

Paper has a new pulse this week

A strong pulse.
A healthy pulse.
The pulse of the community.

These were a few of the phrases that ran through our minds as we talked about tweaking our life-styles section.

We have been offering a "This Weekend" feature and our "Out and about" listings in their current format for almost four years.

Today we introduce a new section called "Pulse."

We will continue to publish calendar listings, highlighting activities ranging from Hinsdale Public Library programs to sports activities to philanthropic endeavors.

We also will continue to run a feature story on Page 17 in each week's issue. Some weeks we will highlight an event taking place over the weekend. But we also will offer different types of stories as well. We might highlight holiday dining opportunities or profile a local artist or review a play.

Today we preview the 2015-16 theater seasons for three well-known theaters located near Hinsdale — First Folio, the Theatre of Western Springs and Drury Lane.

We are very excited to add a new rotating column to the section. Twice a month it will focus on a health-related issue, which I will share more about later.

Once a month one of our friends at the Hinsdale Public Library will write a column reviewing a book or podcast or offering holiday gift-giving suggestions. Next week Executive Director Karen Keefe will share with readers some of the library's lesser-known titles.

Also in the rotation will be a society column written by our former associate editor Christie Cuthbert. (Yes, you just saw her name in my column because she is also one of our new contributing columnists this year.)

Christie will be writing about all the wonderful work various organizations are doing in town to raise money to help



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others. We're anxious to include her first column in our Oct. 8 issue.

The health column warrants some additional explanation. While the plan is to have that column cover a variety of health-related subjects in the future, it will focus on topics related to mental

health for at least the first year.

Mental health has become an increasingly significant issue, but public education seems in short supply. From tips on coping with stress and anxiety to possible warning signs of one's suicidal tendencies, we hope to help fill that void.

I immediately recognized a need for some advice as I planned this column, and I am very fortunate that a group of very smart, well-educated people responded to my call for assistance and agreed to serve on an ad-hoc advisory board.

They are Angela Adkins, executive director, NAMI DuPage; Greg DiDomenico, president and CEO of Community Memorial Foundation; Alisa Messana, consultant and trainer, Live Oak; R.J. McMahan, CEO, Robert Crown Center for Health Education; Kathy Ruffulo, director of clinical services, The Community House counseling center; and Ann Schreiner, president and CEO, Pillars.

Greg agreed to write today's column, outlining Community Memorial Foundation's efforts to improve mental health in the region. The foundation's efforts are what inspired our focus on mental health, so it seemed only fitting that he open the series.

None of these changes are dramatic. But as we enter our 10th year of publication later this month, we hope they will help make your community newspaper just a little bit better.

— *Pamela Lannom is editor of The Hinsdalean. Readers can email her at plannom@thehinsdalean.com.*