum of three shades lighter than the coat. As for prints, expect pinstripes to make a comeback, as well as a newer trend of monochromatic texture that can only be seen up close being popular this spring season.

What events should one be prepared to dress for this season? Get ready to rock your style for graduations, weddings, country club parties, derby parties, Mother's Day, and more! That doesn't mean a three-piece suit every time. What it does mean is that you should dress for the look of the situation. A little effort goes a long way. Be prepared to dress because you can, not because you have to.

Please submit your fashion questions to Peter Roberti via e-mail at peter@adrianjules.com.

events calendar

january–april 2019

Unless otherwise indicated, all events and spa appointments require registration. Register online at www.midtown.com/events or with the Service Coordinator's Office at 461.2300.

New Year's Beauty Resolution

Tuesday, January 1–Thursday, January 31

Start your year off right with a Spa Image Vitamin C Signature Lift. This treatment includes a rich blend of natural botanicals and antioxidants that create a soothing and healthy way to improve your skin. Receive a luxury size sample with your facial. Members and guests welcome. Contact the Service Coordinator's Office to reserve your appointment.

Come "Back" to The Spa

Tuesday, January 1–Thursday, January 31

Book a 60-minute relaxation massage and add a back sugar scrub treatment for \$20. Contact the Service Coordinator's Office to reserve your appointment.



Champagne and Rose Pedicure

Tuesday, January 1–Thursday, January 31

Kick off the new year with a signature spa pedicure from The Spa. Served with a glass of Prosecco sparkling wine. Contact the Service Coordinator's Office to reserve your appointment.

Midtown Plungers Team Polar Plunge Registration

Saturday, January 5, 8:00 am–Noon

Monday, January 7, 5:00–8:00 pm

Join the Special Olympic's Polar Bear to donate or register to be on The Midtown Plungers Polar Plunge team. Last year the team raised over \$5,000 for the Special Olympics. Prizes for all levels of donations raised. Don't miss this year's Polar Plunge on **Sunday, February 10** at Ontario Beach Park. Register or donate online at <http://events.nyso.org/goto/MidtownPlungers>. For more information contact Jerome Stiller, Midtown Plungers team captain, at Jerome.Stiller@midtown.com.

Varsity Club Kid's Night Out

Saturday, January 5, 5:00–9:00 pm,

Saturday, February 9, 5:00–9:00 pm,

Saturday, March 9, 5:00–9:00 pm,

and Saturday, April 6, 5:00–9:00 pm

Ages 5-13. Kids will start with a pizza party in the Varsity Club, rotate through fun activity stations and end the night with s'mores and a movie. \$15 per member, \$25 per guest. Registration required.

BodyPump 101

Sunday, January 6, 12:45-1:30 pm

New to BodyPump or need a refresher? This 45-minute in depth clinic will cover what to expect out of the popular workout and give you the tools necessary to execute proper form and technique. Complimentary for members. Registration required.

Healthy Monday Free Shot

Mondays, January 7, 14, 21 and 28

Start 2019 off with a bang! Buy a juice and get your choice of a free juice or wheatgrass shot.

Flight Club: Lift Off [Level 1]

Fridays, January 11, 18 and 25, 11:00 am-Noon

Learn how to overcome the fear of being upside-down, build the proper foundation of a handstand and fly from the beginning. \$48 per member for three classes; \$18 per drop-in class, per member; \$54 per guest for three classes, \$20 per drop-in class, per guest. Registration required.



Spinelli Dental Information Table

**Saturday, January 12, 8:00 am-Noon
and Monday, January 14, 5:00-8:00 pm**

Visit with the experts from Spinelli Dental, a general and cosmetic dentistry provider, and learn how to keep your teeth healthy and looking their best. Whether it's teeth cleaning or making a big change to your smile, Spinelli Dental has the expertise to help you achieve the results you desire. Complimentary for members and guests.

Cycle 101

Saturday, January 12, 11:30 am-12:30 pm

New to indoor cycling or the Matrix bikes? Cycling instructor Leslee Trzcinski will discuss proper set up and form and how to read the bike console and get the most out of your class using the Matrix Coach by Color program. Complimentary for members. Registration required.

Yoga School for Beginners with Leslee

Sundays, January 13, 20 and 27, 10:15-11:15 am

Have you wanted to try yoga, but don't know how to get started? This three-week introductory course is a great way to learn yoga, build strength and flexibility and help you gain the confidence to transition to a regular class comfortably. \$48 per member for three classes; \$60 per guest for three classes. Registration required.

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Philip L. Pecora
President & CEO

E. Philip Saunders
Co-founder & Chairman

**Ultimate Beauty Laser Spa's Complimentary Cellulite or Skin Tightening Treatment
Wednesday, January 16, 4:00–8:00 pm**

Have you always wanted a cellulite or skin tightening treatment or been curious about how non-surgical fat destruction works? Jump start 2019 with a complimentary treatment in a small area from the Ultimate Laser Beauty Spa's professionals. Enjoy live demonstrations, talk to their body shaping experts and receive a \$50 gift card to the spa with purchase of a treatment. Attendees will have a chance to win a three treatment UltraShape Power package (\$3,000 value). Receive a complimentary 30-minute treatment by registering with the Service Coordinator's Office.

Family Roller Skate Night

**Saturday, January 19, 5:00–7:00 pm,
Saturday, February 16, 5:00–7:00 pm,
and Saturday, March 23, 5:00–7:00 pm**

All ages. Party the night away with friends and family for a rockin' and rollin' evening featuring dinner, roller skating, Gaga Ball, a DJ, and fun for all ages. Guests are welcome. \$8 per person, \$25 per family. Price includes food, drinks, and skate rental. Registration required.



**Camp Midtown: Martin Luther King Jr. Day
Monday, January 21, 9:00 am–4:00 pm**

Ages 5-13. Got a day off from school? At Camp Midtown, kids enjoy a variety of games, sports and activities. From the tennis courts to yoga and everything in between, Midtown's expert coaches and professional counselors will help your kids build self-confidence and teach them how to live a healthy active lifestyle. Includes lunch and complimentary pre- or post-camp care. \$59 per member, per day; \$69 per guest, per day. Registration required.

**Euchre Night at Midtown
Wednesday, January 23, 6:30–8:30 pm**

Grab a friend for a fun evening of euchre. Prizes awarded to top scoring players. Complimentary for members and guests. Registration required.

**Varsity Club Movie Night
Friday, January 25, 6:00–8:30 pm,
Friday, February 15, 6:00–8:30 pm,
and Friday, March 22, 6:00–8:30 pm**

Ages 5-13. You bring the kids and we'll take care of the arcade games, pizza, and snacks. A night at the movies is on the Varsity Club. Complimentary for members and \$10 per guest. Registration required.

**Junior Tennis World Tour Australian Open
Saturday, January 26, 6:00–8:00 pm**

Ages 5-12. All levels welcome. Junior Velocity players are invited to join us for a fun evening of Australian Open themed tennis activities. Complimentary for players enrolled in the Velocity program, \$20 per non-program participant. Registration required.

Zumba Strong

Sunday, January 27, 12:45–1:45 pm

Try this revolutionary high intensity workout accompanied by music to motivate you and help you crush your ultimate fitness goals. Complimentary for members. Registration required.

**Real Estate Reality with Howard Hanna
and 1st Priority Mortgage**

Monday, January 28, 6:00–8:00 pm

Spend an evening with the real estate professionals from Howard Hanna and 1st Priority Mortgage who will be on hand to discuss the state of the market. Topics include financing for buyers, selling strategies and trends in Rochester for both buyers and sellers. Registration required.



UR Medicine Cosmetics Seminar

Thursday, January 31, 6:00–8:00 pm

Join the UR Medicine Cosmetics team and learn the latest in techniques and treatments to help you look your best. Comprised of board-certified and fellowship-trained plastic surgeons, facial plastic surgeons and dermatologists, the UR Medicine team offers unparalleled expertise and the broadest range of cosmetic services in the region. Complimentary for members and guests. Registration required.

Dance Month

Friday, February 1–Thursday, February 28

Celebrate the art of dance throughout the month by participating in themed Group Exercise classes.

Winter Pedicure Spa Special

Friday, February 1–Thursday, February 28

Warm up your feet and keep them toasty with our spa pedicure this month and receive a complimentary paraffin treatment (\$10 value). Contact the Service Coordinator's Office to reserve your appointment.

Flight Club: Defying Gravity [Level 2]

Fridays, February 1, 8 and 15, 11:00 am–Noon

Turn your practice upside down. Incorporate inversions and hand-stands into your practice. A high-energy, fun express class centered on inversions in the power Vinyasa flow. \$48 per member for three classes; \$18 per drop-in class, per member; \$54 per guest for three classes, \$20 per drop-in class, per guest. Registration required.

Cycle for Hope

Saturday, February 2, 9:00–11:00 am

Ride for a cause and your community. Join us for a either spinning class to benefit Camp Good Days and Golisano Children's Hospital. All levels welcome. \$20 per class, per member or guest. Registration required.

Youth Combine

Saturday, February 2, 10:00–11:30 am

Test your athletic skills and compete with friends in a variety of challenges that will earn you ultimate bragging rights. Complimentary for members and guests. Pizza party to follow class. Registration required.



Family Valentine's Dance

Saturday, February 2, 5:30–7:30 pm

All ages. Come to Midtown for a family date night with a live DJ and dancing. Dress up, share the love, and dance the night away. \$8 per person; \$25 per family. Price includes snacks and beverage. Registration required.

Midtown Mixers at City Grill

Tuesday February 5, 6:00–8:00 pm

Your favorite Midtown associates will be guest bartending at City Grill to help raise money for Foodlink, a local non-profit with a mission to end hunger and build a healthier community. Midtown members get their first drink for free. Music by Significant Blues Band. All tips and donations benefit the Lexington Avenue Urban Farm at Foodlink.

Affordable Chic From Cornell's Jewelers

Saturday, February 9, 8:30–11:30 am

Whether you are looking to buy something special for someone or treating yourself, browse through Cornell's Jewelers curated selection of stylish women's and men's fashion jewelry. Complimentary for members and guests. No registration required.

NYSB

new york state ballet

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GRADUATE PROGRAM



New York State Ballet Graduate Program students receive training side-by-side with our professional dancers and rehearse for roles in NYSB performances and productions.

RedCord core training for strengthening, conditioning and rehabilitation is taught by Graduate Program Director, Alexandra Brydsten along with pointe, répertoire, contemporary, partnering and weekly variation classes taught by Katherine Johnson and Robert Royce.

Personalized, individual mentoring by the faculty members help students with resume building, audition preparation, and audition coaching.

Auditions for the New York State Ballet Graduate Program are coming soon!
Please contact us for more information.



Couples Massage Workshop

Thursday, February 14, 6:00–8:00 pm

Discover how massage reduces stress and increases endorphins by learning basic techniques for the scalp, hands and feet. Appetizers and Prosecco will be served. Contact the Service Coordinator's Office to reserve your appointment. Space is limited. Registration required by Friday, February 8.

Camp Midtown: Mid-Winter Recess

**Monday, February 18–Friday, February 22,
9:00 am–4:00 pm**

Ages 5-13. Got a day off from school? At Camp Midtown, kids enjoy a variety of games, sports and activities. From the tennis courts to yoga and everything in between, Midtown's expert coaches and professional counselors will help your kids build self-confidence and teach them how to live a healthy active lifestyle. Includes lunch and complimentary pre- or post-camp care. \$59 per member, per day; \$69 per guest, per day. Registration required.

Steak Night

Thursday, February 21, 5:00–9:00 pm

Come and enjoy a 12-ounce, grilled strip steak dinner in the café. \$17 menu item. No registration required



Meditation & Reiki

Friday, February 22, 6:00–7:30 pm

Join Reiki Masters Stephanie Campanelli and Erin Garvin for an evening of wellness. Experience the grounding of meditation paired with the healing power of Reiki. \$20 per member; \$25 per guest. Space is limited. Registration required.

**Managing the Early Stages of Arthritis Seminar
Presented by Rochester Regional Health Physical
Therapist Rick Fame and Midtown Personal Trainer
Jerome Stiller**

Tuesday, February 26, 10:00–11:00 am

Twenty-seven million Americans have varying degrees of osteoarthritis which may begin to appear as early as the age of 25. Discover ways on how to manage the symptoms of this progressive disease and why it is important to maintain an active lifestyle.

**Small Group Training: Fitness and Pilates
March, April and May**

Work out in a fun, motivating, small group setting with a certified coach. For more information contact Hillary O'Sullivan (Fitness SGT) at 512.2784 or Lizabeth Burrows (Pilates) at 512.2757.

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Paddles for Saddles

Friday, March 1 and Saturday, March 2

Members and their guests are invited to join us on one or both nights for drinks, dinner, live music, fundraising and raffles. Saturday morning marks the 6th annual men's and women's paddle tournament. For more details stop by the front desk or visit [Facebook.com/paddlesforsaddles](https://www.facebook.com/paddlesforsaddles). All proceeds from both days benefit the EquiCenter of Mendon, NY, a non-profit organization that provides therapeutic equestrian programs for at-risk youth, veterans and people affected by disabilities.

Winter Spa Sampler

Friday, March 1–Sunday, March 31

Treat yourself or a friend to a package of three, 30-minute spa services: a back treatment (includes relaxation massage and back scrub), a mini hydrating facial or a hand and foot massage with paraffin treatment. It's just what you need to get through the winter. \$100 per member; \$110 per non-member (\$25 savings). Contact the Service Coordinator's Office to reserve your appointment.

Yoga Month

Friday, March 1–Sunday, March 31

Celebrate yoga at Midtown throughout the month of March with exclusive classes, spa treatments, café specials, Out-Fit deals, and more. All are designed to inspire you to practice yoga and enjoy a healthy and balanced lifestyle.



Perrin Yang Quartet at Midtown

Monday, March 4, 6:30–8:30 pm

Join us in the living room for a wonderful classical concert by the incredible violinist, Perrin Yang, and his group. Complimentary for members and guests.

Flight Club: Lift Off [Level 1]

Fridays, March 8, 15 and 22, 11:00 am-Noon

Learn how to overcome the fear of being upside-down, build the proper foundation of a handstand and fly from the beginning. \$48 per member for three classes; \$18 per drop-in class, per member; \$54 per guest for three classes, \$20 per drop-in class, per guest. Registration required.

St. Patrick's Day Euchre Night at Midtown

Wednesday, March 13, 6:30–8:30 pm

Dress in green, grab a beer and have fun playing euchre in a progressive tournament. Prizes given to top scoring players. Complimentary for members and guests. Registration required.

St. Patrick's Celebration

Thursday, March 14, 5:00–9:00 pm

Come and enjoy an Irish meal and celebrate. Traditional corned beef or vegan Irish stew dinner offered for \$13 per person. \$3 Labatt's Lite. No registration necessary.

How to Pick Your Advisor

February 11th, 6PM*

Midtown Athletic Club

THE FINANCIAL SERVICES INDUSTRY, LIKE MEDICINE, EVOLVES OVER TIME. THIS EVOLUTION IS OFTEN FORCED BY TECHNOLOGICAL ADVANCEMENTS, REGULATORY CHANGES, FEE COMPRESSION AND CLIENT EXPECTATIONS. THE RESULT IS THAT A MODERN FINANCIAL SERVICES PRACTICE LOOKS DIFFERENT TODAY THAN IT DID EVEN TEN YEARS AGO. JOIN ME ON FEBRUARY 11TH, AS WE DISCUSS THE CHANGING INDUSTRY, AND WHAT YOU SHOULD LOOK OUT FOR WHEN EVALUATING FINANCIAL SERVICES FIRMS AND PROFESSIONALS.

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www.midtown.com/events

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Cycle Soundtracks

Monday, March 18–Saturday, March 23

Passion for pop, decade's music, or even a virtual ride? Try one of the themed rides for a new spin on your favorite cycle class. Let the beat of the music move you with a variety of classes featuring themed soundtracks. Complimentary for members. No registration required.

Camp Midtown: March Recess Day

Friday, March 22, 9:00 am–4:00 pm

Ages 5–13. Got a day off from school? At Camp Midtown, kids enjoy a variety of games, sports and activities. From the tennis courts to yoga and everything in between, Midtown's expert coaches and professional counselors will help your kids build self-confidence and teach them how to live a healthy active lifestyle. Includes lunch and complimentary pre- or post-camp care. \$59 per member, per day; \$69 per guest, per day. Registration required.

Flight Club: Defying Gravity [Level 2]

Fridays, March 29, April 5 and 12, 11:00 am–Noon

Turn your practice upside down. Incorporate inversions and handstands into your practice. A high-energy, fun express class centered on inversions in the power Vinyasa flow. \$48 for 3 members, \$18 per member drop in; \$54 for 3 guests, \$20 per member drop in. Registration required.



The 20/30 Challenge

Monday, April 1–Tuesday, April 30

Take any 20 classes on the Group Exercise schedule in 30 days and you'll be entered into a raffle for great prizes. Pick up a punch card at any studio in the Club. Complimentary for members.

Blue Whale, Blue Lips Pool Opening Party

Saturday, April 6, Noon–2:00 pm

Where else can your family swim outdoors in April? Be among the first to take a dip in the pool and enjoy food, fun and prizes with your friends. Complimentary for members, guest fees apply. Registration required.

Camp Midtown: Superintendent's Day

Monday, April 8, 9:00 am–4:00 pm

Ages 3–13. Got a day off from school? At Camp Midtown, kids enjoy a variety of games, sports and activities. From the tennis courts to yoga and everything in between, Midtown's expert coaches and professional counselors will help your kids build self-confidence and teach them how to live a healthy active lifestyle. Includes lunch and complimentary pre- or post-camp care. \$59 per member, per day; \$69 per non-member, per day. Registration required.

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to find out
how much
money you
could be
saving?

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your bills,
and we'll
show you
savings.



How can we help maximize your profits?

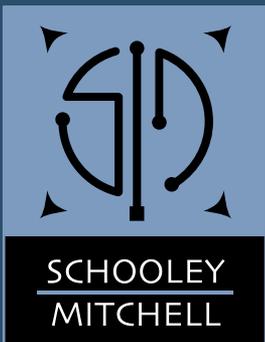
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Real Estate Services

While real estate inventory remains at a historical low, creating a bottleneck that drives prices up, other factors are reminiscent of a buyer's market. The real estate market has experienced many price reductions in the last several months and the time a house remains on the market has lengthened for many listings. Buyers clamoring for new homes in the last 18 months remain extraordinarily savvy and keyed into market values. The condition and appearance of your home is especially critical to time-pressed buyers who would rather do anything than paint. Here are some tips on how to get your home ready for even the fussiest buyers and how to increase your chances of purchasing a home.

seller tips

Mechanics are a top priority. Ensure the HVAC system has been serviced, making any needed repairs. Are the roof and windows clean and in good shape? Even small things like trim, painting and cracks will have a huge impact on buyer perception.

Cleanliness is godliness. A clean home reinforces that your home is cared for and minimizes doubt for “unseen” areas. Clean all surfaces and declutter items, removing any off-putting smells like mustiness, smoke or pets.

Check out the attic and basement for mold, a hot button issue that's costly to address. It's often less expensive to remedy any issues before listing your home. In New York State there is a required process to mitigate—which adds to your bill once it's cited at inspection.

First Impressions are lasting impressions. Ensure your yard is alive and well. Add color and warmth with plants and flowers. Staging inside is an impactful way to make a space feel inviting and memorable.

Ask the pros. Experienced real estate agents know what sells. They can help you get a firm understanding of the market and how to best prepare your home for a quick sale at top dollar.

Hire the right agent. The best investment a seller can make is time spent researching agents. A bad hire can cost sellers tens of thousands of dollars and months of worried waiting. Narrow your search to three agents and interview each. A seasoned agent will know how to best market the property to get your house sold quickly, while expertly negotiating for the best price and terms.

buyer tips

Prepared buyers have a higher success rate. In a competitive market, a homebuyer who is prepared is more likely to have their offer accepted than a buyer who is not. That means knowing in advance how much you can spend, what loan programs you're eligible for and how much of a mortgage you can qualify for. Now, more than ever, the strength and quality of your purchase offer are critical to getting your offer accepted.

Know your credit score. Most mortgage programs require the buyer to have a minimum credit score. It's possible to improve your score with a few simple changes, and doing this in advance of finding a home may improve your loan product choices.

Get pre-approved. A mortgage pre-approval will help identify specific loan programs to suit your unique situation. There are many special loan programs available for first-time homebuyers, veterans, and physicians.

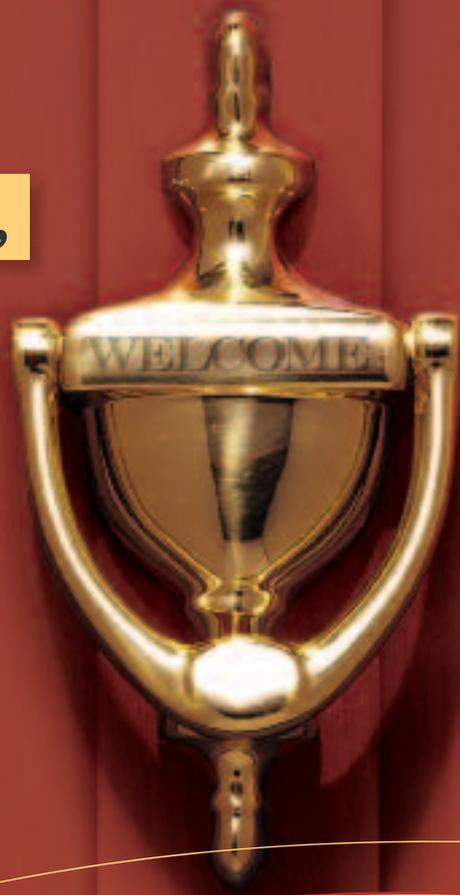
Plan to save for a down payment and closing costs. The more money you have for a down payment, the lower your monthly payment will be. Some loan programs offer no money down. Are you eligible?

Get a second opinion. Not every lender offers every mortgage loan program. The best option for you may not be available from the first lender you call. Ask your lender about programs that you are eligible for and are suited to your budget.

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giving is better than receiving

Giving back is important to Midtown and its advertising partners, whose business cultures are rooted in philanthropic endeavors. Look for stories about the great work they do in our community in each issue of Spirit—and be inspired!



Elizabeth Wende Breast Care (EWBC)

partnered with the American Cancer Society (ACS) to support their October “Making Strides Against Breast Cancer” Awareness Walk. The annual event raises awareness and funds to save lives from breast cancer. The non-competitive three to five mile walk brings people together to make a difference for anyone who has been affected by breast cancer and raises money to fund innovative research, provide free information and support, and help people reduce their breast cancer risk or find it early when it's most treatable. Making Strides is one of the largest fundraising events for the American Cancer Society in Rochester.

This year each of the twelve departments at EWBC made themed baskets and sold tickets for a raffle three months prior to the walk. In addition, staff held bake sales and 50-50 raffles, and received incentives to earn a team jacket for raising money for the cause. According to Emily Goldsmith, the Making Strides event manager, EWBC was the top team fundraiser for the event. When presented with the check, Emily stated that she was “amazed and speechless at the outpouring of support from EWBC. The event would not be the same without the help of the clinic’s staff, and we’re so grateful to work with them!”



S&T Bank has actively supported many great causes in the Upstate region it serves. Over the past year, S&T has provided over \$30,000 in donations to the EquiCenter, a non-profit facility which serves persons with disabilities, veterans and at-risk youth.

Additionally, S&T employees have served time at Foodlink in Rochester and S&T has provided financial support to Adding Candles, a grassroots volunteer organization which raises money for brain cancer research at the Wilmot Cancer Institute of the U of R Medical Center. S&T has also been a sponsor of the Center for Youth’s Fashion Week for the last three years and has provided committee and financial support to the Rochester Spinal Association, an organization that provides programs and services to individuals with spinal cord disabilities, their loved ones, and care providers and professionals in the Greater Rochester area.

puzzle answers



Puzzle on page 35.

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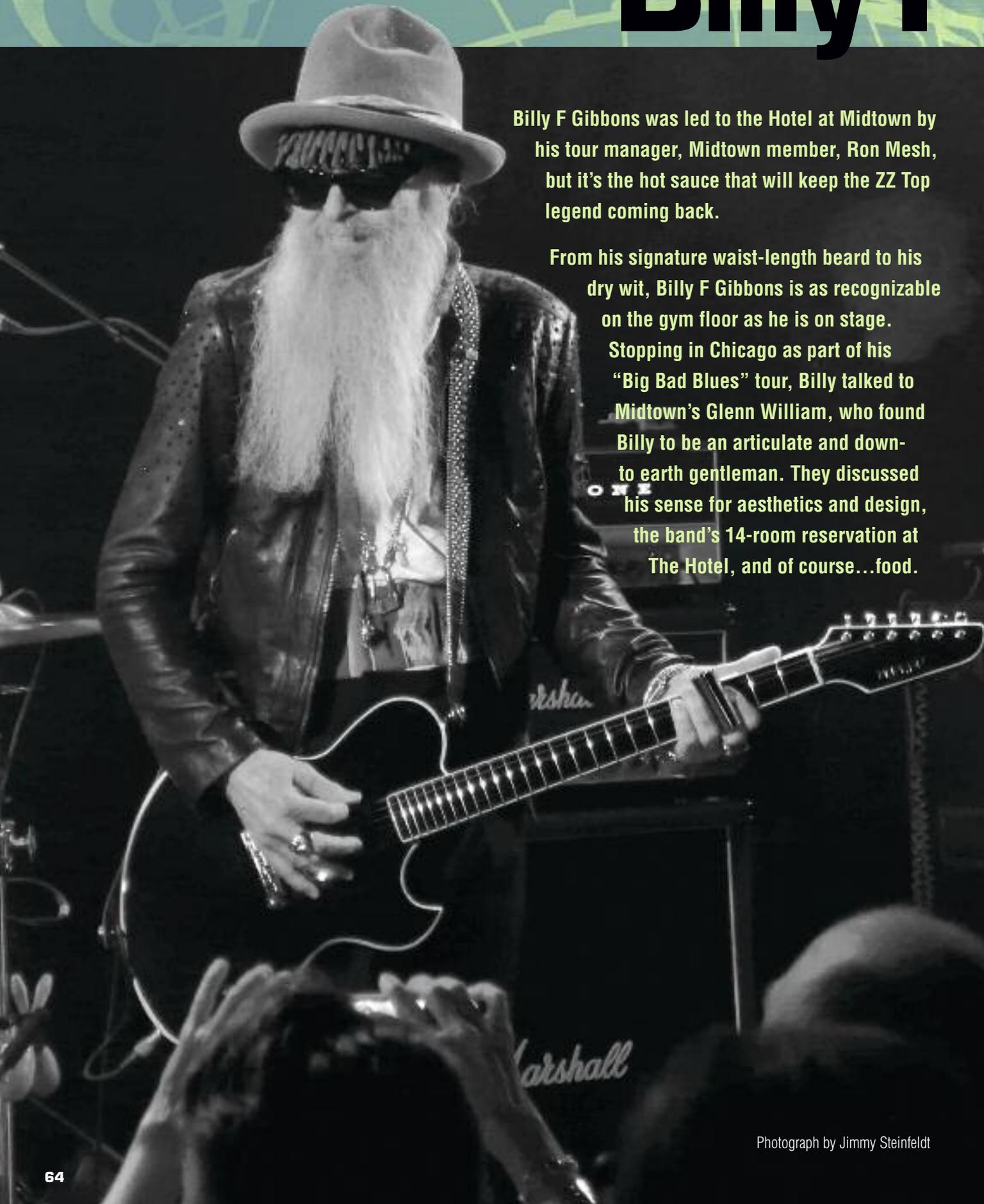
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On The Road With the

Billy F

Billy F Gibbons was led to the Hotel at Midtown by his tour manager, Midtown member, Ron Mesh, but it's the hot sauce that will keep the ZZ Top legend coming back.

From his signature waist-length beard to his dry wit, Billy F Gibbons is as recognizable on the gym floor as he is on stage. Stopping in Chicago as part of his "Big Bad Blues" tour, Billy talked to Midtown's Glenn William, who found Billy to be an articulate and down-to-earth gentleman. They discussed his sense for aesthetics and design, the band's 14-room reservation at The Hotel, and of course...food.



Photograph by Jimmy Steinfeldt

Gibbons Big Bad Blues Tour

“Our roadshow hit Chicago with the rare “day-off,” enjoying the unexpected coupling of a five-star point of lodging along with a world class workout facility all under one roof. A cool double-whammy.”



Glenn William: It's an honor to meet you, Billy.

Billy F Gibbons: It's a genuine pleasure having enjoyed the opportunity to meet you and become a guest at your Midtown Athletic Club and The Hotel at Midtown. It was a very fine experience! The band certainly looks back with fond recollections from our stay and we look forward to our return.

GW: Have you ever stayed in a hotel inside of a gym?

BFG: A first! With our recent album release of “The Big Bad Blues,” our roadshow hit Chicago with the rare “day off,” enjoying the unexpected coupling of a five-star point of lodging along with a world class workout facility all under one roof. A cool double-whammy.

GW: Did you take a tour of the Club?

BFG: A self-guided tour, yes. I believe that the Midtown Athletic Club and The Hotel in the Bucktown neighborhood in Chicago now stands as a new benchmark in luxury lodging connected with the highest level of professional personal fitness programs to be found around the country. Pure esthetic!

GW: There are three musicians in the band, but you guys booked 14 rooms at the hotel. Can you break that down for me?

BFG: Three rooms for the principal band members, Matt Sorum, Austin Hanks and myself, one for the tour manager, eight for technicians and two rooms for the two bus drivers.

GW: Any specific impressions about The Hotel?

BFG: The elegance of the surroundings of the Club and Hotel had a clean sense of style that set the tone for a great stay. The check-in procedure went like clockwork. Speedy and efficient. Safe and secure. I loved the hardwood floors in the hotel room and the tile throughout the bathroom. There had to be a great deal of thought put into the features, design

and materials. The way the wood floor in the room butts up to the tile in the bathroom and transitions the two is brilliant. The room is crisp, simplistic yet warm. I loved the wall treatment design behind the bed that you'd swear is textured concrete.

(right) Hotel room wood floor transitioning to the tile in the bathroom. Billy has an eye for detail.



GW: I understand that you just purchased Brigitte Bardot's former home in Las Vegas.

BFG: Yes! It's a period perfect “ranchette” in the neighborhood known as Rancho Circle. It sits comfortably between the former homes of Dean Martin and Frank Sinatra. It's the last piece to fit the celebrity triumvirate: Hollywood, Palm Springs and, of course, now Las Vegas.

GW: Is there a renovation in sight?

BFG: As the house originally broke ground in 1957, a few convenient present-day innovations have taken the structure into the modern era while maintaining the feel of its historic past. It's a Spanish hacienda with a dice table for neighbors. I'd like to put the Midtown hardwood floors down throughout the place and install your tile in the bathrooms.

GW: I can put you in touch with our architect and designer, Dwayne MacEwen and he will send you samples of the materials you liked.



(left) America Salutes You and Wall Street Rocks Presents: Guitar Legends for Heroes, November 29, 2017, New York City. Photo by Debby Wong.

BFG: You'd do that for me?

GW: Of course.

GW: Ron Mesh, your tour manager, is a Midtown member at our club in Rochester, New York. How did you two meet?

BFG: Ron stepped in to head up "The Big Bad Blues" roadshow as tour manager, bringing his Midtown membership as an immediate aim to the Chicago Hotel at Midtown. It's THE destination: a first class experience for deluxe lodging as well as a relaxing place to unwind in the workout areas. Ron's expertise out on the touring trail led us directly to the fine accommodations found at Midtown.

GW: You seem to be quite good friends with Ron's corgi.

BFG: Named after Bo Diddley's guitar slinging accomplice, "Lady Bo," Ron's feminine, foxy-like corgi accompanied us down the road and back again. She certainly holds up the tag of "man's best friend!" Lady Bo, of course, found Midtown's front desk to be a favorite spot with the occasional snack treat bestowed by an associate.

GW: Your business card reads "Friend of Eric Clapton." What's the story there?

BFG: I suspect most everyone relates to the exquisite effect of Eric's mesmerizing guitar wizardry. I continue to enjoy a long standing friendship with Eric thanks to our mutual admiration of the sound of electric blues guitar. It starts with the "strum" then steps it up with that electrical "hum" that'll getcha every time!

GW: Did you dine in Chromium, our restaurant at Midtown?

BFG: Most certainly! The Billy F Gibbons bandmates joined our entire road crew to take in the many treats from the full service menu, which started with the early morning visit to the fresh juice and coffee bar. The lunch hour found us sampling some great sandwich selections before returning to enjoy Chef Amanda's suggestions for the evening get together. It's party time for Midtown's time-to-dine extravaganza.

GW: You're a spicy food guy. What's your go-to meal?

BFG: Well, speaking of spicy, the Midtown chef offers one of the most savory hot sauce additions ever, which complements the many items available from the sumptuous menu. How about a serving of charred





broccoli with apricot coriander vinaigrette and pepitas to side with the main course of a roasted half chicken with pickled jalapeño peppers? Now that's just about as good as it gets. I would appreciate you sending me off on the road with a handful of your little squeeze bottles filled with that hot sauce and an ample supply to keep us in stock on the tour bus.

GW: Consider it done. Speaking of that bus, what's it like on there?



(above) Halloween: the only day of the year Billy F Gibbons can go out in public without anyone knowing who he is. Tour Manager and Midtown member Ron Mesh is dressed in the space suit. The Corgi dressed as an alligator is Ron's dog, Lady Bo.

(left) Band members walking out of Chicago's Eleven Diner as they kick off the Big Band Blues Tour. Photo by Blain Clausen.



(above) The band travels on a bus custom designed by Taylor Swift.



(left) Tour bus fridge...Kombucha, cold brew, coconut water, Midtown hot sauce. Most likely a different assortment of beverages than during the 1970s.



Elesa Kim

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CHERYL DWORFD
COUNTY EXECUTIVE

BFG: The bus goes where we go. The bonus of having every household convenience at hand is unexpected, yet the real upstart is a design feature introduced by none other than Taylor Swift. Miz Swift placed the luxury suite smack-dab in the center of the coach. Roomy and quiet, the road takes on a new definition of smooth. And it will return us to the delights of Chicago's Midtown Hotel in grand style.



(above) Midtown Executive Chef, Amanda Barnes, preparing her now famous "hot sauce" to be sent overnight to Billy on the road.

Two weeks later, Billy reached out to Glenn with a very specific request.

BFG: We are now officially down to the last drop of your famous hot sauce. Mr. Ron Mesh suggested lofting a "perhaps inquiry" with Chef Amanda in Chicago to see if she would reveal her recipe in order to whip up a batch onboard the touring coaches. This would save her the trouble of packing and shipping. Then again, it may be a chef's secret. Either way, we would be remiss if we didn't cry out for more! We await your directive on the hot sauce front.

GW: Billy, consider the sauce "on its way."



(above) New acquaintances share business cards. Can't beat these credentials... Opera box seats hanging over the stage.

(right) The band: Billy, Matt Sorum (Guns N' Roses drummer) and Austin Hanks with Glenn at the House of Blues, Chicago.

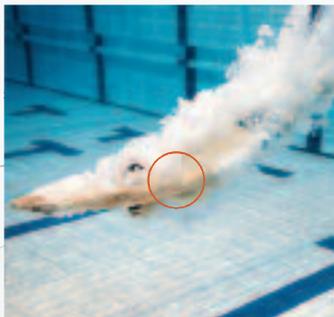


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- ... The word spring has been used for the season since the 16th century. Originally called springing time in the 14th century—a reference to plants “springing” from the ground, the name was shortened to springtime in the 15th century, and then further shortened in the 16th century to just spring.
- ... Spring fever isn’t just a saying—experts say the body’s makeup changes due to different diets, hormone production and temperature.
- ... The first day of spring is called the vernal equinox—a Latin term meaning “spring” and “equal night.”
- ... On the first day of spring, the sunrise and sunset are about 12 hours apart everywhere on earth.
- ... If you stand at the equator on the first day of spring, you’ll see the sun pass directly overhead. This happens only twice a year—the first day of spring and the first day of autumn.
- ... There’s more daylight during spring because the earth’s axis tilts toward the sun at this time of the year.



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adult tennis

The Adult Instructional Program offers seven skill levels. Lessons are grouped using the N.T.R.P. system. The Winter, Adult 11-week session runs Tuesday, January 29-Monday, April 15, 2019. Each class meets once a week. Students are allowed to make-up two classes per session at the discretion of the Adult Tennis Director. Make-ups do not carry over to the next session. Class registration is on a first come, first served basis. Sign up at the front desk. Midtown membership is required. For more information, please contact Phyllis Wilunda at 512.2815 or by e-mail at phyllis.wilunda@midtown.com.

intermediate beginner (1.6-2.0)

The student has played some tennis, but needs instruction on basic techniques.

DAY	TIME	DAY	TIME
M	9-10:30 am	Tu	6-7 pm
M	6-7:30 pm	Th	6-7 pm
Tu	11 am-12:30 pm	Sa	8:30-10 am

advanced beginner (ntrp 2.1-2.5)

The student is learning to keep the ball in play, but needs to improve court positioning and consistency.

DAY	TIME	DAY	TIME
M	9-10 am	Th	6-7 pm
Tu	6-7:30 pm	F	9-10:30 am
Th	9:30-11 am	Sa	10-11:30 am

lower intermediate (ntrp 2.6-3.0)

The student can play singles and doubles, but needs to improve net play and basic tactics.

DAY	TIME	DAY	TIME
Tu	9:30-11 am	Th	9:30-11 am
Tu	6-8 pm	Th	7-8:30 pm
W	6-7 am	Sa	8-10 am
W	9:30-11 am	Sa	10-11:30 am

intermediate (ntrp 3.1-3.5)

This player has dependable strokes, but lacks depth and variety. Also needs to improve consistency when trying for power.

DAY	TIME	DAY	TIME
M	9:30-11:30 am	Th	6-7 am
M	7-9 pm	Th	9-11 am
Tu	6-7 am	Th	7-9 pm
Tu	9-11 am	Sa	8-10 am
W	6-7 pm		

advanced intermediate (ntrp 3.6-4.0)

This player is developing the use of lobs, overheads, approach shots, and volleys, and is seldom out of position in singles or doubles.

DAY	TIME	DAY	TIME
M	7-9 pm	Th	6-7 am
Tu	9-11 am	Th	9-11 am
Tu	7-9 pm	Th	7-9 pm
W	7-9 pm	Sa	8-10 am

advanced (ntrp 4.1-4.5)

This player has begun to hit with power, spin, depth and control. The serve can be a weapon, and he/she can move into a net position with some success in singles and doubles.

DAY	TIME	DAY	TIME
M	7-9 pm	Sa	8-10 am
W	noon-1:30 pm	Su	9-11 am

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DAY	TIME	DAY	TIME
M	6-7 am	Th	6-7 pm
M	10-11 am	F	6-7 am
M	6-7 pm	F	10-11 am
Tu	10-11 am	Sa	8-10 am
W	10-11 am	Sa	10-11:30 am
Th	10-11 am	Su	10-11:30 am

roc members **take** on **the** windy **city**



Midtown members and friends Christy Dodd, Kelley DeMonte, Kate McGuinness, Jason Zawodzinski, Krystal Zawodzinski, Jackie VanDeWater, Ken Marvald and Stephen Ruchlin spent their Columbus Day weekend in Chicago for the 2018 Chicago Marathon. After staying at the new Hotel at Midtown and enjoying Midtown Chicago's facilities, they sat down with Glenn William to discuss the marathon, their first impressions of Chicago's remodel and how the renovations will shape the future of Rochester's Midtown.

Glenn William: When did you all start training for the marathon?

Krystal: I started training nine months before the race, but six months before the race was when I really started thinking about training hardcore.

Glenn: Did anyone's training differ significantly from that?

Christy: I didn't train as much I should have, but a little bit.

Glenn: Why the Chicago marathon? Why not New York?

Ken: I did the New York marathon last year with my girlfriend, and we had an awesome time. I knew this was on Krystal's bucket list and I had been trying to convince Jackie to do a marathon for a long time. Kate and Christy had done many. I think I kind of roped this crew together.

Jackie: This was all Ken's fault.

Glenn: It's my understanding that Ken spends a good portion of his time roping people together. He's like a magnet.

Krystal: Getting people all riled up together to do something fun is what Ken does best.

Ken: I started training around the beginning of June and spent the summer wondering why I was doing this to myself. It was a stressful summer with the thought of the race hanging over my head,



wondering if we trained enough, ran enough miles and then it was over. It was funny how after it came and went there was this void in our lives.

Jackie: The month before we were trying to do longer runs, and we would set aside two to three hours to do them. When it was over we were left with the question: "Well, what do we do with this time now?"

Ken: For me, it's all about camaraderie, shared experiences and community. It's not about competition or even completion. That's really what I live my athletic and Midtown community life by.

Glenn: What were your impressions when you walked through the doors of Chicago's Midtown?

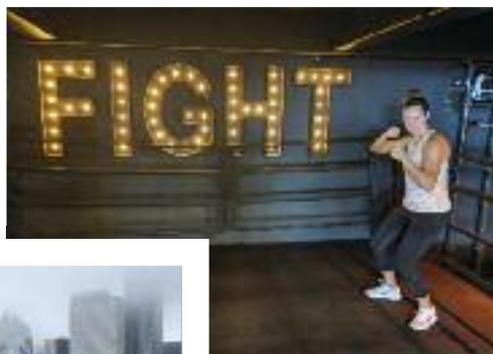
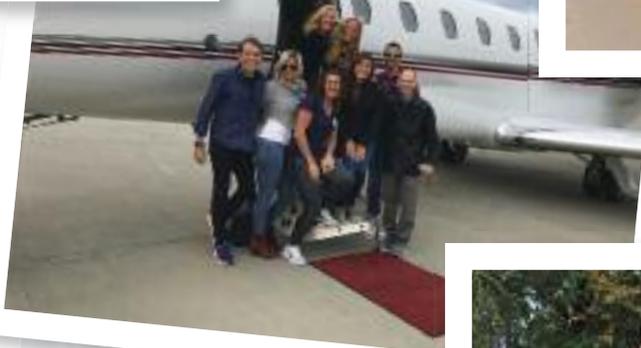
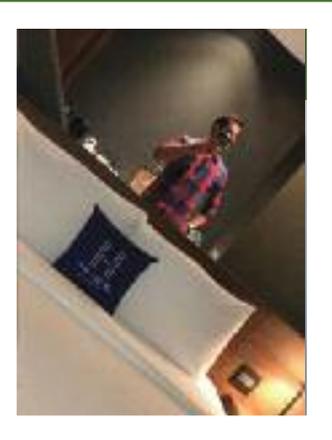
Krystal: It took me a good hour to pick my jaw up off the floor. I couldn't believe how beautiful it was. The amenities, the workout rooms, it was just stunning.

Jackie: Everything was flawless, clean, polished. I was like a kid in a candy store.

Glenn: What were you most interested in seeing?

Kate: The boxing room. I took the class and it was fantastic, I cannot wait to get that here in Rochester. I didn't run the marathon, so I also took a class on The Field. I loved how large it was. We have a great field here, but just the expansion of the turf and being able to hold a full class on it was great.

Glenn: Did you use the locker rooms?



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Krystal: I walked in and it took me a minute to take it all in. I enjoyed the fact that there was seating in front of all the mirrors, so you could sit while you got ready. I get ready at the Club every morning and everyone congregates at the one mirror. I think it would be cool to have a general area, so we're not all crunched sharing the one long mirror. The showers are awesome.

Glenn: We're going to replicate the showers exactly.

Ken: The sauna and the steam were spectacular. The sauna was very dark, which lent it to being less social. When I go into the sauna here, I'll bring something to read, but when someone comes in, I put my reading down. It can become very lively in there. I don't know if it was the physicality of the place or the timing, but all of us noticed that the Chicago club felt less social than Rochester.

Kate: There seemed to be fewer places to gather. Rochester has many warm, comfy social areas.

Glenn: What about the actual building stuck out to you?

Ken: The granite behind the front desk, the wood trees, the granite around the pool area. It was all spectacular.

Kate: Are we going to see these amenities in Rochester?

Glenn: Our plan is to replicate Chicago's expansion as closely as we can without building the hotel. This will include "Everybody Fights," the boxing area branded by George Foreman, as well as a turf area, which we'll also call "The Field." Our Group Exercise studio will be themed as "The Theatre," and the cycling studio will be called "Ride."



"For me, it's all about camaraderie, shared experiences and community. It's not about competition or even completion. That's really what I live my athletic and Midtown community life by."







thanksgiving activities
november 2018

Nearly \$6,000 in donations were collected on Thanksgiving Day for the **Bivona Child Advocacy Center** and **Trillium Health** at the Thanks for Giving Yoga and Cardio Tennis classes. Throughout the day members also gathered for Pilates Mat, BodyPump, Zumba & Werq and pedalled off calories in the Cycling Studio.



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managing arthritis

by Richard Fame, MSPT Supervisor
Rochester Regional Health Physical Therapy Center
at Midtown Athletic Club



Have you ever experienced knee pain when you stand, hurt when you walk up or down the stairs or simply have had pain not caused by an injury? Osteoarthritis, sometimes referred to as degenerative joint disease, affects nearly 27 million Americans. If left unmanaged, arthritis can progress to debilitating pain, requiring surgery and possibly joint replacements. Based on studies done earlier this decade, arthritis is defined as the presence of at least two episodes of knee (or joint) pain lasting 10 or more days within a year. Understanding and managing arthritis while it is occurring in the early stages can reduce its progression and help you maintain a more functional lifestyle with less pain.

Symptoms of Arthritis

Arthritis often affects the knees and hips, but can also affect joints in the upper extremities and spine. The pain is often described as an ache and as an associated stiffness (typically felt in the morning or after moving from a stationary position for a length of time), reduced joint range of motion, pain during or following an activity, and swelling near the joint. Cracking or grinding sensations may also accompany arthritic pain.

Sources of the Pain

Three tissues are involved with arthritis—bone, cartilage and synovium. These tissues are usually broken down from repeated microtrauma over a long period of time, usually years. Synovium is a soft tissue that lines the joints and produces synovial fluid that helps to lubricate and nourish cartilage. Cartilage is a smooth covering over the ends of the bones. It provides a cushion and low-friction surface for the bones to interact through a joint. Bone makes up the third tissue involved with arthritis. The subchondral bone has nerve endings, so when this area begins to break down, we feel pain. Cartilage, however, has no nerve innervation so as it wears down we don't feel pain until it wears down enough that it irritates the bone. Pain at this point is usually related to stage two arthritis. In this stage, x-ray scans may show joint space narrowing and possibly bony osteophytes, often called, "bone spurs."

Early Management of Arthritis

The typical protocol for managing acute arthritis pain calls for rest, ice, compression and elevation (RICE), which can control swelling or pain. Over-the-counter medications (NSAIDs) such as ibuprofen (Advil) or naproxen sodium (Aleve) can have some temporary benefits. Sometimes more powerful prescription medications are used to help those with more severe pain and inflammation.

Physical Therapy (PT) is another non-invasive treatment used to relieve pain. A PT program can provide an exercise routine that can also be used as a maintenance program for joint health. Patients are evaluated for joint range of motion, strength, compressive joint loading tolerance and extremity alignment, which can play a significant role. Exercises are tailored to the specific tissue being managed and can gradually increase both strength and range of motion. For example, cartilage exercises have different parameters of exercise from muscle or tendon issues.

If a patient is experiencing ankle, knee or hip arthritis, a physical therapist will examine their foot posture as it can effect lower extremity alignment and cause problems with other joints. Often times, foot orthotics can help to correct an arch that is too high or too low. An incorrect foot arch can cause extra stress on joints further up on the body.

Bracing may also help to relieve some arthritis symptoms. Compression sleeves can minimize swelling, provide some stability to the joint and prevent excessive joint shear and irritation. In later-stage knee arthritis, an unloading brace can be used to decompress one side of a joint that is overloaded. Assistive walking devices (i.e., cane, crutches or walker) are also useful in reducing the load on an affected joint, can help relieve pain and improve daily function.

In other cases of arthritis, physicians may inject the joint with corticosteroids to decrease pain and inflammation, or a joint lubricant to provide temporary relief for months at a time.

Other treatments include stem cell therapy: platelet rich plasma (PRP), an injection of concentrated platelets from your own blood that has been spun down in a centrifuge; and bone marrow concentrate (BMC), an injection of stem cells to renew healing tissues. When discussing the difference between PRP and BMC, Dr. Daniel Day, a sports medicine physician at Rochester Regional Health, likens BMC to seeds planted in a garden with PRP acting as the fertilizer.

If arthritis pain advances too far past the early stages, you may have to consider some surgical alternatives. Arthroscopic debridement and other newer procedures harvest healthy cartilage from elsewhere in the body to be implanted in the spot affected by arthritis to promote cartilage growth. At its most advanced stage, when other therapies and surgeries fail to reduce pain and improve function, total joint replacement is a common alternative used to treat arthritis.

When it comes to managing arthritis, it's critical to start early. If you are experiencing frequent joint pain, speak to your doctor or physical therapist as soon as possible. The earlier you get help, the better your chances are of maintaining a healthy and active lifestyle with minimal pain.

squash

Kate Whitmore
Assistant Tennis Director, Racquet Sports
512.2852
kate.whitmore@midtown.com



squash

Squash is a fast-paced game played by two (singles) or four players (doubles) in a four-walled court with a small, hollow rubber ball. For more information, please contact Kate at Whitmore at 512.2852 or by e-mail at kate.whitmore@midtown.com.

squash in no time (snt)

Designed for new squash players, students will learn the basics; how to hit rails, cross-courts, serves, rules of the game and how to play a squash game. Midtown membership is not required. \$45 per member, per 3-week session; \$66 per non-member, per 3-week session.

DAY	TIME	DAY	TIME
M	6-6:45 pm	Sa	noon-12:45 pm
Tu	6-6:45 pm	Su	2:15-3 pm
W	6-6:45 pm		

intermediate/advanced drill and cardio

A great way to get in a workout in footwork and racquet drills. This clinic will end with some game play. Three member minimum.

DAY	TIME	DAY	TIME
Tu	12:45-1:30 pm*	Th	12:45-1:30 pm

*May be extended to 1.5 hours if desired.

junior squash

Kids play in a fun, yet challenging environment and learn the necessary skills to play squash at whichever level they aspire to. Midtown membership is not required. \$90 per member, per 6-week session; \$105 per non-member, per 6-week session. Session 2: October 22-December 1, 2018.

DAY	TIME	DAY	TIME
M	3:45-4:30 pm	W	5:15-6 pm
M	4:30-5:15 pm	Th	3:45-4:30 pm
M	5:15-6 pm	Th	4:30-5:15 pm
Tu	3:45-4:30 pm	Th	5:15-6 pm
Tu	4:30-5:15 pm	F	3:45-4:30 pm
Tu	5:15-6 pm	Sa	12:45-1:30 pm
W	3:45-4:30 pm	Su	1:30 -2:15 pm
W	4:30-5:15 pm		

lessons

Work one-on-one with a pro or a small group to raise your game to the next level. One court reservation per day (no charge). \$10 no show/late cancellation fee.

SESSION	# PERSONS	FEE
Private	1 + pro	\$50 per 45-minute session
Semi-Private	2 + pro	\$30 per 45-minute session, per person
Group	3 + pro	\$25 per 45-minute session, per person
Group	4 + pro	\$20 per 45-minute session, per person

socials

All levels are invited to join us for one-and-a-half hours of social round robin squash followed by food and drinks on October 26 and November 30, 2018. \$18 per adult member, \$24 per adult non-member; \$10 per junior member, \$15 per junior non-member

LEVEL	DAY	TIME
Adult	F	6-7:30 pm
Junior	F	4:30-6 pm

adult/junior squash ladder

Challenge other players for a spot on the squash ladder. Junior box league players will play matches against other players in their level to either move up or down according to their performance. Tournaments will be run for single day events with different levels on Saturdays throughout the season. Dates to follow.



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