

The Sports Issue

Fall Fashion
p. 48



BUFFALO SPRING



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Fundraisers and charity events/ Happy anniversaries

BY TERRI PARSELL HILMEY

There are momentous anniversaries to celebrate this fall—150 years for the society that gave us the Museum of Science, and 175 years for our library system—as well as ways to help other deserving organizations.

Anniversary Gala

Beneficiary: Buffalo Museum of Science. 6:30 to 11 p.m., Saturday, October 1, at the Buffalo Museum of Science, 1020 Humboldt Pkwy. Tickets: \$150 per person; call Erin Collins at 896-5200, ext. 385, or visit www.sciencebuff.org.

This black-tie gala will serve to kick off a year-long celebration of the 150th anniversary of the Buffalo Society of Natural Sciences, which founded and built our Museum of Science. Guests will be treated to cocktails and hors d'oeuvres inside the museum, accompanied by live jazz music, and then be escorted out to a lavish tent in Martin Luther King Park for a sit-down dinner and live auction. During the cocktail hour, the museum will offer 150

gift certificates—worth \$150 each—at a silent auction, and during dinner, guests will enjoy live piano music and other entertainment surprises.

Corks and Forks

Beneficiary: Heritage Centers Foundation. 6 to 9 p.m., Thursday, October 13, at the Buffalo Convention Center, Convention Center Plaza. Tickets: \$60 per person; call Sue Navarro at 852-1202, ext. 228, or visit www.heritagecenters.org.

Twenty-five local fine-dining restaurants will be on-hand, all offering their favorite signature menu items, and twenty-five local wineries from the Finger Lakes and the Niagara region—along with local microbreweries—will

provide tastings to accompany the food. It's a unique wine-and-food-pairing event, one that will feature live jazz from Ron Davis, as well as a high-end auction. A trip to Paris will be raffled off, including airfare and six-night hotel accommodations for two. Celebrating its sixtieth anniversary, Heritage Centers provides residential services, work, and educational programs to their developmentally disabled clients.

11th Annual Harvest Festival



Beneficiary: Hospice Foundation of Western New York. 6 p.m. to midnight, Friday, October 14, at the Adam's Mark Hotel Grand Ballroom, 120 Church St. Tickets: \$200 per person; call Katie Whiting at 686-8090 or visit www.hospicebuffalo.com.

The Buffalo Bills continue to act as presenting sponsor for this special event, with a two-hour cocktail hour

Photo courtesy of the Hospice Foundation of WNY.



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and wine tasting (and silent auction) followed by a four-course gourmet dinner. A separate wine from the Delicator Family Vineyards will accompany each course. At 9:30, there will be a live auction of ten one-of-a-kind items ranging from a Saratoga Springs vacation and rare wine lots to a Super Bowl trip. There will even be a grand prize drawing for \$10,000 cash. At 10, the live band Twilight will kick off the dancing.

16th Annual Auction and Food Extravaganza

Beneficiary: Beechwood/Blocher Foundation. 6 to 9 p.m., Saturday, October 15, Beechwood Homes, 2235 Millersport Hwy., Getzville. Tickets: \$65 per person; call Cheryl Wasson at 810-7370 or visit www.beechwoodcare.org.

This special auction event promises 600 items in various categories. There's a kid's corner, a gourmet department, a holiday room, a sports section, a get-away spot featuring vacations, and more. During all of this, the Ron Corsario Trio will play jazz and guests will enjoy various "illusional" food stations and beer and wine. The evening's theme is "Magical Moments," so don't be surprised to find a piece of sushi that's actually candy, or cupcakes that are actually seafood. All proceeds go to the Living Care Fund, which provides Beechwood residents with care as long as it is needed, regardless of their financial situation.

Buffalo on the Bowery

Beneficiary: People United for Sustainable Housing (PUSH Buffalo) and Hallwalls Contemporary Arts Center. 6 p.m., Tuesday, October 11, at the Charles Bank Gallery, 196 Bowery, New York City. Info: call Britney McClain at 884-0356 or write to britney@pushbuffalo.org.

Here is an event that takes places outside of Western New York, but one so important and unique we had to mention it. Buffalo on the Bowery, a benefit art auction, will take place on October 11 at the Charles Bank Gallery, which is co-owned by Michael Bank Christofersen and Buffalo native Adam Charles Greenburger. The auction features works by artists with strong associations to Buffalo, and proceeds will support PUSH Buffalo and Hallwalls. It will be curated by artist and Buffalo native Julian Montague, and the auction host committee is comprised of prominent Buffalo natives like playwright and novelist A. R. Gurney, *Wall Street Journal* deputy editor Robert Pollock, and author Jake Halpern.

Terri Parsell Hilmey is editor of *Buffalo Spree's Medical Resource Guide*.



OCTOBER 22



I Pooh at the Fallsview Casino

Penney Art Center. (1300 Elmwood Ave.; 878-6011 or www.burchfieldpenney.org.)

17 WYRK Fall Acoustic Concert

Featuring Jerrod Niemann, Brett Eldredge, and Craig Campbell. 7:30 p.m. at the UB Center for the Arts. (North Campus; 645-ARTS or www.ubca.org.)

18 David Sedaris

The humorist and *This American Life* favorite is a frequent UB visitor. 7:30 p.m. at the UB Center for the Arts. (North Campus; 645-ARTS or www.ubca.org.)

Evening Investigation Hike

An evening walk at the Reinstein Woods Nature Preserve focusing on invasive species of plants. 6:30 p.m. at the Reinstein Woods Nature Preserve. (93 Honoring Dr., Depew; 683-5959.)

19 UB Distinguished Speakers Series: Michael J. Fox

The *Back to the Future* star has become a noted advocate for Parkinson's research. 8 p.m. at UB's Alumni Arena. (North Campus; www.specialevents.buffalo.edu/distinguishedspeakers.php.)

Kings of Salsa

This dance show pays tribute to the music of Cuba. 7:30 p.m. at the UB Center for the Arts. (North Campus; 645-ARTS or www.ubca.org.)

20 Forever Young Fall 2011 Health & Living Expo

Spree's monthly sister publication holds its annual free event featuring health screenings, experts geared toward the fifty-plus crowd, and giveaways. Attendees can even enter to win a Las Vegas vacation package for two. 9 a.m.-2 p.m. at Classics V Banquet Center. (2425 Niagara Falls Blvd., Amherst; 783-9119, ext. 2202, or www.foreveryoungwvry.com.)

OCTOBER 22



Jim Gaffigan at UB's CFA

The Turn of the Screw
The Irish Classical Theatre presents Jeffrey Hatcher's adaptation of the gothic ghost story by Henry James. Through Nov. 13 at Andrews Theatre. (625 Main St., 853-ICTC or www.irishclassicaltheatre.com.)

A Well Crafted Weekend
A new festival celebrating the American Arts and Crafts Movement, presented by the Roycroft Campus Corporation and the Roycrofters-at-Large Association. Through Oct. 23 at locations throughout East Aurora. (652-8444, www.earycc.com, 652-4735, or www.aurorahistoricalassociation.com.)

Imagining Madoff
The WNY premiere of Deb Margolin's award-winning play about the infamous Ponzi scheme, presented by the Jewish Repertory Theatre. Through Nov. 13 at Maxine and Robert Sella Theatre. (2640 N. Forest Rd., Getzville; 688-4114, ext. 391, or www.jewishrepertorytheatre.com.)

Vivien
Josephine Hogan stars in this one-woman play about Vivien Leigh, the Oscar-winning star of *Gone with the Wind*. Through Nov. 12 at New Phoenix Theatre. (95 Johnson Park; 853-1334 or www.newphoenixtheatre.org.)

The Women of Lockerbie
Deborah Brevort's drama focuses on a group of women attempting charitable actions in the wake of a tragic plane crash. Through Oct. 24 at Niagara University's Leary Theatre. (5795 Lewiston Rd., Lewiston; 286-8622 or theatre.niagara.edu.)

Buffalo Zings! Hot, Tedium & Wild!!
A cabaret of skits, roasts, song parodies, and political satire. Through Nov. 6 at O'Connell & Company, ECC North Campus. (6205 Main St., Williamsville; 848-0800 or www.oconnellandcompany.com.)

OCTOBER 25



Compania Flamenco at UB's CFA

Lecture: Persis Vohar
A lecture with Canisius College's composer-in-residence. 2:30 p.m. at Montante Cultural Center at Canisius College. (2001 Main St.; 888-2536 or www.canisius.edu/artscanisius.)

Choir & Choral
The Buffalo State College ensemble performs. 7:30 p.m. at Buffalo State College's Rockwell Hall. (1300 Elmwood Ave.; 878-3005 or www.buffalostate.edu/pac.)

Native American Star Lore
Explore the universe at Buffalo State College's Whitworth Ferguson Planetarium. Through Nov. 20. (1300 Elmwood Ave.; 878-4911 or www.fergusonplanetarium.net.)

A Cappella Americana
A performance from the Harmonia Chamber Singers. On Oct. 21 and 23 at venue TBA. (633-7800 or www.harmoniacs.org.)

Spin Doctors
The band plays its hit album *Pocket Full of Kryptonite* in full. 7 p.m. doors at the Town Ballroom. (681 Main St.; 888-223-6000 or www.townballroom.com.)

Orchard Park Symphony Fall Concert
Performance featuring bassoonist Laura Koepke. 7:30 p.m. at Orchard Park High School. (4040 Baker Rd., Orchard Park; 474-5843 or www.orchardparksymphony.org.)

21 Visiting Artist: Meridian Arts Ensemble & Friends
A concert of Meridian commissions by David Sanford, Dave Ballou, and Daniel Grabois. An "Informance" will be held on Oct. 17. 7:30 p.m. at Lippes Concert Hall in Stee Hall. (University at Buffalo North Campus; 645-2921 or www.slee.buffalo.edu.)

Murder at the Wedding Reception
Jerry Kelly's play about havoc at a

OCTOBER 25



Hillary Jordan reading at Hallwalls

multi-millionaire's wedding reception. Through Oct. 23 at Ripa's. (4218 Walden Ave., Lancaster; 693-1776 or www.lancopera.com.)

Owl Prowl
Learn about local owls and listen to their sounds on a walk at the Reinstein Woods Nature Preserve. 6:30 p.m. at the Reinstein Woods Nature Preserve. (93 Honoring Dr., Depew; 683-5959.)

A Disappearance of the Source
The opening of a photographic and video installation exhibition created by the WNY collaborative duo Virocode. Exhibition through Jan. 29 at the Albright-Knox Art Gallery. (1285 Elmwood Ave.; 882-8700 or www.albrightknox.org.)

22 2011 Champions Series Tennis Tournament
The highly anticipated tennis event features John McEnroe, Bjorn Borg, Jim Courier, and Michael Chang. 7:30 p.m. at First Niagara Center. (One Seymour H. Knox III Plaza; 855-4100 or www.firstniagaracenter.com.)

I Pooh with World Rock Symphony Orchestra
A contemporary Italian music sensation. Through Oct. 23 at Fallsview Casino Resort. (6380 Fallsview Boulevard, Niagara Falls, ON; 888-FALLSVU or www.fallsviewcasinoresort.com.)

Nature Journaling
Learn some basic drawing and painting techniques. 10 a.m. at the Reinstein Woods Nature Preserve. (93 Honoring Dr., Depew; 683-5959.)

Rachmaninoff's Third
Pianist Fabio Bidini performs at the Buffalo Philharmonic Orchestra's annual gala, and again the following day. 8 p.m. on Oct. 22 and 2:30 p.m. on Oct. 23 at Kleinhans Music Hall. (Symphony Circle; 885-5000 or www.bpo.org.)

Health/Women's Health 101

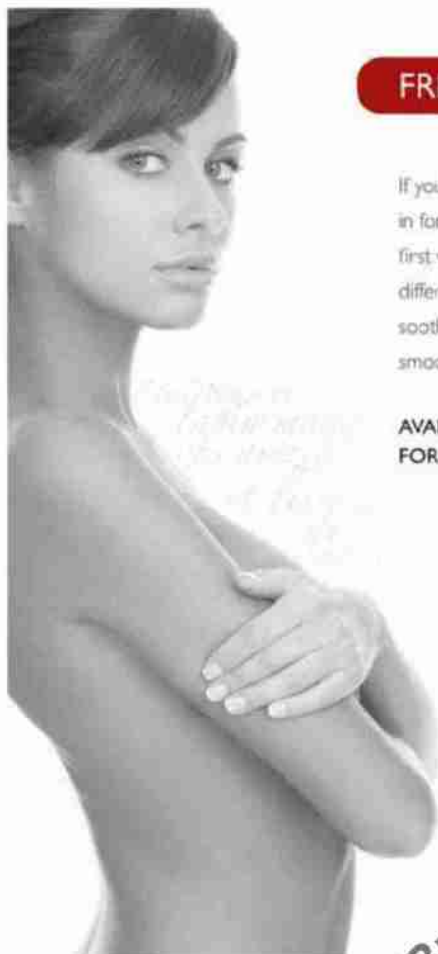
BY TERRI PARSELL HILMEY

A woman's body—uniquely and marvelously complicated—needs different care during each stage of life. The complications begin in puberty and continue through menopause and after (including the battle with osteoporosis). Working closely with one's doctor is a must. "Women in this area tend to regard their gynecologist as another primary care physician," says Dr. Maria Corigliano, OB-GYN at Audubon Women's Medical Associates, P.C., "because they may see us more often. We can provide more thorough tests and screenings, and work hand-in-hand with their PCP, to ensure that they have everything they need."

Medical screenings and tests

There are quite a few medical tests and screenings women must undergo in order to keep their marvelous machinery in order. In addition to annual physicals, sexually active women need to have their pelvic exam and Pap smear every year. Though recommendations differ, most should begin mammograms to screen for breast cancer between the ages of thirty-five and fifty—the exact timing is a discussion for you to have with your OB-GYN. You should also examine your own breasts monthly, to check for anything unusual that you should bring to your doc's attention. A bone density test for osteoporosis is also necessary for all women over the age of sixty-five. "But, based on your body type, and your risk factors," says Dr. Corigliano, "your doctor may suggest that you start testing for osteoporosis much earlier than that."

The glaringly obvious reason for the difference when it comes to gender health responsibilities is the ability to conceive, carry, and deliver children. A woman's reproductive system carries with it additional duties, requiring decisions about sexual activity, contraception, family planning, fertility and/or infertility, and a host of STDs. It's surprisingly easy to protect yourself from a host of problems, and frighteningly simple for even one lazy decision to lead



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to life-long consequences. Once a woman has decided to become pregnant, there are a host of new tasks that she will take on during the course of that pregnancy, and once the reproductive years draw to a close, the trouble isn't over, with uncomfortable symptoms of menopause often requiring a doctor's intervention.


Heart health

Women also need to be particularly careful with their heart health—for too long we have assumed that a heart attack is something that only happens to a man. Women account for nearly half of all heart attack deaths, and heart disease is the number one killer of both genders. Women can experience many different heart attack symptoms, including chest pain or discomfort, unusual upper body discomfort, shortness of breath, a sudden cold sweat, unusual or unexplained fatigue, light-headedness, and sudden dizziness or nausea. "I also mention to my patients heartburn that doesn't go away, extreme fatigue that can't be explained by your lifestyle, and a breast-burning sensation, which are all additional symptoms women experience differently from men," says Dr. Corigliano. Any one or more of these symptoms should trigger a call to 911 immediately.

Women usually end up providing the lion's share of care for their children and elderly relatives. But they must take proper care of themselves first in order to perform those crucial duties, avoid serious health problems, and get the most joy out of their own lives.

Terri Parsell Hilmeiy is the editor of *Buffalo Spree's Medical Resource Guide*. 

West End Gallery

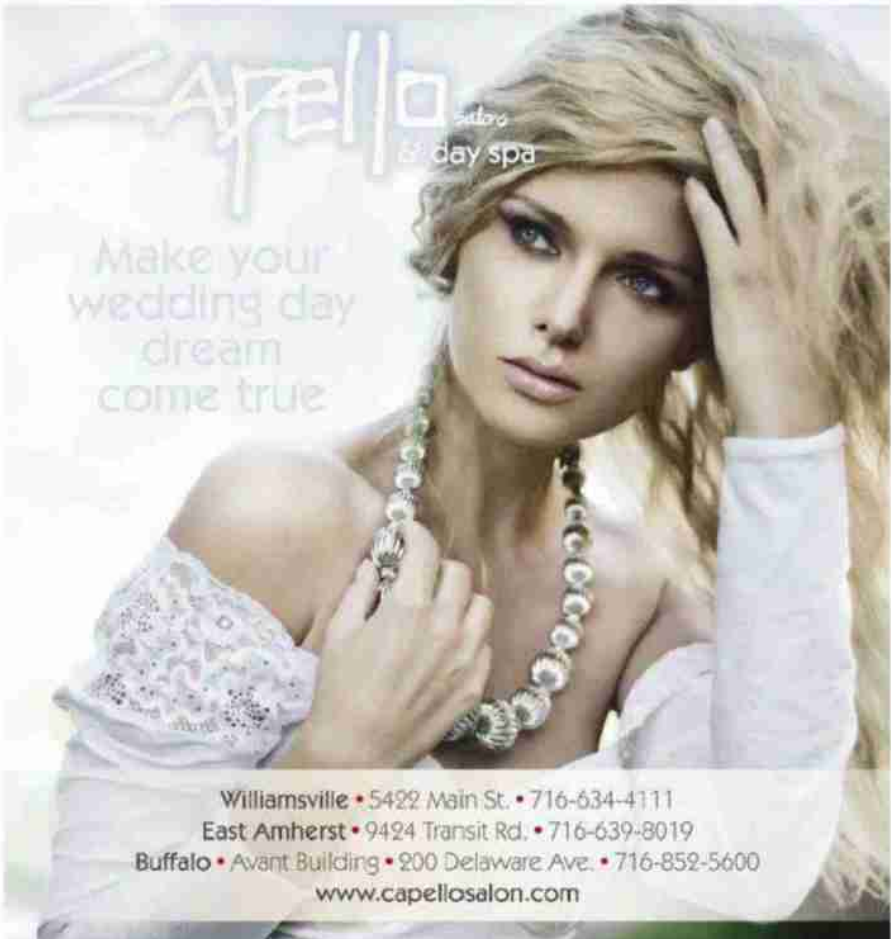


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