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THE SHOCK OF SUICIDE

John and Judy Messenger remember the day in 2012 when they heard a knock on the door of their Pittsford home. When they opened it, two policemen told them that James, their 30-year-old son, had taken his own life. Almost 12 years later, they still wonder why he left them that way.

September is Suicide Prevention month.
See stories starting on page 10.



HOUSE CALLS

Mitchell Ehrenberg, a longtime Rochester doctor, now devoted to seeing patients at their homes, through Personal Medicine of Rochester. Page 4



Tips to Staying Germ-Free at the Gym