



Penfield's Don's
Original just got more
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BRIGHTON-PITTSFORD POST NEWS

WEEK OF JULY 4-10, 2007

Anne
Palumbo

DAILY DOSE



The gall of this organ!

Every once in a while, a gaslight goes off in my life and I have to step up to the frying pan and face the hot grease of reality.

My gall bladder wants a divorce.

Although he's been acting kind of funny for a few months now, he lowered the boom last week and wants out. Rumor has it he no longer wants to perform his given duty and store bile before it heads into my small intestine.

I blame Ben & Jerry for the deterioration in our relationship. Okay, yes, we've had our little "threesomes" in the past, but lately I can't get enough of the chunky hunks. I see them sitting there in the frozen foods department, beckoning me with their arresting goods - their cookie dough, their chocolate-covered pretzels, their marshmallow swirls - and I go weak in the knees.

I wish G.B. had communicated his displeasure with my fatty dalliances, but, no - he just held on to his bilious feelings and festered.

I don't like that in an organ. I want my organs to communicate with me on a regular basis - freely and without obstruction. How else can we coexist?

See DOSE, 3B▶

A CHILD WAITS ...

for you

Edmund and Edwina



Edmund, 10, is a kind and caring boy with a sweet-natured personality. He is quiet and tends to be shy. Edmund enjoys riding his bike and scooter, playing video games and swimming. He would much rather be outside than inside watching television. Edmund is in 4th grade and is working at grade level. Edmund is looking forward to being adopted along with his twin sister, Edwina. He needs a family who will provide him with the guidance and stability that he has longed for his entire life.

Edmund's twin, Edwina, is a soft-spoken and affectionate girl with tons of love to give. She is resilient and good-natured and is determined to overcome any obstacle that gets in her way. Edwina likes playing with Barbie dolls and bike riding. She is in 4th grade and is enrolled in special-education classes. Edwina is hoping to become part of a loving, permanent family soon. She needs to be placed along with her twin brother, Edmund.

If you are interested in adopting this youngster or another waiting child, please contact:

Children Awaiting Parents
595 Blossom Road, Suite 306,
Rochester, N.Y. 14610
(585) 232-5110
info@capbook.org
www.childrenawaitingparents.org

Two ballet dancers are bound for Italy

They will perform at an art festival in Spoleto

By BRYAN ROTH

Messenger Post Staff

They've danced locally and competed nationally, so naturally they're going international.

Two Rochester City Ballet dancers are headed to Spoleto, Italy, to take part in the 50th anniversary Festival dei Due Mondi, which began June 29 and runs until July 15. The invitation came from Larissa Saveliev, co-founder of Youth America Grand Prix, after the two dancers took home top honors at the recent YAGP finals in New York City.

"It's mind-boggling," said Brittany Shinay, 17, of Pittsford. "I don't think I realize right now what I'm going to feel when I get to Italy, to be performing at a festival in one of the most beautiful places in the world. I'm so excited I can't describe it."

Shinay will be traveling with long-time friend and dancing partner Jim Nowakowski, 18, of Webster. Together, they'll perform the piece "Symbion," at the festival's Dance Gala on July 6 and 8. The piece, which won them the first-place honors in the Grand Prix small ensemble division, was choreographed by Rochester City Ballet artistic director Jamey Leverett.

Nowakowski will also perform his classical variation solo, "Acteon," which won him first-place honors in the senior men division.

"We are so proud of Jim and Brittany," said Leverett. "To be invited to attend this world-renowned festival is such a great honor. When our dancers are given the chance to perform at these kind of international events, where artists from around the world come together, we are again reminded of the exceptional talent that we have right here in Rochester."

Created in 1958 by Gian Carlo Menotti, one of the most influential composers of American opera in the 20th century, the Festival dei Due Mondi annually presents achievements in international opera, music, theater and dance. The festival has introduced some of America's most prominent dancers and choreographers such as Jerome Robbins, Mikhail Baryshnikov and Twyla Tharp.

Nowakowski described "Symbion" as a very contemporary and abstract piece in which he and Shinay feed off of each other's movements in fluent motions. Beginning at a slow pace, the accompanying music builds in tempo throughout the dance.

"It's the first time that we've had a piece specifically made for us, even though we've been dancing at the same level for five or six years now," Nowakowski said.

For both dancers, the ballet has been in their blood for a long time. Both have been dancing since they were two years old. It's no coincidence that by the time they were both nine, they decided to seriously follow their passion.

"It's like a flower blossoming," said Nowakowski, who will join the Houston Ballet Company in July. "I started with such little information and I got experience in performing. I was exposed to new forms of dance, more classical variations and different styles and I was very passionate about it."



STAFF PHOTO/CARRIE ANN GRIPPO

Jim Nowakowski of Webster and Brittany Shinay of Pittsford rehearse "Symbion" June 29 at the Rochester City Ballet studios. Both dancers are traveling to Italy to take part in an arts festival and will perform the dance, which was choreographed by RCB artistic director Jamey Leverett.

Once Shinay arrived at the Timothy M. Draper Center for Dance Education in Rochester, she said everything seemed to click.

"I could really express my emotions through dancing," said Shinay, who will spend three weeks this summer at the Juilliard Dance Intensive in New York City before returning for her senior year of high school. "I gave up a lot of other things because it was really time-consuming and I realized that even when I gave up those things it's what I really love to do."

With the Rochester City Ballet, Nowakowski has had several solo roles in "The Nutcracker," a lead solo in Leverett's "Push and Pull," and portrayed the court jester in RCB's spring 2005 production of "Cinderella" and the matorador in "Carmen."

Shinay has performed as Clara, Italian Ice and the Snow Queen in "The Nutcracker" and as a featured soloist in "Push and Pull" and "Carmen."

All that experience will serve them well in Italy when they perform with some of the best dancers from around the world. It will be the first trip out of the country for Shinay, who has made sure to get a new camera for pictures to go along with her passport. Nowakowski, on the other hand, has been all around the United States for performances and traveled to Ukraine when he was 13. This will be his first trip to Italy, however.

"I'm just looking forward to meeting new people because as a dancer you never stop learning," he said. "The best way you learn is watching."

For Shinay, the trip will finally give her a chance to share her work with a new audience outside of what she has been used to.

"I've never been anywhere," she said. "I can't wait to perform for these people who I've never seen and never met and giving them a gift that I have."

Bryan Roth can be reached at (585) 394-0770, Ext. 270, or at broth@mpnews-papers.com.



STAFF PHOTO/CARRIE ANN GRIPPO

Jim Nowakowski of Webster performs a leap during rehearsal of his solo, "Acteon Variation" June 29 at the Rochester City Ballet studios. Nowakowski and Brittany Shinay of Pittsford are traveling to Italy to take part in an arts festival.