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Hearing and Ear Care Center

Meet Dr. Linda Gonya-Hartman

for more than 21 years.

See page 3 for more information.

Abby Geletzke, MD and Linda Myers, MD

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for more than 21 years.

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For more information, see page 3.
Platelets have been around for a long time. Actually, they have been around for as long as there has been blood. So, why are there platelets, and what’s the big deal? Most of us medical folk will remember them as being involved in the last stage of blood clotting. It turns out that they are also necessary for wound healing. Alpha granules within the platelet contain more than six distinct growth factors that when released enhance wound healing and result in tissue regeneration. The process is conceptually simple. Ten to 25 milliliters of the patient’s own blood are drawn from an arm vein. This is then centrifuged in an FDA-approved collecting tube which separates the heavier red and white blood cells from the plasma. The platelet-rich plasma (PRP) is then utilized.

It can be utilized in a number of ways. The idea is to put the PRP where it is most needed. For me, that would be under the eyes, where my skin is getting lax, thin, and wrinkled. PRP works very well in this application. For the best under-eye treatment, 1–2 ml is placed just beneath the surface with either a small needle or cannula. Perhaps my favorite way to deliver PRP is as an adjunct to an ablative fractionated laser treatment. Recognize that doing a fractionated CO2 laser treatment is probably the single best way to improve skin texture, tone, and tightness all in one treatment. It is also one of my favorite things to do. However, it is not as popular as it should be because of the 5-7 days of looking rough after the procedure. Enter PRP. The platelets applied to the skin right after the treatment shorten recovery time and improve the outcome! It is a win-win for sure.

So, next time you are in the market for a microneedling, or the more aggressive and beneficial fractionated CO2 laser treatment, don’t be surprised if you are asked, “Would you like a little PRP with that?”

Michelle Phillips, LME

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
- Microneedrabasion
- Esthetic Facial Treatments
- Professional In-House Makeup Artist
- Jane Iredale Skin Care Mineral Makeup
- Medical-Grade Skin-Care Home-Care Products

Botulinum toxin type A (Botox & Dysport)
Dermal Fillers (all major brands)
Ablative and Nonablative Fractional Laser
Laser & IPL Treatments for Hair Removal/Brown Spots/Rosacea/Spider Veins
Collagen P.I.N. Microneedling
SculpSure™ Noninvasive Lipo
MiraDry® Ultherapy®
Kybella®
Permanent Makeup (Microblade and Traditional)
Dermaplaning
Chemical Peels
Microneedrabasion
Esthetic Facial Treatments
Professional In-House Makeup Artist
Jane Iredale Skin Care Mineral Makeup
Medical-Grade Skin-Care Home-Care Products
Celebrating Hearing and Ear Care Center

by Susan C. Beam

For over 20 years, Hearing and Ear Care Center has helped residents of Lancaster and surrounding counties achieve better hearing and an improved quality of life. What began as a dream to provide quality and individualized care plans for local patients has now grown into two thriving locations.

It was a journey, according to founder/owner Dr. Linda Gonya-Hartman, which was steered by good mentorship, driven by persistence and contained a whole lot of joy and growth.

“I was pretty fortunate to have found my calling early in life, and I truly love what I do. Even after 21 years, I still don’t feel like it’s a job I have to go to, but rather, a calling I’m privileged to have,” she said.

Born and raised in Lebanon, it was good advice from her high school’s guidance counselor which led Gonya-Hartman into the medical field.

“In high school, when I was thinking about my career, my guidance counselor introduced me to our local hospital’s medical club, where we spent time learning with different mentors at Good Samaritan Hospital. From there, I knew I wanted to be in the medical field helping people,” she explained, adding that she was always good in math and science, and wanted to pursue those talents.

After getting “hooked” on audiology and completing her bachelor’s degree in deaf education at Penn State, she attended Ohio State for her Master of Science in Audiology degree, finishing with her Doctorate of Audiology from the former Pennsylvania College of Optometry, now Salus University. After becoming a hearing aid dispenser, she spent nine years working for ear, nose and throat physicians, but Gonya-Hartman knew she wanted to open her own private practice in Lancaster.

“After working in different settings, I knew that I wanted to stay in the medical field, but I wanted to be more independent,” she explained. “I especially wanted to control what I did as an audiologist and what I recommended for patients. I also wanted the freedom to pursue my own goals.”

At the two practices, one located at 806 W. Main Street in Mount Joy and one at 200 Schneider Drive in Lebanon, the dedicated and experienced staff offer an individualized approach to hearing and ear care.

“Hearing loss is very unique to each person. We each have our own genetic makeup and our life experiences, and understanding this background is part of the individualized attention and diagnostic, with attention on you as a person and what your needs are,” said Gonya-Hartman.

Services include hearing screening, hearing loss diagnosis and the latest in digital hearing aids, alternative listening devices, custom hearing protection, and earbuds and assisted devices for televisions and phones.

According to Gonya-Hartman, one approach distinctive to Hearing and Ear Care Center is a dedication to patient counseling and education.

“When we educate people on their hearing, especially when fitting devices and what to expect and what not to expect, this approach makes for a more successful result for the patient,” she explained. “We teach them how to care for devices so they last longer, and most effective, what are reasonable expectations so they can be proactive in managing their hearing care and achieve an improved quality of life.”

For more information on the Hearing and Ear Care Center, visit their website at www.hearingandearcare.com, or contact the Mount Joy office at 717-653-6300 or the Lebanon office at 717-274-3851.

Hearing Loss: More Than Just a Nuisance

Approximately 20 percent of Americans live with some degree of hearing loss, according to the Hearing Loss Association of America. Research indicates that 80 percent of those with hearing loss don’t seek help—usually because of denial, embarrassment, or simply lack of awareness. In addition to cognitive function, hearing loss has been shown to affect physical health, social skills, family relationships, self-esteem and more. Studies show that untreated hearing loss can result in depression, poorer job performance, and diminished quality of life.

Research shows that regular use of a hearing aid can help slow the effects of aging on your brain. A growing body of evidence links hearing loss with a higher risk of cognitive decline, which can lead to serious conditions such as dementia. Most recently, a study of dementia prevention, intervention and care in The Lancet concluded that hearing loss is the biggest modifiable risk factor for later development of dementia.1 Another study found that people with hearing loss who used hearing aids experienced cognitive decline at a rate similar to people without hearing loss.2 Scientists concluded that the ability to hear better played a role, but so did the fact that better hearing allowed the subjects to stay involved in life.

The following are common symptoms of hearing loss:

• Trouble understanding phone conversations.
• Difficulty understanding words, especially with background noise or in a crowd of people.
• Trouble following a conversation when more than one person speaks at once.
• High-pitched sounds, such as children’s and female voices, and the sounds “S” and “F” are hard to decipher.
• Often misunderstanding what people say and responding inappropriately.
• Failing to hear someone talking from behind.
• Difficulty hearing alerts such as the alarm clock, telephone and doorbell.
• Frequently asking others to speak more slowly, clearly or loudly.
• Often having to ask people to repeat themselves.
• Turning up the volume of the television or radio to levels that make others uncomfortable.
• Ringing, roaring or hissing sounds in the ears, known as tinnitus.
• Withdrawal from conversations.
• Avoidance of social settings.

Hearing loss affects everyone around you, and hearing well improves relationships. It can affect people of all ages—varying from mild to profound. It may be mild, a common physical condition after arthritis and heart disease. Many people don’t hesitate to have their eyes and teeth checked yearly, sometimes more often than that. However, when it comes to our ears, many people balk at having their hearing tested. A hearing test is painless and takes less than an hour, with numerous, advanced options available to treat hearing loss. In life, it’s the little moments that count. The better you hear, the more engaged you are in life—and staying socially connected is important to brain health. When you hear better, listening takes less effort, even in noisy environments like restaurants or large gatherings. Since your brain isn’t working as hard to understand what’s being said, it’s easier to participate in and remember conversations. You can enjoy every little moment to the fullest.

Health & Wellness

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.

We provide comprehensive female and male infertility evaluation/treatment.

Now Welcoming New Appointments

LancasterFertility.org • 1059 Columbia Ave. • 717-517-8504

• IVF (in vitro fertilization)
• ICSI (intracytoplasmic sperm injection)
• Egg donation (we have immediate availability for recipients)
• IUI (intrauterine insemination)/donor insemination
• Assisted Hatching
• Blastocyst Culture and Transfer
• Ovulation Induction
• Andrology Services
• Autologous endometrial coculture for IVF
• Gestational carrier/surrogacy consultation and monitoring
• LGBT Family Building
• Fertility Preservation—egg and sperm freezing/storage
• Genetic counseling
• Preimplantation Genetic Diagnosis (PGD)
• Treatment of recurrent pregnancy loss
• PCOS (polycystic ovarian syndrome)
• Endometriosis
• Da Vinci Robotic Surgery—removal of uterine fibroids/tubal ligation reversals
• Management of ectopic pregnancy
• Reproductive urologist for male infertility
Before the 1990s, any woman undergoing breast cancer surgery had to have all of her armpit lymph nodes removed at the time of her surgery. This sometimes resulted in a painful swelling condition of the arm, called lymphedema. Today, due to advances in breast surgery, women with early breast cancer can decrease their chance of developing lymphedema. This is a big win for women!

**Axillary Dissection and Breast Cancer Surgery**

Until the mid-1990s, women undergoing breast cancer surgery would automatically have a procedure called an axillary dissection. The procedure—which involves removing all of the lymph nodes in the armpit region—allows doctors to determine if the cancer has spread to the lymph nodes, and if so, how many lymph nodes are affected.

While this information is important for properly staging the cancer, an axillary dissection is a big operation with some potentially serious side effects, including lymphedema. Lymphedema, which is caused by impaired flow of the lymphatic system, can be permanent, resulting in debilitating, chronic pain.

In addition, many women who had an axillary dissection were found to have normal, benign lymph nodes. They went through a major operation without any benefits.

**Surgeons Search for a Better Technique**

In the mid-1990s, surgeons developed the sentinel lymph node biopsy—a new method for assessing a woman’s lymph nodes for cancer. Instead of removing all of the lymph nodes from the armpit, surgeons remove one to three lymph nodes in the chain of lymph nodes known as the “sentinel” nodes. They are then checked for cancer by a pathologist. If no cancer is found, there is no reason to remove any more lymph nodes.

This procedure rapidly became the standard of care for lymph node management and is still performed today. The benefit? Very few women develop arm swelling or chronic pain when only a few lymph nodes are removed.

**What If the Sentinel Lymph Nodes Contain Cancer?**

For many years, if the sentinel nodes had cancer, surgeons would go on to perform an axillary dissection, removing all of the armpit lymph nodes. Over time, however, we started to wonder if removing all the lymph nodes had any benefit, even in women who had cancer in one or two sentinel nodes.

In 2011, a major study called ACOSOG Z0011 answered the question. For women going through a lumpectomy and expected to receive radiation and systemic therapy (chemotherapy or endocrine therapy), there is no survival benefit to removing all the lymph nodes. The idea is that even if a little bit of cancer is left behind in the axillary lymph nodes, the additional treatments help eliminate it.

Understand that sometimes axillary dissection still must be performed. If a woman has advanced disease, inflammatory breast cancer, abnormally enlarged lymph nodes, or three or more sentinel nodes with cancer, all armpit lymph nodes are removed to provide the best possible outcome. But luckily, for most women with early breast cancer, we can safely avoid axillary dissection and the likelihood of permanent arm swelling.

If you are facing breast cancer surgery, talk with your doctor about the best treatment options for you.

To learn more about Lancaster General Health’s breast cancer services, visit [LGHealth.org/BreastCancer](http://LGHealth.org/BreastCancer).
Breast disease is personal. So is your care.

At UPMC Pinnacle, we know no two patients are alike when it comes to treating breast disease. We work with a team of doctors, including a radiologist, pathologist, medical oncologist, radiation oncologist, and plastic surgeon, to provide treatment options and an exceptional standard of care. Board-certified breast surgeons Abby Geletzke, MD, and Linda Myers, MD, put the focus on you — and your unique needs — when you need it most.

Learn more at UPMCpinnacle.com/BreastHealthAssociates.

JOIN US!
We’re throwing a Pajama-Mammo Party!

October 22 | 6 to 8 p.m.
Eden Resort, Lancaster
Regency Ballroom

Come out in your favorite comfy pajamas and meet the team from Breast Health Associates. Learn about the vital importance of breast health, schedule your annual mammogram, and enjoy light refreshments, wine tastings, manicures, giveaways, and more!

To register, please visit UPMCpinnacle.com/Events.
Cupping Therapy—What You Need to Know to ‘Decompress’

Since Michael Phelps’ spectacular performances in swimming during the 2016 Summer Olympics in Rio, cupping therapy has become more widespread and known as a modality to help musculoskeletal recovery, soreness and tightness.

Those who receive acupuncture may already be familiar with cupping therapy. Cupping is a custom dating back 2,000 years and has been used in Europe, Africa, China and other parts of Asia. A current trend is to call cupping myofascial decompression or negative pressure massage.

Athletes who have used cupping recently are Michael Phelps, Alexander Naddour, Natalie Coughlin, Andy Murray, DeMarcus Ware and various New York Mets players. Enthusiasts rave about increased range of motion around tight muscle tissue, which for Olympic athletes is thought to help them improve recovery time and enhance performance times.

Cupping involves creating a vacuum inside a glass, earthenware or siliccone vessel, called a “cup,” and then placing it on the skin over areas of acupuncture points, tissue discomfort or muscular tightness. The vacuum from inside of the cup creates a suction, or negative pressure, and lifts tissue up into the cup, creating a distinctive feeling on the skin.

The cups take about five minutes to apply and remain in place for a range of 10-25 minutes, depending on the area being treated, and the age and condition of the person being treated.

Researchers suggest that this causes a local increase in fresh, oxygenated blood flow to the area, which produces a therapeutic effect. The area is worked using the opposite pressure of massage, which pushes into the tissue. Cupping lifts tissue up and separates fascia and soft tissue from the muscle so it can relax back to its normal, elongated state.

Many people ask, “Does cupping hurt?” With the suction, many people at first will feel this as a pulling, slight pinching or odd sense of the negative pressure, but very seldom refer to it as painful. If the cups are moved, this can enhance the effect of treatment, but can also be less comfortable than if the cups stay fixed in one place. Most often, cupping marks are painless, and others remark on their appearance, while the receiver feels much better after cupping.

This discoloration of the skin can last days but generally is not uncomfortable at all. The marks also tend to decrease each time a person receives cupping treatment, as the tissue naturally relaxes and remains less tight.

I often use cupping in my practice with clients who have a buildup of neck and shoulder tension from locked-posture patterns from office desk jobs, athletes seeking performance enhancement and decreased pain and recovery time, and to help relieve stress and anxiety. I also practice facial cupping, which is a gentle modality for the face which does not mark, but helps clear sinus congestion, relieve tightness of TMJ and smooth the skin of the face.

Cupping works on the theory that if there is a blockage or stagnation in the tissue, whether from scarring, tightness in the muscle or myofascia, the suction and negative pressure help the body free up those adhered spots.

I recommend you seek out a licensed acupuncturist to discuss and complete your cupping treatments, as practitioners who have studied acupuncture to a degree level have often received adequate training in cupping, so they can help assess if cupping is suitable for you.

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

Non-Opioid Approach to Surgical Pain Management

The misuse and overuse of opioids is a trending topic in the news today and becomes a concern for those undergoing surgical procedures. According to a CDC 2016 report on opioid prescribing, the use of opioids within seven days of a low-risk surgery was associated with increased use one year afterward. Surgeons, anesthesiologists and their patients should prepare for procedures that are safe and amenable to patients, especially those with increased concern for and higher risk of opioid dependence. Below are non-opioid considerations when preparing for an upcoming surgery:

Non-opioid pharmacology. Though opioids are common place in the perioperative period, physicians should strongly consider other drugs. NSAIDs and acetaminophen are non additive medications often given during the procedure and in recovery to allow for a smoother transition to recovery. Some anesthetic drugs have properties to prevent pain—for example, ketamine. Other non-narcotics can be used as adjuncts to help decrease the amount of opioids required, such as gabapentin and IV lidocaine.

Peripheral nerve blocks. These anesthetics are most commonly recommended for orthopedic operations, though they can be offered with other types of surgeries as well. For this approach, a medication such as lidocaine is injected around the nerves that supply the affected area. These blocks usually last a few hours and block the nerve from sending any pain, sensory or motor signals. They can be given before the surgery, so the patient doesn’t feel anything during the operation. They are also given after the surgery as a method for post-operative pain management. The surgeon sometimes additionally injects local anesthetic around the incision site or affected area. These approaches limit the need for systemic pain medications.

Neuraxial nerve blocks. Similar to the peripheral nerve block, a neuraxial nerve block involves injecting an anesthetic such as lidocaine into the back to surround the nerves of the spinal cord and branches. These are primarily for surgeries pertaining to the lower half of the body. If an opioid is used with these injections, the dose is significantly less than what is given intravenously, which decreases the chances for a long-term opioid complication.

Ultimately the best approach for perioperative pain management is a multimodal, individualized plan based on the patient’s clinical needs and concerns. Whatever strategy is agreed upon, it should address opiate requirements before, during and after the procedure that ensure a quick and safe transition to recovery. As the fight against opioids continues, it is prudent to know what to expect for surgical procedures and outcomes.

Tara Secor, DO, is an anesthesiology resident at UPMC Pinnacle Lititz. She is a graduate of Edward Via College of Osteopathic Medicine. She received her Master’s degree in physiology at Georgetown University and undergraduate degree from Indiana University.

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@lancastermedical society.org
lancastermedicalsociety.org
Dear Readers,
“Everyone must take time to sit and watch the leaves turn.” —Elizabeth Lawrence

Fall has always been my favorite season! With a bounty of pumpkins and apples on display seemingly everywhere you turn, there’s no doubt that fall has arrived. I’m always sad to see warm weather disappear but the beautiful fall season has an excitement all its own. Crisp morning air and changing colors are just the beginning. And with the change of seasons, there are plenty of exciting events to report on in Lancaster County.

To name just a few, Wegmans, my favorite market, has finally arrived in Lancaster! For 20+ years I’ve traveled to Downingtown to shop Wegmans specifically for their holidays. Their amazing selections of the most delicious (New York-style) pastries, beautiful party cakes, and specialty vegetable, meat, and cheese trays have been holiday staples at my house for over 20 years. I was able to check out their new store and was completely blown away by the vast, beautiful selections of EVERYTHING! Their abundance of delicious, ready-to-eat meals means I’ll likely not cook dinner ever again! With over 100 culinarians preparing food 24/7, there are so many selections, you’ll have trouble deciding what to eat. If you’ve not yet visited Wegmans (located on Harrisburg Pike, across from Long’s Park), take time to stop by. You’ll be absolutely delighted with the selections, freshness, presentation, and prices.

Another highlight event was the recent grand opening of Bella Rose Bridal Boutique at the new Shoppes at Belmont on Fruitville Pike. Owner Tami Johnson’s boutique is host to an awesome selection of the most beautiful bridal gowns. If you’re planning to get married in 2019, Bella Rose Bridal Boutique is the perfect place to outfit your entire wedding party. In addition to bridal gowns and bridesmaid dresses, they also have a beautiful selection of prom dresses, quinceañera dresses, and designer gowns for any special occasion. Stop by and let Tami and her specialty staff find the perfect dress for your special day. You will definitely say yes to the gorgeous dresses at Bella Rose Bridal Boutique!

Finally, we thank you, our loyal readers and contributors, and wish you a happy fall season! Remember to pray for our troops and their families everywhere. Freedom is not free, and we truly appreciate the daily sacrifices they make for our country.

With warm blessings to you and your family!
JoAnn Notargiacomo
Penn Medicine Lancaster General Health has opened a sixth urgent care location, at 51 Peters Rd. Lititz, PA, following a significant renovation to the outpatient facility.

The urgent care is open 14 hours a day and offers expanded services and treatments not available in a typical urgent care facility, including:
- The ability to administer IV fluid for dehydration
- Treatment rooms that have the capability to observe patients for several hours
- Increased capabilities for asthma treatment
- Increase diagnostics for pain (stomach, leg, shortness of breath)

The Urgent Care is staffed by physicians and advance practice providers on the medical staff at LG Health. Open seven days a week with no appointment necessary, Urgent Care is ideal when medical attention is needed for sprains, cuts, burns, infections or flu symptoms and when patients cannot get in to see their family doctor, such as after hours or on holidays.

“Extended hours are available to provide care when your family doctor isn’t available, especially nights and weekends, when minor illnesses and injuries often occur,” said Stacey Harris, LG Health Director of Operations. “Enhanced services and treatments at this location provide a convenient option for patients who don’t require emergency care.”

The $8.9 million renovation also features new on-site pharmacy services and existing primary and pediatric care, sports medicine, physical therapy and laboratory and imaging services.

“This will be the only facility in Lititz where patients can see a family physician or specialist, have access to care after hours through Urgent Care and immediate access to advanced imaging, physical therapy and lab testing in one location,” said Jan Bergen, President & CEO, LG Health. “To have a center that offers these comprehensive, high-quality services under one roof increases convenience and the overall health and well-being of the Lititz community.”

LG Health has additional Urgent Care locations at Rohrerstown Road, Ephrata, Parkesburg, Lebanon and downtown Lancaster. For more information, visit lghealthurgentcare.org to reserve your spot in line or call 717-627-7687.

Hours for the LG Health Urgent Care at Kissel Hill are Monday through Sunday from 7 a.m. to 9 p.m.

CASA Creating Brighter Futures for Lancaster County Children

Every child should live free from harm, but in Pennsylvania alone, 46 children died and 79 nearly died in 2016 from abuse and neglect. Of those 125 children, nearly half of their families were already in the child-welfare system. By providing a volunteer advocate for children who have suffered abuse or neglect, Court Appointed Special Advocates (CASA) of Lancaster County aims to increase each child’s safety and security.

CASAs ensure that foster children have access to services and supports they need in a timely manner, making sure their basic rights don’t get overlooked or ignored by an overburdened foster care system. This level of care and support simply cannot be achieved without the help of the broader community, people like you! Join us for an information session to learn how you can become a Court Appointed Special Advocate (CASA) and bring positive change to the lives of these vulnerable children for generations to come:
- Thursday, October 4, 12 p.m. at Unitarian Universalist Church of Lancaster, 538 W. Chestnut Street, Lancaster
  - Wednesday, November 14, 6:00 p.m. at CASA, 53 North Duke Street, Suite 218, Lancaster
  - Tuesday, December 18, 12 p.m. at Paul Davis Restoration, Lancaster

The sessions are free and open to the public. Your RSVP is required due to limited seating. We know how important your time is, so our program will not exceed 60 minutes. To reserve your seat, please contact CASA by calling 717-208-3280, or e-mail casa@casalancaster.org.
The term codependency is often identified as having good intentions of wanting to provide help or support to “fix” a problem for someone; however, they have a paradoxically opposite impact. Frequently, the desire to feel a sense of control is involved in codependent behaviors. One may ask “How can I recognize codependency?” Characteristics of codependency include the following: poor boundaries, people-pleasing behaviors, poor self-esteem, unhealthy communication, emotional pain (shame, anxiety, sadness, etc.), obsessive or ruminative thinking (i.e., worrying), focus on taking care of others, reactivity or sensitivity to feedback from others, difficulty seeking help or support from others, and perfectionism. Codependent individuals may be perceived as controlling or “bossy.” Also, individuals in codependent relationships may report feeling “stuck” or “trapped.” Codependency develops in situations where dysfunctional or strained family systems exist, which can include substance use and addiction, gambling addiction, significant illness or injury, mental health concerns, or abusive behaviors (physical, sexual, emotional). In treating conditions such as addiction and mental health, it is important to address any patterns of enabling and codependency due to these issues influencing and often impeding recovery efforts. While codependency has its roots in dysfunctional families, it impacts relationships outside the family, which can include friendships and workplace interactions as well. This radiating effect occurs by influencing how effectively individuals address self-care needs, maintain functioning, experience triggering of codependent or enabling behaviors, and practice stress management.

If you believe that you or a loved one may be struggling with codependency issues, it is important to seek out information and support. Therapy or support-group services can be helpful in not only recognizing, but also changing the patterns of behavior and coping with the thoughts and emotions that maintain the behavior. Free support groups available to the public include Codependent Anonymous as well as groups focused on the codependency and family patterns related to addictions, including Al-Anon and Nar-Anon.
A Mother’s Journey to Run in 50 National Parks in Honor of Her Late Daughter

Nine months after Gil Schaenzle lost her only child, 21-year-old daughter Anna Rose, to complicated disease neuroendocrine (NET) cancer, she carried on with her and her daughter’s mission and ran in 50 national parks across the United States. The demanding pursuit in honor of Anna was designed to raise awareness of an oftentimes misdiagnosed form of cancer. Clutching Anna’s teddy bear throughout every run, Gil crossed the finish line last month for the final time at Denver’s Rocky Mountain National Park—the same national park where she and husband Fred used to take Anna as a small child.

Nine months became a significant measure in Gil’s life; she carried Anna for nine months from diagnosis to her passing, and Gil carried out the National Park Run in nine months’ time. Gil says, “This challenge didn’t heal me, but the hope that we might use our grief to help save another life is what kept me going. Anna was so strong and fearless, and I think we all need to be warriors like her.”

Recently the need for awareness for neuroendocrine (NET) cancer was heightened with the passing of Queen of Soul Aretha Franklin. Franklin’s physician, Dr. Philip A. Philip, confirmed her correct diagnosis—pancreatic neuroendocrine tumors, commonly referred to as pNETs. Many media outlets reported “pancreatic cancer” when, as Dr. Philip stated, “The only thing they have in common is they both arise from the pancreas.” When the media does not get it right in the case of a beloved, well-known public icon, it can have a serious impact on the diagnosed and undiagnosed patient. Neuroendocrine (NET) cancer is also the same cancer that took the life of Apple co-founder Steve Jobs, and it was recently announced that Bollywood movie star Irrfan Khan (Life of Pi and Slumdog Millionaire) had been diagnosed with the same illness.

Gil’s National Park runs helped raise over $12,000 in donations for the Healing NET Foundation to bring education and awareness to medical providers, patients, and caregivers. She’s had numerous opportunities along the way to create awareness about NET cancer in the general population and inspire NET patients, families and friends. Gil shares, “I received an email from a man who heard my story, and as a result his doctors finally confirmed he had neuroendocrine tumors after months of inconclusive tests and uncertainty. Current statistics show an average of five to six years before patients get a correct diagnosis, and the fact that my journey made a difference in at least one life is worth all the miles.”

Gil accumulated 42,000 miles as she traveled across 35 states, and completed 350 miles on foot in 50 national parks, along with 12 national monuments and two national presreves. Read Gil’s chronicles of her journey and find further information at www.thehealingnet.org.

About Gil Schaenzle
(In her own words) My name is Gilberta Schaenzle, but everyone calls me Gil. I grew up on a large cattle and sheep ranch in South Dakota. Aside from my first 17 years, most of my life has been spent in Colorado. I was in Boulder, Colorado, where I met my wonderful husband, Fred. We had our 26th anniversary, We live in a little mountain town in Colorado called Evergreen. I was in electrical engineering until our beautiful daughter, Anna Rose, was born in 1996. It was then that I took on the most wonderful job in the world… Anna’s mom. Anna was the whole package…intelligent, beautiful and athletic. She had a big heart and was generous. I always felt humbled that God had chosen me to be her mom.

In addition to being Anna’s mom, I was also team mom to various volleyball teams. I love that many of the girls still call me Momma Gil. In addition to being a momma, I like to travel, cook, run, ski, hike, do photography and I make custom handmade books and social invitations.

I’ve heard that one of the big hurdles to growth in renewables is energy storage. What’s new in the world of battery technologies? And will better forms of storage really accelerate the development of solar, wind and other alternative forms of energy?

– Maxwell Jay, Erie, PA

It’s true that energy storage has been an Achilles heel in the emerging renewable energy sector, given the large environmental footprint required to produce and distribute our current crop of lithium-ion and other types of batteries—and the fact that they do not hold nearly the capacity needed to make intermittent renewable sources (like solar and wind) viable as secure year-round sources of power. Whether or not renewables can replace fossil fuels in the future may well depend on our ability to drastically improve the way we store electricity.

But given the importance of solving this problem, a lot of great minds are working on it. Electric carmaker Tesla is close to finishing construction on a “Gigafactory” in the desert outside of Sparks, Nevada, to produce lithium-ion batteries for its signature electric cars and its new line of utility-grade and household energy storage appliances. By 2018, the new renewable energy-powered facility will reach full capacity, with an annual battery production capacity of 35 gigawatt-hours—and will produce more lithium-ion batteries annually than were produced worldwide in 2013. Tesla expects its Gigafactory to shave upwards of 30 percent off battery production costs, and serve as a model for how to mass-produce green technology with a triple (social, environmental and financial) bottom line in mind.

But critics point out that merely lowering the production costs for existing technologies by a third won’t provide the quantum leap in storage capacity needed to make intermittent renewables as reliable as traditional “baseload” (e.g., consistent generation) sources such as coal, natural gas or hydropower.

“Many researchers believe energy storage will have to take an entirely new chemistry and new physical form, beyond the lithium-ion batteries that over the last decade have shaved aside competing technologies in consumer electronics, electric vehicles and grid-scale storage systems,” reports Richard Martin, senior editor for energy at MIT Technology Review. Some of the most promising designs employ cheap and abundant natural materials (such as air, water, carbon, sodium, quinine, and even sand) as catalytic substrates. But Martin points out that there are so many competing technologies “from foam batteries to flow batteries to exotic chemistries, that no one clear winner is attracting most of the funding and research activity.”

He adds that these small startups lack the capitalization to get their products ready for the mass market. Setting up a small manufacturing line and testing various combinations of materials to optimize a new battery technology’s potential storage capacity and charge/discharge rates could cost as much as $500 million, but most start-ups in the space can expect investments averaging only about $5 million a year. “That huge investment gap is hard to overcome,” concludes Martin.

For now, Tesla is poised to dominate the world’s battery market, with its Gigafactory coming online later this year. But analysts think we’ll have some new alternatives to the lithium-ion battery standard within a decade or so, especially if venture capitalists and other investors begin to grasp how important better energy storage options may be to our future.

EarthTalk® is written and edited by Roddy Scheer and Doug Moss and is a registered trademark of The Environmental Magazine (www.emagazine.com).

“Although I will always be the person who was diagnosed with an illness, I am no longer ‘the girl with cancer’ … I am the girl with dreams.”

Thirteen-year-old Allison Zellers loved to sleep in on Sunday mornings. But one Sunday, she awoke with a twinge of pain in the back of her neck. The initial theory of a pulled muscle called for rest and medication, but when the pain continued for weeks, Allison’s parents suspected that her discomfort might be something more serious. A twelve-hour surgery at Children’s Hospital of Philadelphia revealed a startling diagnosis: Allison had a rare type of cancer called Chordoma. Paralyzed with fear when confronted with this news, she bravely resolved to fight the disease and take back her life.

The Girl With Dreams chronicles Allison’s journey of self-discovery while enduring many difficult treatments and confronting the unexpected consequences of her life-altering disease. Now recovered, she has written her story so that she will always remember the people who helped her along the way, and so that her experience might help others.

Allison Zellers is a pre-med student at the University of Pittsburgh’s Honors College. She volunteers and is involved with the Make-A-Wish Foundation and the Chordoma Foundation, having been introduced to both organizations during her time as a cancer patient. She formerly interned at Penn Medicine Lancaster General Health in the research and quality departments, and volunteered at the Lancaster General ER. The Girl With Dreams is her first book.

Available from Amazon, BN.com, and other retailers.
Visit www.AperturePress.net for details or contact info@aperturepress.net.
Have you been dreaming of a gorgeous outdoor wedding set in a lush, manicured landscape? Or a delightful ceremony in a quaint, restored Victorian chapel? Whatever your vision, the newly renovated Weddings on the Green at Willow Valley is ready to help you realize it.

Located at 2400 Willow Street Pike and adjacent to Lancaster’s DoubleTree Resort by Hilton, in the heart of the charming Lancaster region, this new venue began extensive renovations at the beginning of summer 2018 and is now complete. The final polish is done and it is now the perfect place to say, “I do.”

“We are Lancaster’s brand-new event space with many flexible spaces. As an all-inclusive, unique venue, we’re now positioned to be a one-stop shop for all your wedding needs and the perfect spot for bridal showers, rehearsal dinners, ceremonies, receptions, and post-wedding brunches. We provide the space and help you realize your dream wedding, with complete customization,” said Cathy L. Minnich, Director of Sales & Marketing.

One option is The Chapel at Willow Valley, a fully restored and picturesque Victorian wedding chapel complete with original stained-glass windows and original features, with seating available for up to 175 guests. Additionally, located just outside the chapel is the brand-new Chapel Terrace, a lovely space for guests to relax and chat during post-wedding events or during cocktail hour after the wedding ceremony.

Or, if you’re thinking about a gorgeous outdoor ceremony, Weddings on the Green at Willow Valley allows you to say “I do” right on their golf greens. “With the picturesque Willow Valley Chapel as a backdrop, Ceremony on the Greens allows for the opportunity to host a gorgeous outdoor ceremony on our golf course, and is a great setting for photos with the rolling Lancaster landscape stretching out in the background,” said Minnich.

“Or, try Fountain View, which is another brand-new outdoor setting also adjacent to the chapel. Also situated on the golf course, this tented venue offers seating for up to 200 of your friends and family,” continued Minnich.

These four new options join the already-popular and newly renovated Palm Court, which is a traditional ballroom-style space for an opulent indoor ceremony inside the DoubleTree Resort by Hilton.

In an effort to meet all of the needs of their couples, Weddings on the Green at Willow Valley offers fully customized packages to suit your personal style and will accommodate all of your food and beverage needs to make your day complete.

“The wonderful feature of each of these spaces is that they are truly flexible—whatever the dreams of our couples, we can make them come true. It eases the stress of planning and allows you to enjoy your special day,” said Minnich, adding that each of these spaces is also available for corporate functions, company picnics, family reunions, or any other kind of group gathering.

“Willow Valley enjoys being a part of Lancaster, and we are just thrilled to be a brand-new offering to the area as a destination wedding,” said Minnich, noting that with the property being next to the DoubleTree Resort by Hilton, travel between the properties creates the perfect one-stop shop for all of their guests.

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www.lancaster.doubletree.com
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• restoration of dental implants
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• 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)

Trouble with Sleep Apnea and Snoring? You’re Not Alone!

Another option Smiles By Stevens offers for troubled sleepers is oral appliances known as sleep apnea devices. Oral appliance therapy is an effective treatment option for patients with mild to moderate obstructive sleep apnea. Although continuous positive airway pressure (CPAP) therapy is the first line of treatment for sleep apnea, many patients prefer an oral appliance to CPAP. An oral appliance is a small plastic device that fits in the mouth like a sports mouthguard or orthodontic retainer. Oral appliances help prevent the collapse of the tongue and soft tissues in the back of the throat, keeping the airway open during sleep and promoting adequate air intake. Oral appliances may be used alone or in combination with other treatments for sleep-related breathing disorders, such as weight management, surgery or CPAP.

For the majority of snorers, the most affordable, noninvasive, comfortable and effective snoring solution remains a dentist-prescribed snoring preventive device, such as Silent Nite.®

Silent Nite is a custom-fabricated dental device that moves the lower jaw into a forward position, increasing space in the airway tube and reducing air velocity and soft-tissue vibration. Special connectors are attached to transparent, flexible upper and lower splints. A simple dental impression is needed for us to send to our lab to have this device made. The splints are custom-laminated with heat and pressure to the dentist’s model of the mouth. The fit is excellent and comfortable, permitting small movements of the jaw (TMJ) and allowing uninhibited oral breathing.

If you have been looking for a solution for your snoring or sleep apnea, this may be what you are looking for. Please call our office and let us know if you would like to set up a consult. We would be happy to answer any questions you may have.

We offer these services as well as many more at Smiles By Stevens, and we would love to help you! Call our office today with any questions. We would love to hear from you!

Pancreatic Cancer

We live in an age of unprecedented health care. For Americans reaching the age of 65, the average life expectancy now is roughly 85 years for men and 87 years for women, yet certain illnesses remain just as deadly and just as difficult to diagnose now as they did years ago.

One such illness is pancreatic cancer. We may know of famous people who have been diagnosed with this disease and yet, despite their wealth and access to the best medical care available, still succumbed to the illness. The list includes actors such as Jack Benny, Count Basie, Aretha Franklin, Luciano Pavarotti and the genius businessperson and sports fans and you want to determine which of those attending the screening event are at risk for pancreatic cancer. If you had an estimated 10–12 people in the stadium with pancreatic cancer wear a different jersey than all the others, standing in the middle of the field and looking out at the audience, you would have a very difficult time trying to pick out the 12 in 100,000 sporadic pancreatic cancer patients in the crowd.

Now imagine you are tasked with trying to find those with a 5–10 times increased risk and so you are trying to spot a total of 60 to 120 fans with different jerseys sprinkled through the stadium of nearly 100,000. Still a difficult task. So, while a 5–10 times increased risk sounds like a large increase, it becomes apparent that it is still a relatively small number compared to the background population. Furthermore, we realize that people don’t show their disease on the outside like wearing a jersey, so it becomes nearly impossible to figure out which of the 100,000 fans present you would need to screen to find those 60 to 100 with an increased risk of the disease. In the end, the vast majority of fans you are search ing for would not have pancreatic disease. They would likely have normal exams, and considering the rates of false positives that could lead to additional unnecessary tests, a number of them might perhaps even sustain more risk of harms than benefit by undergoing screening.

Having described the problems with mass, generalized screening, there are indeed some patients whom we currently believe to have an increased genetic risk for pancreatic cancer. The list includes those with the following conditions: carriers of the BRCA2 gene mutation (3.5–10-fold increased risk), Lynch syndrome families (8.6-fold), those with Peutz-Jeghers syndrome (132-fold), those with the Familial Atypical Malignant Mole Melanoma syndrome (13–22-fold), those with hereditary pancreatitis (53 fold). These are admittedly rare conditions, so the group of patients who are offered pancreatic screenings on the basis of a perceived genetic risk is quite small.

You may then ask, “What if I have a family member with pancreatic cancer?” Unfortunately, the vast majority of pancreatic cancers are sporadic mutation events that occur and are not associated with an increased familial risk high enough to warrant advising all family members to get screened. If your family has two first-degree relatives (or premenopausal, prior to menopause, or their first degree relatives) who have had pancreatic cancer, the odds of being diagnosed for other currently nonaffected individuals is 4.26 fold. This is an 18 times greater risk than when the family history is that of only one sporadic pancreatic cancer, so these patients may benefit from screening. In families where more than three relatives on the same side of the family have been diagnosed, the risk is up to a 57-fold increase. Know ing your family history is critically important, yet most patients, when asked about their family medical history, offer such replies as, “that’s not something we sit around the dinner table and talk about.”

If you or your family has one of these conditions associated with an increased risk, the most accurate means of screening the pancreas for changes is with the use of endoscop ic ultrasound. At Regional Gi, we have the expertise to perform this exam using a camera that is passed through the mouth into the stomach and, using an ultrasound device that is incorporated into the camera, look through the wall of the upper intest inal tract to see the pancreas in very fine detail. Changes in the tissue or the drainage duct of the pancreas can be detected and sampled with a biopsy to make a precise diagnosis. The exam is performed under deep sedation, while you are asleep.

You may ask, “If I do not fall into one of these categories, what else can I do to avoid a high risk for pancreatic cancer?” First, do not smoke. Smoking is felt to be responsible for 20–30 percent of pancreatic cancers. Smokers develop pancreatic cancer at twice the rate of nonsmokers and at an average 10 years earlier in life, and, when diagnosed, are 40 percent more likely to die from their cancer. Do not consume alcohol in excess. Maintain a healthy weight, exercise regularly and eat a diet that includes fruits and vegetables.

Medical science continues to advance, and perhaps in the future we will have tests for screening for this condition at an early and more treatable stage. Until that time, if you feel you have any changes in your gastrointestinal health that concern you about your possible risk for pancreatic cancer, or if you have any additional questions about your risk for other gastrointestinal cancers, the providers of Regional Gi are here to assist you. Please call our office at 717-869-4600 or use our website, www.regionalgi.com, to schedule an appointment.

For pancreatic cancer, in 2018, an estimated 55,440 patients will be diagnosed and 44,330 will die this year, with only 8.5 percent of pa tients surviving five years. This demonstrates the fact that pancreatic cancer is an illness that is typically found at a point when it is already far advanced and beyond the point where it can be easily cured.

Since the prevalence of pancreatic cancer remains lower than other ill nesses, it does not meet the criteria mentioned above to screen all people of a certain age for it. If screening were offered with, for example, a CT scan of the abdomen for all patients when they reached a certain age, the risk of false-positive tests would be far too great.

What is a false positive? This is a test that seems to show an abnormal ity, which, when further explored, proves to be nothing of consequence and/or not the condition that you were looking for. We all may have slight variations in our anatomy, and a false-positive test could lead to more and more testing to explain what may only be a variation of normal. This only serves to add to a patient’s medical bills and risks for complications - not to mention the stress and anxiety of being told that “something might be wrong”—only to finally be told in the end that the test still did not find the condition for which you were screening.

At the present time, experts in the field of study of pancreatic cancer agree that those patients with conditions that have an estimated 5–10 times increased risk over the general population would benefit from a pancreas screening examination.

For pancreatic cancer, the National Cancer Institute has reported that the rates of colon cancer in the U.S. have fallen by an average of 2.6 percent per year over the past 10 years. Unfortunately, for the pancreas, there is no such precursor lesion that can be so easily detected as the colon polyp—during colonoscopy. Over the past 40 years, with the widespread use of colonoscopy and the expertise of physicians like the gastroenterologists of Regional Gi, polyps are found and removed.

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Healing and Growth: A Weekend with Christine Eberle at the Jesuit Center

by Susan C. Beam

In this busy world, we rarely give ourselves the gifts of pausing, of nurturing ourselves physically, mentally and spiritually, and of allowing ourselves to heal from the bruises of everyday life. What would it look like if we did?

This October 19–21 at the Jesuit Center for Spiritual Growth, author and educator Christine Marie Eberle will be addressing these and other questions during a special retreat titled, “Healing Encounters: A Weekend Retreat for Everyone, in the Company of Contemporary and Biblical Women.”

“Retreats are tremendous gifts we give ourselves. They allow us to fall back and to experience something out of the ordinary, which can help us in the ordinary—our daily lives,” said Eberle. “I’m so honored to be leading this retreat at the Center—it holds a special place in my heart.”

Located in idyllic Wernersville, the mission of the Jesuit Center for Spiritual Growth is twofold—“prayer and hospitality”—achieved through a variety of approaches, including a yearly calendar filled with spiritually based programs for individual growth and development.

“I am absolutely thrilled to have a presenter of Christine Eberle’s quality offering programs at the Jesuit Center. This upcoming weekend retreat is particularly satisfying to me because we happen to be offering some programs focused on men in September, and it’s wonderful to balance that with something that focuses on women’s experience, although, of course, men are welcome to attend!” said Jesuit Center Executive Director Christopher Derby, SJ.

For Eberle, retreats have been an integral part of spiritual growth. Born and raised in Philadelphia, she first experienced this transformation during a student-led retreat in her sophomore year at Saint Joseph’s University. “I had always been a devout Catholic, but seeing faith in action during that retreat changed things for me. I discovered that the practice of faith could also include things like community and social justice, so I began to get involved in campus ministry.”

Two years later, another retreat solidified her call to work in ministry, when she had a profound experience with God during a silent retreat at the Jesuit Center. “That’s when I really knew that God wants to be in relationship with us. It was a healing experience for me, and it was responsible for my lifelong journey,” she explained.

“Being steeped in Jesuit spirituality, it became important to find God in all things, and that’s at the heart of what I do. We trek along in life, and we look to find God on mountain tops or in mystical experiences, but God is also down on the plains and right there in the ordinary,” Eberle continued.

After finishing her undergrad degree, Eberle spent some time serving the homeless community in Richmond, Virginia, before completing her graduate degree in pastoral ministry at Boston College. Now, she serves as Director of Campus Ministry at Gwynedd Mercy University. Her first book, Finding God in Ordinary Time, has just been published; she will be doing a public reading and book signing at the Jesuit Center at 2:00 p.m. on October 21. (You can read excerpts and listen to an audio chapter at christine-marie-eberle.com/book.)

This October, through storytelling, Eberle will be encouraging participants to lean into the concept of healing in its many forms. “I want people to be able to name the burdens they carry and open themselves to an encounter with God,” she said. “Knowing yourself loved by God and others is restorative. Likewise, we can learn so much from stories. Times change but people don’t—suffering is always isolating. But God’s response to isolation is always compassion. Maybe, as followers, ours should be too—compassion for both ourselves and others.”

For more information on the Jesuit Center for Spiritual Growth, the October retreat and other special opportunities, visit their website at www.jesuitcenter.org.
Cervicogenic Headaches: Are They Affecting You?

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.

Mastropietro & Associates Family Medicine Welcomes Yamin Thein, MD

Yamin Thein, MD, joined Mastropietro & Associates Family Medicine at 2145 Noll Drive, Lancaster. Mastropietro & Associates Family Medicine provides a comprehensive spectrum of primary care for the whole family.

Dr. Thein received her medical degree from the University of Medicine 1, in Yangon, Myanmar, and moved to the United States to further advance her medical training. She completed her internal medicine residency at Harlem Hospital Center, affiliated with Columbia University, in New York. She is also a member of the American College of Physicians.

Dr. Thein is currently accepting new patients. To schedule an appointment at Mastropietro & Associates Family Medicine, call 717-397-4921.

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.
Combining a wide variety of therapeutic massage techniques with traditional healing methods, Lancaster’s Spa la Vie’s extensive menu of massage and spa treatments, and their commitment to total mind and body wellness, is certain to help every client achieve maximum benefits physically, mentally, and emotionally.

Massage therapist Erica Baer wouldn’t have it any other way. “I love exploring different kinds of massage, and for me, one of the ways Spa la Vie is really unique and distinctive is that we try to get to know our clients. If three different people book the same massage, they’re all getting a different massage because I like to fit their specific needs,” she commented. “I think it’s really important to connect with each client as an individual and create a customized plan.”

Born in South Williamsport and raised in a small town called Sweet Valley, Baer had an “unusual” path to her current passion for massage. “In college, I majored in biology, with minors in chemistry and molecular biology. So from the beginning, I’ve always been interested in the human body and its natural processes,” she said. After graduating, she began working in pharmaceutical chemistry, which eventually brought her to Lancaster in 2008. “After coming to Lancaster, I felt compelled to continue exploring a mind-body connection, and I really wanted to give back to the community. I went through yoga teacher training and began teaching yoga locally while continuing with lab work part-time. Then, while on vacation in Hawaii, I saw a flyer for a school specializing in therapeutic massage and felt an immediate connection,” explained Baer, adding that after a week of considering it, she decided this was her new path.

After graduating from the Pacific Center Awareness and Body Work, Baer brought her talents to Spa la Vie, located at 3031 Columbia Ave. “I love what I do, and I’m super passionate about how I can help people achieve the best version of themselves. I love the look on their faces when they came in versus how peaceful they look when they leave,” she said.

One of her most unique offerings is called “rofing,” which is a specialized approach to structural integration and typically requires a weekly hour-and-a-half-long session for 10 weeks. “Traditional massages involve working muscles and tissues to remove tension. Rolfing is a deliberate, specialized technique which works with the muscles and fascia—the sheath-like connective tissue that surrounds and binds muscles together—which allows growth and change in body mapping and the brain, and increasing body awareness. For example, if someone had an injury in an area, by using this technique we could induce change and relieve tension,” she explained.

“It’s very different than a normal massage, and very individualized and detail-oriented, but generates really amazing results,” Baer continued, adding that often the physical healing is accompanied by emotional healing and an improvement in mental faculties. This technique, along with many other options designed to relieve tension and promote wellness, is available at Spa la Vie. For more information, or a complete spa menu, visit their website at www.spalavielancaster.com, or call for an appointment at 717-295-4523.
Breast Health Associates Welcomes Abby Geletzke, MD

Abby Geletzke, MD, joined Breast Health Associates at 2170 Noll Drive, Suite 200, Lancaster. Breast Health Associates provides a comprehensive spectrum of surgical and nonsurgical breast care for women of all ages. Dr. Geletzke specializes in breast oncology.

Dr. Geletzke received a Doctorate of Medicine from the University of Toledo College of Medicine and a Bachelor of Science in molecular biology from Lehigh University. Dr. Geletzke has a fellowship in breast oncology from Brown University, Women & Infants Hospital.

Dr. Geletzke has a number of scholarly publications, has written book chapters on various aspects of breast surgery, and has taken active leadership and teaching roles at the academic institutions she attended. She is a member of the American College of Surgeons, American Society of Breast Surgeons, and Society of Surgical Oncology.

In her free time, Dr. Geletzke enjoys cooking, traveling, music, and spending time with her husband, children, and dog.

Dr. Geletzke is currently accepting new patients. To schedule an appointment at Breast Health Associates, call 717-393-3588.

New Services:

In-house Makeup Application
Lash Lifts & Tinting
Full Body Waxing
Facials

Our new WellaPlex add-on treatment is ideal for color clients!

Ego Trip Hair Salon’s Ariana Garcia

Ariana Garcia 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, full body waxing, lash extensions, and full body tinting.

Keep your eye on this rising star!
“Hidden Gems of the Cumberland Valley” Bus Trip October 23

The Pleasant View Auxiliary will host a bus trip through the scenic Cumberland Valley area and provide the opportunity to taste, see and experience some of its hidden gems on Tuesday, October 23.

The first stop will be Meadowbrooke Gourds in Carlisle, where travelers will be able to create their own holiday gourd and peruse the extensive gift shop. Lunch will be at the Historic Dill’s Tavern and Plantation. Following lunch, guests will enjoy a guided tour of the site and hear the story of how this historic location tells the history of the town of Dillsburg and the story of life on Pennsylvania’s frontier. The afternoon will offer the chance to tour America’s Museum and Research Facility for Rolls-Royce and Bentley Motorcars. This 5,000 sq. ft. facility holds a changing collection of Rolls-Royce and Bentley motorcars, an extensive research library and functioning garage. The tour will conclude with a visit to Patches Family Creamery in Lebanon.

Cost for the bus trip is $103 and includes admission fees to attractions, lunch at Dill’s Tavern, and ice cream. The bus will leave Pleasant View’s Town Square North Parking Lot at 7:00 a.m., with an expected return to Manheim at approximately 6:45 p.m. To register, contact Julie at (717) 665-6396 or Donna at (717) 665-6124.

Proceeds from the trip support the mission of the Pleasant View Auxiliary. Established in 1991, the Pleasant View Auxiliary funds a variety of projects to enhance the available services and quality of care provided at Pleasant View Retirement Community. The auxiliary welcomes men and women of all ages. For more information on the Pleasant View Auxiliary or on campus volunteering opportunities, contact Aubrey Smith, Pleasant View Volunteer Coordinator, at (717) 664-6288. PleasantViewrc.org

September Presidential Lecture to Focus on Buchanan’s Challenges During 2nd Year in Office

On Friday, September 28, 2018, join LancasterHistory.org as we kick off the fall Presidential Lecture series with Dr. Randall Miller for 1858: The Fateful (Fatal) Year for Buchanan’s Presidency. Miller’s presentation will explore the variety of challenges faced by President James Buchanan during his second year in office. Among these challenges, Miller will focus upon two particular topics: the impact of the President’s support of the Lecompton Constitution and the Democratic Party’s losses during the 1858 midterm elections.

Randall M. Miller (A.B., Hope College; M.A. & Ph.D., Ohio State University) is the William Dirk Warren ’50 Sesquicentennial Chair and Professor of History at Saint Joseph’s University. He is the author or editor of numerous books, which treat such various topics as African-American culture and life, slavery, religion, social reform, popular culture, politics, regional cultures (especially the American South and the Mid-Atlantic), colonial life, the American Revolution, Civil War and Reconstruction, urban affairs, mass media, and ethnic and immigrant history. Among these, he probably is best known for his award-winning book, “Dear Master”: Letters of a Slave Family (Cornell University Press; rev. & enlarged ed., University of Georgia Press). His most recent book, co-author, is The Northern Home Front during the Civil War (Praeger, 2017). He is the author of more than 80 articles and essays on topics such as slavery, race, immigration and ethnicity, religion, cities, reform, politics, mass media, the American Revolution, the Civil War, and regional cultures (especially the American South and the Mid-Atlantic).

About The Event: This lecture is presented as part of LancasterHistory.org’s 2018 Presidential Lecture Series. The series, in combination with the Regional History Colloquium, offers free lectures open to the public.

The event will take place on Friday, September 28, 2018 in Ryder Hall at LancasterHistory.org, 230 N. President Avenue in Lancaster. A speaker’s reception takes place at 4pm, followed by the main presentation at 4:30 p.m. The event is free and open to the public.
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Not Your Ordinary Writing Classes!

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 has the power to console, illuminate and heal. She has a particular interest in guiding those who have longed to write, but thought they couldn’t. There are no grades, tests, cell phones or judgment, and sharing is optional, providing a retreat where even the most timid can relax.

“Writing from the heart isn’t about speed, pressure or getting published. It’s about taking a deep breath, harnessing what we feel and writing without fear. Creating should be playful and fun—a comfort, not a task!—especially in today’s complicated world. The process begins with slowing down, unphogging our technology and getting back in touch with the moment.” She laughs. “That alone can lead to a happier life!”

Melissa works with schools and therapeutic offers year-round group workshops for men, women, children and teens; and summer camps for children and teens. She coaches all ages, privately, tailoring sessions to individual needs.

Melissa Greene: Poet, teacher and believer in art for a kinder world.

717-393-4713 or visit www.writefromtheheart.us

Upcoming Classes

**Women’s Intro: “Writing Without Fear”**
Thursday evenings, 5-week series: Sept. 27–Oct. 25 • 6:30–8:30 p.m.

**Women’s Memoir Writing Workshop: “Exploring Our Life Stories”**
Monday evenings, 5-week series: Sept. 10–Oct. 15 (no class Oct. 8) Oct. 29–Nov. 26 • 6:30–8:30 p.m.

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

**Children & Teens Fall Workshop Series: “Writing Made Wonderful”**
Sundays, 2–4 p.m.
Children: Sept. 16, Sept. 30, Oct. 14, Nov. 11
Teen: Sept. 23, Oct. 7, Oct. 21, Nov. 18

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

**Free Workshops for Cancer Patients and Caregivers**
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.”

Contact Melissa Greene: Poet, teacher and believer in art for a kinder world.
717-393-4713 or visit www.writefromtheheart.us
Are your wedding dress dreams filled with satin and sparkle, lace and tulle, or a combination of all for a unique and dazzling look? Have you been envisioning a classic silhouette shape, mermaid skirt or full ball gown? Whatever you’ve been dreaming of, Bella Rose Bridal Boutique can make those dreams come true at their new location in Lancaster’s Shoppes at Belmont, where they just celebrated their grand opening on September 22.

For owner Tami Johnson, seeing her own dream of opening her own business come to fruition was intensely gratifying. After 21 years of working in the medical field, most recently as Vice President of Pinnacle Health, she was looking for a change and found her new passion when the opportunity to purchase a small local dress shop became available.

The boutique, which is named for Johnson’s grandmother, Isabella, who loved roses and wore rose fragrance as a signature scent, is resplendent with signature sparkling chandeliers and hand-crafted displays in a showroom painted pale pink in keeping with the shop’s theme. With a motto of “Your Dream, Our Privilege,” Johnson and her staff of six knowledgeable and experienced consultants are ready to help make their brides’ dreams come true. In the boutique’s 3000 square foot space, brides-to-be will find options from notable collections by designers such as Morilee by Madeline Gardner, Enchanting by Mon Cheri, Martin Thornberg by Mon Cheri, Private Label by G, Kenneth Winston, Kenneth Winston Ella Rose Collection and Bel Aire Bridal.

Bella Rose Bridal Boutique also has the perfect dress for bridesmaids and mothers and grandmothers of the bride, including selections from Morilee Bridesmaids, Morilee Mothers and Special Occasions, Bill Levkoff, Mon Cheri Montage, Mon Cheri Cameron Blake, Marsoni by Colors and Ursula of Switzerland. Additionally, Johnson has a collection of special occasion dresses, perfect for any upcoming soirée, prom dresses, and quinceañera dresses. With an eye for detail and color, Johnson has a selection sure to make you stand out at any event.

Located in the Shoppes at Belmont’s main promenade, Bella Rose Bridal Boutique is the perfect place for a bride to say “yes” to the dress, and appointments are available seven days a week for easy convenience. For more information, or to make an appointment, visit their website at www.bellarosebridalpa.com, or call 717-553-5656.
I hear this all the time from the women who come to my salon completely frustrated about the colour and health of their hair. They ask me, “Why doesn’t my hair look the way I know it can, and how can I get perfect colour and still have healthy hair?”

I’ve made it my mission to solve these problems for women once and for all, and it’s turned my salon in Lancaster into a haven for women who are done with being frustrated with the colour and health of their hair. You can have the colour you want and your hair CAN be healthy. The basics of getting exactly the hair colour you want are easy to understand. The hard part is using the tools correctly so that the colour is beautiful, just right, and your hair is healthy. It takes a lot of skill and knowledge to do it correctly. I encourage any woman in Southeast Pa. to call my salon and make an appointment. My team and I will solve this problem for you.

If you have knowledge, you become empowered.

I want every woman to have all the information she needs to understand and solve this problem for good. That’s why I wrote “Don’t Fear the Bleacher,” which is an easy-to-read book that empowers every woman to take control of her hair colour and health. I wrote this book so any woman can understand how to communicate much more effectively with their stylist and stop suffering needlessly.

Anyone who would like a copy of this book at no cost to them at all should just call 877-702-3081 24 hours a day, or go to www.DontFearTheBleacher.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.

“Why Can’t SOMEONE (ANYONE!) Colour and Style My Hair the Way I Want It EVERY SINGLE TIME!”

“I wrote this book because women can’t find the right shade or they just don’t know what colour to go with and no one seems to be able to tell them.” – A.L. Segro

Red, Brown, or Blonde most women are frustrated with the colour of their hair. No matter what they or their stylist try, they just can’t get the look they really want. A.L. Segro, a Lancaster-based stylist and fashion expert has written a new book that answers all the questions that women have about hair colour and why the best efforts of their stylist continue to produce lackluster results. And he is offering it to the community for free.

Just call toll-free 1-877-702-3081 or go to www.DontFearTheBleacher.com and request your Free Copy of “Don’t Fear the Bleacher” by A.L. Segro.

“If Ald and Michelle saved me or at least they saved my hair!” – Mary Fulginetti, Turnersville, NJ

“All I know is that my hair is beautiful and I will never let anyone but AL and his team touch my hair again.” – Tracy Flynn, Lancaster, PA

If you need an emergency colour consult, call Segro’s Lancaster Hairport at 717-299-9592 to make an appointment. We are located at 358-360 N. Queen St. in Lancaster.

Local Gallery Owner, April M. Koppenhaver, Honored on 30th Anniversary

Thirty years ago, Mulberry Art Studios was still just a twinkle in April M. Koppenhaver’s eye. The building was no longer a bakery, and not yet an art gallery—what it was, was filled with bird poop. But Koppenhaver, Mulberry Art Studios’ owner/founder/visionary, saw past all that. She bought it on the spot, cleared out the debris, filled it to overflowing with her dreams, and lovingly shaped it into to the beautiful creative hub that it now is.

Mulberry Art Studios has flourished and blossomed throughout the years, becoming a multifaceted center for making art and memories. Artists have created their paintings, drawings, sculptures, photographs, and installations in the working studios, and exhibited them in the galleries. Bands have practiced, recorded, and performed. Dancers have held lessons and recitals. Churches have worshipped. Couples have been joined in holy matrimony. Families have honored those who have passed. Classes have been taught, seminars have been held, experiences have been shared. It has become a living, breathing organism—a vital organ in the body of downtown Lancaster.

Most importantly, Koppenhaver believes, it has been instrumental in the revitalization—the Renaissance—of downtown Lancaster. Thirty years ago, there was no Art Walk, no Gallery Row, no First Fridays, no gallery in the mayor’s office. Lancaster has truly become an art mecca, and Mulberry has been there since the very beginning, urging the community forward, pushing always for the arts and the artists.

On July 18, Lancaster City Alliance acknowledged all that Mulberry Art Studios has brought to this city and presented Koppenhaver with an Award of Achievement in recognition and celebration of the 30 years she’s dedicated to growing Mulberry Art Studios and being a force of change and artistic vision in our community. Koppenhaver, who has been running full speed ahead since day one, took a moment to reflect. “Each year flies by, and we’ve never had time to acknowledge what we’ve done here,” Koppenhaver says. “But thirty years- that felt like an appropriate milestone to pause and remember.”

True to her perpetual motion machine nature, the pause was short-lived. After all, she has plans to write a children’s book and a movie, there are weddings planned for the weekend, guests in the lobby, artwork to hang. And she wouldn’t have it any other way.
That may seem like an obvious statement, but many of us don’t contemplate it when we decide we want to have children. Instead, we feel the desire and choose to move ahead—and then the due date comes or we get the call from the adoption agency (or both), and poof, as if by magic, everything has changed overnight.

I’ll never forget bringing my first child home from the hospital. One minute we’re enshrouded in the protective arms of the maternity ward, with someone to always tell us what to do and how to do it. Then there’s the car ride, and all you can think about is keeping their head up as the road bounces you along. And then we arrived home, put our precious bundle down on the living floor and thought, “Now what do we do?”

Becoming a parent is overwhelming and terrifying for many, and for those of us who had less than optimal role models in our own parents—or no role models at all—the terror and uncertainty only increases.

My parents split up when I was young, as many people’s parents do. From there the similarities pretty much end. My mother left my older brother and me with our grandmother; so she could move into a cult. She then raised me in that cult—the Unification Church, the Moonies. My dad, (both of them) so often that it may appear that they knew it. My parents have loved me—they probably did—but I certainly didn’t know it or feel it. My most important goal was (and is) that my kids always, always, always feel loved.

Becoming a Parent Changes Everything

But whether the lack of a role model is as extreme as mine or not, many of us are left without parents whose parenting we respect enough that we can look to them for guidance and best practices. Many of us are left to figure it out on our own. And in case it’s helpful for anyone with this challenge, especially when they first become parents and their kids are young (and perhaps even for those who have the greatest role models ever), below are a few of the parenting tips I learned and made up—as I walked my way through parenting.

(Oh, and by the way, one of the other upsides of my less-than-normal childhood is pretty extreme perfectionism—I’m working on that. I therefore don’t easily give myself credit for many things, but even with all that, I do think I am a good mom. And even more importantly, I think my kids would generally say the same.)

The most important thing is that my kids know they’re loved. I decided years ago that, if nothing else, my kids would know that they’re loved. I’m pretty sure they do. I am, perhaps, too effective and demonstrative. I tell them I love them “moo” (both of them) so often that it may bounce off of them, but it’s important to me that they know it. My parents may have loved me—they probably did—but I certainly didn’t know it or feel it. My most important goal was (and is) that my kids always, always, always feel loved.

My kids have their own needs and agendas, separate from mine. One of the first parenting books I read was Everyday Blessings: The Inner Work of Mindful Parenting by Jon Kabat-Zinn. It was not the only parenting book to suggest to me that my children, from the time they were infants, had “work” of their own that was at least as important as my agenda. Their work was to play and learn. My pulling them away from their work because I had something that we had to do was interrupting something that mattered. I’m not saying that I didn’t pull them away to do the grocery shopping or run an errand or two, but it helped me to remember that what they were interested in or what they were doing was as important as what I was interested in or doing. That we were, in that way, equals.

Put my own oxygen mask on first. There is a reason the flight attendants say this when they’re taking us through the safety routine before a flight. If you can’t breathe—if you don’t have oxygen—you get light-headed and mush-brained, and you’re no help to anyone else. You need to make sure you’ve got the air you need before you try to help someone else breathe deeply. This obviously goes much deeper than oxygen masks in a flight emergency. When my first child was born, I had no childcare help and I was launching my business. I worked during naptimes and every “free” moment I could. Bottom line, I had no free moments, and I wasn’t happy…or nice. I’ve learned that I need to put myself first and love myself first, or else I’ve got very little to give to my kids.

The days are long and the years are short. You hear this over and over when your kids are little. If you’re like me, you probably think, “Yeah, but someone help me through the days!” The days are long. The days can be hard. But one day you’ll look back and those days will be gone—one day when all they wanted was you and your attention; the days when there was no one else they’d rather be with; the days when you think you’re curled up on the couch reading “one more book” for them, but you come to realize how much it was for you.

Enjoy the long days as much as you can. Someone recently said to me, “You get your kids for eighteen years, and then they’re gone.” That’s often true. Soak up the days and your kids when they’re little.

Ask for input and trust yourself. I firmly believe in doing my research. At times I’ve had numerous parenting books that offered me the “best practices” of the moment or the author. Perhaps especially because I had such questionable role models—and just do the opposite” doesn’t always work—I turned to others again and again with a “What should I do now?” question. But then I also learned to trust myself. I learned to trust my heart and my thought processes. I learned that no one could be a better judge of what was right for me and my kids than me and my kids (and of course, my husband/parent—he got to weigh in too). I’ve learned that there really is one best answer, that it all depends based on the people and the situation, and that if I don’t trust myself and my instincts to see it works out, I’ll never know if my gut (or well-thought-out responses are on-target or mildly insane.

It takes a village. Raising kids is impossible to do alone. It’s impossible to do alone even when there are two adults in the family who are sharing the duties. There’s always/often the moment when you need a break, or the two of you need to get away, or you thought you coordinated, but neither of you is around to get the kids dinner or pick them up from somewhere. I have an (internal) policy that I will help any parent in any way they need (that I can), so that when I need a village—even if it’s a village of one—I can freely ask for help. It takes a village. Find your peeps. Build your village. Be there for them and call on them in your hour(s) of need.

Becoming a parent does change everything—your outlook on life, your priorities whether or not you have time to use the bathroom (alone). Probably for most of us, and definitely for those of us who had less than ideal role models, it seems to be an insurmountable task. But I’ve found that parenting is something that I can do at least relatively well, and it’s certainly been—and continues to be—the most rewarding path ever.
Have you ever wondered what goes bump in the night? Have you ever heard a strange noise you couldn’t quite place? Or maybe you have had a strange feeling or seen something out of the corner of your eye? Many of these feelings and stories are tied to people, places, and things, while some are carried on through time by word of mouth.

On this special Halloween edition of the NAWCC National Watch & Clock Museum LunchTIME presentation, curator Kim Jovinelli will be sharing spooky stories on the “Ghosts of the Museum” in the NAWCC National Watch & Clock Museum on Wednesday, October 10, 2018, at noon.

The NAWCC National Watch & Clock Museum in Columbia, PA, has declared Tuesday, October 16, Homeschool Day at the Museum. Families who homeschool their children are invited to spend time at the Museum on this day from 10 a.m. to 3 p.m. and participate in the following crafts and activities:

- Enjoy a behind the scenes tour of the Museum
- Learn how water can be used to tell time
- Make a working clock to take home
- Go on a scavenger hunt through the Museum exhibits
- Learn about how the sun can be used to tell time
- Play time-related games
- See a watch or clockmaker at work and learn about special techniques in making clocks, like artistic skills for decorating

Clockmakers have always taken pride in designing and creating timepieces that are works of art. For example, stenciling the glass on the front of wooden shelf clocks was a nineteenth-century craft design technique still used today. Demonstrations held throughout the day will inform and entertain families, where they will be able to see firsthand how a clock becomes a work of art.

“Along with other events and workshops, the Museum enjoys offering a Homeschool Day each year because it’s another opportunity for families to see that the Museum is not only educational but also a whole lot of fun—for all ages,” states Kim Craven, NAWCC Coordinator of Marketing & Special Events.

Registration for this special Homeschool Day is required by October 9; cost per student, age 6 and over is $10 with no charge for an accompanying adult. For each additional adult attending there is a $6 charge with no charge for children under 6 years of age (unless they want to make a clock for $6). Please contact admissions at 717.684.8261, ext. 234 or email giftshop@nawcc.org to register or for more information.
Spay and Neuter Pet Clinic

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.

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.

Visit www.petpantrylc.org for dropoff locations near you!

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We provide Bookkeeping, Payroll, and Human Resources Consulting services to fit your business so you can focus on what’s important: “Growing Your Business”

442 Trena Avenue
Lancaster, PA 17601
717.304.7210
kroth@keybusinessessentials.com

We provide Bookkeeping, Payroll, and Human Resources Consulting services to fit your business so you can focus on what’s important: “Growing Your Business”

1655 Old Philadelphia Pike (Rt. 340)
Lancaster, PA
717-392-5943

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.

2195 Lincoln Highway East, Lancaster
(717) 393-6551
Visit our website at www.humanepa.org

Bryan Langlois, DVM
Medical Director and Co-Founder of Pet Pantry

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.

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.

Visit www.petpantrylc.org for dropoff locations near you!
Making House Selling and Buying 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 they 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.

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, November 7, 12 Noon
Our Special FEATURE will be a Karen Craunour, local pattern maker “The Right Size Off the Rack”
Our SPEAKER, Liz Bryant “Need Advice? Where do you Go?”
Cost is $20.00 Inclusive

For reservations, please call Pat, 951-0773.
Invite a Friend and “Do Lunch” with us!

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

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

Magnolia Day Spa

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.

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.

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For more information or to schedule an appointment, call 717-208-7391. Appointments only; call for hours.
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 and Amazon Fire require their streaming device to be attached to the TV. These devices run from about $50 for the sticks to about $100 for the more robust boxes. There is no monthly fee for the Roku or Amazon streaming service. Smart TVs can stream directly, but the selections are very limited.

In the past, streaming was limited to prerecorded shows and movie services like Netflix. The lack of local and live TV, as well as adequate bandwidth, kept streaming a sideshow. This is no longer the case. Local news and weather are available on Roku via the free NewsON application, and WGAL is available on Amazon Fire through a WGAL 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.
When it comes to employment and labor law, one thing is certain—change is constant. Employment laws, regulations and enforcement priorities are constantly evolving, making it difficult for businesses to stay abreast of ever-changing compliance obligations. Legal compliance is especially challenging in the wake of an administration change, and the transition from President Obama to President Trump is no exception.

During his tenure, President Obama advocated a pro-employee approach to the American workforce, and his administration implemented several rules and regulations designed to increase employee rights and protections. President Trump has a very different view of the workforce. While business owners may favor President Trump’s approach, significant shifts in policy direction can make it difficult for employers to make strategic decisions about legal compliance.

Recent developments in overtime law are a prime example of the challenges that businesses face in an administration change. While President Trump took office, however, the Department of Labor abandoned the new salary threshold, electing instead to seek public comment on the appropriate salary level for exempt employees. Employers that proactively increased employee salaries now have to make the difficult decision of whether to maintain increased wages or return employees to their prior wage.

In addition to the overtime rule change, the Trump Administration and Republican Congress are considering a number of legislative and regulatory changes that will impact the workplace. The Administration’s “travel ban,” which restricts immigration from six Middle Eastern countries, and pending legislation to overhaul the immigration system, may reduce the number of employer-sponsored visas and green cards available to bring foreign employees to the United States. Both the White House and Congress have advanced proposals to create national programs to provide paid leave to employees. Although these programs would be administrated by the government, they are expected to be funded by wage contributions made by employers and employees.

At the administrative agency level, the Equal Employment Opportunity Commission was directed to cease efforts aimed at promoting employee pay equity. Many other employment-related changes are underway at both the federal and state levels. Employers should contact their attorney for legal advice on how these changes impact the workplace.

Brubaker Connaughton Goss & Lucarelli LLC is a full-service law firm dedicated to serving the needs of small businesses. Questions about employment law issues may be directed to the firm’s employment and labor law team, Theresa A. Mongiovi, Esquire and Angela H. Sanders, Esquire.
According to the United States Department of Agriculture, an estimated 40 million Americans are living with food insecurity, meaning that on a regular basis, they are uncertain of having enough food, or the means to acquire food, for themselves and other members of the household.

Jennifer Powell, Director of Development and Communications of the Central Pennsylvania Food Bank, is committed to reducing that number—and for good reason, as Lancaster has been identified as one of the highest-need counties of the 27 counties served by the food bank.

“In Lancaster, there is an estimated 52,000 people living with food insecurity, including some of the most vulnerable members of our community—the elderly, children, and veterans. Hunger exists everywhere. That person you sit next to in your congregation or your child’s friend at school—all could be without enough to eat on a regular basis,” said Powell.

Powell has spent much of her professional life serving the community. After working as the Executive Director of Clare House, Powell joined the Food Bank in 2014 and helped the organization secure funding resources and launch new initiatives to address the continuously growing food issue.

“In 2015, our food bank adopted the bold goal to end hunger. Our vision is by 2025, we will provide enough nutritious food for everyone struggling with hunger in each of the 27 counties we serve,” Powell explained.

According to Powell, the key word is “nutritious.” “This is far from the image of dented cans and day-old bread. We are committed to bringing nutritious food like fresh fruits and vegetables, proteins such as chicken and pork, fluid milk and more to our neighbors in need,” said Powell, adding that the Food Bank achieves this goal through various partnerships with national and local organizations.

Powell said the emphasis is on quality. “We take good, healthy foods and distribute them. People want the fresh fruits and veggies, they want the protein and they are thrilled when we’re able to provide those items,” she explained.

So what are some possibilities to get involved?

“We’re always accepting volunteers to help with food packing and distribution, both at our main Harrisburg office and with any one of our mobile programs, including our Fresh Express, which is a mobile pantry that distributes to rural areas or locations in the county that do not have a brick-and-mortar pantry,” said Powell. “Financial support is also always appreciated. With the deep discounts we receive through our partnerships and affiliation with Feeding America, a $1 donation will actually provide six meals. Finally, on our website, we have a virtual shopping experience where you can purchase items for donation.”

Powell also said that raising awareness is key. “I always encourage folks to lend their voice by contacting their representatives, advocating for federal programs for supplemental food, and becoming active in their own communities. We can solve hunger, but it will take everyone working together,” she said.

For more information on the Central Pennsylvania Food Bank, or for opportunities to participate in solving hunger in our community, visit their website at www.centralpafoodbank.org.
Heritage Design Interiors specializes in window treatments and décor for your home or workplace. We strive to provide designs and solutions that best reflect your needs and lifestyle. By listening to your desires, style, taste, and ideas, we will coordinate them into a look that is both beautiful and functional for you.

Year after year, our clients return to us because we listen to their ideas and then offer finishes and furnishings that best complement their space. They have come to trust our experienced designers to help them design and coordinate custom window treatments that enhance their homes.

Specializing in window treatments, Heritage Design Interiors will take care of all of the details. Since there are so many window-treatment options today, we will help you coordinate the best product for your decorating style and function needs. From selecting the colors, patterns, and designs to professional measuring and installation, we take the worry and frustration out of window treatments.

Heritage Design Interiors has been a Hunter Douglas dealer since 1990. We offer 100% exclusively the highest-quality blinds, shades, and shutters available. All Hunter Douglas products are custom made specifically for your windows and manufactured here in the U.S. under the highest quality standards.

Stop by and check out the working displays of blinds, shades, and shutters. You can try out the different control systems, such as cordless lift, motorization, and ultraglide. With so many options and choices, it can be overwhelming. We can help guide you to the window treatments that most efficiently meet your needs and your budget.

Heritage Design Interiors also offers custom window fashions, such as panels, draperies, swags, cornices, and valances, along with custom bedding, pillows, and window seats. You will be able to choose fabrics from our many fabric books that will complement your style of decorating.

Whether you have a single window or a whole house to do, small or large budget, we have the experience, knowledge, and expertise to guide you through the process. The end result will be something that you will take pleasure in for years to come.

Don’t miss the Holiday Open House, November 1–11. Check out Heritage Design Interiors’ website for more details.

Now is the perfect time to start decorating your home so you are ready for the upcoming holiday events, parties, and dinners. Stop by or give us a call.


[Image of Anita C. Yoder, Interior Designer & President, Heritage Design Interiors Inc.]
Refreshment Refined.

Join us at Yorgos Lancaster this holiday season. Try our “Pumpkin Martini” made with Dark Rum, Pumpkin Vodka, Bailey’s and RumChata. Just the right start to your season.
After much anticipation, Wegmans Food Markets in Lancaster recently held its grand opening. On September 23 at 7:00 a.m., the 98-store grocery chain opened its doors in Lancaster County for the first time. This store marks the 18th in Pennsylvania along with a few firsts for the chain among its Pennsylvania stores. Company spokesperson Jo Natale said, “We are very excited to bring many firsts to the Lancaster store.” Among the firsts are the Made-To-Order Salad Station, The Burger Bar and the Authentic Italian Brick Oven Pizza. According to Natale, “We can produce a brick oven pizza every 123 seconds and up to 150 pizzas per hour.”

Additionally, this is the first store in Pennsylvania designed with the beer and wine department prior to construction. All the other Pennsylvania stores were retrofitted to accommodate the department. With over 800 types of beer and several hundred types of wine, the selection is extensive. Natale mentioned, “We have made an effort to include many local wineries and craft breweries in our wide assortment of domestic and imported offerings.” There is also a fine wine section in the department which is climate and humidity controlled.

This 120,000-square-foot Wegmans boasts approximately 70,000 products, including over 4,000 organic items. According to Natale, “We started as a produce store. That’s where our roots are, so that is why it’s the first thing our customers see when they enter our stores.” Wegmans, America’s Favorite Supermarket, according to a study by Market Force Information, also offers fresh seafood, meat, deli, cheese shop, bakery, pharmacy and floral shop. This location also offers shopping and delivery services through their partner, Instacart, for customers who cannot make it to the store. The service began on September 26.

According to store manager, Jimmy Bellis, “We are all here for the same reason: our customers.” Bellis oversees the store’s 475 employees, including executive chef Keith Briggs and 100 culinarians. Briggs’ group is responsible for creating all the restaurant-quality prepared foods, which are made on-site daily.

The Rochester, N.Y.-based Wegmans Food Markets is a family-owned company. Colleen Wegman, president and CEO, is the fifth generation of Wegmans to lead the company. The company employs approximately 47,000 people in New York, New Jersey, Pennsylvania, Massachusetts, Maryland and Virginia, and has been named one of the “100 Best Companies to Work For” by FORTUNE magazine for 21 consecutive years and ranked #2 in 2018. The Lancaster Store is located at 2000 Crossings Blvd., Lancaster, PA 17601. The phone number is 717-358-9400, and the hours are 24/7. For more information on Wegmans Food Markets, visit wegmans.com.
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