I Want to Look Better!  
Now Tell Me How, When and How Much

One’s appearance can be enhanced in as little as one day to one week for treatments like makeup, microdermabrasion, chemical peel and dermaplaning. But a more significant change could easily involve two to four months with either one or more treatments.

It’s good to understand that cosmetic treatments rarely act alone when it comes to achieving ultimate improvement. Actually, it is the body’s healing response to the stimulation initiated by the treatment(s) that creates the magic! The only exception to this rule is Botox and traditional dermal fillers (Juvéderm and Restylane, for example). But with IPL, laser treatments, microneedling, SculpSure, Kybella, Ultherapy and SculpSure and more, the benefits are time dependent. So you can see why pre-planning is very important.

Now on to the “HOW MUCH?” part of this article, which means budgeting expenditures for your goals. Most of us find a way to do what we want—if we want it bad enough. Cosmetic treatments can be affordable with some smart planning. Now, here is the good news—we are doing something we have never done before during the summer. Medical Cosmetics is aggressively pricing our hot treatments with some very “hot” prices. We are drastically lowering all of our laser treatments, IPL, SculpSure, Ultherapy, MiraDry and more during these weeks through September! Also, our in-stock retail products have been reduced 20% through the end of August (excluding Latisse).

We carry only medical-grade skin-care products and make-up that is chosen by our medical esthetician with 15 years of experience. Michelle will analyze your skin and offer recommendations for results that can never be matched by over-the-counter cosmetics.

So whatever your goals are—immediate or in the future—it is now time to seize the moment and call our friendly office for a complimentary consultation and for the details of this unprecedented event at our office. Allow us to help you achieve your beauty goals at a reduced cost.

We look forward to working with you for a great result. 

Michelle brings 14 years of experience as a licensed esthetician to our cosmetic practice. Trained in both relaxing spa techniques and medical esthetics, Michelle offers a wonderful combination of both worlds to her clients. Considered an expert in her field, she is one of the most sought-after estheticians in Lancaster. Her years of experience coupled with her caring way put people instantly at ease.

Michelle provides:

- Nonablative Fractional Laser
- IPL Treatments (Hair Removal, Brown Spots, Rosacea, Spider Veins, Stretch Marks and Scars)
- Collagen P.I.N.
- Microneedling
- Permanent Makeup (Microblade and Traditional)
- Chemical Peels
- Microdermabrasion
- Esthetic Facial Treatments
- Professional In-House Makeup Artist
- Jane Iredale Skin Care Mineral Makeup
- Medical-Grade Skin-Care Home-Care Products

Michelle provides:

- Nonablative Fractional Laser
- IPL Treatments (Hair Removal, Brown Spots, Rosacea, Spider Veins, Stretch Marks and Scars)
- Collagen P.I.N.
- Microneedling
- Permanent Makeup (Microblade and Traditional)
- Chemical Peels
- Microdermabrasion
- Esthetic Facial Treatments
- Professional In-House Makeup Artist & Color Analysis
- Dermaplaning
- Lash & Brow Tint
- Facial Waxing
- Eyebrow Design/Wax
- Skin Analysis and Home-Care Programs
From satin and lace to tulip sleeves and ball gown skirts, wedding dresses are the stuff of dreams—each as unique and special as the bride herself. With the motto of “Your Dream, Our Privilege,” Lancaster’s Bella Rose Bridal Boutique is the perfect place to kick-start your dream into a reality.

For owner Tami Johnson, Bella Rose Bridal Boutique, formerly Weddings by Paulette, is the culmination of a different kind of dream—the dream of owning her own business and serving the residents of Lancaster and beyond.

“My husband and I had talked about owning a business for a long time, but nothing sparked our interest until we saw this opportunity on a small business website,” she explained, adding that it wasn’t until after she contacted the seller that she realized the business was Weddings by Paulette, a 40-year staple in the community co-owned by Ethel Lawrence and Paula Pryer.

Johnson said she not only knew of the shop’s outstanding reputation, but had shopped there herself when looking for her own wedding dress. After purchasing the business, she went into action, talking with Lawrence and Pryer, planning dress orders and becoming certified as a Registered Bridal Consultant through the National Bridal Service. She decided to call her shop “Bella Rose” after her grandmother, Isabella, who loved roses and wore rose fragrance as a signature scent.

According to Johnson, the high standards she practiced in the medical field are part of the backbone of her new venture. “‘Your Dream, Our Privilege’ was actually something I learned in my nursing days. Back then, it was a privilege to care for the people who came to the hospital when they were sick and hurting and help them heal. Now, it’s a privilege to help people realize their dream dress as part of their special day,” she explained, noting that she and her staff endeavor to help brides, family and friends make informed and educated choices.

After taking ownership, Johnson committed to updating the inventory, adding some new and unique choices in terms of fabrics, cuts and colors. She also expanded her inventory to include a greater selection of special-occasion dresses, prom dresses, quinceañera dresses, and some special dresses for the mothers and grandmothers of the bride and groom.

For Johnson, the future is full of endless possibilities. “I love sharing in the joy of our clients as they plan for their special event, and it’s a privilege to be part of someone’s big day,” she said.

For more information on Bella Rose Bridal Boutique, call them at 717-553-5656 or visit them at bellarosebridalpa.com. Currently located at 2503C Lititz Pike, Lancaster, PA 17603.
Infertility Awareness Is a Team Effort
Men and Women Vital for Infertility Awareness

by Michael C. Upton

Millions of Americans who want to remove the stigmas and barriers that stand in the way of building families. Infertility affects people no matter what race, religion, sexuality or economic status. A common myth surrounding infertility is that men are unwilling or hesitant to see a fertility specialist.

“Generally, men are very open to dealing with infertility,” said Dr. Michael Sobel, a Board-Certified Fertility Specialist at Lancaster Fertility—A Division of Abington Reproductive Medicine. “I’ve been practicing close to 30 years now, and I’ve generally found an openness with men to participate in the diagnosis of the condition. There will be exceptions, and that is a situation unique to the couple that they have to work out.”

Lancaster Fertility is a full-service fertility center offering comprehensive consultation and evaluation for both men and women, single folks and the LGBTQ community. Sobel wants to remind men that their condition is silent.

“Men will not know anything until they get a test,” said Sobel. “Many men sign up quicker than you would think.”

There are several ways a man can come to visit Dr. Sobel at Lancaster Fertility. The first is through standard, preconceptual testing. Men may also come to Lancaster Fertility via referral by a urologist ordering a semen analysis. And in some cases, a gentleman may be aware of his own health history and come in because of previous surgery or chemotherapy/radiation as a treatment for an illness to the reproductive area.

“Normally it is routine testing for a team,” said Sobel.

The reproductive endocrinology/infertility and obstetrics/gynecology specialist likes to refer to his patients as a “team.”

“I think it gives them support and confidence that we are trying to assess all arenas of potential problems,” said Sobel.

The main arena for testing in men is an analysis of semen. This has not changed over the multitude of years of this specialty and is broken down into three different parameters: count, movement and morphology—characteristics of normal shape and size. This is not something a man can figure out on his own without coming to see Dr. Sobel.

There are some general over-the-counter tests, but these do not provide the “entire picture.”

The analysis comes back as normal or abnormal, and abnormal can have different levels. Treatments are then designed around this diagnosis. Moderate to severe abnormal levels require further testing, including endocrinological blood work, and patients may be referred to a reproductive urologist.

“Today, we have at our disposal some additional tests, which Lancaster Fertility provides beyond the standard semen analysis,” said Sobel. “We have the availability to test men for what is called function. Function goes beyond numbers and can describe some of the intrinsic steps the sperm needs to take to fertilize an egg. Generally, there is not a male condition we cannot treat today, from the mildest problem to the most severe.”

For more information on Lancaster Fertility, visit their website at lancasterfertility.org.
Health & Wellness

Lancaster/Lititz

Summer Health Talks

Back and Neck (Spine) Pain Seminar
Tuesday, July 24 | 6 to 7 p.m.
UPMC Pinnacle Lancaster
Register at UPMCpinnacle.com/LancasterOrthoandSpine or 717-291-8498.

Surgical Weight Loss Seminar
Thursday, July 26 | 7 to 9 p.m.
UPMC Pinnacle Lititz
Register at UPMCpinnacle.com/LititzBariatric or 717-627-0398.

FREE PIAA Sports Physicals
Monday, July 30 | 5 to 7 p.m.
UPMC Outpatient Center | 1160 Manheim Pike, Lancaster
Just walk in. No appointment necessary. For athletes in middle and high school. A parent or guardian must accompany students under 18 years old. Please remember to bring PIAA forms. For more information, call 717-291-8498.

FREE Blood Pressure Screenings
The first Thursday of each month | 10 to 11:30 a.m.
UPMC Pinnacle Lititz

Breastfeeding: Triumphs, Challenges, and Support
Wednesday, August 1 | 6 to 7 p.m.
Presenter: Elaine Tobias, RN, BSN, IBCLC
UPMC Pinnacle Lititz
Register at UPMCpinnacle.com/Events or 717-625-5628.

Cultural Differences in Health
Thursday, August 2 | 11:30 a.m. to 12:45 p.m.
Presenter: Rosemary Stewart, CRNP
UPMC Pinnacle Lititz
Register at UPMCpinnacle.com/Events or 717-625-5628.

Hip and Knee (Joint) Pain Seminar
Thursday, August 9 | 6 to 7 p.m.
UPMC Pinnacle Lancaster
Register at UPMCpinnacle.com/LancasterOrthoandSpine or 717-291-8498.

Breastfeeding: Triumphs, Challenges, and Support
Wednesday, August 1 | 6 to 7 p.m.
Presenter: Elaine Tobias, RN, BSN, IBCLC
UPMC Pinnacle Lititz
Register at UPMCpinnacle.com/Events or 717-625-5628.

UPMC Pinnacle

Announcing More Services to Better Serve You at the UPMC Outpatient Center!

UPMC Pinnacle is bringing many of the health care services you want and need into one convenient location on the Manheim Pike. Your care can now be more timely, coordinated, and cost efficient.

Manheim Pike Primary Care, open August 13
• Welcoming Gayle B. Sisbarro, DO, back to the Lancaster area
• 717-869-4489

UPMC Imaging Services, open August 7
• Offering a unique, competitive pricing structure to benefit our self-pay patients and patients with high-deductible insurance plans
• Lab services also available
• 717-625-5555

Save the date for our open house!
Enjoy tours, free health screenings, and more.
Thursday, September 13, 5 to 7 p.m.

UPMC Outpatient Center
1160 Manheim Pike, Lancaster

Orthopaedic Specialists of Central PA, now open
• Comprehensive orthopaedic services for all ages
• Welcoming John Murphy, MD, providing expanded sports medicine services starting July 30
• 717-735-1972

Select Physical Therapy, now open
• Provides comprehensive preventive and rehabilitative services
• 717-397-7505

UPMC Pinnacle
Lancaster
UPMCpinnacle.com/UOC
Take Steps to Prevent Heat Exhaustion and Other Heat-Related Illnesses

While summer means a return to your favorite outdoor activities, prolonged exposure to the season’s heat and humidity also increases the likelihood of experiencing a variety of heat-related illnesses. However, equipped with some basic knowledge of risk factors, symptoms and precautionary tactics, you can safely enjoy the best summer has to offer.

What is heat-related illness and why does it occur?

When you exercise or work outdoors in the summer heat, your body temperature rises. Fortunately, your body springs into action, trying to maintain its normal temperature by transferring that heat through sweating and blood flow to the skin. Heat-related illnesses occur when you can no longer transfer enough heat to stay cool. The result can be:

- **Heat exhaustion** (heat prostration)—generally develops when a person does not drink enough liquids to replace lost fluids.
- **Heat cramps**—occur in muscles after exercise because sweating causes the body to lose water, salt, and electrolytes.
- **Heatstroke** (sunstroke)—occurs when the body fails to regulate its own temperature and body temperature continues to rise, often to 105°F or higher. Heatstroke is a medical emergency. Even with immediate treatment, it can be life-threatening or cause serious long-term problems.

Risk factors

Obviously, the main risk factors for heat-related illnesses are heat and humidity. But other factors can cause or worsen these conditions:

- **Dehydration**—alcohol increases this risk.
- **Wearing improper attire**—dark, nonbreathable clothing.
- **Some medications**—including those for high blood pressure and depression. Ask your doctor for advice about hot-weather activity and your risk of getting a heat-related illness.
- **Being sick**—especially if you have a fever.
- **Age**—people younger than 16 years of age or older than 65 are at increased risk of heat-related illness.

Most heat-related illnesses can be avoided by keeping your body cool and avoiding dehydration. Consider acclimatizing to the heat by gradually increasing the amount of time you exercise in the heat over a period of 10–14 days. Wear light-colored clothing and exercise in the early morning or evening to avoid high-intensity sun periods (10 a.m.–2 p.m.). Use caution when participating in outdoor activities in temperatures above 80°F and extreme caution when temperatures exceed 90°F.

To help prevent dehydration:

- Drink 20 ounces of water/sports drink 1–2 hours before activity. You may add another 10 ounces 15–20 minutes prior to activity.
- During activity, drink 10 ounces every 15–20 minutes or when thirsty.
- Avoid alcohol and sugary drinks, including soda.
- For every pound lost during activity, drink 20 ounces of water/sports drink.

When to take action

If you experience any of these symptoms, get out of the heat immediately:

- Fatigue
- Excessive shortness of breath
- Dizziness
- Headaches
- Nausea/vomiting
- Involuntary muscle contractions/cramps
- Elevated core temperature (rectal) above 104°F
- Mental status change, including confusion, irritability, lack of coordination
- Seizures

Rest and begin to hydrate with an electrolyte solution (Gatorade or other sports drink, commercial electrolyte solution). For cramping, try passive stretching or using an outside force (leaning into a wall, having a partner push you into a deeper stretch). If your symptoms don’t begin to improve, call 9-1-1 and submerge in cold water. Always seek medical attention if you have any concerns. Heat-related illnesses can be medical emergencies.

Armed with this information and a healthy dose of common sense, you’re off and running to safe and enjoyable summer fun. Before engaging in any exercise or physical activity, especially in heat and humidity, it’s always important to touch base with your doctor.

Go to LGHealthPhysicians.org/sports to learn more about LG Health Physicians Sports Medicine or schedule an appointment.

Schedule an appointment online at LGHealthPhysicians.org/Sports or call 717-627-7675.

LG Health Physicians Sports Medicine
5 Peters Rd., Lititz, PA 17543

We’ll take care of your PULL. STRAIN. TEAR. FRACTURE. SPRAIN. OUCH!

A sports or overuse injury doesn’t have to sideline you. You’ll find non-surgical options for treating your injury at LG Health Physicians Sports Medicine. Our team provides expert diagnosis, treatment and management of your injury and collaborate with surgical specialists as needed. So go ahead, toss, run, tackle, jump. We’re here for you.

Dr. Ryan C. Wennell, DO, CAQSM, RMSK
Sports Medicine and primary care physician, Lancaster General Health Physicians Sports Medicine

Dr. Patrick J. Moreno, MD, CAQSM, RMSK
Sports Medicine

Dr. Jennifer M. Payne, MD, CAQSM
Sports Medicine

Dr. Ryan C. Wennell, DO, CAQSM
Sports Medicine
Acupuncture for Anxiety-Related Conditions—An Integrated Approach

Trina C. Ridout, MD

Early this summer, we were saddened by the news of two American icons and celebrities who took their own lives. According to a National Center for Health Statistics report released in June, national rates of suicide were on the rise from 2000-2016.1 Alarmingly, female rates increased more steeply, narrowing the gap of suicide rates between men and women.

While suicidal thought is the most serious symptom of depression and requires immediate medical attention, symptoms also include issues with attention, sleep, appetite, fatigue, confusion, concentration, interest in activities, and guilt or hopelessness. Many symptoms can be dismissed as daily stressors of life. In fact, many women think depression is natural as we age.2

Depression is a medical illness. Just as you would discuss problems of diabetes, injuries, or abdominal pain, talking about symptoms of depression with your primary care doctor is important to your overall well-being. Discussing symptoms can be difficult, and many physicians use standard questionnaires to help determine severity and to direct treatment. Depression is complex but treatable using counseling, medication, or both. If you or a loved one is struggling with thoughts of self-harm, please seek medical care immediately or call 1-800-273-8255 (National Suicide Prevention Lifeline). If you are battling other symptoms of depression, here are a few tips to assist you as you prepare to talk with your doctor.

1. Sleep. Optimally eight hours of sleep, though this can vary from person to person. Problems with falling asleep and early-morning wakening are common in depression. Before bed, try to do a calming activity like reading or listening to slow music. Do your best to avoid screens before bed.

2. Eat a healthy meal. Research relating diet to mental health is growing constantly. Include fruits, vegetables, whole grains, nuts, and lean proteins into your daily diet. Avoid processed foods that are high in sugar or refined carbohydrates (i.e., white breads, pastas, cereals). Eating a well-rounded diet can boost your energy.

3. Take a breather. Literally. Stress management is important for health. Try the following exercise: Close your eyes while sitting down at your desk or at home. Breathe in through your nose to the count of 4. Hold your breath to the count of 7. Then breathe out through your mouth to the count of 8. Repeat two more times. This 4-7-8 breath is a technique developed by world-renowned Integrative Medicine physician Andrew Weil, MD.


Established in 1844, the Lancaster City & County Medical Society (LCCMS) is a professional association for physicians that serves to promote and protect the practice of medicine for the physicians of Lancaster County so they may provide the highest-quality patient-centered care in an increasingly complex environment.

Doctors and Patients—Preserving the Relationship

Lancaster City & County Medical Society
PO Box 10963
Lancaster, PA 17605-0963
Tel: 717-393-9588
Email: info@lancastermedicalsociety.org
lancastermedicalsociety.org

Acupuncture treatment involves the insertion of fine needles into points of the skin. These needles are sterile, FDA-approved, and not hollow, as they are not injecting medication or extracting blood or fluid, as many other medical procedures involving needles. Most people feel no more than a “mosquito bite” sensation as the fine needles are inserted into the skin, and then feel a distinct feeling of relaxation both during and after the treatment.

Acupuncture treatments for sports injuries, as well as injury prevention and improving flexibility and movement, may also include other adjunctive treatments such as cupping therapy, moxibustion/heat therapy, electro-acupuncture, Tui Na Chinese medical massage therapy, and nutritional suggestions.

For more information, visit the Blossoms and Roots website, blossomsandroots.com. Jo Ellen Wisnosky has 16 years’ experience in acupuncture and therapeutic bodywork, and is licensed and nationally board certified.
Dear Readers,

Welcome to our summer edition! Summer is practically half over, and the windows for family vacations and other summer activities is closing rapidly. There’s still time, but you’d better get busy. Create those warm summer memories to carry you through the rest of the year.

In this edition we welcome Tami Johnson, owner of Bella Rose Bridal Boutique (formerly Weddings by Paulette). Bella Rose Bridal Boutique is moving from Neffsville to the Shoppes at Belmont in September. Tami is inviting everyone to her grand opening on September 22. In addition to meeting Tami and her wonderful professional staff, attendees will be able to explore the possibilities—dozens of beautiful bridal dresses, bridesmaid gowns, prom gowns and gorgeous gowns for any and every occasion will be on display. She has the most beautiful gowns in Lancaster County and a wide variety to choose from. Mark your calendars now for this not-to-be-missed event!

Another article well worth reading highlights Medical Cosmetics’ huge summer sale on almost all their laser treatments (think brown spots, veins, stretch marks) and other products addressing skin imperfections. With the exception of Botox, all cosmetic injectables are greatly discounted; plus, Dr. William Carter is offering a free consultation to help customize a treatment plan that’s in sync with your budget. He’ll work with you over time to achieve results without breaking the bank. Additionally, all in-stock cosmetic skin-care products are discounted 20%. The sale is good through September, so book your appointment now.

Some treatments take time, and Dr. Carter will work with you to accomplish long-term goals. To conclude, we take time to salute and thank our men and women in uniform who keep our nation safe. Freedom isn’t free! May God’s blessings be upon them and their families.

With gratitude and appreciation,
JoAnn Notargiacomo

---

5 Social Media Tips Every Parent Needs to Share with Their Children

Fifty five percent of teens have given out personal information—photos and physical descriptions included—online to people they don’t actually know. However, 43 percent of teens say they would alter their online behaviors if they knew their parents were watching them.

Here are 5 tips parents should share with their teens:

#1: Only Become “Friends” with People You Actually Met
Fifty five percent of teens have given out personal information to strangers they interact with on social sites, including physical descriptions and photos.

#2: Everything You Post Is Permanent (Even If You Delete It)
Many companies are given permission to store user data within their vague policy agreements, and where that data goes is typically beyond the user’s control.

#3: If It’s Potentially Controversial, It Probably Isn’t Worth Posting
Seventy percent of employers look through prospective candidates’ social media profiles, factoring what they find into their hiring decision.

#4: Don’t Share Your Location (Unless You Are with An Adult)
Location check-in information doesn’t just inform people where you are, it also tells others where you aren’t, like if no one is in your home.

#5: Constantly Check Your Privacy Settings
Social media sites constantly update their privacy policies, and those updates could upend the restrictions that you have in place.

---

WE RESPECT YOUR OPINIONS!

We think we have the smartest readers around, and we would love to have your feedback about Lancaster County Woman.

- Is there something we could change to make our publication more useful or more enjoyable?
- What would you like to see more of?
- Your ideas and suggestions are appreciated.

Please take a moment to email us and we will read every suggestion with consideration: jono213@comcast.net.

Thank you for reading Lancaster County Woman and for being a part of our continued success!
5 Surprising Tips for Female Entrepreneurs
by Kate Gorman

#1 Your Difference Is Strength
Don’t downplay your gender to fit into a “boy’s club” of male-dominated industries. You represent a valuable, often-overlooked perspective and it’s wise to market this advantage.

#2 Don’t Be Afraid to Target Women
It’s tempting to think building a product specifically for women as a female CEO is limiting. However, targeting women builds credibility and taps into the market needs of an underrepresented group.

#3: Trust the Fate of Your Company to an A-Team
Hire only the best people—and then give them the autonomy to jointly make decisions and own the outcome of their choices. This increases their motivation to do well and create better products.

#4: Prioritize Action—But Measure Everything
You should always be moving as fast as possible to release the minimum viable product and learn from it. Don’t hold back until everything is perfect like some women do. Get your product to market fast, find the top three metrics and monitor them religiously.

#5: Actively Manage Your Personal Brand and Promote Accomplishments
Forty-three percent believe women are held back from top jobs because they are held to a higher standard than men. People will try to cut down your accomplishments, so make sure you’re armed with case studies that prove with hard numbers the impact your startup has.

Kate Gorman was formerly Zynga’s youngest Director of Product and now CEO of Fort Mason Games (www.fortmasongames.com).

Energy Efficiency Tip of the Month

When streaming online content, use the smallest device that makes sense for the number of people watching. Avoid streaming on game consoles, which use 10 times more power than streaming through a tablet or laptop.

– Source: Energy.gov
Panic is a universal human experience and is a functional reaction to dangerous stimuli. Panic elicits the sympathetic nervous system’s quick-acting response, which is associated with the fight or flight response. This response is an innate survival instinct which promotes an immediate reaction. The physical symptoms of panic include shortness of breath, accelerated heart rate, trembling or shaking, nausea, sweating or feeling warm, numbness or tingling in hands or feet, derealization (feelings of unreality) or depersonalization (feeling detached from one’s self) and fear of losing control. In a dangerous situation, these symptoms may be the result of the body preparing energy to fight or run away. However, these symptoms can become dysfunctional if there is no apparent reason at all and can be very intense.

How to get through a panic attack:
1. Move to a quiet space.
2. Calm yourself with deep, steady stomach breathing.
3. Listen to calming music or a favorite familiar tune.
4. Close your eyes to limit incoming stimuli, and visualize a calming place (a garden, forest or beach).
5. Keep in mind it will not last forever. It will end in about 30 minutes, after the perceived threat is no longer perceived as a threat.
6. Change your thinking from “what if I fail” or “what if I’m dying” to “everything will be okay” or “I am resilient.”
7. Light exercise or walking can engage the body and senses.
8. Practice mindfulness by holding an object and focusing on its texture, color, smell, etc.
9. Those who experience anxiety or panic regularly may carry an object such as a small gemstone to help them stay mindful and stop a panic attack.
10. Repeat a mantra silently to yourself, or yourself such as “everything will be okay” or “I am resilient.”
11. Calm yourself with aromas such as lavender, vanilla or your favorite scent.
12. Schedule an appointment with a psychotherapist to explore and better manage anxiety.

Anxiety and panic attacks can be treated effectively with psychotherapy, specifically cognitive behavioral therapy. Seek help when a panic attack:
1. lasts longer than usual.
2. is much worse than usual.
3. is inhibiting your life, preventing you from going to work, socializing or completing daily tasks.

Tips on Panic
Digital Glasses: The Next Revolution in Eyewear with Albright Opticians

Digital lenses, also known as “free-form,” are progressive, high-definition lenses designed to help you see the world in a whole new way.

“A good way to think about it is to think about regular television and the new high-definition televisions,” explained Jim Albright of Lancaster’s Albright Opticians. “The standard television screen was great, but the high-definition screen makes the picture much clearer, sharper and brighter. Digital lenses have a similar effect in creating a sharper, brighter world.”

According to Albright, a standard progressive lens begins as a semifinished surface, with the back of the lens customized to an individual’s prescription. This allows the wearer to see comfortably, but, since the front remains the same, a certain amount of distortion persists. By contrast, a digitally progressive lens is created by using advanced software, which accounts for a greater amount of customization on both the front and the back of the lens, greatly reducing distortion and allowing for an upgraded viewing experience.

“By customizing both sides of the lens, and taking into account multiple factors like prescription requirements, frame position, even eye movements, the result is a truly unique prescription for each individual patient that may provide sharper image quality, better peripheral vision, improved contrast sensitivity and reduced glare at night,” said Albright.

Though these lenses have been available for several years, continuous improvement in digital innovation has created optimal results for today’s digital lenses.

At Albright Opticians, which has been serving Lancaster and the surrounding areas for over 50 years, experienced and knowledgeable opticians can help you decide if digital lenses are right for you. Though there are a number of digital lenses available on the market, they recommend top-of-the-line products from Nikon and Varilux, and also suggest for optimal performance having an anti-reflective coating applied.

“These are truly an investment you make for yourself. This is a fantastic option for anyone who has 20/20 vision with their glasses but is looking for sharper lines or to reduce glare,” said Albright.

For more information on this revolutionary technology, call Albright Opticians at their Keller Avenue location at 717-399-2020 or 717-626-2020 for their Oregon Pike location, or visit albrightopticians.net.
Creating confidence... one smile at a time.

General Dentistry
- preventive care
- root canals
- extractions
- whitening
- all-porcelain crowns and bridges (no metal)
- white fillings
- dentures
- periodontal disease therapy
- sealants

Cosmetic Dentistry
- veneers and smile makeovers
- all-porcelain crowns and bridges (no metal)
- BOTOX® and JUVÉDERM® (placed by Dr. Stevens)
- Invisalign

Dental Implants
- bone grafting
- sinus lifts
- surgical placement of dental implants
- restoration of dental implants
- 3D CT scan for computer-guided surgery
- full mouth reconstruction
- oral sedation

Sleep Apnea Devices
- affordable option as opposed to CPAP or invasive surgery
- proven to increase patient compliance because it is a thin and comfortable device
- documented clinical success in mitigating and even preventing disruptive and unhealthy effects of snoring and sleep apnea
- patients see a change in quality of sleep, restfulness, and morning energy immediately
- increased restfulness of sleeping partners (spouses) due to less audible disturbances
- durable and BPA-free appliance
- clear device—discrete to wear but available with vibrant blue, green, or pink S-shaped side links to make it easy to find while outside of the mouth (provides a touch of personalization)

Regimen for Sensitive, Irritated Skin
- Rodan + Fields® Skincare line through independent consultant Aileen Stevens

“Thankfully, you control 80% of your skin’s destiny. Our Regimens help you address your skin concerns and overcome environmental aggressors to achieve visible, life-changing results.”

— Dr. Katie Rodan and Dr. Kathy Fields

101 N. Pointe Blvd., Suite 201, Lancaster, PA 17601
(717) 581-0123
www.smilesbystevensdmd.com

Smiles By Stevens
NOW OFFERING THE RODAN + FIELDS SKINCARE LINE THROUGH
independent consultant Aileen Stevens

REDEFINE
Anti-Aging Regimen for Fine Lines, Wrinkles and Loss of Firmness

REVERSE
Regimen for Brown Spots, Dullness and Sun Damage

SOOTHE
Regimen for Sensitive, Irritated Skin and Facial Redness

UNBLEMISH
Regimen for Acne and Post-Acne Marks

LASH BOOST
Conditions and Grows Your Lashes Longer, Fuller and Darker

Health & Wellness

Shea F. Stevens, DMD, FICOI

Smile for more than just a moment...

Smiles By Stevens

Smile for more than just a moment...

Smile for more than just a moment...

Smile for more than just a moment...
Probiotics: Bacteria That Aid Digestion

From the beginning of time, mankind has suffered from strains of illness-causing bacteria, but Regional GI (RGi) is now harnessing the power of bacteria to help patients with gastrointestinal disorders. You’ve heard of probiotics, the wonder drugs that help fight infection, but prootics are now in high demand to improve health. In addition, fecal microbiota transplantation has been extremely efficacious for C difficile colitis and possible will be used for other GI diseases in the future. From Hollywood celebrity endorsements to the Dannon Yogurt product “Activa,” everyone is touting the advantages of probiotics, but does the science match the hype? We asked RGi gastroenterologist, Dr. Paul Allegretti, to explain the latest research findings.

Probiotics, also known as “friendly bacteria” or “good bacteria” are potentially beneficial intestinal bacteria or yeasts that help those suffering from a wide range of GI disorders. “Research is still limited and in early phases; however preliminary results are considered promising for the potential benefits,” says Allegretti. The human body normally contains a balanced mix of microorganisms or an ecosystem (including bacteria), in the intestinal tract. Friendly bacteria are vital to proper development of the immune system and to aid in digestion. This bacterial “balancing act” can be thrown off in three major ways:

- By antibiotics, when they kill both friendly and unfriendly bacteria in the intestine.  
- By altered motility, when digestion slows and harmful bacteria builds up, (sometimes a cause of symptoms in IBS patients or caused by viral infections post infection)
- By “unfriendly” microorganisms such as disease-causing bacteria, yeasts, fungi, and parasites that upset the balance. Re-searchers are exploring whether probiotics could restore the natural balance and halt these unfriendly agents and suppress their growth in conditions like:
  - Traveler’s diarrhea, (this is a reasonable area of evidence for the effectiveness of probiotics, especially for diarrhea from rotavirus)
  - Irritable bowel syndrome (IBS), mild benefit in both constipation predominant and diarrhea predominant
  - Inflammatory bowel disease (e.g., ulcerative colitis and Crohn’s disease)
  - Recurrent Clostridium Diffi-cile colitis. (C Diff), this is the area where fecal microbiota transplants have proven ben-efit, almost like a mega dose of a probiotic

Interest in probiotics continues to grow. The market was 24 billion in 2012 and it is supposed to grow 6% per year.

Still, patients should speak with a physician before beginning any probiotics regimen. Some pro- biotic products are not effective and a physician consultation can help patients avoid ineffective products that crowd an increas-ingly confusing and competitive marketplace.

Dr. Allegretti has had successful patient outcomes by using probiotics for a broad range of condi-tions from bacterial overgrowth-to IBD.

Bacterial overgrowth has been linked to many patients with IBS, but breath testing for the condition is only marginally accu-rate. Evidence based treatment is somewhat lacking for this con-dition however. Some physicians prescribe a 10–14 day regimen of gut specific antibiotics. Probi-otics can then be used to restore proper balance of bacteria in the intestinal tract.

There is also little downside in the way of side effects. Further, probiotics may help alleviate many of the cardinal symptoms of IBS such as bloating, abdominal pain, diarrhea, and excess flatulence. Probiotics are also a helpful adjunct in many other GI conditions and allow physicians and patients to partner on a regimen for more effective treatment.

To schedule an appointment with one of our specialists and learn how probiotics may help, please call 717-869-4600 or log on to www.regionalgi.com.

Deductible met?
Schedule your colonoscopy before the year ends.

Colon cancer is the #2 leading cancer killer in the United States, yet preventable and treatable with early detection.

Contact your primary care physician or call RGI at 717-869-4600 to discuss a screening colonoscopy.
Come away and rest awhile

For questions or to register, contact Melinda Leonowitz at Melonowitz@JesuitCenter.org or by calling 610.670.3642.

Enjoy our 240 acres of natural beauty, welcoming quiet, and spiritual sustenance to enhance your journey.

To learn more and see our 2018-2019 Retreat and Program Calendar, visit www.JesuitCenter.org.

FALL PROGRAM HIGHLIGHT:

www.JESUITCENTER.org

For questions or to register, contact Melinda Leonowitz at Mleonowitz@JesuitCenter.org or by calling 610.670.3642.
It’s time to follow through on YOUR 2018 PAIN-FREE RESOLUTION.

Should I Get a Second Opinion?

The answer is yes. Never feel as though you are hurting the surgeon’s feelings. Second opinions are common and highly recommended. If a surgeon takes offense, consider that a red flag. Also, if a surgeon tells you they cannot help you or that nothing else can be done to help you, you should certainly get a second opinion.

Dr. Jarod B. John is officially your partner in Multiple Sclerosis Care.

What are the possible symptoms of MS?
Sudden vision changes, numbness, tingling weakness, cognitive changes, problems with balance or walking, and others. Symptoms are different in each patient.

Who gets MS?
Anyone can get MS, male or female, but it is most commonly diagnosed in young women 20-50 years old.

How is MS diagnosed?
It is diagnosed by a neurologist based on history and symptoms, as well as imaging of brain and spinal cord, and sometimes additional testing.

Is there treatment available for MS?
Yes, there are numerous medication treatments available to help prevent MS from worsening, but unfortunately there is not yet a cure, though there is active research.

Neurologist, Dr. John treats patients with multiple sclerosis which is an autoimmune disease that attacks the brain and spinal cord. However, if you are diagnosed quickly and treated appropriately, we can prevent progression and avoid disability.

Get to know the providers

Jarod B. John, MD
Neurologist
Dr. John treats illnesses that involve the nervous system that may include Migraines and headaches, Multiple sclerosis, Neuropathy, Parkinson’s disease, Seizures, Stroke, Trigeminal neuralgia, and Alzheimer’s disease.

• Graduate of Wake Forest University - Baptist Medical Center
• Graduate of Temple University School of Medicine
• Member, American Medical Association, American Academy of Neurology, and the Pennsylvania Medical Society
• Member, American Association of Neuromuscular & Electrodiagnostic Medicine.
• Board Certified

Perry J. Argires, MD, FACS
Brain and Spine Surgery
Dr Perry Argires practices General Neurosurgery, with an emphasis in treating Spinal Disorders. He is a leading expert in Disc replacement surgery. He also utilizes Minimally Invasive techniques to treat common problems such as Herniated discs and Spinal Stenosis. Dr Argires also has extensive experience in Spinal Fusion Surgeries, resection of Spinal Tumors, Spinal Cord Stimulation and reconstruction for deformity. In his practice he also treats Brain tumors and performs Stereotactic Biopsy. He is a graduate of the University of Alabama School of Medicine. He did his Neurosurgery Residency at the University of Alabama, and served as Chief Resident in his final year. He is Board Certified in Neurological Surgery, and is a fellow in the American College of Surgeons, a member of The American Association of Neurological Surgeons, Congress of Neurological Surgeons, and the Pennsylvania State Society of Neurosurgeons.

Louis A. Marotti, MD, PhD, FAANS, FACS
Brain and Spine Surgery
Louis A. Marotti is a neurosurgeon specializing in the treatment of adult degenerative spinal disease, spinal instability, adult spine deformity, spinal fractures, neurostimulation for chronic pain, and tumors of the brain and spine. Dr. Marotti received his MD degree from the Yale University School of Medicine and PhD in Neuroscience from Yale University Graduate School. He completed fellowship training in spine surgery at New England Baptist Hospital, formerly part of the Harvard Healthcare System, in Boston, MA. He is a member of the American Board of Neurological Surgeons, the American Association of Neurological Surgeons, the Congress of Neurological Surgeons, the Pennsylvania Neurosurgical Society, and the American College of Surgeons. Dr. Marotti is Board Certified in Neurological Surgery. He currently serves as the Chief of the Division of Neurosurgery at Lancaster Regional Medical Center.
Headaches interfere in many people’s everyday lives—so much so, that they have been one of the top five reasons people seek medical attention. There are multiple types of headaches: migraines with or without an aura, tension headaches, cluster headaches, cervicogenic headaches, etc. Cervicogenic headaches, however, are probably the least understood of all the types of headaches. These headaches arise from irritation to the ligamentous and muscular attachments in the upper cervical spine. Once these structures become inflamed and irritated, they can refer pain to just one side of the head, many times tracing out the pattern of a question mark around the ear to the temple region.

There are various options for treatments, but physical medicine with either physical therapy or chiropractic care has been shown to have the most significant results in treating cervicogenic headaches. The hallmark sign of a cervicogenic headache is neck stiffness or tightness prior to the onset of the headache. Similarly, if a practitioner applies pressure to the base of the head where the neck meets the skull and provokes the headache in the same pattern, a cervicogenic headache could be made as a diagnosis. Interestingly, these types of headaches are sometimes also treated with antidepressants or anti-seizure medications.

So if you have suffered from cervicogenic headaches or any type of headache, and would like to know if physical medicine could help, call us at Active Family Chiropractic in Willow Street, 717-947-7283. The only thing you have to lose is a headache, as our initial consultations are always free.
Since the fall of 2015, Spa La Vie has been delighting clients with their singular and unique approach to total body wellness and their commitment to introducing exciting and cutting-edge techniques to Lancaster. With the help of their dedicated and knowledgeable staff, clients are secure in knowing that they will leave not only looking great, but feeling even better.

“We believe that wellness and self-care are essential to being the best you,” said owner/founder Danielle Todd. “For each client, our goal is to achieve desired results and empower personal transformation—a internal transformation as well as an external. Looking good and feeling good should go hand-in-hand.”

Located at 3031 Columbia Ave, Spa La Vie offers five different treatment rooms in a relaxing and laid-back spa designed to help clients escape from the stresses of everyday life with one of their signature self-care experiences, including airbrush tanning, lash extensions, facials, massage, and more.

“We’re very excited to introduce Lancaster to the next innovation in tanning – an organic and vegan sunless tanning from the California-based company SJOLIE Tan,” said Todd.

“This line is excellent, and I especially love it for two reasons. First, it has no fragrance, so there’s no smell, and second, since it’s made of all organic ingredients, there’s no damaging chemicals to be breathing in as it is sprayed on,” continued Todd, adding that Spa La Vie has five different bronzes to choose from, ranging from a lighter, sun-kissed look to natural deep glow.

“You’ll end up with a beautiful, natural-looking tan,” she said. For those interested, Spa La Vie offers two options: a traditional spray-on which takes about 12 hours to process, and an express line, which appears in 4-6 hours.

Spa La Vie also offers a customized approach to getting amazing lashes.

“If you want fuller lashes or an easier approach to your daily routine, lash extensions are a great idea for a fuller, natural-looking eye look. For our Classic Lashes treatment, we match one to one lashes, and we tailor the length of the lashes according to client need,” said Todd, adding that Spa La Vie also offers lash tinting and a procedure called “Lash Lift,” which pumps up and darkens natural lashes.

Finally, Spa La Vie also has a unique approach to massages.

“We have amazing massage therapists, and our offerings range from soothing and stress-relieving massage techniques to approaches designed to relieve tension and offer pain relief. For example, we offer rolfing, which is a 10 week program intended to restructure muscles to help improve chronic pain in the muscles,” explained Todd.

As part of their commitment to total body wellness, Spa La Vie also offers the FIT Bodywrap system for relaxation, weight loss, skin rejuvenation, and pain relief, health coaching for increased energy and vitality and an in-house Tea Bar with a choice of tea, tincture & fortified honey.

If you’re ready to make an investment in yourself and your well-being, contact Spa La Vie at 717-295-4523, or visit them at www.spalavielancaster.com or on Facebook at Spa La Vie.
Ego Trip Hair Salon would like to welcome Ariana Garcia to our team. Ariana is a licensed esthetician and makeup artist who will be acting as our salon coordinator, ensuring that our guests are fully tended to from beginning to end in their experience with Ego Trip.

Ariana will be a great addition to our team. As she familiarizes herself with the salon, her duties will expand to offering express facials, eyebrow waxing, lash extensions, lash tinting and full body waxing.
A city staple for nearly three decades, Yorgos restaurant, bar and lounge, on the corner of North Queen and West Orange Streets, now offers **Dining Elevated**. Enjoy a craft beer and your favorite pub fare at Yorgos - still your “home base”. Elevate the experience at Kefi, our new Mediterranean Taverna, featuring dishes with a Greek flare made fresh just for you. Make Mykonos your last stop. Our Little Island Paradise serves breakfast, lunch and dinner, all day and into the night. Join us on our Terrace for an outdoor dining experience overlooking Lancaster City landmarks. We are also open for private dance parties, weddings, business events and banquets. Check out our website for our entertainment schedule and other additional information at yorgoslancaster.com.
VERANDA
SALON - MASSAGE - MEDI-SPA

LIGHT THERAPY
MICROBLADING EYEBROWS
MICRO-NEEDLING
DERMABLADING
BIO LIFT
OXYGEN FACIALS

$100 OFF
MD reveal peel
NO DOWN TIME!
You will love this treatment!
Available for sensitive skin.
reg. $195, now $95
VERANDA SALON & SPA
With the coupon. Not valid with other offers or prior purchases. Expires 10-31-18.

$100 OFF
derma refine hydrafacial
NO DOWN TIME!
Removes dead skin cells while bathing the skin with hydrating and moisturizing serums.
reg. $195, now $95
VERANDA SALON & SPA
With the coupon. Not valid with other offers or prior purchases. Expires 10-31-18.

$100 OFF
rezeionate facial
NO DOWN TIME!
Designed to reduce the signs of aging by creating hundreds of microscopic permutations on the surface of the skin.
reg. $195, now $95
VERANDA SALON & SPA
With the coupon. Not valid with other offers or prior purchases. Expires 10-31-18.

$80 OFF
Veranda signature facial • 90 min.
Treats everything from acne lines and sun damage to acne and dehydrated skin. This will leave you with softer, brighter, hydrated skin.
reg. $167, now $87
VERANDA SALON & SPA
With the coupon. Not valid with other offers or prior purchases. Expires 10-31-18.

Ephrata Cloister Associates invite the public to join us on Sunday August 5, 2018, from 1:00 to 4:00 p.m. for our annual Ice Cream Social. Wander the beautiful grounds of the Ephrata Cloister and explore the various historic buildings, using a self-guided brochure and our cell phone tours. Be sure to visit the Museum Store. Entertainment will be provided by Ethan Fastnacht, a member of the Penn State Blue Band. K-Pets therapy dogs will also be on hand that day for loving. You will be able to meet members of the Lancaster Spinning and Weaving Guild, who will be having a sit-and-spin. Bring your lawn chair and enjoy an afternoon at the Ephrata Cloister.

Turkey Hill has again graciously donated the ice cream and beverages for this community event. This year’s celebrity dippers will be State Representative David Zimmerman and Brenda Reigle, Bureau Director of the Pennsylvania Historical and Museum Commission’s Bureau of Historic Sites and Museums.

Tickets for this event are $5/person and can be purchased in advance at the Museum Store and the Visitors Center at Ephrata Cloister. Proceeds benefit the adult education and school programs of the Ephrata Cloister.

Historic Ephrata Cloister is one of the historic sites and museums administered by the Pennsylvania Historical and Museum Commission (www.phmc.state.pa.us) along the Pennsylvania Trails of History, with support from the Ephrata Cloister Associates. Persons with disabilities who need special assistance or accommodation should call in advance to discuss their needs.

Adoptions From The Heart
benefitting the expectant & birth parent fund

2nd Annual
Find Her Footing
ZUMBA
THON

Break a Sweat for Birth Families

sunday aug 26
1pm - 3pm

Six OF cENTRAL pa’S BEST ZUMBA INSTRUCTORS
RAFFLES FOOD FAMILY FUN

Families: $35
Individuals: $20
14 & Under: $5

Pre-Register online and save www.afth.org/events

Ephrata Cloister
632 West Main Street, Ephrata, PA
Ask Melissa Greene why she teaches creative writing and she’ll tell you, thoughtfully, “because writing touches the soul.” Melissa, a 16-year resident of Lancaster County, is a professional fiction writer, poet and therapeutic writing coach, and the founder of Write From The Heart Creative Writing Workshops for adults, children and teens.

Says an adult student: “Her class is a totally warm, whimsical, one-of-a-kind experience—not at all like that essay-writing class you dreaded in school. It’s about finding a way into your creative self.”

“My creativity and I grew up there. It’s my writing home,” says a teen who has taken classes regularly for nine years.

Fascinated with writing as a therapeutic tool, Melissa began leading workshops during the 1980s, coaching new writers to “find themselves as creators and people.” After 9/11, she created Write From The Heart to share her belief that writing is a powerful tool, Melissa began leading workshops during the 1980s, coaching new writers to “find themselves as creators and people.” After 9/11, she created Write From The Heart to share her belief that writers are sensitive by nature. My mission is to nurture writers while they grow, she says. “Writers are sensitive by nature. My mission is to help them find their voices.”

Her work also includes essay-writing and creative writing workshops; offers year-round group workshops for men, women, children and teens; and summer camps for children and teens. She coaches all ages, private- and self-published authors alike.

Writing from the heart isn’t about grammar, spelling or punctuation, but what we long to write...for the joy of it. It’s a return to our emotions—serious, funny, whatever appears on the horizon. Writing is a powerful tool for self-expression, and who could resist that?" She laughs. "That alone can lead to a happier life!"

Melissa works with schools and therapeutic providers offering year-round group workshops for men, women, children and teens. She coaches all ages, private- and self-published authors alike. Her work also includes essay-writing support for high-schoolers and college applicants, with emphasis on reducing anxiety during the process.

She also conducts free weekly workshops supporting adult cancer patients at the Lancaster General Health Penn Medicine Ann B. Barshinger Cancer Institute; the Penn State Hershey Cancer Institute; Hershey, PA; and WellSpan York Cancer Center, York, PA.

“Writing from the heart isn’t about grammar, spelling or punctuation, but what we long to write...for the joy of it. It’s a return to our emotions—serious, funny, whatever appears on the horizon. Writing is freedom from technology, a known antidote to emotional and physical pain. Our inner lives matter—especially today—they calm and replenish us.”

Upcoming Classes

Women’s Intro: “Writing Without Fear” Thursday evenings, 5-week series: July 12–Aug. 16 (no class Aug. 2) Sept. 13–Oct. 11 • 6:30–8:30 p.m.


Women’s 2-Hour Pop-up free Write Workshop: Thursday, Aug. 2 • 6:30–8:30 p.m. Tuesday, Nov. 6 • 6:30–8:30 p.m.

Teen Summer Writing Camp Monday, Tuesday, Friday, 3-day series: July 23–25, 27 • 1–3 p.m.


All classes are held at WFTH Lancaster Studio. Please call for directions.

Free Workshops for Cancer Patients and Caregivers The Lancaster General Health Penn Medicine Ann B. Barshinger Cancer Institute, Lancaster, PA Wednesday evenings, 8-week series: July 25–Sept. 19 (no class Aug. 29) (no class Aug. 29) • 6:30–8:30 p.m.分裂Registration required. Please call LGH Contact to register: 717-544-4636.

Therapeutic Writing Workshops for Adults, Children & Teens Gentle, fun, non-intimidating workshops held in an atmosphere of warmth and trust. Sharing optional. Mischief a must! No grades, grammar, spelling or red pen. A safe haven for the soul.

Contact Melissa Greene:
Poet, teacher and believer in art for a kinder world.
717-393-4713 or visit www.writefromtheheart.us

A. L. Segro

Lately, I’ve been hearing this over and over from our new clients whom we’ve satisfied with our colour services. When they ask me about giving them a perm, I tell them absolutely. To my surprise they tell me their previous salon wouldn’t or couldn’t do this service.

When I started my career, perms were the “must have” service.

“I know a perm will give me the volume and curl I want, but I can’t get my stylist to give me one.”

Then, with the straightening trend happening 15 years ago, perms seemed reserved for the “classic girls.” Believe me, they are back and back big!

New Products

Meet Mature Hands Here’s the problem: Today’s newer stylists aren’t familiar or confident with the perm process and therefore don’t offer perm services. Stylists that do really know how to do this well are stuck in the ’70s—nobody wants to look like Farah Fawcett. Well, my team and I are on the forefront of the newest perm chemicals available, have the mature tenacity to perform this service the way you want it done, and we KNOW the most current styles.

If You Have Knowledge, You Have Power I want every woman (not just my clients) to have the curl and volume she desires! That’s why I wrote This Curl’s for You. This easy-to-read book will not only give you the basic information about perms, but will answer all of your questions and give you the information you need to get the perm you want—not a perm your mother would’ve loved.

Anyone who would like a copy of this book at no cost to them should just call 888-795-6727, 24 hours a day, or visit us at www.ThisCurlsForYou.com to request a copy.

Dedicated to your beautiful hair, A. L. Segro

A. L. Segro’s salon, Segro’s Lancaster Hairport, is located on the corner of Queen and Lemon streets in Lancaster; anyone who wants to make an appointment can call 717-299-9592.

A. L. Segro

Lancaster based stylist A. L. Segro’s newest book, This Curl’s for You, answers all the questions that women have about why they are having so much trouble talking to their stylists about perms. Perms are back and they are back big—but the skill to do them is just not something today’s stylists have. Either they are stuck in the ’70s and ’80s or they’ve never done one—either is a prescription for disaster. Just as he did in Don’t Fear the Bleacher, which explained hair color to women, A. L. Segro reveals everything you need to know to look beautiful in a perm. And he is offering the book for free to every woman who wants answers.

Just call 1-888-795-6727 or go to www.ThisCurlsForYou.com and request your Free Copy of This Curl’s For You by A. L. Segro.

“If I wrote this book because women can’t get the perm they want from their stylists.” – A. L. Segro

Lancaster based stylist A. L. Segro’s newest book, This Curl’s for You, answers all the questions that women have about why they are having so much trouble talking to their stylists about perms. Perms are back and they are back big—but the skill to do them is just not something today’s stylists have. Either they are stuck in the ’70s and ’80s or they’ve never done one—either is a prescription for disaster. Just as he did in Don’t Fear the Bleacher, which explained hair color to women, A. L. Segro reveals everything you need to know to look beautiful in a perm. And he is offering the book for free to every woman who wants answers.

Just call 1-888-795-6727 or go to www.ThisCurlsForYou.com and request your Free Copy of This Curl’s For You by A. L. Segro.

“If I wrote this book because women can’t get the perm they want from their stylists.” – A. L. Segro

Lancaster based stylist A. L. Segro’s newest book, This Curl’s for You, answers all the questions that women have about why they are having so much trouble talking to their stylists about perms. Perms are back and they are back big—but the skill to do them is just not something today’s stylists have. Either they are stuck in the ’70s and ’80s or they’ve never done one—either is a prescription for disaster. Just as he did in Don’t Fear the Bleacher, which explained hair color to women, A. L. Segro reveals everything you need to know to look beautiful in a perm. And he is offering the book for free to every woman who wants answers.

Just call 1-888-795-6727 or go to www.ThisCurlsForYou.com and request your Free Copy of This Curl’s For You by A. L. Segro.

“If I wrote this book because women can’t get the perm they want from their stylists.” – A. L. Segro

Lancaster based stylist A. L. Segro’s newest book, This Curl’s for You, answers all the questions that women have about why they are having so much trouble talking to their stylists about perms. Perms are back and they are back big—but the skill to do them is just not something today’s stylists have. Either they are stuck in the ’70s and ’80s or they’ve never done one—either is a prescription for disaster. Just as he did in Don’t Fear the Bleacher, which explained hair color to women, A. L. Segro reveals everything you need to know to look beautiful in a perm. And he is offering the book for free to every woman who wants answers.

Just call 1-888-795-6727 or go to www.ThisCurlsForYou.com and request your Free Copy of This Curl’s For You by A. L. Segro.
Summer is upon us, which means traveling, outdoor activities and fun in the sun for pet parents and their furry family members. But according to Petplan pet insurance, the season can also bring a sharp uptick in pet illness and injury claims.

“Having your furry family members tag along on summer vacation is becoming more popular with pet owners, but it also adds an extra level of responsibility,” says Dr. Jennifer Maniet, DVM. “Just be sure to prioritize your pets’ needs when making your plans. Make sure they will have access to plenty of clean water, shady places to cool down, and above all else, constant supervision. Summer goes by quickly and the last thing you want is to spend time and money treating potentially avoidable medical emergencies.”

To keep jet-setting pets happy and healthy at the beach and beyond, Petplan is barking out some common summertime risks to help pets and their parents surf safely through the season.

**Fetching the Waves**
The dog days of summer are best spent on the beach, but don’t let your guard down. Snacking on sand can cause intestinal blockages in pets, and lapping up too much salt water can lead to dehydration, disorientation and seizures related to salt toxicity. Related costs: $684 for intestinal impaction, $1,161 for dehydration.*

**Heading for the Hills**
The mountains offer a multitude of possible mishaps for pets, from tiny ticks to run ins with the local wildlife. Be prepared for cuts, scrapes, and possible broken bones that can come with pawing through uncharted territory. Related costs: $602 for Lyme disease, $1,087 for bite wounds, $1,365 for fractures.*

**Lapping the Lake**
While pets may love a leap in the lake, many standing water sources harbor a host of intestinal parasites and bacteria that can cause illnesses like giardiasis, algae poisoning and skin rashes, and infections like leptospirosis. Related costs: $308 for giardiasis, $538 for skin infections, $6,550 for leptospirosis.*

**Hitting the Pool**
Some pups love a dip in the pool, but too much chlorine can irritate pets’ sensitive eyes and skin. Also, watch out for dry drowning, where pets unknowingly inhale water, and later develop life-threatening issues such as pulmonary edema. Related costs: $344 for eye inflammation, $538 for skin infections, $1,935 for pulmonary edema.*

**On the Road**
There’s nothing cool about leaving pet in a hot car. Temperatures in cars can climb quickly, putting your pets in serious jeopardy—and turning your carefree summer into a deadly dilemma. Related costs: $1,754 for heatstroke.*

**Look out: Cookout**
A backyard barbecue is heaven to hungry pets; just be sure to keep them away from onions, chocolate, grapes and other harmful eats, or nonfoods like charcoal briquettes. And no gnawing on bones: They can do serious damage to your pet’s intestinal tract. Related costs: $384 for burns, $916 for food or additive poisoning, $2,091 for foreign body ingestion.*

**Barking about the Park**
Dog parks were made for playful puppers, but watch out for overly aggressive biting behavior. Remember, it’s all fun and games until someone tears a cruciate ligament—so take plenty of breaks and don’t let doggo overdo it. Related costs: $1,087 for bite wounds, $3,583 for cruciate injuries.*

**Playing with Fire**
Fur and fire are not a good mix, so keep pets away from campfire sparks; a bad burn can require immediate first aid. Tasty tip: don’t forget to keep those s’mores ingredients (especially chocolate) where hungry pets can’t find them! Related costs: $384 for burns, $916 for food or additive poisoning.*

**Festing with Furry Friends**
Street festivals present a plethora of potential pitfalls, like ground scavenging and noise anxiety from fireworks and music, along with the risk of losing your pet in the crowd. The cost for that? Priceless. Related costs: $356 for anxiety, $916 for food or additive poisoning, $2,091 for foreign body ingestion.*

**Dining Outdoors**
Food that isn’t a normal part of your pet’s diet can cause serious tummy troubles—and booze is always bad news. Avoid trash and litter, which can be abundant when refreshments are nearby. Related costs: $916 for food or additive poisoning, $1,016 for vomiting and diarrhea, $2,091 for foreign body ingestion.*

*According to Petplan claims data, 2017.

---

**SUMMER HAZARD HOT SPOTS**

<table>
<thead>
<tr>
<th>location</th>
<th>condition</th>
<th>average cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beach Bumming</td>
<td>salt water ingestion</td>
<td>$1,161 for dehydration</td>
</tr>
<tr>
<td>Take a Hike</td>
<td>tick borne diseases</td>
<td>$602 for Lyme disease</td>
</tr>
<tr>
<td>Break for the Lake</td>
<td>bacterial infections</td>
<td>$6,550 for leptospirosis</td>
</tr>
<tr>
<td>Pool Party</td>
<td>chlorine irritation</td>
<td>$538 for skin infections</td>
</tr>
<tr>
<td>On the Road</td>
<td>overheating</td>
<td>$1,754 for overheating</td>
</tr>
<tr>
<td>Backyard Bash</td>
<td>indiscriminate eating</td>
<td>$916 for food or additive poisoning</td>
</tr>
<tr>
<td>A Walk in the Dog Park</td>
<td>leg/knee injuries</td>
<td>$3,583 for cruciate injuries</td>
</tr>
<tr>
<td>Call of Nature</td>
<td>campfire burns</td>
<td>$384 for burns</td>
</tr>
</tbody>
</table>
Health & Wellness

8 Steps to Get Your Mojo Back This Summer

by Dr. Sherrie Campbell

New beginnings are the most exciting and energizing times in life. Summer is always a new beginning because it’s a new season. Now is a great time to get fired up, motivated, and start making changes to get to your next level of YOU. Mojo is that magical charisma you carry that makes you feel good and infectious to others. Most of you are great starters, but not all are great finishers. If you have lost your mojo and want to be a better you for summer, commit to a new beginning right now. Here are eight ways to get your mojo back and keep it flourishing:

1. Change your environment:
Change the environments in your life which are gray and uninspiring. Do some of your work out of the office, redecorate your house and add more color, spend time on your patio, leave your cubicle and go out for lunch. If you are getting tired, get up and move to another room. Add music or white noise to create something soothing. Changing the appearance and location of your differing environments helps you to think in different and more innovative ways. The more innovative you are, the more mojo you have.

2. Strive to be your best:
Always envision yourself as being your “ideal self.” Your “ideal self” is that part of you which is in front of a mirror and you see the person you want to be. This part of you is holding up the guideposts and possibilities for your growth, happiness, and expansion. What you think determines your outcome.

Strive towards meeting your “ideal self” at the finish line. If you can dream it, then you can achieve it. Work backward from the “ideal self” by setting small, incremental goals for each area of your life to keep your mind positive. Before you know it, you will be thriving as a much better you before you hit summer. You will feel your confidence growing as you begin to manifest all you have been working towards.

3. Change your patterns:
When you break your routines, you essentially create a new life. Habits are easy, but there is no risk in habit because, ultimately, habits are lazy. You cannot grow stuck inside the traps of familiarity and comfort. To get your mojo back, be brave! But first, change the environment. Get class around the corner and give it a go. Change your diet, change your workout, change your wardrobe, buy different makeup, and class up your personal style. Eat at new restaurants, go to new bars. Go to the gym after work. Try raising your heart rate before you get to the office. If you eat at the same restaurant for lunch all the time, walk one block farther to check out a new spot. See what happens by simply sitting on the other side of your desk, giving you a new perspective by looking out at different a wall or window.

4. Shift your priorities:
Your daily schedule is a reflection of your deepest priorities. If you have zero fun, free time, or time for family and friends on your calendar, and instead your calendar is booked up with meetings and other task-oriented responsibilities, then you are missing out on the juicy, amazing parts of life. Do not have mojo. To rejuvinate your mojo, schedule time for yourself first. On a plane they always tell you to put on your oxygen mask before helping someone else. Once you have given yourself time to refuel, block off times to enjoy with family, friends, and children to add joy and vitality to your life. On your deathbed you are not going to look back and wish you had worked more hours.

5. Invest in personal growth:
The best of the best have the best of the best as mentors, friends, family, and colleagues. Learn as much from them as you can. Your success is not dependent on other successful, happy people who want to share their wisdom with you. The ball is in your court: Make the effort to keep yourself in a place of personal expansion, whether that means going to seminars, meeting weekly with a coach or therapist, or reading books each night and writing goals. Strive to be your very best at all times. This always gives you something to talk about, and it makes you interesting to other people.

6. Change your friends:
The people with whom you surround yourself influence you. If you are lacking motivation and feeling down about everything, it might be time to upgrade your circle of influence. Negativity is contagious, and positivity is, too. So choose to be close to you should be those who bring out your best qualities, including your mojo for life’s adventures. If more time with family is important to you, then start planning some vacations and staycations for all of you to get away and enjoy being a family without other distractions. Take time out to have dinner with the kids, or watch the game with the boys, or go play a round of golf. Your net worth emotionally is the average of that of your five closest friends. When you hang out with successful, happy, fulfilled people, you elevate your own mojo, so choose wisely.

7. Change your thoughts:
You are what you think. You cannot think negative and have powerful mojo. If you think you are fat, that means you are fat. Whether you are or aren’t. Thinking negatively doesn’t accomplish anything; it takes zero effort and is a lazy-mojo-stealing habit. Discipline your mind towards the goals of what you want to look like and be like, and start putting the effort in right now to get there. In any situation, suffering over your own self-doubt doesn’t work. Know the areas of your life you want to change, and be deliberate in changing them.

8. Be authentic:
There is nothing sexier than to be beautiful inside and out. When you are committed to loving and respecting yourself, you exude a quiet confidence.

Your focus is on being genuine, kind, strong, courageous, intelligent, successful, elegant, steadfast, and fulfilled. You possess enough compusure that if you cannot say something kind, you have the wisdom to remain quiet. You make any way the goodness of your character speaks more deliberately to who you are than what designer you are wearing.

True mojo is not a loud energy; rather, it is an understated energy. Loud is repulsive ego stuff. Your mojo is that more subtle energy your personal essence leaves in the wake of your presence. This is something to admire. There is nothing more mojo promoting than authenticity and having a strong sense of who you are.

Not all of these changes are easy. They all require a deliberate change of habit, which can feel uncomfortable. Getting your mojo back is critical for your quality of life, so it is certainly cause for some radical changes and the outright shattering of your own tired habits. Face it—feeling passionate and motivated every day for your work, family, and self is a win for yourself and those who depend on you.

Dr. Sherrie Campbell is author of the new book, Success Equations: A Path to Living an Emotionally Wealthy Life. She is a veteran psychologist, inspirational speaker, and radio host. For more information, visit www.sherriecampbellphd.com and connect with her on Facebook, (sherriecampbellphd).

Mom’s House of Lancaster Receives $6,700 Grant

This week, the Dollar General Literacy Foundation awarded Mom’s House of Lancaster a $6,700 grant to support family literacy. This local grant award is part of more than $8.3 million in grants awarded to more than 1,000 schools, nonprofits and organizations across the 44 states that Dollar General serves.

“When you speak life into a child, remarkable things can happen; when you put a book into a child’s life, the life becomes a journey,” said Melissa Herold, Program Director of Mom’s House. “With help from the Dollar General Literacy Foundation, we are able to give life to many of the concepts we speak about as teachers, showing books about different topics, materials to prepare for reading and writing, and finally the individual attention each child needs to succeed.”

As Mom’s House impacts the lives of the community, they start with the very basics of education, the fundamentals, and grow from there. Everyone is given the opportunity to be met at where they are developmentally and nurtured to bloom, giving brightness to the world around them, while inspiring others to do the same. Mom’s House believes that it is possible to help each parent in a way that strengthens the desire to learn and pass that trait down to their children. This is a way of giving back to the family and community. It is not only the children’s lives, but the lives of others surrounding them. As Mom’s House supports the parent, they help to educate the child in the classroom, and at home, and a goal of helping people improve their lives through literacy and education. Including this grant, the Dollar General Literacy Foundation is celebrating its 25th anniversary in 2018 and a legacy of helping people improve their lives through literacy and education.

“We are honored to fund literacy and education initiatives, which support our mission of serving others,” said Todd Vasos, Dollar General’s CEO. “The Dollar General Literacy Foundation is celebrating its 25th anniversary in 2018 and a legacy of helping people improve their lives through literacy and education. Including this grant, the Dollar General Literacy Foundation has provided more than $154 million in grants to nonprofit organizations, helping more than 10 million individuals take their first steps toward literacy or continued education.

About Mom’s House of Lancaster
Mom’s House believes that all parents have the right to resources to raise their children in conditions of dignity and financial independence and is the only organization in Lancaster County that provides free childcare services to low-income single parents enrolled in school. For more information about Mom’s House is to empower these single parents to break out of the cycle of poverty and raise their families in financial independence. It’s nonresidential hand-up-not-hand-out-program provides at-risk single parents with the right tools to become better parents, professionals and community members while simultaneously starting their children on a successful educational journey.

About the Dollar General Literacy Foundation
The Dollar General Literacy Foundation is proud to support initiatives that help others improve their lives through literacy and education. Since its inception in 1993, the Dollar General Literacy Foundation has awarded more than $154 million in grants to nonprofit organizations, helping more than 10 million individuals improve their lives through literacy and education. For more information, visit www.dgliteracy.org.
College Avenue Family Medicine and Columbia Regional Health Center
Welcome Christopher Scheid, DO

Christopher Scheid, DO joined College Avenue Family Medicine, located on the fifth floor of the UPMC Pinnacle Lancaster hospital at 250 College Avenue, Lancaster, as well as Columbia Regional Health Center, located at 1786C Columbia Avenue, Columbia. Both are full-service, primary care practices offering a complete spectrum of care for people of all ages.

Prior to joining College Avenue Family Medicine and Columbia Regional Health Center, Dr. Scheid had been a provider at UPMC Pinnacle FamilyCare Newport as well as UPMC Pinnacle Express.

“My approach to medicine is treating the whole person and not just an illness or condition.” Dr. Scheid has been with UPMC Pinnacle since 2015.

Dr. Scheid received a Bachelor of Arts in biological foundations of behavior, neuroscience, from Franklin & Marshall College in Lancaster, and a Doctor of Osteopathic Medicine from Philadelphia College of Osteopathic Medicine in Philadelphia. He completed his family medicine residency at UPMC Altoona where he served as chief resident.

Dr. Scheid is accepting new patients at both locations. To schedule an appointment at College Avenue Family Medicine, call 717-291-8512. To schedule an appointment at Columbia Regional Health Center, call 717-684-3663.

About UPMC Pinnacle

UPMC Pinnacle is a nationally recognized leader in providing high-quality, patient-centered healthcare services in central Pennsylvania and surrounding rural communities. Its medical staff of more than 2,900 physicians and allied health professionals and approximately 11,000 employees serve a 10-county area at outpatient facilities and eight acute care hospitals with 1,360 licensed beds: Carlisle, Community Osteopathic, Hanover, Harrisburg, Lancaster, Lititz, Memorial, and West Shore. The not-for-profit system anticipates caring for more than 1.2 million area residents in FY 2018. For more information, visit UPMCPinnacle.com.

Schreiber Pediatric hires Courtney Lewis and Kaitlyn Sollenberger

Schreiber Pediatric, East Hempfield Township, Lancaster County, recently named Courtney Lewis director of the Financial Development Department and hired Kaitlyn Sollenberger to fill a new social worker position in the Social Services Department.

Lewis will oversee the three-person staff that works in Schreiber’s fundraising department. Her work will include directing special events, grant writing and supporting fundraising communications. She previously served as vice president, marketing and communications, for First Family Health in York. She received a bachelor’s degree in speech communications and a master’s degree in emergency/crisis management from Millersville University. She lives in Lancaster.

Sollenberger brings a background in early childhood education and behavioral health to the Social Services Department. Most recently, she worked as an early education teacher at U-Gro Learning Centres in Hummelstown, Dauphin County. Before that she was a behavioral health worker at Children’s Crisis Treatment Center in Philadelphia. She received a bachelor’s degree in social work from Messiah College and a master’s degree in social work from Millersville University. She lives in Mount Joy.

About Schreiber Pediatric

Schreiber Pediatric is a nationally recognized nonprofit organization that provides physical, occupational and speech-language therapy, as well as educational and recreational programs for nearly 4,000 children in Lancaster County living with congenital and acquired disabilities, and developmental delays. Schreiber also provides services for typically developing children, including a PA Stars 4 Star early learning center for children ages 6 weeks to 5 years.

Domestic Violence Services (DVS) has been providing assistance to victims of domestic violence since 1976 and is the only program in Lancaster County that provides comprehensive services to victims and their children. DVS provides free, confidential services and is committed to serving all victims of domestic violence. Facilities are handicapped-accessible.

- Emergency Shelter
- Domestic Violence Legal Clinic
- Individual and Group Counseling
- Transitional Housing
- Children’s Activities
- Education and Outreach

Seeking Volunteers

Domestic Violence Services of Lancaster County is seeking volunteers to provide the following services to victims of domestic violence: answering the 24-hour Hotline; front desk coverage; public ed/speaking engagements; group facilitation; fundraising; PFA court accompaniment and children’s services. Call for upcoming 40-hour training session dates. The fee for individuals interested in volunteering is $50, or $75 for individuals taking the training for professional reasons. In addition, other volunteer opportunities are available that do not require the 40-hour training. Volunteers must be at least 18 years of age. By donating your valuable time and talent, you can make a difference in the lives of victims of domestic violence and their children. Volunteers are needed at all times of the day, seven days per week. For more information, or to schedule an interview, call Cathy Sofilka, 299-9677, ext. 3105.

Support Groups for Victims of Domestic Violence in Columbia and Surrounding Areas

Domestic Violence Services of Lancaster County will hold a weekly Support Group on Mondays in the Columbia area for victims of domestic violence. Please call 717-299-1249 (collect calls are accepted) for time and location.

Sweet Valley Kids Center (SVK) is seeking volunteers to serve on the Board of Directors. SVK, located at 419 Main Street, Marietta, is a non-profit dedicated to providing a nurturing, play-oriented environment for children 18 months to 6 years of age.

By donating your valuable time and talent, you can make a difference in the lives of children served at SVK. Please contact Alisa Everly, 498-8000, ext. 111, to volunteer.

Domestic Violence Services (DVS) is seeking volunteers to staff the 24-hour Hotline at 717-299-1249 and respond to crisis situations.

Domestic violence is an all too common problem. If you, or someone you know, is in need of assistance, please contact DVS. If you are in immediate danger, please call 911.

For more information, or to request a volunteer packet, call 299-9677, ext. 3105.
Making House Selling and Buying Easier for Seniors

Rochelle “Rocky” Welkowitz
Mature Adult Relocation Specialist

After living for so many years in their homes and collecting not only valuables but also memories, many older adults find the idea of moving to be frightening and overwhelming. Rochelle “Rocky” Welkowitz, Lancaster County’s first Real Estate Specialist for mature adults (with Prudential Homeseale Services Group) is making the entire process easier for seniors.

For many, it has been so long since they’ve bought or sold a house—often 20 to 50 years—they don’t know where to begin. “I spend a great deal of time with my clients and listen very closely to what their needs and problems are. My goal is to identify how I can help them make the transition to a new lifestyle with as little stress and worry as possible. I’ve actually advised some individuals not to sell their home, but to hire a contractor and make some accommodating adjustments,” she says.

Rocky offers free in-home consultations to mature adults who are thinking of making a change. Rocky is a fabulous resource for finding many services older adults might need before, during, and after moving. These include an interior designer to help select which furniture to sell or keep and where to place it, buyout people, auctioneers, moving companies, estate planners, financial advisors, lawyers specializing in mature adult concerns, insurance advisors, a geriatric care consultant to help select a community which matches the client’s budget and medical needs, and organizers who can pack, unpack, and resettle clients in their new homes. Rocky and her team are happy to put her clients in touch with those professionals who can deliver the services they need, or coordinate the entire process for her clients. They will even send out change-of-address notices for clients, if they so desire.

Many of her clients of the last 33 years are widows from a generation when men made all of the major decisions, and who now rely heavily on their children to help. These children have their own family and business obligations and have expressed great appreciation for Rocky’s services as the “missing link” in the moving process. They have peace of mind, much less stress, and know they and their mother are just a phone call away from an experienced Mature Adult Relocation Specialist who can trust to a successful conclusion.

“My clients are vibrant, enthusiastic, and valuable people; their standards are so much of what I knew growing up. Several of my clients have known me since I was six years old,” she says. Rocky has spent most of her life in Lancaster County. She is more than just a realtor and move organizer; Rocky is a personal advocate working to make people’s lives easier and more enjoyable.

Need a Speaker for Your Group?
Let Rocky Share Her 33 Years of Downsizing Experience.

Call 717/615-6507
See our ad page 27.

Lancaster Christian Women’s Club

Cordially Invites All Ladies to “Every Picture Tells a Story”
BENT CREEK COUNTRY CLUB
620 Bent Creek Drive, Lititz, PA

Wednesday, August 8, 12 Noon
Our Special FEATURE will be a “Love Songs” by Jim and Rita Steward
Our SPEAKER, Rita Steward “Secret to Lasting Wealth”
Cost is $20.00 Inclusive

Massages • Waxing • Body Wraps • Facials • Pedicures/Manicures

Bring a friend! Packages for massages and spa facials available. Call for information.

Magnolia Day Spa

Tuesday–Saturday Hours by Appointment Only
Closed Sunday & Monday

All Credit Cards Accepted

2938 Columbia Avenue, Suite 1501, Lancaster, PA 17603
(In Manor West Commons across from Arby’s at traffic light)

717/208-7391

Frances Jones Sanchez
Owner/ Massage Therapist/Esthetician
Frances has been in the beauty business for over 25 years. Her calming and friendly manner enhances the client’s overall experience. Her knowledge of skin care and skillful application of therapeutic massage provide a relaxing retreat.

Magnolia Day Spa provides an atmosphere that is relaxing and welcoming to clients. The majority of the staff have over 18 years of experience and continue to further their education.

We are able to offer our clients physical and mental well-being for the best spa experience. Fair prices, discounts and a loyalty program are offered. We have great discounts on our packages for massages and facials.

We also offer a wide range of services. Massages including hot stone and bamboo, spa facials, enzyme/oxygen facials, 4-layer facials, and microdermabrasion treatments are also available. Exfoliating scrubs and body wraps available for everyone to remove toxins, hydrate and tone are perfect treatments for dry, dehydrated skin. Manicure and pedicure services provide a nice, healthy look for your nails year round.

Gift certificates are available in any denomination and, if you prefer, may be purchased by phone using a credit card. We will gladly send your purchased certificate in the mail.

For more information or to schedule an appointment, call 717-208-7391. Appointments only; call for hours.
Our spay and neuter services are intended to help reduce the pet overpopulation problem in our community and reduce the risks of certain companion animal diseases. Other low-cost services in Lancaster are currently overwhelmed by demand. We are pleased to provide these services in furthering what is widely recognized as an important goal for all animal welfare organizations.

If you have a dog or cat that is not spayed or neutered, please read the facts below on the importance of having this simple and potentially lifesaving procedure performed on your pet.

**Why spay or neuter dogs and cats?**

Millions of dogs and cats, including puppies and kittens, go without homes and are needlessly euthanized every year. As a pet owner, you can help make a difference by having your dog or cat surgically sterilized to prevent the birth of unwanted puppies and kittens. This procedure can also enhance your pet's health and increase the quality of their life. Spaying and neutering does not just prevent unwanted litters. This procedure can reduce common behavioral problems associated with natural mating instincts, such as marking territory, humping and roaming. Pets that are less likely to roam in search of a mate can reduce the risk of your dog or cat being hit by a car, getting lost, fighting and biting people or other animals. This surgery can also reduce or eliminate the risk of testicular cancer, ovarian cancer, prostatic hyperplasia (enlarging prostate), uterine infection (pyometra), mammary cancer (breast cancer) and uterine cancer.

**Why do we offer low-cost spay and neuter surgeries?**

We recognize that the costs of these services can be prohibitive for many of the individuals and organizations that need them most. If your pet is between the ages of 2 and 8 years of age, it is recommended that you get a routine blood-work screening of them done at the vet’s office prior to making the appointment. This will help ensure they do not have any underlying issues that might affect their ability to undergo anesthesia. If your pet is over the age of 8, this blood-work screening is STRONGLY ENCOURAGED, as older animals may have some early underlying medical issues that can only be detected via blood work. Knowing about these issues beforehand allows us to use the safest anesthetic and postoperative medication protocol possible for the health and well-being of your pet.

**Make a Gift and Save Lives!**

Your support matters to our pets. In fact, your support more than matters; it makes the difference between life and death for thousands of animals who come to the Humane League of Lancaster County each year when they have nowhere else to turn.

For as little as $15, you can help animals on their journeys to a forever home by providing food, shelter, and veterinary care at our fully accredited nonprofit animal hospital.

**HUMANE LEAGUE of LANCASTER COUNTY**

A Humane Pennsylvania Partner

Your support matters to our pets. In fact, your support more than matters; it makes the difference between life and death for thousands of animals who come to the Humane League of Lancaster County each year when they have nowhere else to turn.

For as little as $15, you can help animals on their journeys to a forever home by providing food, shelter, and veterinary care at our fully accredited nonprofit animal hospital.

**Give for the Animals!**

- 100% of donations go towards helping people and pets right here in Lancaster County.
- We give out 9–10,000 pounds of pet food every month to over 300 families and 1,100 pets in need.
- We provide lifesaving veterinary care to strays and animals.
- We have rescued and adopted out over 350 cats this year.

**Pet Pantry of Lancaster County**

26 Millersville Road
Lancaster, PA 17603
(717) 983-8878

Visit www.petpantrylc.org for dropoff locations near you!
Many clients come to see me requesting a living trust, as they are led to believe it is better than their old will. Unfortunately, despite better education in the marketplace, living trust packages are still being marketed to seniors by non-lawyers and even a few lawyers. The sales pitch is often made at “elder seminars” and in retirement homes. The sales pitch is reliant upon elder consumers’ fear of probate, courts, taxes, long-term care costs and death and often discourage getting independent legal advice. Your best protection is to do your research and understand what you are getting into. Talk with a local lawyer before you get scammed and throw your money away.

I admit that I have created many living trusts for clients, but for 90% of my clients, a will is more than sufficient. A living trust is an agreement involving three parties: the settlor (you), the trustee or trustees who agree to manage your assets as directed by the terms of the trust (many times you/spouse), and the beneficiaries. The most important thing to remember is that the person setting up the trust can revoke (cancel) the trust at any time. However, a living trust becomes irrevocable (cannot be changed) when you die, even if your spouse survives you (unless it is a joint living trust).

Under the right circumstances, a trust can be very effective and a proper part of someone’s estate plan. So when is a trust appropriate? For any client who intends to retain his or her out-of-state real estate (shore home, cabin, etc.), it makes a lot of sense to have a trust hold this real estate, as probating a will in two states can be expensive and requires hiring two attorneys. A trust is also a very good vehicle to allow a trustee to handle your finances with more specific instructions than provided in a durable power of attorney. Trusts can also be very good tools to use in second marriages where the current or backup trustee is a child from a first marriage and not the spouse. Consistent with the sales pitch, the trust will avoid probate, assuming you have placed all of your accounts and assets into the trust, with the exception of those with designated beneficiaries (i.e., IRAs, 401(K)s, life insurance, etc.). Avoiding probate means you avoid having to submit the will at the Register of Wills and avoid probate fees, which in Pennsylvania are less than $500 for a million-dollar estate and less than $750 for a two-million-dollar estate. While one of the myths of trusts is that it is private because it does not have to pass through probate, this is somewhat of a misnomer, as the trustee will have to file an inheritance tax return, which typically will need to have the trust attached to it.

Unfortunately, no estate planning document can avoid the area where most fees and costs are incurred—family conflicts. While trusts serve a purpose in some circumstances, for most people with relatively modest estates, wills are quite adequate. They are generally less complicated and certainly less expensive than a trust, which many times ranges from $500 to $2,000.
Actor Jeff Bridges once said, “The way to change the world is through individual responsibility and taking local action in your community.” This September 7 and 8, Lancaster’s United Way will be holding their 27th annual Day of Caring, an event which celebrates the spirit of taking “action in the community” by connecting volunteers with local organizations, including Woodward Hill Cemetery, one of Lancaster’s most historic sites.

“We’ve been participating in the Day of Caring for the last eight years, and it’s been a tremendous help to us. We greatly appreciate the volunteers and what they do,” said Jean Weglarz, President of the Woodward Hill Cemetery’s Board of Directors. Located in Lancaster city and bordered by Queen, Strawberry and Chesapeake Streets, Woodward Hill Cemetery is home to approximately 13,750 graves, including the final resting place of James Buchanan, 15th President of the United States, a number of civic and community leaders, and veterans from every war. In 2005, the historical significance of Woodward Hill was recognized when the 32 acre site was placed on the National Register of Historic Places.

According to Weglarz, the project, called “Landscaping and Maintenance to Beautify Historic Woodward Hill Cemetery,” involves volunteers helping with much of the end of summer clean-up and maintenance, including weed pulling, flower care, sweeping, shrubbery and tree trimming and the replacement of flags on graves of veterans. Among the areas scheduled for attention are the Presidential Memorial Cremains Garden and the caretaker’s house and grounds.

As Woodward Hill Cemetery is maintained by a volunteer board of community members, Weglarz said she is grateful for the volunteers from the Day of Caring.

“It’s a big job to keep this important and historic site moving forward, and we deeply appreciate those who donate their time and energy,” she commented.

Woodward Hill Cemetery is just one of many local sites that benefit from the Day of Caring. Last year, approximately 1,500 volunteers served nearly 50 sites across Lancaster County.

Since 1925, United Way of Lancaster County has upheld their mission to “to mobilize the caring power of our community to achieve impactful, systemic social change within our community.” For more information on United Way of Lancaster County, or to volunteer your time, visit www.uwlanc.org.
by Rex Reilly  
(inyork@comcast.net)  
If you have been wondering about streaming TV from the internet every time you open your cable bill, you are not alone. The field of TV streaming is booming. It is also in a constant state of change, with evolving technology, new products and new participants. Here we take a quick look at the two most popular options: Roku and Amazon Fire.  

Roku via the free NewsON application, and W菇AL is available on Amazon Fire through a W菇AL channel application. XTV is a free Roku application which streams live TV, including most national networks, as well as Canadian and European stations. XTV is not listed on the Roku Channel store. It is one of the hundreds of private Roku channels (including adult channels) available on the web and allowed to stream on Roku. Google “Roku Private Channels” for more information.  

Amazon Fire might be the best choice if you are already a Prime member. The Amazon Prime list of movies and TV shows is similar to Netflix and available free to Prime members. Amazon’s structure and channel selection is more limited and controlled so as to promote Amazon content. However, Amazon allows for the addition of third-party open-source software. For this reason, it has become a popular platform for the program known as KODI. This program is becoming popular in many countries around the world due to its ability to access streaming content of all types from across the World Wide Web.  

There are also premium streaming TV services such as Sling TV and USTV-Now, which provide streaming-live TV packages similar to the cable company TV packages. These TV services can work over Roku and Amazon Fire. They generally run less than $30 a month and can be streamed simultaneously to three devices. This can be a big advantage in reducing cable bills across multiple locations.  

LCW asked us to present a short article for LCW readers after recently upgrading their network and converting all their TVs to streaming. Should readers want more information or desire this type of service, please email inyork@comcast.net.

Aileen Stevens: Saving Lives, One Horse at a Time

by Susan C. Beam  
An unknown author once wrote, “A true horseman does not look at the horse with his eyes; he looks at his horse with his heart.” Lancaster’s Aileen Stevens has spent most of her life looking at horses with her heart, and now she’s turned that love into a passion for saving horses who may not get another chance at life.  

“I’ve always loved horses from when I was a little girl. When I was in grade school, I started working at a barn in Columbia, mucking stalls to earn lessons. I had my first horse when I was in eighth grade,” said Stevens, a Lancaster native. “I just loved being around horses and riding for fun.”  

However, a chance phone call last January opened her eyes to the serious and frightening side of horse auctions.  

“Knowing my interest in horses, a random person—a friend of a friend—contacted me on Facebook about a horse that needed rehoming. We eventually found him a home, but he was in poor condition and needed further care. We asked a Lancaster native to bring him to us, and it was a wonderful experience.”  

“I started learning about the local auction scene. It’s heart-wrenching—50 or so horses, many sick, packed into a tiny pen, and if they’re not bought or bailed out, they go to the slaughterhouse. When I started researching, I found four horses that if they weren’t bid on by 9:00 p.m. that night, were going to die. I paid their bail and started looking for someone to home them,” Stevens explained.  

Thankfully, she was able to find a rescue in New Hampshire where the horses could go and be rehabilitated, then rehomed. However, she wanted to do something local and started exploring her options.  

“My daughter was taking riding lessons at Walder’s Way Equestrian Center in Mount Joy, and the owners, Jeff and Robin Walder, and I started talking about starting a local nonprofit. To support the project, I started donating all the profits from my business as an independent consultant for Rodan + Fields skincare line, which I began using two years ago after seeing a major transformation in my skin,” said Stevens. “It’s the number-one skincare line in the country and I’m delighted to offer this to clients. In turn, it’s enabled me to help the local equestrian community.” For more information, visit her website at aileenstevens.myranfd.com.  

Since January, Stevens and her partners have saved 10 horses from slaughter with their nonprofit, All In Rescue. The horses are housed at Walder’s Way, where they are rehabilitated.  

“It’s a very long process, beginning at the auction. After they’re paid out, they still have to be quarantined for 30 days. Then, they come to us, where they’re given full physicals—often, they have tooth or foot problems from incorrect shoeing. We learn their personalities and start to train them. The goal is to rehome them into forever homes,” Stevens said, noting that the nonprofit plans to continue to follow up with the horses to ensure they never face the slaughterhouse again. Despite the hard work, Stevens wouldn’t change a thing.  

“Just when you think you can’t save another horse, you do,” said Stevens. “It’s so worth it. All they want is affection and to be loved on,” said Stevens, adding that one horse she’s fallen in love with follows her around like a giant dog, wanting to be petted and cuddled.  

For more information on All In Rescue, or to donate or volunteer, email Allinrescueinc@gmail.com. This summer, All In Rescue will be holding a number of fundraising events to continue their commitment to saving lives.
For many people, the prospect of losing weight can be daunting. “What’s the best diet?” “What should I eat?” “Will I ever get to enjoy my favorite foods?” “What is the best type of exercise?” “Can I keep the weight off?” Fortunately, Lancaster’s Physicians Weight Control has the answers to those questions, and many more, for people who are looking to reach their weight- and inch-loss goals.

“Many of our patients come in wondering if they are right for the program. Some have concerns about wanting to lose 10 pounds or 20 pounds, while others wonder if it’s too late for them to start. That’s the beauty of having a customized plan and working directly with a physician. We are able to personally cater to an individual’s needs and to an individual’s goals, whether someone wants to lose 10 pounds or 50 pounds,” said Dr. William J. Strowhouer Jr., Medical Director and founder of Physicians Weight Control.

The customized plan is a multilateral approach utilizing three different parts: the personalized meal and exercise plan, which is tailored to a patient’s specific health needs and goals; the multivitamin and B12 shot to maximize energy and increase metabolism; and the FDA-approved prescription appetite suppressant to reduce hunger cravings and increase energy. It’s a program, according to Dr. Strowhouer, which is complementary to any preferred food plan.

Dr. Strowhouer also noted that Physicians Weight Control does a complete health history and encourages patients to include their family doctor in on the conversation. Patients may even want to update bloodwork before undertaking a new fitness regimen and eating plan.

Motivation plays a huge role in a patient’s success—this is key. “When it comes to weight loss, 90 percent of the work is a mental shift in perspective. The distinction between our program and other programs out there is the physician’s involvement. So often, people become discouraged and they lose their motivation. At Physicians Weight Control, we provide support and accountability,” explained Dr. Strowhouer. He also added that the doctors prefer for their patients to have a follow-up appointment within one week of their first visit to go over any first-week issues in order to immediately address them, actively maintaining that oh-so-important drive and motivation.

With summer just beginning, now is the time to make the change and get the body you’ve always wanted! For more information on Physicians Weight Control, or to schedule an appointment, call 717-208-8110 or visit their website at www.pwconline.com.
What Our Customers Say about Advertising with Lancaster County Woman

Martin Foot and Ankle
“Martin Foot and Ankle has been using Lancaster County Woman for several years. Every issue has educational articles as well as informational bits regarding Lancaster County. Working with JoAnn has been a delight! I would highly encourage any business to meet with her and discuss future opportunities.”
– Aimee Miller

Smiles by Stevens
“We have been advertising with Lancaster County Woman newspaper since we started our business. The staff and quality of work they provide is wonderful. We receive a lot of positive feedback from our patients and will continue our relationship with LCW for years to come.”
– Shea Stevens, DMD, FICOI

BeBalanced
“I have been advertising in LCW for the past six years that I have had my own business, and for a few years prior when I ran a small business for a larger company. I have always been pleased with the feedback and the results from using this informative publication. I feel it gives me a platform to not only advertise, but also to educate women on different aspects of their health. New clients always tell me they saw it in a doctor’s office or paraprofessional office, which only adds to the credibility. I cannot thank JoAnn and her staff enough for this wonderful educational vehicle in which to advertise women’s health issues!”
– Dawn Cutillo

Change by Choice Hypnotherapy
“I have been advertising with LCW for 10 years because it gives me an opportunity to tell, in detail, about the unique services Change by Choice offers. People read the articles and save them...one client saved my original article for three years. (Makes it hard to track results of given ad, but that kind of hard is easy to take.) “And, LCW is read by a lot of men. More than half my male clients tell me they called because of something they read in LCW.”
– Lee Mengel

Write From The Heart
“I’ve been advertising in Lancaster County Woman for 11 years, and the majority of my new clients still tell me that they found me—here—in these pages. I have LCW to thank for a successful business in Lancaster County!”
– Melissa Greene

Chiropractic 1st
“Chiropractic 1st has had a long-standing relationship with LCW and JoAnn. The publication’s professionalism and far reach in the community in which we serve is just one of the many reasons we value JoAnn and her team.”
– Matt Mullins

Segro’s Hairport
“LCW hands down has been the best vehicle to support my ongoing information marketing campaign. For the last five years, 95% of my premium conversions have come from advertising my books in LCW. The affordable price point has made a very effective return on investment.”
– Al Segro

LUXE Salon & Spa
“Luxe has been advertising in Lancaster County Woman Magazine since we opened in 2008. Working with JoAnn and her wonderful staff has continuously brought great results and has helped our business grow tremendously over the years. I would recommend LCW to any business owners looking to increase exposure and brand identity.”
– Ana Kitova

Life Span Psychological Services
“Life Span would like to thank JoAnn for a pleasant and cooperative relationship for many years. Life Span was pleased when JoAnn approached us to be one of the original contributors to this newly created magazine. Life Span’s advertising through LCW has produced many referrals. The articles published have provided an opportunity for Life Span to educate the public about mental-health issues. Best wishes to JoAnn and her staff for many years to come.”
– Lori L. Lewis

A Loyal Reader
“I have been reading Lancaster County Woman for the past two years each time I go to a doctor’s office. I have to say that I really look forward to seeing each new issue. I really like that there are articles to read, as I find them very informative.”
– Richard Gross, Lititz, PA
AVLC, The ONLY Certified Vein Center in the Region!

DAVID WINAND, MD, FACS
896A Plaza Blvd., Lancaster, PA 17601
717-295-VEIN (8346)

Spider Veins, Varicose Veins, Swelling of the Legs and Ankles, Fatigue and Heaviness in the Legs

Call Us Today for Your Free Vein Evaluation!

Most Treatments are Covered by Insurance!
Call about your Insurance Today!

Free Ultrasound Screenings! Call today to schedule!

Are your legs ready for SUMMER?

There’s No Vein We Can’t Treat

Spider Veins, Varicose Veins, Swelling of the Legs and Ankles, Fatigue and Heaviness in the Legs

Actual Patient Results