

MIDTOWN

# Spirit

Fall 2019



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# club hours

## september 3 – november 1

[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

[september 3 – october 1, weather permitting, courts closed for season beginning october 1]

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

### pool and deck hours

monday – friday	6:30 am	–	1:00 pm
	5:00 pm	–	7:00 pm
saturday & sunday	10:00 am	–	2:00 pm

### marché

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	–	6:00 pm*

\*Grill closes 1 hour earlier.

### gould street outdoor café

[closed for season]

### the spa at midtown

monday – thursday	9:00 am	–	9:00 pm
friday	9:00 am	–	6:00 pm
saturday & sunday	9:00 am	–	6:00 pm

### 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

labor day	7:00 am	–	7:00 pm
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MIDTOWN

# Spirit

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Dates and prices are subject to change without notice.

# notes from glenn

## About Sherry Peppers

Sherry Peppers are indigenous to Bermuda and synonymous with the Outerbridge family of Bermuda. Centuries ago sailors began fortifying barrels of sherry with fiery hot peppers. During the 19th Century, the British Royal Naval Dockyard in Bermuda was one of the largest and most strategic maritime bases in the world. Transient Royal Navy shipmen shared their incendiary sauce with seafaring and landbound Bermudians who eagerly adopted and enhanced the recipe. Bermudians began cultivating quality pequin peppers to trade with the sailors who had readily available casks of sherry onboard. It was a mutually beneficial matrimony of convenience, and Bermuda Sherry Peppers were born. In 1964,

Yeaton Duval Outerbridge brewed up a batch of Bermuda Sherry Peppers for use at Robbie's Harbourfront Restaurant in Hamilton. Soon, locals and visitors alike were requesting a sample to take home. Since then, Outerbridge's Original has become synonymous with Bermuda Sherry Peppers. Nearly every restaurant and pantry in Bermuda contains a bottle of Outerbridge's Original. It is THE Bermuda hot sauce that predates the American hot sauce craze by decades.



## Mary Outerbridge: How Tennis Came to America

The modern game of lawn tennis was first commercialized in 1874 in England by Major Walter Clopton Wingfield of the British Army. One of the Major's men brought the rules for the game and the equipment with him when he was posted to the Bermuda Garrison. Mary Outerbridge played the game at "Clermont," her family's house, on a large flat lawn in Paget Parish in Bermuda. When Mary returned to the United States from Bermuda in 1874, she introduced lawn tennis to the United States. She set up the first tennis court on the grounds of the Staten Island Cricket and Baseball Club, which was founded

in 1872 near where the Staten Island Ferry Terminal is today. There she played the first tennis game in the US, against her sister Laura, on an hour-glass-shaped court.

In 1880 the Staten Island Cricket and Baseball Club held "the tournament for the championship of America." The match was won by O. E. Woodhouse of England who was in New York at the time.





My Outerbridge's supply was running very low in the early 1980s and for some reason, sherry peppers were not being exported from Bermuda. This became frustrating for me as I regularly doused my soups, salads, stews and omelets with the stuff. Down to my last bottle, I experimented with dozens of homemade recipes to best replicate the Outerbridge formula until I perfected a match combining cream sherry, dry sherry, Tellicherry peppercorns and thai peppers. These were aged in dark glass jugs in the cool of my basement for 14 to 16 months. Strained, filtered twice, hand labeled and bottled by me, this bottle represents an exact replica of the Outerbridge's Sherry Peppers you can now only purchase in Bermuda and online. There's always a bottle of Sherry Peppers alongside our homemade soups in the café. If you haven't tried it with soup, go for it and if you like it you can stop by my office and talk me into sharing a sample bottle with you.

Best in Health,

A handwritten signature in black ink that reads "Glenn".

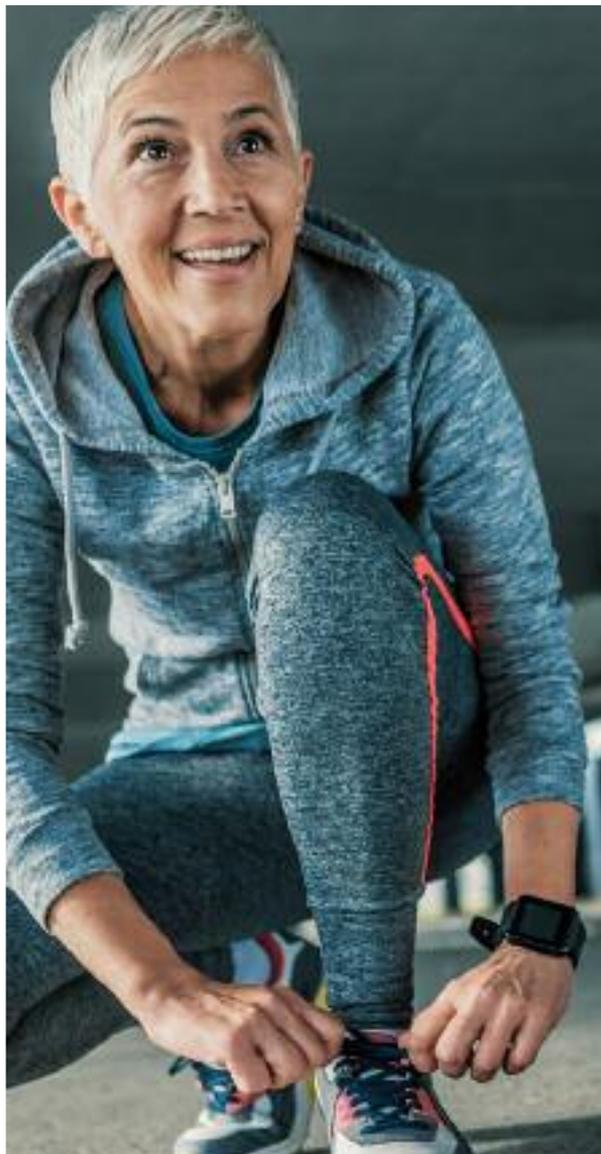
## A Love Affair Begins

I fell in love with Outerbridge's Sherry Pepper Sauce in Bermuda in 1972. For three years during college semester breaks and on holidays, I talked myself into a job teaching tennis on cruise ships traveling from New York City to Bermuda, and began teaching tennis on the island. With full appreciation for the culture of this magical place, I developed a fond taste for Shepherd's Pie, mutton stew and fish chowder, all seasoned with Outerbridge's unique sauce. The original Robbie's Harbourfront Restaurant on Bermuda was renamed Ye Olde Cock and Feather and every time the ship docked at the Hamilton wharf, it was my first stop. I'd salivate thinking about my first Double Diamond ale and Shepherd's Pie seasoned with sherry peppers up on the second floor patio looking down on Front Street. I never made a trip without bringing home a few bottles of Outerbridge's with me.





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## midtown challenge

may 18, 2019

Held at all of the Midtown Athletic Club locations, this club-wide competition challenged members to compete in four all-around fitness challenges that tested their strength, power, endurance and agility. The 35 elite member competitors were separated by age and gender and energized by the live music spun by DJ Naps and the cheers of the spectators while they worked hard and had fun.



# monica seles

**I**n the Summer edition of *Spirit*, we learned how Monica Seles went from playing tennis with a makeshift net strung across two cars to becoming one of the greatest players to ever step onto a court. The tennis legend's story, which includes a remarkable career comeback and an aggressive playing style that changed how the world saw women's tennis, could not possibly be covered in one feature. Midtown's Glenn William decided to delve deeper into what we think we already know about the tennis legend: the players she admired most, her toughest opponents, and what she would change if she could go back.

**Glenn William:** Who do you most admire as an athlete?

**Monica Seles:** I would have to say Billie Jean King. She has done so much for women, like Title 9 and her fight for equal prize money. She has been a trailblazer in so many areas of women in sports. I really admire that. Even now, she is so passionate about it. I was lucky enough to play against her in the Fed Cup and in the Olympics, and I have to say when I look back, I didn't realize how lucky I was. That was probably one of the strongest eras with her, Lindsay (Davenport), Serena (Williams), Venus (Williams) and Corina (Morariu). It was just a really fun time to be part of the Fed Cup. We all wanted to play those years, I think because of Billie. We had a tremendous amount of respect for her and that's why we all decided to put everything aside and get along for that one week.

**GW:** Who has been your toughest opponent?

**MS:** I can't pick one. In no particular order: (Chris) Evert, Martina (Navratilova), (Steffi) Graf, (Arantxa) Sanchez, Venus (Williams), Serena (Williams), (Martina) Hingis. Any time you stepped out on the court with these women, you knew there would not be one easy point. Even if they had an off day, it was going to be a battle.

**GW:** Of all the titles you've won, which is the one you value the most?



Photo by WalterColleyImages.com

**MS:** The French Open as a 16-year-old, because it was a tournament I grew up watching. You can't replicate winning something at 16, and all the craziness that comes after. That will always be special.

**GW:** If you could go back, is there anything you would change?

**MS:** I would have listened more to my dad when he told me to follow my strokes into the net. That would've made my life a lot easier. I would have worked a little more on my serve. With my height and being a lefty, I could have really utilized my serve better. I love the sport and I would have played even if I'd just played in college.

**GW:** Were you involved in picking your endorsements?

**MS:** I always was. One of the things Mark McCormack (founder of IMG) and my dad always wanted was for me to be very independent. That's the advice I give young players: it's important to pick good people

# a conversation

## part two

“You can’t replicate winning something at 16, and all the craziness that comes after. That will always be special.”

to be around you. Throughout my entire career I always had wonderful people around me.

**GW:** How did you view agents when you were on tour?

**MS:** I was scouted at age ten. This was back when the Women’s Tennis Association did not have the age eligibility rule, which I believe is much healthier. I have seen some very sad cases of players having a hard time adjusting to life after tennis even if they were economically all set. When you play tennis and you’re at the top level, a Roger (Federer) or a Serena (Williams), that’s different. When you stop playing tennis everything else stops, too. The people around you disappear, and you have to adjust to being able to do your own stuff.

**GW:** In the rare occasions you found yourself in a slump, how did you get yourself out of it?

**MS:** I have had a few of them, but maybe I never showed it. When you’re a kid you’re told not to show your emotions, because you don’t want to give that advantage to your opponent. For me, it was a lot easier when my dad was alive, because one of the things we were able to do was separate tennis and our relationship. I would always go to my dad, and then if I was still unsure I would go to my mom. My dad always said, “It’s your life. It’s your decision.” After my dad passed away, I looked to Mr. McCormack. He was very smart and very successful, but also cared about me as a human.

**GW:** When you were down, do you think it was more mental or mechanical?

**MS:** Both. In terms of mechanics, my dad didn’t like that I always played a very patterned game. I was a player who was very focused on me, and I wanted to put my game style on my opponents. If I were



to re-do my career, I would probably focus on my opponents’ patterns and adjust mid-match. But I did get away with it for a long time until players like Serena, Venus and Lindsay came along and could hit the ball harder and move better. I struggled to make adjustments. Mentally, I was very tough on myself. If I lost three matches in a year, it was a catastrophe. If I lost a match, I would get depressed and it would take me a few days to get over it. Thirty years later, I might remember a match and think, “How could I have lost that?” But now I see these players that I lost matches to, and they will talk about moments they lost to me and how devastating that was for them.

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photo by WalterColley.com



**GW:** How did your rare first and second-round losses at the Grand Slam affect you?

**MS:** Throughout my career, I was really good at getting to the quarter finals. The year before I retired, I had a few first- and second-round losses. When that started happening, I could sense that I needed to step back, reassess my injuries and my mental health. Now I think the game is so much healthier, because women can play great in a couple tournaments, then they can coast and then play great again. I think it's much healthier because the generations of Capriati, Hingis, Graf and early Serena and Venus, it was just so much pressure. When you get to be 20 or 22 you have coping skills that you don't have as a teenager. There is no school for this. You can't call up other athletes. You learn on your own.

“When you get to be 20 or 22 you have coping skills that you don't have as a teenager. There is no school for this. You can't call up other athletes. You learn on your own.”

**GW:** If you had not needed to save your energy for singles, would you have enjoyed playing doubles?

**MS:** If I could talk to my younger self, I would say, “Play a lot more doubles.” I have really good volleys. That was a compliment that Billie Jean King gave me, but I never had the guts to come in from the back to the net. I could do it in practice but in a match I froze. I think playing doubles would have helped.

**GW:** I started Amy Frazier in tennis at the age of four while her mother worked as my Tennis League Director in Flint, Michigan. Amy had the best hand-eye coordination of any child I ever worked with. As a pro, Amy climbed the ranks to become a perennial top-twenty in the world player. You two had some pretty interesting matches. Do you remember any of those?

**MS:** Oh yes. Amy and I had battles. We always played tough three-setters. The one I recall was in New Orleans in 1990 or 1991. We played a three-setter that probably lasted three or four hours. Amy



was very tough mentally. She hit the ball so hard and her margins were low. When I saw Amy in the draw, I was not a happy camper. For me, out of that group, Amy was the toughest one.

**GW:** Aside from your parents, who do you most admire outside of sports?

**MS:** I have always looked up to Nelson Mandela and was lucky enough to meet him a couple of times.

I really admire how he persevered and what he stood for.

**GW:** Besides tennis, what are things that interest you?

**MS:** I love photography and animals and am very passionate about animal welfare. I am involved with charities that deal with animals and sports, especially in parts of the world that are not open to young girls playing sports. It's not about becoming professionals, I think it builds self-esteem and makes children feel better and healthier. I'm very big on empowering women to have healthy lifestyles.

**GW:** I've come to know you as a private, reserved person. How do you maintain balance in both your personal and public lives?

**MS:** You learn in tennis that the ball bounces. That set me up for life, because I learned that it bounces all over. ■

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# adult tennis programs

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## midtown tennis meets all your needs

At Midtown, our belief is that active, social people lead happier, healthier lives. While most programs offer tennis lessons, Midtown's programs go further by pairing instructional lessons with social events, competitions and play opportunities. We believe tennis is about making new friends, playing level-appropriate matches, skill development, being part of a team, socializing with other members on and off the court, and getting a great workout, rather than just learning about how to play the game.

## the midtown difference

Midtown's program is different because it serves the needs of all players. In each session players have the opportunity to practice their skills on court, assisted by our certified coaches to help them improve their game. Players are encouraged to attend social events where they can play with their friends and family members. Players are also placed on a team and are given league play opportunities where they can put their skills to the test and learn more about what aspects of their game they need to work on.

## USTA PARTNERSHIP

Through our nationally-recognized player development pathway and partnership with the USTA, players can achieve the level of success to which they aspire. Midtown partners with the USTA to provide competitive play for players at all levels of development using the NTRP rating system. Designed simply as a guide, the rating categories may be adjusted depending on the player's competitive ability or as their skills change. Ranging from intermediate beginner to advanced intermediate, player levels are defined on a scale from 1.0 to 7, however, the players ratings are ultimately based on their match results. Players can get the most enjoyment from the sport by playing with others of a similar level for more compatible matches.

## SITUATION TRAINING

Midtown's branded Situation Training instructional program puts players in real play situations to prepare them to learn the necessary tennis skills and techniques to improve their game and to play better. This program focuses on the physical, technical and mental tennis aspects of training that a player should learn to become successful. Tennis training is a continuous process.

## CARDIO TENNIS

Cardio Tennis is an engaging group fitness program that features the heart pumping effects of tennis drills, games, and skills, while delivering the ultimate full body and calorie burning aerobic and anaerobic workout. The program consists of a warm-up, short cycles of high intensity workout and periods of rest, similar to interval training. Cardio Tennis is a very social activity suitable for all ages, ability and fitness levels.

## TENNIS IN NO TIME (TNT)

Midtown's patented TNT program offers more than just the opportunity to become a skilled tennis player. Boasting the country's top coaches, Midtown is a leader in tennis instruction and will turn you into a player in just four weeks with its patented beginner tennis program. Midtown offers a variety of convenient lesson times and can even lend you a racquet. Players will receive four lessons and use of the Club throughout their session. Midtown's certified coaches teach players all the basics, including the serve, forehand, backhand, and net play for singles and doubles.

## sessions

SEASON	DATE	DURATION
Fall I	Tuesday, August 27–Monday, October 28*	9 Weeks
<i>*No classes held on September 2.</i>		
Fall II	Tuesday, October 29–Monday, January 27*	11 Weeks
<i>*No classes will be held on November 28, November 29 and from December 23, 2019–January 1, 2020.</i>		
Winter	Tuesday, January 28–Monday, April 13	11 Weeks
Spring	Tuesday, April 14–Monday, June 15*	9 Weeks
<i>*No class will be held on May 25.</i>		



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# mammography myths

by Dr. Lisa Paulis  
Breast Imaging Radiologist  
Elizabeth Wende Breast Care



A screening mammogram is an important step in a woman's preventative healthcare routine. Unfortunately, there is a lot of misinformation regarding screening mammography and breast cancer. Below are the most frequent myths I encounter when dealing with my patients.

## Myth

Annual screening mammography is only important for patients with a family history of breast cancer.

## The Facts

Seventy-five percent of women diagnosed with breast cancer have no family history of the disease. In the general population, 12% of women will develop breast cancer in their lifetime and 42,000 Americans will die from breast cancer this year.

Women who are at a higher than average risk due to personal or family history, prior atypical biopsy results, certain genetic factors, etc. may benefit from additional screening (ultrasound, MRI) and/or genetic counseling. However, the absence of risk factors should not prevent a patient from pursuing screening imaging. In the local patient population only 4% of the patients diagnosed last year had a known gene mutation.

## Myth

Screening mammography should not be performed in younger patients (ages 40-50) due to false positive results.

## The Facts

A false positive is an area that appears abnormal on initial imaging, but represents normal tissue on subsequent studies. False positives can generate additional testing in order to determine a true result. In mammography, false positive results can mean anything from additional mammographic views, after which most patients will not require further workup, to ultrasound or minimally invasive biopsy procedures. Out of every 100 women who have a mammogram, 95 will be told that their mammogram results are normal, and 5 will be asked to return for additional mammogram and/or ultrasound testing. Women should be aware

of these statistics to make an informed decision on how they weigh the risk of being one of the women who potentially needs additional workup versus the risk of not screening. Of note, 12% of the cancers diagnosed in our community in 2018 were in women in their forties.

## Myth

Mammography is ineffective in screening for cancer in women with dense breast tissue.

## The Facts

Breast density is determined by the proportion of fat and glandular tissue in the breast. The more glandular tissue a patient has, the more "dense" the tissue is graded. Each patient is assigned a breast density classification on their mammogram which ranges from entirely fatty tissue to extremely dense glandular tissue. Small breast cancers can be harder to identify on traditional mammograms in patients with dense tissue, however a newer technology called tomosynthesis (3D mammography) spreads out the tissue to improve detection. Additionally, screening breast ultrasound provides another way to "see through" the density and find small masses. Mammograms remain the most accurate tool available to diagnose ductal carcinoma in situ or DCIS which can be the earliest form of breast cancer that can be identified. In patients with dense tissue, consideration should be given to screening mammography accompanied by ultrasound to offer the most comprehensive benefits of imaging.

Major health organizations, such as the American Cancer Society, as well as the local imaging community continue to recommend that women be screened annually beginning at the age of 40. For more information go to [mammography.saveslives.org](http://mammography.saveslives.org) and talk to your healthcare provider.

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# new members tell their stories

## Lindsay Lindsay Graham

I am a serial entrepreneur with a fondness and skill for marketing and social media. Good marketing engages people, and that's what I love to do. Being completely interested in what your audience cares about and providing them stories and images of positive experiences is what it's all about. My main project is Car Pal, a national car buying and leasing service. Car Pal has clients all over the US, including Alaska, and while dealing with car dealerships can sometimes be frustrating, our clients are awesome and make the "grind" totally worth it.

I grew up within walking distance of Midtown and spent many happy times there as a guest of my neighbor. I spent the last 30 years in North Carolina, but recently returned to Rochester. Since I can now run my companies from anywhere in the world, why not here, where I can be closer to my parents as they age in place? I feel super lucky that I still have them around, because many of my peers are not so fortunate. I treasure every moment.

After I returned to Rochester, various people I encountered spoke glowingly about Midtown Athletic Club. My friend Rich urged me to join, the mayor of the village of Pittsford was always talking about his workouts, and even my cosmetologist at the Del Monte Spa is a member. It was like a dripping faucet, which, as with any effective marketing, motivated me. I thought to myself, "Enough already, time to join Midtown and talk about my own workouts!"

To meet my goal of getting stronger every day, I train with Lindsay. I love her deep respect for the fragile line I set for myself between "enough" and "too much." She clearly adapts well to anyone in her care. Needs-based training rather than trainer-imposed training provides huge value. I like having the choice of exercising either from home—I live along the tow path of the Erie Canal, so I do a lot of walking outdoors—or inside Midtown, where the allergens are low, and it never rains!

"Being a pint-sized person, I can't impress anyone with my strength, but I can make up for it with my skill."



For me, fitness is as important as diet is for happiness and sleep. I love feeling fit, and Midtown has taken me to the next level! I feel even happier, and stronger too, which is a bonus for those of us over 45 because it helps fend off osteoporosis—a good thing to do for oneself!

Giving back is another good thing to do for oneself and others! I volunteer for Friends of Pittsford Village because I love the village and the people who live there—with all their passions, talents, and experiences. They care about diversity, the environment, and providing a beautiful place for people to live or visit. I also give as much as I can to causes that help the environment because without this planet, nothing else matters—and the planet is in dire straits.

The trailblazers in my village inspire me. My parents inspire me. My friends and former classmates and their children, who are working around the world to improve lives and improve the world, inspire me. I'm greatly inspired by those who take on causes that are greater than themselves—I try to surround myself with those types of people.

Rochester is full of brilliant people doing very cool things. It's a hub for projects that reach around the globe. Another thing I love about Rochester is the weather. Why, you ask? Because when the gentle weather arrives, people are out and about, friendly and joyous. Rochester folks certainly earn their great weather!

Being a pint-sized person, I can't impress anyone with my strength, but I can make up for it with my skill. I have aced many a tennis opponent and can return serves from even the fiercest, tallest male players. I've also taken on many solo adventures, such as biking up Mont Ventoux in the South of France.

I have had a marvelous experience as a new member. The staff goes out of their way to be friendly and welcoming. Just today when I arrived at lunchtime and all the locks were gone, one of the front desk folks gave me his own lock. Keep it up, Midtown!

# Laura

## Laura Covino

I was motivated to join Midtown when I found myself single after 20 years of marriage. One of my goals is to play competitive tennis, and I wanted to join a health club where I could play tennis and meet new friends! At Midtown, in addition to tennis I also do strength training, swimming, and cardio. I work with several different people: Josette, my trainer, helps me build the right muscles for tennis and pushes me toward my general fitness goals. Emerson, Nicole, Chip and Phyllis are my tennis pros. Whether it's group or private lessons, they each have something to add to my athletic preparation. Now that I'm on a match-playing team I feel elated and grateful to them for the progress made. Since joining Midtown I have gained muscle, agility, and lost weight. Fitness gives me energy, a positive outlook on life and tons of self-confidence.

As well as working out at the Club, I have been enjoying tennis mixers, members meetings, concerts and more. I really appreciate the accessibility to wonderful and well-equipped facilities, the friendly atmosphere, and the opportunity to meet new, fun people that Midtown offers its members. Through tennis I have made many new friends, and that feels really great!

I'm not a Rochester native, I was born in Italy. I came to the United States basically "for love" as I married my American husband in 1988 and we were married for over 20 years. We lived in Rochester from 2003-2005. I moved back in 2016 and have lived here ever since. The reason? My children. Yes, I am a proud Italian mother! One of my sons is in the medical profession and works here at Strong while completing his studies. My other son is an engineer in New York City and I get to see him regularly since he often comes to work in this area.



**"Fitness gives me energy,  
a positive outlook on life  
and tons of self-confidence!"**

To me, Rochester is a hidden treasure. It's got the advantages of a small city with the rich life of a big city. There's so much to enjoy! I love to go out to a nice dinner, take hikes, visit the Finger Lakes, attend music and cultural events. I also enjoy biking on the Erie Canal, and have

been a runner for 20 years. Art has been my passion since childhood. I'm an artist and art therapist. I also volunteer as a docent at the Memorial Art Gallery: it's wonderful to help our community appreciate art and beauty!

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# member profile

## renee piccirillo voke



### **Are you a Rochester native?**

I grew up in Irondequoit, moved around between Penfield, the Park Avenue area and Brighton before settling with my husband and two kids in the vibrant neighborhood of North Winton Village. Most of my immediate family, aunts, uncles

and cousins primarily live in Rochester, but my brother lives in Denver and I have extended family located throughout the U.S., Canada and Italy.

**When did you become a Midtown member and what motivated you to join?** Originally I joined the Club in 2003, but after drifting away I realized I missed everything the Club had to offer and rejoined in 2016. I especially enjoy swimming in the pool, but when that isn't feasible I can be found on the elliptical—it's the only time I can watch TV and let my thoughts go. I usually fly solo, but often go to the Club with my husband or meet up with some of the familiar faces I see while I am there. I'm also interested in weight training, so if you see me at the Club, stop me and share any tips you have!

There is something for everyone and no matter what I need, I usually find it at Midtown. Some days I am so busy and every minute counts. I love that I can tap into the WiFi and work from the café or the Paddle Hut. The change of scenery recharges my focus too. I think it's fantastic that the Club keeps moving forward to meet the members' needs in unique and new ways and can't wait to see it when the renovations are done! The only thing I wish they would do is to bring back the ski club—it was fun and I made great memories with many members.

**What athletic activities do you participate outside of the Club?** I love being on the go. I play volleyball at a local club and at the beach, bowl at Radio Social, and take my kids to their various interests.

**Tell us about your career path and why you chose it?** Real estate was a natural fit for me—every day is a new day with new challenges and people. There is no better feeling than when I know I played a role in helping a client sell their family

home or helped a buyer make home ownership a reality. Forming a unique connection with each person and helping them with tough decisions is fulfilling. It's even more rewarding when these clients stay part of my world—that's my favorite part.

**What changes have you seen in Rochester's real estate climate over the last decade? What trends are emerging?** Rochester doesn't often see the huge ebbs and flows of larger markets, but technology has increased the number of tools and resources so that real estate professionals can provide more value to their clients. Technology has also sped up the process immensely, allowing realtors to get properties in front of many prospective buyers in real time. With the current market of low inventory, sellers are enjoying quick sales and premium sales prices. Buyers today are extraordinarily savvy. Having the right professionals to help navigate the process is more important than ever.

**Tell about any volunteer/philanthropic endeavors.** Although I have little time to devote to philanthropic efforts on a regular basis, I recently sponsored, co-hosted and helped raise several thousands dollars at a volleyball tournament to benefit mental health awareness.

**What do you like most about living in Rochester?** I love the people, the four seasons and all the wonderful and diverse things you can do on any given day...and you can get anywhere quickly. I love my city and am proud to live here.

**What is your favorite way to spend an evening or day off?** Realtors work seven days a week—often on holidays and vacations—so when I have time off I enjoy swimming, having a drink with friends and spending time with family. My husband and I enjoy going to different local restaurants including The Original Steve's Diner, Magnolia's, ROAM Cafe, La Casa, and AVVINO, and occasionally taking in a show or listening to live music.

**What book are you reading right now?** I am currently reading *Homegoing* by Yaa Gyasi, a multi-generational story that dates back to the 18th century that follows the separate paths of two half sisters from Ghana. One's family is rooted in nobility and the other's in slavery.

# find your squad

*We believe that keeping members engaged, fit, and having fun is often about who you work out with. Stephanie Campanelli, Midtown's Director of Special Events, gathered a group of active members together to talk about the idea of "finding your squad" at Midtown.*

**Stephanie Campanelli:** What does your "squad" mean to you?

**Emma Neatour:** It's the people you look forward to seeing every day, and who hold you accountable. Being a 6 am morning crew, it's tempting to hit the snooze button, but when you have people who are meeting you at class, it pushes you to get out of bed.

**Krystal Zawadinski:** I agree with Emma. I think it's really important to have your group because they make you want to get up and go in the morning. It's especially important after class while we're getting ready for work. We talk, we gossip, we learn about each other's lives and what's going on. It's fun.

**Kate Sherman:** When I think of our squad, I don't just think about the gym but outside the gym as well. I knew Krystal, but never really spoke to her until I joined Midtown. She brought me into the morning squad and told me about the classes and encouraged me to try new ones. That's perfect for me because that's why I joined, to get outside my comfort zone. Midtown is a second home to me. I love being able to walk around the Club and say to other members, "Oh hey," "How are you?" I love it and my kids love it.

**Jill Visca:** I moved back to Rochester three years ago and randomly joined Midtown not knowing a soul. A friend of mine introduced me to all the girls. They provide me with a social life in Rochester. We're all different ages but it doesn't matter. We have breakfast Saturday mornings and won't leave until 1 pm. It's a family.



**Maggie Lyle:** It's nice to walk in and see people you know. But my favorite thing is having someone else go to classes with you, having someone dance with you in WERQ class and laugh with you. But we also have the friendship that if you don't make it to the gym they text

you and say, "Hey, missed you today, everything ok?" It's also nice to have someone in the morning you can ask how to wear your hair or let you borrow makeup because you forgot yours. It really is an extended family.

**SC:** You are an early morning crew, how do you work out together?

**KZ:** When I first started, Monday was Tabata, Tuesday MXT. And then you meet different people and we might not all do the same classes but were all holding each

other accountable and talking about it afterward.

**EN:** Don't forget GRIT on Wednesdays, and some of us do yoga. Krystal and Kate just ran last week. We mix up our workouts. Kate, Krystal and I did boxing together for about four months, once a week with Derrick. When the weather is better Kate and Krystal will run outdoors but we're all still at the Club together. We try to mix it up. We have even tried Tennis in No Time.

**SC:** What classes haven't you guys tried yet?

**JV:** I just texted Emma today saying we need to try the new H2O HIIT class. We can get a tan and workout in the pool at the same time! When we get the new schedule we always take a look and think about what new classes we want to take. We used to take cycle every Friday until we started getting in trouble for talking the entire class.

**ML:** We get each other to try new classes. If someone is doing a class you want to try but you don't know if you want to go, having people to tell you what they like or dislike about it is nice.

Stephanie Campanelli  
Director of Special Events  
512.2827  
stephanie.campanelli@midtown.com



**KS:** I like structure and organization. But this is why I have this crew, they will pull me out of my comfort zone to try something new.

**SC:** Who is the one to wake you all up, encourage you all?

**JV:** Krystal is one who if you are five minutes late she is texting you.

**EN:** It's about wanting to get up and see your friends and if you don't make it they are texting you to make sure nothing is wrong.

**SC:** Do you get together socially outside of the club?

**KZ:** We get together once a month for a girls' night out for dinner and drinks. Also for birthday parties and showers.

**JV:** We go to concerts together and celebrate the end of tax season!

**ML:** We go on yoga retreats.

**SC:** Were you friends first or workout buddies first?

**KS:** Workout buddies first, but now we are friends.

**SC:** What other things do you do at the Club?

**KZ:** Kate and I do Kids Night Out and Movie Night whenever it's offered. Our kids are friends so they think it's a big party and they love it.

**KS:** Then the parents all go out together and we end up at one of our houses together for an after party. We've done Paddles for Saddles—that was a lot of fun.

**EN:** We go to the pool together for the Memorial Day Party, and Fashion Week's Hot Summer Night.

**ML:** We all did The Epic Challenge. Yoga month is always fun.

**SC:** What is your biggest fitness accomplishment that you couldn't have done without the support of your squad?

**EN:** I ran a half marathon with Krystal. I hate running—I'm not a natural. She convinced me to train together. She was with me the entire time even though she could run at a faster pace. It was a huge commitment and accomplishment that we did together.

**KS:** Boxing. I had never done it. You get a lot of aggression out and it was fun to do with your friends. I wouldn't have taken half of the classes I have if it wasn't for this squad saying, "Let's try this class." For example, I would never have taken MXT—I never thought I was strong enough. Now, I love it.

**ML:** The teacher training. My friends were very supportive.

**SC:** What advice would you give to a new member who is trying to find their squad?

**EN:** Take your seat at the counter and incorporate yourself into the conversations. The locker room is a vulnerable environment, we are in towels, we're talking about our personal lives and workouts. Don't be afraid to insert yourself. Even at the pool, if you hear something interesting, join the conversation.

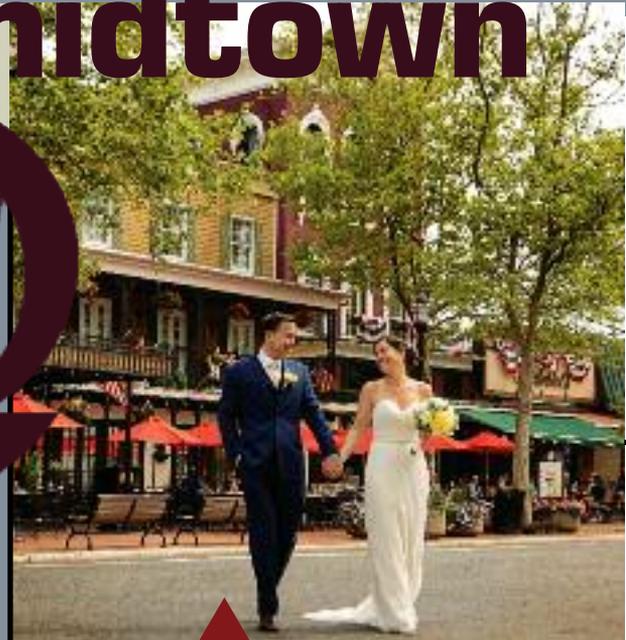
**KS:** When we joined the Club, I told my husband it was my year to say "yes." So when Krystal suggested different classes like Yoga Jam, I had to say yes. Getting ready in the mornings, I didn't think I would have anything in common with the other women in the locker room, but I would just join in. We are different personalities but thanks to the Club, our "squad" has connected in the locker room, through our kids, at social events, and most of all, through our workouts.

# around midtown @



## Angela Pichichero traveled to **Fiji, New Zealand, Tasmania, Australia and Hawaii**

for snorkeling, hiking, fishing, tennis and kayaking adventures and also some less strenuous but equally fun winery touring. "It was indeed a most amazing trip and I was often reminded that fitness training at Midtown makes a tremendous difference in big physical challenges."



Sales Associate Ben Ferro married Emily in Freehold, NJ in May. Emily wanted to have Hope, her **95-year old grandma** who lives there, be a part of their wedding.

## Midtown **Basketball Spring Championship winners**

Dan Arcangeli, Lee McCutchen, Manuel Karam, Jason Zawodzinski, Omar Shamji, Shawn McCutchen and Brandon Zerbe.



Members John and Kathy D'Amanda

## shared a laugh with **Julia Roberts**

as she was honored with the George Eastman Award for her distinguished contribution to the art of cinema at a sold out ceremony at the Dryden Theatre in May.



Lauren Colin and Mason Peck enjoyed catching some waves while they were in Naples, **Florida.**



Front Desk Associate Ryan Daggs dug his toes into the silky sands on the shore of the Playa Blanca while in Puerto Viejo,

## Costa Rica.

Kristin Feese enjoyed the incredible vista with friends on

## her last day in Antigua.

Kristin reports that "it was a trip of lifetime and I feel so incredibly blessed to have had the opportunity to come here."



Group Exercise instructor Monique Ricci and her son Tommy Angelo

## born on 9/29/18.

## The Midtown Wise Aces

Angela Pichichero, Dawn DePerrior, Caroline Burton, Beth Arndt, Captain Linda Partelow, Co-Captain Chris Steele, Arlene Monte, Kathleen DiPasquale and Kris Canessa returned from competing in the finals at a national tennis tournament on Kiawah Island. The team's incredible camaraderie began through their love of tennis and the friendships they formed while playing tennis at Midtown.



Gail Dowler honed her tennis skills at the world renowned

## Rafael Nadal Tennis Centre

in the Mexican Caribbean.

This past spring, Rochester Yacht Club hosted their

## Family Learn to Sail event

at the Club where students learned basic sailing skills in the pool.

Hannah Le completed her four

## Start Strong

sessions within her first month of membership with private yoga lessons with the aid of instructor Susan Smelt.



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The members of Anthony's **6am Cardio Tennis** class decided that after he "lectured" them on grips, he needed to be reminded!



Results come from hard work and dedication. Beth Converse and Ariel Dailey reveled in the victory at the finish line at the **Flower City Half Marathon.** Beth admits that the training was the most important piece. "Even when it's difficult, you have to just power through it."

Caroline Burton was fortunate enough to have a lesson with former **US Open finalist Roy Barth.**

Roy retired from playing tennis professionally to build the Roy Barth Tennis Center on Kiawah Island.



Bill Martin, wife Pati and his daughter recently took a family trip to Sedona, AZ. While there, Bill and his wife hiked down to the bottom of the **Grand Canyon.**



Sal and Jennifer DiBiase at the annual Indian Wells Masters Tennis Tournament held in **Indian Wells, California.**



Laurie Jeffers and her boys enjoyed the amenities at Midtown's Club in **Weston, Florida.**



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This past spring, Tina Servis completed her **Start Strong** sessions with Jen and Jerome.

Chelsea Conway took

**5th place for race walking**

at the nationals.



Maria Veltri proudly wore her Midtown gear in

**Washington, DC.**



Sandy Gia Greetings volunteered at a goat ranch while she was in Silver City,

**New Mexico.**



Members joined Lizabeth Burrows for a festive celebration of

**National Pilates Day** during the month of May.



Gail Dowler and Lori Merkel watched member Pam Sherman perform as Erma Bombeck in her one woman show,

**At Wit's End**

at Geva Theatre.



Midtown associates Perrin Yang, Matt Bevans-Perkin, and Greg Yahia

**donated their time**

to play concerts at the Nativity Prep School in Rochester. One of the students sat in on the session to play the drums.

Lidia Slusarek made the strenuous and tricky **10,240 foot climb**

to see the Tiger's Nest in Bhutan in the Himalayan mountains. Lidia credits her feat to her training at the Club, which made it possible for her to tolerate the high altitude, steep incline and rough terrain covered in a foot of snow.



Anne Easley's dog Wallace enjoyed a brisk walk on Sixth Avenue when they were in

**New York City.**

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# construction safety: third party consultants

by Fred Lehmann  
Vice President  
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## **Safety: The condition of being protected from or unlikely to cause danger, risk, or injury.**

—*Oxford Dictionary, 2019*

An accident-free project job site is an attainable goal. To successfully accomplish this, utilize all of your resources to create a customized plan with clients through the use of a third party safety consultant. By partnering in this way, you can further demonstrate that keeping a workforce safe while lowering the risk to clients is a principal goal.

### **Nationwide Awareness**

With the Occupational Safety and Health Act of 1970, President Nixon and Congress created the Occupational Safety and Health Administration (OSHA) to ensure safe and healthful working conditions for men and women by setting and enforcing standards and by providing training, outreach, education and assistance. Since its conception, OSHA has been actively raising nationwide safety awareness, and major changes in the American workplace have been extremely evident since. Work-related deaths and injuries have been reduced by more than 65 percent. In 1970, an estimated 14,000 workers were killed on the job—about 38 per day. In 2016, the Bureau of Labor Statistics reports this number fell to about 5,190—about 14 workers per day.

At the same time, the Bureau of Labor Statistics, Department of Labor, and OSHA's Area Offices report that U.S. employment has more than doubled to over 145 million workers at more than 8 million worksites. The rate of reported serious workplace injuries and illnesses has also dropped markedly, from 10.9 per 100 workers in 1972 to 2.9 per 100 workers in 2016. A large majority of companies where injuries occurred received citations, which means that they were not compliant with OSHA's regulations and that the workplaces were unsafe during these visits.

### **Third Party Safety Consultants Make a Difference**

Third party safety consulting companies play a major role in increasing the safety and health of construction sites and workplaces across the nation. They work with you to make your company aware of OSHA's regulations and to help your company become OSHA compliant before OSHA conducts an inspection. Each industry owes it to their employees and those around them to execute each and every safety measure they possibly can.

### **Good Faith Efforts**

Contrary to popular belief, OSHA is not out to get you. Compliance officers have the employees' best interests in mind, and they love to see companies who are taking all of the proper steps to make sure that their employees return home from work safely each day.

When OSHA sees a company who is working hand-in-hand with a third party consulting company, it shows that a good faith effort is being put forth towards improving the safety of your employees—and the prevention of accidents and the safe-guarding of all of your employees are their number one priority.

### **Available Discounts**

OSHA understands that there are a lot of business owners out there who do not have a safety background. Reaching out to a third party consulting company shows OSHA that the company officials place safety as a high priority, and OSHA will often give employers a discount off their OSHA fines for showing a good faith effort.

Through comprehensive and professional inspections, training, consulting and advising through an OSHA citation specialist, they can help your general industry and construction site be as compliant and safe as possible. All of these services contribute to OSHA's overall mission to create a safer workplace in America.

Having a world class safety program does not happen overnight. Third party safety consulting agencies are there to help your company develop, implement, and maintain your company's safety program according to OSHA's rules and regulations. Does your company or dependable General Contractor have a third party looking out for the safety of not only their own employees, but everyone vulnerable on-site?



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# member profile



## patrick tobin

### Are you a Rochester native?

I was born in Oswego, NY and grew up in Penfield, NY (Class of '71). My family moved here for business reasons and I haven't wanted to leave since! Oswego averaged over 150" of snow, so Rochester felt like moving south.

**Tell us about your family.** I have been married to my wife, Lynne Goldammer Tobin, for 45 years and it gets better every year! We have two children, Erin Michelle, 43 (Albany, NY), and Cuyler Patrick, 39 (Middlesex, NJ). Together they have blessed us with five grandchildren and despite the distances, we stay very involved with them all.

**When did you become a Midtown member?** I became a member 28 years ago when I brought my son to TNT, and I haven't looked back. Midtown was purely a tennis club back then, but now it's not just a workout place, it's an experience!

**What athletic activities do you enjoy?** Cycling is a passion—I was one of the originals when we got a spin room many years ago and since then have been doing it at least three days a week, which has kept me in great shape. I always take part in the Tour de Cure and the Midtown Chain Reaction Team. Seven years ago I began yoga, which has increased my flexibility and enhanced my mindfulness. I also love to play golf when weather and schedule allow.

**Tell us about your career path?** After Lynne and I married I started my own business, which in 1980 led me into a banking career with Security Trust Company and later as an executive with Fleet Bank. I left the banking world in 1994 to get involved in residential development, primarily senior housing. In 2015 I was wooed back to banking by S&T Bank of Pennsylvania, a bank that I had utilized as a developer. They wanted me to open a lending office in New York State for them, which we did here in 2015—and this year we are expanding into Buffalo. I am currently Market President for New York.

**What makes banking exciting for you?** I am a "people person," with deep knowledge in both banking and development, so this combination makes analyzing and assisting with clients' financing needs very rewarding. I also enjoy the management

aspect, and want everyone to enjoy coming to work each day. There are inevitably times of stress, but I want to be there to assist staff in being successful, and nothing makes me happier than providing that support.

**Are you involved with any philanthropic work?** Through S&T and personally, I am involved in five different organizations, primarily nonprofits that assist people who have difficult lives. I feel it is essential for each of us to give back to our community.

**Is there a particular person who inspires you each day?** The one at the top of the list is my wife Lynne. She is rock solid and inspirational in so many ways.

**What do you enjoy most about living in Rochester?** We have a very strong community of friends and although I travel quite a bit, I am always glad to get back to the stability of our city. I continue to be optimistic about the growth of our urban core and the revitalization of Rochester.

**What is your favorite historical site in Rochester?** The George Eastman Museum is a place that speaks to the elegance of East Avenue and the great life of George Eastman—the legacy he left for Rochester is amazing. But ask me later and another favorite will come to mind!

**How do you feel about Midtown as it continues to evolve?** I love Midtown as a place that makes me feel comfortable, and yet I expect to be challenged each time I come. The fact that there will be more construction soon just makes me feel glad it's a place that continues to be committed to being the best place it can be for its members.

**What book are you reading right now?** *The Soul of America* by Jon Meacham, a presidential historian. He presents the personalities and nuances of our presidents from George Washington to today, which I find very interesting given our current political climate. I tend to be most interested in nonfiction; *Alexander Hamilton* is next to the bed waiting his turn.

**Tell us something about you that would surprise most people.** My first date with Lynne was taking her flying in a single engine plane. I was in college and had just received my pilot license. When I suggested it and she didn't hesitate, I knew we were meant for each other.

# mario yanez tapia: at the top of his game



**Recently ranked in the Top 100 players in the PSA World Squash Rankings, Mario Yanez Tapia is on his game. His passion for squash was first ignited in his early years**

**in his native Mexico, where scouts recruited him for the University of Rochester team. His standout college career saw him achieve the program's all-time wins leader with a 70-15 record and he ranked first in winning percentage with a .824. Mario was also a finalist for the College Squash Association's Skillman Award, given to the top US collegiate player, and went on to reach the finals of the CSA Individual Championships, being the second ever UR player to reach the national championship match. As if that wasn't enough action, he was also a member of the UR men's soccer team during his senior season.**

**Laramie Gavin:** Tell me a little about where you are from.

**Mario Yanez Tapia:** I was born in Mexico City, Mexico, and we moved north of Mexico City when our house was robbed two nights in a row. After that second night, my family decided it was time to go.

**LG:** How old were you when you started playing squash?

**MYT:** My dad used to play soccer so I started playing soccer when I was about four years old. Then he began playing squash and I would go and watch him play in tournaments so I started playing too at age six. I played both sports until I was about 16 or 17, when I decided to concentrate on squash.

**LG:** Was squash what brought you to the University of Rochester?

**MYT:** Yes. In Mexico they have three tournaments in June and July. The winner of those three tournaments wins the opportunity to come to the US and Canada to play in two international tournaments. My last year of playing in those tournaments, I played in Canada and the U of R coach was there and recruited me.

**LG:** The players that you lost to in those tournaments, where did they go to school?

**MYT:** The guy that beat me in the US Semi-Final went to Princeton and the one who won the tournament was from Bates.

**LG:** Did you ever play them again?

**MYT:** Yes. I did in college and I beat them both. It's frustrating that I didn't beat them in Juniors.

**LG:** Why did you choose to become a professional?

**MYT:** I knew I always wanted to play professionally. My parents told me to go to school to have more choices. I went to college and majored in business so that I would have a backup plan in case I got injured, but I always knew I wanted to be a professional.

**LG:** You said that when you lived in Mexico, you were able to travel to Canada and the US. Where else has squash taken you?

**MYT:** As a Junior player I went to El Salvador and Ecuador, and I have also gone to Barcelona. Vancouver really stands out for me—I went there last year and the entire tournament was amazing. Sarnia, in Canada, had a great tournament with glass courts. They announced us and made us feel like top guys, which was a great experience.

**LG:** Playing on a glass court with all these people surrounding you, was that intimidating?

**MYT:** Not much, because I have a routine before every match that puts me in the zone. No matter where I play, it all feels the same to me. It's exciting to watch before and after we play but once I'm in the match and in my routine, everything becomes the same. Most of the time I don't even hear the crowd.

**LG:** Tell me about a typical squash tournament—what does your day look like?

**MYT:** For all the tournaments it's just one match a day. For big tournaments sometimes they have a one-day rest in between. Most of the matches are in the evening, but I'll wake early, go to the courts around 8 or 9 am to hit alone or with someone else and get in a stretch. I'll go back, eat breakfast, relax for a bit and then eat lunch. Then I'll take a nap or read just to get my mind off of squash for a little bit. About two hours before my match I will start to focus and prepare for what I need to do.

**LG:** What is the most recent book you have read?



**MYT:** I like to read about sports psychology, the mentality you need to have to be a great athlete. I recently read *The Sports Gene* by David Epstein, which explains how great athletes prepare, what their routines are like, and how to think.

**LG:** There are four Egyptians at the top of the rank for squash, they are doing something right. Can you identify what the big differences are, how much of it is mental?

**MYT:** There are some differences in technique, how they hit the ball and how they move. But at some point, matches will get very close or they will go to the fifth game and that's when the mental part plays a large role.

**LG:** Where do you feel like your greatest strengths are in your game? Is it the ability to outlast your opponent, your endurance, or your attacking?

**MYT:** I think I am a little more fit than most of my opponents. Whenever they have better shots, I just try to run them over.

**LG:** When you have a week off or a day off between matches, what do you like to do?

**MYT:** I like to read, and watch Netflix. I also love soccer—even though I play squash full time I still enjoy playing soccer.

**LG:** What are you currently streaming on Netflix?

**MYT:** I am watching *The Office* for the second time.

**LG:** What are your favorite places to hang out around Rochester?

**MYT:** Highland Park is one of my favorite spots and also just around the university. I also enjoy Genesee Valley Park.

**LG:** What are you looking to do next with your game?

**MYT:** I'm working on a couple things to improve my game, such as striking the ball and moving around the court because May will probably be the most important month for my career so far. I am going to NYC the first week and then to Montreal. The tournament in NYC is a 10k, Rochester was a 5k and Montreal is a 30k. At the end of the month I am going to Guatemala for a 50k.

**LG:** What types of players will be at those tournaments?

**MYT:** At the 30k, the best one is ranked in the 40s and at the 50K the best one is probably ranked sixth in the world. I might be playing him.

**LG:** That is great, a chance to test yourself a little. What would you say to the non-squash player? Why should they try it out?

**MYT:** You know you will be burning a lot of calories, and getting super fit. A recent sports study showed squash was one of the hardest sports physically. And there are social benefits too. The squash community is pretty small and close knit. From playing in tournaments, I know most of the players. There are healthy rivalries on the court, but not once you leave the court. On and off the court, it's just a lot of fun.



Photo by WalterColleyImages.com

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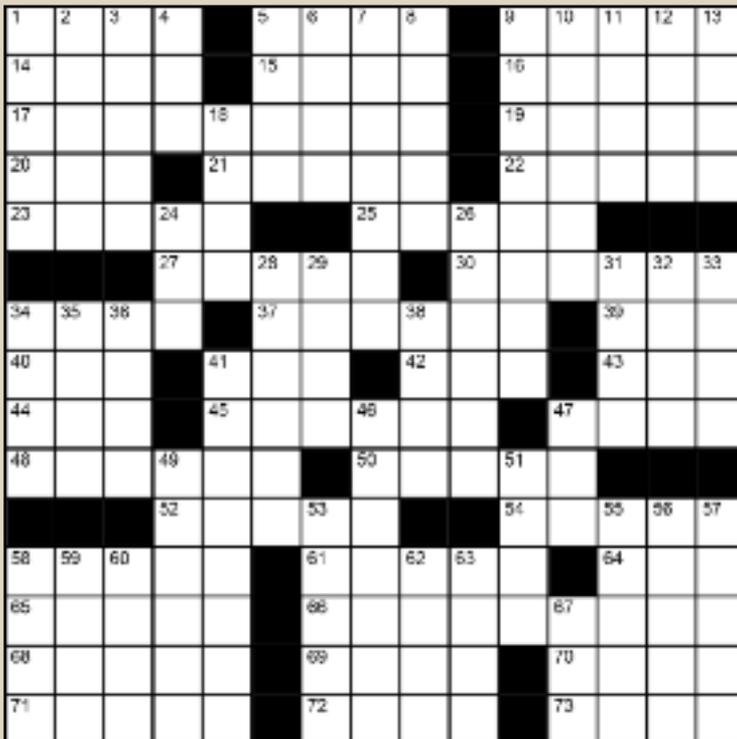




## Court Battles

### Across

- 1. Fiddlesticks
- 5. In the distance
- 9. Belarus's capital
- 14. At the drop of \_\_\_\_
- 15. Math class calculation
- 16. Keep \_\_\_\_ on
- 17. 1999 Wimbledon champ
- 19. On drugs
- 20. Test for a college sr.
- 21. Fall flower
- 22. Cub Sandberg and others
- 23. Lets up
- 25. Ladies' club restriction
- 27. Mrs. Bush
- 30. Academy Awards
- 34. Rio and Sedona
- 37. "The Lord of the Rings" ring bearer
- 39. \_\_\_\_ tai (drink)
- 40. Doctrine: Suffix
- 41. Is no longer
- 42. Metric prefix
- 43. Colony member
- 44. "The Matrix" hero
- 45. Since way back when
- 47. Contributes
- 48. Ford popular in the 1970s
- 50. 1974 Wimbledon champ
- 52. 11th-century king of Denmark
- 54. English actors Bates and Rickman
- 58. Pong maker
- 61. "Save me \_\_\_\_" (movie request)
- 64. Came across
- 65. Atlanta-based airline
- 66. 2004 Wimbledon winner
- 68. Fantasize
- 69. Like some apples
- 70. "...happily \_\_\_\_ after"
- 71. "Don't make \_\_\_\_!"



### Down

- 1. Boy Scouts award
- 2. Scarlett of Tara
- 3. Silent goodbyes
- 4. Jeanne d'Arc, e.g.: Abbr.
- 5. Concert gear
- 6. Take care of, as the bill
- 7. Kind of gland
- 8. Back in style
- 9. 2006 Wimbledon champ
- 10. On the same wavelength
- 11. Düsseldorf denial
- 12. "Auld Lang \_\_\_\_"
- 13. They're tapped
- 18. Discovery grp.
- 24. 1997 U.S. Open champ
- 26. Puddinglike dessert
- 28. Land on Lake Victoria
- 29. Parks on a bus
- 31. Make \_\_\_\_ dash for
- 32. Big name in mapmaking
- 33. Takes a chair
- 34. Double-decker checker
- 35. "Amazing Grace" ending
- 36. Love, in Lima
- 38. Tony winner Schreiber
- 41. 2000 Wimbledon champ
- 46. Japanese entertainers
- 47. The Braves, on scoreboards
- 49. Main arteries
- 51. Pro \_\_\_\_
- 53. Observes Ramadan
- 55. Get \_\_\_\_ on
- 56. "Not in a million years!"
- 57. Gaww (at)
- 58. Start of many recipe steps
- 59. Duration
- 60. Sheltered, at sea
- 62. Bring home the bacon
- 63. \_\_\_\_ and sciences
- 67. Game piece

Answers on page 61.



1

# yoga retreat in antigua



Twenty-four Midtown members and their guests escaped to Curtain Bluff Resort in Antigua for a five-day Yoga Retreat this past April. Everyone found plenty of time to practice yoga, relax on the beach, snorkel, kayak, sail and enjoy the cuisine at this five-star resort.

- 1 Yana Ignatovich and Rhiannon Gaborski
- 2 White Party at the Bluff House
- 3 Our private beach!
- 4 Last night celebration dinner
- 5 Silent meditation walk
- 6 Kimmy Gerrie
- 7 Sweet Soul Revival Yogis
- 8 Lisa Palvino and Kimmy Gerrie
- 9 Kathleen O'Herron, Annette Miller, Yana Ignatovich, Nick Zito, Alex Iskra and Rhiannon Gaborski
- 10 Another beautiful morning in Antigua
- 11 Leslie Schlitze, Nick Zito, Tom Bucella, Randi Lattimore, Yana Ignatovich, Brian Kelly, Alex Iskra and Rhiannon Gaborski
- 12 Catamaran fun with Nick Zito, Alex Iskra, Randi Lattimore, Karyn Lederman, Dave Spurduto, Kathleen Oherron, Kristen Feese, Yana Ignatovich, Leslie Schlitze and Jon Schick
- 13 Nick Zito and Jon Schick
- 14 Circle of love
- 15 Lynne and Pat Tobin



2



# Business Owners/Executives

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September 23<sup>rd</sup>, 12:00 PM\*  
Midtown Athletic Club

585-461-2300

[www.midtown.com/events](http://www.midtown.com/events)

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10



11



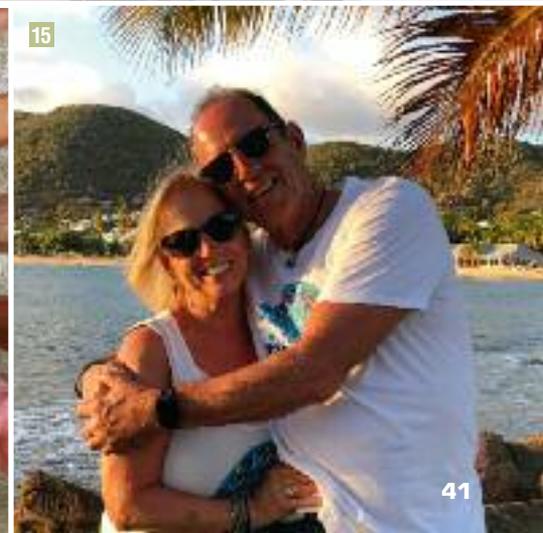
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13



14



15



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Fitness author and strength coach Eric Bach once said, “Success lies in the ruthless execution of the basics” and I’m here to tell you truer words have never been spoken in regards to health and wellness.

There are no secret exercises or programs to fix your sore lower back, to help you lose those extra pounds or bust through the personal records you have been stuck on. Look no further than ruthlessly executing the basics. The fields of physical therapy and strength and conditioning have been steadily overlapping over the years. Physical therapists, strength coaches and personal trainers alike are using the same principles to help their patients, athletes and clients. No matter what your goal is in the gym, the answer is to simply get stronger. Rehabbing an injury? Get stronger. Weight loss? Get stronger. The list goes on and on.

For the majority of us facing any kind of fitness issue, somewhere along the lines we forgot how to move or just stopped moving altogether. Not moving: that’s where a lot of the problems I’ve seen stem from.

The main priority for anyone I work with is always to get them moving and to get them moving well. I want them to improve their movements in the gym which will ultimately lead to improving their movements in their everyday life.

There are seven functional movement patterns that should be included in every training program: *squat, lunge, hinge, push, pull, rotation* and *carry*. Sounds pretty simple, right? The more I learn about proper

fitness practices as well as injury prehab and rehab, it all seems to come down to improving these movement patterns. When an individual can improve these movement patterns, we have begun to develop a rock solid foundation on which to build a program.

I speak from experience. In September of 2018 I ruptured my patella tendon while playing basketball—my second major knee surgery. When I made the decision to be in charge of my own rehab these

movements were the pillars of my rehab program. Starting with more hip dominant moves consisting of a number of variations of the hip hinge to strengthen the posterior chain, I then slowly introduced more knee dominant moves, like the squat and lunge, as my range of motion began to increase. By putting an emphasis on movement and proper body control through a steadily increasing range of motion rather than how much weight I can push on a machine, I have made enormous strides in returning to full activity with no restrictions.

Everyone is different. We have different body types, health histories, nagging

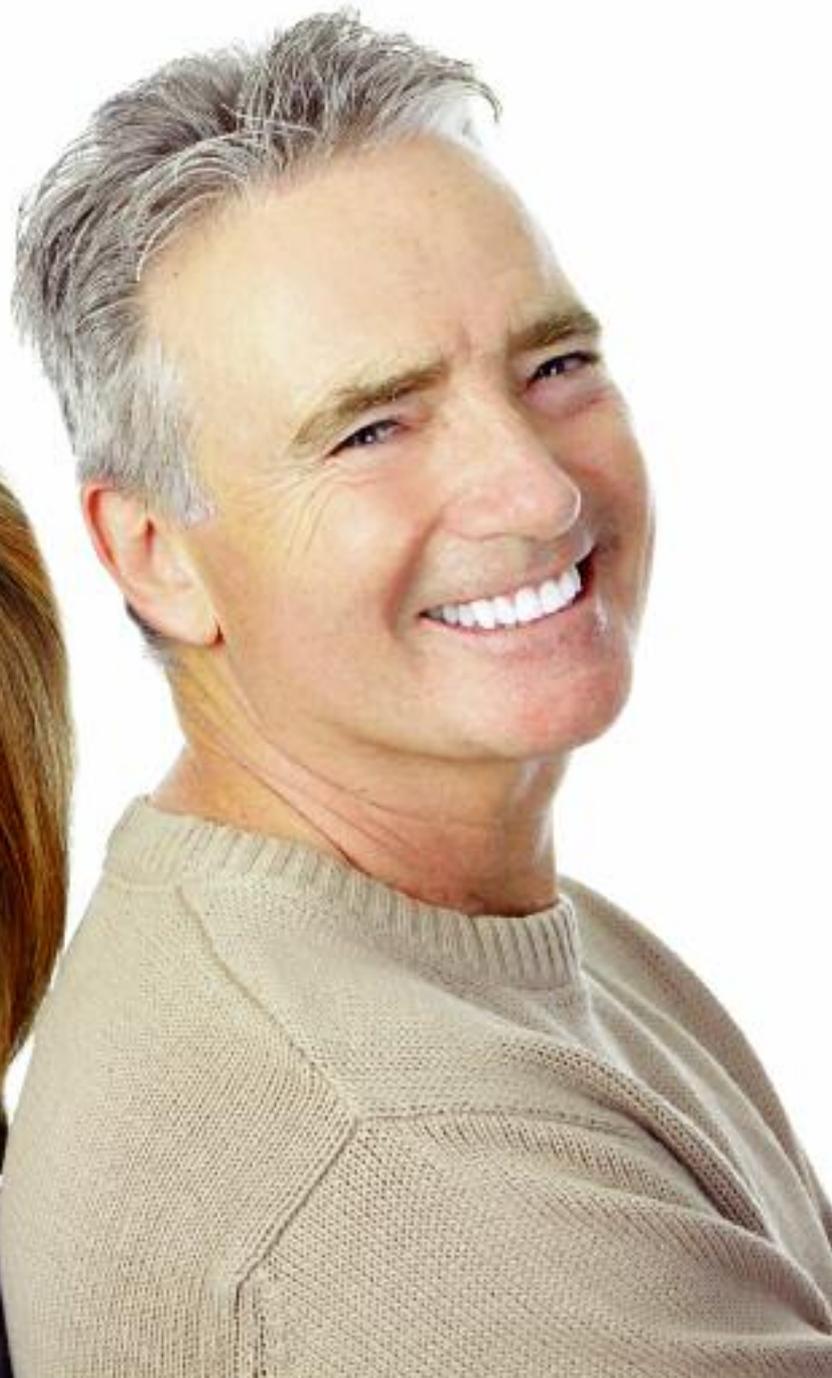
injuries, fitness goals, etc., but our mentality should always be the same. Put an emphasis on the basics and make them the pillar of your exercise program and the results are endless. The next time you are experiencing some stiffness or soreness just remember, “*Motion is the best lotion*”—so keep moving!



“The main priority for anyone I work with is always to get them moving and to get them moving well. I want them to improve their movements in the gym which will ultimately lead to improving their movements in their everyday life.”

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# member profile



## glen spinelli

### Are you a Rochester native?

My family has been in Rochester for two generations and I was raised in the town of Gates. However, I was born on an Air Force base in Columbus, Ohio where my father was serving as a dentist.

I have an amazing wife of 27 years, Kelly, and two children that I am extremely proud of—Nina, who works in Manhattan in Marketing for the Discovery Network, and Nicolas, studying Economics at Penn State University.

I love Rochester. Its people are its strength. I love the craft food and wine scene, the minimal traffic, the change of seasons and the overall quality of life. The only thing I complain about are the taxes.

### When did you become a Midtown member and what motivated you to join?

I became a member in 2010 after I was given a two-week trial. The motivation to join came from the people I met, the proximity to my office and the great breakfasts that I had at the café after my workouts. Midtown is the place to be because the service is top notch and I like being surrounded by positive, successful people who care about their health. I like that Midtown continues to evolve and stays up with the latest fitness trends and comforts for its members.

At Midtown, I mostly lift free weights, but also take advantage of the many classes from yoga to boxing. I exercise early in the morning so it's out of the way and gives me energy throughout the day. Outside the Club, I enjoy the outdoors in all seasons, cross country skiing, hiking, deer hunting in the southern tier, boating and riding my motorcycle.

### Tell us about your career path and why you chose it?

I chose dentistry because I was able to witness the lifestyle first hand through my father. He provided us with a stable and wonderful life and dentistry allows me to change a person's life by improving their self esteem and returning them to full dental function. It's fulfilling to give someone the beautiful smile they have always wanted.

### What changes have you seen in the field of dentistry over the last decade?

The digital and 3D printing wave of technology has changed dentistry. Imaging is more accurate and requires very little radiation. Digital scanning of the mouth has replaced the need for impression material. For patients that means everything is getting faster, easier and less invasive. Replacing missing teeth with titanium implants has been extremely successful.

When people come to my practice, I hope they find kindness, comfort and confidence that they have chosen the right place.

They find a dentist they can trust who has 29 years experience

and hundreds of hours of advanced training. I am all about providing the best service because I place a high value on service myself, which is why I chose Midtown. My patients value that the appointments always run on time and that communication is easy and we follow-up after procedures.

### Tell about your philanthropic endeavors and why you are passionate about them?

My office offers complimentary dental work to survivors of domestic or sexual violence residing at the Sojourner House. I also volunteer for fundraisers for Daystar and am a board member of Alyssa's Angels, a local organization where 100% of proceeds benefit our neediest children.

### Is there a particular person, place or thing that inspires you each day?

Each day I am inspired by the gift of life and the blessing of being an American. Personally my wife and children inspire me to be my best.

**What is your favorite restaurant in the area?** My favorite restaurants right now are Fiorella for pasta and Tournedos for steak.

**Name your "Best Day."** My "best day" is the one I'm currently living. I am very grateful for today, my past days, no matter how great, don't serve me or anyone else anymore. Only today has the potential to be great, or for me to make it great.

"Midtown is the place to be because the service is top notch and I like being surrounded by positive, successful people who care about their health."

# Turning 65 or Need a Medicare Review?

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**Monday October 21 5pm-8pm**

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You can have your plan reviewed at no cost and learn about all of the plans available in your county. We also offer in-home visits when necessary, for your convenience!

If you help your parents make health decisions and want to make sure they are getting the most out of their Medicare, we would be happy to help!

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# using a medicare broker

by Jodie Borlaug  
Medicare Broker



Medicare is a federal health insurance program for people age 65 and older, people under 65 with certain disabilities and people of all ages with end-stage renal disease, Lou Gehrig's disease or ALS. Despite Medicare being an essential program for most, there are many misconceptions associated with the program that are simply not true. Seeking an expert's advice will help you navigate the complexities of the program and ensure you are enrolled in a health insurance company plan that offers you the best price and meets your individual needs at the same time.

## medicare misconceptions

**Medicare coverage is free.** One of the biggest Medicare misconceptions is that Medicare is free. In reality, though some aspects of the program may not cost you anything out of pocket, participants are expected to cover certain expenses on their own.

**Everyone pays the same for Medicare.** Medicare may offer the same benefits for everyone, but that doesn't mean everyone pays the same price for medical care. Your work and earnings history can dictate how much you will pay for Medicare. Part A is \$0 if you or your spouse have worked at least 10 years, and have a copayment of \$1,364 deductible for the first 60 days of a hospitalization. Part B is \$135.50 per month (or higher depending on your income) with an annual \$185 deductible, and requires you to pay 20% of the Medicare approved amount for most physician and outpatient services. Part C and Part D premiums vary by plan.

**Medicare will cover all of my health expenses.** Typically Part A and Part B (Original Medicare) cover inpatient hospital care, skilled nursing facility, hospice, lab services, doctor visits, outpatient care, durable medical equipment, and home health care. Part D covers prescription medications (through a private insurance company only). Part C combines Parts A and B in a Medicare Advantage Plan offered through private health insurance companies, many of which include a Part D.

Original Medicare does not cover deductibles, coinsurance, or copays for covered services. Medicare plans are not required to offer dental care, routine eye care, routine hearing exams, and fitness programs, however, many private health insurance companies offer ancillary benefits to encourage participants to enroll with them.

**I can enroll anytime I want.** Medicare is designed to provide significant financial assistance during your golden years, but there are some restrictions, including when you're allowed to enroll. Anyone can enroll during their initial enrollment period, the annual election period, or if they have a special enrollment period. The initial enrollment period is three months before turning 65, the month of, and three months after turning 65. The annual election period (AEP) is October 15 through December 7 and changes are effective January 1 of the next year. The special enrollment period (SEP) is for special life events, like moving, getting married or divorced, or losing your group coverage through an employer, etc. If you miss your IEP, you could incur a late enrollment penalty.

**I'll be notified when it's time to enroll.** The program will not necessarily notify you that it is time to enroll, however if you have chosen to file for Social Security benefits before turning 65, you will be automatically enrolled in Medicare Part A and Part B. Additionally, you have to enroll in Part D on your own. If you are not collecting your social security at age 65, you will need to request your Medicare Part A and B when you are ready to enroll by contacting the Social Security Office. If you fail to enroll in Part B or Part D, you could face a penalty when you do eventually enroll in Medicare.

### **Having poor health will disqualify me from coverage.**

Following the Affordable Care Act's implementation, insurers and Medicare are required to accept members regardless of their health. Medicare cannot reject you because you're sick or have a pre-existing condition unless you have end stage renal disease.

## steps to consider before enrolling

**Consult an expert.** Using a Medicare broker is of no cost to you, they are paid by the insurance carrier so you don't need to pay them for their assistance during your meeting. A consultation consists of a 30-40 minute session where a broker will explain Original Medicare, perform a prescription drug search to educate you about the costs with different carriers, discuss your health insurance usage over the past few years, and offer suggestions to help you find a company that best fits your needs. Often an application is taken at the end of the consultation. A broker can assist you in resolving any issues or questions that arise throughout the year.

**Research your prescriptions with a broker** to discover insurance carrier costs and to make sure your doctors are in the network with the carrier you enroll with to avoid higher copays and ensure that the full cost of your visits are covered. You can review a few plans with your broker to see which one best fits your needs. Your broker will review your application, make sure it is completed properly and process it for you.

**EPIC and Medicare Part D drug coverage.** The Elderly Pharmaceutical Insurance Coverage (EPIC) program is a NYS program administered by the Department of Health that provides seniors with copayment assistance for Medicare Part D covered prescriptions after the Part D deductible is met. Having EPIC creates an SEP, meaning you can switch your plan once a year outside of AEP.

# events calendar

july–october 2019

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



## **Significant Other on the Pool Deck Tuesday, July 23, 6:00–8:00 pm**

Join us on the pool deck for live music, summer cocktails, great food, and friends. Don't miss the fun! You and your guest's first drink is free. Complimentary for members and guests.

## **Bloody Mary Bar on the Pool Deck Sunday, July 28, 11:30 am–1:30 pm**

Join us on the pool deck for a make your own Bloody Mary bar. Bring a guest and we will waive the guest fee. Don't miss the fun! \$10 per person. Registration required.

## **Dive-In Movie Night featuring *Ralph Breaks the Internet* Wednesday, July 31, 7:00 pm [games and crafts]**

### **Sundown [movie]**

Join us for a summer evening of family fun, poolside games, crafts, drinks and snacks, followed by a movie on the big screen. Bring your swimsuit and pj's. Complimentary for members, \$5 per guest. Registration required.

**Take a Break From the Sun: Coconut Sugar Scrub  
Thursday, August 1–Saturday, August 31**

Take a break from the sun to hydrate, exfoliate and erase your sun-damaged skin with a luxurious Éminence Organics Coconut Sugar Scrub, rich in virgin coconut oil and raw sugar cane. Book an appointment for any day during the month of August and receive a free gift. \$75 per member, \$80 per non-member. Contact the Service Coordinator's Office to schedule your appointment.

**Cold Stone Pressure Point Therapy  
Thursday, August 1–Saturday, August 31**

Do you suffer from allergies, migraines, or sinus pain? The Spa's technicians provide you relief with a 20-minute treatment that incorporates cold marble stones, essential oils and massage. \$40 per member, \$45 per non-member.

**Guys Night Out**

**Thursday, August 1, 6:00–8:30 pm  
[Rain Date August 21]**

Ages 21+. Bourbon, beer, burgers and brats. Enjoy a night of games, raffles, and prizes while you relax with a fine cigar and friends. All proceeds benefit The EquiCenter. Members and guests welcome. \$25 per person. Registration required.



**Midtown Night at City Grill with Significant Other  
Friday, August 2, 6:00–8:00 pm**

Bring your friends to dine on the outdoor patio at City Grill on East Avenue and enjoy the music of Significant Other. Midtown members who bring their Midtown key tag will receive a complimentary drink.

**Jim Kelly: The Glory Years  
Benefitting the Hunter's Hope Foundation  
for the University of Rochester LCN Center  
Wednesday, August 7, 6:00–9:30 pm**

Hear stories about Buffalo's infamous four Super Bowl appearances from former Buffalo Bills' quarterback, Jim Kelly. The evening will include a live program, food, auction, raffles and a cash bar. Funds raised at the event will benefit the Hunter's Hope Foundation for the University of Rochester Leukodystrophy Care Network (LCN) Center at Golisano Children's Hospital. Ticket packages start at \$600 and may be purchased at [huntershope.org](http://huntershope.org). No individual tickets are available for purchase.

**Vegan BBQ  
Thursday, August 8, 5:00–8:00 pm**

Enjoy the last days of summer at the café by experiencing the best that Upstate New York has to offer. Join Midtown chefs as they showcase vegan dishes using locally sourced products. \$13.95 menu item. No registration required.

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**Dive-In Movie Night featuring *Incredibles 2***

**Wednesday, August 21,  
7:00 pm [games and crafts]**

**Sundown [movie]**

Join us for a summer evening of family fun, poolside games, crafts, drinks and snacks, followed by a movie on the big screen. Bring your swimsuit and pj's. Complimentary for members, \$5 per guest. Registration required.

**Image Skincare Custom Peels**

**Sunday, September 1–Monday, September 30**

Let The Spa's estheticians recommend the best treatment for repairing the damage done by exposing your skin to the sun over the summer months. They can address skin concerns such as fine lines, hyper-pigmentation and dehydration. Receive a complimentary Image Skincare trial kit with your first treatment. Contact the Service Coordinator's Office to schedule an appointment.

**Labor Day at the Spa**

**Monday, September 2, 9:00 am–5:00 pm**

It's the unofficial end of summer and you deserve to be pampered with \$10 off any 60-minute massage, facial, or nail service. Contact the Service Coordinator's Office to schedule an appointment.



**Labor Day Celebration at the Pool**

**Monday, September 2, Noon–2:00 pm**

Celebrate the holiday at the pool with games and activities. Complimentary for members, \$25 per non-member. Registration required.

**Marché Steak Night**

**Thursday, September 12, 5:00–9:00 pm**

Enjoy a 12 oz. grilled strip steak dinner in the café. \$17 menu item. No registration required.

**Varsity Club Kid's Night Out**

**Saturday, September 14, 5:00–9:00 pm**

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

**Adrian Jules Fall Trunk Show at Midtown**

**Saturday, September 14, 8:00 am–Noon**

**and Monday, September 16, 8:00 am–7:00 pm**

Join us in the café to preview the latest fall and winter fashions from the fashion experts of Adrian Jules. Complimentary for members and guests.

### **Pumpkin Spice Pedicure**

**Sunday, September 15–Thursday, October 31**

Feel the warmth of autumn and enjoy a cup of Chai tea and cookies with an aromatic Pumpkin Spice Pedicure. Contact the Service Coordinator's Office to schedule an appointment.

### **Pups & Pilsners**

**Wednesday, September 18, 6:00–8:00 pm**

Bring your four-legged friend for a fun summer evening on the Great Lawn with pet-friendly games, music from DJ Naps, a costume contest and pilsners. Complimentary for members and guests. Registration required.

### **Trillium Health Tennis Tournament**

**Saturday, September 21, 4:00–8:00 pm**

Hit the courts to play round robin doubles matches while raising funds for emergency housing assistance and food cupboard support for families in need. After you have finished your match, join us in the paddle hut for dinner. \$35 per player, \$60 per doubles team; dinner \$25 per person. Purchase your tickets at [www.trilliumhealth.org/tennis](http://www.trilliumhealth.org/tennis).



### **Business Owners and Executives Lunch with Brennan Redmond, CFA, CFP Monday, September 23, Noon–1:00 pm**

Do you regularly max out your retirement plan contributions or have funds remaining that you'd like to save while receiving both current and deferred tax deductions? Brennan will treat you and your CFO to lunch where you can learn about how the The Dolgoff Plan™ can work for your company. Complimentary for members and guests. Registration required.

### **Varsity Club Movie Night Friday, September 27, 6:00–8:30 pm**

Ages 5-12. 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 guests. Registration required.

**Camp Midtown School Break: Rosh Hashanah  
Monday, September 30–Tuesday, October 1,  
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 pool to the tennis courts 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.

**Fall Spa Sampler**

**Tuesday, October 1–Thursday, October 31**

Treat yourself or a friend to a package of three, 30-minute spa services which include a relaxation massage with warm stones, an express Vitamin C facial and a paraffin and foot massage treatment. \$100 per member, \$110 per non-member (\$25 savings).



**Ultimate Laser Beauty Spa Information Table**

**Saturday, October 5, 8:30 am–Noon**

**Monday, October 7, 9:00 am–1:00 pm  
and 5:00–7:00 pm**

Join the experts from Ultimate Beauty Laser Spa to learn more about laser hair removal, cellulite and body contouring treatments with VelaShape III and Ultrashape Power. Sign up and win a free laser hair removal package (value \$1200). Complimentary for members and guests.

**Fall Family Festival**

**Saturday, October 5, 11:00 am–1:00 pm**

Bring your family and enjoy the fresh autumn air and an afternoon of activities including a haunted house, fun maze, pumpkin decorating, and more. \$5 per member, \$10 per guest. Registration required.

**Varsity Club Kid's Night Out**

**Saturday, October 5, 5:00–9:00 pm**

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



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## Smartphone Photography 101

**Monday, October 7, 6:00–7:30 pm**

Join RIT photography professor and member Susan Lakin to learn how to take great pictures with your smartphone. Demonstrations will include hands on instructions on smartphone camera functions, how to better compose images and how to edit photos with your personal device. Complimentary for members and guests. Registration required.

## Camp Midtown School Break: Yom Kippur

**Wednesday, October 9, 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 pool to the tennis courts 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.



## Genetics & Cancer Risk Assessment with Jessica Salamone, Certified Genetic Counselor, Elizabeth Wende Breast Care

**Wednesday, October 9, 6:00–8:00 pm**

Over the past several years, advances in the field of cancer genetics have given patients the opportunity to determine their predisposition to certain cancers, including breast cancer, to help initiate proper medical management. Although multiple risk factors for breast cancer are known, personal and family history of cancer are key elements impacting cancer risk. Drinks and snacks provided. Complimentary for members and guests. Registration required.

## Camp Midtown Break: Superintendents Day and Columbus Day

**Friday, October 11, 9:00 am–4:00 pm**

**and Monday October 14, 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 pool to the tennis courts 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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**Flu Clinic at Midtown**

**Sponsored by Wegman's Pharmacy**

**Saturday, October 12, 8:30 am–Noon**

Prepare for the upcoming flu season and stop by the Paddle Hut to get your flu vaccination. No appointment necessary—bring your insurance card and identification. Must be at least 5 years old. Guests welcome.

**Mom & Me Spa Day**

**Monday, October 14, 9:00 am–5:00 pm**

Mothers, daughters, aunts and nieces are invited to get pampered this Columbus Day with a special manicure. Adults may enjoy complimentary wine service during the event and children under 16 will receive a spa goodie bag. Members and guests welcome. \$25 per adult; \$15 per child. Call the Service Coordinator's Office to schedule an appointment.

**Perrin Yang Quartet at Midtown**

**Monday, October 14, 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.



**“Ask Us About Medicare” Informational Table**

**Saturday October 19; 8:00 am–Noon**

**and Monday October 21, 5:00–8:00 pm**

Medicare broker specialist, Jodie Borlaug from Financial Freedom Group will be available to answer your questions regarding Medicare plans and program changes for 2020. Have your current plan reviewed to ensure you are getting the most out of Medicare. No registration required—stop by the table in the café for more information.

**Spooky Family Yoga**

**Saturday, October 19, 6:00–8:00 pm**

All ages welcome. We're turning off the lights, adding glow sticks and spooky music, and practicing yoga together in the dark. Complimentary for members and guests. Registration required.

**Game Night at Midtown**

**Wednesday, October 23, 6:30–8:30 pm**

Ages 21+. Enjoy some friendly competition, earn prizes and enjoy great food. Complimentary for members and guests. Registration required.

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**Vegan/Gluten Free Harvest Dinner**  
**Thursday, October 24, 6:30–8:30 pm**

Spend an evening dining with family and friends and enjoy a locally sourced seasonal dinner prepared by the Marché Café chefs which showcases the bounty of the fall harvest. \$13.95 menu item. No registration required.

**Varsity Club Movie Night**  
**Friday, October 25, 6:00–8:30 pm**

Ages 5–12. 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 guests. Registration required.

**Trick or Treat at Midtown**  
**Monday, October 28, 5:00–6:30 pm**

Dress to impress and stop by the front desk for a map of treat locations throughout the Club. After you have finished collecting treats, gather in the café living room and enjoy some donuts and cider. Complimentary for members and guests. Registration required.



**New York Commercial Lending with Pat Tobin,**  
**S&T Bank Market President**

**Tuesday, October 29, 5:30–7:00 pm**

How may we help your business? When your business grows, S&T Bank can grow with you. S&T offers business loans to meet all of your business needs whether you want access to cash for purchases, a real estate loan to move or grow, a construction loan to build or expand or a loan for more equipment like computers, furniture, vehicles and tools. Complimentary for members and guests. Registration required.

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## **BRIGHTON FIRE DEPARTMENT**

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# **Welcoming New Volunteers**

**Attend one of our Volunteer Info Sessions**

Monday, October 21st, 7pm-8pm

BFD Headquarters: 3100 East Avenue



For more information on volunteering with the Brighton Fire Department: visit our website [www.BrightonFD.org](http://www.BrightonFD.org) email us [Join@BrightonFD.org](mailto: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

# puzzle answers

B	O	W	S		A	F	A	R		M	I	N	S	K	
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A	M	E	S	S		S	S	N	S		G	E	R	E	

Puzzle on page 37.

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# wardrobe tips

by Peter Roberti  
Adrian Jules Custom Clothiers



## What colors will be trending this fall?

Accessorizing with deep, rich accent colors will be one of the leading trends this fall. Using shades like emerald, plum and merlot in your look will help you dress for the season while giving your style a new twist. Remember a pocket square is the new tie in business casual.

## What is a must-have accessory for the cooler or damp weather?

The temperature drop isn't the only thing you need to be prepared for in the fall. Keeping your feet dry is imperative to staying warm throughout the day. Be proactive by wearing socks made of alpaca and by wearing swims (shoe covers) over your favorite pair of shoes; they come in various colors, so they can even add a pop to your wardrobe! You can also accessorize with a cashmere scarf using one of the trending fall colors in order to bring your look to a whole new level.

## How do you pick the perfect fall jacket?

Whether you are a busy businessman or enjoy spending your time outdoors, there is an ideal jacket for every situation. A cashmere jacket is lightweight and optimal for the man on-the-go. However, if you are looking for something more durable, a wool jacket might be best for you.

Please submit your fashion questions to Peter Roberti via e-mail at [peter@adrianjules.com](mailto:peter@adrianjules.com).

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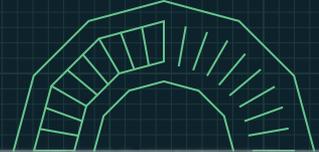
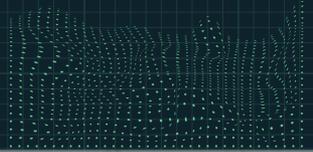
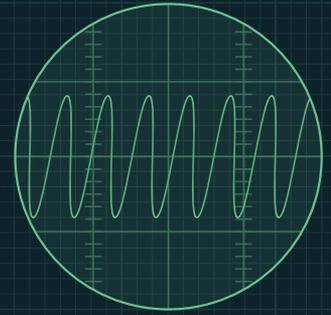
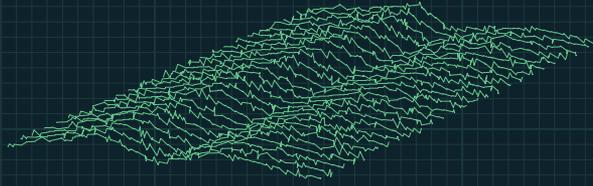
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↑ 43.026906° N

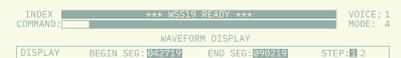


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## more than just tennis lessons

Tennis is the perfect sport to help your child develop the skills they need to be successful on the court and in life. Science has shown the mental and physical benefits of tennis outweigh those of other sports. Lifelong social networks are created when players learn to play on an individual basis and as part of a team. Discipline and dedication are nurtured through the process of the players improving their skills in this ultimate non-contact sport.

While most programs offer tennis lessons, Midtown's Velocity program goes further by pairing instructional lessons with competitions and play opportunities for players of all ages and levels. Ranging from novice to the more serious team athlete or tournament competitor, our instructors will keep them moving on the path to success.

In each session players have the opportunity to practice their skills on the court, assisted by our certified coaches to help them improve their game. Players will also learn to compete in skill appropriate environments as part of a team. Their skills will be put to the test at weekly games, where they can learn more about what aspects of their game they need to work on. Parents will also have regular communication with the program coordinators and coaches to discuss their child's development. Players are also encouraged to attend social events where they can play with their friends and family.

### LEVEL 7

Ages 4.5-5. This introductory program focuses on coordination training, movement and balance skills, as well as skills for sending and receiving. Players use red balls and play on a micro court.

### LEVEL 6

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 a 36' court.

### LEVEL 5

Ages 7-8. By the end of this program, a child will be able to start a point with a full service motion and 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 compete regularly in eight and under events.

### LEVEL 4

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, the addition of top spin and a greater development of net play and open racquet face skills will be focused on. Serves will progress to include greater pace as well as spin.

### LEVEL 3

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 are introduced in both singles and doubles. Ball control exercises that enhance consistency, direction, depth and spin will be stressed. Players should compete regularly in 10 and under events.

### LEVEL 2

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 should compete regularly in sanctioned events.

### JV INTERMEDIATE

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.

### LEVEL 1

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 are part of the curriculum as greater defensive demands on the player present themselves. Players in this level compete regularly in sanctioned tournaments.

### HIGH PERFORMANCE

Practice is geared toward the more serious team athlete or tournament competitor. Competitive drills and situational point play are used to reinforce sound tactics and to achieve peak performance. Sessions 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.



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



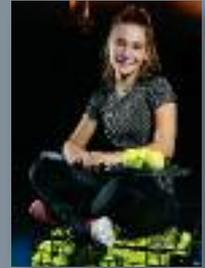
Jason Stephens  
 Junior Tennis Director  
 512.2773  
 jason.stephens@midtown.com



**[left to right] Midtown Tour Team members Larisa Kotok, Anastasia Gubanova, Bernardo Teller Ronan O'Dwyer, Jess Bodewes, Sarah Bodewes and Kendall Smith**

### midtown tour team

This past season, Midtown introduced its Tour Team with the intent of highlighting junior members who excel in competition and in their contributions to the tennis program. Members qualify for the team by meeting a ten-point set of criteria: their commitment to Midtown, competition, development and leadership. Players are evaluated every quarter and guided by the coaching staff to ensure that they are making progress and continue to excel at the sport.



### SARAH BODEWES

Sarah Bodewes was named All Greater Rochester Player of the Year.



### LARISA KOTOK

Larisa Kotok finished second in singles and first in doubles at a national level tournament in Michigan.

### velocity sessions

Fall I	Tuesday, August 27–Monday, October 28*	9 Weeks
Fall II	Tuesday, October 29–Monday, January 27**	11 Weeks
Winter	Tuesday, January 28–Monday, April 13	11 Weeks
Spring	Tuesday, April 14–Monday, June 15***	9 Weeks

\*No classes held on September 2. \*\*No classes will be held on November 28, November 29 and from December 23, 2019–January 1, 2020. \*\*\*No class will be held on May 25.



1st PLACE  
Sandy & Samantha  
Paris

## “the never betters” photo contest

Susan Smelt posed her Spinyasa class with a special challenge: Submit photos that include the Midtown logo on your gear, especially with yoga and spin poses. Photo submissions were fabulous, ranging from members traveling and working out to posing with their newest family members. The grand prize winner was treated to a photoshoot with Susan's dog and Spinyasa mascot, Buddi Sherman.

Susan explains that the inspiration for the class nickname came from member Howard Kravetz, who said that's what his Dad, who is 100 years old, always says. “We started saying it during our Spinyasa classes, and then it became a challenge to have Never Better days and Never Better moments. During each class I ask the question, “How are you today?” and the members shout as loud as they can, “NEVER BETTER!”

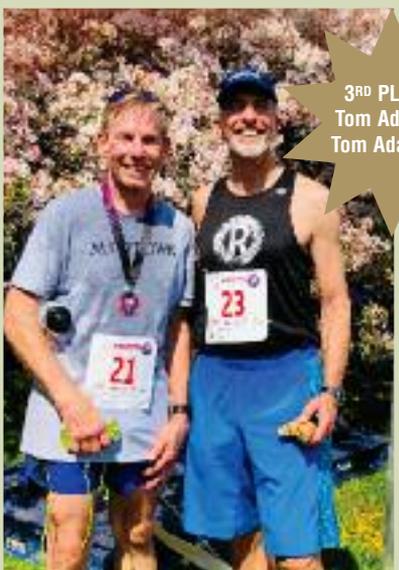




2<sup>ND</sup> PLACE (TIE)  
Caroline  
Adams Burton



2<sup>ND</sup> PLACE (TIE)  
Jamie Scalise &  
Tony Ilacqua



3<sup>RD</sup> PLACE  
Tom Adler &  
Tom Adamski



MOST CREATIVE  
Tom Adler &  
Grandbaby Ethan



MOST INNOVATIVE  
Michelle Kaupp



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laurie taillie,  
marché chef

## vegan cream of mushroom soup

### ingredients

- 2 teaspoons olive oil
- 1 cup onion, chopped
- 2 garlic cloves
- 5 ounces shiitake mushrooms
- 12 ounces baby bella mushrooms
- 1 teaspoon thyme
- 1 teaspoon rosemary
- 5 cups mushroom (or vegetable) stock
- 1 cups whole almonds
- 1 tablespoon mellow white miso
- 2 teaspoons lemon juice
- ¼ teaspoon white pepper
- salt to taste

### directions

Place almonds in a small sauce pan with enough water to cover.

Bring to a boil. Turn off heat. Let sit while you make the rest of the soup.

Heat a 4-quart pot over medium heat and add the oil.

Sauté the onion until soft—3 minutes. Add the garlic, sautéing until fragrant.

Add the mushrooms, 4 cups of the mushroom stock, thyme and rosemary.

Cover and bring to a simmer for 15 minutes.

Drain the almonds and place in a high-speed blender with the remaining 1 cup of mushroom stock and miso.

Blend until smooth. Add the almond cream mixture to the soup.

Use an immersion blender or put half of the soup into a food processor and pulse until partially puréed.

Partially cover and cook on low until soup thickens—about 10 minutes.

Add lemon juice and pepper. Adjust seasonings.

*Makes 8 servings.*

### nutritional information

149 calories, 9 grams fat, 262 milligrams sodium,  
12 grams carbohydrates, 3 grams fiber, 5 grams protein



## **tour de cure** **june 8, 2019**

Midtown Team Chain Reaction raised over \$66,000 at the 2019 Tour de Cure Rochester presented by Excellus BCBS.

Individually, team captain Howard Kravetz raised \$20,000 and member John Magee raised \$10,000 to help support the American Diabetes Association camp, research, education and advocacy for people living with type 1, type 2 and gestational diabetes.

People of all abilities pedalled and ran their way along the 3.5 mile run and walk routes which were fully stocked with rest stops to fuel their journey.

Back at the finish line, participants enjoyed a family-friendly party with live music, inflatables, and plenty of food and beverages at a food truck rodeo.



# platform tennis

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



Played outdoors on specially constructed heated platforms, platform tennis combines the fun and challenge of tennis, squash and racquetball. For more information about any of Midtown's paddle leagues and clinics, please contact Kate Whitmore

## paddle in no time (pnt)

PNT is designed for new paddle players. Students will learn the basics: how to hit a drive, the volley, lobs, overheads, serves and serve returns, and use of the screens. \$90 per member, per 4-week session; \$120 per non-member, per 4-week session. Wednesday night play included in session.

Session I: Monday, September 1–Saturday, October 5

Session II: Monday, October 7–Saturday, November 2

Session III: Monday, November 4–Saturday, November 30

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

## advanced beginner/low intermediate

PNT is designed for graduates of PNT and players newer to the league. This instructional program will help you work on the skills to move your level up faster. \$90 per member, per 4-week session; \$120 per non-member, per 4-week session. Wednesday night play included in session.

Session I: Monday, September 1–Saturday, October 5

Session II: Monday, October 7–Saturday, November 2

Session III: Monday, November 4–Saturday, November 30

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

## league tune up [team sign up only]

The perfect way to shake off the paddle dust and start to get your game in order for the season. Sign up with your league partner . \$120 per team, per 4-week session; \$44 per non-member team.

LEAGUE	LEVEL	DATES	DAY	TIME
Women	4-7**	September 9, 16, 23 and 30	M	6:00-7:15 pm
Women	8-10*	September 9, 16, 23 and 30	M	6:00-7:15 pm
Women	11-15**	September 12,19, 26 and October 3	Th	6:00-7:15 pm

\*First four teams. \*\*First eight teams.

## drill and play

\$15 per member, \$22 per non-member team. Limited to first 16 players.

DAY	DATES	TIME
First and third Fridays of each month	Begins September 6	6:00-7:30 pm

## men's night

Play with and against the Midtown coaches and work on your game. Sign up week to week. \$10 per member, per night, includes a beverage.

DAY	DATES	TIME
Tu	Begins October 1	6:00-8:00 pm

## beginner/low intermediate league

This league is designed to help players newer to the game work through the basic skills of point development and match play. Registration included for players enrolled in PNT, \$10 per player, per week. Sign up with the front desk as space is limited.

DAY	DATES	TIME
W	Begins October 1	6:00-8:00 pm

## private lessons

Whether working 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, Midtown's paddle pros will work to make sure your game rises to the next level.

SESSION	# PLAYERS	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

Midtown reserves courts for a handful of the tournaments in town on Saturday mornings/afternoons during the paddle season.

## single day events

Midtown will host women's and men's mixed level paddle events throughout the season.



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Dr. Kenneth Lindahl, M.D.