

If you have news to report, please call us at (785) 242-4700 or (800) 467-8383; or send e-mail to news@ottawaherald.com.

If you have calendar or entertainment news, please call us at (785) 242-4700 or (800) 467-8383; or send e-mail to news@ottawaherald.com.

## Today

Oct. 20

### THINGS TO DO

- 8:30 a.m. — KID-ZSmART: Carnegie Cultural Center, 515 S. Main St., Ottawa.
- 9 a.m. — "Living Beyond Yourself: Exploring the Fruit of the Spirit": Westminster Presbyterian Church, 401 W. 13th St., Ottawa.
- 10 a.m. — Line dancing: Wellsville Nutritional Center, Seventh and Main streets, Wellsville.
- 10 a.m. — Storytime: Ottawa Library, 105 S. Hickory St.
- 10:30 a.m. — Story Hour: Williamsburg Community Library, 107 S. Louisa St., Williamsburg.
- 11 a.m. — Books and Babies: Ottawa Library, 105 S. Hickory St.
- 11 a.m. — Winning Government Contracts, the First Steps: Kirk House, 145 W. Fourth Ave., Garnett.
- 1 p.m. — Community Blood Center blood drive: Central Heights High School in the gym, 3521 Ellis Road, Richmond.
- 5 p.m. — Taco Nite: Eagles Hall, 524 E. 15th St., Ottawa.
- 6 p.m. — Pet Toenail Clipping: Ottawa Town and Country, 2202 E. Wilson St., Ottawa.
- 7 p.m. — Bingo: Ottawa VFW Post No. 5901, 3499 N. U.S. 59, Ottawa.
- 7 p.m. — Ottawa Promenaders square dance lessons: Ottawa First United Methodist Church, 203 E. Fourth St., Ottawa.
- 7 p.m. — Storytime: Ottawa Library, 105 S. Hickory St.

### MEETINGS

- 7:30 a.m. — Convention and Tourism Committee: Franklin County Visitor Information Center, 2011 E. Logan St., Ottawa.
- 9 a.m. — Personal Action to Health Exercise Group: Don Woodward Community Center, 517 E. Third St., Ottawa.
- 11:30 a.m. — National Association of Retired Federal Employees: Sirlion Stockade, 2230 S. Princeton St., Ottawa.

## Wednesday

Oct. 21

### THINGS TO DO

- 8:30 a.m. — KID-ZSmART: Carnegie Cultural Center, 515 S. Main St., Ottawa.
- 9 a.m. — Bazaar: Wellsville United Methodist Church, 302 Locust St., Wellsville.
- 10 a.m. — Storytime: Pomona Community Building, 219 W. A St., Pomona.
- 12:30 p.m. — Movie Day: Pomona Community Library, 219 W. A St., Pomona.
- 1:30 p.m. — Story Time: Richmond Public Library, 107 E. Central Ave., Richmond.
- 4 p.m. — Franklin County Farmer's Market: Orscheln Farm & Home parking lot, 2008 S. Princeton St., Ottawa.
- 4:30 p.m. — Bazaar: Wellsville United Methodist Church, 302 Locust St., Wellsville.
- 4:30 p.m. — Turkey Dinner: Wellsville United Methodist Church, 302 Locust St., Wellsville.
- 6:30 p.m. — Walk/run group: Kanza Park, 11th and Elm streets, Ottawa.

### MEETINGS

- 6 p.m. — Ottawa Main Street Inc. Organization



### Your Best Bets

Highlighting a variety of entertainment and activity choices that can be found in The Ottawa Herald's Out & About calendar.

#### ■ GIVE BACK:

Community Blood Center blood drive Tuesday.

#### ■ TURKEY TIME:

Wellsville United Methodist Church Turkey Dinner Wednesday.

• Noon — Alcoholics Anonymous Ottawa Group: First Baptist Church, Fourth and Hickory streets, Ottawa.

• Noon — Rotary Club: Ottawa University, 1001 S. Cedar St., Ottawa.

• 4 p.m. — Legislative Action Committee: Ottawa Area Chamber of Commerce, 109 E. Second St., Ottawa.

• 5:30 p.m. — Ottawa Community Arts Council Board of Directors: Ottawa City Hall, 101 S. Hickory St.

• 6:30 p.m. — Guided Information for Families Today: Elizabeth Layton Center for Hope and Guidance, 2537 Eisenhower Road, Ottawa. (785) 242-2183 ext. 128.

• 6:30 p.m. — Ransom Memorial Hospital Board of Trustees: Ransom Memorial Hospital, 1301 S. Main St., Ottawa.

• 7 p.m. — Agri-Business Committee: Ottawa Area Chamber of Commerce, 109 E. Second St., Ottawa.

• 7 p.m. — Past Presidents meeting: Eagles Hall, 524 E. 15th St., Ottawa, followed by joint officers.

• 7 p.m. — Pomona Community Library Board: Pomona Community Building, 219 W. A St., Pomona.

• 7 p.m. — Sacred Heart PTO: Sacred Heart Catholic Church, 426 S. Cedar St., Ottawa.

Board: Ottawa City Hall, 101 S. Hickory St.

• 6:30 p.m. — Franklin County Commission: Franklin County Office Annex, 1418 S. Main St., Ottawa.

• 7 p.m. — Celebrate Recovery dinner: Church of the Brethren basement, Ninth and Main streets, Ottawa.

• 7:30 p.m. — Union Chapter 15 Eastern Star: Masonic Temple, 422 S. Main St., Ottawa.

### Ad Briefs

**CALIFORNIA NUTS & Dried Fruits** at Homer Riffey's, Westphalia. 785-489-2588 785-489-2384. Sat. Oct. 31 & Mon-Sat. Nov. 2-7.

**FARMERS MARKET** is open Sat. 8 a.m. and Wed. 4 p.m. through October. Located at Orscheln Farm & Home parking lot (east side).

**FALL HARVEST** Festival at Bethany Chapel, Sat., Oct. 24, 6-9 p.m. 135 S. Poplar. Contact Jae-Cei (785) 214-9348. Cost \$3.

**CENTROPOLIS CHRISTIAN** Church, Centropolis, Kansas is having their annual Chicken & Noodle Supper. Sat., Oct. 24th, 5 - 8 p.m. Adults \$6, Children 12 & under \$3.

**CHICKEN NOODLE** Supper & Bazaar. 5 - 7 p.m., Oct. 24th, Princeton United Methodist Church. Everyone welcome!

**WELLSVILLE METHODIST** Turkey Dinner with trimmings, 4:30 p.m. Wed., Oct. 21. Adults \$7. Bazaar 9a.m. - 1 p.m. & 4:30 p.m.

# Calendar packed with events

We have been busy with programs here at the library, and our calendar of programs for adults is packed full.

We are offering a marketing class that would be good for business owners, professionals and those seeking to be entrepreneurs. "Hidden Marketing Assets, Internet Marketing and More" will be led by Gene Shambaugh, local Internet marketing consultant and Ron DePriest, a local Web site designer and blogger.

In the class you will explore how to use technology to capture leads and manage the leads you find. The class will cover how to increase sales through the use of different marketing strategies. We will meet 6 p.m. to 8 p.m. Nov. 2 in Library Room 104, at 105 S. Hickory St. This class is free but please register in person or by calling the library at (785) 242-3080.

We will continue to meet on the first Thursday of the month for "Coffee and Conversation." Please join me at 10 a.m. Nov. 5 in Room 103 to cozy up to cups and coffee and talk about current events and find out what the community needs right now.

Our Kansas Humanities TALK Books series continues this month

LISA SLAVIN



Library Line

with the theme: Community. We are reading "The Milagro Beanfield War" by John Nichols. The novel tells the relationship between history, ethnicity and land water rights set in New Mexico.

When Joe Mondragon, a fiery New Mexican hustler with a talent for trouble, illegally tapped into the main irrigation channel, so began the Milagro Beanfield War. This story was later made into a movie directed by Robert Redford. Our discussion leader will be Carmalotta Williams an English teach at Johnson County Community College. Books are available to check out now, just ask for them at the circulation desk. Please join us at 2 p.m. Nov. 9 in Room 104.

From 1 p.m. to 2:30 p.m. Nov. 12,

I will teach another Basic Digital Photo Editing class. This class is limited in space so please register at the desk or by phone first. We will learn how to download photos from a camera, load them into a basic photo editing software and edit them. You will then be able to use your digital photos for e-mailing, making prints, scrapbooking or slideshows.

We are offering a resume writing class from 1 p.m. to 2 p.m. Nov. 19. Your resume is the first impression a future employer will see of you. It is important to stand out from the rest. Your resume needs to be top notch to represent you well. Please join John Kimbrel for a workshop lesson on writing a winning resume. Please register for this free class.

The library has a Web site at ottawalibrary.org. Please log on and keep up to date on our events and programs.

You also may search the library catalog files online using the search button in the upper left corner of the home page.

I'm looking forward to meeting you at a program in November.

Lisa Slavin is an adult programming librarian at the Ottawa Library.

# Getting braces young good for some kids, not all

By BETH J. HARPAZ  
Associated Press Writer

NEW YORK — Nadia Czekajewski got braces on her teeth when she was 8. Now she's in third grade, turning 9, and "she'll be done before she begins fourth grade," said her father, Tomasz Czekajewski. "It was a wise decision to start young," said Czekajewski, whose family lives in the Lakeview section of Chicago. "Kids are not as self-conscious at this age."

Braces used to be another miserable part of being a teenager, but now some kids, like Nadia, start and finish orthodontic treatment long before adolescence.

But despite the allure of getting it over with young, starting early is not right for every child. Experts say it strongly depends on the treatment required.

Some children who start early end up in a second phase of treatment, with braces into the early teenage years despite having started young, Flavio Uribe, from the University of Connecticut School of Dental Medicine in Farm-

"Early treatment is more costly both in terms of the amount of money you have to pay and the number of visits you make."

— William Proffit, dentistry professor

ington, Conn., said.

"That's one of the criticisms of early treatment: Kids in braces for a long time," Uribe said. "It's controversial."

For children with Class II malocclusion, commonly referred to as an overbite or buck teeth, "there is no advantage to starting early," William Proffit, a professor at the University of North Carolina's School of Dentistry in Chapel Hill, said.

Proffit said that was the conclusion of "three major, randomized clinical trials comparing the outcomes of treatment" for younger versus older children.

"Early treatment is more costly both in terms of the amount of money you have to pay and the number of

visits you make, and there is a greater burden of treatment with no benefit for most children," he said.

Proffit was the author of one of the three studies that looked at early treatment for Class II malocclusion, with the other two done by researchers at the University of Florida and in the United Kingdom.

But Proffit emphasized that early treatment is beneficial for other conditions, such as a Class III malocclusion, commonly referred to as an underbite, where the lower jaw is too big or the upper jaw is too small. "You're trying to change growth and your

window of opportunity has run out by age 10. The ideal time to start would be as early as age 7," Proffit said.

The largest group of children getting orthodontic treatment in the U.S. are those with Class I malocclusion, with crowded teeth that are either crooked or protrude. For this group, Proffit said, "early treatment works, but you have to do two phases of treatment. So they're going to be in treatment for four years — a first phase, then a vacation, and a second phase."

Proffit said there is one overarching reason to start early no matter what type of treatment the child will need, and that's when teeth are so crooked or unattractive that "the child is really being teased and harassed and has psychosocial problems," he said. "Most preadolescent kids shrug it off, but some kids are really bothered by it."

## Greenwood Township Quarterly Meeting & Pot Luck

Saturday, October 24<sup>th</sup>

### Greenwood Community Center

Meeting 5 p.m.

Pot Luck 6 p.m.

Drinks & Table Service Provided

## BRAND'N IRON Bar & Grill

(785) 937-2225

### NEW Kitchen Hours

Help us celebrate our 1<sup>st</sup> anniversary

WED.-THURS.

4-9 p.m.

REDUCED PRICES on

Specials Wed. & Thurs.

FRIDAY

11 a.m.-10 p.m.

Pulled Pork & BBQ Beef Sandwich

SATURDAY

8:30 a.m.-9 p.m.

Bull Fries & Chili

SUNDAY

10:30 a.m.-3 p.m.

with Breakfast Specials

Wed.  
Mexican  
Food

Thurs  
Prime  
Rib

Proudly Serving locally raised beef & pork!

1457 Hwy 59, Princeton

www.ottawaherald.com